

# The Centre News

Mar. 2025

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## President's Message

Hello, members!

You know spring is here when the daffodil fields at Longview are coming to life. Take a drive, walk or bike to view this amazing display of colour.

Our Pancake Breakfast was a great success. A big thank you to Gerie Turner for organizing this delicious start to our day and to all the volunteers who assisted. We appreciate all the time and effort that goes into planning and running such an event. We also thank Floyd's Diner for their very generous contribution.

We hope you can attend our AGM on April 3, 2025 at 2 p.m. Your input is important. Several Board nominations will be presented along with the financial reports for 2024. Mark your calendars!

On a personal note, I would like to thank everyone for their support and encouragement throughout my presidency. As you may know, my term as President ends at the AGM on April 3. It has truly been an honour to be your President for the last four years. Thank you.

*Dale Broad,  
President*

## Coming Events

### Bingo

Mar. 19, and April 2 and 16 from 1 to 4 p.m.

### Hot Dog Day (before Bingo)

Mar. 19 and April 16 at noon

### Speakers' Series:

*Flavours of Ireland* with speaker Pearse Moroney Mar. 21, 2 to 3 p.m.

*News About Crime and Justice in BC* with speaker Stephen Howell Apr. 11, 2 to 3 p.m.  
(Note: second Friday due to Good Friday holiday)

### Reunion of Former and Current Scottish Country Dancers

Mar. 23 at 2 p.m.

### Centre Sing-along

Mar. 25 and April 22, 10 to 11:30 a.m.

### Art Appreciation

Mar. 25 and April 8 at 7 p.m.

### Lunch Bunch

Mar. 27 at 11:30 a.m. location: The Pier Café

April 24 at 11:30 a.m. location: Floyd's Diner

### Focus on Wellness: Chat with Dr. Pat

Topic: *Eyes: Changes and Concerns as We Age*  
Mar. 28, 2 to 3 p.m.

**Annual General Meeting:** Apr. 3 at 2 p.m.

**Raconteurs:** Laura Mills: *The Joy of Therapy Dogs* April 4 at 2 p.m.

**Spring Fling!** Apr. 13 from 2 to 4 p.m.

**Easter Closure:** Fri., April 18 and Mon., Apr. 21.





## Spring Fling!

*By Dale Broad*

Irish dancers are coming to the Centre!

Join fellow members for a “Spring Fling” to celebrate this awesome season on Sunday, April 13 from 2 to 4 p.m.

The Victoria School of Irish Dance is bringing the tradition of Irish dance to life on our stage. Featuring dancers of all ages and skill levels, they offer a dynamic and engaging performance which will bring smiles all around.

Tickets go on sale mid-March at the Front Desk: \$10 for members and guests.

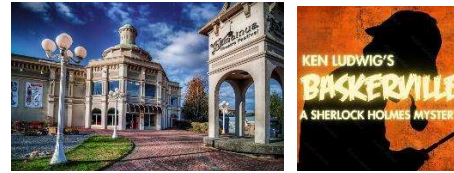
We will be asking for volunteers to bring sweets or vegetable trays to add to our refreshments. A sign-up sheet will be posted early April.

Don't miss this upbeat performance!



## Activities Update

*By Lisa van Bommel*



**Chemainus Theatre Day Trips:** Our first trip to Chemainus has been booked for the matinee on Saturday, May 17<sup>th</sup> to see *Baskerville, A Sherlock Holmes Mystery*, complete with a buffet lunch at the lovely Chemainus Theatre. We have hired a 20-passenger bus to transport us to and from Brentwood Bay. The cost for the show, buffet, and transportation will be \$170 per person which includes all gratuities. The Front Desk will be able to take your payment to secure your spot starting March 19<sup>th</sup>. Payment can be made at the Front Desk by cash or cheque made out to CSSCA. Deadline to sign up for this trip will be April 16<sup>th</sup>. We will also have an interest list available soon for the *Footloose* musical on Saturday, July 5<sup>th</sup> but we won't start collecting money for the *Footloose* trip until the end of April. You will find more details on the poster. Closer to the date, those who have signed up will receive a detailed email. If you have any questions about these trips, please contact me at [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca).

**Sunday Afternoon Games:** Drop in to play Mahjong, Scrabble, and Crib on Sunday from 1:30 to 3:30 pm. These games are hosted by member Brenda Scott who can be reached at 250-884-

6345. Please note that the main door will be unlocked, and Brenda will wait until 1:45 p.m. before cancelling if there are not enough people.

**Speakers' Series on 2<sup>nd</sup> Friday in April:** Please note the change for the Speakers' Series in April due to Good Friday. The April talk will be held on Friday, April 11<sup>th</sup>.

**Chat with Pat now starts at 2 p.m.** Please remember the new start time.

**Yoga update:** Yoga will resume on Tuesday, April 1<sup>st</sup>.

**Calling All Quilters:** If you are interested in quilting, please add your name and contact information to the interest list at the Front Desk. We are curious to see whether we have enough interest to start up a quilters' group again as we have been offered some fantastic materials that would make a lovely project.

**Looking for Computer/Phone/Tablet Mentors:** Looking for members who are comfortable to assist other members with computer/ phone issues. Please let me, Lisa van Bommel, know if you would be interested in volunteering once a month to help troubleshoot computer/phone issues that might be frustrating some of our members. Let me know if you are familiar with Apple and/or Android and what days and times might work for you. Contact me at [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca). Stay tuned for more information on this possible new program.

**Income Tax Service:** This service is provided by Beacon Community Services in the Central Saanich Resource Office. For more information, call Linda at 778-351-1993 or email [incometax@beacons.ca](mailto:incometax@beacons.ca)

**Choose to Move:** The *Choose to Move* Program will be holding another spring session, this time in Sidney at the SHOAL Centre. It runs Thursday, March 27th to May 29th from 11:00 - 12:30. A free information session will be held on Thursday, March 20th from 11:00 - 12:15 at the SHOAL Centre.

## **This Month's Highlighted Activity: Raconteurs**



*By Linda Polsson*

Friday afternoon is becoming the place to be at the Centre! Along with *Chat with Dr. Pat* and the *Speaker's Series*, *Raconteurs* offers interesting and quality presentations on a variety of topics.

The word "raconteur" comes from French and means someone who can tell a story in an interesting and amusing way. The focus of *Raconteurs* allows

members to share experiences of their travels, careers, and lives. We have all lived long and interesting lives, and here is the chance to share with others, make connections, and get to know each other better.

How did you end up living on the Saanich Peninsula? Where were you born and where did you grow up? What was your choice of career and work life? What are your favorite memories? Where have you traveled? What have you learned along the way? Come and share with a friendly, supportive audience.

I am the new coordinator of *Raconteurs* and I'm new to the Centre. Please contact me at [lindapolsson@gmail.com](mailto:lindapolsson@gmail.com) or 250-600-1688 to volunteer or ask questions. All queries are welcome. Activity Co-ordinator Lisa van Bommel and I are prepared to help with technology such as PowerPoint, formatting and set-up. See you at 2 p.m. on the first Friday of the month!

### ***Raconteurs*: Let's Talk About Earthquakes with John!**

*By Linda Polsson*

John Gunton explained the shifting of tectonics plates to the *Raconteurs* audience on March 7<sup>th</sup>. Of concern, Vancouver Island has a 37 percent chance of an 8.2 earthquake in the next 50 years. There have only been three recorded earthquakes of a magnitude 9 in the world. The shaking could last for about 10 minutes and the Island could rise by five meters. Our last large quake took place around 1700 according to indigenous tellings and a tsunami was

recorded in Japan. Thank you, John, for your knowledge and enthusiasm of the topic!



April's raconteur is Laura Mills. Laura, a registered psychologist, has enjoyed the privilege of having therapy dog, Reilly, in her child psychology practice and with the St John Ambulance Therapy Dog Program in Vancouver. She will talk about the benefits and purpose of therapy dogs and her experiences with Reilly in the SJA program.

Also speaking will be Trina Gendall. Trina is the Governance Chair and Schools Program Coordinator of Pacific Animal Therapy Society. She will talk about therapy dog activities in our community and the Victoria area.

Join us on Friday, April 4 at 2 p.m.



*Laura Mills and therapy dog, Reilly.*

## EYES: Changes and Concerns as We Age

*By Pat Gunton*

One of the most common medical concerns as we age is changes to our vision. There are many causes from cataracts to glaucoma. Thankfully, for the most part, these conditions can either be corrected or controlled.

At our March *Chat with Dr. Pat*, early warning signs of more serious conditions that can compromise our eyesight, such as wet macular degeneration and temporal arteritis will be discussed.

Dr. Pat hopes that you can SEE your way clear on Mar. 28<sup>th</sup> at 2p.m. to come to the CHAT!!



*Municipal Councillor Zeb King joined Krystina Manning, and Dale and David Broad for the pancake breakfast on March 4.*



## Reminder: Scottish Country Dancers Reunion

*By Janet Mitchell*

The Scottish Country Dance group is having a reunion of former and current dancers on Sunday, March 23 at 2 p.m.

The group has been going for twenty-six years! It's a meet and greet! There will be no dancing. This is a chance to visit and chat. There is no cost. If you would like to bring refreshments such as juice or finger food, that would be great. I will bring some stick-on name tags, but if you have a name tag, please wear it.



## Happy April Birthdays!

April 5	Ardele Ranson
April 8	Carolyn Bertrand
April 12	Donna Flood
April 13	Dorene Palm
April 16	Trudy Exton
April 17	Doug Scott
April 17	William Cole
April 18	Brenda Scott
April 22	Lorna Chant
April 22	Roger Boutilier
April 23	Jas McAra
April 27	Karen Hamilton
April 27	Diana Evans
April 27	Muriel de Greef
April 29	Karl Fechner

## Welcome New Members!

Nancy Michelle  
Nancy Rapier  
Dorothy Harrower  
Judy Kennie  
Anna Kryvoruchko  
Alexandra Pett  
Bob Danco  
Darlene Danco

WELCOME

## Some Funnies...

What are the least expensive type of teeth?  
Buck teeth.

If goods are damaged in transport do they become bads?

Stop looking for the perfect match; use a lighter.

How do you tuna fish?  
With its scales.

I have a clean conscience—  
it's never been used.

A group of men waiting in line to get haircuts is a barber-queue.

Air used to be free at the gas station.  
Now it costs \$2.50.  
- Due to inflation.

What do you call a pencil with two erasers?  
Pointless.

Shouldn't the "roof" of your mouth actually be called the ceiling?

I told my doctor I heard buzzing, but she said it's just a bug that's going around.

Charles Dickens walks into a bar and orders a martini.  
The bartender asks, "Olive or twist?"



**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). The deadline for contributions is the 10<sup>th</sup> of the month.

# SPEAKER'S SERIES

April 11th, 2025 at 2 p.m.

## ***News About Crime and Justice in BC: inconvenient truths and hopeful trends***

**Speaker: Stephen Howell, B.A. M.Phil. (Cantab).**

**Synopsis:** Stephen will cover two truths about criminal justice that may be unpopular or discouraging, and three developments that offer some hope for less crime in the future.

**Speaker Biography: Stephen Howell, B.A. M.Phil. (Cantab).** Stephen Howell enjoyed a thirty-one year career in corrections and youth justice. He has worked as a youth and adult probation officer, Justice Institute instructor, policy analyst, and manager in adult and youth custody, and community corrections.



Stephen was Deputy Warden (Programs) at the Vancouver Island Regional Correctional Centre from 1994 to 1997, Director of the Victoria Youth Custody Centre until 2002, and then Director of Youth Justice Policy for the Ministry of Children and Family Development until 2003. He returned to adult corrections as Deputy Provincial Director of Community Corrections until 2007, and concluded his career as the Executive Director of Integrated Crime Reduction in the Criminal Justice Reform

Secretariat.

Since retiring from the public service in 2009, Stephen has worked part-time as a criminal justice instructor at Camosun College in Victoria, and as a consultant in private practice.

He holds a B.A. from the University of Victoria and a Master's degree in Criminology from Cambridge University. He was awarded the Corrections Exemplary Service Medal and Bar.

# SING ALONG

- Open to ALL MEMBERS: \$2 at the door.
- Qualification? NONE! **Bring your best “shower” voice.**
- No need to be able to read music.

**SONGS FOR  
Mar. 25th: 10 to 11:30 a.m.**

As usual, our March program will start with some vocal warm-ups, followed by our Central Saanich Seniors’ Song written by our member, Mary Grant

**FAILTE**

In March, of course, we celebrate St. Patrick’s Day and, although we will be a few days late, all the songs we have selected will have an Irish connection. To the brilliant accompaniment of Yoko Nishimura, I am working on a list of favourites.



In our National Anthem segment, we will start with O Canada and then “have a go” at the TWO Irish National Anthems: *A Soldier’s Song (Amhrán na bhFiann)* and the more familiar *Ireland’s Call*. Why does Ireland have two national anthems? Come along, find out why, and sing with your best Gaelic voice! Those who came to our November meeting last year may well recall we attempted them then.

**Be sure to wear something GREEN!**





# 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 4th 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>Bridge Instruction</b> 12:00 -4:00 pm	<b>Mahjong</b> 1-3 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>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>Wellness Talks</b> Afternoon Time as posted 2nd Friday	
<b>Beginners Spanish</b> Feb 11—April 1 1:00 -2:00 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 Thursdays (Except 2nd Thurs)	<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 4th Monday		<b>Knitting</b> 1:30—3:30 pm	<b>Bridge Instruction</b> 12:00—4:00 pm	<b>Chat with Dr Pat</b> 2:00—3:00 pm 4th Friday	<b>Sunday Games</b> 1:30—3:30 p.m. Starts Feb 2
	<b>Art Appreciation</b>  7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter MAR25 pub</i>

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