

Feb. 2024

# The Centre News

## ***President's Message***

Hello, members!

You may have noticed renovation work being done in the upper main hall. We are soundproofing the wall between the card room and the main hall which should be completed shortly.

This soundproofing, together with the acoustic curtains, should allow more flexibility to use our space for activities and programs.

As many members have requested, the main hall will then be painted the same colour as the card room and lounge. This will take place over the next few weeks as we seek to minimize the disruption to our activities.

It is our intention to also paint the stage and adjacent spaces as funds permit.

We may need to adjust some activities or programs to accommodate this work as we continue to "refresh" our Centre. We appreciate your understanding and cooperation.

*Dale Broad, President*

## Coming Events

### **Family Day**

Feb. 19 – Centre Closed

### **Coffee Connections (social drop-in)**

Feb. 20 at 10 a.m.

### **Bingo**

Feb. 21; Mar 6 and 20 from 1 to 4 p.m.

### **Music Bingo**

Feb. 28 from 1 to 3 p.m.

### **Hot Dog Day (before Bingo)**

Feb. 21 at noon, Mar. 20 at noon

### **Art Appreciation**

Feb. 27 at 7 p.m., Mar. 12 at 7 p.m.

### **Potluck**

Feb. 15 at noon, Mar. 21 at noon

### **Speaker's Series: Dr. Patricia Gunton**

"The Fantastical Story of Vaccines"

Feb. 16 at 2 p.m.

### **Speaker's Series: Pearse Moroney**

"Ireland – Land of Saints and Scholars"

Mar. 15 at 2 p.m.

### **Lunch Bunch**

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

Mar. 28 at 11:30 a.m. (location TBD)

### **AGM**

March 21 at 2 p.m.

### **Easter Social**

March 23, from 2 to 4 p.m.

## Annual General Meeting

*By Dale Broad*

The Annual General Meeting will take place on Thursday, March 21, 2024, at 2 p.m. Please plan to attend as your input is important.



## New Website!

*By Lisa van Bommel*

We invite you to check out our new website at [cssca.ca](http://cssca.ca). It is updated with current activity and program descriptions, upcoming events, and quick access to our newsletters.

Our webmaster, Nicola, has done a great job of making the website as user-friendly as possible. The website will be updated on an ongoing basis and we welcome your feedback.

## Save the Date: Easter Social

*By Krystina Manning*

Our Easter Social will take place on March 23 beginning at 2 p.m. Save this date and get your Easter bonnet ready!

## Easter Bonnet Workshop

Don't have a bonnet to wear to the Easter Social? No problem! Come to our hat-making afternoon on March 14th starting at 2 p.m. Bring a head covering of some

kind (e.g. sun hat, visor, toque, beanie, turban, headband, etc.) and we will provide the materials to transform it into a spectacular creation. Bring your glue gun if you have one and join us for an afternoon of productive fun!

## Seeking materials

If you have any odds and ends that might enhance an Easter bonnet, please drop them in the box behind the reception desk. Some ideas are scraps of fabric, lace, ribbon, artificial flowers and leaves, beads, sequins, etc. If you have it, we will find a way to use it!



## Choose to Move Program

*By Anita Ferriss, "Choose to Move Program Facilitator"*

The Centre for Active Living has partnered with Beacon Community Services, SHOAL Centre for a second offering of *Choose to Move*, a FREE nine-week program that uses a science-based approach to support older adults to BECOME and STAY more active!

- Develop a personal action plan to help meet your goals.
- Receive one-on-one and group support.
- Choose activities you enjoy.

- Learn new ways to live a healthier, more active life.
- Connect with like-minded peers in your community.
- Share resources and strategies for success.
- Have fun!

**Information Session Spring 2024:**  
Downstairs at the Centre: March 18 – 10:30 to 11:15 a.m.

**Chose To Move Program:** March 28 – May 27 – 10:30 a.m. to 12:00 p.m.

To register for the information session or to learn more call 250-656-5537.

For a wealth of information and resources, check out [www.choosetomove.ca](http://www.choosetomove.ca)



## **The Centre for Active Living Facebook Page**

*By Lisa van Bommel*

Another way to keep up-to-date with what is happening at the Centre is to follow our Facebook page.

Our Facebook page is great a place to advertise events happening at the Centre that are open to the public. The Facebook page is managed by myself and I welcome members to follow and share public events with friends and family.

The address is:  
<https://www.facebook.com/thecentreforactiveliving>



## **Music Bingo**

*By Lisa van Bommel*

Come try Music Bingo on Wednesday, February 28th in the lower hall from 1 to 3 p.m. It is lots of fun and we have fun prizes to be won.

Music Bingo is easy to play: instead of numbers, your cards will have the names of popular songs from the 1950's to the 1970's. A short sample of the songs will be played for you to help you recognize it. If you have the song on your card, you stamp in with the bingo dabber and the play continues like bingo.

Players are encouraged to sing along and just have fun! Everyone is welcome! This is a fundraiser for the Centre. Cards can be purchased for just \$5 per card at the beginning of each progressive game with three chances to win per card.

## **Raconteurs**

*By Joan Boutilier*

John Gunton's presentation to Raconteurs this month followed his pattern of combining fascinating storytelling with lots of information gleaned during his extensive career in geology.

In describing the camping trip he and Pat took through Northern British Columbia last summer, he pointed out that the population of our amazing province is

heavily skewed to the Lower Mainland and southern Vancouver Island. Vast stretches north of Prince George are much more sparsely populated. Most of the small towns are located around deposits of petrochemicals or precious metals such as silver, copper, and rare earth minerals. John explained that these deposits occurred as a consequence of tectonic activity originating in the mid-Pacific and responsible for the earthquake and volcanic activity which formed the west coast and mountain ranges.

John has offered to provide additional talks this fall and gave us some provocative hints about the controversial nature of some of his conclusions. Looking forward to that!

Meanwhile, our March 1 Raconteur will be Dani Alldrick. His topic is *Homecare - Insights and Hindsight*. This talk will feature how Dani and Eileen Alldrick shared a seven-year journey through dementia and will include tips for navigating the personal care universe... and “medical bureaucracy.” Be sure to add this to your calendar!



*About 80 people enjoyed a pancake breakfast with all the trimmings on February 13.*



*Roger Boutilier makes pancakes. (Photo by John Gunton)*

**Happy Valentine's Day!**



## Speaker Draws Big Crowd



*By John Gunton*

Many thanks to our January speaker, Stephen Hume, who spoke to approximately 30 members on January 26<sup>th</sup>. His talk was rescheduled from the prior week when snow caused the closure of the Centre.

He provided an excellent presentation titled “How the Scots Impacted Modern BC”. In addition to being well-known as a writer/journalist/columnist, Stephen is a very talented storyteller. He had us enthralled as he talked about the events and the Scots who had a phenomenal impact on shaping BC.

He was immediately invited back to speak to us in a year’s time! Thank you, Stephen and to all those who attended and helped with the afternoon’s event.

We now look forward to a good news story on vaccinations to be given by Dr. Pat Gunton on February 16<sup>th</sup>.

This talk will be followed on March 15<sup>th</sup> by Pearse Moroney’s presentation *Ireland: Land of Saints and Scholars*, (two days before Saint Patrick’s Day!)

## Donations to the Food Bank

Don’t forget to bring items for the Food Bank. The bin is in the card room and donations are still being gratefully accepted.



## Happy March Birthdays!

Rhonda Simpson	March 2
Renee Nichols	March 3
Mario Dellaviola	March 5
Rosemary Lapenskie	March 5
Linda Strudwick	March 8
Sandra Jaycox	March 9
Val Waller	March 12
Jack Parry	March 13
Shirley Hallett	March 13
Lynda Miller	March 20
Ken Wilson	March 24
Allison Bird	March 24
Robert Saar	March 26
Lori Ferguson	March 28
Patricia Gunton	March 29
Lee Campbell	March 31



## Welcome New Members!



Sandra Scarth  
Jeff Lowden  
Janice Lee Maxwell  
Sylvia Wynn  
Colette Karmali  
Doug Scott  
Rosemary Corcoran  
Siegrid Hauth

## Terse Verse

### The Cow

The cow is of the bovine ilk;  
One end is moo, the other, milk  
Ogden Nash



**Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday.**

© I Might Be Funny

**You are my people.**

**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)

# SPEAKER'S SERIES

Friday 2p.m., March 15th

## “Ireland – Land of Saints and Scholars”

**Speaker: Pearse Moroney**

St. Patrick's Day is probably one of the most celebrated festive occasions worldwide. Today we provide some facts on the life of Saint Patrick and his role in the transition of Ireland from a pagan country to a land of saints and scholars. In addition, we also provide a little detail on the pre-Christian era in Celtic Ireland and discuss some of the key dates in Irish history to provide a perspective.



**Speaker Biography: Pearse Moroney:** Pearse was born in Dublin, Ireland in 1951 and completed a chemistry degree in Trinity College in 1974. He met his future wife, Julie, at the University of Victoria where he undertook post-graduate studies. On completion of their studies, they moved to Ireland where he spent his career working in the medical device and pharmaceutical industries. He has lived in various locations in Ireland, Israel, and the U.S. and returned to Vancouver Isle in 2012 to their current home in Brentwood Bay.

**Next month: Frank Wilson's *Chasing the Crows from the Apple Tree***

## Weekly Activity Schedule

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