

May 2025

The Centre News

cssca.ca

President's Message

Attendees at our recent AGM let us know which of our current activities and programs they enjoy most and offered suggestions for new programs. Others have responded by e-mail to the same invitation posted in last month's newsletter. Still more members have been submitting their ideas at the office in the Centre. We are working on them!

We hosted our annual Spring Fling on April 13th, featuring a performance by dancers from Victoria School of Irish Dance. On May 3rd we celebrated our many volunteers with an appreciation luncheon that had been a regular event in the "before times". It was a pleasure to re-establish this well-deserved tradition.

New thermal windows will be installed in the lower main hall and the activities room on Monday and Tuesday, May 26 and 27.

Our next all-members-welcome event will be participation in the Brentwood Bay Parade on Saturday, June 7. We hope every one of our activity and program groups will be represented among the marchers.

Dani Alldrick, President

Coming Events

May Speakers' Series:

How Does Physical Activity Keep Your Brain Healthy? With speaker Dr. David Docherty
May 16, 2 to 3 p.m.

Bingo

May 21 and June 4 and 18 from 1 to 4p.m.

Hot Dog Day (before Bingo)

May 21 and June 18 at noon

Victoria Day Statutory Closure:

Mon., May 19

Lunch Bunch

May 22 at 11:30 a.m. Mary's Bleue Moon Café

Chat with Dr. Pat

Topic: Stroke May 23, 2 to 3 p.m.

Centre Sing-along

May 27, 10 a.m. to 11:30 a.m.

Art Appreciation

May 27 and June 10 at 7 p.m.

Scottish Country Dance Ceilidh

June 1 at 2:30 p.m.

Raconteurs: Adrienne Lowden: *West Coast Lighthouses* June 6 at 2 p.m.

Wellness Talk

Topic: Hearing information with Hear, Inc. June 13 at 2 p.m.

June Speaker's Series

The Laki Eruption of 1783 – Its Impact on Global Climate with speaker John Gunton June 20, 2 to 3 p.m.



Who Loves a Parade? We Do!

By Roger Boutilier and Dani Alldrick

Once again, the Centre has been invited to participate in the Brentwood Day Parade.

If you are up for a 1+ kilometer stroll, perhaps you would like to join us? A sign-up sheet will soon be placed at the Front Desk at the Centre where you can add your name.

We will meet and marshall at Bayside Middle School on Wallace Drive on Saturday, June 7 between 9 a.m. and 9:30 a.m., to take our place in the parade queue.

When the cavalcade moves off at 10 a.m., one car will “lead” our walkers while a second car will trail. The vehicles are useful to carry some of our participants, some supplies, make us look more organized, *and* to drive you back to your vehicle near the school immediately after the parade ends – make sure that you request this extra transfer. Please note that Bayside School (and its washrooms!) are not open that day, so plan ahead.

We will have some water available, or you can bring your own.

Since parking space in the vicinity of Bayside School will be limited, consider making advance arrangements with a friend to carpool to the start.

We will have a few “limited edition” CSSCA t-shirts to loan out for this sartorially smart event.

Some treats for the young - and their pooches - will also be distributed by willing CSSCA volunteers.

Questions? Can’t wait for the sign-up sheet to appear at the Front Desk? Even now you can contact Dani Alldrick for more information, or to add your name at 250-652-1906 or Alldrick@shaw.ca.

Activities Update

By Lisa van Bommel

Secure your spot for the Next Chemainus Trip!



Our next trip to Chemainus has been booked for the matinee Saturday July 5th to see *Footloose*, a blockbuster musical complete with a buffet lunch at the lovely Chemainus Theatre. Cost is \$170 which includes bus trip to and from the Centre, tickets to the show, buffet luncheon, and all gratuities. Payment to secure your spot can be made at the

Front Desk during office hours.
Deadline for purchasing your spot is June 4th.

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

Wellness Talk in June: *Hearing Information Talk with Local Audiologist*



We are happy to have a local audiologist from Hear, Inc. give a talk to our members on Friday, June 13th.

There is more to enjoying conversation than just being able to pick up sound. Your brain needs to process the sound, give it meaning, and make sense of it. Sometime, even with normal hearing or functioning hearing aids, individuals struggle to interpret the sound cues around them. This may indicate the presence of an Auditory Processing Disorder (APD).

This talk will introduce you to:

- the normally functioning auditory system
- causes and impacts of APD
- how APD is identified
- what can be done to treat APD.

They'll also offer some simple suggestions you can incorporate into your everyday life to help keep your auditory system functioning its best!

Computer/Phone Help

Thank you to the members who came forward, willing to help other members with computer/phone issues. If you are looking for some one-on one assistance, please contact Lisa at activities@cssca.ca and she will connect you with one of our volunteer members.



This Month's Highlighted Activity: *Yoga*



By Janet Budden

Spring is all about new beginnings and things coming back to life! As we embrace life, this is the perfect time to rejuvenate your body and bring mindfulness to your life as we transition from one season to another.

Chair Yoga: Chair yoga is an effective and accessible exercise for everyone!

We always use a chair for support.

This allows you to gently challenge your body while still feeling safe and supported. Chair Yoga is a great option if you have decreased mobility or trouble moving through the up and down motions of traditional yoga.

Hatha (mat) Yoga: Hatha Yoga focuses on the basics as we take our time getting into each pose. These poses will help to strengthen the body, reduce stress and calm the mind. This, in turn, helps to improve proprioception which leads to better coordination and balance.

Overall benefits for both of these practices: can instill a sense of ease and relaxation in your body... over time, you

may notice the tension you used to feel in your muscles and joints begins to release. Basic tasks of daily life become possible again. Another bonus is improved coordination, balance, strength, and flexibility.

It is proven that a regular exercise routine can be associated with better sleep, and yoga is no exception. It can help to nurture a more positive outlook on life!

Hatha (mat) Yoga: Tuesday 1 to 2 p.m.
Chair Yoga: Tuesday 2:30 to 3:30 p.m.

First class is always free!

Please contact Janet Budden if you have any questions. Phone: 778-678-5768
Email: janetbudden55@outlook.com

Come to the Ceilidh!

By Janet Mitchell

The Scottish Country Dance group is having a Ceilidh (pronounced "KAY-lee") on Sunday, June 1st at 2:30 p.m. It is a fun event and includes all ages. Some folks come to sit and watch and others dance.

I call out directions at Ceilidh dances and the dances are easy ones. We dance for about an hour and then sit and chat and have refreshments.

The cost is \$5 per person or \$10 for a family (of any size). It is important to wear flat, enclosed, lightweight shoes and clothing that allows for movement.

Hope you can come!

Chat with Dr Pat: STROKE

By Dr. Pat Gunton

The topic for the May 23rd (fourth Friday of May!!!) is: **Stroke**.

Age and the female gender are significant risk factors for suffering a stroke. However, there are exciting new developments at the Victoria General Hospital for early diagnosis and very timely therapy to reduce the potentially catastrophic effects of a stroke.

Bring your questions, comments, and personal stories as we laugh and learn together with our wonderful interactive monthly "chat" about the medical theme for the month.

At the end of the April 25th chat about heart disease, I was absolutely thrilled to receive a huge thank-you card covered in sparkly red and pink hearts!!!!!! Central Saanich seniors are the BEST!!.



From the Heart Recap

By Linda Polsson

On April 25, Dr. Pat gave us another excellent chat about the heart. It's the most important muscle in the body and is primarily a pump with an electrical component.

Pacemakers were first used in 1959 and have become smaller, last longer, and can cost \$10,000!

Heart attacks are caused by a blocked coronary artery but are different in men and women. With men, it can feel like "an elephant sitting on the chest" with lots of sweating.

With women, the signs can be indigestion, nausea, sudden fatigue, and back or shoulder pain. It's important to get to the hospital ASAP and get a "clot-buster" for the best chance of a recovery.

To prevent heart disease:

- Don't smoke.
- Follow a Mediterranean diet with less red meat and more nuts.
- Exercise and aim for 150 minutes/week.
- Lose weight if needed.
- Maintain blood pressure at 120/80 with the help of statins if needed.
- Get your cholesterol levels checked and also your blood sugar levels.

Stay healthy and live long! And a pearl to remember – always get your pulse taken when seeing a doctor!

Raconteurs: *West Coast Lighthouses*



On Friday June 6th at 2 p.m., Adrienne Lowden will speak about the lighthouses of the West Coast.

Adrienne had the privilege from the age of four to 19 to grow up in lighthouses on the West Coast of BC. Having this opportunity gave her many unique and interesting experiences.

Adrienne's parents captured in photographs the beauty of nature in this isolated environment.

May *Raconteurs* Recap

By Linda Polsson

We looked at slides of Linda's September cruise through New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador and shared memories of our time living, working and traveling through this region on the other side of Canada. We had fond memories and different experiences of the lovely landscapes of trees, beaches and natural wonders. Thank you everyone for your contributions!

Scottish Country Dancers Reunite



(Left to right back row: Jas and Nicki McAra, Irene Williamson, Sally Palmer [crouching], Jennifer Smith, Judy Jenkins and Janet Mitchell.

Front row: Ann McMillan, Eileen Smith and Gill Lightbody. Photo by Chris McCarthy)

By Janet Mitchell (Scottish Country Dancing Activity Leader)

On Sunday, March 23, the Scottish Country Dance group had a reunion of current and former dancers.

It was really fun and so great to see people we hadn't seen for awhile. The weather wasn't terrific and some former dancers did not come due to the heavy rain. The room was full of delightful chatter and the food was wonderful, too. There were 20 of us and some were from the very beginning of the group's start.



Happy June Birthdays!

June 1	Vivian Bradley
June 1	Judy Rayshon
June 2	Jean Simpson
June 3	Kim Evans
June 3	Dorothy Harrower
June 4	Suzanne Fletcher
June 5	Shelly Dennis-Orr
June 7	Colin Dower
June 8	Koko Saar
June 10	Mary Colbert
June 10	Jeanette Duffell
June 10	Kathy Crawley
June 11	Viann McDonald
June 12	David Aniotar-Romain
June 12	Karen Chase
June 12	Juane Bruzos Gordon
June 12	Dani Alldrick
June 13	James Strand
June 13	Greg Patten
June 16	Barbara Roberts
June 18	Terri Middlebrook
June 19	Don Gordon
June 19	Elaine Drader
June 20	Kathy Coutts
June 22	Brenda Lewis
June 22	Vernon McConnell
June 27	Rayna Stone



Welcome New Members!

Gloria Murray
Joan Potvin
Kathleen Fraser
Linda Monaghan

Volunteer Luncheon



The Centre's volunteers were appreciated at a luncheon on May 3. Enjoying a bit of a chat are (left to right): Roger Boutilier, Bill Turner, Nicola Walkden, and Sharon and Don Moore.

By Dani Alldrick
Our Volunteer Appreciation Luncheon was held on May 3rd. About 25% of our membership are volunteers; that's a lot of people doing a lot of important work.

Volunteers at the Centre serve in a lot of different roles. We have 27 activity and program leaders, and there are many facets to each leader's role; they are all experts at multitasking.

Volunteers also work at the Front Desk and at our bingo and social events. Our five committees do important work – most often behind the scenes. And many members serve or have served on our Board of Directors, past and present. Some members have stepped forward to take on multiple roles over several years.

Thank you so much to each of you for your participation and your service.

Being a volunteer is never an obligation or a duty -- but it is always a great opportunity. Members discover that volunteering their time is a great way to put your own natural talents or your lifetime of hard-earned skills to good use, to learn something new, to meet people, to help people, and to have fun. And not necessarily in that order.

Whether you are a long-time volunteer, or whether you got involved recently -- and regardless of how many hours you choose to give – it is important that you know that what you do makes a difference. We appreciate the efforts of each one of you – some of you work individually, and others contribute as part of a team – but you are all committed to organizing, and promoting, and hosting successful activities and events here at the Centre.

From help with our operations, to help with our finances, the Centre benefits greatly from your personal contributions

as a volunteer. Our success comes from the direct impact of your commitment, your efforts, your dedication, and your creativity. We can't thrive without you. As president -- and on behalf of the Board of Directors -- it is such a great pleasure to say **THANK YOU all!**

Bakers' Corner

Here's another yummy family classic from Happy Smith!

Apple Date Bars

2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. ground cinnamon
1/4 tsp. salt
1 3/4 c. sugar
7 tbsp butter, softened
2 eggs
1/4 c. applesauce
1 tsp. vanilla extract
1 c. chopped, pitted dates
1 tsp flour
3 c. chopped, peeled apples
1/2 tsp. lemon juice
2/3 c. chopped pecans (you can use walnuts instead of pecans or substitute raisins instead of dates.)

Preheat your oven to 325°.

Combine flour, baking soda, baking powder, cinnamon, and salt in a bowl. Stir with a whisk.

Place sugar and butter in a large bowl and beat with a mixer for two minutes.

Add eggs and beat well. Stir in applesauce and vanilla.

Gradually add flour mixture to sugar mixture. Stir until just combined to form a stiff batter.

Toss dates with one teaspoon of flour.
Toss apples with lemon juice.
Add dates, apples, and nuts to flour mixture and stir until combined.

Pour batter into a 13-inch by 9-inch baking dish coated with cooking spray. Spread evenly.

Bake at 325 degrees for one hour and 5 minutes or until a wooden pick inserted into the center comes out clean.

Cool completely on a wire rack. Cut into bars.

Writers' Corner

Real Funny Analogies Collected by Real High School English Teachers

Her face was a perfect oval, like a circle that had its two sides gently compressed by a ThighMaster.

His thoughts tumbled in his head, making a breaking alliances like underpants in a dryer without Cling Free.

She grew on him like she was a colony of E. coli and he was room-temperature Canadian beef.

Her vocabulary was as bad as, like, whatever.

From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and Jeopardy comes on at 7 p.m. instead of 7:30 p.m.



Last Laugh

I'm on the gin-and-tonic diet. So far, I've lost two days!



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.

SPEAKER'S SERIES

June 20, 2025 at 2 p.m.

The Laki Eruption - Iceland

A volcano in Iceland explodes in 1783 – a forgotten event with huge implications.

Speaker: John Gunton

A cloud of gas (sulphur dioxide) first reached Europe on
22 June 1783.

In his Naturalist's Journal, Gilbert White reported:

"The peculiar haze or smoky fog that prevailed in this island (UK) and even beyond its limits was a most extraordinary appearance, unlike anything known within the memory of man."

23,000 deaths in England

9,000 deaths in Iceland (25% of the population)

Largest natural disaster in Europe



Many will remember a similar eruption in 2010 when another Icelandic volcano caused widespread closure of airspace in Europe. What happened and can we learn from these past events?

Speaker Biography: John Gunton

John was born in West Yorkshire, England and became a



geologist/geochemist graduating with a BSc in 1970 from Durham University. He went on to

obtain a PhD from Queen's University in Canada.

In 1974, he joined Shell, a springboard to a career working for various companies, travelling the world

and exploring for oil, gas and minerals. In retirement, he settled on Vancouver Island and his passion is to share his knowledge of the earth to anyone who will listen!

SING-ALONG

- Open to all CSSCA MEMBERS \$2 at the door.
- Qualification? NONE! **Bring your best “shower” voice.**

No need to be able to read music.

Also, our wonderful piano accompanist, will have returned from her visit to Japan which was the reason we had to cancel our April event.

Yahoo



**SONGS FOR
May 27th: 10 – 11:30 a.m.**

This will be the last “Sing-along” before we take our summer break.

A **POTPOURRI** of songs you will remember from when you were younger!!

Home on the Range
Happy Wanderer
Farewell to Nova Scotia
Four Strong Winds
Blue Moon
Amazing Grace
Deep in the Heart of Texas
Climb Every Mountain
How Great Thou Art
Love & Marriage
Moon River
She'll be Coming Round the Mountain
When I Fall in Love
Younger Than Springtime
You Are My Sunshine
With A Song in my Heart

In our national anthem segment, we will listen to, and learn the history of, the Icelandic and Finnish national anthems. Those brave enough to attempt to sing along (the words will be on the screen) are welcome to try. Needless to say, both languages are very challenging, but the English translation will also be shown.

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 Thurs)	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 May25 pub</i>

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