

The Centre News

Dec. 2024

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President's Message

The Christmas decorations are very festive, and we thank the volunteers for their many hours creating such colourful displays. The Centre looks great!

The Christmas Craft and Bake Sale was a big hit again this year. Many tasty baked goods, beautiful handmade items, and entertaining Jammers. Thank you, members for your time and effort in making this a success.

The Christmas Luncheon was sold out with 78 diners celebrating the holiday season. We appreciate the Centre Singers leading us in an engaging Christmas carol sing-along. Your performance was a hit and enjoyed by all. Thanks to all the volunteers who contributed to making this a very enjoyable and fun afternoon.

The Centre will be closed from Monday, December 23 to Friday, January 3, 2025. No activities or programs, except for the Christmas Coffee Break, are scheduled during this period.

The Executive and Board Directors wish you and your family the best of the holiday season. Merry Christmas!

Dale Broad
President

Dec. 2024

Coming Events

Bingo

Dec. 18 and Jan. 15 from 1 to 4 p.m. (No Bingo Jan 1st)

Hot Dog Day (before Bingo)

Dec. 18 and Jan. 15 at noon

Centre Holiday Closure: Dec. 23 to Jan. 3 inclusive.

Christmas Coffee Break

Dec. 30 from 10 a.m. until noon.

Focus on Wellness: Presentation by Community Health Services/Island Health

Jan. 10 at 1 p.m.

Choose to Move Information Session

Jan. 13 at 10 a.m.

Art Appreciation

Jan. 14 at 7 p.m.

Speaker Series: Celebrating Chinese New Year in Victoria with Charlayne Thornton-Joe on Jan. 17 at 2 p.m.

Lunch Bunch

Jan. 23 at 11:30 a.m. location: TBD

Focus on Wellness: Chat with Dr. Pat

Topic: Women's Bladder Problems

Jan. 24 from 1:30 to 2:30 p.m.

Centre Sing-along

Jan. 28 at 10 to 11:30 a.m.

Christmas Coffee Break

By Krystina Manning

Join us at the Centre on December 30th between 10 and noon for our annual post-Christmas gathering. Come and enjoy a cup of tea or coffee, goodies, and friendship



Grinchmas Is Coming!

By Dani Alldrick

It will soon be time to seize all of the Christmas decorations in the Centre, large and small, and stash them away forever...or at least until next November.

Join us for our annual “de-decorating” party on **Monday, December 30, at noon.**

Coffee, tea, and snacks...

Activities Update

By Lisa van Bommel

Holiday Closure Dates: The Centre will be closed December 23 to January 3.

Dec. 2024

Activities will resume on January 4th. All activities and programs will be taking a break during this time.

Christmas Light Tour: The Light Tour has been cancelled because the bus is out of service.

December 13th Wellness Talk

Postponed: The talk with guest speaker Dr. Elaine Gallagher has been postponed due to illness. The talk is now scheduled for Friday, February 14th at 1:30 p.m.

Beginners' Spanish Classes: Our first Beginners' Spanish class was a success. If you missed this opportunity or would like to take the class again Linda Polsson will be teaching another eight-week course from Feb 3rd to Mar 31st. No class on Feb 17th. Registration will open January 6th, 2025. Again, all levels are welcome. Cost for the course is \$56 and must be paid at time of registration.

Centre Sing-along date change: The Centre Sing-along will be moving to the 4th Tuesday of the month starting in January. The next Sing-along will be Tuesday, January 28th at 10 a.m.



Focus on Wellness: Presentation by Community Health Services/Island Health



Community Health Services will be giving an overview of services they offer on the Peninsula. They will also provide information and field general questions on other services provided at the Peninsula Health Unit.

Come learn more about the services offered in our community and how to access them on **Friday, January 10th at p.m.**

Two dollar drop-in fee for all members.

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 the Beacon Community Services Central Saanich Caregiver Support group

at The Centre for Active Living 50+
(1229 Clarke Rd, Brentwood Bay)

This group meets on the third Monday of every month from 2:30 to 4 p.m.

Register by calling Jane McIntosh 778-351-1446

Get support by sharing the journey!

Choose to Move

**Information Session: Monday
January 13th, at 10:30 a.m.**

**Program: Monday January 20th to
March 31st 10:30 am to noon**

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 at 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 with in your community
- Share resources and strategies for success

- Have fun!

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



Have a Chat with Dr. Pat: Women's Bladder Problems

By Dr. Pat Gunton

Most women experience bladder problems during their lifetime due to infections, childbirth, or changes due to aging.

My presentation on Friday, Jan. 24th from 1:30 to 2:30 p.m. will be a brief 10-minute overview of the most common medical reasons for bladder irritation and incontinence. A question-and-answer chat will follow.

Please note that the topic for February's chat will be bladder problems in men focusing on the prostate

Dec. 2024

Centre Sing-along Singers Wrap Up



By John Gunton

The singers ended 2024 by leading a Christmas song sing-along at the Christmas Lunch on Thursday, December 5th. With Yoko Nishimura providing the piano accompaniment, we sang 10 favourites, and managed to get through the highly choreographed *Twelve Days of Christmas* with few mistakes.

Geoffrey and Clare did a wonderful duet of *Silent Night*. After a fabulous lunch, it was clear that everyone enjoyed the occasion and we ended the year on a festive note. Thanks to all, and particularly Yoko, who have made the sing-along a fun activity throughout the year.

There will be no meetings until **10 a.m. Tuesday, January 28th**.

Please make a note that the Centre Sing-along will be held every fourth Tuesday of the month starting in January 2025!

Our January meeting coincides with Chinese New Year and so our song selection will have a Chinese flavour.

The national anthem segment will feature both Chinese national anthems.

With the inauguration of President Trump occurring on January 20th, I briefly considered singing the U.S. national anthem but instead, opted for the Chinese national anthems! See you in the New Year and take care of your voices!

Speaker Series

By John Gunton

This past year we enjoyed speakers presenting on a wide variety of topics. Except for the first talk of the year given by Steven Hume on *The Impacts of the Scots on Modern British Columbia* (it was rescheduled as a result of a snowstorm), we met on the third Friday of the month at 2 p.m.

I would like to thank all of our speakers who so generously provided us with their precious time and shared their knowledge and passion on all manner of subjects.

The talks are one of the few activities open to the public and it is always pleasing to see these occasions so well supported. Thanks go to our hospitality and custodial teams: (Joyce, Pamela, Pat, Mike, Leo, and Chris) who add to each occasion with refreshments following each presentation.

Starting in January, we have a full list of speakers and an exciting array of topics to enter in your 2025:

- *Celebrating Chinese New Year in Victoria* (January)

- *The Mystery of the Lost Norse Colony of Greenland* (February)
- *Ireland's Hidden Treasures* (March)
- *Criminal Justice in BC* (April)
- *How Does Physical Activity Keep Your Brain Healthy?* (May)
- *The Laki Eruption of 1783 – its Impact on Global Climate* (June)
- *Medicare: Past, Present and Future* (September)
- *Walking in Europe – The Camino de Santiago* (October)
- *The Blood Scandal of the 1980s* (November)

I may shuffle or reschedule some of these talks as we go through the year so please look for the posters and your monthly newsletter in case of any changes. If you have a favourite topic or a speaker recommendation, I am starting a list now for 2026!!

Scottish Country Dancers



By Janet Mitchell

The Scottish Country Dancers had a Ceilidh on Sunday, Nov. 24th at the

Centre. There were 22 people in attendance, and we brought in over \$100 for the Centre. We have now given the Centre \$300 for the three Ceilidh dances we had in 2024. All were very fun events.

At this latest Ceilidh, the youngest was a nine-year-old child who is a great-granddaughter of one of our dancers.

The dancing was fun and the refreshments were very good indeed! Some people came to watch and enjoyed seeing dancers complete the various patterns in the dances. The visitors were delightful and did a good job of learning the Scottish Country dances on the program.

We will likely have our next Ceilidh in March.



The first session of Beginners' Spanish for Travellers ended Dec. 9. Attending the last class were (left to right): Barb Shawcross, instructor Linda Polsson, Gill Lightbody, Elizabeth Prouse, and Krystina Manning. Photo by Shelly Dennis-Orr.



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Happy January Birthdays!

Jan. 2	Jean Lee
Jan. 3	Joanne McGowan
Jan. 7	Pat Browett
Jan. 9	Dale Broad
Jan. 9	Ruth Coldwell
Jan. 9	Alan Davey
Jan. 12	Trish Warren
Jan. 12	Marianne Ponchet
Jan. 16	Felicity Streeten-Horne
Jan. 17	Valerie Park
Jan. 21	Rosemary Corcoran

Jan. 22 Graham Ross-Smith
Jan. 24 Shirley Lyon
Jan. 26 Barbara Liedtke
Jan. 27 Michael Bird
Jan. 30 Marion Davies



Welcome New Members!

Judy Beinder
Barbara MacDougall
Jasmine Ross-Smith
Graham Ross-Smith
Elizabeth Adams
Carmel MacDonald
Elizabeth Forster-Coull
Norvin Morrill
Roberta Adams
Ginny Alger
Dave Loughheed

Let's Mangle a Metaphor!

By Shelly Dennis-Orr

We've all done it ...but some people are better at it than others. The following statements were made by real people on TV.

"I'm just flying by the edge of my seat right now."

"If you go into a racehosing barn..."

"I'm making them as equal as humanely possible."

"The proof is always in the pudding."

"This is gonna take for ages."

"You have all excelled yourselves."

"His confidence level just went out the roof."

"We are sailing very close to the wind."

The Last Word

"If everything is under control, you're not going fast enough."

Mario Andretti, race car driver.



**Have a very merry Christmas
and a happy New Year!**

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

CHRISTMAS SPIRIT 2024!



The 2024 Christmas Decorating crew decked the Hall on Nov. 23. From left to right: Ted Lejeune, Colette Karmati, Krystina Manning, Val Walker, Dani Alldrick, Dale Broad, Elaine Hanson, and Linda Perry.



Both Diane Cavers (left) and Gill Lightbody (right) correctly guessed the number of holly berries in the jar at the Christmas Luncheon.

OTHER WINNERS:

Xmas Cracker Prize: Linda Morgan

50/50: Happy Smith

Door Prizes: Bruce Grant and Marian Davies

True/False Game: Maria Pedro, Trisha and Colin Dower, and Adelina Ferriero

Butchart Gardens Free Ticket: Jean Grant



Knitted blanket winner Donna Milljour.



Trudy Exton won one of the gift baskets.



Another of the gift baskets was won by Linda Murray (left), presented by Barb Jefferies (right).



Central Saanich Senior Citizens Association

<https://cssca.ca/>

Friday, Jan. 17, 2025 at 2 p.m.

Speaker Series Coordinator: John Gunton

Note: This presentation is open to the public. (\$2 at the door)

Celebrating Chinese New Year in Victoria

Speaker: Charlayne Thornton-Joe

Chinese New Year is the biggest celebration for many in the Chinese community. Next year, (2025) the Chinese New Year occurs on January 29th. To help us prepare for this joyous occasion, Charlayne's presentation will tell you about the animals that make up the Chinese zodiac, what needs to be done to prepare for the New Year, how to take part in the festivities, and how long the celebration lasts.

Be sure to wear some red for the presentation!

Speaker Biography: Charlayne Thornton-Joe



Charlayne Thornton-Joe was born and raised in Victoria. For 20 years, she was a Victoria city councillor. Through the years, Charlayne has served the Chinese community in various roles. She was director of the Chinese Consolidated Benevolent Association and member of the Victoria Chinatown Lioness Lions. She is currently a member of the Chinese Freemasons and the Jade Phoenix Club. For many years, Charlayne and her husband, Phil cared for the Chinese Cemetery at Harling Point and, in 2003, she was in a National Film Board documentary called *From Harling Point*. Since retiring from City Council, Charlayne has been the Visitor Experience Manager for the Victoria Chinatown Museum located in Fan Tan Alley, in Chinatown -- the oldest in Canada.

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 4th 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	Wellness Talks Afternoon Time as posted 2nd Friday	
Beginners Spanish Feb 3—Mar 31 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 DEC24 pub</i>