

The Centre News

President's Message

Hello, members!

Spring is trying, although the poor daffodils aren't sure if they should fully emerge yet.

Our Annual General Meeting is this month on Thursday, March 23 at 2 p.m. Nominations for numerous Board of Director positions will be presented at the meeting. Please plan to attend. Due to this meeting, the Lunch Bunch will not be meeting in March.

The Valentine Tea was a success and the feedback we received was very positive. Thank you to all of the volunteers for making this a success. The Centre Singers were again a big hit. We appreciate their time and effort in putting together a most enjoyable performance. Thanks also to the Jammers for their accompaniment.

Planning is underway for our next social event on Sunday, April 30, 2023 at 2 p.m., so mark your calendars. More information is found in this newsletter.

*Dale Broad,
President*



Coming Events

New Member Orientation

Mar. 23 at 1 p.m.

Annual General Meeting

Mar. 23 at 2 p.m.

Ann Nightingale

Mar. 31 at 2 p.m.

Income Tax Preparation

Apr. 5 and 19, 10 a.m. to noon

Bingo

Apr. 6 and 20, 1 to 4 p.m.

Raconteurs

Apr. 7 at 2p.m.

Art Appreciation

Apr. 11 at 7 p.m.

Now *That's* Funny!

Apr. 14 at 2:22 p.m.

Potluck Lunch

Apr. 20 at noon

Lunch Bunch

No Lunch Bunch due to AGM.

CPR and AED

Apr. 21 at 2 p.m.

"On Broadway"

Apr. 30 at 2 p.m.

Correction Notice!

Dr. Pat Gunton's talk about CPR and the AED will be held on April 21, not April 2 as listed in last month's newsletter.

Remember Fairway Market Cards?

By Shelly Dennis-Orr

Before the COVID-19 pandemic, many of us used Fairway Market cards to help raise funds for the Centre. During the pandemic lockdown, we forgot all about the cards while we coped with the stressful new way of grocery shopping.

Let's pull these cards out of our wallets and dust them off. The Centre receives five percent of any dollar amount added to each card. Here's how it works:

1. Sign up for a Fairway Market card at the Front Desk at the Centre.
2. Take the card to a Fairway Market store and add an amount of your choice to it at the customer service area.
3. Use the card to pay for your groceries.
4. When the balance on your card gets low, just refresh it by adding more funds.

If you have questions about how it works, please ask the receptionist at the Front Desk.

Library News

By Krystina Manning

A big thank you to all those who have donated books to our library. Our collection is growing and is full of good reads! If you are a fan of Scandinavian mysteries, check out our new collection of Camilla Lackberg's books. If you enjoy British mysteries, be sure to look for Anne Cleaves' novels on which both the *Shetland* and *Vera* television series were based.

If you are donating books, please do not shelve them. I am tracking our books to see which ones are being read so that the next

time we have to cull (sadly, we only have so much shelf space), we are not letting go of books that people are enjoying. Simply put your donations in the return bin or, if it's full, leave them on the table.



Lunch Bunch Cancelled

Please note that the Lunch Bunch will not meet on Thursday, March 23 due to the AGM.

Raconteur's Life in a Spin

By Joan Boutilier

Grab your oxygen mask and hang on! Our audience members were on the edge of our seats as Randy Mains shared a detailed account of a harrowing rescue in the jungle in Vietnam. As the pilot of a disabled helicopter, it was his quick thinking and unconventional manoeuvre which spared several soldiers from plunging into an inferno of automatic gunfire and napalm. Wow! Randy went on to establish air ambulance services in his native U.S. and around the world in places such as Iran, Oman and Saudi Arabia. He also studied to become an aviation journalist and wrote books, two of which addressed the terrible accident rate in helicopter air ambulance service in America – a cause for which Randy is a passionate activist. Now writing children's books, Randy is a popular member of our Centre's Writing Circle and has many more stories to share.



Randy and Kaye Mains

Next month's Raconteur will be Michael Bird, who has provided the cheeky and enigmatic title: *Mommy, where do I come from?* Come out on April 7 to find out!

Now THAT'S Funny!

By Roger Boutilier

The April 14th, 2023 edition of *Now THAT'S Funny!* will feature something "completely different." Yes, that's right, as we oscillate the comedy pendulum back to the other side of the Atlantic, it's time for ... Monty Python's Flying Circus! You know, that zany collage of situations starring John Cleese, Eric Idle, Michael Palin and some other guys. Per usual, you will learn some of the little known (and possibly uninteresting) facts about the troupe and the circumstances that allowed them to coalesce (nice word, eh?) about a unique --- well, OK, bizarre --- form of humour that not only captured a huge audience then but still resonates

(another nice word) today. So, loosen up the purse strings on the ... purse ... and drop by the Centre on Friday the 14th at 2:22 p.m. for chuckles, snorts and rib-tickling humour Brit style. On, and don't forget your toonie.



Happy April Birthdays!

April 4	Mary Law
April 5	Jacquelyne "Richelle" Marier
April 8	Carolyn Bertrand
April 9	Cathy Thatcher
April 10	Wanda Lee
April 12	Donna Flood
April 13	Dorene Palm
April 16	Rhonda Kool
April 16	Trudy Exton
April 17	William Cole
April 22	Roger Boutilier
April 23	Jas McAra
April 27	Diane Evans
April 27	Muriel de Greef
April 29	Indi Hundle



Welcome New Members!

Janet Menu
Kathleen Burr
Diane Budden
Tory Danne

Scenes from the Valentine Tea



The Centre Singers entertained with a selection of classic songs, accompanied by Yuko Nishimura.



Geoff Cochrane sang the John Denver song "Perhaps Love", with the accompaniment of Krystina Manning and Marion Vroom.

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



President Dale Broad and Pam Brambell, the winner of the Smartie Count.



Hedy Basic won the 50/50 Draw, congratulated here by Linda Parry.

The Annual Pancake Breakfast



The kitchen crew: (left to right:) Norma Pepper, Krystina Manning, Gerie Turner, and Roger Boutilier.



Weaver Jan Ball sold tickets for a draw to win handwoven items and a novel.



Leo Vezina was on condiment duty.

Wisdom Corner

Whatever you are...be a good one.
Abe Lincoln
(Contributed by Mary Grant)

Funny Corner



CSSCA SPEAKER'S SERIES

Friday, March 31st, 2 p.m.

Ann Nightingale



Ann Nightingale, our well known, local birding expert, is returning to the Centre. This presentation is entitled: *The Birds of Spring--What to Expect to See and Hear in your Neighbourhood.*

Ann is a Central Saanich resident, a graduate of the University of Victoria, author of two published scientific papers, and an award-winning birder.

Friday, April 21st, 2 p.m.

Dr. Patricia Gunton

Cardiopulmonary Resuscitation CPR & Automated External Defibrillator AED

If, like me, it has been several years since you were shown the ‘how and why’ of the AED machine, Dr. Gunton will remind us about all aspects of this medical device. Dr. Gunton’s presentation will also include CPR – a procedure that, when learned, can save lives.

Friday, May 19th, 2 p.m.

TBA



Broadway is coming to the Centre!! Our next social event, “On Broadway”, will be on **Sunday, April 30 at 2pm**. We will be entertained by the “West Coast Triple Threat Performers”. These young performers will sing, dance and act a variety of musical numbers from Broadway shows.

In the world of entertainment, being a “triple threat” means the performer excels at singing, dancing and acting. Some famous triple threat entertainers are Bing Crosby, Julie Andrews, Judy Garland, Fred Astaire, Justin Timberlake, Beyoncé, Jennifer Lopez, John Travolta and Miley Cyrus.

The “West Coast Triple Threat Performers” is a non-profit youth musical theatre company located in Victoria. You may have attended one of their sold out performances of “Grease” last August held at the Pavilion in Brentwood Bay.



Tickets will go on sale on April 5th, 2023, at \$15 for Centre members. We anticipate that this will be a popular event and as we have capacity limits, preference will initially be given to Centre members. Starting April 19th members may purchase a ticket for one guest at \$18 per ticket. If any tickets are still available on April 24th, members may purchase additional guest tickets. The sign-up sheet for food donations will be posted in the kitchen mid-April.

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>