

May 2024

The Centre News

President's Message

Hello, members!

I hope everyone is enjoying this beautiful spring weather.

I finally finished planting my pots and can now sit back and enjoy the lovely flowers.

We would like to thank the Central Saanich Lion's Club for their very generous donation towards the painting of the main hall. The Lion's Club is a great supporter of the community and our Centre.

As you will read in this newsletter, the Strawberry Tea will be coming up in late June. Around this time, we will be putting out the Food Bank container for members to contribute to this very important service. We will leave the container out for a week or so.

Our membership has grown to 211, almost to the pre-COVID level. Invite your friends and family to try out the Centre; membership is now only \$30 valid to the end of August.

Enjoy the sunshine!

Dale Broad, President

Coming Events

Bingo

May 15, and June 5 and 19 from 1 p.m. to 4 p.m.

Hot Dog Day (before Bingo)

May 15 at noon

June 19 at noon

Chemainus Theatre Day Trip

May 25

Art Appreciation

Resumes on Sept. 10th.

Lunch Bunch

May 23 at 11:30 a.m. at The Waddling Dog

June 27 at 11:30 a.m. at Mary's Blue Moon Café

Raconteurs

June 7 at 2 p.m.

Centre Sing-along

May 21 from 10 to 11:30 a.m.

June 18 from 10 to 11:30 a.m.

Speaker's Series: Bill Collins' *The Story of Cascadia Seaweed* May 17 at 2 p.m.

Speaker's Series: Jarrett Teague's *Timeline of John Dean Provincial Park*

June 21 at 2 p.m.

Centre Closed: Victoria Day

May 20

Brentwood Days Parade

June 1

Strawberry Tea Next Month!

By Gerie Turner

The Strawberry Tea, celebrating the most luscious product of the Saanich Peninsula, will be held on Thursday, June 27, from 1:30 p.m. to 3:30 p.m.

As usual, attendance is on a drop-in basis. Tickets go on sale in mid-June and will be \$12 for members and \$15 for guests.

Sign-up sheets for volunteer cake-makers, strawberry hullers, and tea helpers will be posted at the same time.



Who Loves a Parade? We Do!

By Roger Boutilier

Once again this year, the Centre is going to participate in the Brentwood Day parade.

If you are up for a 1+ kilometer stroll, perhaps you would like to join us?

We will meet/marshal at the Bayside Middle School on Wallace Drive on Saturday, June 1 between 9 a.m. and 9:30 a.m. to take our place in the parade queue.

When the cavalcade moves off at 10 a.m., Roger's car will "lead" our walkers while Rob's will trail. The vehicles are useful to carry supplies, make us look more impressive, and to drive you back to your vehicle near the school immediately after the parade ends, if you request this courtesy promptly.

A sign-up sheet will soon be placed at the Front Desk at the Centre where you can add your name.

Please note that the school (and its washrooms!) are not open that day, so "plan ahead."

We will have some water available or you can bring your own.

Since parking space in the vicinity of Bayside school will be limited, consider making advance arrangements with a friend to carpool to the start.

We will have a few "limited edition" CSSCA t-shirts to loan out for this sartorially smart event.

Some treats for the young and their pooches will also be distributed by a couple of willing CSSCA volunteers.

Questions? Can't wait for the volunteer sheet to appear at reception? Even now you can contact Board member Roger Boutilier for more information or to add your name at 778-426-1769 or jandrboutilier@shaw.ca.



Raffle Tickets on Sale Now

By Shelly Dennis-Orr

Are you yearning to spend a luxurious afternoon pampering yourself with an at-home spa day?

Winning one of this year's raffle baskets would give you the perfect excuse!



Two big baskets full of spa supplies and treats will be won by two lucky winners at this year's Strawberry Tea held on June 27.

Pick up your tickets at the Front Desk or at the door at the Strawberry Tea. Tickets are \$2 each or three for \$5.



Seniors' Fair Next Month

By Shelly Dennis-Orr

On Thursday, June 6th, a fair especially for seniors will be held at the Mary Winspear Centre in Sidney.

The C.A.R.E. (Community Attachment to Resources and Engagement) Fair will provide a forum for seniors and their caregiver families on the Saanich Peninsula.

Eleven speakers will speak throughout the day while 60 information booths from organizations, agencies, and vendors will provide information about programs and services for seniors.

The Fair is open from 10 a.m. to 5 p.m. and admission is free.

The C.A.R.E. Fair is organized by CFUW (Canadian Federation of University Women) Saanich Peninsula.

Thanks to Sandra Scarth for submitting this information!

Raconteurs: Capricious Capers

By Joan Boutilier

Sharon Wright used her inimitable interactive style to engage participants at our May 3 *Raconteurs* event.

An enthusiastic member of our Centre's Writing Circle, Sharon has produced a considerable quantity of original material. She believes the Writing Circle provides a great opportunity for friends

to explore their own creativity and provide helpful feedback to one another. Sharon shared three original pieces of her own composition and invited our Raconteur audience to respond with our own reflections.

She also read a witty piece authored by our own newsletter editor, Shelly Dennis-Orr. Our participants responded with appreciation to both the content and the format, which inspired lively discussion during the post-presentation coffee gathering.

Baking provided by Dorene Palm and Happy Smith was a welcome addition.

Raconteurs will take a summer break, returning to the Centre in early September. We have a full slate of willing volunteers with the usual wide variety of content and style. Thanks to all who make this a fun place to be on the first Friday afternoon of the month!

Speaker's Series

By John Gunton

In April, we had only 10 attending Frank Wilson's presentation *Chasing the Crows from the Apple Tree*. This was a wonderful presentation of Frank's poetry and stories, and they were enjoyed by everyone.

Many of us purchased books he has authored with the proceeds going to the Alzheimer's Disease and dementia charities he supports. It was a fitting talk given that April was Poetry Month in Canada.

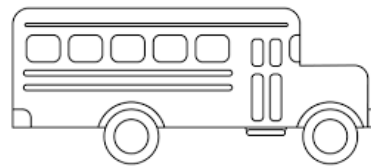
The low attendance was very much an embarrassment however, but Frank was most gracious. We blamed the weather: but it raises the question of "Why the low attendance?"

So that I can respond and plan accordingly, please provide me with your feedback at geogunton@shaw.ca

Our next speaker, Bill Collins, will tell *The Story of Cascadia Seaweed*. Cascadia Seaweed is a company he cofounded and built here in Sidney to become a global leader in this important aspect of aquaculture.

Please support this activity and come along on May 17 at 2 p.m. It is open to the public (\$2) so bring along a friend.

Before we take a break for the summer, as advertised elsewhere in this newsletter, on June 21st Jarrett Teague will recount the *Timeline of John Deane Provincial Park*.



Activities Update

By Lisa van Bommel

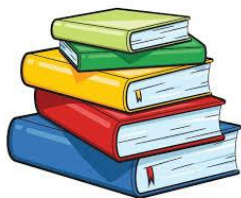
Chemainus Day Trips: Our first trip to Chemainus has been booked for the matinee on Saturday, May 25th. We'll see the comedy, *Jeeves at Sea*, complete

with a buffet lunch at the lovely Chemainus Theatre. This trip is now full.

The next trip is now scheduled for Wednesday, July 31st for the musical 9-5, also complete with a buffet lunch at the Chemainus Theatre. If you have not yet expressed your interest for this trip, please contact me at activitycssca@shaw.ca. We still have spots available!

Possible New Book Club: Our Book Club has been at capacity for a while... we would like to offer a time for second book club if we have enough members interested and someone is willing to lead the group.

Please sign your name on the interest list at the Front Desk if you would like to join or lead this group. Date and time TBD.



Lunch Bunch: Sign up at the Front Desk to join the Lunch Bunch for lunch on May 23rd at the Waddling Dog and June 27th to Mary's Blue Moon Café.

The Lunch Bunch will take a break from their monthly outings in July and August but will resume in September.

Volunteers needed:

Technology Support: We are looking for members who are interested in working

one-on-one with other members who require support for computers, tablets, or phones.

Once we have volunteers, we hope to schedule a regular time for members to receive support at the centre. Date and time TBD.

Communications Distribution Volunteer: Looking for a member or members who are available to help distribute posters around the community for events that are open to the public such as Speaker's Series.

Caregivers' Support Group

Are you looking after a spouse, family member, or friend with a chronic illness or life-threatening illness? Do you need support?

Drop into the support group, sponsored by the SHOAL Centre, where you will discover new friends who understand your journey. This is a safe place where personal feelings, coping strategies, and information will be shared while encouragement and comfort are offered by people who care.

Location: The Centre Activity Room, downstairs off the kitchen.

Start Date: June 18 and then every third Tuesday of the month.

Time: 2 to 3:30 p.m.

Register: The SHOAL Centre at 778-351-1446.

For more information contact:
jmcintosh@beaconcs.ca

Beacon Bus Trips to Panorama:

Are you interested in going to Panorama Recreation Centre to use their pool, gym, or other facilities?

Thanks to a grant from ParticipACTION Canada, Beacon Community Services is partnering with Panorama Recreation to get people from Sidney and Brentwood Bay to Panorama in the month of June with the Beacon bus!

Trips will be held on four consecutive Tuesdays. Participants will be picked up in Brentwood Bay at the Cultural Centre at 11:30 a.m. and returned at 1:30 p.m.

On Tuesday, June 4, the trip to Panorama will include an orientation in their facility. On the following three Tuesdays, participants can use their facilities free of charge!

Call SHOAL at 250-656-5537 to register or to obtain more information. Space is limited to 16 people. You can register for all four weeks. If participation is high, the aim is to have a weekly trip to Panorama.

“Choir” Searches for a Pianist

By John Gunton

The Centre Sing-along “choir” met for the second time in April. We made a valiant attempt at three songs, accompanied on the piano by Koko Saar.

Koko, unfortunately, will not be able to join us as we go forward and so we will

continue to search for a piano accompanist to help us prepare for Christmas and other occasions.

At our April meeting, we also tackled the Welsh and New Zealand national anthems, finding the pronunciation of the Māori much easier than the Welsh!

We meet at 10 a.m. each third Tuesday of the month, so our next meeting will be on May 21st. We will continue to enjoy the Centre’s sound-projection system, singing the songs we all love to sing!

In May we will try about six songs reflective of the Maritimes in *A Tribute to the Maritimes*. These include Anne Murray’s famous *Snowbird*, Stan Rogers’ *The Mary Ellen Carter* and others which you may or may not know.

I have chosen two anthems to represent the anthem segment and, as they are quite different (the French and the South African), you will experience contrasting styles but both are rousing in their own way.

See you all soon!



Where To Find Info:

Website: cssca.ca

Activity Coordinator:

<mailto:activitycssca@shaw.ca>

Facebook:

<http://www.facebook.com>

The Centre:

<mailto:cssca@shaw.ca>



Happy June Birthdays!

June 1	Vivien Bradley
June 1	Judy Rayschun
June 2	Jean Simpson
June 2	Edna Brown
June 3	Tara Law
June 5	Shelly Dennis-Orr
June 7	Colin Dower
June 7	Sheena Heuman
June 8	Koko Saar
June 10	Mary Colbert
June 10	Jeanette Duffell
June 10	Kathy Crawley
June 11	Viann McDonald
June 12	David Aniotar-Romain
June 12	Dani Alldrick
June 13	James Strand
June 16	Barbara Roberts
June 19	Elaine Drader
June 20	Kathy Coutts
June 21	Diane Bagshaw
June 22	Vernon McConnell
June 24	Marion Vroom

June 27	Rayna Stone
June 28	Sue Tribe
June 29	Dianne Gotto
June 29	Barbara Walker

A special birthday shout-out to **Glenda McDougall**, whose birthday is on May 20. She has been left off the *Happy May Birthdays* list for three years in a row due to the little electronic gremlin that once lurked in the Centre's database. Happy birthday, Glenda!



Welcome New Members!

Lisa Bunda
Jean Lee
Ardele Ranson
Bonnie Moro
Barbara Liedtke
Don Gordon
Dores Baxter
Marianne Ponchet
Elspeth Davey
Karen Chase
Teresa Adams





Commandments for Seniors

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

When I get a headache, I take two aspirin and keep away from children... just like the bottle says.

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

If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's five and it's past his bedtime.

Today's three-year-olds can switch on laptops and open their favorite apps. When I was three, I ate mud.

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

So, you drive across town to a gym to walk on a treadmill?

Old age is coming at a really bad time.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

You don't need anger management. You need people to stop irritating you. Your people skills are just fine. It's your tolerance for idiots that needs work.

Even duct tape can't fix stupid – but it sure does muffle the sound.

"One for the road" means peeing before you leave the house.

Thanks to Krystina Manning for submitting these funnies!

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

SPEAKER'S SERIES

Friday, June 21, 2024 at 2 p.m.

Timeline of John Dean Provincial Park

**The ancestral lands of the WSANEC People and the sacred mountain
ŁÁU,WELNEW (Clay will nook)**

Speaker: Jarrett Teague

John Dean Provincial Park has many fascinating aspects. Jarrett will share the secrets of: the Mount Newton/LAUWELNEW legends; the first peninsula survey of 1852; the 33 years John Dean spent at his cabin and the 1921 park donation; the 1936 to 1939 park development era; the emergence of today's BC Parks; and how young people today connect with and cherish this amazing place.

Speaker Biography: Jarrett Teague



Jarrett was born on the Peninsula in 1974. He served in the military for 28 years (two terms in Afghanistan) and is married with three children.

His memory of the park goes back to 1981. He has volunteered, in the park since 1989 and collected the park's history and photographs. He has written several books. He has accumulated over 12 cabinet drawers worth of material and more than 700 pre-1980 images. He has all of the maps and land titles of the park and has interviewed those who knew John Dean.



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 Sing Along 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 APR24 pub</i>