

The Centre News

April 2023

cssca@shaw.ca

President's Message

Hello, members!

I hope you didn't put away your umbrella and warm coat yet. Spring is taking its time this year!

We thank the Central Saanich Lion's Club for their generous donation to replace the window blinds in the card room and lounge areas. We have selected pull-down blinds rather than the current vertical ones. These should be installed shortly. Planning is underway to install an acoustic curtain between the card room and main hall.

The Central Saanich municipality have expressed their appreciation to our Central Saanich resident members who participated in the recent Age-Friendly Community Plan focus group. It provided them with useful insight and ideas. If you were unable to attend and wish to contribute, information on additional public engagement opportunities for Central Saanich residents is posted on the bulletin board.

Tickets are still available for the Spring Social *On Broadway* on April 30 at 2 p.m. Tickets are \$15 for members and \$18 for guests.

Dale Broad,
President

Coming Events

Income Tax Preparation

Apr. 19, 10 a.m. to noon

Bingo

Apr. 19, May 3 and 17 from 1 – 4 p.m.

Hot Dog Day

April 19, from 12 to 12:45 p.m.

Potluck Lunch

Apr. 20 at noon

CPR and AED

Apr. 21 at 2 p.m.

Art Appreciation

April 25 and May 9 at 7 p.m.

Lunch Bunch

April 27 at 11:30 a.m., Prairie Inn

"On Broadway"

Apr. 30 at 2 p.m.

Raconteurs

May 5 at 2 p.m.

Annual General Meeting 2023

by Dale Broad

Thank you to all of the members who attended our recent Annual General Meeting held on March 23, 2023. Your input and comments were very much appreciated. At this meeting the Centre's Board of Directors was confirmed as follows:

President	Dale Broad
Vice-President	Dani Alldrick
Treasurer	Linda Parry

Past President	Michael Bird
Recording Secretary	Roger Boutilier
Director	Gerie Turner
Director	Krystina Manning
Director	Gillian Lightbody
Director	Margaret Sharples



These positions are for a two-year term, with the exception of Margaret Sharples, who has one year left in her two-year term.

In Memory of Louise Eldridge



By Krystina Manning

Louise was born on August 13, 1937 in Yarmouth, Nova Scotia. She developed her talent as a pianist early, playing her first concert when she was eight years old and composing her first song at 17.

Over the years, Louise performed in many places including Hawaii, Russia, Finland, and all across Canada. She joined the Songbirds as our pianist and amazed us with her skills.

Louise lost her battle with cancer and passed away on March 21, 2023. She will be sadly missed by her three children, six grandchildren, nine great grandchildren and her many, many friends.

Sunday Social *On Broadway*

By Dale Broad

Tickets are on sale for our Sunday Social *On Broadway* on Sunday, April 30 at 2 p.m. Enjoy an afternoon of singing, dancing, and acting by the Triple Threat Performers, a youth group in Victoria, who will perform a variety of numbers from Broadway shows. Feel free to dress up in your best “Broadway Duds”. Coffee/tea and goodies will be served after the performance. A sign-up sheet for food donations will be posted in the kitchen shortly. Don’t miss this entertaining afternoon. Tickets are available at the Front Desk: members \$15 and guests \$18.



Hot Dog Day Resumes!

By Dale Broad

Hot Dog Day is starting up again on the third Wednesday of each month in the downstairs kitchen from noon to 12:45 p.m. The all-beef BBQ hot dogs with all the trimmings, including fried onions, are only \$4 each. The first Hot Dog Day is Wednesday, April 19. Come and enjoy a hot dog at the Centre!



Raconteurs Features Pat Gunton

By Joan Boutilier

Raconteur enthusiasts will have to wait for the answer to Michael Bird's enigmatic question "Where do I come from?". In my enthusiasm to schedule the wonderful people who have volunteered to share stories with you, I inadvertently slotted him in for Good Friday, when the Centre was closed. Michael has graciously agreed to hold his secret until June.

In the meantime, Patricia Gunton will be our Raconteur on Friday, May 5 at 2 p.m. and you won't want to miss her. The title of Pat's is *Twists & turns of a Physician: A career as a "Lady" Doctor*. About this presentation, Pat says, "I propose to provide an account of my experiences of initially being refused entry to medical school to eventually working nearly 50 years as a physician. My career included being a GP, a hospitalist and a deputy medical director of a blood transfusion centre. I tried to be faithful to the Physician's Mantra... "To cure sometimes, to relieve often, to comfort always".

ACTIVITIES UPDATE

by Dale Broad

SCRABBLE AND CRIBBAGE – Day and time to be determined.

We are going to hold these two activities at the same time. There is a sign-up sheet at the Front Desk if you are interested in one or both activities. If there is sufficient interest, we will determine a start date and location.

POOL AND DARTS - Tuesday at 1:30 in the Activity Room, lower level

Several members have indicated an interest in restarting pool. The pool

table is in the Activity Room, lower level. We also have a dart board currently on the stage. If there is sufficient interest in this activity, we can relocate the board to downstairs. If you are interested in these activities, please sign up at the Front Desk. Start date to be determined based on interest.

**HATHA (mat) YOGA - Thursday from 12:30 to 1:30 (except the third Thursday):
NEW ACTIVITY**

Janet Budden, who instructs the Chair Yoga classes on Tuesday, is going to lead a Hatha (mat) Yoga class on Thursday from 12:30 to 1:30 pm (except the third Thursday of the month) in the main hall. Please sign up at the Front Desk if you are interested. Further information on this activity is in this newsletter.

LUNCH BUNCH – Thursday, April 27 at 11:30:

The Lunch Bunch will dine at the Prairie Inn this month. Sign up sheet at the Front Desk.



Happy May Birthdays!

May 3	Rosemary McClusky
May 3	Ken Weatherill
May 4	Myrna Rouse
May 5	Douglas Bracken
May 5	Barb Jefferies

May 10 Etiola Pettyjohn
 May 11 Nona Frew
 May 12 Janet Menu
 May 13 Elizabeth Skaggs
 May 14 Linda Parry
 May 15 Adrienne Lowden
 May 18 Penny Millway
 May 20 Ian Cameron
 May 21 Elaine Hansen
 May 22 May Mah-Paulson
 May 23 Norm Alton
 May 25 Pat Bird
 May 27 Shirley Roberts
 May 27 Ilene Tiszauer
 May 28 Bill Turner



Welcome New Members!

Debra Greenaway
 David Rootham
 David Broad
 Rosemary Cross
 Shirley Christenson
 Rosaleen Wildy

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



Popular local birding expert Ann Nightingale returned to the Centre on March 31 to give a presentation entitled: "The Birds of Spring: What to Expect to See and Hear in your Neighbourhood."



The Centre was recently the site of a focus group designed to help the District of Central Saanich learn how to make our neighbourhoods "age-friendly".



HATHA -(mat) YOGA

THURSDAY (except the 3rd Thursday)
12:30 – 1:30 pm
Drop-In Class: \$6.00 per class

This class, led by Janet Budden, will focus on the basics as we take our time getting into each pose. These poses, combined with the breath, will help to strengthen the body, reduce stress, and calm the mind. Whether you are new to yoga or are familiar with the practice, Hatha Yoga will help you develop balance, strength, and flexibility.

STARTS APRIL 27 - FIRST CLASS FREE

Sign up in Front Office

You can purchase 5 class passes for \$30 from Janet.
(This includes the Centre activity fee)

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		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	QUILTERS 1:30—3:30 1st and 3rd Friday	
	Songbirds Choir 1:00 - 2:00 pm 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
Scrabble 1:00 pm Date TBD	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 jan 23.pub</i>