

The Centre News

Oct 2023

cssca@shaw.ca

President's Message

Hello, members!

Hope everyone is enjoying the beautiful fall colours. As winter approaches, we are moving into the respiratory season with an increase in illnesses such as the flu and colds. Members are reminded to please stay at home if you are feeling ill and only attend the Centre once all symptoms are gone.

Also, please remember to use the hand sanitizers available at both entrances, wash your hands regularly, and sneeze or cough into your elbow rather than your hands. Masks are not mandatory by the Health Authority and remain optional at the Centre.

Thank you to Joanne McGowan for her terrific fall and Halloween decorations. They certainly liven up our space.

Our Halloween Social is Sunday, Oct 29 at 2 p.m; more details in this newsletter.

Please don't forget to renew your membership; it is still only \$60. The office is open Monday, Wednesday, and Friday from 9 a.m. to noon. As per our policy, you must be a member to attend a regularly scheduled activity. Members

also get a reduced rate at our social events. Thank you to all the members who have already renewed.

*Dale Broad,
President*

Coming Events

Choose To Move Orientation

Oct. 16 at 10:30 a.m.

Bingo

Oct. 18 and Nov. 1 and 15, 1 to 4p.m.

Hot Dog Day

Oct. 18 and Nov. 15

Speaker's Series

Oct. 20 at 2 p.m. Emergency Preparedness

Art Appreciation

Oct. 24 and Nov 14 at 7 p.m.

Halloween Celebration

Oct. 29 at 2 p.m.

Raconteurs

Nov. 3 at 2 p.m.

40th Anniversary Celebration

Nov. 16, drop-in from 2 p.m. to 4 p.m.

Now THAT'S Funny!

Dec. 8 at 2:22 p.m.

Christmas Lunch

Dec. 7th. Time to be announced



Abracadabra!

By Dale Broad

Join your fellow members and guests in a Halloween celebration on Sunday, October 29th at 2 p.m. You are welcome to dress up in your favourite costume. Participants will vote on the best costume in each of the following categories:

- Scariest
- Most Colourful
- Funniest
- Most Creative

Prizes will be awarded to the winners. Don't want to wear a costume; no problem, costumes are optional.

Magician "Jordano the Great" will entertain us with tricks, comedy, mentalism (feats of the mind), and amazing sleight-of-hand followed by sandwiches, goodies and coffee or tea. We are asking for volunteers for sweets and kitchen help. Sign-up sheets are on the kitchen bulletin board.

Tickets are available at the Front Desk: members \$10 and guests \$12.

Happy 40th Anniversary!

By Dale Broad

In November, our Centre will have been in its current location for 40 years!

Members are invited to drop in between 2 p.m. and 4 p.m. on Thursday, November 16 to celebrate this milestone. Come by to enjoy cake and coffee or tea, and to see our gallery of Centre pictures over time.

The Great Christmas Comic Strip Challenge

By Shelly Dennis-Orr

Calling all cartoonists!

If you like to draw cartoons, the Centre invites you to enter your work in our new *Great Christmas Cartoon Challenge*. The contest is open to the Centre's members and their families.

The theme of the contest is Christmas and/or the Centre and its members.

The artwork can be:

- Comic strip or single panel
- Colour or black and white
- Electronic or on paper (Electronic submission must be in JPEG format or any other format compatible with Word.)

Entries will be judged and the winner will receive a prize.

Each entry must be submitted by a member although it can be drawn by a

relative of that member. For example, if a member's grandchild is submitting a cartoon, the cartoon must be submitted by the member. The deadline for entries is end of day October 31, 2023.

The winner, and second and third place will be announced at the Christmas Lunch. The winning entries will be featured in the Dec. 15th issue of the newsletter.

Sixties Stories from Sinclair Mills

By Joan Boutilier

Are you interested in stories from 1960's BC Interior? Then you won't want to miss our Raconteur, Ray Palm, who will be sharing memories and tales from his life and work 60 years ago.

Sinclair Mills is a mining community located near Prince George. Like a modern-day Sam McGee, Ray can spin a yarn and has kindly agreed to return as our Raconteur on Friday, November 3 at 2 p.m. at the Centre.

No registration is required. Just bring a twoonie for the Centre and a loonie for Dorene's coffee. See you there!

Now That's Funny

By Roger Boutilier

There will be no *Now That's Funny!* comedy hour in November as Joan and I will be away on the usual date...and by "date" I mean the second Friday of the month, not supper at the Spitfire Grill.

The next/December/final NTF will feature the avuncular Steve Smith, a.k.a. "Red Green," and his supporting cast of misfits and oddballs from *The Red Green Show*.



Suspenders are optional attire for this informal Friday, December 8th at 2:22 p.m., but not discouraged. There will be a special draw prize to mark the finish of this comedy series. Until then: remember, keep yer stick on the ice ... roll credits ...

Activities Update

By Lisa van Bommel

Suggestions Welcome: Please share your ideas and suggestions for new activities and programs. You can drop your ideas into the suggestion box located in the upstairs Games Room or email me (Lisa van Bommel) directly at activitycssca@shaw.ca Thank you to all those who have already shared many great suggestions.

Scrabble/Cribbage/Pool: Sign-up sheets are at the Front Desk to gauge interest

for these fun games. Based on interest, we will contact those interested when games start. The activity leader for this group is Paul Potvin.

Tea for Tutu: Ballet Victoria *Tea for Tutu* will be putting on *The Gift of the Nutcracker* November 21 to 23, 2023. These are free performances for seniors and people with young children. The CSSCA can reserve up to 15 seats for members who are interested in attending. All performances are at 2 p.m. at Kirk Hall (Ballet Victoria Theatre) at 680 Courtney Street. Please arrange your own transportation to and from the event. A sign-up sheet will be at the Front Desk. Deadline to sign up for tickets from CSSCA is Nov 1.

Lunch Bunch: The next Lunch Bunch will be at Mary's Bleue Moon Café at 11:30 a.m. on November 23rd.

Beginner Yoga is On! Beginner Hatha (mat) Yoga is Thursdays at 12:30 p.m. Chair Yoga is on Tuesdays at 2:30 p.m. For more information, or to contact Activity Leader Janet Budden, please speak to the Front Desk.

Bridge Lessons: Supportive bridge games are the best way to learn. If you would like to try a new game or get help playing again, sign up at the Front Desk. Activity Leader Ken Weatherill will be in touch to help get you playing.

Potluck: The Potluck Lunch is on hold until the New Year.

Art Appreciation

By Gerie Turner

October 24: Coco Chanel

November 14: Kathe Kollowitz

Join us downstairs on the second and fourth Tuesdays 7 to 8 p.m. for an enjoyable and informative evening!



Happy November Birthdays!

November 13	Shirley Jones
November 19	Sharon Bristow
November 28	Tanga Blackburn

Welcome New Members!

Valerie Couture
Judy Gortan



As part of our Speakers' Series on Sept. 22, 2023, Dr. Jim Kingham gave an informative talk about opportunities to repair the damage done to the global environment.

The Helpful Corner

Thanks to Pat Tranter for these handy abbreviations!

Seniors' Text Codes

BTW: Bring The Wheelchair
BYOT: Bring Your Own Teeth
FY1: Found Your Insulin
IMHO: Is My Hearing Aid On?
LOL: Living On Lipitor
OMSG: Oh, My! Sorry, Gas...
TTYL: Talk To You Louder
ROFLACGU: Rolling On The Floor
Laughing...And Can't Get Up

Handy Comparison Chart

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends

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

SPEAKERS SERIES

Friday, October 20th - 2 to 3 p.m.

Beacon Community Services is presenting an information session regarding **Emergency Preparedness**

This presentation will review topics such as:

- Managing a Crisis
- Identifying Possible Threats
- Risk Reduction
- Preparing an Emergency Plan
- Learning how to find information online and
- How to set up to receive emergency alerts in BC

Take-home information packages will be given to help you identify all that you need to prepare for an emergency.

We encourage you to let your friends and neighbours know about this valuable seminar. **All are welcome.**

Beacon Community Services has requested an estimate of attendance to assist them with the number of handouts and amounts of goodies required. Please indicate your interest by adding your name to a sign-up sheet in the Front Desk.

Friday, November 17th at 2 p.m.

Dr. Pat Gunton presents:

"Recognizing and dealing with Alzheimer's disease"

Approximately 76,000 Canadians are diagnosed every year with dementia. The vast majority (greater than 70%) will have Alzheimer's dementia. This talk will review the different types of dementia focusing on Alzheimer's. There will be discussion about diagnostic tests, causes, prognosis, exciting new treatments, and the possible role of Medical Assistance in Dying (MAID) in managing the challenging terminal disease named after Dr. Alois Alzheimer in 1906.



Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 11 :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	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 Aug 23.pub</i>