

MARCH 2023 NEWSLETTER



Senior Citizens' Association of BC Branch #49

6792 Cranberry St.
Powell River, BC. V8A 3Z4
604-414-9456
prseniors49@gmail.com

Board of Directors

President: Diane Wolyniec
604.344.2059

Vice President: Carol Hamilton
604.485.7480

Secretary: Debbie Dee
604.414.3540

Treasurer: Wayne Armitstead
250.858.8967

Directors:

Darlene Norris: 604.489.3080
Dave Hodgins: 604.485.2880
Margaret Hodgins: 604.485.2880
Don Allen: 604.413.1068
Fred Moss: 604.413.4257

Spring Song



Author Unknown

Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!



MARCH 2023 NEWSLETTER

Welcome to March!!

Just when we thought winter was over, it reared its ugly head again! Don't fret! This too shall pass...



Luncheon – March 14th

Our general meeting will be held on the second Tuesdays of March but you **MUST REGISTER** with the **Recreation Complex** in order to have a spot at this **FREE** luncheon. Our "Seniors Together" luncheon will start at 11:30 and our general meeting will begin at 1:15. You must register for this **FREE** luncheon at the complex. Their number is **604-485-2891**. There's always a great speaker or two so come on out and see what's happening out there for us seniors!

Supper

We were able to have our March 3rd supper after having no suppers in February, so we are grateful for all the hard work that went into that! Our next one will be held on **March 31st**. Due to the rising cost of food, our suppers will now be \$20/member and \$25/non-member. I believe I had the wrong date in last month's newsletter so my apologies for that. It is in fact the last Friday – March 31st. Mark your calendars and call Marg to register! 604-485-2880. Hope to see you there!

Hall Updates

- The kitchen and freezer room reflooring is **DONE**, and the entire project is very close to being finished. Another thanks to Dave for coordinating this very large project and to the Community Forest Foundation & Powell River Community Foundation for providing the funds for these projects.



Coffee Time - LAST ONE IS THIS MONTH



Your last "coffee time" with the board will take place on the 3rd Tuesday of the month, March 21st in the large hall between 1:00 & 3:00pm. This will be our last one as we have filled that space with something else. See Announcements below for what that will be. Come visit your board and let them know how we can work together to make our hall a fun place for ALL.

Newsletter

If anyone does **NOT** want their photo in the newsletter, please give Christine a heads-up now as we are trying to take pictures of different events that we host and we don't want anyone upset with us!

cnbehan@gmail.com



Committees

Board committees have been set up and we welcome your participation on the committees. The names of the chairs and co-chairs are listed below. Their contact phone number is above. Please contact them to learn more about their committee's mandate and hopefully participate.

- a. Finance: Wayne
- b. Activities: Marg
- c. Memberships: Marg
- d. Special events: Carol
- e. Maintenance: Co-Chair Dave, Don
- f. Security: Co-Chair Dave, Don
- g. Fund development: Co-Chair Wayne, Debbie
- h. Communications: Debbie
- i. Frozen Meals program: Carol
- j. Rentals: Don


MARCH 2023 NEWSLETTER

Buddy System!

Just a quick reminder to everyone to extend an invitation to your friends both old and new to drive them to your shared activities. We encourage all of you to share your contact information with your activity members and help each other participate more easily, always keeping in mind our motto of "Seniors Helping Seniors".

Activities' Update



- We now have a designated BEGINNERS UKULELE course thanks to Libby who will be hosting this every Monday from 9:00-10:00. This will happen right before the more advanced class that starts at 10:00.
- Vlatka is still on a well-deserved vacation and in her absence, Loretta and Gary O'Brien have volunteered to spearhead Thursday night dance class. They can be reached at 604-578-8881. 

Volunteer Opportunities

- Please check the bulletin boards to see what positions need filling and get involved. It's a great way to meet people and get to know how you can contribute in either a small or a large way. Lots of options are listed on these boards.

Potential Grants

Two grants are currently under review and application, and we should know more about this sometime in April so we will inform you of the results of our efforts hopefully in the next newsletter, but maybe in the following one – depending on when we hear.

Announcements

- New memberships are now \$30 for the year. We continue to try to recruit new activity leads to add to your experience at the Seniors' Centre.
- You will continue to be able to do one activity for free with your membership fee, and now you will be able to participate in as many additional activities as you would like for the one-time additional fee of \$15. We encourage all of you to step out of your comfort zones and try something new - even if it is only for one time. You may discover a new pastime that you love! Don't let fear stop you from trying new things and enriching your lives.
"The only thing we have to fear is fear itself" Franklin D. Roosevelt.
- **CHANGE OF ROUTINE!!** As alluded to earlier, we are changing things up in April. The 2nd Tuesday of the month will continue to be a free lunch that you register for at the complex, however, our general meetings will now switch to the 3rd Tuesday of the month between 1:00-3:00pm. Doors will open at 12:30, with the meeting to start at 1:00pm. There will be

Seniors' Activities and Chairs

Monday

Beginners Ukulele

Time: 9:00-10:00

Chair: Libby (604) 223-0159

Ukulele

Time: 10:00-11:30

Chair: Libby (604) 223-0159

Cards

Time: 7 pm to 9 pm

Chair: John (604) 223-5342

Tuesday

Horseshoes

Time: 9:00 am to 10:00 am

Chair: Dave Hodgins (604) 485-2880

Tai Chi

Time: 10 am to Noon

Chair: Cliff (604) 485-6924

Coffee Time with your Board

(every 3rd Tuesday of the month)

Time: 1 pm to 3 pm

Wednesday

Carpet Bowling

Time: 1 pm to 3 pm

Chair: Linda (604) 578-1944

Euchre

Time: 7pm

Chair: Sybille (604) 414-7468

Thursday

Elly Quilters

Time: 9 am to 4 pm

Chair: Alice (604) 483-6150

Fibre Arts Auxiliary

Time: 9 am to 3:00 pm

Chair: Jessie (604) 414-7651

Thursday Quilters

Time: 9:30 am to 3 pm

Chair: Donna (604) 485-2393

MARCH 2023 NEWSLETTER

snacks and coffee/tea. Mark your calendars as this is a big change in our routine. You can also see the Calendar of Events that are attached with this newsletter. Keep it handy for your reference to all our activities and events.

Upcoming Events

- “Seniors Together” / General Meeting March 14th.
- On March 28th, in conjunction with Powell River Public Library we will be hosting a presentation by Allison Korte from the Alzheimer’s Society of BC. Her presentation will be “An Introduction to Brain Health”. This will be taking place in the main hall of the Cranberry Seniors’ Centre on March 28th from 1:30-3:30. To register people should contact Mark at mmerlino@prpl.ca.
- Supper March 31st
- March 30th 7:00-9:00pm **OR** April 1 2:00-4:00pm – See below

Join qathet Community Justice for a Dialogue Circle on

RECONNECTING COMMUNITY AFTER COVID

THURSDAY, MARCH 30
7-9PM @ The CRC (4752 Joyce Ave)

OR

SATURDAY, APRIL 1
2-4PM @ qCJ Office (#116-4801 Joyce Ave)

Now that restrictions are over, many of us feel like we're relearning how to be in community together. Pick either date to reconnect and discuss how we want to strengthen community!

qathet COMMUNITY JUSTICE

Please RSVP if possible, although not necessary. We'd like to accommodate everyone who'd like to participate, but space is limited. "First come, first serve."
qCJ@qathetCJ.org | (604) 414-4203 | qathetCJ.org

- “Seniors Together” Free Luncheon April 11th.
- General meeting change for April – April 18th!!! 1:00-3:00

Stay Safe Everyone!

Seniors’ Activities and Chairs

Cont’d

Tech Tips (every 3rd Thursday)

Time: drop-in 12:30 pm to 2:30 pm

Boardroom

Chair: Myfanwy

Dance | Light Exercise

Time: 6 pm to 7:30 pm

Chair: Vlatka (604) 223-7756

Friday

Bridge

Time: 1 pm to 4 pm

Chair: Brian (604) 485-6640

Saturday

Friends of Tai Chi

Time: 10am to 11 am

Chair: Hanna (604) 485-5971

Other Available Activities

(not official Seniors’ Centre

Activities)

Friday

Seniors In Training (S.I.T.)

Time: 10:00-12:00

Hall rented by: Cliff Cheung

604-485-6924

Fee is paid directly to Cliff