

The Centre News

May 2023

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Vice-President's Message

Hello, members! Spring has (finally!) sprung – dogwoods are boldly bursting into cauliflower-size blooms, trilliums are waving cautiously from the darkest pockets of the forest floor in Centennial Park, and the taxman has retreated for another year.

More than 50 people attended the Sunday Social “On Broadway” production on April 30. More information later in the newsletter.

We thank Don Moore for hosting our first Hot Dog Day in three years. The enthusiastic turnout caught organisers by surprise, and we ran out of hot dogs way too soon. Another surprise was seeing the big Looney Bin Prize scooped up two months in a row at Wednesday afternoon Bingo -- luckily we didn't run out of money.

Our next big social event is Spring Cleaning at The Centre starting at 10:30 a.m. on Saturday, May 27. More info later in the newsletter.

Installation of new window blinds is expected during June. Installation of acoustic curtains in the two archways between the Card Room and the Gymnasium is anticipated over the summer break. The colour was selected with care from a palette of 54 colour swatches. The winner? “Ancestral”!

Dani Alldrick
Vice-President

Coming Events

Bingo

May 17 from 1 to 4 p.m.

Hot Dog Day

May 17 at noon

Potluck Lunch

May 18 at 11:30 a.m.

Speaker's Series

May 19 at 2 p.m.

Centre Closed for Victoria Day

May 22

Lunch Bunch

May 25 at noon

Spring Cleaning

May 27 at 10:30 a.m.

Raconteurs

June 2 at 2 p.m.

Brentwood Bay Festival Parade

June 3 at 8:30 a.m.

Correction Notice

In the *New Members* item in last month's newsletter, we inadvertently misspelled a name. The correct spelling is Rosemary Coss, not Rosemary Cross. Sorry, Rosemary!



Spring Cleaning!

By Dale Broad

It's time to give our Centre a spring clean. We need volunteers on Saturday, May 27 at 10:30 a.m. to make our Centre shine! Everyone wants a clean environment in which to socialize and participate in activities, so if you have two to three hours, please join in.

The Weaving Group has already scrubbed the downstairs so we will focus our attention on the upper floor. We will need some extra pails and, if you wish, bring rubber gloves. Thank you in advance for volunteering your time and energy.



Join the Big Parade!

By Gerie Turner

Always wanted to be in a parade? Here's your chance! We have a spot in the Brentwood Bay Days Parade on Saturday, June 3rd, taking off from Bayside Middle School at 9 a.m. and walking to downtown Brentwood. This is a fabulous opportunity to tell the world about our Centre. The plan is to meet at Bayside School at 8:30 a.m. and,

with one or two cars, carry signs promoting the Centre activities, distribute yellow pamphlets about the Centre to "eligible" parade watchers, and give out candies and dog treats to children and dogs (with their parent's/owner's permission, of course!) and generally have a terrific time connecting with those along the way. We hope to have a contingent of 15-20 Centre members. For those of you with mobility issues, please come and ride in one of the cars and wave an activity sign out the window to the crowd. Park in the Bayside School parking lot and meet us at 8:30 a.m. on Saturday, June 3rd. We also have booked an information table in the Pioneer Square area for the rest of the day so drop by and have a chat. More information call Gerie Turner at 250 479-8023.

What is a Raconteuse?

By Joan Boutilier

This is the question John Gunton posed to a group of our members waiting attentively for a presentation by Patricia Gunton. According to John, and to Google, a raconteuse is defined as "a woman who is skilled in relating stories and anecdotes interestingly." Well, Pat certainly exemplified that definition as she shared stories from her 50-year career as a lady doctor. From battling misogyny to gain acceptance into medical school to a series of "firsts" including first lady physician at Kingston Penitentiary, she proved to be "a person who excels in telling anecdotes". Definition number 3 also fits her well "Intellectual who uses humour or wit in writing or public speaking but is not an artist who seeks only to elicit laughs" Indeed, she expressed some very serious concerns about issues such as foreign-trained Canadian doctors who cannot gain acceptance into open residency positions. Entertaining and

thought-provoking, she kept the audience entranced. Thanks, Pat!

Next month, we recognize gender equity by returning to a raconteur, who is very well-known to our members. Michael Bird’s intriguing title “Mommy, where do I come from?” should serve as a magnet to bring you to the Centre on Friday, June 2 at 2 p.m. You don’t need to register – just bring a toonie for the Centre and a loonie for your coffee.



Many of the Centre’s members benefited from the knowledge and experience of retired physician Pat Gunton. Pat gave a talk on CPR and our AED on April 21, then recounted her experiences as one of Britain’s first female doctors at Raconteurs on May 5.

40 People Missing After First Flat Earth Surfing Championship



Happy June Birthdays!

Vivien Bradley	June 1
Norma Flawith	June 1
Judy Rayschun	June 1
Edna Brown	June 2
Judith Evanow	June 3
Tara Law	June 3
Shelly Dennis-Orr	June 5
Colin Dower	June 7
Koku Saar	June 8
Mary Colbert	June 10
Jeanette Duffell	June 10
David Aniotar-Romain	June 12
Dani Alldrick	June 12
James Strand	June 13
Barbara Roberts	June 16
Leslie Gregory	June 17
Elaine Drader	June 19
Kathy Coutts	June 20
Kathy Burr	June 21
Vernon McConnell	June 22



Welcome New Members!

Linda Polsson
Liz Butler
Wendy Shrimpton
Adele Ainsworth
Sue Paterson
Judy Bidinger



hits. Their upbeat performance was very entertaining.

Social events are not only an enjoyable way to spend an afternoon, they also raise funds for the Centre. We appreciate members coming to support their Centre. Thank you to the Social Events Committee, the kitchen volunteers, and the members who brought food. Your time and efforts greatly contributed to the success of this event.



Triple Threat Performers Charm the Crowd

By Dale Broad

How about those Triple Threat Performers at our last social event on April 30?

By all accounts, they were a big hit and received a well-deserved standing ovation. The Triple Threat Performers, thirty youths between the ages of 7 and 17, sang, danced, and acted through several classic Broadway



Pam Brambell won the hand-woven items made by our weavers.



Hedy Basic won a gift card to The Roost Restaurant in North Saanich.



Joan Ormiston won the 50/50 draw.

Quotable Quotes

“I don’t worry about getting old. I’m old already. Only young people worry about getting old.” George Burns

Submitted by Mary Grant

Contributions to the Newsletter: if you would like to contribute news, writing, photography, recipes, or jokes to the newsletter, please send them to editor Shelly Dennis-Orr at sdennisorr@gmail.com



Hatha (mat) Yoga

Just a quick note that there is still room if you would like to join us. The class is led by Janet Budden and will focus on the basics with an emphasis on gentle strengthening of the body, reducing stress and calming the mind.

Thursdays 12:30 - 1:30
(except for 3rd Thursday of each month)
Drop-in Class: \$6 per class

Purchase a 5-class pass from Janet for \$30
(This includes the Centre fee)

FIRST CLASS FREE! 😊

SPEAKER'S SERIES

Friday, 19th May at 2 p.m.

Glenn Garry

President of the Victoria EV Association

Electric Vehicles are in the news almost daily. Apparently, they are here to stay! Glenn Garry from the EV Association will be our speaker in May and has agreed to come and speak about **"Why EVs? Why Now"**. Glenn's presentation will include 'busting' many of the myths surrounding these vehicles.

All are Welcome!

Admission by donation

\$5.00 recommended and includes tea or coffee



Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 10 :00am - Noon	Aerobics 9 :00- 10:00 am	Jammin' Seniors 9:30am - Noon
Mild Fitness 10:30 - 11:30 am		Mild Fitness 10:30 - 11:30 am	Hatha (mat) Yoga 12:30—1:30 pm Starts April 27 (except 3rd Thurs)	Mild Fitness 10:30 - 11:30 am	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm	Pot Luck Lunch 12:00—1:30 pm 3 rd Thursday		
	Pool/Darts 1:30 pm Start date TBD	500 Club 1:00—3:30pm	Lunch Bunch 11:30 AM 4 th Thursday	BUS TRIPPERS 2nd Friday Of each month Date TBD	Bridge 12:00—4:00 pm
	Chair Yoga 2:30—3:30pm	Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Book Club 2:00—3:30 pm 2nd Thursday	Raconteur 2:00—3:00 pm 1st Friday	
		Knitting 1:30—3:30 pm	Writing Circle 2:00—3:30 pm 3rd, 4th and 5th Thursday	Now That's Funny 2:22—3:22 pm 2nd Friday	<u>SUNDAY</u> Walking Group 2:00 pm
			Bridge 12:00—4:00 pm	Speakers Series 2:00-3:00 PM 3rd or 4th Friday	
	Art Appreciation 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter may 23.pub</i>