

Jan. 2025

The Centre News

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President's Message

Hello, members!

Happy New Year! As a new year starts, we would like to thank our many volunteers who contributed so much in 2024 and continue to do so. Their dedication and hard work make this an amazing Centre that we all enjoy. Thank you.

Members filled our red Food Bank bin nine times just before Christmas! Thanks to Pamela Brambell who continued to take your donations to a very appreciative Food Bank. We will place the red bin out again in a few months.

We have certainly rebounded from COVID-19 with our membership growing to 244 members as of last week and we anticipate this will only increase as the year goes along. Check out the information on the New Member Orientation Tour in this newsletter.

During our Christmas Break, we took the opportunity to have our upholstered furniture such as the couches and chairs in the lounge and the cloth chairs in the Activity Room professionally cleaned.

May 2025 be a wonderful year for everyone.

Dale Broad
President

Coming Events

Bingo

Jan. 15 and Feb. 5 and 19 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

Jan. 15 and Feb. 19 at noon

Speaker's Series: *Celebrating Chinese New Year in Victoria* with speaker Charlayne Thornton-Joe
Jan. 17, 2 to 3 p.m.

New Member Orientation

Jan. 22, 11:30 a.m.

Lunch Bunch

Jan. 23 at 11:30 a.m. location: The White Spot
Feb. 27 at 11:30 a.m. location: The Waddling Dog

Focus on Wellness: Chat with Dr. Pat Topic: *Women's Bladder Problems*

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

Centre Sing-along

Jan. 28 and Feb 25., 10 to 11:30 a.m.

Art Appreciation

Jan. 28 and Feb. 11 at 7 p.m.

Sunday Games (first session)

Feb. 2, 1:30 to 3:30 p.m.

Raconteurs: *Adventures in Bolivia* with Linda Polsson Feb. 7 at 2 p.m.

Focus on Wellness: *Keeping Yourself Safe* with Corporal Pat Bryant Feb. 14 at 1 p.m.

Centre will be closed on February 17th for Family Day



Joan Boutilier Passes Away

By Shelly Dennis-Orr



The Centre lost a bright light on Friday, Jan. 10 with the passing of Joan Boutilier at Saanich Peninsula Hospital.

Joan was a very active member at the Centre. One of her most valuable accomplishments was the creation of the popular *Raconteurs* series.

Many of us didn't know anything about each other's past lives, professional accomplishments, or personal successes. Joan sought to fill that gap by inviting members to step up and recount the funny or poignant events in their lives.

Joan is survived by her husband, Roger, and daughters Grace and Joy.

Activities Update

By Lisa van Bommel

New Activity: Sunday Afternoon

Games: A new opportunity to play Mahjong, Scrabble, and Crib on Sunday from 1:30 to 3:30 p.m. Please sign up if interested at the Front Desk. Hosted by member Brenda Scott.

Yoga cancelled until February 18th:

While Janet recovers from an injury, Yoga will remain cancelled until February 18th.

Beginners' Spanish Classes:

Registration is now open for Beginners' Spanish for Travelers with experienced teacher Linda Polsson. This is an eight-week course from Feb 3rd to Mar 31st. No class on Feb 17th. All levels are welcome. Cost for the course is \$56 and must be paid at time of registration at the Front Desk.

Centre Sing-along Date Change: The Centre Sing-along will be moving to the fourth Tuesday of the month starting in January. Next sing-along will be Tuesday, Jan. 28th at 10 a.m. Please sign up at the Front Desk so we know how many people to expect.

New Topic for February Wellness

Talk: The February Wellness talk will be *Keeping Yourself Safe* with Corporal Pat Bryant of the Central Saanich Police Service on Friday, February 14th at 1 p.m. The *Aging is a Contact Sport* talk will be on hold until guest speaker Dr. Elaine Gallagher has fully recovered.

Monthly Highlighted Activity: Starting this month, we will be highlighting an activity or program offered at the Centre. This month we are looking at Bingo. Look for the article in this edition.

Focus on Wellness: *Keeping Yourself Safe* with Corporal Pat Bryant of the Central Saanich Police Service

Friday, February 14th at 1 p.m.
\$2 Drop-in fee for members



As part of our focus on wellness, we are looking forward to having a talk on personal safety. Corporal Pat Bryant will share tips and strategies and answer questions on what to do in situations where you may not feel comfortable or safe.

Choose to Move
Information Session: Monday January 13th, 10:30 am

Program: Monday January 20th to March 31st 10:30 am to 12:00
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 with peers 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

This Month's Highlighted Activity: Bingo

The origins of Bingo can be traced back to Renaissance Italy, where a similar version of the game called Gioco De Lotto was played.



By 1778, the game had become prevalent in France, where it was called Le Lotto. Another version of the game was played in Germany as more of an educational game for children.

The game may have been played around the world due to its popularity amongst allied troops who were sent to the battlefronts of World War 1. After the war, these veterans would eventually bring the game to their home countries.

Some historians trace the popularity in English-speaking countries to a New York toy salesman called Edwin Lowe in 1929. While travelling, Edwin saw the game played using a handful of dried beans as markers called Beano, but the principle remained the same. The name Bingo may have happened in error, when someone called the name Bingo instead of Beano.



There is a long history of Bingo as an important fundraiser for charities and nonprofit organizations.



The first Bingo to help fundraise for the Centre in Brentwood Bay was May 28, 1983, using numbered balls rolled out of a wire barrel that was turned by hand.

Bingo was held at the Brentwood Community Centre, run by volunteers, until it could be moved to the house that was being remodeled into the Centre.

Did you know that, in the early days, the Centre played Bingo in the basement of the remodelled house that is now the downstairs activity room?

Today, Bingo games happen on the first and third Wednesday of each month from 1 until 4 p.m. Doors open at noon and, on the third Wednesday, hot dogs and pop are available for purchase.

Bingo is an important social event for many residents in the community. Want to try Bingo but not sure how to play? No problem. There are many experienced players who are happy to assist you. Just bring cash for purchase of cards -- only \$4 for six cards for regular games and \$1 for three cards for each of the special games.



Bingo games are run by volunteers and the Centre relies on hosting Bingo games as one of our main fundraisers.

If you would like to volunteer to help at Bingo, please see Bingo Activity Leader Dale Broad. There are several different positions that need volunteers.

Raconteurs: Adventures in Bolivia



By Shelly Dennis-Orr

Join us on Feb. 7 at 2 p.m. as our new *Raconteurs* coordinator, Linda Polsson, takes us on an adventure to South America.

Linda set off to live in the remote Amazon rainforest in Eastern Bolivia in the mid-1980s. It was a life-changing adventure. She and a group of 10 singles from Canada and the United States flew into the city of Santa Cruz for language study and orientation with a Christian non-profit organization.

In the 300-person village of Barrio Lindo, she lived in a small mud hut with nurse roommate Edie from Pennsylvania and across the way from agronomist Dean from South Dakota.

It was a small, subsistence, rice-growing farming community beyond the reach of electricity or running water.

What an adventure for young adults who were ready to take on the world and share their “expertise” in development. They experienced both fun times and difficult times while wonderful relationships were formed that continue to this day. Come and enjoy learning about her life-changing adventure!

Raconteurs Recap

By Linda Polson

On Dec. 5th, John Gunton joined us for Part 2 of his talk, *Our Changing Dynamic World*, a subject he clearly finds fascinating. His passion for the subject is evident as he led us through a series of PowerPoint graphs about the changing history of the Earth.

According to John, we have had six periods of glaciation in the past 4.5 billion years, and five mass extinctions, but they are unconnected, according to the time frames scientists have calculated. The extinctions may have been caused by the impacts of asteroids or massive volcanic activities. Now we are questioning the impact of human activity and our burning of hydrocarbons.

Stay tuned for Part 3 in 2025 and thank you to John for sharing your passion and knowledge with us!

Art Appreciation Group

By Gerie Turner

Scandinavian Artists: Jan. 14th

Mystery Artist: Jan. 28th

Maud Lewis: Feb. 11th

Downstairs at 7 p.m. All welcome!

New Member Orientation

By Gerie Turner

Approximately one hour on Jan. 22nd at 1:30 a.m. Meet in lounge area. General info and history, then tour of building.

All members welcome!

Happy February Birthdays!

Feb. 1	Judy Gordon
Feb. 1	Gerie Turner
Feb. 2	Dorothy Sly
Feb. 4	John K. McLeod
Feb. 10	Wendy Zachary
Feb. 13	Lori Reed
Feb. 14	David Wilson
Feb. 14	Donald Williams
Feb. 15	Pamela Brambell
Feb. 17	Ruth Christian
Feb. 17	Susan Pullan
Feb. 20	Ina Timmer
Feb. 23	Deborah Greenway
Feb. 26	Dawn Graham
Feb. 27	Judy Jackson
Feb. 28	Rosemary Coss

Welcome New Members!

Donna Morrison

Alex Magnussen

Lori King

Kathryn Harwood



Lori Sather won the third of the four gift baskets created by the fitness classes.



Ruby Chapman won the fourth of the gift baskets for this year. Photo by Koko Saar.



Lori Orr was the happy winner of the Canadian Tartan scarf from the weavers' group raffle. The scarf was handwoven by Sharon Kleim. Photo by Jan Ball.



Sharon Kleim created this stunning display of provincial tartans and put it up in the lounge.

Our Annual Leftover Christmas Funny



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



Barb Jeffries' fitness classes celebrated Christmas together with a little social on Dec. 20. Photo by Koko Saar.

Central Saanich Seniors Citizens Association
Speakers Series
February 21st, 2025 at 2 p.m.
The Mystery of the Lost Norse Colony of Greenland

Speaker: Andrea McKenzie, BA, MA, PhD.

During the warm period known as the “medieval climatic optimum”, from c. 800-1250, Norse raiders (“Vikings”) dramatically expanded their range, exploring, conquering, and settling territories over a vast area -- from the Mediterranean to Russia, the coasts of France to the Hebrides, Shetlands, Faroe Islands and Iceland, even establishing a brief foothold in “Vinland”, an area widely believed to be in modern Newfoundland. At its height in about 1200, the Norse colony in Greenland (established by Eric the Red in 1000) boasted a population of about 2,000. After about 1,300, in the wake of economic downturn, political disruptions, and cooling weather, the settlement declined. What were the reasons for this decline? Had the Norse Greenlanders been violently replaced or assimilated by the ancestors of the Inuit? Had they emigrated *en masse*, or succumbed to plague or some sudden disaster? Or did they slowly starved to death, the victims of overgrazing, “the Little Ice Age” (1300-1800) and their own stubborn inability to abandon European customs and practices? This talk will explore these and other theories about this unsolved mystery, and propose some tentative conclusions.

Summer in the Greenland coast
c.1000 by Carl Rasmussen



Speaker Biography: Dr. Andrea McKenzie



Dr. McKenzie was appointed Professor of History at UVic in 2004. She grew up in the Vancouver area and completed an undergraduate degree at UBC, a Master’s degree at York University, and a PhD at the University of Toronto. She lived and taught in Brisbane, Australia, for several years before taking up an appointment at the University of Victoria in 2004. Her research area is 17th and 18th century England, with a specialization in the social and cultural history of the law, trial, execution, and print culture (especially last dying speeches and confessions). Dr. McKenzie is a prolific publisher of books and articles in her area of interest. This also extends beyond her research interests as attested to by the topic of this presentation covering the presence of the “Vikings” in Greenland in the period 800 to 1250. In 2011, she won the *University of Victoria's Faculty of Humanities Award for Excellence in Teaching*: a clear indication of her passion and proficiency as a lecturer and as a teacher.

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>