

Jan. 2024

The Centre News

President's Message

Hello, members!

Hope everyone is staying warm -- I am so glad the cold weather didn't come with snow!

The painting of some the upstairs areas was completed over the Christmas break. Judging by the feedback, members really like the colour and fresh new look.

Please do not use scotch tape on the walls as it damages the paint. We have painters' tape at the front office if you need to put something up.

You may have already noticed that Beacon Community Services has opened a satellite office in the Library area. They will be providing some of the services currently available at the Shoal Centre in Sidney, such as, medical drives, disability parking permits, and income tax services.

The office is open Monday, Wednesday, and Friday from 10 a.m. to 2 p.m.

Our Annual General Meeting will be on Thursday, March 21, at 2 p.m. so mark your calendars. This is an opportunity for you to provide input into the Centre operations.

Happy New Year!

Dale Broad, President

Coming Events

Bingo

Jan. 17 & Feb. 7, 21 from 1 to 4 p.m.

Art Appreciation

Jan. 23. at 7 p.m.

Feb. 13 at 7 p.m.

Hot Dog Day (before Bingo)

Jan. 17 at noon, Feb. 21 at noon

Potluck Lunch

Jan. 18 at noon

Feb. 15 at noon

Speaker's Series: Stephen Hume

Jan. 19 at 2 p.m.

Speaker's Series: Dr. Patricia Gunton

Feb. 16 at 2 p.m.

Raconteurs

Feb. 2 at 2 p.m.

Lunch Bunch

Jan. 25 at 11:30 a.m. at The Prairie Inn

Feb. 22 at 11:30 a.m. at Floyd's Diner in Brentwood Bay

Pancake Breakfast

Feb. 13 Drop-in 9 a.m. to noon in the lower hall

Music Bingo

Feb. 28 from 1 to 3 p.m.

Lost and Found

By Krystina Manning

You may not be aware that there is a Lost and Found in the reception area. Please check the bin which is on the bookshelf. Anything that is not claimed within a month will be donated or disposed of.

Brain Boosters

By Krystina Manning

What fun activity can improve memory and problem-solving skills, enhance visual-spatial reasoning and dexterity, (both important for preventing falls), lower stress levels and improve mood, and may actually delay dementia?

If you said jigsaw puzzles, you are correct! Check out our new Puzzle Library in the card room. Puzzles can be borrowed for as long as you need to complete them. Enjoy!

(Jigsaw Puzzle benefits from <https://www.allseniorscare.com>)

Raconteurs Fly South

By Joan Boutilier

As the first polar vortex of 2024 swept down towards Vancouver Island, our Centre 50+ Raconteurs followed Margaret Lounds, her daughter, and two grandchildren to the exotic Galapagos Islands.



More than 120 volcanic islands straddle the equator 1,000 kilometers west of Ecuador, providing a relatively safe environment for a myriad of unique species of animals and birds. This exciting eco-system inspired Charles Darwin to propose his Theory of Evolution. Today, it is a UNESCO world heritage site with rigorous environmental protection for the amazing life forms. We enjoyed the privilege of viewing Margaret's slides showcasing the beautiful and unusual creatures she observed.

Our travel guide also identified the wisdom of choosing a tour boat which is small enough to access remote harbours and rocky beaches, which offers a superior ratio of naturalists to tourists. Thanks, Margaret, for a fascinating afternoon.

Next month, we head back north to rejoin John and Pat Gunton for the second part of their adventures in northern British Columbia. Look forward to Raconteurs on Friday, February 2 at 2 p.m. at the Centre!



Due to technical difficulties, we were unable to run this photo in the Christmas issue. This is Elizabeth Skaggs winning the two used ticket stubs during Roger Boutilier's last presentation of "Now THAT'S Funny!" Photo by Red Green?

Pancake Breakfast!

Our pancake breakfast is on Feb. 13 from 9 a.m. to noon in the lower hall. We'll have all the trimmings along with scrambled eggs, ham, and the best coffee. Tickets are \$10 for members and guests.



Music Bingo

By Lisa van Bommel

Heads up that the Centre will be hosting a special Music Bingo afternoon on Wednesday, Feb. 28th in the lower hall from 1 to 3 p.m. Come test your music knowledge!

There will be fun prizes and multiple chances to win. Cash-only purchase of cards at the beginning of each progressive game for just \$5 per card. Tell your friends! Everyone is welcome!



New Group: Coffee Connections

By Lisa van Bommel

The new Tuesday morning social will start Tuesday, Feb. 2 at 10 a.m. The Activity leader is Sue Tribe. This new group will be a nice opportunity for members to connect over a warm drink and a great way to meet new people and socialize. Coffee or tea for only \$1.

Coffee Connections will happen on the 1st and 3rd Tuesday of the month from 10 to 11:30 a.m.



Ever wondered: “What is 500?”

By Lisa van Bommel

The 500 game is a partnership trick-taking card game where players bid to set trumps and the number of tricks to be taken. A player making a bid must take at least five tricks. A player can out-bid another player by either bidding to take more tricks or bidding the same number of tricks using a superior suit.

The successful bidder will lead off and attempt to make the required number of points supported by his/her partner. If successful, both receive a point. If unsuccessful, their opponents receive the point.

The seniority of suits in bidding is hearts, diamonds, clubs, and spades. Each player receives ten cards with the deal and the successful bidder may exchange three cards with those dealt into the centre of the table.

The joker is the highest trump card of the suit called. Jacks are called bowers and will be the second and third highest trump cards of the suit called (if hearts

were called, the jack of hearts will be the right bower and the jack of diamonds will be the left bower. The same would apply if a black suit is called.)

At the Centre, 20 rounds are played and the player with the most points wins for that day.

Thank you, Michael Bird, for this excellent explanation of the game. The 500 Club meets on Wednesdays from 1 to 3:30 p.m. New players are always welcome.

Activities Update

By Lisa van Bommel

Potluck Lunch: We are still looking for volunteers to help Ann with setting up tables, etc. The potluck lunch is happening Thursday, Jan. 18th. Sign up at the Front Desk.

Lunch Bunch: We have reached capacity for the Lunch Bunch outing on January 25th at The Prairie Inn. We now have a waitlist, so if room becomes available, you can still sign up. The February outing will be to Floyd’s Diner in Brentwood Bay. The sign-up sheet for Floyd’s Diner will be available Feb 1st.

Pool/Scrabble/Crib: We have a new time and day for this group. They will begin meeting on Tuesday mornings 10 a.m. to 11:30 a.m. starting January 16th. More players are welcome.

Book Club: The Book Club is full. A second Book Club will be available to join on the 2nd Friday of the month 2 p.m. to 3:30 p.m. Please let me know if

you would like to join this group. Start date for second group TBD.

Speaker's Series: Beginning in January, the Speaker Series is charging a \$2 admission for both members and non-members. Coffee and tea will also be available for just \$1.



Happy February Birthdays!

Judy Gorton	Feb. 1
Gerie Turner	Feb. 1
Dorothy Sly	Feb. 2
Gurdeep Bharaj	Feb. 4
John K. McLeod	Feb. 4
Joan Boutilier	Feb. 8
David Wilson	Feb. 14
Donald Williams	Feb. 14
Pamela Brambell	Feb. 15
Ruth Christian	Feb. 17
Paul Bird	Feb. 22
Rosemary Coss	Feb. 28



Welcome New Members!

John Bollen
Barbara Walker
Lori Sather

Poetry Corner

The face I see is furrowed now.
In fact, it's rather ruddy.
Revlon and Clinique won't do.
I need a can of putty.

- Jane Thomas Noland

I get up each morning and dust off my
wits,
Then pick up the paper and read the "o-
bits".
If my name isn't there, then I know I'm
not dead.
I eat a good breakfast and go back to
bed.

- Anonymous



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

SPEAKERS SERIES

Historically vaccines were deemed to be “only for children”. However, vaccines for adults are becoming increasingly common and necessary. From ground-breaking practices in the 1700’s to the new technologies used in malaria vaccines in 2023, we have come a long way. Vaccines now help protect against more than 20 diseases. In just the last 30 years, child deaths have declined by over 50% thanks in large part to vaccines. Recent vaccine development is showing potential use of vaccines to combat certain cancers.



Dr. Pat is a retired physician trained at St. Andrews University in Scotland. She came to Canada in 1972 and, for 50 years, has practiced medicine in various settings ranging from family practice to hospitalist to long term care physician. She enjoys sharing her knowledge whenever she gets an opportunity.

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am	Coffee Connections 10—11:30 am 1st and 3rd	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	Scrabble/ Cribbage/ Pool 10 - 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 3rd Thursday		
		500 Club 1:00—3:30pm	Lunch Bunch 11:30 am 4th Thursday		Bridge 12:00—4:00 pm
	Chair Yoga 2:30—3:30pm	Hot Dog Days Noon 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday	Raconteur 2:00—3:00 pm 1st Friday	Bridge Lessons 12:10—4:00 pm
		Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Writing Circle 2:00—3:30 pm 3rd, 4th, and 5th Thursday	Speaker's Series 2:00-3:00 pm 3rd Friday	SUNDAY Walking Group 2:00 pm
		Knitting 1:30—3:30 pm	Bridge 12:00—4:00 pm		
	Art Appreciation 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter Jan 24 pub</i>