

March 2024

The Centre News

President's Message

Hello, members!

I sure wish spring would come soon; my flower beds need some major attention!

The February Pancake Breakfast was a huge success with 81 people enjoying the delicious meal put on by our hard-working volunteers. Thank you to Gerie Turner and to all the volunteers who helped make this a great start to so many diners' days. Great job everyone.

Our AGM is Thursday, March 21, 2024, at 2 p.m. You are encouraged to attend and provide input into the Centre operations. At this meeting, we will be seeking members' ideas and feedback on our activities and programs and presenting the 2023 year-end financial reports.

Coffee and tea will be served after the meeting. Please mark your calendars.

The soundproofing wall between the upstairs main hall and card room has been completed. We will now focus on having the main hall painted and will make every effort to minimize disruption to activities.

Dale Broad, President

Coming Events

AGM

Mar. 21 at 2 p.m.

Easter Social Event

Mar. 24, from 2 to 4 p.m.

Bingo

Mar. 20 and April 3 and 17 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

Mar. 20 at noon

April 17 at noon

Art Appreciation

Mar. 26 at 7 p.m.

April 9 at 7 p.m.

Lunch Bunch

Mar. 28 at 11:30 a.m. at Zanzibar Café

April 25 at 11:30 a.m. at The White Spot

Easter Break -Centre Closed

March 29 and April 1

Raconteurs

April 5 at 2 p.m.

Centre Singers

April 16 from 10 to 11:30 a.m.

Speaker's Series: Frank Wilson *Chasing the Crows from the Apple Tree*

April 19 at 2 p.m.



Easter Social Time!

By Dale Broad

Enjoy a pleasant afternoon at our Easter Social on Sunday, March 24, 2024, at 2 p.m. Play some games, socialize with fellow members, and enjoy some tasty sandwiches, sweets, and coffee or tea.

Bring your best Easter bonnet and participate in an Easter Bonnet contest.

Tickets are available at the Front Desk. Member tickets are \$8 and guests are \$10. A volunteer sign-up sheet is on the bulletin board in the upstairs kitchen.

What's Happening at the Centre?

By Dale Broad

Want to know what's going on at the Centre?

There are many sources of information:
1) The monthly newsletter has a *Coming Events* column and event articles. The newsletter is sent via email to members who have given us an email address. It is also posted on our website and hard copies are available in the card room upstairs.

2) Posters on bulletin boards.

3) Check out our new website at www.cssca.ca and click on *Activities*. You will find a calendar of activities and programs. Place your cursor over any activity to get more information.

4) Ask the receptionist or our Activities and Program Coordinator, Lisa van Bommel.

If you have a suggestion for a new activity or program, contact Lisa van Bommel. Lisa is in the library on Mondays and Fridays, normally from 10 a.m. to 2 p.m., or email her at activitiescssca@shaw.ca. She is very open to discussing new ideas.

You can also email me at cssca@shaw.ca. We don't want you to miss anything and you may find something that piques your interest.



Beacon Community Income Tax Service

The Community Volunteer Income Tax Program (CVITP) will again be offered by Beacon Community Services. This service will be available at the Central Saanich Resource Office at the Cultural Centre, 1209 Clarke Rd, Brentwood Bay from March 1st to April 30th, 2024. Tax returns* will be prepared on Tuesdays and Thursdays from 10 a.m. to 12 p.m.

This is a free service. Appointments are not necessary as people are served on a "first come, first served" basis. Tax

returns are filed electronically with the CRA by screened volunteers.

For further information, please call the SHOAL Centre 250-656-5537.

*To qualify as a CVITP client, your tax situation must be simple and your income must be modest (single person up to \$35,000 or a couple up to \$50,000). Your income source must be from employment, pension, benefits such as Canada Pension Plan, disability, employment insurance, social assistance, RRSPs, support payments, scholarships, fellowships, bursaries or grants, and interest (under \$1,000).

Beacon Community Services Shopping Bus

**March 20: Mayfair Shopping Centre
April 17: Hillside Shopping Centre**

Meet at the Central Saanich Cultural Centre parking lot at 11:15 a.m. The bus departs promptly at 11:30 a.m. and returns by 3:30 p.m. The cost is \$5 and is payable in cash to the driver.

There is a limit of 16 to 20 passengers (depending on the number of walkers and/or wheelchairs).

Sign up in advance at the Central Saanich Community Resource Office located in the library or call the SHOAL Centre at 250-656-5537.



Possible Chemainus Day Trip

By Lisa van Bommel

We are looking into the possibility of arranging transportation to Chemainus for lunch and a show and would like to know if we have enough interest in this amongst our members.

The cost would be \$90 per person for standard theatre seats and dining plus the cost of transportation which is still to be determined.

If this sounds like something you would like to do, please add your name and contact information to the list at the Front Desk.

We are hoping to get transportation from Brentwood Bay in the morning and arrive in Chemainus with time for lunch followed by the 2 p.m. show. We'll take everyone back to Brentwood Bay after the show.

If we have enough people who are interested, I will contact everyone with the final cost for transportation and tickets and make arrangements for a date that works for most people.

For more information email Lisa at activitycssca@shaw.ca

Activities Update

By Lisa van Bommel

Potluck and Coffee Connections:

The monthly potluck lunch and Tuesday morning Coffee Connections social have not had the turn-out we anticipated. As a result, both the Coffee Connections and the Potluck Lunch will off the schedule until further notice. We will look at starting these programs up again after the summer break.

Music Bingo: Thank you to everyone who came out to our Music Bingo fundraiser on February 28th. We hope you all had a great time. We would like to thank the following local businesses for their donations of prizes to this fundraiser: Politano Café, Beauregard Commons, Spruce, and our local Pharmasave. We would also like to also like to thank the weavers and Krystina Manning for their donations to the amazing prizes and to Krystina and Happy Smith for making baked goods to sell.

Pool, Scrabble and Cribbage: This group is cancelled until further notice.

Seaside Magazine Feature: If you haven't had a chance to see the *Take Note* feature article in the March *Seaside Times*, make sure you check it out. The article shows a lovely picture of some of our smiling members, and we are happy to spread the word of what a great place the Centre for Active Living is and the many benefits of our programs and the social connections it brings.

Raconteur Reflections

By Joan Boutilier

Raconteurs took on a serious tone this month as Dani Alldrick shared his thoughts from the seven years that he and his wife, Eileen, journeyed through dementia. Together, they navigated the challenges of diminishing health and the bewildering range of health care needs and resources.

They both learned a great deal and Dani generously shared a wealth of printed material and helpful guidance.

Dani and Eileen encountered multiple barriers but ultimately achieved their goal of remaining in their home.

It was a powerful and poignant presentation, and a privilege to hear.



Next month, Gerie and Bill Turner take us on a family cruise on an English canal boat. Be sure to reserve Friday, April 5, for their adventure!

Central Saanich Sing-along!



By John Gunton

A totally fun time was had by all at the inaugural meeting of the Sing-along “Choir” on March 12. Our 90-minute program ranged from Abba to Willie Nelson with the occasional spiritual song in between. Eighteen fearless souls joined together and, to quote a participant, “I have fulfilled a bucket list wish to sing in a choir!”

Mary Grant wrote the words to the *Central Saanich Seniors Song* which we put to music: Thank you, Mary. The words are as follows:

Let’s raise our voices loud and clear
For Central Saanich Seniors here.

Let us sing now, altogether.

We come from here and far away,
We always have a lot to say.

*Let us sing now, altogether, Let us sing
now, altogether, Let us siiiing NOW*

We love to share and do our bit
With laughter, energy and wit,

Let us sing now, altogether.

Today, tomorrow, everyday
We love our centre, here to stay.

*Let us sing now, altogether, Let us sing
now, altogether, Let us siiiing NOW*

We sounded so good...to our ears...and everyone left with big smiles on their faces!

The next meeting will be on April 16 at 10 a.m.

Any requests or suggestions please email me, John Gunton at geogunton@shaw.ca

An Opportunity to Volunteer: BINGO!

By Joyce Vezina

The Centre is a vibrant gathering place for people over 50 years of age and is primarily volunteer-driven. Prior to the pandemic, Bingo was held every Wednesday in the lower hall and was a major contributor to the finances of the Centre. And yes, it was operated every week by volunteers.

We are now operating bingo games every first and third Wednesday in the month which, after the pandemic, seemed sufficient as we were drawing approximately 20 players. With more advertising, and the closing of many Victoria bingo halls, we believe the potential for a weekly bingo game is again possible. Our last Bingo Day drew 38 players, which was great. For us to return to a weekly Bingo Day, **we need more volunteers.**

We have a wonderful core group of members who regularly attend once a month for three hours on a Wednesday afternoon, but, to revert to weekly sessions again, we need more help. The following is a list of positions necessary to operate the Bingo game:

- ✓ Team Leaders
- ✓ Cashiers
- ✓ Callers
- ✓ Recorders
- ✓ Checkers (2)
- ✓ Sellers of 50/50 tickets
- ✓ Tea and coffee servers

A summary of each task listed above is printed on page 9 of this newsletter. If one of these positions appeals to you, you can read a more detailed copy of the job description in the office on Monday, Wednesday, and Friday mornings. Full training will be provided for all tasks.

If you would like to join this friendly group of fundraisers, please tell Dale Broad or the person at the Front Desk.

You will be welcomed with open arms



A special wish for Nona Frew:
Get well soon – we miss you!



A behind-the-scenes look at what goes on in the kitchen during our pancake breakfast... Photo by Joyce Vandall



The Sunday Walking Group enjoying Dani Alldrick's warm hospitality on Sunday, January 28, 2024. From left to right: Gill Lightbody, Diana Evans, Elaine Hanson, Kathy Coutts, Dani Alldrick, Linda Parry, Pamela Brambell, Elizabeth, Viann, Pat Gunton, and Mollie. Photo by Joyce Vandall.

Happy April Birthdays!

Mary Law	April 4
Jack Lusk	April 6
Carolyn Bertrand	April 8
Donna Flood	April 12
Dorene Palm	April 13
Trudy Exton	April 16
Doug Scott	April 17
William Cole	April 17
Roger Boutilier	April 22
Jas McAra	April 23
Diana Evans	April 27
Muriel de Greef	April 27



Welcome New Members!

Kim Evans
Lisa van Bommel
Sharon Stayura
Linda Cleland
Rayna Stone



Players enjoying music bingo on February 28 included (from left to right) Sharon Wright, Sharon Duncan, and Donna Flood.



Darryl Markin was our knowledgeable and humorous DJ for the afternoon.



Happy One-liner Day!

If I got 50 cents for every failed math exam, I'd have \$6.30 now.

Most people are shocked when they find out how bad I am as an electrician.

The difference between outlaws and in-laws is that outlaws are wanted.

Say what you want about waitresses but they bring a lot to the table.

People who take care of chickens are literally chicken tenders.

The four most beautiful words in our common language: I told you so.

I named my eraser "Confidence" because it gets smaller after every mistake I make.

I asked Tom Hanks for his autograph, but all he wrote was "thanks".

The adjective for metal is metallic, but not so for iron, which is ironic.

Why did they name them "soldier ants" and not "combatants"?

I think the Discovery Channel should be on a different channel everyday.

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

Team Leader

The team leader is responsible for bingo on the day by ensuring there are sufficient volunteers, prepares the Bingo Hall for the volunteers, monitors the play, and resolves any issues.

Time involved:

- ✓ Less than 1 hour phoning and confirming volunteers for the actual day.
- ✓ 5 hours on the afternoon of the bingo session

Full training will be provided.

(New team leaders usually sit in on 2 sessions or until they feel comfortable)

Cashier

The cashier is responsible for all monetary transactions and records as per government regulations. At the end of the afternoon, the proceeds are deposited at the credit union.

Time involved:

- ✓ Approx. 5 hours on the afternoon of the bingo

Full training will be given to volunteer cashiers and until completely comfortable with the above duties. The trainee will not be alone 😊

Caller

The caller ensures the bingo machine is working correctly. The numbers that the machine dispenses are called to the players and then verified to confirm winners.

Recorder

When a “Bingo” is called and the card verified, the recorder distributes the winning amount to the winner(s). The number of the winning card(s) is noted on the government form and the winners signature obtained to verify receipt.

Time involved:

- ✓ 3.5 hours on the afternoon of the bingo

Checkers (2)

The checkers are responsible for confirming that the Bingo player claiming a win, was indeed playing on the correct card. The card is then given to another player on another table and together confirm with the caller that the numbers have been correctly identified.

Time involved:

- ✓ 3.5 hours on the afternoon of the bingo

50/50 Ticket Seller

The ticket seller commences selling 50/50 tickets when the doors are opened at noon. The team leader will sell tickets on the break if required.

Time Involved:

- ✓ 1 hour – noon to 1 pm

Tea and Coffee Servers (2)

Tea and coffee are prepared for the players. Cups, milk, sugar, spoons, etc. are made available in the Bingo Hall before the start and during the afternoon break. Clean-up follows the completion of the break and the collection of cups.

Time involved:

- ✓ 11.30 – 12 noon for set-up
- ✓ 2.00 – 3.30 pm (approx.)

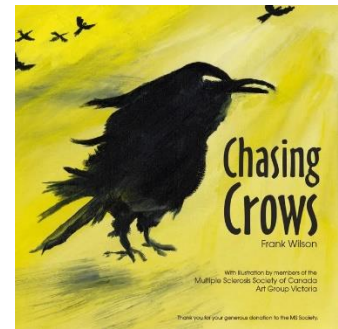
SPEAKER'S SERIES

Friday 2 p.m., April 19th, 2024

Chasing the Crows from the Apple Tree

Speaker: Frank Wilson

This presentation tells the story of Frank's involvement with poetry and charity. It is illustrated by selections from his many poems which are diverse in subject and very accessible. Frank Wilson is a Victoria-based author, poet, and presenter. Strong on narrative, Frank's poetry often paints pictures and is sometimes humorous and, at times, reflective. Occasionally listeners and readers will find that there is a little more to his writing than they might at first expect. An accomplished and experienced presenter with a well-developed capacity to entertain and inform at the same time, he is happy to be associated with any humanitarian-related fund-raising activities.



Speaker Biography:



A relatively recent immigrant, he is a “farm boy” from Yorkshire who retired from a university professorship at the University of Bradford in Yorkshire, England. He has won poetry and prose prizes and published seven collections of poetry, three books of short stories, and one history book in addition to work published in magazines and anthologies in both the UK and Canada. His most recent books (2023) are the poetry collection *Around and About the Loxley Valley* with photographic artist Russell Hague, *Oak Bay and Not far Away* with local artist Tony Fathers and *Christmas and New Year Memories*. In 2022, he published *A Walk in the Park* – a detailed history of Uplands Golf Club in Victoria which included many photographs from commissioned photographer Leo Mah. He continues to collaborate with artists in the UK and Canada and is planning a new collection. He is also reprinting a second edition of his first book of short stories *Nowt to do with Me*. In recent years, he has raised thousands of dollars for multiple sclerosis charities through sales of his books and associated presentations and now concentrates on Alzheimer's and dementia charities in Canada and the UK. He moved with his wife, Elaine, to live permanently in Victoria in 2008. He writes, plays golf, enjoys the company of his family, sings, then writes again. Check out his website at frankwilson.ca

Next month: *The Story of Cascadia Seaweed* with speaker Bill Collins

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance	Aerobics 9 :00- 10:00 am	Jammin' Seniors 9:30am - Noon
Mild Fitness 10:30 - 11:30 am	Centre Singers 10:00 - 11:30 am 3rd Tuesday	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			
		500 Club 1:00—3:30pm	Lunch Bunch 11:30 am 4th Thursday		Bridge 12:45—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 12:45—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	<u>SUNDAY</u> 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 Mar 24 pub</i>