



Campbell River Seniors' Centre Society

A Society Since 2008

## March 2026 Newsletter

# President's Message

Hi. Everyone!

I hope everyone is ready for spring and the days will be getting longer and more sunshine will be here.

Everything is moving forward for the Centre and we are working on special fun projects to enjoy. A cribbage tournament will be held once a month and we have ongoing Domino group every Wednesday and Thursday, Please check the monthly calendar for our events and as we add to the schedule we will post on our Web page .

My first month has been very interesting with a new board but we are all working together for the benefit of the Centre. If you have any ideas as to what you would like to see happen, please let me know (always open for new ideas). We are always looking for Volunteers to help out, so if you're interested in helping, please talk to me.

Lets all work together and make this a fun place.

Love, Georgia

What awareness month is March?

**National Women's History Month**

Irish American Heritage Month

National Developmental Disabilities Awareness Month

Gender Equality Month

## FEBRUARY BIRTHDAYS



From Left to Right:

Doug, Hal, Wendy, Lillian, Barbara & Susan

March's birthday celebration will be held on Friday, March 27th. Cake will be served at 12:30 to the dining room patrons.

St. Patrick's Day, celebrated on March 17th, honors the patron saint of Ireland who introduced Christianity to the country in the 5th century . Originally a solemn religious feast day established in the 17th century, it has evolved into a global celebration of Irish culture featuring parades, green attire, and festivities.

### SPECIAL EVENTS

#### **Come visit us at the Volunteer Fair !**

We will be at the Community Hall with other volunteer venues Saturday March 21st from 11 - 2 pm. You will find us upstairs in the lounge.

**Cribbage** March 19<sup>th</sup> 11- finish time. Our monthly crib tournament will take place in the card room. Order lunch before the game and it will be delivered at our break. Entry fee is \$10.00 with cash prizes to the winners. Always a fun time.

**It's Tax Time!!!!** Tim and his helpers will be in Jessie's Room from 11-1:30 Wednesday, Thursday and Friday. This service is free to all Senior's 55 and over with a moderate income. Total your receipts, and bring your T4s and any other paperwork to the Front Desk any time. You will be called when your Taxes are done.

**Come check out the newly added Art class** that takes place once a Month. Sign-up sheet at the front desk. The project looks like fun...

#### **Good Friday, April 3rd**

Get your Easter Bonnets ready! Parade at 12:30.

Take care, see you soon as there is always something going on at your Senior Centre.

Dot, Your activity Director

P,S, All input of activities you would like to have happen will be greatly appreciated. Come talk to me !

## FROM THE FRONT DESK

Please check crseniors.com for last minute changes or news, as well as an updated Activities Calendar.

### Smoking Settlement

Smoked regularly before Nov. 20, 1998 and were diagnosed with a tobacco-related disease? You may qualify for \$14,400-\$100,000 from a landmark settlement.

[tobaccoclaimscanada.ca](https://www.tobaccoclaimscanada.ca) <https://www.tobaccoclaimscanada.ca>

This official website provides information about two compensation plans for people in Canada who have been diagnosed with **Lung Cancer, Throat Cancer, or Emphysema or COPD (GOLD Grade III or IV)** within certain dates after smoking cigarettes sold by three major tobacco companies in Canada — Imperial Tobacco Canada Limited, Rothmans, Benson & Hedges Inc., and JTI-Macdonald Corp (the “Tobacco Companies”).

### Federal Indian Hospitals Settlement

If you were admitted to a **Federal Indian Hospital** while it was operated by the Government of Canada, you may be eligible to receive money as part of a Canada-wide Settlement that has been reached to compensate individuals for harms they suffered.

Estates of Primary Class Members who passed away on or after January 25, 2016, may also be eligible to submit a Claim through the [Estates process](#).

<https://ihsettlement.ca>

### Paramedicine Vitals Clinic

Wednesday, March 18th from 9:30 to 12:00 in Jessie's Rm. Come meet Amanda, our Community Paramedic and discuss your healthcare needs, get your blood pressure and sugar checked. [Paramedic Website](#)

### The Candy Bowl

Just a reminder to consider donating to the Candy Bowl at the Front Desk. If you find candy on sale or clearance, please pick up a bag or two for donation. The bowl is kept full by donation. No money from the Centre is used to stock the Candy Bowl.

The Real St. Patrick: Born in Roman Britain in the 4th century, he was kidnapped and enslaved in Ireland at age 16. He escaped, but later returned as a missionary to convert the pagan Irish.

The Date: March 17 marks the anniversary of St. Patrick's death in 461 AD.

Origins of Traditions: While Patrick reportedly used the three-leaf shamrock to explain the Holy Trinity, many modern traditions—like parades—actually began with Irish immigrants in 18th-century America (e.g., Boston in 1737, NYC in 1762).

# Seniors' Lottery

Licence #169566

Thanks to Patty for organizing our participation in the B.C. Seniors Lottery, a 50-50 draw benefiting Seniors Centres across B.C. These centres are lifelines for older adults.

The jackpot for the February draw was \$6,298.00!

When you buy a ticket, you're directly supporting five predominantly volunteer run centres in Sechelt, Campbell River, Gibsons, Mackenzie, and Oliver. Your ticket purchase helps ensure that seniors in these regions continue to have access to affordable nutritious food, social connection, and activities that enrich their daily lives.

Full details and tickets are available on [seniorslottery.ca](http://seniorslottery.ca), or at the Front Desk. Tickets for each monthly draw are available on the first day of the month.

**Evolution:** The day was once a quiet religious holiday in Ireland where Lenten restrictions on food and alcohol were lifted. It transformed into a secular, high-energy celebration of Irish pride during the 20th century.

**Modern Day:** Celebrations now include wearing green (traditionally associated with Ireland's nickname, the "Emerald Isle"), consuming Irish food like corned beef and cabbage, and international events, such as dyeing the Chicago River green.

## Information on Website

We appreciate your patience as our Website is being updated

Our schedule of monthly activities: [crseniors.com/activities](http://crseniors.com/activities)

A copy of this newsletter: [crseniors.com/newsletters](http://crseniors.com/newsletters)

The one page Constitution: [crseniors.com/about/constitution](http://crseniors.com/about/constitution)

The 8-page By-Laws document: [crseniors.com/about/bylaws](http://crseniors.com/about/bylaws)

17 Board positions and names of 14 directors: [crseniors.com/about/board](http://crseniors.com/about/board)

250-914-4401 | [crseniors.com](http://crseniors.com) | [Facebook.com/crseniors](https://www.facebook.com/crseniors)

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