

# 50+ Active Living Bulletin

January 2012

HAPPY 'HEALTHY' NEW YEAR!



Solange raises the “holey ball” with her partner Sue—all set to challenge the next Pickle Ball team!

## 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](http://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 Jan 22**

For an appointment call 250-830-9323.



**Community Centre**



**The Sportsplex**

You can integrate healthy activities into your daily life when you join the 50+ Active Living Program. You will enjoy the use of our accessible facilities: Community Centre downtown and Sportsplex in Willow Point Park. You can choose from over 30 activities happening every week. Some are once a week, once a month or four times a week. Make the choice to suit your lifestyle or life needs. Read about programs in this bulletin and check out times and dates on the back page ‘At a Glance’. The check mark means the activity is FREE to members and \$2 drop in for visitors.

**Did you know?**

Strathcona Gardens Recreation Complex (pool and arena) on South Dogwood Street is run by the Strathcona Regional District which is a regional government function.

City of Campbell River Recreation and Culture is a department of the municipal government with offices at City Hall.



**Strathcona**  
REGIONAL DISTRICT

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

**STRATHCONA CONNECTION**

Happy New Year One and ALL! Is the holly still up and the cedar still around the door? As we flow into the new year it is time to think about our abilities to hold a resolution! My passion is to help people find their best way to keep some type of physical activity in their life! It helps us to have more energy and ability throughout our daily living. We have heard this so many times, however it really is TRUE! Sometimes the smallest change in our activity level can make a huge difference. People in the field of wellness tend to say: “Just get out and walk”, “Just move a little more”.

For some this is a challenge and not as easy as it sounds. This is where we may be able to give you some ideas on how to get to that point! Come in for a visit, or make an appointment and just talk (no charge). Did you know you are able to book a time to *watch* a potential class you might be interested in participating in? Yes, it’s possible, just check in with us!

For those ready to start classes again, our Aquatic Arthritis classes begin Monday January 9th. We have two classes to chose from: 10:30 to 11:15am (three times per week) or 2:00 to 2:45pm (two times per week). Give me a call or drop an email and I’ll be happy to speak with you! All the best for 2012!



**Lunch Bunch**  
 11:45am to 1:00pm  
 Thurs Jan 12  
 Riptide Pub

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!**

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

City of Campbell River Sportsplex Community Centre www.campbellriver.ca

**BIRTHDAY CELEBRATION**

Everyone is invited to this informal party for cake and entertainment!  
*Cake is compliments of Thrifty Foods.*

**Wednesday, January 18**  
 3:00-4:00pm  
 Lounge  
**EVERYONE WELCOME!**



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

After a short break from the Community Centre Kat is ready to run a full slate of basic beginner classes.

**VOLUNTEER TUTORS NEEDED!**

Do you have a working knowledge of computers?  
 If you have 2-3 hours a week to help other seniors,  
 I have an opportunity for you!

For more information, to register for computer classes, or to volunteer, please contact  
**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.



➔

# GIANT

# INDOOR GARAGE

# SALE

Turn the page  
 for more  
 information!

➔

Save the date for...

**FAMILY LITERACY DAY**

**Friday, January 27th**

**GIANT**  
**INDOOR**  
**GARAGE SALE!**

**SATURDAY, JANUARY 21ST**

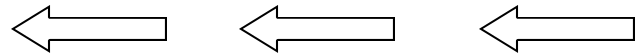
**9am sharp to 12 noon**  
**Community Centre Gym**



**NO ENTRY FEE FOR SHOPPERS!**  
**Bring it and sell it!**

Space is limited so book early!  
 Purchase 10 x 10 space for \$10—Add a table for \$5  
 Register at the Community Centre or Sportsplex

**A fundraiser for 50+ Active Living Programs**  
 For more information call the Community Centre 250-286-1161



**HERE IS HOW IT WORKS!**

The Garage Sale is for everyone to buy a space in the gym, sell their stuff and keep their money.

- Buy a space and table
- Sell your garage sale stuff
- Keep the money you make

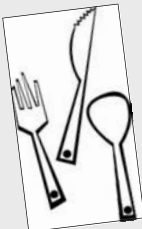
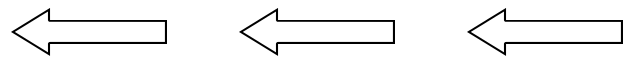
Space is limited so we recommend purchasing space and tables early.

Money raised from space and table sales goes toward 50+ Active Living Programs expenses such as gym equipment.

Everyone is encouraged to come and shop from 9am to noon and enjoy a snack at the concession with friends.

**It's festive and it's fun!**

PLEASE do not bring stuff for sale to the Community Centre. We are not selling! We are providing an indoor, comfortable gym for people in our community to sell their own "garage sale stuff."



**POTLUCKS** Seasonal Potlucks are a social time for members to get to know each other better. Consider meeting with your activity group (Pickle Ball, Bridge, Carpet Bowling, etc.) at the next potluck. You can have some fun getting to know one another better over a scrumptious meal. Call Linda or Judy if you want us to reserve a table space for you to sit together.



**"WE APPRECIATE YOU!" Open House** was lots of visiting and munching for just over 80 volunteers and staff. We enjoyed relaxing with you and if we had a chance to visit for awhile, that was a highlight for Judy and Linda. We appreciated Ross Milnthorp, our General Manager and Michele Sirett, our Supervisor, joining us and sharing a few words with our volunteers. You had a chance to meet some staff who work with children, youth and adults or in the administration offices or in the custodial areas. All these staff work together to make your time at our facilities personal, welcoming and enjoyable. All volunteers are encouraged to attend appreciation events, we miss you when you are absent! Please KNOW that you are all an integral part of 50+ Active Living and other recreation programs. Keep on smiling and volunteering with us!



Thank you to all our wonderful volunteers for helping to make 2011 a great year for our 50+ programs. We could not have done all the many things that we did without your assistance.

**Have a very Merry Christmas  
And a Happy New Year!**

### **VOLUNTEER OPPORTUNITIES**

- **New Year's Eve Family Celebration** at Strathcona Gardens—We are looking for people to help on Friday December 30 with food prep for our family New Year's Eve celebration. If you are interested in helping please give Leah a call at 250-286-1161.
- **GIANT Indoor Garage Sale** needs volunteers to help set up on Friday, January 20th and sell food at a concession on Saturday from 8am to noon. Call Linda or Judy to help raise funds for 50+ Active Living equipment and supplies.
- **Family Literary Day** needs you to host children's table games during the afternoon on Friday January 27th. Call Linda or Judy if you would like to help.



### **50+ WALKS & HIKES**

Are you interested in checking out some of Campbell River's awesome trails? We have someone who is interested in leading a walking group! We are having our first meeting to do some planning in January. Leave your name and number at the office. We will phone you with the meeting time and place.



## *Perfect '29' Crib Hands!*



Barbara Lavergne—Wed Nov 23  
At the Sportsplex



Walter Bojsza—Wed Nov 30  
At the Sportsplex



**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 Jan 10—Feb 14 7 to 8pm 6/\$72  
(6/\$60 for 50+ members)

**Yoga classes with Dawn resume in February.....**

**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

**THURSDAY MORNING YOGA**

A class designed for all levels of yoga.

**Sportsplex**

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



**POST REHABILITATION**

Dealing with or recovering from an injury, illness and/or disability? Our building is fully wheelchair accessible. Our staff has extensive experience working with seniors, clients with cardiovascular, metabolic, neurological and musculoskeletal conditions.

**Sportsplex Dates & Times Flexible \$50 per hour**

**SENIORS FITNESS CONSULT**

Are you 60 years or better and want to get fit? In one session we will show you how to use our equipment safely and effectively and design a program for your specific needs.

**Sportsplex Dates & Times Flexible \$68**



**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**



- **Jan 18** Understanding guaranteed income.
- **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.

**DROP IN CRAFTS**



**QUILTER'S GAB**

“Snowmen”  
Please bring fabric  
in snowman colors!

Tuesday, Jan 3  
9am to 4pm  
Craft Room



**CALICO QUILTERS**

Thursday, Jan 19  
9:30am to 2:30pm  
Craft Room



**APPLIQUE**

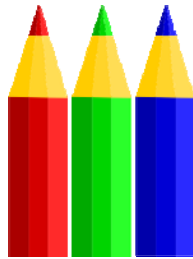
Friday, Jan 27  
9:30 to 11:30am  
Lounge

**50+ Tuesday Drop In Crafts** welcome you back to another new year of crafting! Drop In Crafts take place in the Craft Room on Tuesdays from 1 to 3pm. This program is free to 50+ members and only \$2 for non-members. Come and join the group for a creative time and lots of laughs! The coffee is always fresh and no crafting experience is required!

- **Jan 3** First Tuesday—no 50+ crafts
- **Jan 10** Pinwheels for Spring
- **Jan 17** Spring Surprise
- **Jan 24** Valentine Cards
- **Jan 31** Valentine Candy Boxes



**REGISTERED CRAFTS**



**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 Jan 26—Mar 8 10am to 12 noon 6/\$20

**POTTERY FOR EVERYONE**

A variety of techniques will be explored. Clay for class projects is included. Potter's tool kits are available to purchase. Advanced Potters can register for beginner classes and receive some assistance from the instructor.

**Community Centre Craft Room**

**Beginner:** Mondays Jan 9—Feb 13 6 to 8:30pm  
**Ongoing:** Fridays Jan 13—Feb 17 10am to 12:30pm  
 Cost: 6/\$116 or 6/\$104 for 50+ members

**POTTERY DROP-IN**

(Pottery experience required)

If you love to work with clay but have nowhere to do it anymore then come and 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





*Pottery instructor Jacquie Clark admires Marion's project.*

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

 **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. Bring your regular DB partner so you can build on your bidding and defense skills together. Phil will teach basic concepts and stress being on the same page with your partner.

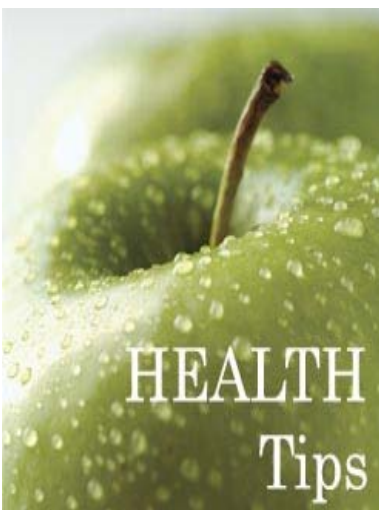
Jan 4 Play of Hand, Use of template, Counting  
 Jan 11 Defense-Suit Preference, Count, Attitude  
 Jan 18 Better Bidding Systems, Right Side of the Convention Card \*\*in Room 1  
 Jan 25 Better Bidding Systems, Left Side of the Convention Card  
 Feb 1 Match Point Tips

 **MINGLE WITH THE SINGLES** Happy New Year! You've all made a resolution to go on a diet, right? There's something about all the Christmas goodies that we just can't say no to. Now you know why they call it pound cake! Our group had a lovely turkey dinner at Ricky's restaurant and then went back to the centre for coffee, dessert and gift exchange. We also enjoyed the Mistletoe luncheon catered by the Discovery Inn as did many from around town. We heard there was not going to be an 'angel tree' this year, from which we always choose 'angels' so instead, we donated many personal care items to the Women's Centre which they clearly needed. Here's sending you all a Christmas card, wishing you health and happiness in 2012.

 **POTLUCK COMMITTEE** will be meeting on Thursday, Jan 26 at 1:30pm in the Lounge.

**THANK YOU TABLE TENNIS PLAYERS** for changing your time to fit in new NOON HOUR fitness!

***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.*



### **HEALTHY ACTIVE THURSDAYS 2012**

Live well, be well. Here's what you can plan to do every Thursday afternoon from 1 to 2:30pm in the Lounge. Each month on the first Thursday enjoy a full length feature film on DVD on our large TV in the Lounge. The second and fourth Thursdays will feature health, food and travel. Every third Thursday the CR Stamp Club meets the Lounge and welcomes newcomers.

Thurs Jan 5	Movie: Grumpy Old Men
Thurs Jan 12	What is Qigong Anyways? with Aum Song
Thurs Jan 26	Anti-Aging & Treatments with Maria Lee
Thurs Feb 2	Movie: The Notebook or Driving Miss Daisy
Thurs Feb 9	Gluten Free Never Tasted so Good!
Thurs Feb 23	Australian Trip slide show with Suzanne



**DROP IN FITNESS**

**fitness...exercise...health...fun!**

**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



**Lunch time fitness classes at the Community Centre!**

**“FOR ALL AGES”**

**Mon: Zumba!** Starts: Jan 9    **Tues: Yoga!** Starts: Jan 17    **Wed: Xfit!** Starts: Jan 4    **Thurs: Yoga!** Starts: Jan 19    **Fri: Kickboxing!** Starts: Jan 6

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**  
 Starts Jan 4  
 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**  
 Starts Jan 6  
 10:30 to 11:30am

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



**MORE NEWS**

**50+ ACTIVE LIVING 'BUS' CONTEST**

*Ends January 31st!*

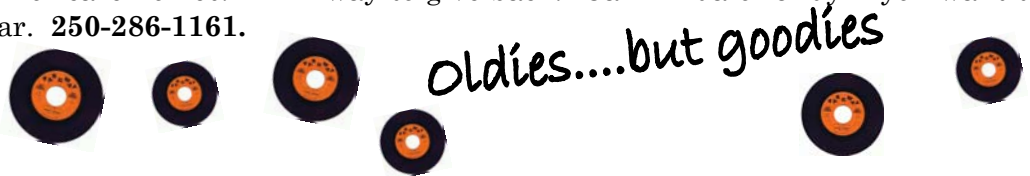
If we had a bus for about 15 people with an easy step in and out, how would you like us to use it? Suggestions can be left in writing at the office or email: linda.moore@campbellriver.ca. Include your name and phone numbers.

**Suggestions will be entered in a draw for a \$10 grocery gift card.**



**AIR BAND.....LIP SYNCH....SENIORS**

What do they all have in common? They put smiles on many faces, that's what! Daryl has lead successful lip synch before and everyone has had a ball. He has all the great oldies and a sure fire appreciative audience: entertaining at senior care homes! A fun way to give back! Call Linda or Judy if you want to give this a try in the new year. **250-286-1161.**



**TAKAO'S KITCHEN 11am to 6pm on Ironwood**

Did you take a sushi making class with Takao last year? Remember his wonderfully fresh ingredients and good sense of humor? You can find both again from Monday to Friday at his tiny kitchen storefront at 1265 Ironwood Street across from the Pet Store. Drop in to check out his lunch menu and order supper to go. Tell him you read about him in the 50+ Active Living Bulletin. Classes are still available so call Linda if you want another sushi or Japanese cooking class.

**WILLIES  
CAFE**

**WILLIES 55+ SENIORS FARE**

The new owner of Willies dropped in to tell you what is new. They are now open from 7:30am to 7:30pm and after 10 visits you get \$7 off your next meal. Dinner menu included salad or soup and tea/coffee. Lots of variety such as Salisbury Steak, Chicken Cordon Bleu, Salmon, Oysters and even Liver & Onions! Drop in and tell Alan Oakley you read about his new menu in the 50+ Active Living Bulletin.

**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!**

**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



**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.

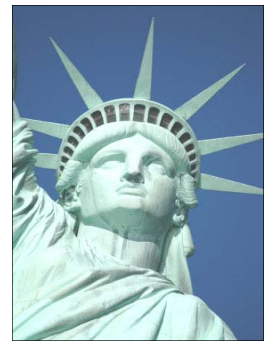
**NEW YORK IN MAY**      **May 17—22**

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 York! New York!**

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.

**January "At a Glance"**

**MONDAY**

8:30-12:00	✓Hand Quilting	Room 2	*Jan 9
9:00-10:00	Moving Up	Gym	*Jan 9
9:30-11:00	55+ Hockey	Arena #1	
10:15-11:00	Sitting In	Room 1	*Jan 9
10:30-12:45	✓E.S.L.	Lounge	<b>Jan 9, 23</b>
12:00-2:00	✓50+ Badminton	Sportsplex	*Jan 9
1:00-2:00	✓Beginner Tai Chi●	Room 1	*Jan 9
1:00-3:00	✓Liquid Embroidery	Room 2	*Jan 9
1:00-3:00	✓Floor Curling	Gym	*Jan 9
1:30-3:30	✓Table Tennis	Gym	*Jan 9
1:00-4:00	✓Partnership Bridge	Lounge	*Jan 9

**TUESDAY**

9:00-11:00	✓Pickle Ball	Gym	*Jan 3
9:00-4:00	✓Quilters Gab	Craft Room	<b>Jan 3</b>
9:00-10:00	✓Coffee Time	Lounge	*Jan 3
10:00-12:00	✓Scrabble	Lounge	*Jan 3
11:30-1:00	✓Singles Bag Lunch	Lounge	*Jan 3
1:00-3:00	✓Shuffleboard	Gym	*Jan 3
1:00-3:00	✓Drop-In Crafts	Craft Room	*Jan 10
1:00-4:00	✓Bridge	Lounge	*Jan 3
7:00-10:00	✓Crib	Lounge	*Jan 3

**WEDNESDAY**

8:30-12:00	✓Hand Quilting	Room 2	*Jan 4
9:00-10:00	Moving Up	Gym	*Jan 4
9:00-1:00	✓Drop-In Painting	Craft Room	*Jan 11
9:30-11:00	55+ Hockey	Arena #1	
10:00-11:00	✓Singing 4 Fun	Lounge	*Jan 11
10:15-11:00	Sitting In	Room 1	*Jan 4
12:00-2:00	✓50+ Badminton	Sportsplex	*Jan 4
1:30-3:30	✓Table Tennis	Gym	*Jan 4
1:00-3:00	✓Carpet Bowling	Gym	*Jan 11
1:00-3:00	✓Crib	Sportsplex	*Jan 4
1:00-4:00	✓Mah Jong	Lounge	*Jan 4
1:00-4:30	✓Duplicate Bridge	Lounge/Rm 1	*Jan 4
3:00-4:00	✓Birthday Party	Lounge	<b>Jan 18</b>
6:30-10:30	✓Euchre	Lounge/Rm 5	*Jan 4

**THURSDAY**

9:00-11:00	✓Pickle Ball	Gym	*Jan 5
9:30-2:30	✓Calico Quilters	Craft Room	<b>Jan 19</b>
9:30-11:30	✓Crochet/ Knit	Lounge	*Jan 5
10:00-12:00	✓Mexican Train	Lounge	*Jan 5
11:45-1:00	✓Lunch Bunch	Riptide	Jan 12
1:00-3:00	✓Advanced Tai Chi●	Room 1	*Jan 5
1:00-2:30	✓Healthy Active Thurs	Room 1	<b>Jan 5, 12, 26</b>
1:00-3:00	✓Stamp Club	Lounge	<b>Jan 19</b>
1:30-3:30	✓Table Tennis	Gym	*Jan 5
7:00-11:00	✓Duplicate Bridge	Lounge	*Jan 5

**FRIDAY**

9:00-10:00	Moving Up	Gym	*Jan 6
9:30-11:00	55+ Hockey	Arena #1	
9:30-11:30	✓Applique	Lounge	<b>Jan 27</b>
10:15-11:00	Sitting In	Room 1	*Jan 6
11:00-3:00	✓50+ Badminton	Gym	*Jan 6
1:00-4:00	✓Bridge	Lounge	*Jan 6
1:00-4:00	✓Family Literacy Day		<b>Jan 27</b>
1:00-5:00	Pottery Drop-In	Craft Room	*Jan 13
7:00-8:30	✓Drop In Dance	Sportsplex	*Jan 13

**SATURDAY**

9:00-12:00	GIANT Indoor Garage Sale	Gym	<b>Jan 21</b>
6:00-8:00	Tropical Potluck	Lounge	<b>Jan 28</b>

**SUNDAY**

10:30-12:30	✓Soft Tennis	Gym	*Jan 8
1:00-3:30	✓Pickle Ball	Gym	*Jan 8
1:00-3:30	✓Table Tennis	Gym	*Jan 8

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

\* First Day back in January



The Community Centre will be **CLOSED:**  
**Monday, January 2**



The Sportsplex will be  
**OPEN:**  
**Saturday, December 31**  
**from 9am to 2pm**  
**CLOSED:**  
**Sunday, January 1**  
**Monday, January 2**



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](http://www.campbellriver.ca)