

The Centre News

Apr. 2025

cssca.ca

President's Message

We have so much to celebrate during this peculiar and ominous month that begins with Fool's Day and ends with our tax deadline.

The Centre has welcomed 61 new members since last fall, and our Annual General Meeting on April 3rd had a record attendance. Thank you to each of our five members who put their names forward for nomination for election to the Board of Directors. Welcome also to returning board members, and to Elaine Hansen who joins the Board as Recording Secretary.

We thank our retiring President, Dale Broad, for her dedication to our people and programs over the last four years, steering us safely and successfully through the side effects of a global pandemic. Dale leaves behind a clear desktop and thoroughly documented policies and procedures that make the role of President so much easier for all who follow. And a big thank you to Roger Boutilier for serving as our meticulous Recording Secretary over the same four-year term.

Watch for a sure sign of the season that arrives next month – **Spring Cleaning at The Centre.**

Dani Alldrick, President

Coming Events

Bingo

April 16 and May 7 and 21 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

April 16 and May 21 at noon

Easter Closure: Fri. April 18 and Mon. April 21

Art Appreciation

April 22 and May 13 at 7 p.m.

Lunch Bunch

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

May 22 at 11:30 am location: Mary's Bleue Moon Café

Chat with Dr. Pat:

Topic: *The Heart*: Common diseases, latest treatments, and likely outcomes

April 25, 2 to 3 p.m.

Raconteurs: Linda Polsson: *Memories of Atlantic Canada* May 2 at 2 p.m.

Wellness Talk: Guest Speaker Dr. Elaine Gallagher Topic: *Aging is a Contact Sport* May 9 at 2 p.m.

Speaker's Series: *How Does Physical Activity Keep Your Brain Healthy?* with speaker Dr.

David Docherty on May 16, 2 to 3 p.m.

Victoria Day Stat Closure: Mon. May 19



Meet Our New President: Dani Alldrick!



Dani had a varied career in global mineral exploration and geological research. In 1982, his family settled into a home that overlooks the little ferry in Brentwood Bay.

He joined the Centre in March 2019, and became a regular participant in aerobics, part of the large team of Bingo volunteers, and the coordinator for building maintenance.

Conversations with many members of our volunteer community persuaded him to step forward as a board member in 2022.

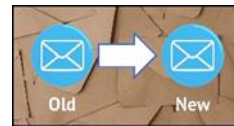


The Victoria School of Irish Dance entertained about 40 attendees at the Spring Fling on April 13.

Activities Update

By Lisa van Bommel

New Email Addresses



Please note that we have a new email address. To contact the Centre office, the email address is info@cssca.ca. If you would like to contact Program and Activity Coordinator Lisa van Bommel please email activities@cssca.ca.

We Love Feedback!

I would like to thank those who contributed their ideas at the AGM. The Centre thrives on ideas and contributions from members, and we are always interested in feedback and ideas to keep the Centre a vibrant and happening place. If you didn't have a chance to give a reply to the "If offered, I would participate in..." or "I enjoy the Centre because..." or any other feedback, you can send your response to activities@cssca.ca and I will follow up with you.

Price for book of 10 tickets for Aerobics and Mild Fitness increase

Aerobics and Mild Fitness tickets are purchased from instructor Barb Jeffries in books of 10. As of April 1st, the books of 10 will be \$36. The increase of \$1 will go towards purchasing new fitness equipment and replacing old equipment when required.

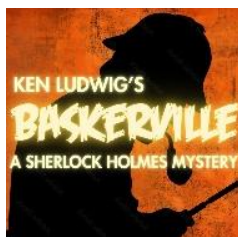
Chemainus Theatre Day Trip



Our first trip to Chemainus has been booked for the matinee on Saturday May 17th to see *Baskerville, A Sherlock Holmes Mystery*, complete with a buffet lunch at the lovely Chemainus Theatre. If you haven't yet purchased your spot for this trip, we are still taking names and will have a waitlist. Cost is \$170, which includes the bus trip to and from the Centre, tickets to the show, buffet luncheon, and all gratuities.

We are also taking names for an interest list for the next trip on July 5th to see the *Footloose* musical. You can secure your spot for the July trip beginning Monday, May 19th.

If you have any questions about these trips, please contact me at activites@cssca.ca.



Wellness Talk in May: *Aging is a Contact Sport* with Dr. Elaine Gallagher



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 Friday, May 11th at 2 p.m.

No Centre Sing-along in April

The Sing-along group will take a break in April and resume the regular schedule on Tuesday, May 27th.

No Sunday Games on April 20th

There will be no Sunday Games during the Easter weekend.

Quilting for a Fundraising Project Starts May 1

We welcome any interested members to join us on the first and third Thursday of the month in the Bingo Room to start a quilting project. We have been given a bag of quality tartan squares that would make a lovely quilt that will be raffled as a fundraiser. A tentative start date for this group is Thursday, May 1st. If this project is successful, we hope that a quilters group will continue as a regular activity program.

Looking for Computer/Phone/Tablet Mentors

We are still looking for a few more members who are comfortable assisting 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 frustrate 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 activities@cssca.ca . Stay tuned for

more information on this possible new program.

Looking for More Players to Play Mahjong

Mahjong is played every Tuesday from 1 to 3 p.m. and during the Sunday Games that run from 1:30 to 3:30 p.m. The more players, the merrier as the saying goes. Come join this fun social activity. New players willing to learn are always welcome.

This Month's Highlighted Activity: *The Writing Circle*



By Dorothy Sly

The Centre's Writing Circle is open and welcoming to any member with a yen to put pen to paper, or fingers to the keyboard.

Yes, over the years we have had the occasional published author in our midst. But most of us are just folk eager to try

something new in an accepting environment.

Being seniors, we all have vast background experience to provide subject matter -- reflections, recollections, imaginary 'what if' stories, and even impassioned letters to the newspaper.

We meet on most Thursdays at 2 p.m., starting off with a general check-in, and then thirty-five minutes for individual composition.

Those who wish to share their results do so then, but under no pressure. It's a relaxing and creative way to spend the afternoon. Try it.

Raconteurs: The Joy of Therapy Dogs



From left to right: Pacific Animal Therapy Society (P.A.T.S.) President Trina Genall, Forrest the therapy dog, and member Laura Mills.

By Linda Polsson

We were joined April 4 by Laura Mills and her friends Trina and three-year-old Forrest, a Golden Retriever. Laura

described three types of dogs who are more than pets:

- **Working dogs** do search and rescue, detect cancer, detect the presence of explosives, and work with the police.
- **Service dogs** work as guide dogs, and help people with PTSD, autism, and hearing loss.
- **Emotional Support dogs** help people deal with anxiety.

Therapy dogs like Forrest are personal pets but also work with their owners/handlers to provide comfort and emotional support. They need to be mature dogs who are calm, friendly, and approachable.

Laura's previous dog, Reilly, had his own library card with a "barkcode". Long lines of children and adults waited to read to him at the library.

Dogs and handlers do a lot of training to be in various situations and locations to provide emotional support. It has been proven scientifically that a therapy dog helps to lower blood pressure and heart rates.

Thank you, Laura, Trina and Forrest!



Forrest tells Dr. Pat about his bladder problems. Photo by Linda Polsson.

Speakers' Series

By John Gunton

Our April 11 speaker, Stephen Howell, spoke on *Crime & Justice: Two Inconvenient Truths & Three Hopeful Trends*.

Stephen has had a 31-year career in justice and, since retirement, has been a criminal justice instructor at Camosun College.

The inconvenient truths are that bad stuff is going to happen, and governments can't stop it and the news media, as well as social media, are interested in drama, crime and trauma.

However, there are three hopeful trends. Between 1992 and 2015, the crime rate in BC has decreased. Youth crime (between the ages of 12 to 17) has also decreased. In the province, there are about 20 youth in custody. Part of the reason is the increase in security: alarms, lighting, cameras, etc.

Another hopeful trend is evidence-based criminal justice responses, of which Canada is a quiet world leader. Community programs are more successful than prison programs.

The third hopeful trend is service providers who collaborate and integrate their services.

His final words are that we need to move from being tough on crime, to being smart on crime, using strategies and integration.

Beginning Spanish for Travellers

By Linda Polsson



Left to right: Les Cochrane, Terri Middlebrook, Anita Foster and Linda Polsson.

We recently completed another eight-week session with great success and enjoyment. Learning another language is good for our brains and helps us to understand other cultures and the way our language and another language works. We had lots of questions and great interest.

Thank you everyone for your participation!



Spanish snacks! Left to right: plantain, deep-fried plantain, and tapas.

Happy May Birthdays!

May 3	Ken Weatherill
May 3	Susan Wires
May 3	Rosemary McCluskey
May 4	Myrna Rouse
May 5	Barb Jeffries
May 5	Douglas Bracken
May 8	Alex Magnussen
May 9	Anne Djilali
May 11	Nona Frew
May 13	Donna Morrison
May 13	Donna Milljour
May 13	Elizabeth Skaggs
May 14	Lynda Sorensen
May 14	Linda Parry
May 16	Karen Gordon
May 17	Ted Lejeune
May 17	Alexandra Pett
May 18	Penny Millway
May 20	Ian Cameron
May 20	Glenda McDougall
May 21	Elaine Hanson
May 21	Janet Warren
May 22	May Mah-Paulson
May 23	Norm Alton
May 25	Pat Bird
May 25	Raelene Johnston
May 25	Bob Matthews
May 26	Gisela Wolf
May 27	Ilene Tiszauer
May 27	Shirley Roberts
May 28	Bill Turner
May 31	Sandra Scarth



Welcome New Members!

Isedora Muir
Gail Trepanier
Joanne Turcotte
Anne Lewis
Michele Thompsett
Derek Caney
Kathryn Caney
Jim Crover
Michele Crover
Karen Fischer
Pat McBeth
Evlyn Anderson



The Computer Ate Grandma

(Thanks to Krystina Manning for contributing this poem!)

The computer swallowed Grandma.
Yes, honestly, its true!
She pressed Control and Enter
And disappeared from view.
It devoured her completely;
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.
I've searched through the recycle bin

And files of every kind;
I even used the Internet,
But nothing did I find.
In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found online.
So, if inside your Inbox,
My grandma you should see,
Please copy, scan, and paste her
In an email back to me.

Author unknown

It is better to
have a friend
with two chins...
than to have one
with two faces.



I USED TO ENVY PEOPLE WHO
COULD DO A CARTWHEEL BUT NOW
I'M JEALOUS OF ANYONE WHO CAN
GET UP OFF THE FLOOR WITHOUT
MAKING GRUNTING NOISES AND
HOLDING ONTO FURNITURE

The Language is Weird **Department**

Writing Rule: “I before e except after c”... Except when your neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters. Weird.

As Heard on TV:

A man to his interior decorator wife: “I literally do not know what ‘Je ne sais quoi’ means.”

A realtor showing a house to clients:
“I’ve got one word for you: open plan.”

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. The deadline for contributions is the 10th of the month.

Spring Fling!



The dancers from the Victoria School of Irish Dance range in age from six to 25.



Mike Bird won the door prize, a gift certificate from the Brentwood Bay Bakery.



Clare Cochrane won a chocolate Easter Bunny and Geoff won the 50/50 draw.



Ilene Tiszauer also won a chocolate bunny.

SPEAKER'S SERIES

May 16, 2025 at 2 p.m.

Boost or Maintain Your Brain Power as you Grow Older!

Speaker:

David Docherty, Dip. Physical Education, B.Sc., M.Sc., Ph.D.

This presentation looks at ways to maintain or boost brain power through lifestyle choices, especially the role of physical activity which is the number one way to preserve memory and other cognitive functions. When muscles are activated through physical activity, they do much more than move our limbs. They release powerful chemicals into the blood that have many positive effects on our brains as well as on the overall aging process. Come and find out how much (or how little) you have to do to realize some important health benefits for the brain.

Speaker Biography:



David Docherty is a Professor Emeritus in the School of Exercise Science, Physical and Health Education at the University of Victoria. He taught Anatomy and Exercise Physiology at UVic for 40 years and researched and published in the area of neuromuscular adaptation to exercise as well as the physiological demands of physically demanding occupations. He was a member of the UVRA Elder Academy and the UVic Speakers' Bureau until the program was cancelled, being a regular presenter on topics related to physical activity, health, and wellness for all ages. He combines his knowledge of exercise science and practical experience in teaching a fitness class for older men. He is married with two children and five grandchildren, engages in regular physical activity, and almost sensible eating!

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 2:00—3:00 pm 2nd Friday	
	Chair Yoga 2:30—3:30pm	Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Writing Circle 2:00—3:30 pm Thursdays (Except 2nd	Speaker's Series 2:00-3:00 pm 3rd Friday	<u>SUNDAY</u> Walking Group 2:00 pm
Caregiver Support 2:30-4 pm 4th Monday		Knitting 1:30—3:30 pm	Bridge 12:00 -4:00 pm	Chat with Dr Pat 2:00—3:00 pm 4th Friday	Sunday Games 1:30—3:30 p.m.
	Art Appreciation 7:00 pm 2nd & 4th Tues		Bridge Instruction 12:00—4:00 pm		<i>New schedule for newsletter APR25 pub</i>

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