



E- SENIOR CITIZENS ASSOCIATION NEWSLETTER

6792 Cranberry St., Powell River, B.C. V8A 3Z4 Phone (604) 414-9456
prseniors49@shaw.ca

JANUARY 2, 2018

**SENIORS HELPING
SENIORS**



2018

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



2018

PRESIDENT: Anna Maria Coletto
VICE-PRESIDENT: Rhondda Schreurs
SECRETARY: Myrna Leishman
TREASURER: Eugene Jamieson

DIRECTORS: Rick Bradley
George Davidson
Laura Foster
John Harris
Paul Mitchell



| | | |
|----------------------------|-----------------|----------|
| Maintenance Manager | George Davidson | 485-6600 |
| Building Manager | Donna Devine | 485-2393 |
| Dinner Tickets | Myrna Leishman | 485-2944 |
| | Sweet Shoppe | 485-7663 |

Association Activities:

| | | |
|----------------------------|------------|----------|
| Bridge | Brian | 485-6640 |
| Card Games/Crib | Gene/Bill | 485-5894 |
| Carpet Bowling | Bill | 485-4018 |
| Choir | Antoinette | 485-4353 |
| Crafts | Tina | 483-9001 |
| Computer Assistance | Marie | 483-1441 |
| Elly Quilters | Alice | 483-6150 |
| Circuit Training | Lexie | 483-3074 |
| Tai-chi/SIT | Cliff | 485-6924 |
| Thursday Quilters | Donna | 485-2393 |



Other:

| | | |
|----------------|----------|----------|
| Get Well Cards | Betty | 485-6834 |
| Historian | Shirley | 485-4296 |
| Memorial Book | Jeanette | 485-2345 |
| Roll Call | Vi | 485-2465 |
| Website | Warren | 485-2345 |



\$25.00 January 1-December 31

Memberships are available at lunches and dinners or by contacting Anna Maria @ anna_bella@shaw.ca /604 485-5738. You may also fill out an application and simply drop it off at the centre with the dues owed. If you are part of an activity, give your application and fees to your activity leader.



Senior's E-mail address

prseniors49@shaw.ca



Computer Assistance

Wednesdays: 10-noon

FROZEN CHRISTMAS DINNERS



Available to all seniors in the Powell River district.

Yes we have frozen homemade complete Turkey Dinners with dessert included. The cost is minimal and prepared by Gene Jamieson. Phone her at 604 485- 5894.

FROZEN DINNERS at cost available throughout the year. Contact Gene @604 485-5894

Do you have Chronic Pain?

Come to a Relaxation
and Gentle Movement Class
for Chronic Pain Management

Senior Citizens
Association of BC
Branch #49

6792 Cranberry
Street

Powell River, BC

V8A 3Z4

(604) 414-9456

E-mail:

prseniors49@shaw.ca

Website:

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



January 29, 10:30am to 11:30am

Cranberry Seniors Centre

FREE Introductory Class

Simple movements that anyone
with chronic pain can do.

Feel free to bring a friend. Dress comfortably.

Email powellriver@divisionsbc.ca or

call 604-485-4700 to reserve your spot.

Exercise mats provided.

Powell River
 **Division of Family Practice**
A GPSC initiative

Visit www.painbc.ca/PowellRiver for more info



The Parent-Child Mother Goose Program

ATTENTION: GRANDPARENTS

(WITH GRANDCHILDREN 0-5 YEARS)

**Come and learn songs, rhymes and stories to
share with your grandchildren!**

Join families at the Parent-Child Mother Goose Program

The Parent-Child Mother Goose Program® is a group experience for parents with young children and caregivers that spend time with young children. The program focuses on the pleasure and power of using rhymes, songs and stories to give children engaging early experience with language and communication.

Thursdays,

January 18, 25,

February 1, 8, 15, 22,

March 1 and 8, 2018

(Join any of these sessions)

From: 9:00am-10:00am

**Location: Westview Elementary
Early Childhood Community Room**

TO REGISTER:

email rita.john@sd47.bc.ca
or call (604) 485-6271 ext 2244

Please provide the following information:

Your name, email address and your telephone number



* No grandchildren required to attend

ROBBIE BURNS DINNER



January 26- Doors open 4.30 p.m. **Dinner 5:30**

Tickets: Myrna@ 604 485-2944 or
Sweet Shoppe in the Mall @ 604 485-7663
Members: \$12 & Non Members: \$17

Menu

Roast Beef–Haggis-Mashed Potatoes-Vegetables-Salad
Dessert-Coffee/tea

Music by Len Menard Band





Soup 'n sandwich +General Meetings

January 9, February 13, March 13, April 10, May 8, June 12
September 11, October 9, November 13,
Annual General Meeting: December 11

Dinners

January 26 - Robbie Burns
February 23
March 23
April 27
May 25
September 28
October 26
November 30
December 14 - Christmas Dinner