

# The Centre News

September 2022

[cssca@shaw.ca](mailto:cssca@shaw.ca)



*It felt like old times at the Centre on Thursday, September 22 when the duo Music Variations entertained a crowd of nearly 50 people. Photo by Joanne McGowan.*

## General Meeting to be Held

A general meeting will be held on Thursday, November 3 at 2 p.m. Please plan to attend as your input is much appreciated. Coffee and tea will be served after the meeting.

## Annual Memberships Due

*By Dale Broad*

September 1 is the start of our new membership year when annual memberships are due. Please drop by the Front Desk and

renew your membership for the upcoming year. Membership will remain at \$60 per year. The office hours will be Monday, Wednesday, and Friday from 9 a.m. until noon.

We appreciate your support of our Centre.

## Centre To Host Central Saanich All-candidates Meeting

*By Roger Boutilier*

On Saturday, October 8<sup>th</sup> at 2 p.m., the public is invited to attend a meeting at the Centre from 2 to 3:30 p.m. You can hear from, and speak with, candidates for the positions of mayor, council and Board of Education trustee. Each candidate will be allotted a few minutes to introduce themselves and their ideas. This will be followed by an informal mix-and-chat with the candidates until the meeting concludes at 3:30 p.m.

**Please note:** We strongly recommend that those who wish to attend have had at least two doses of the COVID-19 vaccination.

If you have questions or need further information, contact Roger at 778-426-1769.

## Now *That's* Funny!

*By Roger Boutilier*

The October 13<sup>th</sup> edition of *Now THAT'S Funny* (lucky #7!) will feature the wry humour of Canadian radio icon Stuart McLean. I shouldn't have to say any more than that, so I won't say much. We will get a

glimpse into his formative years as a freelance journalist/reporter before he burst into prominence with his CBC Radio program *The Vinyl Café*. Even today, this program endures amongst the pantheon of public programming giants supported by your well-spent tax dollars as it turned the spotlight on what it means to be a Canadian. Oh, yes; there will be laughs too. Hope to see you then at our official start time of 2:22 p.m.



## Raconteur Extraordinaire

*By Joan Boutilier*

You are in for a treat if you attend the Friday, October 7<sup>th</sup> meeting of our *Raconteur* series. Ray Palm was the original inspiration for the program, being a natural storyteller with a wry sense of humour. We are fortunate to have Ray and Dorene as our next-door neighbours and he regularly regales us with entertaining vignettes of his time with the railroad as well as other memories. Ray Palm has many memories of working throughout British Columbia and Alberta in the 1950's and early 60's. For five of these years, he was a locomotive fireman on the CNR. Ray's presentation is aptly entitled *Many Stories to Tell*. Come to the Centre on October 7 at 2 p.m. to hear him. Don't forget your toonie!



### **Happy October Birthdays!**

Gillian Lightbody	Oct. 18
Janet Mitchell	Oct. 25
Clare Cochrane	Oct. 27
Margaret Sharples	Oct. 28

### **Welcome New Members!**

Cathy Thatcher  
Jacquelyne “Richelle” Marier  
Cheera Crow



### **New Members Orientation and Tour**

New members are invited to gather on Thursday, October 6<sup>th</sup> at 11 a.m. for an orientation and tour of the Centre. Meet in the upstairs lounge by the kitchen. Other members are welcome as well.

### **Activities Update**

#### **Chair Yoga**

*By Janet Budden, Instructor*

Have you tried Chair Yoga? Chair yoga is a gentle form of yoga that can be done while

sitting. It can help improve flexibility, concentration and strength while reducing stress and joint strain. It also helps with balance and better sleep – and being calmer and more relaxed leads to a greater feeling of happiness and well-being!

The first class is free so you can decide before signing up if chair yoga is for you. Classes are held Tuesdays at 2:30.

### **Art Appreciation Group**

*By Gerie Turner, Activity Leader*

The Art Appreciation Group resumes October 11<sup>th</sup> at 7 p.m. in the downstairs hall. Maud Lewis, Nova Scotia artist, is this evening’s topic. All are welcome.

Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month for a lively discussion of the lives and art of a range of artists.

### **Tuesday Afternoon Art Group**

*By Gerie Turner, Activity Leader*

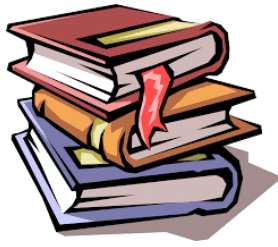
Spaces are available in the Art Group. We paint together every Tuesday from 12 p.m. to 3 p.m. in the downstairs hall. Bring your lunch and your art supplies and enjoy the creative quiet vibes of painting together.

### **Book Club**

*By Gillian Lightbody*

The Book club is back to its regular schedule on the second Thursday afternoon of each month. We meet in the lounge at 2 p.m. for no more than one and a half hours. We have about 10 members and welcome additional ones. The genres vary from serious to humorous, memoirs and more. If

you enjoy reading and getting to read books you would not have thought to read, now is your chance for a new experience!



### Bridge Players Wanted

The Centre's Bridge Club is currently seeking new members. Activity Leader Ken Bull says this fun-loving, vibrant group of players meets Mondays, Thursdays, and Saturdays from noon until 4 p.m. to play contract bridge. Attendance is spontaneous and the size of the group varies from session to session. Players of all levels are welcome. If you want to join, contact Ken at 250-886-2901.



### Halloween "Mask"-erade!

Draw a pumpkin on your calendar around Oct. 28 when the Centre will host a Halloween event. More details next newsletter!



*Besides the musical entertainment, the afternoon included a 50/50 draw, won by Happy Smith.*

### Chuckle of the Day

**I just paid for a 12 month gym membership. My bank called to see if my credit card was stolen.**

### Did You Know...?

...That each of the three "c's" in the name *Pacific Ocean* is pronounced differently?

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

**CSSA Speaker's Series**

**Friday, 21<sup>st</sup> October, 2-3pm**

**“Antarctica: The 7<sup>th</sup> Continent”,  
A comparison with the Arctic**



**Dr. John Gunton**

The speaker, a retired geologist/geochemist, has enjoyed a career spanning 40 years of exploring for, and developing, hydrocarbon resources around the world. In 2015, he was fortunate to make several landings in Antarctica and to subsequently develop an understanding of how this vast, continent is so different from its polar equivalent.

The Arctic is dominated by the Arctic Ocean whereas Antarctica is the fifth largest continent on the planet, twice the size of Australia and the coldest, driest, and windiest place on earth. But together with the Arctic, Antarctica shares a critical importance in understanding climate change.

This presentation will consider why the Antarctic is unique and distinguishable from the Arctic even though they occupy opposite polar regions of planet earth. The Antarctic is a continent whereas the Arctic is an ocean. We will understand how Antarctica came to be. Has it always occupied a South Pole position? Has it always been a land of ice and snow? Why is it that there are huge freshwater lake and river systems under thousands of meters of ice? Are there any land-based plants and animals in Antarctica? In the Southern Ocean circulating around Antarctica, what is the Zone of Convergence and why is it important to life on earth? The Arctic is rich in mineral resources and hydrocarbons...why not the Antarctic? The Arctic has a resident human population of about 4 million including indigenous peoples whereas the Antarctic has no permanent residents and therefore no indigenous population. Why is that? Which countries “own” the Antarctic and how is it administered? What role does the Antarctic play in global climate change and why is it different than the role played by the Arctic?

These are some of the questions which have intrigued researchers and explorers since the Antarctic was first sighted two centuries ago in 1820. This presentation may help towards answering some of these questions and increase our understanding of this mysterious continent.

## Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Scottish Country Dance</b> 10 :00am - Noon	<b>Aerobics</b> 9 :00- 10:00 am	<b>NIA Dance</b> 9:30 - 10:30 am
<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am	
<b>Bridge</b> 12:00 -4:00 pm	<b>Art Group</b> 12:00 - 3:00 pm	<b>Weaving</b> 11:00am - 3:00pm	<b>Pot Luck Lunch</b> 12:00—1:30 pm 3 <sup>rd</sup> Thursday Date TBD		<b>Jammin' Seniors</b> 9:30am - Noon
	<b>Songbirds Choir</b> 1:00 - 2:00 pm Date TBD	<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 AM 4 <sup>th</sup> Thursday Date TBD	<b>BUS TRIPPERS</b> 2nd Friday Of each month Date TBD	<b>Bridge</b> 12:00—4:00 pm
<b>Scrabble</b> 1:00 pm	<b>Chair Yoga</b> 2:30—3:30pm	<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Raconteur</b> 2:00—3:00 pm 1st Friday Sept 2022	
		<b>Knitting</b> 1:30—3:30 pm	<b>Writing Circle</b> 2:00—3:30 pm 3rd. 4th and 5th Thursday	<b>Now That's Funny</b> 2:22—3:22 pm 2nd Friday Sept 2022	<b><u>SUNDAY</u></b> <b>Walking Group</b> 2:00 pm
			<b>Bridge</b> 12:00—4:00 pm	<b>Speakers Series</b> 2:00-3:00 PM 3rd or 4th Friday	
	<b>Art Appreciation</b> 7:00 pm 2nd & 4th Tues Oct 2022				