

Nov. 2023

# The Centre News

## President's Message

Hello, members!

I can't believe it is almost Christmas! This is a very busy time at the Centre with our many upcoming activities and programs. This newsletter has all the latest information.

Our Halloween Celebration was well-attended and, judging by all the smiles, a success. Everyone enjoyed magician "Jordano" and we wondered how he did all those tricks.

Congratulations to our four costume winners: you all looked marvelous. We should have had a "most mysterious" category; the Boutiliers would have won for sure.

Thank you to all the volunteers who made this event a success. Your time and effort is very much appreciated.

Tickets for our Christmas Luncheon on December 7 are on sale at the Front Desk Monday, Wednesday, and Friday, 9 to noon. This is usually a very popular event.

*Dale Broad,  
President*

## Coming Events

### Tickets for Christmas Luncheon Available

Nov. 16

### Centre's 40<sup>th</sup> Anniversary

Nov. 16 from 2 to 4 pm

### Speaker's Series: Dr. Pat Gunton

Nov. 17 at 2 p.m.

### New Member Orientation

Nov. 23 at 1 p.m.

### Lunch Bunch

Nov. 23 at 11:30 a.m. at Mary's Bleue Moon Café

### Computer Scams for Seniors

Nov. 24 at 2 p.m.

### Raconteurs: John Gunton

Dec. 1 at 2 p.m.

### Christmas Lights Bus Tour

Dec. 5 at 5 p.m.

### Bingo

Dec. 6 and 20 and Jan. 3, 1 to 4p.m.

### Christmas Luncheon

Dec. 7<sup>th</sup> 12:30 p.m.

### Now *THAT'S* Funny!

Dec. 8 at 2:22 p.m.

### Craft and Bake Sale

Dec. 9 from 1 to 3 p.m.

### Centre Closure

Dec. 22 to Jan. 3



## Annual Christmas Luncheon!

*By Dale Broad*

Our Christmas luncheon this year will be held on Thursday, December 7. Doors open at noon and lunch will be served at 12:30 p.m. Island Culinary Services will again be catering. The menu is posted on the bulletin board in the card room, off the upstairs kitchen. The menu is varied and will include turkey with all the trimmings and a vegetarian option. Also included is dessert and coffee or tea.

As the cost of food has risen substantially, it is necessary to increase the ticket price from last year. Ticket prices are \$40 for members and \$45 for guests. Members may invite one guest.

Tickets can be purchased at the Front Desk during the office hours of Monday, Wednesday, and Friday from 9 a.m. to noon. We only accept cheques or cash. For cash, we appreciate exact change. Tickets must be purchased by Thursday, November 30, as we need to let the caterer know well in advance of the numbers attending.



## Additional Activities

*By Gerie Turner*

### **New Member Orientation and Tour:**

Tuesday Nov. 21 at 1p.m.

Meet in the lounge.

All new members and others are welcome.

### **Decorating Christmas Crackers**

Thursday, Nov. 23 at 1 p.m.

Join us to decorate the Christmas crackers for our Christmas Lunch at the Centre. If you have a glue gun, scissors, odd bits of “bling” for the crackers, bring them along, but we will have lots of equipment and supplies available for you to express your artistic talents! Come along for a fun afternoon. The Centre appreciates your help!

### **Lynn Lineham Memorial Tea**

It is with sadness that we learned of the passing of our former member, Lynn Lineham. Please join in remembering Lynn at The Centre, Jan.6 at 1:00pm



## Christmas Craft and Bake Sale

*By Dale Broad*

Our annual Christmas Craft and Bake Sale will be held on Saturday, December 9 from 1 to 3 p.m. in the Main Hall. Featured are the many talents of our knitting and weaving groups and the

baking skills of our fitness groups. Pick up those last-minute handmade gifts and your Christmas baking.

The kitchen concession will be open for you to relax with a cup of coffee or tea and a sweet while enjoying Christmas music performed by our Jammin' Seniors.

The sale is open to the public so ask your friends and neighbours to join you. This is a major fundraiser for the Centre, so mark this date on your calendar. We hope to see you there.

## Centre Closure for Holiday Season

*By Dale Broad*

The Centre will be closed for the holiday season from Friday, December 22, 2023, to Wednesday, January 3, 2024.

Activities and Bingo will resume on Wednesday, January 3, 2024. As we will be doing maintenance work upstairs, the kitchen, lounge, and card room areas will be closed off.

Thank you for your cooperation.

## Raconteurs: *The Summer of 2023 -- Exploring Northern BC*

*By John E. Gunton*

Pat and I, along with our Border Collie, Molly, enjoyed a 4,500 km camping trip through northern BC, touching into the

NWT and the Yukon, and finishing up with a ferry trip south from Prince Rupert to Vancouver Island.



We took 31 days to enjoy the sparsely populated northern half of British Columbia and, along the way, encountered wildlife, wildfires, and wild hunters. We explored the history of the north and became informed of significant development currently taking place. We enjoyed the people and the beauty of the vastness.

We would like to share this with you, as much as we can, in a one-hour Power-Point presentation on Friday, Dec. 1 at 2 p.m.

Please bring a twoonie for the Centre and a loonie for coffee. See you there!

## Now That's Funny

*By Roger Boutilier*

The 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 8<sup>th</sup> 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 ...

## Who is More Stubborn: Scots or Finns?

*By Joan Boutilier*

The definitive answer to this intriguing question was offered by storyteller extraordinaire, Ray Palm at our October Raconteurs event. The son of Finnish immigrants, Ray worked as an engineer in various types of mills in central British Columbia during the 1960s. In the process, he collected at least a million stories. These he can tell without the benefit of notes or hesitancy. His gentle, self-deprecating humour and his wry grin set the perfect atmosphere for storytelling. Thanks, Ray, for a thoroughly enjoyable afternoon, topped off with Dorene's amazing cake and shortbread cookies, and the ever-willing kitchen support of neighbour, Elizabeth.

## New Coordinator for Speaker Series

*By Joyce Vezina*

I am pleased to inform you that Dr. John Gunton, has kindly agreed to become our next Speaker Series Coordinator.

After seven years of introducing eight or nine speakers each year, I am very happy to be passing the baton to John. I know he will bring fresh ideas and a new perspective to this volunteer position.

Welcome, John!



*Coffee & Chat*

## Volunteer Coordinator Needed for Tuesday Morning Socials

*By Lisa van Bommel*

We are looking for a coordinator volunteer for a new social activity hopefully beginning in the new year. This gathering will be free.

This new social will be an opportunity for members to drop in for a visit over a warm drink -- a great way to meet new people and socialize. The Tuesday Morning Socials will happen once or twice a month on Tuesday mornings depending on popularity. Coordinator responsibilities include opening and closing the Centre, making the coffee and tea, and collecting the coffee and tea

money. Please email [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca) if you are interested in this volunteer opportunity.



## Christmas Lights Bus Tour

*By Lisa van Bommel*

We have made arrangements for a Christmas Lights bus tour on Tuesday Dec 5<sup>th</sup> with Freedom Adventure Bus Accessible Tours. The tour will leave the Centre at 5 p.m. and will return to the Centre at 6:30 p.m.

This is a small bus with room for 16 passengers and space for walkers if needed. As space is limited, you must secure your spot by reserving your ticket at the Front Desk. Tickets will be available for purchase on November 20<sup>th</sup>. Cost will be \$15 per person. Deadline to purchase a ticket and sign a waiver will be November 27<sup>th</sup>.

## Activities Update

*By Lisa van Bommel*

**Scrabble/Cribbage/Pool:** The games are underway on Friday afternoons beginning now at 3pm. Activity leader Paul Potvin.

**Lunch Bunch:** The next Lunch Bunch will be at Mary's Blue Moon at 11:30 on November 23<sup>rd</sup>.

## Happy December Birthdays!

Susan Binns	Dec. 13
Lilly Botting	Dec. 19
Margaret Munro	Dec. 20
Lenore Stieda	Dec. 22
Margaret Lounds	Dec. 24
Anne Miller	Dec. 28
Ronald Tranter	Dec. 31



## Welcome New Members!

Ned Djilali  
Anne Djilali  
Susan Wires  
Val Waller  
Lou Mitchell  
Jack Parry  
Madeleine Plamondon  
Nancy O'Higgins  
Diane Greenbank  
Lori Ferguson  
Laurie Kupak  
Jack Lush  
Lydia Diemer







*Deb Greenway(left) and Jennifer Van Es from the SHOAL Centre gave a thought-provoking presentation about emergency preparedness for our Speakers' Series on October 20, 2023.*

## **Have a Laugh or Two...**

Last week I built a model of Mt Everest.  
My son asked: "Is it to scale?"  
"No," I replied, "It's to look at."

Where do surfers learn to surf?  
At boarding school.

I bought the world's worst thesaurus  
yesterday.  
Not only is it terrible, it's terrible.

No matter where I go, I like to bring my  
ukulele.  
That way if anyone asks me if I play an  
instrument I can say: "I play a little  
guitar."

I have a friend who writes songs about  
sewing machines.  
He's a Singer songwriter, or sew it  
seams.

When I moved into my new igloo  
my friends threw me a surprise  
housewarming party.  
Now I'm homeless.

What musical genre are national  
anthems?  
Country.

It's a shame that nothing is built in this  
country any more. I just bought a TV and  
it said: "Built in antenna"  
I don't even know where that is.

My boss asked me why I only get sick on  
work days.  
I said, "It must be my weekend immune  
system."

What do you call two guys holding up  
drapes in a window?  
Kurt and Rod.

I've never been married...  
...but I've had a few near Mrs.

I ate a kid's meal at McDonald's today.  
His mother got really angry.



## Scenes From the Hallowe'en Tea



*Costume winners from left to right:  
Funniest: Ashley Thompson, Scariest:  
Linda Parry, Most Colourful: Joan  
Boutilier, Most Creative: Roger Boutilier*



*Diane Budden, Krystina Manning, and  
Gill Lightbody won the Boggle game.*



*Donna Flood won the 50/50 draw.*



*Linda Parry and Koko Saar  
Photo by Rob Sarr*





*The Michell Farm Market donated the pumpkins and gourds that were arranged by the Social Committee.*



*Margaret Sharples (left) and Janice Mercer greeted attendees and sold draw tickets.*



*Jordano The Great dazzled us with his magic tricks.*



**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](mailto:sdennisorr@gmail.com)



## **SPEAKERS SERIES**

Friday, November 17<sup>th</sup> 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
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Scottish Country Dance</b> 11 :00am - Noon	<b>Aerobics</b> 9 :00- 10:00 am	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am	<b>Hatha (mat) Yoga</b> 12:30—1:30 pm	<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	<b>Scrabble/ Cribbage/ Pool</b> 3:00	
		<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 AM 4 <sup>th</sup> Thursday	<b>BUS TRIPPERS</b> 2nd Friday Of each month Date TBD	<b>Bridge</b> 12:00—4:00 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	<b>Bridge Lessons</b> 12:10—4:00 pm
		<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	<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				<i>New schedule for newsletter Oct 23pub</i>