

The Centre News

March 2022

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President's Message

Hello, members!

You can feel spring in the air and the daffodils are starting to bloom -- a wonderful time of year.

As you know, Dr. Bonnie Henry removed the mask mandate for most situations as of Friday, March 11, 2022. Masks are now optional at the Centre. It is a personal choice to wear a mask or not. The vaccine mandate is still in effect until at least April 8. Consequently, we will continue to ask for proof of full vaccination.

Just a reminder about the **Annual General Meeting** on March 24, 2022, at 2 p.m. in the Main Hall. Please plan to attend; your input is important. Coffee, tea, and a sweet will be served after the meeting. Hope to see you there!

Dale Broad
President



The Return of the Raconteurs

By Joan Boutilier

With the re-opening of our Seniors' Centre, *Raconteurs* returns on the first Friday afternoon of each month at 2 p.m. This is a drop-in program for our members and no longer requires advance notice of your intention. Just arrive with your twoonie and proof of vaccination and enjoy learning about the career, interests or travel experiences of a fellow Centre member.

The March Session of *Raconteurs* featured Margaret McKelvey sharing stories from her public health work in rural communities across Canada. She regaled the audience with anecdotes, some funny, some thought-provoking and many poignant. Margaret's deep commitment to human dignity and social justice were animated by her wry sense of humour and her stories were well-received by those in attendance. Thank you, Margaret!

Our featured Raconteur on Friday, April 1 will be Shelly Dennis-Orr, sharing her passion for animal welfare and her wide experience with animal rescue. We look forward to welcoming Shelly and encourage members to turn out. You won't want to miss it!

“Now That’s Funny!”

By Roger Boutilier, a.k.a. Dr. Ha!-Ha!

The Friday 11, March 2022 edition of "Now That's Funny" got off to a grim start when the Internet ether did not want to release Lorne Elliott from Hudson, Quebec. While Captain Turner shuttled home to bring a more cooperative computer to rescue him, Roger stalled for time by reading a few anecdotes from *Annapolis Valley Saga*, a folksy folio that he had used with his Grade 8 Social Studies class back in Bluenoseland. The audience seemed mildly amused. Once Bill got us on-line for good, the "paid" entertainer worked his remote charm, wit and good humour which sent the assembled baker's dozen into fits of guffaws, snorts and har-hars. Thanks, too, to Gerie and Gill for reading the introductory biographical summary of Mr. Elliott's career. Next up on Friday, April 8 at 2:22 p.m.? Well, surely you wouldn't want me to spoil the surprise! I'll tell you this much: this comedian is every bit as talented as The Two Ronnies, Bob & Ray and Lorne Elliott. Intrigued? Good, we'll see you there. Bring your twoonie. Roger and out.



Writing Circle Cancelled

Please note that the Writing Circle meeting scheduled for Thursday, March 24th has been cancelled to allow members to attend the AGM.

Activities Update

New participants are always welcome. If you wish further information, contact the Front Desk Monday, Wednesday or Friday from 10 a.m. to 12 p.m.

- The Writing Circle will return to meet at the Centre on the 3rd, 4th, and, as applicable, the 5th Thursday of the month at 2 p.m. in the Games Room, upstairs.
- The Book Club is also now meeting at the Centre on the 2nd Thursday of the month, at 2 p.m. in the Games Room, upstairs.
- Art Appreciation has restarted on the 2nd and 4th Tuesday of the month at 7:00 pm in the downstairs hall.
- Bridge has added a 3rd day each week on Thursday 12 to 4 p.m. They also meet on Monday and Saturday from 12 to 4 p.m. New players are welcome.

Check out the “News” Bulletin Board in the Games Room, upstairs, for more information on activities and programs.



Happy April Birthdays!

Mary Law	April 4
Carolyn Bertrand	April 8
Donna Flood	April 12
Dorene Palm	April 13
Rhonda Kool	April 16
Trudy Exton	April 16
William Cole	April 17
Berniece Lambert	April 21
Roger Boutilier	April 22
Jas McAra	April 23
Trish Crowther	April 27
Diane Evans	April 27
Muriel de Greef	April 27
Ingrid Schmidt-Ostrander	April 30

New Activity at the Centre – Chair Yoga!

By Dale Broad

We would like to determine whether there is interest in starting Chair Yoga again. This activity class will be on Tuesday from 2:30 to 3:30 p.m. We have a new instructor, Janet Budden, who has many years of experience teaching chair yoga. The monthly fee will be \$25 for a four-week month and \$30 for a five-week month with no refund for missed classes. This fee will be paid in advance at the beginning of the month to the instructor. There is a sign-up sheet in the front office or call the office to have your name added. If there are enough participants, Janet would like to start the classes in early April. There is an information poster on the “News” bulletin board in the Games Room, upstairs, with more information on Chair Yoga.

Need Help with Your Taxes?

Beacon Community Services is once again offering free tax preparation for qualifying individuals.

To qualify:

- a single person must have an income of less than \$35,000 and a couple must have an income of less than \$45,000.
- Your tax situation must be simple.
- Your income sources must be from employment, pension benefits such as CPP, disability, employment insurance, social assistance, RRSPs, support payments, scholarships, fellowships, bursaries/grants, and interest under \$1,000.

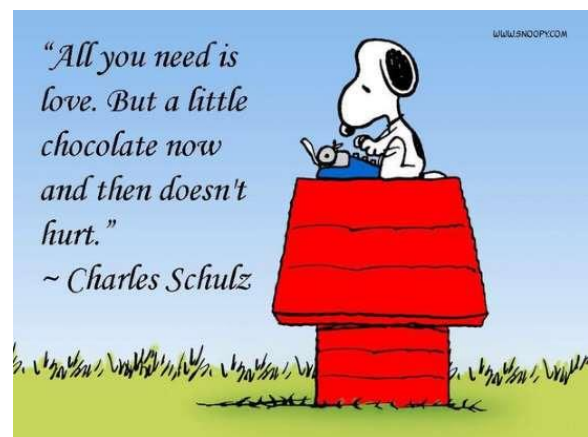
If you qualify, bring your tax slips and any necessary information. All ages are

welcome and you don't need an appointment.

This service is provided at the SHOAL Centre in Sidney at 10030 Resthaven Dr. from Tuesday, March 1 to Saturday, April 30. Hours are 9 a.m. to 4 p.m. on Tuesdays and 10 a.m. to 2 p.m. on Saturdays.



Peanuts!



(contributed by Shirley Roberts)

Tax Time!

Intoxication:

The feeling of euphoria you get when you receive a tax refund – which lasts until you realize that the money was yours to begin with...

Zoom.....Speaker's Series.....Zoom

Friday, March 25th at 2 pm



Dr. Maureen Mayhew



We are extremely privileged to have Dr. Maureen Mayhew from Doctor's Without Borders /Medicine Sans Frontiers (MSF) give us a presentation via Zoom describing the world-wide work of MSF

This is one presentation
you will not want to miss!

Dr. Maureen Mayhew has been involved with MSF since 2000 when she went on her first mission to Afghanistan. Her second MSF mission led her back to Afghanistan just after 9-11. In 2003, she led efforts in vaccination and nutrition in the Democratic Republic of Congo. Subsequently, she led primary care and public health efforts across Canada, and in Afghanistan and Ghana with other international organizations.

She trained in family medicine at McGill, in public health at Johns Hopkins Bloomberg School of Public Health and in research methods at UBC.

Currently as a clinical professor, she teaches and researches global health topics. As a doctor in BC's Physician Health Program and a certified life and leadership coach, she continues to follow her passions by helping doctors who struggle with their mental health to make changes that enable them to perform better.

Her recent memoir is under review by potential publishers.