

AUGUST NEWSLETTER



Senior Citizens' Association of BC Branch #49

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Board of Directors

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Secretary: Kim Macleod
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Treasurer: Dot Davies
604-354-7513

Directors:
Bill Davies:604-489-3073
George Davidson:
604-223-0072
Cathy Korolek:250-444-7201
Elisa Renick:604-414-7947

August

*There goes the parting gift from July
A present on which I once relied
A never ending chain of supply
Giving way for me to say goodbye*

*Here comes a breath of fresh air
A tomorrow I wasn't sure to share
Is now a today as I stare
A new month I can't compare*

*Memories give way to the present
Yesterday gives way to today
July gives way to August
An August with the birth of me!*

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reflect_thought

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Our Mandate is to promote the physical, social and mental well-being of all seniors in the Powell River Region.

MESSAGE FROM THE PRESIDENT

We hope you are having a wonderful summer, enjoying the good weather and time with family and friends.

Although some activities have taken a sabbatical; for the summer, both halls are still busy with activities and rentals. The Frozen Meal program is still happening on Mondays and Fridays.

Some of you may have noticed the much-improved area by the shed. Don has put down ground cover and wood chips under the tree by the shed. It looks so tidy. Hopefully it will hold back the morning glory. We have a vast membership list, and I am sure some of you have good ideas on how we may expand our services or programs and we welcome you to share them. We are still looking for suggestions in our Suggestion Box in the Main Hall.

Hope to see you at the Senior's Together Luncheon August 20th.

DATES TO REMEMBER

1. **Tuesday, August 20 - 11:30 AM – 1:00 PM Seniors Together Luncheon.** To register for this luncheon please call the Recreation Complex at 604-485-2891
2. **Saturday, September 28 – Cranberry Seniors Centre Open House – 11:00 AM – 3:00 PM.** More information to follow.

ANNOUNCEMENTS

HORSESHOES / DARTS

It is time for us to get out and enjoy playing horseshoes. Mingling and lots of fun to be had with a little friendly competition. Cranberry Seniors Centre is proposing a time on Thursday afternoon/evening. Possibly flexible with other time slots. Interested organizers and participants, please call George Davidson at 604-223-0072.

Anyone interested in starting up an evening of darts this fall? Give Carol a call at 604-483-1714.

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Summer is here and we are sure everyone wants to spend as much time as they can gardening, barbecuing, traveling, and all the other fun activities summer provides. Therefore, there will be no Soup & Sandwich / Membership meetings or monthly dinners held in August. See you in September!

THE GENE JAMIESON SENIOR FROZEN MEAL PROGRAM has changed its parcel pickup times on Mondays beginning in May. The time has been changed from 10 am to 3 pm to **12 pm to 3 pm**. Please note the time change.

Committees

Board committees have been set up and we encourage 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: Dot, Carol, George and Don

b. Activities: Co-Chair George and Don

c. Memberships: Dot

d. Special events: Carol, Elisa

e. Maintenance: Co-Chair George and Don

f. Security: Co-Chair George and Don

g. Fund development: Elisa

h. Communications: Dot

i. Frozen Meals program: Carol

j. Rentals: Don

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Thank you, Darlene, Dot, Ulli and Lesley who take turns doing our kitchen laundry (tea towels, dish cloths, aprons).

Thank to Alice Gurr who launders our tablecloths after meals.

Thank you to Don Allen and George Davidson for keeping our grounds looking beautiful.

Many thanks to Jessie Street and the Fibre Arts Auxiliary who continue to create beautiful handmade items to sell with profits going to our centre.

Thank you to our **Kitchen Angels** who always show up to support our Frozen Meal Program, our dinners, and luncheons. The program and the events are rousing successes because of your consistent help. Without you, we would not experience the happy chatter before, during, and after the meals.



WE HAVE A RAFFLE HAPPENING!



A generous individual donated a SHOPRIDER Mobility Scooter to the Senior Citizens Assoc. #49 to be raffled off. Its approximate value is \$4,000. Tickets are being sold for \$10. Several Board/members have booklets of tickets, so in case you happen to know Bill Davies, John Harris, George Davidson or Debbie Dunn, you can approach them for your ticket to win. Also, we will be out at various venues throughout the summer selling tickets or you could stop by the office Monday through Friday between 10:00 am to 2:00 pm.

The draw date is September 28, 2024, at 1 pm at Cranberry Seniors Centre
BC Gaming License # 152520

Seniors' Activities and Chairs

Monday

Ukulele

Time: 10:00 – 11:30

Chair: Libby (604) 223-0159

Cards

Time: 7 pm to 9 pm

Chair: John (604) 223-5342

Tuesday

Tai Chi

Time: 10 am to Noon

Chair: Cliff (604) 485-6924

Viva Voce Choir

Time: 10:00 - Noon

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

Dance | Light Exercise

Time: 6 pm to 7:30 pm

Chair: Vlatka (604) 223-7756

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A Taste of Wisdom

Life is short, there is no time to leave important words unsaid.

To Make You Smile



- ✚ You know you are getting old when a recliner and a heating pad is your idea of a hot date.
- ✚ When life shuts a door...open it. It is a door, that is how they work.
- ✚ "Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" — George Carlin



Curried Lentil Salad – Andy's East Coast Kitchen

Ingredients

2 cans lentils, well drained
½ cup diced red onion
1/3 cup diced red pepper
¼ cup fresh cilantro, chopped *optional
¼ cup fresh mint, chopped
¾ cup dried cranberries
zest from one lemon
juice from one lemon
3 tbsp. red wine vinegar
1 tbsp. honey
1 tsp. cumin
1 tsp. cinnamon
1 tsp. curry powder
2 tsp. salt
1 tsp. olive oil

Instructions

1. Combine all ingredients into a bowl. Mix and serve! Salad will stay in fridge up to 7 days. Excellent potluck dish!

Seniors' Activities and Chairs Cont'd

Friday

Bridge

Time: 1 pm to 4 pm

Chair: Brian (604) 485-6640

Crib

Time: 1pm

Chair: Linda (604) 578-1944

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.