

# The Centre News

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

Thank you to our members who participated in the Brentwood Day parade showcasing our activities and programs. You were great ambassadors for our Centre and enhanced our visibility in the community.

As in previous years, some activities and programs take some time off during the summer. This gives our volunteers a well-deserved break. Check with your activity leader for the status of your activity/program during the summer months. The *Activities Update* section of this newsletter has information on some activities and programs that are taking a break.

The Front Desk's summer hours are from July 3 until August 16. During this period, the office will be open from 10 a.m. to noon on Mondays and Wednesdays. Regular office days and hours will resume Monday, August 19.

This is the summer edition of our newsletter. The next newsletter will be in September.

Enjoy your summer!

*Dale Broad,*  
*President*

## **Coming Events**

### **Bingo**

June 19, July 3 and 17 and Sept 4 and 18, 1 to 4 p.m.

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

June 19, July 17, and Sept 18 at noon

### **Caregivers' Support Group (drop in)**

June 18, July 16, Aug 20, Sept 17, 2 to 3:30 p.m.

### **Lunch Bunch**

June 20 at 11:30 a.m. Location: Mary's Bleue Moon Café

### **Centre Sing-along**

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

### **Speaker's Series: Jarrett Teague**

### ***Timeline of John Dean Provincial Park***

June 21 at 2 p.m.

### **Speaker's Series: Rev. Dr. Brett Cane**

### ***The Architecture & Life of Uzbekistan: Cultural Crossroads of the World.***

Speaker's Series resumes Sept 20 at 2 p.m. after a summer break.

### **Strawberry Tea and Art Show**

June 27, drop in 1:30 to 3:30 p.m.

### **Chemainus Theatre Day Trip**

July 31

### **Raconteurs**

Resumes Sept 6 at 2 p.m.

### **Art Appreciation**

Resumes Sept 10 at 7 p.m.



## Strawberry Tea and Art Show

*By Dale Broad*

Tickets are on sale for our Strawberry Tea and Art Show to be held on Thursday, June 27, with drop-in between 1:30 and 3:30. Our Peninsula strawberries are the best! Very sweet and juicy so don't miss this delicious treat.

The Art Show will feature our very talented Art Group. Their art will be displayed throughout the upstairs hall.

Purchase your tickets at the Front Desk – they are \$12 for members and \$15 for guests.

We also need volunteers for various tasks. Sign-up sheets are posted at the Front Desk. We appreciate your help!

## Let's Fill the Food Bank Bin

*By Dale Broad*

As mentioned in the May newsletter, in mid-June, we will be placing the Saanich Peninsula red Food Bank bin in the lounge area for a couple of weeks.

The Saanich Peninsula Food Bank provides food hampers to those in need, distributing more than \$410,000 in food per year.

*When you support the Saanich Peninsula Food Bank, you are ensuring that hungry*

*people in your community get the support, assistance and help they need.  
- the Food Bank website*

The most-needed items are:

- Canned meat, beans, vegetables, fruit, and tomatoes
- Pasta and pasta sauce
- Cookies and crackers
- Kraft dinner and dried soups
- Jam and peanut butter
- Rice
- School snacks
- Boost/Ensure
- Juice
- Hot and cold cereal
- Kleenex
- Disinfectant wipes
- Laundry soap and dish soap
- Personal hygiene products
- Toilet paper
- Side Kicks/Hamburger Helpers

The Food Bank cannot and will not accept any food donations dated older than six months. They will also not accept opened packages. Please ensure your donation has not expired.

Thank you to Pamela Brambell who has volunteered to ensure our donations are delivered to the Food Bank.

Let's "Fill the Bin" and support this very worthy cause.



## Activities Update

*By Lisa van Bommel*

**Chemainus Day Trips:** Our first trip to Chemainus on May 25<sup>th</sup> was a success. The next trip is now scheduled for Wednesday, July 31<sup>st</sup> for the musical 9-5, complete with a buffet lunch at the Chemainus Theatre. The total cost per person for this trip is \$170 which includes the transportation, buffet lunch, premium seats for the show, and all gratuities. If you are wanting to go on this trip, contact me (Lisa) at [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca) as space may come available. Spaces will be given to members first with a waitlist for friends if space is available. A reminder to those going that payment is due June 28<sup>th</sup> and can be made at the reception desk on M/W/F mornings.

**Possible New Book Club:** Our book club has been at capacity for a while, and we would like to offer a time for a second book club to meet if we have enough members interested and someone 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. This new book club will happen at the same time as the other book club in a separate space, 2 to 3:30 p.m. on the second Thursday of the month.



**Lunch Bunch:** You can sign up at the Front Desk to join the Lunch Bunch for lunch out on June 20<sup>th</sup> to Mary's Bleue

Moon Café. Please note the date change from the May newsletter so that it does not conflict with the Strawberry Tea.

**Bridge Lessons:** Bridge lessons are currently on hold and will resume in September.

**Beginners Spanish for Travelers Lessons coming this fall:** If this sounds like something you would be interested in, stay tuned for more information in September. Member Linda Polsson is a teacher with many years of experience teaching Spanish as well as living and travelling in Spanish countries. Linda has offered to teach *Beginner's Spanish for Travelers* over eight one-hour weekly sessions. The cost of the eight-week course will be \$56. This is not a drop-in program and payment must be made in advance. Registration and payment will begin mid September.

**Activities/Programs Taking a Break in the Summer:** The following activities/programs will be taking a break in the summer: Speaker's Series, Raconteurs, Art Appreciation, Centre Sing-along, Lunch Bunch. No Bingo in August.

***Looking for volunteers:***

**Technology support:** looking for members who are interested in working one-on-one with other members who require support for computers/tablet/phone. 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 open to the public such as Speaker's Series.



**Bus Trippers volunteer:** looking for a member or members to help coordinate and lead groups on short trips around town using public transportation or carpooling. Trips such as museums, tours, shows, special events etc. This is a group that hasn't been active lately but with interest in bus trips increasing, we would like to help get the Centre's Bus Trippers back and running in the fall.

If you are interested in volunteering for any of these volunteer positions, please contact Lisa van Bommel at [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca)

### **Reminder: 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](mailto:jmcintosh@beaconcs.ca)



### **Centre Sing-along News**

*By John Gunton*

The Centre Sing Along "choir" meets again at 10 a.m. on Tuesday, June 18<sup>th</sup>.

We met in May with a smallish turnout: it seems this is a busy time of year for

many of us and this will be our last meeting before we take a break for summer.

In May, Yoko Nishimura joined us as our piano accompanist and she has agreed to help as we go forward. Thank you so much, Yoko, and thanks also to Koko Saar who offered to fill the esteemed position of accompanist but found her schedule was not compatible with our meetings!

On June 18<sup>th</sup> we have a full program which is fully described on posters displayed throughout the Centre. In May we enjoyed a *Tribute to the Maritimes* with six well-known songs by singers from Nova Scotia.

We also started to refamiliarize ourselves with songs popular during war time and we will continue this theme as it is the 80<sup>th</sup> anniversary of the D Day landings on June 6th: *Songs of Remembrance*.

In the *National Anthem Segment* of the program, we plan to sing the South African and French national anthems in honour of the recently held South African election and of the upcoming Olympic event being held this summer in France.

As time permits, we will sing a selection of old familiar folk songs such as *Michael Row Your Boat Ashore*, *Four Strong Winds*, *O Danny Boy*, *The Happy Wanderer*, and others reflective of summer and travelling!

Please be sure to put your name on the sign-up sheet at the Front Desk if you are

able to come on June 18<sup>th</sup> so I know how much music to copy. I look forward to seeing you soon.



## Happy July Birthdays!

July 3	Sharon Klein
July 4	David Rootham
July 7	Michou Szabo
July 11	Jackie Wynn
July 12	Aleida Diemer
July 15	Joyce Vezina
July 21	Linda Paulson
July 21	Diane Budden
July 29	Margaret Newman
July 31	Colette Karmali

## Happy August Birthdays!

August 1	Ned Djilali
August 1	Valerie Couture
August 2	Mary Grant
August 2	Maureen Braun
August 4	Valerie Thompson
August 5	Alice Valiquette
August 7	Jean Tweten
August 9	Nancy Jacobson
August 10	Corrine Marshall
August 11	Moyra Thompson

August 14	Anne McMillan
August 16	David Broad
August 16	Judith Jenkins
August 20	Elizabeth Prouss
August 21	Geoffrey Cochrane
August 21	Sharon Wright
August 27	Sylvia Kuzyk
August 29	Valerie Wishlow
August 31	Sally Palmer

## Happy September Birthdays!

September 1	Ken Bull
September 5	Lisa Bunda
September 11	Patricia Tranter
September 12	Lou Mitchell
September 13	Sherry Nesbitt
September 13	Barbara Litton
September 16	Hedy Basic
September 16	Joclynn Beischer
September 18	Happy Smith
September 21	Barb Mordaunt
September 21	Joan Raines
September 25	John Bollen
September 25	Maria Pedro
September 25	Maeleine Plamondon
September 28	Janis Ball
September 30	Jill Sherwood

## Welcome New Members!

Faith Brown  
Margaret Cooper  
Lynda Sorenson  
Marjorie Herring



## Speaker's Series

*By John Gunton*

In May, our speaker was Bill Collins who told 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.

Those who attended the talk found it to be informative and inspiring. We look forward to following the growth and success of this home-grown company in the years ahead.

Next time we will have to offer seaweed with the cake and cookies following the talk!

As advertised elsewhere in this newsletter, on June 21<sup>st</sup>, Jarrett Teague will recount the *Timeline of John Deane Provincial Park*. This will be the last talk before we take a summer break.

We will start the Speakers' Series again on September 20 with an exciting presentation by Brett Cane on *The Architecture & Life of Uzbekistan: Cultural Crossroads of the World*.

We will then have two more talks, which will take us up to Christmas!

As I begin to plan the series for next year, please provide me with your feedback and suggestions for speakers and topics at [geogunton@shaw.ca](mailto:geogunton@shaw.ca)





## Ceilidh A Success!

*By Janet Mitchell*

The Scottish Country Dancers had a fun Ceilidh on Sunday, June 2 in the afternoon. We had a good time and hope to have another Ceilidh in early September.

There were three children aged 5, 7, and 10 and adults ranging in age up to their nineties. We danced for about an hour and a half and had delicious food afterward. It was our first Ceilidh since COVID and we really enjoyed seeing people we hadn't seen for several years. The group was delightful.

Scottish Country Dancing is social and good exercise for the body and the mind. We welcome newcomers! Why not give it a try! We dance on Thursday mornings at 11 a.m.

Thanks to all of the dancers who brought food, helped decorate, and helped clean up afterwards, and to Lynne for managing the iPod.



*On May 25, a group of members took a bus trip to the Chemanius Theatre to enjoy a buffet lunch and a theatrical performance.*

**Are you sweating  
whilst putting fuel  
in your car?  
Feeling sick when  
paying for it?  
You have got the  
CAROWNERVIRUS!**

**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)



## Brentwood Bay Day Parade



*From left to right: Roger Boutilier, Joan Boutilier, Geoff Cochrane, Ruth Coldwell, Claire Cochrane, and Teresa Lachowsi. Photo by Raelene Johnston*



*From left to right: Roger Boutilier, Margaret Sharples and Joan Raines. Photo by Dale Broad.*





*Rob Saar      Photo by Dale Broad.*



*From left to right: Joan Boutilier, Geoff Cochrane, Dani Alldrick, Lisa Van Bommell, Valerie Thompson      Photo by Elaine Hansen*

## Speaker Series

Sept. 20, 2024 at 2 p.m.

Series Coordinator: John Gunton

# ***The Architecture & Life of Uzbekistan: Cultural Crossroads of the World***

**Speaker: Rev. Dr. Brett Cane**



Most people in the English-speaking world know very little about the five “-stans” in Central Asia. They are home to a great diversity of peoples with a chequered heritage and rich culture, descended from waves of invaders and nomads passing through from the Asian steppes to southern empires beyond. Uzbekistan is the central and largest of these nations and has both a thriving modern capital, Tashkent, as well as the beautifully restored and magnificent cities of the ancient Silk Road. One of these is Samarkand, the capital of



Tamerlane’s vast empire in the 13th and 14th centuries. This slide show will focus on both the modern and the medieval to give a broad picture of the architecture and life of this amazing country.

Brett Cane is a retired Anglican priest who was born in England but grew up on the south shore of Montreal. He has degrees in architecture and theology and has served in churches in Quebec, Manitoba, and BC. On retirement in 2012, he served in a chaplaincy role at Trinity College, Bristol, UK before moving to the Saanich Peninsula in 2015. He enjoys travelling extensively each year and is most happy to share some of his exploits.



### **Speaker Biography: Rev. Dr. Brett Cane**



**The Speaker Series returns on Sept 20 at 2 p.m.**

# 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><u>SUNDAY</u></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>

