

The Centre News

January 2023

cssca@shaw.ca

President's Message

Hello, members!

I hope everyone had a happy and enjoyable holiday season. The Centre is in full swing as we start a new year.

Thank you to the members who dismantled the Christmas decorations. It was a wonderful display and the members appreciate the amount of time and effort that goes into making the Centre festive. I'm sure it was a lot of work to take down and store all the ornaments.

The Social Committee is planning a Valentine's Tea for mid-February and is working on the details. Stay tuned for further information and posters on the bulletin boards. We still need a volunteer Chair for this important committee. If you are interested, please contact me.

The Annual General Meeting will be held on Thursday, March 23 at 2 p.m. Please mark your calendars and plan to attend. We value your input.

The Executive and Board wish you the best for 2023.

*Dale Broad,
President*

Coming Events

Bingo

Jan. 18, Feb. 1 and 15 at 1 p.m.

Potluck Lunch

Jan. 19 at noon

Speaker Series

Jan. 20 at 2 p.m.

Lunch Bunch

Jan. 26 at 11:30 a.m.

Raconteurs

Feb. 3 at 2 p.m.

"Now That's Funny!"

Feb. 10 at 2:22 p.m.



The Weavers Clean Up

By Dale Broad

A huge thank you to the Weaving group for the deep clean of the lower level including washing walls, and windowsills, scrubbing

the kitchen and even taking down the blinds in the Activity Room to clean them.

We greatly appreciate all your hard work. The lower level looks terrific.

“Now THAT’s Funny!” Resumes

By Roger Boutilier

The *Now THAT’S Funny!* comedy hour resumes with a tip of the hat to African Heritage Month and you’re invited to a front row seat. Our Friday, February 10th program will feature the demonstrative and downright funny Flip Wilson. He was the first African American to host his own television network show in the early 1970’s and his comedic genius was prodigious. As usual, we’ll learn about the comedian behind the laughs as well as see Flip dazzle us with his effervescent impersonations, including the sassy Geraldine and Pastor Leroy of the Church of What’s Happenin’ Now. *The Flip Wilson Show* featured some of the best black and white comedians of that era and we will see a couple of them verbally dueling with the host. So ... don’t be late; be at the Centre by 2:22 p.m. on Friday, February 10th. And no excuses ... like "The Devil make me go shoppin', hear?"



Raconteur Revelations

By Joan Boutilier

One of the things I like best about our program is the diversity of presentation styles chosen by our raconteurs.

In December, Sharon Wright demonstrated the droll yet understated quality of her creative writing in the self-deprecating gem *Capricious Capers*. Sharon elected an interactive format which invited participants to share our own reflections and foibles. Her extensive experience in adult education was clearly apparent as she coaxed audience members to engage fully as Sharon modeled humour, honesty, and humility.

I am certain that everyone present would agree that it was a truly delightful afternoon – thank you, Sharon!

On Friday, February 3, we welcome John Gunton and *Twists & Turns of a Geologist: A career of conflicting accomplishments*. John says, “I propose to provide an account of leading an effort to discover and produce polluting fossil fuels and mineral resources followed by a failed attempt to harness the energy contained in ocean waves. It will hopefully promote discussion of how we might reflect on career fulfillment and view retirement.”



Dr. John Gunton

You do not need to register in advance to attend Raconteurs – just show up at 2 p.m. with your toonie.

Following the program, we share an informal time of fellowship with coffee available for the bargain price of a dollar. Come and check it out!



Happy February Birthdays!

Gerie Turner	Feb. 1
Errol Sharpe	Feb. 2
Dorothy Sly	Feb. 2
John K. McLeod	Feb. 4
Joan Boutilier	Feb. 8
David Wilson	Feb. 14
Donald Williams	Feb. 14
Pamela Brambell	Feb. 15
Ruth Christian	Feb. 17



Welcome New Member!

Errol Sharpe

Activities Update

Potluck Lunch: Thursday, January 19 at noon. There is sign-up sheet at the Front Desk for those who wish to attend.

Lunch Bunch: Meet at Mary's Bleue Moon Café on Thursday, January 26 at 11:30 a.m. Sign up at the Front Desk.

Chair Yoga: Cancelled from January 30 to March 5 as the instructor is on vacation.

Scrabble: Happy Smith has retired as the Activity Leader, so this activity is cancelled for now. For Scrabble to resume, we need a new volunteer Activity Leader. If you are interested, please contact Dale Broad.

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

“What’s the difference between songbirds and hummingbirds?”
Songbirds know the lyrics.

JokeQuote.com

(Submitted by Elizabeth Skaggs)

CSSCA SPEAKERS SERIES



PART 2

Dr. John Gunton will return for Part 2 of his presentation on Antarctica. This includes the research and challenges facing drilling through the 3500+ metre thick ice sheet and the remarkable existence of lakes and rivers under the ice.

John is a retired geologist born in Yorkshire, England. He currently lives in Brentwood Bay. His career spans 45 years of exploring for oil, gas and mineral resources and he has travelled the world extensively. In 2015, he had the good fortune to visit Antarctica and, since then, has developed an understanding of this the seventh continent.

He is pleased to share this knowledge with those who might be interested in this fascinating part of the world. Part 1 of his presentation was given in October 2022 and, on January 20th at 2 p.m., he will present Part 2.

FRIDAY, JAN. 20, 2023
2 P.M.

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		
	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	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 oct 22.pub</i>