

The Centre News

Sept 2023

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President's Message

Hello, members! I hope everyone enjoyed their summer.

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; cash or cheque please. The office hours are Monday, Wednesday, and Friday from 9 a.m. until noon. We thank those members who have already renewed.

The acoustic curtains between the card room and main hall were installed this month. We are very appreciative of the federal government's New Horizon Grant which covered the cost. Feedback from members has been very positive and I think they will be a welcome addition. A big thanks to Gerie Turner, Dani Alldrick, and Roger Boutilier for their time and effort to acquire these curtains.

Take note of the upcoming events for the fall found in this newsletter. The Social Events Committee: Dale Broad, Linda Parry, Elaine Hansen, Janice Mercer, Krystina Manning, and Donna Flood are

busy planning for these occasions. Hope you are able to attend.

*Dale Broad,
President*

Coming Events

Bingo

Sept. 20, Oct. 4, and 18

Potluck Lunch

Sept. 21 at noon

Speaker's Series

Sept. 22 at 2 p.m.

Art Appreciation

Oct. 10 at 7 p.m.

Now *THAT'S* Funny!

Oct. 13 at 2:22 p.m.

***Choose To Move* Orientation**

Oct. 16 at 10:30 a.m.

Hot Dog Day

Oct. 18 at noon in the downstairs kitchen. No Hot Dog Day in September.

Lunch Bunch

Nov. 23 at 11:30 a.m. (location to be determined later).



Mark Your Calendar!

By Dale Broad

The Social Events Committee is busy planning for the fall and wants to give you a “heads up”. Mark your calendars so you don’t miss these upcoming events:

- Sunday, October 29 at 2 p.m. for a Halloween Social. If you wish, dress up in your favourite costume and enjoy an entertaining afternoon with magician Jordano The Great! Costumes are optional.
- Thursday, November 16 for a 40th anniversary celebration. The Centre opened at our current location in November 1983. Come and celebrate our 40th anniversary.
- Thursday, December 7 for our Christmas Lunch. We will be using the same caterer as last year with a turkey lunch and all the trimmings.

The Events Committee is still working on the details and will let you know more soon. Watch for posters and further information as each event gets closer.



Introducing Lisa van Bommel!

By Dale Broad

I’m pleased to introduce our new Activities and Program Coordinator: Lisa van Bommel. Lisa started on September 11 and has been contracted to focus on our activities and programs.



Lisa will work six hours per week and will be located in our library on Mondays and Fridays from 10 a.m. to 1 p.m.

Lisa brings extensive experience working in seniors’ organizations. She is very enthusiastic about joining us and is already thinking of new ideas.

Drop by and have a chat with Lisa; I know she is looking forward to your thoughts and ideas.

Do You Choose To Move?

*From Jennifer Van Es
Director, SHOAL Centre and Senior
Services*

Being active is one of the most important things you can do to maintain your overall health. Being active can help you feel better, be stronger, and keep your independence.

Choose to Move is an evidence-based, inclusive program that is designed for older adults who want to become active, regardless of ability. There is no cost to participate!

During this free nine-week program, you will work with a trained activity coach to develop a personal action plan. Weekly sessions include relevant health-related topics plus support from your coach and a group of peers who, just like you, are making a choice for health – to stay motivated and choose to move!

Choose to Move can help you to integrate your choice of activity into your daily routine, meet new friends, and make a positive change!

Interested in learning more?

We are delighted to announce that Central Saanich Senior Citizen's Association's Centre for Active Aging and Beacon Community Services has partnered to run a *Choose to Move Program* on Monday mornings from 10:30 a.m. to 11:45 a.m. October 23 to December 18 at the Centre.

Join us for an information session at 1229 Clarke Rd, Brentwood Bay – Monday, October 16th at 10:30 a.m.

To register for the information session or for more information call: 250-656-5537
This program is funded by the Active Aging Society which is supported by the Provincial Government of BC, brought to you through Beacon Community Services



“Under the B, 12, B 1, 2”

By Gerie Turner

Bingo is enjoyed downstairs at the Centre on the first and third Wednesdays of the month from 1 p.m. to approximately 4 p.m., attended by 30 to 40 eager players. These bingo games, 22 each afternoon, are a major source of income for the Centre, going towards costs such as heat, light, and janitor services.

Reasons why players come to the Centre Bingo include:

“It’s fun!”

“Keeps me sharp!”

“I live alone and it’s an outing for me.”

“I meet my friends and make new friends.”

“The staff (Centre volunteers!) are so nice.”

“The Bingo room is cool in the summer and cozy warm in the winter.”

“I like to support this community charity by playing Bingo!”

If you would enjoy being a volunteer at this friendly activity, please leave a message at the Front Desk or send us an email or note. Welcome aboard!



Now THAT'S Funny!

By Roger Boutilier (aka Dr.Ha!-Ha!)

Friday, October 13th can be your lucky day! *Now THAT'S Funny!* is inviting American comedian Stephen Wright to perform for us. Cousin Google tells me there is a very good chance he'll show up.



If you have never heard of him, you're in for a really BIG treat. There are more laughs per word in Wright's work than any other comedian I know because he is THE fearless king of the one-liners. I say

fearless because his delivery is utterly deadpan so the content must be very funny or the audience would turn on him and either desert the theatre or drive him off the stage in the first minute.

Don't believe me? Come find out for yourself. See you at 2:22 p.m. on your lucky Friday 13th.

Bring your toonie; that's no joke.

Bridge Lessons

By Ken Weatherill

Have you ever played bridge, or have you never played before? It's easier than it looks.

Would you like to get back into playing or just try it out to see if you might like it?

We can present the basics needed to get started.

We will offer individual tutorials to brush up your knowledge of bridge.

Sign up at the Front Desk and you will be contacted to discuss what you would like to do and how we can help to make that happen.



Activities Update

By Dale Broad

- **Pool/Darts:** Interested in pool or darts? These activities will be held on Tuesday at 1:30 p.m. if there is sufficient interest. Sign up at the Front Desk and the activity leader will contact you with details.
- **Lunch Bunch:** Ilene Tiszauer is the new activity leader. The next Lunch Bunch will be Nov. 23. Thank you to Margaret Sharples for arranging great restaurants for us to enjoy.
- **Potluck Lunch:** After a summer break, Potluck Lunch will start up again on September 21 at noon. If you would like to attend, please sign up at the Front Desk. Should you sign up and then be unable to attend, please remember to contact the activity leader, Ann McMillan at 250-652-0127.
- **Yoga:** Space is still available for Chair Yoga on Tuesdays at 2:30 p.m. and Hatha (mat) Yoga on Thursday at 12:30 p.m. For further information or to contact Activity Leader Janet Budden, please speak to the Front Desk. You can also drop in to either class to see what it's all about. Your first class is free!
- **Jammin' Seniors:** Like to play an instrument? Drop by the Jammin' Seniors on Saturdays at 9:30 a.m. in the downstairs activity room. Krystina Manning, the activity leader, can give you further

information. Krystina is also usually at the Front Desk on Wednesday mornings.

- **Art Appreciation:** starts up again on October 10 at 7 p.m.



Happy October Birthdays!

October 12	Margaret McKelvie
October 16	Krystina Manning
October 18	Gillian Lightbody
October 25	Janet Mitchell
October 27	Clare Cochrane
October 28	Margaret Sharples
October 31	Camille Schroenn

Welcome New Members!

Susan Binns
Jill Sherwood
Rhonda Simpson
Ruth Smith
Viann McDonald
Doreen Lloyd
Trish Warren



Quotable Quotes

Our Silver Years

(from Joyce Vezina)

My doctor asked if anyone in my family suffered from mental illness and I said, "No, we all seem to enjoy it."

Just once, I want a username and password prompt to say, "Close enough."

I'm a multitasker. I can listen, ignore, and forget all at the same time!

People who wonder if the glass is half empty or half full miss the point. The glass is refillable.

I don't have grey hair. I have wisdom highlights.

Sometimes it takes me all day to get nothing done

I don't trip, I do random gravity checks.

One minute you're young and fun. Next, you're turning down the car stereo to see better.

Common sense is not a gift. It's a punishment because you must deal with everyone who doesn't have it.

I came. I saw. I forgot what I was doing. Retraced my steps. Got lost on the way back.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

Want To Get On Our Mailing List?

If you picked up a paper copy of this newsletter at the Centre and would like to receive it in your email instead, please leave your name and email address at the Front Desk.

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

Summer Memories



Beth Lound gave an interesting and informative talk on beneficial insects in our yards and gardens at the June 16 Speakers' Series.



The work of many hands, whether slicing....



...or arranging...



The Centre got a new paint job.



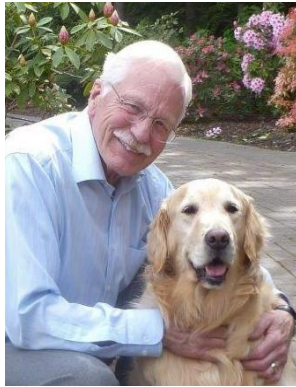
...resulted in a delectable treat!

CENTRE FOR ACTIVE LIVING 50+

Speaker Series

Friday, 22nd September, 2 p.m.

Dr. Jim Kingham – *Solutions for a Wounded Planet*



The speaker at our September meeting will address the opportunities for us to repair the damage done to the global environment, and reduce or prevent future damage. Jim will begin his talk with a brief description of the current state of the global environment. He will then talk about how the environment has been wasted by design, particularly during the last two hundred years.

The focus of the presentation will be on solutions that can be started at the personal, family, and community levels and continue with international actions crucial to the survival of the planet. During his 50-year career as an environmental scientist, manager and international negotiator, Dr Kingham developed and implemented many measures to repair environmental damage, at community, national and international levels.

Friday, 20th October, 2 to 3 p.m.

Emergency Preparedness

Come to this emergency preparedness information session hosted by Beacon Community Services to learn the essentials of emergency preparedness and everything that comes along with it. This seminar will go over topics of managing a crisis, identifying possible threats, risk reduction, preparing an emergency plan and much more. Take-home information packages will be given to you to help you with what you need to prepare for emergencies. Emphasis on learning how to find information online or how to set up to receive emergency alerts in BC will be provided. We encourage you to let your friends and neighbours know about this valuable information seminar.

Friday, 17th November, 2 p.m.

Dr. Patricia Gunton

Recognizing and dealing with Alzheimer's disease

More details to follow in the October newsletter.

Remember those Raconteurs? They're Coming Back!



By Joan Boutilier

If you are looking for a fun way to get to know some of the members of our wonderful Centre for Active Living, mark your calendars for the first Friday afternoon of each month. You don't have to register, just drop in to meet amazing people and hear about their lives, their travels, and what they are passionate about.

We are beginning a little later this fall, due to the busy schedules of our story-tellers, but here is a sneak peak of what is on offer. We begin in November with adventures from the exotic Galapagos Islands and Machu Pichu to yarns from our own beautiful BC Interior.

Our like-minded buddies from the Writers' Circle will share their stories and their always-faithful entourage. And I'm working on several other shyer, but equally interesting, club members. If that's you – and you have an idea you would like to share – please contact me: I am always open to a good story. Please watch future issues of the newsletter for details and be sure to come out!

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 11 :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	Hatha (mat) Yoga 12:30—1:30 pm	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		
	Pool/Darts 1:30 pm Start 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
	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	SUNDAY 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 Aug 23.pub</i>