

Nov. 2024

The Centre News

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President's Message

Hello, members!

The shorter days are upon us and the trees are starting to look bare. Lots going on at the Centre though. Check our Program Guide on our website; maybe something will pique your interest.

Our Halloween event was another success. The Triple Threat Performers were again well received, and their performance earned a standing ovation. Many thanks to the volunteers who made this such a success.

Our Open House was well-attended with new members joining on that day. We appreciate all the effort and time by our activity and program participants in setting up their great displays and providing pertinent information to the attendees. Thank you.

The Centre will be closed for the Christmas break from Monday, December 23, 2024, to Friday, January 3, 2025, inclusive, except for the Christmas Coffee Break function. This gives our volunteers a well-deserved break and is our opportunity to do maintenance work. We ask that members do not come to the Centre during this closure.

Don't forget your Christmas Luncheon tickets!

Dale Broad
President

Coming Events

Centre Sing -along

Nov 19 and Dec 3 and 16, 10 to 11:30 a.m.

Bingo

Nov 20, Dec 4 and 18 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

Nov 20 and Dec 18 at noon

Focus on Wellness: *Chat with Dr. Pat*

Topic: "How to access, view and understand your lab results"

Nov 22, 1:30 to 2:30 p.m.

Art Appreciation

Nov 26 and Dec 10 at 7 p.m.

Lunch and Learn: Navigating Supports and Services in the Community

Nov 26, 11:30 to 1:30

Lunch Bunch

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

Christmas Luncheon

Dec 5 at 12:30 pm

Raconteurs

Dec 6 at 2 p.m.

Craft and Bake Sale

Dec 7 from 1 to 3 p.m.

Choose to Move Information Session

Dec 9 at 10 a.m.

Focus on Wellness: *Aging is a Contact Sport – with Dr. Elaine Gallagher*

Dec 13 from 1:30 to 2:30 p.m.

Center Holiday Closure: Dec 23 to Jan 3 inclusive.



Get Ready for the Christmas Luncheon!

By Dale Broad

Our Christmas luncheon is on Thursday, December 5. Doors open at noon and lunch will be served at 12:30 p.m. Island Culinary Services will again be catering, and the menu is posted on the bulletin board in the games room, off the upstairs kitchen. The menu is varied and includes turkey with all the trimmings and a vegetarian option. Also included are dessert and coffee or tea.

Ticket prices are the same as last year at \$40 for members and \$45 for guests. Members may invite one guest.

Tickets may be purchased at the Front Desk during the office hours of Monday, Wednesday, and Friday from 9 a.m. to noon.

As you know, we only accept a cheques or cash, and for cash, we appreciate exact change.

Tickets are on sale until Thursday, November 28, as we need to let the caterer know well in advance the numbers attending. After lunch, our Centre Sing-along group will lead us in some carols. Don't miss this very popular event!



By Dale Broad

Our annual Christmas Craft and Bake Sale is on Saturday, December 7 from 1 to 3 p.m. in the Main Hall. Featured are the many talents of our knitting, art, and weaving groups and the baking skills of our fitness groups. Pick up those last-minute handmade gifts and your Christmas baking. The kitchen concession will be open so you can relax with a cup of coffee or tea.

The sale is open to the public so ask your friends and neighbours to join you. This is a major fundraiser for the Centre, so mark this date on your calendar. We hope to see you there!

Let's Fill the Food Bank Bin!

By Dale Broad

The red bin from the Saanich Peninsula Food Bank has been placed in the lounge area.



According to reporting in *Seaside Magazine*, the Saanich Peninsula Food Bank helps 450 to 500 households a month and 2024 has been one of their most challenging years.

The most needed items are listed on a hand-out by the bin.

The Food Bank cannot 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.



Decorate Christmas Crackers!

By Gerie Turner

Help us decorate Christmas crackers for our Christmas lunch on Monday, Nov 25 at 1 p.m. downstairs in the Bingo room.

If you have them, bring your glue gun, scissors, wire cutters, and any leftover "bling". If you don't, please come anyway as we have extra.

Prepare yourself for an afternoon of beautiful creativity!

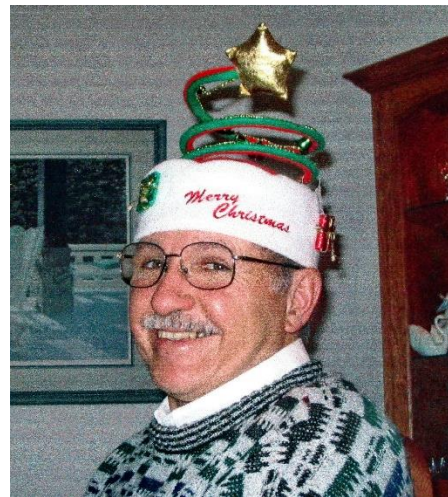
Deck The Halls!!

By Dani Alldrick

This year our annual Christmas decorating "work party" party will be held as follows:

- Friday, Nov. 22nd from 3:30 p.m. until 8 p.m.
- Saturday, Nov. 23rd from 9 a.m. until 1:30 p.m.

Join us for music, tea, coffee, calories!



Help the Elf!



Activities Update

By Lisa van Bommel

Christmas Light Tour: Beacon Community Services will be hosting a Christmas Lights Tour for people in Central Saanich. Please stay tuned for more information as it comes available.

Hatha (mat) Yoga change of date and time on Nov 28th only: Please note that Hatha Yoga has been moved due to another event happening at the Centre at the usual time.

- Tuesday Hatha Yoga has been rescheduled from Tuesday, Nov. 26 to Thursday, Nov. 28th 12:30 to 1:30
- Tuesday Chair Yoga remains on Nov. 26 from 2:30 to 3:30

Extra Sing-along Practice: Please note that there will be an extra Centre Sing-along practice on Tuesday, Dec. 3rd from 10 to 11:30 to prepare for the Christmas Luncheon that week.

Caregiver Group Day change: The Caregiver Group hosted by Beacon Community Services will now be meeting on the third Monday of the month at 2:30 p.m. in the activity room starting Nov 18th.

Mah Jong start time: Mah Jong will now start at 1 p.m. on Tuesdays.

Bridge Instruction: Bridge instruction is no longer meeting on Saturdays but will

continue Mondays and Thursdays from 12 to 4 p.m.

Bridge: The Bridge Group will only be meeting on Mondays from 12 to 4 p.m.

Focus on Wellness: *Aging is a Contact Sport* with Dr. Elaine Gallagher



(Contributed)

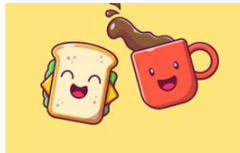
Professor emeritus at the University of Victoria School of Nursing and adjunct professor in the gerontology program at Simon Fraser University in British Columbia, Elaine Gallagher is an international professional leader in understanding the relationship of people and their environments as they age, with a primary focus on falls prevention in the elderly. Her research in this area spans 20 years and has contributed significantly to policy and practice changes across Canada.

This talk will outline the significance of the problem of falls among older people, the risk factors for falls and the most promising strategies for reducing falls and injuries in multiple settings.

Elaine has received numerous awards and commendations for her scholarship and research including a Women of Distinction Award in 1996 from the Victoria YWCA for her work on elder abuse in gerontological nursing. In 2002

she was named top nurse researcher in Canada by the Canadian Association of Nurse Researchers. In 2007, she was named Outstanding Alumni of the Year by SFU. In 2023 she was awarded “Lifetime Achievement Award” by Duke University School of Nursing.

We are excited to have Dr. Elaine Gallagher share her wisdom on aging at The Centre on December 13th at 2 p.m.



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

Navigating Support and Services in the Community – Tuesday, Nov. 26th from 11:30 a.m. to 1:30 p.m.

We are excited to partner with Beacon Community Services to host another *Lunch and Learn* at our Centre. Enjoy a free lunch prepared by Beacon, followed by a presentation.

This is a free event and open to the public. Sign up at the Front Desk: deadline to sign up is Nov. 19th.

We are also looking for some volunteers to assist. A volunteer sign-up sheet is at the Front Desk. Volunteers will have seats reserved for them for the lunch and presentation.



How to Access, View and Understand Your Electronic Medical Lab Results from Island Health and LifeLabs

By Dr. Pat Gunton

It is a huge benefit to a patient to be able to view the results of any of our blood tests, X-rays, or pathology reports. The challenge at times is making sense of the numbers and medical terminology.

Join me for a *Chat with Dr. Pat* on November 22nd at 1.30 p.m.



Raffle Tickets Available Now!



By Shelly Dennis-Orr

The Knitting Group is raffling off a knitted afghan, perfect for those frosty winter evenings.

The Weavers have woven a merino wool scarf in the pattern called “Canadian Tartan”, perfect for chilly winter days. Both items will be drawn for at the Craft and Bake Sale on Dec. 7.

The fitness groups are filling a lavish gift basket with Christmas-themed items which you can enjoy yourself or give to someone special. The draw will take place at our Christmas Luncheon on Dec 5.

Tickets are available at the Front Desk: one for \$2 or three for \$5.

Caregiver Support Group:

Sponsored by Beacon Community Services

Calling all Caregivers!

Feeling stressed in your caregiving role?
Want 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 now meets on the third Monday of every month from 2:30 to 4 p.m. starting Nov 18th.

Register by calling Jane McIntosh 778-351-1446

Get support, by sharing the journey!

Choose to Move Information

Session: Monday December 9th

10am

DO YOU CHOOSE TO MOVE?

Being active can help you feel better be stronger and keep your independence.

The Centre for Active Living has partnered with Beacon Community Services, SHOAL Centre to offer *Choose to Move* - a FREE 10-week program - that uses a science-based approach to support older adults to BECOME and STAY more active!

- Choose activities you enjoy
- Develop an action plan to help meet your goals
- Live a healthier, more active life
- Receive one-on-one and group support
- Connect peers in your community
- Share resources and strategies for success
- Have fun

Information Session Winter: 2024/2025
Downstairs at the Centre: Monday, December 9th OR Monday, January 13th from 10:30 to 11:45 a.m.

**Program: Monday, January 20 –
March 31 – 10:30 to 12:00.**
**To register for the information session
or to learn more email**
choosetomove@beaconcs.ca or call 250
656 5537

For a wealth of information and
resources, check out
www.choosetomove.ca

Ceilidh at the Centre!



By Janet Mitchell

The Scottish Country Dancers are having
a Ceilidh on Sunday, November 24 at
2:30 p.m. All ages are welcome. The
dances are fun, easy, and all are called.

Cost is \$5 per person or \$10 per family.
All proceeds go to the Centre.

Wear comfortable clothes that allow for
movement and lightweight, soft-soled,
enclosed, flat shoes.

People may come to sit and watch or
dance.

Refreshments follow the dancing.

Email Janet for more information:
mitchel5@telus.net

Raconteurs

By Joan and Roger Boutilier

**[Cue music] ... “Our whole universe
was in a hot, dense state ... the big
bang ... BANG!”**

That is pretty much where geologist Dr.
John Gunton started off his November 1st
Raconteurs talk as he went WAY BACK
in time in a broad-ranging consideration
of the geology of “our world.”

John explained the Big Bang Theory and
the astronomical dimensions of time and
space with his slideshow photos, graphs,
and charts. These aids illustrated facets
of the myriad galaxies and solar systems
humanity has identified so far, including
how scientists are able to determine the
composition of alien worlds many light
years from our Earth.

Could there be life similar to our own
elsewhere? The odds make this probable,
he contends.

Once we reached our home planet, he
examined a variety of factors including
five periods (or more) in Earth’s history
when temperature plummeted for
protracted periods of time. He raised the
need for critical thought around the issue
of what is currently contributing to
global warming: man-made factors
and/or “natural” climate fluctuations.

Part 2 of John’s geological presentation,
“airing” at *Raconteurs* on Friday,

December 6 at 2 p.m., will be on natural disasters. Think earthquakes, volcanoes, etc.

Come join us for another well-researched lecture on the world and planet we call home. Don't forget your twoonie!



Happy December Birthdays!

Dec. 6	Lori Sather
Dec. 6	Norma Pepper
Dec. 9	Diane Cavers
Dec. 13	Ruth Smith
Dec. 19	Lilly Botting
Dec. 20	Margaret Monro
Dec. 21	Barbara Baillie
Dec. 22	Lenore Stieda
Dec. 24	Margaret Lounds
Dec. 25	Doreen Stephen
Dec. 28	Anne Miller
Dec. 31	Ronald Tranter



Welcome New Members!

Colleen Johnson
Lori Reid
Lorna Chant
Greg Patten
Majorie Sacilotto
Helga Hendricks
Bruce Grant
Jean Grant
Karen Hamilton
Douglas Hamilton
Suzanne Fechner
Karl Fechner
Lila Cochrane
Leslie Cochrane
Barbara Baillie
Bob Baillie
Judy Jackson

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



Members of our groups demonstrated their crafts to the public during our Open House on Oct. 19.



Gerie Turner (left) won the prize for the funniest costume for her depiction of comical royalty.



Vivien Bradley won the prize for the scariest costume during our Halloween Social.



Lori Sather won the prize for the most creative costume.

Christmas Song Selection

led by

"Centre Sing Along"

Accompanied by

Yoko Nishimura

December 5th, 2024



- Deck the Halls
- 12 Days of Christmas
- Silent Night
- Jingle Bells
- Let It Snow
- Grandma Got Run Over by a Reindeer
- I'm Dreaming of a White Christmas
- The Christmas Song (Chestnuts Roasting)
- Silver Bells
- We Wish You a Merry Christmas

Our rehearsal for this momentous event is planned for December 3 (10 a.m.) when Yoko, our accompanist, will have returned from her Mexican cruise!

But before then, on November 19th between 10 and 11:30 a.m., we will meet to sing your favourite MUSICAL and MOVIE songs played from the sound system. The lyrics will be shown on the screen. We can choose from over 30 songs I have prepared from productions such as *Sound of Music*, *Fiddler on the Roof*, *My Fair Lady*, *South Pacific* and *Oklahoma*.

And to keep up what has become an important segment at our gatherings (national anthems), we will, of course, sing O Canada and then we will explore the Irish national anthems. Yes, there are two of them and I've invited an Irish person to tell us why!

Don't forget to sign up at the Front Desk.

Weekly Activity Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 11 :00am - Noon	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		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			
Bridge Instruction 12:00 -4:00 pm	Mahjong 1-3 pm	500 Club 1:00—3:30pm	Lunch Bunch 11:30 am 4th Thursday	Raconteur 2:00—3:00 pm 1st Friday	
	Hatha (mat) Yoga 1-2 pm	Hot Dog Days Noon 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday		
Beginners Spanish Sept 30—Dec 2 1:00 -2:00 pm	Chair Yoga 2:30—3:30pm	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
Caregiver Support 2:30-4 pm 3rd Monday		Knitting 1:30—3:30 pm	Bridge Instruction 12:00—4:00 pm	Chat with Dr Pat 1:30 –2:30 pm 4th Friday	
	Art Appreciation 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter NOV24 pub</i>