



LAKE COUNTRY SENIORS CENTRE SOCIETY NEWSLETTER

Your October 2022 update from your Board...

Just a reminder to everyone that Covid-19 is still alive and well in all of our communities. This week we suddenly had to make the decision to cancel the Prime Time program until Monday, October 17th due to someone testing positive. The Tuesday Lunch was also cancelled until October 11th in our continued effort to keep everyone Covid free and healthy.

If you are not feeling well with ANY symptoms you should avoid any public gatherings and are advised to stay home until you feel better. Many seniors have challenged immune systems and it is the least we can do to support each other through this. COVID loves a party !

Speaking of Lunch:

The rising cost of everyone's weekly groceries has been forefront in the news since the pandemic struck. Our Centre produces and sells weekly meals to a regular crowd of 70 or more individuals, both members and non-members alike. As the Lake Country Seniors Centre is a member funded organization, a new pricing program will now reflect that. **Effective October 11th, 2022** the Tuesday lunch prices will remain at \$7.00 for Members but will now be \$10 for Non-Members. Frozen dinners are still \$5. We have reached out to at least 3 other Seniors Centres in our area and learned that different fees for Members and Non-members are also a normal part of their standard operations.



A great Synergy with Lake Country Food Bank:

Your Board met with Food Bank staff in September and came to a fuller understanding of just how much they give to the Centre. They suggested that one of the best ways for the Centre to help the Food Bank is to provide frozen meals for them to distribute to needy seniors in our community. As of September, our Kitchen volunteers now prepare some 20 extra meals each week that are frozen and given to the Lake Country Food Bank.



Our fellow Okanagan Seniors Activity Centres:



In recent months the members of the Board have contacted and/or visited Parkinson Seniors Society, Halina Centre and Rutland Seniors Activity Centre to learn about their activities. Last week we had a very informative meeting with the Executive Director of the Parkinson Seniors Society and she shared many aspects of how they operate their thriving programs and that they promote themselves as "50+ and Active", with activities suitable for a wide range of seniors. We left that meeting with our heads filled to the brim with new and exciting possibilities for the future!

Our Activity Groups:

It's autumn and change is in the air! The term 'User Groups' will now be referred to as our 'Activity Groups'. In the weeks and months ahead we want to promote all of our activities as being open and welcome to everyone in the Lake Country community, in an effort to attract new members to participate in numerous existing and new programs.

Put on your dancing shoes!

Line dancing is now underway at the Centre on Tuesday afternoons from **2 pm to 3 pm**. Join our very enthusiastic instructor and kick up your heels to some fun Country music. As this is considered a sports/exercise program, you will be required to sign an insurance waiver the first time you attend. Check it out!

Cowboy boots are not required !!



Cleaning up the chairs:



The upholstered chairs in the main hall were purchased many years ago and have seen a lot of bodies sitting on them. We are making arrangements with an upholstery cleaning company to give them the spa treatment so that our members can all enjoy sitting on clean furniture. They will be cleaned at the hall and will need 24 hours to dry completely. This will be timed so as not to cause any significant interruption to our ongoing activity programs.

Meeting Room Rental of the Library:

We are pleased to announce that interest has been growing from community groups to rent our library/meeting room which will accommodate up to 25 people. Rental of this room will bring welcomed funds to the Centre.

Bursary Recipient:

Each year the Centre awards a \$1,000 bursary to a deserving high school student in Lake Country. Our most recent recipient is invited to attend our November 6th general informational meeting and meet the membership. We look forward to hearing their future plans.



Mark it on your calendar!

All members are invited to attend a general informational meeting with the Board of Directors on **Sunday November 6th at 1:00 pm** in the main hall. Please join us!