

# The Centre News

Oct. 2024

[cssca.ca](http://cssca.ca)

## President's Message

Hello, members!

Looks like summer is over as the days get shorter and the weather cooler. The fall colours are gorgeous though.

A big thanks to our decorators Krystina Manning, Elaine Hansen, and Janice Mercer. They are very creative, and our Centre looks great. Well done!

Halloween decorations will go up soon in preparation for our Halloween Social event on Sunday, Oct 27. Tickets for this event are on sale at the Front Desk.

Just a reminder to renew your membership at the Front Desk: Monday, Wednesday and Friday, 9 a.m. to noon. Membership is required to attend regularly scheduled activities and programs, except for the Speakers' Series. Thanks to all who have already renewed.

We have quite a few new members and we appreciate that our members are very welcoming and make them feel included.

Audio books are now available in the bookcase in the card room. Please return them to the library so Krystina Manning, our librarian, can track usage.

*Dale Broad*  
*President*

## Coming Events

### Centre Closures on Statutory Holidays

Oct. 14 and Nov. 11

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

Oct. 15 and Nov. 19 from 2:30 to 4:00 p.m.

### Centre Sing-along

Oct. 15 and Nov. 19 from 10 to 11:30 a.m.

### Bingo

Oct 16, Nov 6 and 20 from 1 to 4 p.m.

### Hot Dog Day (before Bingo)

Oct 16 and Nov 20 at noon

### Speaker's Series: Captain Randy Mains: *Rock it like Sully – Lessons you can take away from the Miracle on the Hudson.*

Oct. 18 at 2 p.m.

### Speaker's Series: Dr Phyllis Senese: *Political Tension in Our Time*

Nov. 15 at 2 p.m.

### The Centre Open House

Oct. 19, drop in from 2 to 4 p.m.

### Lunch Bunch

Oct. 24 at 11:30 a.m. at The Prairie Inn

Nov. 28 at 11:30 a.m. at Jack's On The Water (Sidney)

### Focus on Wellness: Chat with Dr. Pat: *SKIN: the Good, the Bad, and the Ugly*

Oct. 25, 1:30 to 2:30 p.m.

### Halloween Social

Oct. 27, 2 to 4 p.m.

### Art Appreciation

Oct. 22 and Nov. 12 at 7 p.m.

### Lunch and Learn: *Emergency Preparedness*

Oct. 29, 11:30 to 1:30

### Lunch and Learn: *Navigating Supports and Services in the Community*

Nov. 26, 11:30 to 1:30

### Raconteurs

Nov. 1 at 2 p.m.



## Halloween Social with the Triple Threat Performers

*By Dale Broad*

Join your fellow members and guests for a Halloween Social on Sunday, October 27th at 2 p.m. Dress up in your favourite costume -- you may win a prize! Don't want to wear a costume; no problem, costumes are optional.

Back by popular demand are the Triple Threat Performers. This talented youth group will entertain us with a selection of numbers from their upcoming musical *Les Misérables*.

We are asking for volunteers for food donations and kitchen help. Sign-up sheets are at the Front Desk.

Get your ticket at the Front Desk: members \$15 and guests \$18.

Happy Halloween, hope to see you at the Social!

## Activities Update

*By Lisa van Bommel*

**Focus on Wellness:** With a focus on wellness this fall, we were pleased with the turn-out for *Chat with Dr. Pat* and excited that the chats will continue every

month. Stay tuned for information on additional talks focusing on wellness to be scheduled in the coming months. Save the date on Dec 13<sup>th</sup> for a special discussion coming on fall prevention with Dr Elaine Galagher.

Also, make sure you check out the *Lunch and Learn* information in this newsletter happening in October and November.

**500 Club:** The 500 club is welcoming new players. Don't be intimidated if you have never played 500 before. This group plays an easy-going game of cards that's fun to learn, and the friendly members are happy to help new players learn as they play. The 500 Club meets on Wednesdays at 1p.m.

**Mahjong:** Mahjong (Hong Kong Style) is now happening on Tuesday afternoons from 12:15 to 2:15 p.m. in The Centre's activity room. This is not a class. All levels of experience are welcome as participants are learning together in a fun and social setting.

### **Chemainus Day Trip postponed:**

Thank you to everyone who let me know they were interested in a possible trip to Chemainus this winter. Unfortunately, we have decided to postpone trips over the Malahat until the new year as transportation over the Malahat during this time of year can sometimes be a gamble with the weather. I would like to thank you all for your patience and will keep you informed of future trips. Stay tuned.



## OPEN HOUSE

**Saturday, October 19<sup>th</sup> from 2 to 4 p.m.**

*By Lisa van Bommel*

This is a reminder that we are having an open house on Saturday, Oct. 19, from 2 to 4 p.m. to showcase our amazing Centre and to make us better known in the community.

We hope you will drop by, bring your family and friends, and show them our wonderful Centre!

Thank you to everyone who has already volunteered to demonstrate or be at a table to share information about an activity in which you participate. If you are still looking for ways you might assist, there is a volunteer sign-up sheet posted at the Front Desk. We're looking for door greeters, centre ambassadors, and kitchen help. We look forward to a successful and enjoyable open house, thanks to everyone.

**Happy Halloween!**



## Lunch and Learn at The Centre for Active Living 50+

*By Lisa van Bommel*

***Emergency Preparedness: Tuesday, October 29th***

***Navigating Support and Services in the Community: Tuesday, November 26th***

We are excited to partner with Beacon Community Services to host a couple of Lunch and Learn sessions at our Centre. Enjoy a free lunch prepared by Beacon, followed by an interesting speaker. The first Lunch and Learn topic will be *Emergency Preparedness* and will be held on Tuesday, October 29<sup>th</sup> from 11:30 a.m. to 1:30 p.m.

This is a free event and is open to the public.

**Registration is required as space is limited.** If you are interested in attending, you must register at the Front Desk during office hours to reserve your spot.

Registration for the second Lunch and Learn session on November 26 will take place mid-November, so watch for the advertising poster.

We are also looking for volunteers to assist. A sign-up sheet to volunteer will be available at the Front Desk.

Volunteers will also have a seat reserved for them for the lunch and presentation.

## **Caregiver Support Group:**

*(Sponsored by Beacon Community Services)*

### **Calling all Caregivers!**

Feeling stressed in your caregiving role?  
Do you desire to connect with those in similar situations?

Join our Central Saanich Caregiver Support group at the Centre for Active Living (1229 Clarke Rd, Brentwood Bay).

This group meets on the third Tuesday of every month from 2:30 to 4:00 p.m. Register by calling Jane McIntosh at 778-351-1446.

Get support by sharing the journey!

## **Skin: The Good, the Bad, and the Ugly**

*By Dr. Pat Gunton*

Your skin is the largest organ of your body. As a dermatologist once told me, “We are like gardens as we age -- our skin grows things.”

We are all familiar with our skin aging with wrinkles but what about the skin lesions that might be a sign of cancer?

How can we recognize the ominous signs and seek treatment?

Join me on October 24 for a *Chat with Dr. Pat* (the fourth Friday of the month) from 1:30 p.m. until 2:30 p.m.

Remember to bring your twoonie or your activity fee ticket.



## **Centre Sing-along News**

*By John Gunton*

On September 17th, we had 15 songsters who enjoyed singing favourite songs from 10 to 11:30 a.m. We had some terrific voices and, filled with enthusiasm, we are ready to prepare to lead a sing-along of Christmas favourites as part of the Christmas celebration at the Centre on Thursday, December 5<sup>th</sup>. This will be the focus of our next meeting coming up on October 15<sup>th</sup>. Come along to our next meeting and, with Yoko's talent as a piano accompanist, we can tackle up to 15 “carols” including *Grandma Got Run Over by a Reindeer*.

Also, to keep up what has become an important segment at our gatherings (national anthems), we will perfect *O Canada* and attempt the challenging

Brazilian anthem as well as the Australian anthem.

If we have time, we can tackle some musicals such as songs from *My Fair Lady*, *South Pacific*, and *Oklahoma*.

Come and join us and share in the fun! Sign up at the Front Desk, please. See you on October 15<sup>th</sup>.



## “Wagons Ho!”

By Joan Boutilier



With walking stick raised high in the air, Roger Boutilier commenced his October Raconteurs saga with the classic declaration of the Hurtin’ Buckos Running and Adventure Club. He proceeded to entertain the assembled Centre 50+ members with tales of his adventures walking on abandoned railway trails in Nova Scotia, New Brunswick, and PEI.

The Maritime provinces and their respective ATV, trail, and snowmobile clubs have invested considerable sums of money and hours of volunteer trail-maintenance efforts into creating wide and generally level cinder paths in similar good condition as the Galloping Goose and Lochside Trails of our local communities. In fact, the Maritimes boast hundreds of kilometers of smooth, senior-friendly trails through scenic valleys and along magnificent coastlines.

Roger and his motley crew of marathon-running has-beens have graced nearly every trail with their inimitable combination of strolling, running, telling jokes, and sharing preposterous stories.

For our Raconteur event, Roger showed slides of the beautiful Nova Scotia interior, which boasts more wind turbines than houses. He also showed gorgeous views of the Annapolis Valley and recounted our adventures as a couple walking from Digby to Wolfville – some 140 kilometers.

He is still at it! On his annual trips to the East Coast, he loves to cajole the other Hurtin’ Buckos into an organized, multi-day hike, maintaining that the planning is the most fun part of the exercise. Usually planning a hike in early September, he almost invariably arranges the adventure during hurricane season and, on four occasions (Hurricanes Bil, Danny, Arthur and Dorion), hit the jackpot with his timing!

As Rick Steves likes to say, “Keep on travelling!” Don’t forget to initiate the process with “Wagons Ho!”

## Raconteurs

*By Shelly Dennis-Orr*

John Gunton has offered to fill the last two Raconteur slots of the year (2 to 3 p.m., Part 1 on November 1 and Part 2 on December 6).



As a retired geologist/geochemist, John enjoys speaking about our changing world to provide an understanding that our world is dynamic: it has always been constantly changing and still is today.

John says that we often view these changes as geohazards. The earth has been cooling since it formed 4.5 billion years ago. This cooling results in earthquakes, volcanoes, and an atmosphere/ocean system, all of which continue to shape the world in which we live.

John goes on to say that we experience shaking, landslides, flooding, drought, coastal erosion, subsidence, tsunamis, wildfires, and other events and asks can we learn from 4.5 billion years of history and how do events over the last couple of hundred years compare?

John also asks, “To what extent should we, as humans, take responsibility for any of these changes?” It has been proposed by some that an entire geological era, coinciding with the current existence of mankind, be named the Anthropocene.

If Earth’s history is viewed as a 24-hour clock, John says, mankind has been in existence for less than one second. A contentious subject because if we try to stop, slow down, or even reverse the change, it could be potentially devastating. You might ask what could happen if we don’t do these things! It invokes a discussion of geoengineering and will result in a huge cost to society.

We should try to encourage individuals and communities to anticipate and plan for these events; where and how we choose to live, and the role of government at all levels in creating regulations to ensure our safety and to respond in times of need.

We do not need to be anxious, but we do need to be thoughtful, informed, and prepared.

## Happy November Birthdays!

Nov.7	Laurie Kupak
Nov. 10	Elsbeth Davey
Nov. 12	Harry Goodwin
Nov. 13	Shirley Jones
Nov. 14	Nancy O’Higgins
Nov. 19	Sharon Bristow
Nov. 21	Joan Ormiston
Nov. 23	Janice Mercer
Nov. 28	Tanga Blackburn
Nov. 30	Dores Baxter



## Welcome New Members!

Kathy Hopkins  
Fiona Labrum  
Adele Lenk  
Brenda Scott  
Janet Warren  
Ina Timmer  
Elayne Acheson  
Diane Cavers  
Pauline (Polly) Souza-Murphy



## Five More Reasons to Own a Pet

*By Shelly Dennis-Orr*

As we learned last month, experts believe that owning a pet is good for your health. Here are five more reasons why...

1. Pets provide constant companionship. Very true. Some cats need to supervise your bathroom trips while dogs like to observe you having sex. Aquarium fish watch you out of their watery habitat as if you are a television.
2. Owning a pet is a great way to meet people. Wait until your three-month-old Yorkshire Terrier puppy attempts to savage a pit bull. There's a great conversation-starter.

3. The experts also agree that pets provide unconditional love. This is where this "expert" business gets a bit shaky. Sure, cats provide unconditional love...as long as you run your entire household around fulfilling their every whim. There are more people on Earth who have been cold-shouldered by a cat than there are experts who publish silly stuff on the Internet. No, I don't have any statistics — my dog ate them.
4. Experts say that becoming involved with a pet helps people learn to take a stand on a humanitarian cause. Go ahead, try it. In one week, you'll be thinking about emancipating those who can't leave the house without tricking their dogs into thinking they're still at home.
5. Pets are a prescription for good health, the experts say, because they can ease stress. This is how real people know that the experts are full of horse pucky. Has your dog ever started barking savagely in the middle of the night? How was your heart after that? Has your cat ever hacked up a hairball in the middle of your brand-new broadloom? Or decided to hunt down and kill elderly Auntie Gertie? How was your stress level after that?

The real reason we own pets? Because we'd die of boredom if we didn't.

**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, November 15<sup>th</sup> 2024 at 2 p.m.

## **Political Tension in Our Time, and the Long-term Implications for Western Democracies**

**Speaker: Dr. Phyllis Senese**

For several years, the political right has appeared to gain ground in many countries throughout the western world. Why? What is fueling the ascendancy? What has changed in recent months? What are the long-term implications for western democracies?



Dr. Phyllis Senese taught history at the University of Victoria for over thirty years. Her primary focus was Canada in a global perspective. Her courses ran the gamut from New France, Colonial America, Québec, Women in Canada to Racism and Antisemitism in Canada. Her students ranged from first year to PhD candidates. When not immersed in some interesting history topic about somewhere in the world, Phyllis can be found chasing details in the mysteries of Nordic noir fiction.

Phyllis is Professor Emeritus and she retired from UVic in 2005

**Note: No speaker in December.**





**THE CENTRE FOR ACTIVE LIVING**

# **OPEN HOUSE**

**SATURDAY**

**OCT 19TH**

**2-4 PM**

**Active Living, Healthy Aging,  
Lifelong Learning, Community Involvement**

**THE CENTRE FOR ACTIVE LIVING 50+**

**1229 Clarke Rd, Brentwood Bay**

**(next to the library)**

**250-652-4611**

**WWW.CSSCA.CA**

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<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>Centre Sing Along</b> 10:00 - 11:30 am 3rd Tuesday	<b>Mild Fitness</b> 10:30 - 11:30 am		<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>Beginners Spanish</b> Sept 30—Dec 2 1:00 -2:00 pm	<b>Mahjong</b> 12:15-2:15 pm	<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 am 4th Thursday	<b>Raconteur</b> 2:00—3:00 pm 1st Friday	<b>Bridge</b> 12:45—4:00 pm
	<b>Hatha (mat) Yoga</b> 1-2 pm	<b>Hot Dog Days</b> Noon 3rd Wed Before Bingo	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday		<b>Bridge Lessons</b> 12:45—4:00 pm
	<b>Chair Yoga</b> 2:30—3:30pm	<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>Caregiver Support</b> 2:30-4 pm 3rd Tuesday	<b>Knitting</b> 1:30—3:30 pm	<b>Bridge</b> 12:00—4:00 pm	<b>Chat with Dr Pat</b> 1:30 -2:30 pm 4th Friday	
	<b>Art Appreciation</b> 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter OCT24 pub</i>