



# E- SENIOR CITIZENS ASSOCIATION NEWSLETTER

6792 Cranberry St., Powell River, B.C. V8A 3Z4 Phone (604) 414-9456  
E-mail: [prseniors49@shaw.ca](mailto:prseniors49@shaw.ca) Website: [www.powellriverseniors.ca](http://www.powellriverseniors.ca)

NOVEMBER 8, 2018

**SENIORS HELPING  
SENIORS**

# November

A decorative horizontal line of various autumn leaves in shades of red, orange, yellow, and green, interspersed with some purple and grey leaves.

***Promoting  
physical, mental  
and social  
stimulation***



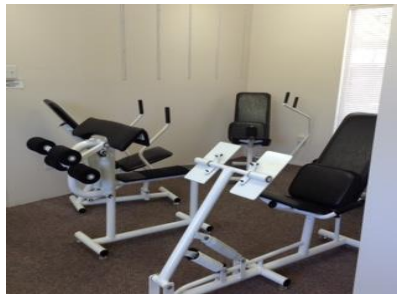
## Powell River Seniors Website

Information about our Seniors' Association including all current activities and events can be found on the site. Please visit:

[www.powellriverseniors.ca](http://www.powellriverseniors.ca)

## Gym Circuit

**Open to members only**



**Wednesday-10am-12:00pm**

**Friday 1:30-3:30: Carol**

**These days and times are supervised. Any member may access the gym during the week as long as the centre is open and the member has signed a waiver of liability.**

## **i Pad/i Phone/smart phone basic assistance**



**Is being offered at the centre every**

**Wednesday 10:00 am-noon**

**Talk to Marie**



**Every Wednesday 10 am-noon**

**Wednesday Bridge: cancelled until further notice.**



## Membership Renewals

If you are a **current member** and wish to renew your membership for 2019 please fill out the application form with your dues and drop off in the office.

**Renewal fee for 2019 before December 31: \$20.00**

**Fee as of January 2019 : to be announced**

Available at all soup & sandwiches and dinners at the centre or contact Anna Maria at 604 485-5738 or [anna\\_bella@shaw.ca](mailto:anna_bella@shaw.ca)



**The Cranberry Seniors Centre offers nutritional frozen meals at cost to all seniors in the Powell River district 50 years old and over.**

**CONTACT: Gene Jamieson 485-5894**

# NOVEMBER ITALIAN DINNER



SENIOR CITIZENS' ASSOCIATION OF BC #49  
6792 Cranberry Street Powell River BC  
Phone: 604 414-9456      Email: [prseniors49@shaw.ca](mailto:prseniors49@shaw.ca) Website:  
powellriverseniors.ca



**Choice of home- made vegetarian or meat sauce**

**Nov. 30: Doors open 4.30 p.m. Dinner 5:30-8:00  
p.m.**

**Tickets: Gene @ 604 485-5894 or  
Sweet Shoppe in the Mall @ 604 485-7663**

**Tickets must be purchased by Wednesday**

**Members: \$15 & Non Members: \$20**

**CATERED by your BOARD**

Antipasto, Penne with either Vegetarian or Meat sauce, Meatballs,  
Salad, Dessert, Coffee/Tea

**Music by Jarvis Outlet Band**

Cash bar



On December 11 elections will be held at the AGM.

Board positions available:

President  
Vice-President  
Secretary  
Treasurer

Directors at large=5

If you are interested in standing for any of the above,  
please call the nominating Chair Lenore  
at 604 485-7971





Senior Citizens  
Association of BC  
Branch #49

6792 Cranberry  
Street

Powell River, BC

V8A 3Z4

(604) 414-9456

E-mail:

[prseniors49@shaw.ca](mailto:prseniors49@shaw.ca)

Website:

[www.powellriver  
seniors.ca](http://www.powellriver<br/>seniors.ca)

**November 13:** Soup & Sandwich noon +General Meeting 12:45  
November and Christmas dinner tickets available

**November 30:** Italian Dinner prepared by your Board

**December 11:** Soup & Sandwich at noon +AGM 12:45

Pursuant to the bylaws, the members at the AGM, by a majority vote, must decide whether to increase the yearly dues or have them remain the same.

**NOTICE OF MOTION:** A motion will be made at the AGM to amend the previously adopted motion that "Membership dues for the year from January to December are \$25.00 and any current member may renew their dues for \$20.00 for the following year. Dues payable for new members are \$10.00 from July 1<sup>st</sup>-December 31" **by striking out \$25.00 and adding \$30.00 and by striking out \$20.00 and adding \$25.00, and by striking out \$10.00 and adding \$15.00 to take effect January 1<sup>st</sup>, 2019.**

**December 14:** Christmas dinner buffet-catered by David Bowes  
Contact Gene for tickets: 604 485-5894  
Available at November lunch and dinner

***Sells out fast so get your tickets early!!!***

