

50+ Active Living Bulletin

February 2012



Community Centre custodian Christine Nesbitt was thrilled to meet her favorite Coronation Street actor, Jacqueline Chadwick.

OFFICE HOURS

Community Centre
401 11th Avenue
V9W 4G2
250 286-1161

Registration Hours:
Open Monday-Friday
8:30am-4:00pm
Closed Weekends & Evenings

Sportsplex
1800 South Alder St.
250 923-7911

Registration Hours:
Monday-Friday 8am-9pm
Saturday 9am-4:00pm
Sunday 9am-4:00pm

You can find us on the web at www.campbellriver.ca
50+ Active Living Program Staff: Linda Moore, Judy Ridgway

50+ ACTIVE LIVING PROGRAM

**2012
MEMBERSHIP
\$18 per person**

CARING CARDS

If you know someone who is ill or has experienced a loss, we have a card volunteer ready with addresses, cards and stamps.

Call Rose at 250 287-4457



CR SENIOR PEER COUNSELLING

Trained and confidential seniors talk with seniors—their peers!

To book a counselor contact Jackie Senior Peer Counseling Coordinator at the Women's Centre 250-287-3044

INTEGRATED HEALTH NETWORK

For more information call 250-850-2195

**FOOT CLINIC
Lion's Den
Sunday Feb 19**

For an appointment call 250-830-9323.



Linda Moore

Last month I talked about what the program offers to you. Just how does this happen? Members register and the monthly bulletin provides choices for members and non-members. Some choices are a result of community partnerships developed by recreation staff (such as Peer Counseling, Integrated Health Network and How Do I? Computer Literacy). All programs are a result of the expressed interest of the 50+ members. Program Coordinator, Linda Moore and Programmer, Judy Ridgway,

listen to members, research ideas and develop possibilities. Some things happen the next day and some the next year. It's what we call 'grass root community development' and it's what works! Linda and Judy are the team instructors and volunteers along with direction from supervisors, managers, committees, council and you! We sort it all out the best we can to facilitate an active lifestyle for YOU.

Now.....how do you help?

Next month I'll talk about FUNDRAISERS!



Strathcona
REGIONAL DISTRICT

By Deb Wilson, Fitness Coordinator
250 287-9234 Ext. 236 or email
dwilson@strathconard.ca

STRATHCONA CONNECTION

Happy Valentine's Day! This month if you are not going somewhere tropical, remember it's always bright and warm inside Strathcona Gardens. We don't have any palm trees however we do have many programs for you to try that will have you thinking you are in a tropical paradise.

Our new sessions are beginning this month with private swimming lessons. If you are interested in being more comfortable in the water because you may be taking a trip south, this is the perfect opportunity to improve your skills.

Have you ever tried Belly Dancing before? This class is fun and there are many mature women in the class that laugh as well as workout with Jeannie. She is so positive and has great stories to explain the movements. February 22nd start the next session.



COMING EVENTS



Lunch Bunch
 11:45am to 1:00pm
Thurs Feb 16
Woody's
 (in Willow Point)

Lunch Bunch is an invitation to everyone to enjoy a lunch together at a different local restaurant each month. Call ahead so we can make reservations.

Draw for one free lunch!



PLANT AND JUMBLE SALE
 Saturday, April 21, 2012

Coming sooner than you think!

It is nearly time to start seeds and root cutting so they can be potted and healthy looking for the sale. We need to have a few more dedicated gardeners to plan ahead for this sale. Our devoted members who have supplied truck loads of potted plants and perennials are getting a tad tired. They would be so encouraged to know other members share a passion for plants and for fundraising to keep activities free. Call Linda or Judy with your ideas or for suggestions!

BIRTHDAY CELEBRATION

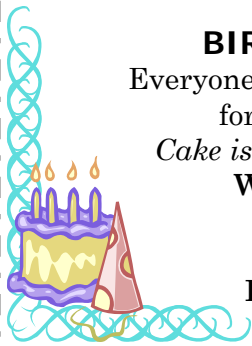
Everyone is invited to this informal party for cake and entertainment!

Cake is compliments of Thrifty Foods.

Wednesday, February 15
 3:00-4:00pm

Lounge

EVERYONE WELCOME!



NEW!



VALENTINE TEA AND TREATS
 Wednesday, Feb 8
 2pm to 4pm
 Community Centre Lounge
 \$5 per person



Let's enjoy an afternoon relaxing over tea and treats in the lounge. Let us serve and entertain you between your visits with friends. Enjoy traditional valentine decadence alongside heart healthy choices! Come for some fun and laughter starting at 2pm and ending by 4pm. Tickets available at both offices for \$5 per person. Wear a red or white shirt or top to get us all in the mood!

ROSES & THORNS.....

Coffee cups, crowded rooms, broken chairs, new chairs, not enough time, too cold, too hot and all the rest of the comments we should hear about...make sure they are heard by Linda Moore or Judy Ridgway **FIRST**. It's our job to work out solutions with you, hear your complaints and fine tune the programs. Other staff listen and sympathize but it's our job to work it out for you. Got a complaint, tell us. Got a compliment, tell everyone!



COMING EVENTS

50+ ACTIVE LIVING

Potluck Tropics Style!



**Saturday
January 28**

6pm

**In the
Lounge**

Dress in your tropical wear!
Please call the office and let us know if you are coming and bring a dish to serve 4-6 people.
250-286-1161



Sportsplex:
Community Centre
www.campbellriver.ca

250-923-7911
250-286-1161

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50+ ACTIVE LIVING

HEALTHY ACTIVE THURSDAYS



1 to 2:30pm
Community Centre Lounge
Free 50+ drop in

Laugh!
Movie time!
Every 1st Thursday
Feb 2 & Mar 1

Learn!
Jan 12—About Qigong!
Feb 9—About
Gluten Free Foods!

Live well.....be well....
Here's what you can plan to do every Thursday afternoon!

Relax!
Feb 23
Suzanne shares slides from
her Australian trip!

Try a hobby!
Jan 19 & Feb 16
CR Stamp Club meets!

Rejuvenate!
Jan 26
Anti Aging Treatments!



Sportsplex:
Community Centre
www.campbellriver.ca

250-923-7911
250-286-1161

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OTHER INTERESTS.....



Seniors Teaching Seniors Computer Literacy 'HOW DO I?' is back!

Kat is ready to run a full slate of basic beginner classes at the Community Centre on Thurs & Fri 12 to 2pm in Room 2.

Do you have a working knowledge of computers?
If you have 2-3 hours a week to help other to help other seniors, call Kat!

Kat Eddy
Adult Literacy Outreach Coordinator
(250) 923-1275

Funded by the Government of Canada under the
New Horizons for Seniors Initiative and
Campbell River Community Literacy Association.



Government of Canada
Gouvernement du Canada

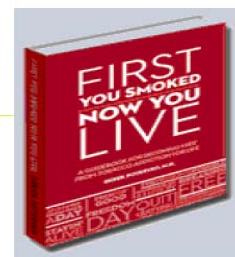
Integrated Health Network

Quit Smoking Program

Starting April 24, 2012 for 7 weeks

Tuesdays 10:00 am to noon

Campbell River Hospital
Sunshine Wellness Center



For more info see: www.cisic.ca
To register call Jodi at
250-850-2195



VOLUNTEER OPPORTUNITIES



- Volunteers needed for the Family Dance, Feb 17. If you are interested in helping at this fun event or would like more information please call Leah: 250-286-1161.
- Pickle Ball volunteer needed to assist the specialized recreation pickle ball drop in program on Tuesday mornings (10-11am).

Plant & Jumble Sale volunteers needed.....

If you would like to help out in the following areas please give Judy or Linda a call: 250-286-1161.

- People willing to drive to pick up donations from members who have no way of getting their items down to the sale: week of April 16 to 20.
- Plant potting Wed & Thurs, April 18 & 19; 10am to 2pm (stay as long as you are able).
- Plant pricing Wed & Thurs, April 18 & 19; 10am to 2pm and Fri April 20; (1pm to whenever).
- Sale set up on Fri April 20 (set up starts at 1pm).
- Selling on Sat April 21.
- Cleanup after the sale and we are looking or people with trucks who can take the leftovers to the thrift stores.



50+ WALKS & HIKES

We are going to be starting up the walking/hiking program once again! Iris Paruch has offered to be the leader for the group. Thank you Iris! Our first walk will be on April 12 and we will meet in the upstairs lobby at 10am. Come prepared for all types of weather. If you have any places that you love to walk please give us a call at 250-286-1161 and Iris will discuss them all at this first meeting.

CAMPBELL RIVER SENIORS CENTRE

Enjoy lunch, pool, cards, crafts, library, puzzles, conversation and socializing.

Mon, Wed, Thurs & Fri

9:30am to 3:00pm

1425 Ironwood Street

Want to know more? Call the Seniors Centre: (250) 914-4401

**SENIORS CENTRE + 50+ ACTIVE LIVING + STRATHCONA GARDENS =
GREAT RECREATION FOR OLDER ADULTS IN CAMPBELL RIVER!**

DROP IN CRAFTS

QUILTER'S GAB

"Celtic Placemats"

Tuesday, Feb 7
9am to 4pm
Craft Room

Pick up your fabric requirements at the office.



CALICO QUILTERS

Thursday, Feb 16
9:30am to noon
Craft Room



APPLIQUE

Friday,
9:30 to 11:30am
Lounge



Drop In Crafts takes place in the Craft Room on Tuesdays, 1 to 3pm. This program is free to 50+ members and only \$2 for non-members, so come and join the group for a creative time and lots of laughs! The coffee is always fresh and no crafting experience is required!

- Feb 14 Chocolates
- Feb 21 Spring Surprise
- Feb 28 Napkin Decoupage

REGISTERED CRAFTS

POTTERY GARDEN ART

Spice up your garden with some unique and maybe even funky garden art!

Community Centre

Mon	Feb 20—Mar 26	10am to 12:30pm
Mon	Feb 20—Mar 26	6 to 8:30pm
Fri	Feb 24—Mar 30	10am to 12:30pm

Cost: 6/\$116 Adults 6/\$104 Teens & 50+ members

NEW!

SCRAPBOOKING



Learn scrapbooking techniques and make cards and/or theme pages. All equipment, paper & glue supplies provided. Bring your photos, any specific ornaments you wish to use and imagination to create cards and theme pages.

Community Centre Craft Room

Thurs Feb 16 7 to 9pm

Cost: \$30 Adults, \$25 Teens & 50+ members

POTTERY DROP-IN

(Pottery experience required)

Join fellow potters every Friday afternoon. Clay may be purchased for \$25 per bag. Fees for firing will depend on the size of projects.

Community Centre Craft Room

Fridays Jan 13—Mar 30 1 to 5pm \$3/hr or \$30/10 hour punch card



**Groundhog Day
Thursday, Feb 2**



REGISTERED PROGRAMS

QIGONG (Chee-gong)

The skillful practice of applying life force energy using specialized breathing exercises combined with gentle, graceful movements enabling the body to strengthen, regulate the nervous system and promote deep relaxation. Sit or stand with instructor Aum Song guiding you through Qigong exercises that may help to reduce stress, aid digestion and lower blood pressure.

Community Centre

Tues Feb 21—Mar 27 7 to 8pm 6/\$72 (6/\$60 for 50+ members)



THURSDAY MORNING YOGA

A class designed for all levels of yoga.

Sportsplex

Thurs Feb 16—Mar 29 9 to 10:15am 6/\$50

YOGA WITH DAWN

For those new to yoga or with some experience.

Community Centre

Mon Feb 20—Mar 12 7:15 to 8:45pm 4/\$44

LUNCH & LEARN

Relax over lunch and learn with Andy Leitch and Brian Shaw from Canaccord Wealth Management Group. Hear up to date information on investing, wills and retirement. Register in person or call 250-286-1161 by Tuesday so we can order lunch.

Community Centre Lounge Wednesdays 12 to 1pm
\$6 per person to register with or without lunch



- **Feb 15** What's new? Tax tips for everyone.
- **Mar 21** Six retirement mistakes and how to avoid them.
- **Apr 18** Everything you need to know about being an estate executor.

COOK TO IMPRESS SERIES FOR MEN



Do you have trouble in the kitchen? Want to be able to cook a great meal for yourself or someone special? Join us for a series of hands on cooking classes this winter.

Sportsplex Kitchen

Thurs Feb 16 or Mar 16
 5:30 to 7:30pm
 \$49 each

LEARN TO COOK

Whether you are just moving out on your own or just discovered you need a little help in the kitchen, this class is for you! Learn how to cook basic meals from scratch, no prepared meals here.....only fresh nutritious ingredients. **Sportsplex Kitchen** Tues Feb 7 to 28 5:30—7:30pm 4/\$159

REGISTERED PROGRAMS

THE ART OF FOCUSED CONVERSATION

In this communication workshop you will learn the Terminology, Patterns and Techniques for **Verbal** and **Nonverbal Communication**. Learn how to fine tune your listening skills, how to use “open and closed questions” that help you direct the conversation and “I” messages that help you to set boundaries so you can be better understood.

Community Centre Room 2 Tues/Wed Feb 21 & Feb 22 7 to 9pm \$29/person



Both arthritis workshops are presented by Cari Taylor, manager of Education and Services for the Vancouver Island Region of The Arthritis Society.

**Workshops are free but registration is required.
Register at the Sportsplex or the Community Centre!**

EXERCISE CONTROL OVER ARTHRITIS

Some Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms. Join this workshop where you will learn the truth about this and walk away more confident in your understanding of how and why movement matters.

Sportsplex Monday, March 5 2 to 4 pm FREE

UNDERSTANDING ARTHRITIS

We deliver the FACTS! Understand the importance of self management, medications, exercise, complementary therapies and more! Learn about tools and aids you can use to make life easier.

Sportsplex Monday, March 5 6 to 8 pm FREE

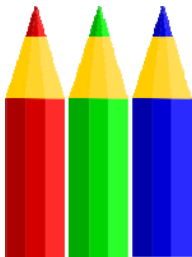


BE AWARE!!! BE SAFE!!

Keep your valuables in a safe place while you play....locked in your car, in plain sight for all players to observe or leave at home. Greet new comers and invite them to participate. If they are just ‘hanging out’ ask your program leader to handle the situation. Program leaders, please visit Linda or Judy if you need guidance.

WILLIE’S CAFÉ: New Senior’s menu \$9.88 after 4pm, new times: 7:30am to 7:30pm. Drop in and tell them you read this in the 50+ Active Living Bulletin!

TAKAO’S KITCHEN: Mon to Fri—11am to 6pm—1265 Ironwood Street. Drop in to check out his lunch menu and order supper to go. Tell him you read this in the 50+ Active Living Bulletin!



ART EXPRESSIONS

Join our art therapy group facilitated by Sophie Oh. Learn to express yourself, ease emotional stress and improve yourself through art activities including painting, clay, print and collage making.

Community Centre Craft Room
Thursday Feb 2—Mar 8 10am to 12 noon 6/\$20

DROP IN FITNESS



Lunch time fitness classes at the Community Centre!

“FOR ALL AGES”

Mon: Zumba! Tues: Yoga! Wed: Xfit! Thurs: Yoga! Fri: Kickboxing!

12:10 to 12:50pm

Free to pass holders, use your 10 visit pass or drop in for \$7 (\$6 for 60+ years)



FIT FOR LIFE

Is now a drop in program!
A fun, simple and easy program.
No running or jumping.
Maximize your independence,
reduce health problems and
improve your sense of well being.

Sportsplex:

Mon & Wed

10:30 to 11:30am

Free to pass holders, use your 10 visit pass
or drop in for \$7 (\$6 for 60+ years)

ZUMBA GOLD—takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older adult or inexperienced participant. Still has the party like atmosphere, zesty Latin music and sheer vibrancy in each class!

Sportsplex: Fridays

10:30 to 11:30am

Free to pass holders, use your 10 visit pass or drop in for \$7 (\$6 for 60+ years)

SITTING IN

Sitting In offers the option of exercising while seated. Suitable for those just starting out or those who have medical conditions. Improve your range of motion and flexibility, increase muscle strength and endurance for functional fitness.

Community Centre

Mon, Wed, Fri Jan 4—Jun 1 10:15 to 11am

10 visit drop in pass: \$37/Senior \$50/Adult
\$27 for 50+ member



MOVING UP


Lots of movement, good music, great company, motivating instructors and great fun! A great place to start gentle exercise and suitable for all fitness levels.

Community Centre Mon, Wed, Fri Jan 4—Jun 1 9 to 10am

10 visit drop in pass: \$37/Senior \$50/Adult \$32 for 50+ member


Drop in programs are free to 50+ members and \$2 per visit for non-members.


2012 MEMBERSHIPS: You are now expected to have a 50+ membership if you participate in free volunteer led activities OR pay \$2 per visit per person. Thanks you for being diligent about keeping your membership up to date!

 **BRIDGE TIPS WITH PHIL SANFORD** starts at 11:50am in the lounge just before Wednesday afternoon Duplicate Bridge. You can enjoy these free lessons and printouts compliments of the CR Bridge Club. Thanks a lot Phil for 5 weeks of lessons!

Jan 25 Better Bidding Systems, Left Side of the Convention Card

Feb 1 Match Point Tips

 **CR STAMP CLUB** has a fun Garage Sale planned for Feb 16. Club members can rent a table for \$1 and sell their 'white elephants' barter for low priced stamps and enjoy a free cup of coffee! Door prize tickets with every table purchased. Call David 250-287-4842 or Daryl 150-923-3507 by Feb 10 to book your table.

 **TAI CHI** volunteer leader Susan Carew will add a few more people to the groups already participating. If you have left your name on the interest list at the office, you will be contacted about joining in. Our groups practice but our instructor does not teach. For information about Tai Chi lessons, please contact The Taoist Tai Chi Society of Canada at 250-286-9768 for lessons at the Sportsplex.

INTEREST LISTS are taken at the office if you have a program you would like to attend. A list is on-going for Beginner Tai Chi and Transit Tours. When there are enough names on the list, we will phone you and arrange to start the activity.



Movie Time!

It's 'Driving Miss Daisy' time!
Come and join us for popcorn and laughs in the lounge.

1st Thursday of the month, Feb 2
1 to 2:30pm
Lounge



Did you know.....

- Starting in 2012 members who are 90 years of age or better are welcomed as 50+ members free of charge. The Seniors Advisory Committee requested this change. Thank you for thinking of our older, active seniors.
- 50+ members who require their bulletins to be mailed for various reasons are welcome to put their name on our mail list. Call or drop in to the office at the Community Centre.

50+ TRIPS AND TOURS

All trips and tours in the 50+ Bulletin are designed for the 50+ age group. All ages are welcome to come on our trips. Membership is not required. Some trips are not suitable for children and not every trip is accessible. Please call the trip provider to get accurate, up-to-date information.

BUS TRIPS WITH LEE



Call Lee Peniuk
250-287-4564

- Feb 11 Chemainus - Harvest (comic mystery)
- Feb 14—16 Washington Casinos and Shopping
- Mar 6 Nanaimo Casino
- Mar 10 Chemainus - All Shook Up (musical comedy)
- Apr 3 Port Alberni Casino
- Apr 10—11 Johnny Reed at Save On Arena and/or Casino overnight in Victoria
- Apr 12—16 Washington Tulip Festival (or week later depending on weather)
- May 1 Nanaimo Casino
- May 26 Chemainus - Noises OFF (drama comedy)
- June 5 Mystery Casino

VICTORIA!! SENIORS EXPO BUS TRIP - TUESDAY MARCH 6

You can enjoy a bus trip to Victoria and choose what you want to do. Seniors Expo will be a full day of exhibitors, entertainment and lunch at the Pearkes Recreation Centre. If you choose to go downtown instead, our friendly bus driver, Bill Cove, will take you and pick you up at one set time. Either way, you can leave the driving to Bill and have a day in Victoria. Register at the Community Centre or Sportsplex.

Tuesday, March 6 Leave Community Centre 6am, Return 8pm \$42.00 per person
(10am to 3pm in Victoria)

ISLAND FEVER TRAVEL AND CRUISE PRESENTS:

EGYPT IN MARCH

Great Pyramids, the Sphinx, Valley of the Kings, Luxor and Karnak Temples.
\$3599pp

NEW ORLEANS IN APRIL

Call for details and dates.

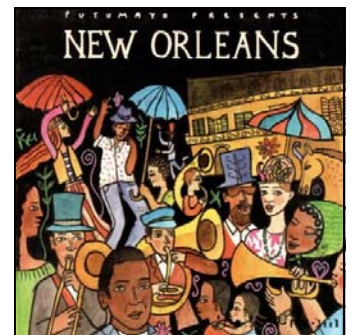
NEW YORK IN MAY May 17—22

Join Island Fever Travel on Feb 1st for an information session about this exciting trip to the Big Apple. Please RSVP by phone.

ALASKA CRUISE Jun 1-14 Holland America
\$2999pp

PACIFIC TATTOO July 14 Victoria

JERSEY BOYS Sept 6 Queen Elizabeth Theatre in Vancouver
\$189 till March 1st. After March 1st \$199



New Orleans!

Call Island Fever Travel & Cruise at 250-287-3221
for more info and to put your name on the interest list for any of these trips.

February "At a Glance"

MONDAY

8:30-12:00	✓Hand Quilting	Room 2	
9:00-10:00	Moving Up	Gym	
9:30-11:00	55+ Hockey	Arena #1	
10:15-11:00	Sitting In	Room 1	
10:30-12:45	✓E.S.L.	Lounge	Feb 6, 20
12:00-2:00	✓50+ Badminton	Sportsplex	cx Feb 6
1:00-3:00	✓Beginner Tai Chi●	Room 1	
1:00-3:00	✓Liquid Embroidery	Room 2	cx Feb 6
1:00-3:00	✓Floor Curling	Gym	
1:30-3:30	✓Table Tennis	Gym	
1:00-4:00	✓Partnership Bridge	Lounge	

TUESDAY

8:30-11:00	✓Pickle Ball	Gym	
9:00-3:00	✓Quilters Gab	Craft Room	Feb 7
9:00-10:00	✓Coffee Time	Lounge	
10:00-12:00	✓Scrabble	Lounge	
11:30-1:00	✓Singles Bag Lunch	Lounge	
1:00-3:00	✓Shuffleboard	Feb 7	Gym 2 only
1:00-3:00	✓Drop-In Crafts	Craft Room	
1:00-4:00	✓Bridge	Lounge	
7:00-10:00	✓Crib	Lounge	

WEDNESDAY

8:30-12:00	✓Hand Quilting	Room 2	
9:00-10:00	Moving Up	Gym	
9:00-1:00	✓Drop-In Painting	Craft Room	
9:30-11:00	55+ Hockey	Arena #1	
10:00-11:00	✓Singing 4 Fun	Lounge	
10:15-11:00	Sitting In	Room 1	
12:00-2:00	✓50+ Badminton	Sportsplex	
1:30-3:30	✓Table Tennis	Gym	
1:00-3:00	✓Carpet Bowling	Gym	cx Feb 8
1:00-3:00	✓Crib	Sportsplex	
1:00-4:00	✓Mah Jong	Lounge	
1:00-4:30	✓Duplicate Bridge	Lounge/Rm 1	
2:00-4:00	Valentine Tea & Treats	Lounge	Feb 8
3:00-4:00	✓Birthday Party	Lounge	Feb 15
6:30-10:30	✓Euchre	Lounge/Rm 5	

THURSDAY

8:30-11:00	✓Pickle Ball	Gym	
9:30-2:30	✓Calico Quilters	Craft Room	Feb 16
9:30-11:30	✓Crochet/ Knit	Lounge	
10:00-12:00	✓Mexican Train	Lounge	
11:45-1:00	✓Lunch Bunch	Woody's	Feb 16
12:30-2:30	✓Advanced Tai Chi●	Room 1	
1:00-2:30	✓Healthy Active Thurs	Room 1	Feb 2,9,23
1:00-3:00	✓Stamp Club	Lounge	Feb 16
1:30-3:30	✓Table Tennis	Gym	
7:00-11:00	✓Duplicate Bridge	Lounge	

FRIDAY

9:00-10:00	Moving Up	Gym	
9:30-11:00	55+ Hockey	Arena #1	
9:30-11:30	✓Applique	Lounge	Feb 24
10:15-11:00	Sitting In	Room 1	
11:00-3:00	✓50+ Badminton	Gym	
1:00-4:00	✓Bridge	Lounge	
1:00-5:00	Pottery Drop-In	Craft Room	
7:00-8:30	✓Drop In Dance	Sportsplex	

SATURDAY

6:00-8:00	Tropical Potluck	Lounge	Jan 28
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SUNDAY

10:30-12:30	✓Soft Tennis	Gym	
1:00-3:30	✓Pickle Ball	Gym	
1:00-3:30	✓Table Tennis	Gym	

Programs occur weekly unless dates are in bold print. All programs are held at the Community Centre except as noted. Arena is at Strathcona Gardens Complex.

- ✓ Free to 50+ Members
- CX Cancelled
- No drop in to Tai Chi

Happy Valentine's Day!



50+ Active Living Bulletins are available on the **4th Tuesday** of the month at:
 - CR Community Centre - Sportsplex - Strathcona Gardens - Sunshine Wellness Centre
www.campbellriver.ca