



President's Message

Happy September!

It's hard to believe that summer is coming to an end. We are already busy preparing for the Fall and Winter activities and programs at the Centre.

There is a lot happening, so I'd like to take this opportunity to update you on a few important things...

Update on Dot

We promised to keep our members updated on how Dot is doing. I'm happy to report that she continues to get stronger. She is approaching a point where a decision will be made that may involve further surgery.

Meanwhile, Dot continues to fully support the Board and our members from her home base. Thank you, Dot! We are so grateful for your continued encouragement and support.

Remembering Georgia

A reminder that all members are invited to a special Centre-sponsored event, "An Afternoon to Remember Georgia," with members of Georgia's family.

 **Thursday, September 10: 1:00 – 3:00 p.m.**

The Centre will be closed all day (No activities & kitchen) during this Member-only event so that we can come together to remember Georgia and spend time with her family.

We hope you will join us.

"It's Always SOMETHING!"

As we all know, once you reach senior age, "It's always SOMETHING!"

Our large senior refrigerator is limping along, and Member Lorna brought forward a wonderful suggestion at our Special General Meeting: that members who are able to do so consider contributing \$10.00 toward a fund to eventually replace it.

We wanted to share Lorna's idea with everyone. Thank you, Lorna, for thinking ahead and making the suggestion.

Our New Dishwasher

Speaking of our Special General Meeting, the vote to withdraw \$8,000 from the Centre's general revenue toward the purchase of a new automatic dishwasher was passed unanimously. Thank you to the amazing turnout of members who came out and showed their support.

Combined with the \$10,000 contribution from the City of Campbell River, this funding has now enabled us to purchase and install a much-needed new automatic dishwashing machine. We want to correct a mis-statement

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President's Message (cont.)

that was made at the meeting. We are happy to say that we are not collapsing a GIC to withdraw the \$8,000.00. This money is coming from general funds in the Society account.

To all of our dedicated Kitchen Volunteers who have spent the past three months scrubbing, sanitizing and hot-rinsing every dish by hand, we thank you! It has been a tremendous amount of back-breaking work, and your dedication has been incredible. Just one more month and our new machine should be installed and ready to go!

A Note About Signing Authority

During the Special General Meeting, a question was asked about the signing officers for the Seniors' Centre bank accounts.

Currently, two Executives/Directors have signing authority, and we have made application for two additional signing officers. That should be completed soon.

As President, I have recused myself as a signatory. I do not sign or endorse financial transactions, although, as part of my responsibilities, I remain aware of all financial transactions taking place.

I have made this decision to help avoid any perceived conflict of interest that could arise during my time on the Board.

Supporting Our Volunteers

As your President, I would also like to repeat an appeal I made at the Special General Meeting.

Our Seniors' Centre exists because of the hard work of our Board members and the many other volunteers who give their time, energy and enthusiasm every single day.

At times, it can be difficult to maintain that enthusiasm when volunteers hear negative or undermining comments about the work they are doing. It is disheartening, and it can take away from the wonderful spirit that our volunteers bring to the Centre.

If you have a question, concern or suggestion, please come and talk to us.

Let's have a conversation, get the facts and work together toward a better understanding. Supporting one another makes our Centre stronger. Thank you for your cooperation, kindness and support.

Welcome Sam and Thank You Marty

At the Special General Meeting, member Sam Sommerville was elected to replace Marty Bontje as Director of Activities.

Marty has had to step down because of health issues, and we want him to know how much we appreciate everything he has done.

Marty did an outstanding job in this role and accomplished so much during his time as Director of Activities. We

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President's Message (cont.)

are very grateful for his dedication and hard work.

A big welcome back to Sam! Thank you for stepping into this position once again. We appreciate all that you do and look forward to seeing great things happening in the activities world at our Centre.

Barbecue & Bake Sale Fundraiser

A huge thank you to our Board members and volunteers who spent countless hours shopping, preparing food, cooking, baking, serving and working throughout the day of our Barbecue and Bake Sale Fundraiser. Your hard work paid off!

After expenses, we raised a net profit of \$2,020.60.

That is an incredible result, and it could not have happened without the wonderful support and teamwork of our members and volunteers. Thank you to every member and their friends and family who turned out to buy lunch or purchase baked goods.

Your Suggestions Matter

We have received a couple of great suggestions through our suggestion box from members. One has already been actioned, and we are working on the second idea.

Stay tuned and please keep those suggestions coming!

A Warm Welcome to Our New Members!

If you have questions, concerns or simply need some help finding your way around the Centre, please reach out to our volunteers at the front desk or to any Board member. We are always happy to help.

Finally, a Huge Thank You!

Many thanks to our amazing Communications Team for all the work you do behind the scenes. You make my job a breeze!

To everyone who would like to help out at the Centre in any way, whether you have lots of time or just a little, I would love to chat with you. You can usually find me working in the Kitchen. I may not always be able to stop and chat immediately when things are busy, but please know that I am always interested in hearing your thoughts, ideas and suggestions.

Thank you to all of our members, volunteers and Board members for everything you do to make our Seniors' Centre such a special place.

Let's head into Fall together with kindness, cooperation, enthusiasm and a whole lot of teamwork!

Warmly,
Josie Bezaire
President

Events & Activities

“Dance the World”

Classes are on Tuesdays from 2:30 to 3:45 starting September 8th.

These classes are for women who want to learn some easy dances from around the world.

Rebecca Campbell and Merja Tammi will lead you through dances from the Celts, Asia, Spain, Prussia, Greece, Finland, Siberia, the Caribbean, and more! You will dance with props like skirts, fans, lights, veils, bangles, etc. Wear clothes that let you move and shoes that let you dance (anything from ballet flats to orthopedic shoes are acceptable.)

The emphasis is on having fun while making friends and getting exercise at a moderate pace. No previous experience needed.

Free for Members and a \$3.00 drop-in fee for non-members.



Seniors Info Hub

We are so excited to partner with the Seniors Info Hub and provide space for this wonderful resource for our community of Seniors.

A Seniors Info Hub Representative will be available IN PERSON to chat with you, answer questions, and help connect you with information and resources that may be helpful to you.

We're thrilled to welcome this valuable community resource to our Centre!

Come in, say hello, and discover what the Seniors Info Hub has to offer!

Every Tuesday starting September 1st from 10 AM to 2 PM.



SENIORS INFO HUB

Coming Soon! The Seniors Info Hub

Starting in Campbell River on September 1st! Find us at:

Campbell River Library	Campbell River Seniors Centre
Mondays 10:00 AM – 2:30 PM	Tuesdays 10:00 – 2:00 PM

The **Seniors Info Hub** is a place to connect with Senior Support staff and volunteers who can help you:

- Find local services and resources
- Navigate available supports
- Connect with the right services for your needs

How We Can Help You

Senior Support staff and volunteers can support with:

- Community information and referrals - Application forms - Government programs - PharmaCare and Canada Dental Plan - Shelter Aid For Elderly Renters (SAFER)	- Technology questions - Basic phone troubleshooting - Learning how to shop online - Care planning resources - Basic information about federal and provincial programs for seniors
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If you are seeking medical advice, diagnosis, or counselling, we encourage you to contact a healthcare provider. We are happy to help connect you with appropriate resources.

Our Community Partners






Campbell River Library
Mondays from 10:00 – 2:30 PM
Campbell River Seniors Centre
Tuesdays from 10:00 AM – 2:00 PM

Contact Senior Support for more info
Email: navigate2@ssvni.ca
Phone: 250-207-4405



Events & Activities (cont.)

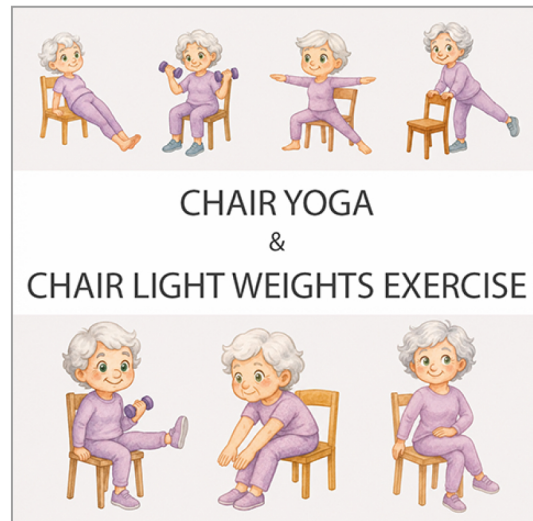
Chair Yoga & Chair Exercises with Light Weights

Combines gentle, seated stretches with low-impact strength training to build muscle and improve flexibility safely.

Free for Members and a \$3.00 drop-in fee for non-members.

Chair Yoga starts on Tuesday, September 8th from 10 AM to 11 AM.

Chair Light Weights starts on
Thursday, September 17th from 9:30 AM to 10:30 AM



DATE: SEPTEMBER 17TH



TIME: 11 AM

Registration starts at 10 AM

**CAMPBELL RIVER
Seniors' Centre**

**JOIN US FOR A FUN
FRIENDLY COMPETITION!**



Non-members welcome



Monthly Calendar

Campbell River Seniors' Centre - Activities & Events						September
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
August 3	September 1	September 2	September 3	September 4	September 5	
Past Brunch 10:00	Past Brunch 10:00	Act. Live Dance 9:30	Past Brunch 10:00	Act. Live Dance 9:30	Centre Closed	
Partying 10:00	Seniors Luncheon 10:00	Past Brunch 10:00	Coffee 10:00	Past Brunch 10:00		
World Draw 12:30	10:00 - 2:00	Donut Day 11:00	Donut Day 11:00	Donut Day 11:00		
Brunch 12:30	Brunch 12:30	World Draw 12:30	Brunch 12:30	Brunch 12:30		
		Brunch 12:30				
September 7	September 8	September 9	September 10	September 11	September 12	
Past Brunch 10:00	Past Brunch 10:00	Act. Live Dance 9:30	Centre Closed for Remembrance Day	Act. Live Dance 9:30	Centre Closed	
Partying 10:00	Chair Yoga 10:00	Act. Live Dance 9:30		Act. Live Dance 9:30		
World Draw 12:30	Seniors Luncheon 10:00	Donut Day 11:00	Remembrance Service 10:00 - 11:00	Donut Day 11:00		
Brunch 12:30	10:00 - 2:00	World Draw 12:30		World Draw 12:30		
		Brunch 12:30		Brunch 12:30		
		Brunch 12:30				
September 14	September 15	September 16	September 17	September 18	September 19	
Past Brunch 10:00	Past Brunch 10:00	Act. Live Dance 9:30	Chair Light Weights 9:30	Act. Live Dance 9:30	Centre Closed	
Partying 10:00	Chair Yoga 10:00	Act. Live Dance 9:30	Past Brunch 10:00	Past Brunch 10:00		
World Draw 12:30	Seniors Luncheon 10:00	Donut Day 11:00	Coffee 10:00	Donut Day 11:00		
Brunch 12:30	10:00 - 2:00	World Draw 12:30	Donut Day 11:00	World Draw 12:30		
		Brunch 12:30	Goldage Luncheon 12:00 - 1:00	Brunch 12:30		
		Brunch 12:30				
September 21	September 22	September 23	September 24	September 25	September 26	
Past Brunch 10:00	Past Brunch 10:00	Act. Live Dance 9:30	Chair Light Weights 9:30	Act. Live Dance 9:30	Centre Closed	
Partying 10:00	Chair Yoga 10:00	Remembrance Service 10:00 - 11:00	Past Brunch 10:00	Past Brunch 10:00		
World Draw 12:30	Seniors Luncheon 10:00	Donut Day 11:00	Coffee 10:00	Donut Day 11:00		
Brunch 12:30	10:00 - 2:00	World Draw 12:30	Donut Day 11:00	World Draw 12:30		
		Brunch 12:30		Brunch 12:30		
		Brunch 12:30				
September 28	September 29	September 30				
Past Brunch 10:00	Past Brunch 10:00	Act. Live Dance 9:30				
Partying 10:00	Chair Yoga 10:00	Past Brunch 10:00				
World Draw 12:30	Seniors Luncheon 10:00	Donut Day 11:00				
Brunch 12:30	10:00 - 2:00	World Draw 12:30				
		Brunch 12:30				
		Brunch 12:30				

[View on Website](#)



August Birthdays:

Penny, Dayle and Susan

- September's Birthday Celebration will be held on Friday, September 25th.
- Cake will be served at 12:20 pm to the dining room patrons.



In other News...

Calling for a Nominations Chairperson

We are seeking a Nominations Chairperson to oversee our 2027 Board of Directors elections for upcoming term vacancies.

The Nominations Chairperson will form a Nominations Committee and work with committee members to encourage and seek nominations from members in good standing who are willing to serve on the Board and contribute their time, skills and ideas to the continued success of our Centre.

This is an important opportunity to help identify members who are interested in becoming more involved and who are willing to help guide and support our Centre in the years ahead.

If you are interested in learning more about this position or would like to discuss becoming our Nominations Chairperson, please speak with:

- Josie Bezaire, President
- Iona Wheatley, Vice President
- Patty Coyle, Director of Membership

Your willingness to volunteer could make a meaningful difference in the future of our Centre. We look forward to hearing from you.



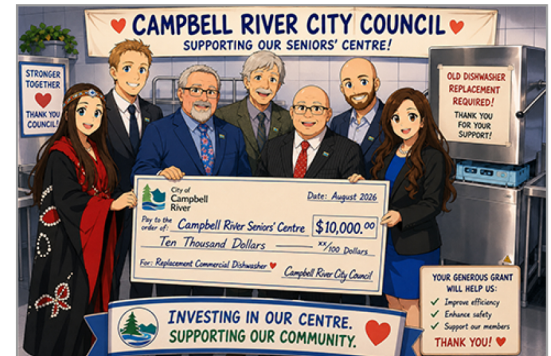


In other News... (cont.)

With heartfelt thanks...

To Mayor and Council, City Staff, and the generous taxpayers of Campbell River:

On behalf of the members, volunteers and Board of the Campbell River Seniors' Centre, we extend our sincere and heartfelt thanks for the generous \$10,000 contribution toward the replacement of our automatic dishwasher.



Your support means so much to us. The dishwasher is an essential part of keeping our busy kitchen running and allowing us to continue serving our seniors and our community.

We are deeply grateful to know that our City believes in and supports the work we do. Your generosity is a wonderful reminder that we are truly a community that cares for one another.

With sincere appreciation and gratitude,
The Members, Volunteers & Board of Campbell River Seniors' Centre

We're so grateful!

To member **Richard Thomas** for replacing the burned-out lights. You have saved us from hiring an electrician!

To member **Debbie Palliser** for taking on the task of organizing and managing rentals of the various rooms in the Centre.

To member **Lorna Matthews** for donating a large, brand new, steel frame, portable outdoor canopy for our events that require shade from sun and cover from the rain.





BC 50/50 Seniors

Seniors WIN BIG with YOU!

Winner takes half of the jackpot

[Current Prize Amount ►](#)

Next Draw: September 25

Grand Prize deadline on:
September 24, 11:59 p.m.

[Purchase Your Tickets Now ►](#)



Congratulations To Our Recent Winners

Draw Date	Event	Winning No.	Name	Prize Type	Prize
August 28, 2026	BC Seniors 50/50 Draw Aug. 2026	BC-19626519	colin d.	Grand Prize	\$5,605

Who You Help

Seniors' activity centres across British Columbia are lifelines for older adults. They are places where affordable meals, meaningful connection, and engaging programs help maintain health, independence, and joy. They receive minimal government funding. When you buy a ticket, you're directly supporting four predominantly volunteer run centres in Sechelt, Campbell River, Gibsons and Mackenzie. Your contribution helps ensure that seniors in these regions continue to have access to affordable nutritious food, social connection, and activities that enrich their daily lives.

Lottery Licence #169566

www.Seniorslottery.ca



Follow us to receive upcoming events & activities, exclusive photos & reminders.

www.crseniors.com
email: frontdesk@crseniors.com
telephone: 250-914-4401