



Campbell River Seniors' Centre Society

A Society Since 2008

January 2026 Newsletter

Happy New Year!

Well, we made it through 2025. Let's resolve to make 2026 kinder and let's appreciate our Society and keep it as a friendly and enjoyable venue to socialize and participate

May 22nd, 2026 marks 17 years since our Centre was incorporated, and in the past couple of years, we've bounced back from being closed for Covid to the point that we now have well over 500 members. That's a friendly reminder to renew your membership for the year – still a bargain at \$25.00 for 12 months!

Most of us don't appreciate that we are a non-profit, and that we are dependent entirely on volunteers to keep our doors open and run our programs and events. Yes, the City pays our rent, but our Society pays for gas, hydro, phones, security, financial services, insurance, and all that overhead.

Our two cooks and our janitor are contractors, but everyone else gives us their time. That includes dishwashers, front desk people, bingo callers, and those who make sure we have chalk for the pool cues. Volunteer instructors run our dance and exercise classes, and everyone pitches in to make sure we can hold our spring and fall garage sales. Our monthly calendar is pretty impressive! Let's keep it that way, and see what else we can offer.

Please be sure to attend our Annual General Meeting on Tuesday, January 27th at 2 p.m. Your vote for Board members will help determine what other kinds of programs and activities we hold. And in order to succeed with any events we need volunteers. We need people to run for Board positions, and we need people to help make those events happen.

There are a significant number of vacancies to be filled at the AGM. President Dot has resigned a year early, so anyone running for President would serve for a one year term, and would be eligible to run for a two year term at 2027's AGM. Dot becomes our Past President, a position on our Executive as per our ByLaws.

Georgia as our current Vice President can run as President, or run for another Board position.

Genevieve has served 2 two-year terms as Treasurer and needs to change roles if she wants to continue on the Board.

Due to recent resignations, the positions of Secretary and Director responsible for Communications are now vacant. We continue to search for a Director of Facilities, a Director of Fundraising, and a Director of Special Events.

Sterling is eligible to run for a second term as Director of ByLaws, and Kathy can be confirmed as Kitchen Liaison for another year. Patty has another year to serve as Director responsible for Membership.

Marty has another year to look after Activities (Bingo!) and there are a couple of Director at Large positions to be filled.

Feel free to talk to any of the existing Board members about just what is involved in fulfilling the duties of any of the positions.

Why should you put your 2026 calendar in the freezer?

To start off the new year in a cool way.



DECEMBER BIRTHDAYS

From Left to Right

Pat, Ingrid, Gracie, Shirley, Katie, Dot, Sam and other friends we haven't met yet.

January's birthday celebration will be held on January 30th. Cake will be served at 12:30 to the dining room patrons.

Why should you stand on just your left foot during the New Year's Eve countdown?

So you start the New Year on the right foot.

Paramedicine Vitals Clinic

Wednesday, January 21st from 9:30 to 12:00 in Jessie's Rm. Come meet Amanda Zahara our Community Paramedic in Campbell River and discuss your healthcare needs, get your blood pressure checked and other health care discussion.

Chair Yoga and Light Weight Chair Exercises

Chair Yoga with Donna is very popular, every Tuesday at 10 am in the dance room.

In addition, Donna has added Chair Light Weight Exercises, Thursdays 9:30 - 10:00 am. Bring your own light weights.

Cribbage and Teas Hold 'em

The Crib and Texas Hold 'em tournaments are cancelled for January. We will let you know when they resume.

Tai Chi Classes

We would like to announce that we have an instructor for Tai Chi! Andrea Pellerin teaches the 108-move Tai Chi style developed by Master Moy Lin-Shin. Tai Chi is a moving meditation that helps reverse the physical effects of stress and restore physical and mental harmony. It is a gentle and complete full-body form of exercise.

It can improve your balance and flexibility, your immune function, your cardiovascular function, and your motor coordination. It can reduce your pain and tension, improve sleep patterns, and even increase your energy.

Mentally it reduces stress and anxiety, and improve your ability to relax. You will be better able to concentrate and focus, and you will have a better sense of well-being. Daytime classes, free to our members, start on Thursday, January 15th at 10:30.

Sign up at the front desk. Evening classes will be held from 6:30 until 7:30, starting on Tuesday, the 13th, and Saturday classes will start on the 17th at 10:00. There will be a small fee, to be determined, for the Tuesday and Saturday classes.

Hospital Employees' Union Donation to the Centre

Thank you to the Hospital Employees' Union for your generous donation to the Campbell River Seniors' Centre Society. The donation was presented by Dawn and Lesli.

What's a spider's New Year's resolution?
To spend less time on the web.



Campbell River Drum Circle at the Christmas Dinner on December 19th.

Filing Your 2025 Tax Returns

Our CR Seniors Centre/Ocean Crest tax clinic will start filing tax returns on the last week of February.

Most of the tax forms are either sent or available by the first week of March or earlier. Our volunteers can also obtain tax forms with your consent, to complete a tax return.

Total up your medical expenses to the end of the year on a piece of paper. This helps the volunteers to do the tax return quickly. Don't forget that you can get a summary sheet for the year from your pharmacy instead of adding up your slips. If you had many appointments with other medical professionals i.e. dentist, chiropractor, physiotherapist etc., they can provide a year end summary as well.

If you are under 71 you can still top up your RRSP until Feb 28. It might help with your taxes now and it'll be nice to have that extra income in retirement years. If you rent, let us know if the address is different than the mailing address, how much rent you paid in 2025, and who you pay your rent to. We can also help signing up for the Canada Dental Plan.

And if anyone is interested in volunteering, Revenue Canada will be holding a training session to teach you how to e-file taxes for our members and other seniors. Please leave your name and contact info at our front desk!

Society of Saint Vincent De Paul (St. Patrick's Parish, Campbell River)

Once a month the society provides groceries for people in need. This is allowed, for individuals who qualify, six times or in other words six months of the year.

To apply for this please call: 250-287-4911. An answering machine will take your information (name, phone number, address and number of people in household). Have your info ready to respond to the machine. You will be called shortly after so please stay close to your phone for the follow up call.

Last year, I was able to keep all of my New Year's resolutions...
... tucked away in a journal on my bookshelf.

Information on Website

We appreciate your patience as our Website is being updated

Our schedule of monthly activities: crseniors.com/activities

A copy of this newsletter: crseniors.com/newsletters

The one page Constitution: crseniors.com/about/constitution

The 8-page By-Laws document: crseniors.com/about/bylaws

17 Board positions and names of 14 directors: crseniors.com/about/board

250-914-4401 | crseniors.com | Facebook.com/crseniors

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