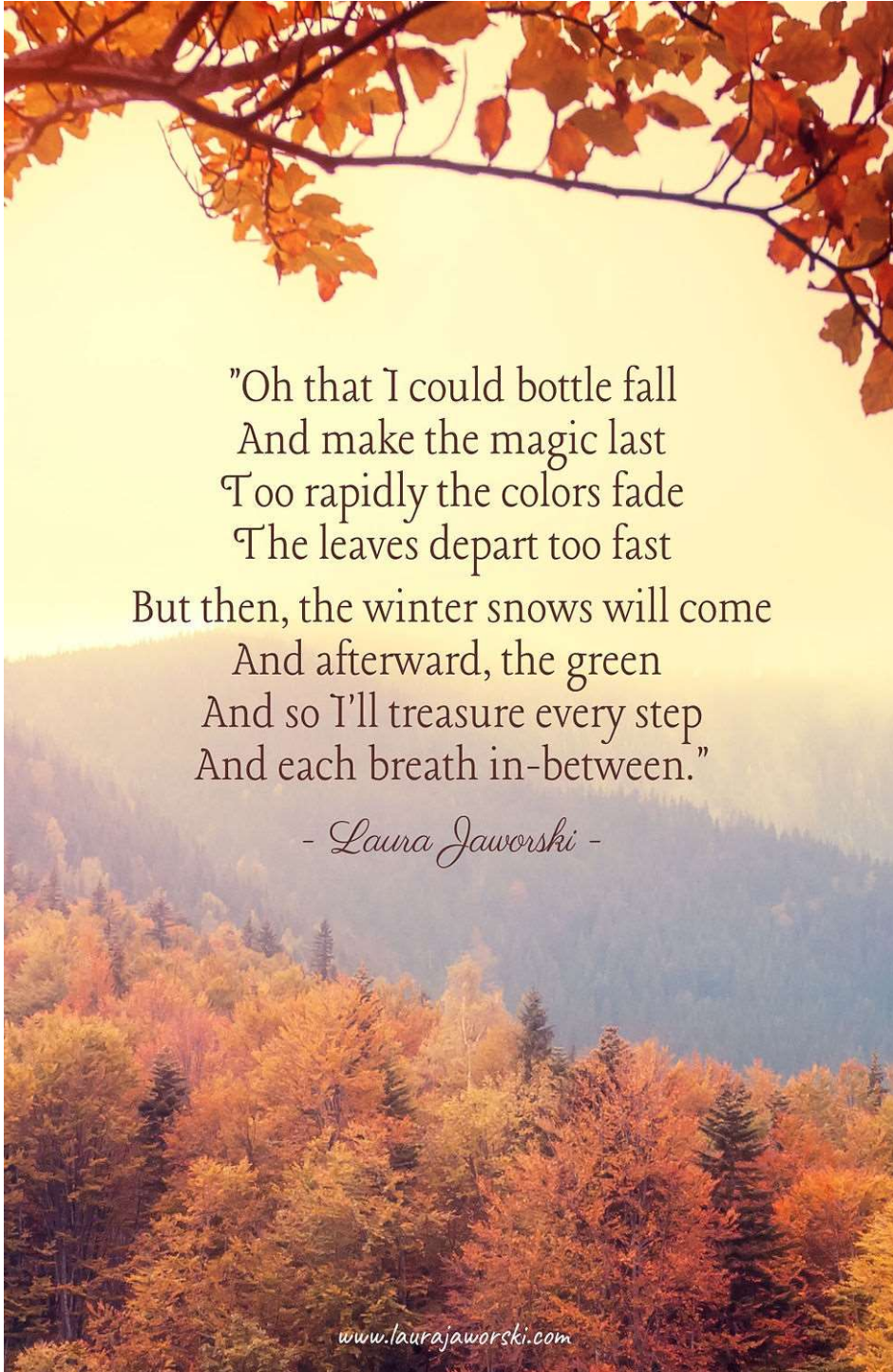


OCTOBER NEWSLETTER



"Oh that I could bottle fall
And make the magic last
Too rapidly the colors fade
The leaves depart too fast
But then, the winter snows will come
And afterward, the green
And so I'll treasure every step
And each breath in-between."

- *Laura Jaworski* -

www.laurajaworski.com

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: Carol Hamilton
604-485-7480

Vice President: Don Allen
604-413-1068

Secretary: Kim Macleod
604-799-8470

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

OCTOBER NEWSLETTER

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

PRESIDENTS MESSAGE

Our Open House celebrating seniors was on Saturday, September 28th from 1:00 – 4:00 pm at the Senior's Centre.

The event was well attended and enjoyable with entertainment by Viva Voce our seniors choir members and the Malaspina Ensemble. We had numerous displays of the activities and groups such as Powell River Genealogy Club, Elder Dog, Search and Rescue Powell River, members of Powell River Community Foundation, Seniors for Climate Action and the Vintage Car Club.

We gained some new members, and many enjoyed the free hot dogs, popcorn, tea and coffee as well as delicious cake donated by Quality Foods.

A few of our usual dinner attendees missed out on an awesome Chinese Dinner convened by Regina who uses our kitchen on occasion to prepare her kabobs for numerous community events. Of course, she had a lot of help from our Kitchen Angels and with our clean-up crew of the Highland Dancers.

DATES TO REMEMBER

- 1. Tuesday, October 8 – 1:00 – 3:00 PM General Membership Meeting.** We encourage our members to come out and join the Board for coffee & dessert on this afternoon. This is your chance to stay informed of things happening at the Centre and to have your voice heard. Please come and join us.
- 2. Tuesday, October 15 - 11:30 AM – 1:00 PM Seniors Together Luncheon.** To register for this luncheon please call the Recreation Complex at 604-485-2891
- 3. Friday October 25 - Monthly Dinner.** Doors open at 4:30. Bar opens at 5:00. Dinner at 5:30. Tables may be reserved when registering. To register, please call Phyllis Davidson at 604-344-2003.

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

OCTOBER NEWSLETTER

ANNOUNCEMENTS

The Winner is ...



The winner of our raffle for the SHOPRIDER Mobility Scooter was Barbara Borsman. Congratulations Barbara! We sure hope you enjoy your shiny new ride.

Elder Dog in qathet & Powell River

We are excited to start an ElderDog "Pawd" in qathet region and Powell River. We are at the early stage of looking to fill Coordinator Roles before we can offer any services.

For info and to volunteer, go to ElderDog.ca or phone 1-855-336-4226. ElderDog Canada is a national not-for-profit charity that is dedicated to helping older people and older dogs. There are no fees for our services.

Private Foot Care Cathy MacDonald does private foot care in your home. If you have any questions or would like to make an appointment, call Cathy at 604-483-9454.



Home Hair Care Tina Bevans will do your hair in your home. To make an appointment, contact Tina at 604-483-9634.



Seniors' Activities and Chairs

Monday

Ukulele

Time: 10:00 – 11:30

Chair: Nancy (604) 849-5777

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

OCTOBER NEWSLETTER



Huge thank you to your Board members, Don Allen, Vice President and Elisa Renick, Director for organizing our Open House celebrating seniors.

George and Phyllis Davidson for their donation of the beautiful strawberries for our strawberry & Jello dessert for the Senior's Together Luncheon.

Phyllis Davidson who kindly takes registration for our monthly dinners.

Piroska Bartley who checks our guests into the dinners.

Russ Worthington who tickled the ivories for our entertainment.

Our Kitchen Angels, too numerous to mention, without whom these dinners would not happen.

Linda Bessant who donated a box of apples for us to make applesauce for our frozen roast pork dinners for seniors.

Words of Wisdom

Always be kind and considerate. You do not know what another person might be going through.

Happiness is a choice. For every minute you are angry, you lose 60 seconds of your own happiness.

Accept what is, let go of what was, have faith in what will be.

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.