

Summer 2025

The Centre News

cssca.ca

President's Message

Thanks to all of the energetic participants in the parade at last Sunday's Brentwood Bay Festival, and for the long list of proposals (11!) for improvements for next year's event. The suggestion that members of our aerobics group dance their way along the hot asphalt road for the entire 1.5 km route alarmed some, and left others doubled over in laughter.

The CRD Watershed tour to Sooke Lake Reservoir on Thursday, June 19th is fully booked (once again). Our next day trip to Chemainus Theatre on Saturday, July 5th is also sold out. Waitlists are being kept for both of these events.

Tickets for our annual Strawberry Tea on Thursday, June 26 are available at the Front Desk.

Please note that this is the summer issue of the newsletter. The next issue comes out in mid-September.

Wishing everyone a safe and sunny summer!

*Dani Alldrick,
President*

Coming Events

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.

Bingo

June 18, July 2, July 17 and Sept 3 and 17
from 1 to 4 p.m.

Hot Dog Day (before Bingo)

June 18, July 16, and Sept 17 at noon

Strawberry Tea

Thursday, June 26th Drop in 1:30 to 3:30 p.m.

Centre Closed July 1st for Canada Day Chemainus Theatre Day Trip

July 5th

Raconteurs

Resumes Sept 5th

Scottish Country Dance Ceilidh – Free!

September 7th at 2:30 p.m.

Art Appreciation

Resumes Sept 9th

September Speakers' Series:

A Canadian Blood Transfusion Scandal in the 1980's with speaker Pat Gunton B.SC., M.D.
September 19th 2 to 3 p.m.

Centre Sing-along: ABBA

Sept 23rd at 10 to 11:30 a.m.

Lunch Bunch:

Resumes Sept 25th

Chat with Dr. Pat:

Topic: *Indigestion* Sept 26th 2 to 3 p.m.



Strawberry Tea and Art Show

By Shelly Dennis-Orr

Tickets are now on sale for our annual Strawberry Tea and Art Show, to be held on Thursday, June 26. Drop in between 1:30 and 3:30 p.m. to sample our delicious strawberry shortcake, featuring the Saanich Peninsula's best sweet and juicy strawberries!

The Art Show will feature our talented Art Group. Their art will be displayed throughout the upstairs hall.

Purchase your tickets at the Front Desk – they are \$12 for members and \$15 for guests.

We also need volunteers for various tasks. Sign-up sheets are also posted at the Front Desk. We appreciate your help!

We Haven't Done It Again! CSSCA Fees For 2025/2026

By Dani Alldrick

For the eleventh year in a row, we have not raised our full-year annual

membership fee, which was set at \$60 per year in 2014 (back when eggs were \$3.25 per dozen!).

When our membership year starts again in September 2025, individual activity fees will also remain the same at \$2 per visit.

The admission fee for members attending our varied Friday talk programs (Raconteurs; Health & Wellness; Chat with Dr. Pat, and Speakers' Series) also stays the same at \$2 per event.

Sharp-eyed members will notice that the admission fee for guests or visitors to attend these talks will be raised to **\$5 per event** beginning in September.

Admission fees and attendance will be collected at the door.

Activities Update

By Lisa van Bommel

Hatha (mat) Yoga and Chair Yoga: combined class starting in July

Starting in July, there will be no separate Chair Yoga class. The classes will be combined with extra instructions offered for chair yoga students. The combined class will happen 1 to 2 p.m. on Tuesday afternoons.

Activities/Programs That are Taking a Break in the Summer:

The following activities/programs will be taking a break in the summer:

- Speakers' Series
- Raconteurs

- Wellness Talks
- Art Appreciation
- Centre Sing-along
- Lunch Bunch
- Sunday Games
- Bridge Instruction
- Chat with Dr. Pat
- Mah Jong
- 500 Club

No Bingo in August.

Free Ceilidh!



The Scottish Country Dance group is hosting a Ceilidh on Sunday September 7th at 2:30 pm. Everyone is welcome

This Month's Highlighted Activity

By Gerie Turner

Our Centre Art Appreciation Group meets downstairs at 7 p.m. on the second and fourth Tuesdays of each month for an hour or so.

We apologize for the rather boring name but that's what it is! At each meeting we concentrate on a particular artist or theme. A volunteer from the group finds

out all the information they can about the topic, usually from the Internet and/or library, and sometimes, their personal experience, then presents their findings. Newcomers are always welcome and there is no pressure to "volunteer" to present a topic. We sit around a table and happily pass items around, comment, and often the discussion becomes lively and thoughtful.

Two of us have been in the group for twelve years. We find it so interesting we can't stop.

Personally, I don't think I would ever have gone to Rome if I hadn't researched Michaelangelo and Bernini for the group.

This past year our topics have included Monet, Francis Bacon, tattoos(!), Scandinavian artists, "conceptual art", Maud Lewis, Banksy, "show and tell", and many more.

Please join us on Sept. 9th at 7 p.m. downstairs to experience this stimulating, informative, and enjoyable evening.

For further info, call Gerie at 250-507-3758.



Brentwood Bay Festival Parade



The Centre was well-represented on Saturday, June 1 at the annual Brentwood Bay Festival. Left to right: Ruth Caldwell, Clare Cochrane and Pam Bramwell.



Margaret Sharples and Kristina Manning enjoy a moment in the shade before the parade.

Chat with Dr Pat: *Indigestion*

By Pat Gunton

Everyone has suffered from indigestion at some point in their lives. Too many beers? Spicy food? Last weeks of pregnancy?

At a “chat” on September 26th at 2 p.m., I’ll explain the underlying reasons why we have all endured a “bellyache” and

how to distinguish what is benign from what needs timely follow up.

Bring your questions and concerns as we chat together and laugh together about our burps and farts.

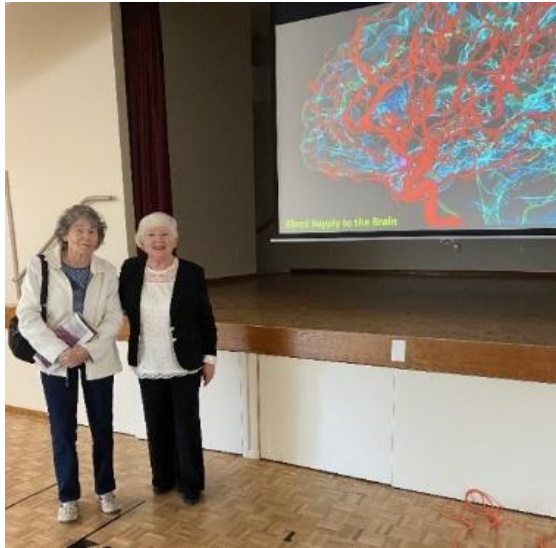
For members only: \$2 at the door.



The Lunch Bunch enjoyed their last meal together before taking a break for the summer. They’ll begin meeting again in September. From left to right: Margaret Sharples, Judy Greer, Hedy Basic, Ron Tranter, Pat Tranter, Activity Leader Ilene Tiszauer, Valerie Thompson, Happy Smith, Ruth Christian, and Barb Jefferies. Photo by Corrine Marshall.



Chat with Dr Pat Recap



Barbara Ashwood, a stroke survivor, talks with Dr. Pat after the “Chat with Dr Pat” presentation on strokes.

By Linda Polsson

Centre seniors care about their health! We flocked to another *Chat with Dr. Pat* on May 23 as she explained about strokes.

Between three and ten people a day enter Island Health hospitals with strokes. The most important factor to good outcomes is time. Time is Brain. If you suspect you or someone else is having a stroke, call 911 immediately to get to the Victoria General Hospital as quickly as possible.

Six-thirty a.m. is the most common time to have a stroke. Fifteen percent of the time, the cause is high blood pressure, and 85% of the time it is due to a clot, although there are many other causes.

The hospital will want to know the “well time” – the time before the symptoms started.

“Clot Busters” were developed in 1995 to break up a blood clot. Administered within six hours of the initial stroke, it is very helpful to combat the effects of a stroke.

The maximum severity of a stroke is felt immediately. Every stroke is unique and there will be some level of recovery within three months. There is hope of further rehabilitation within a year.

Rehabilitation with a speech pathologist is “gold”.

Prevention is the best treatment! 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!

A “pearl” to remember – Time is Brain. Call 9-11 immediately if you suspect a stroke.



Ceilidh A Success!



By Janet Mitchell

The Scottish Country Dance group had a Ceilidh on Sunday, June 1st. There were 17 of us attending including two children with their grandparents.

We have fun at these events. There is no fuss about doing proper footwork as walking in time to the music is all that is needed. If you are able to walk unaided and enjoy social events, Scottish Country Dancing Ceilidhs or regular classes are well worth attending. The exercise for both the mind and body is good. It is very good for the memory. We look forward to having you attend one of our Ceilidhs or classes.

Hope some of you can come on Sunday, Sept. 7th at 2:30 p.m. to our next Ceilidh!

We are currently taking a break from Thursday mornings and will resume August 14th.

Thanks for those that attended. Everyone was delightful.



Enjoying lunch at the Playbill buffet are (left to right: Brenda Redford, Elizabeth Prouse, Linda Polsson, Cathy Coutts and Trish

Baskerville at the Chemainus Theatre Recap

By Linda Polsson

We spent a delightful day on May 17, traveling to Chemainus. We enjoyed the scrumptious buffet at the theatre and then settled in for the Sherlock Holmes mystery of *Baskerville*.

The five actors were very talented and played many parts, sometimes starting costume changes before leaving the stage. The humour and twists and turns in the script kept us chuckling and laughing.

It was a wonderful day and many of us are looking forward to *Footloose* in July!

West Coast Lighthouses: Raconteurs Recap

By Linda Polsson

We had a lovely time on June 6 viewing Adrienne Lowden's slides of her growing up from the age of four with her parents and three older siblings on five lighthouses on BC's coast. Safety standards were rather precarious in the

1960s but Adrienne has very fond memories of her childhood; with the freedom to explore and observe the animals and nature around her. Her mother always planted a garden and Adrienne negotiated completing her correspondence lessons in four days to have an extra day of freedom outside. They were never bored!

They were posted at Green Island Lighthouse; the northern most lighthouse in BC, situated near Prince Rupert, and spent the longest time at Race Rocks, with excellent views of the Swiftshore races. Santa visited via Coast Guard helicopter and the sea spray formed fascinating ice sculptures along the shore. A magical childhood!

Join us for Raconteurs in September! I'm always looking for members to share memories, experiences and travels. Please contact me at lindapolsson@gmail.com or 250-600-1688.



The Sunday Walkers assemble outside the Centre before heading off on another

ramble. On their walks, they often distribute posters advertising events at the Centre. Left to right: Amanda Leslie-Spinks, Pat Gunton (with Mollie), Joyce Vandall (with Shelby) and Doreen Lloyd.



Happy July Birthdays!

July 3	Sharon Klein
July 4	David Rootham
July 6	Carmel MacDonald
July 7	Michou Szabo
July 8	Adele Lenk
July 9	Roberta Adams
July 10	John Vandall
July 11	Jackie Wynn
July 12	Aleida Diemer
July 15	Joyce Vezina
July 17	Barbara Fletcher
July 17	Larry Skaggs
July 20	Isedora Muir
July 21	Linda Polsson
July 23	Lynne Johnson
July 29	Margaret Newman
July 31	Colette Karmali



Happy August Birthdays!

August 1	Valda Kitching
August 1	Valerie couture
August 2	Mary Grant
August 4	Valerie Thompson
August 5	Alice Valiquette
August 7	Jeanne Tweten
August 7	Gail Trepanier
August 9	Nancy Jacobsen
August 10	Corrine Marshall
August 14	Ann McMillan
August 16	David Broad
August 16	Judith Jenkins
August 18	Norvin Morrill
August 20	Elizabeth Prouse
August 21	Geoffrey Cochrane
August 21	Sharon Wright
August 22	Barbara MacDougall
August 29	Valerie Wishlow
August 31	Sally Palmer



Happy September Birthdays!

Sept. 1	Ken Bull
Sept. 2	Teresa Adams
Sept. 4	Lorraine Wilson
Sept. 6	Shirley Smith
Sept. 7	Helga Hendricks
Sept. 9	Jodi Sorensen
Sept. 11	Kathy Hopkins
Sept. 11	Patricia Tranter
Sept. 12	Lou Mitchell
Sept. 13	Barbara Litton
Sept. 13	Sherry Nesbitt
Sept. 13	Karen Fischer
Sept. 14	Michele Thompsett
Sept. 15	Anna Kryvoruchko
Sept. 16	Hedi Basic
Sept. 16	Bob Danco
Sept. 18	Colleen Johnson
Sept. 18	Happy Smith
Sept. 21	Joan Raines
Sept. 21	Darlene Danco
Sept. 24	Dolores Shtybel
Sept. 25	Maria Pedro
Sept. 28	Janis Ball
Sept. 28	Nancy Rapier
Sept. 30	Jean Grant
Sept. 30	Jill Sherwood

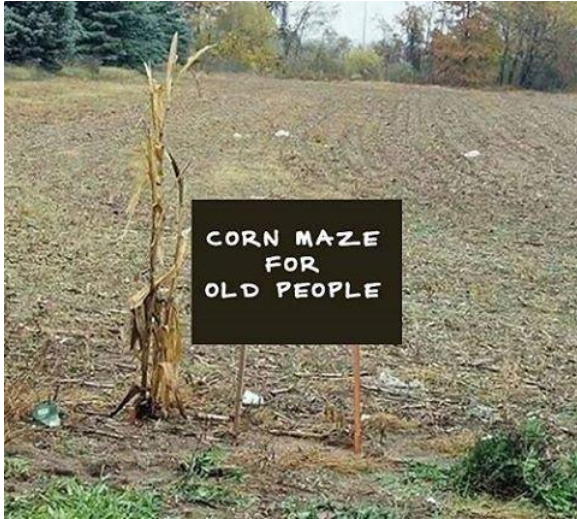


Welcome New Members!

Leo Mitrunen
Gerald Meller

Deanna Pumple
Marilyn Brown
Linda Sutherland
Tom Rapier

Last Laugh



Peninsula Vocabulary

By Shelly Dennis-Orr

Darn-not-agains: Those who regularly miss the ferry.

Gull-ability: The talent some seabirds have for roosting comfortably on posts that are crowned in sharp spikes and sheets of tin.

Heron-top: A fencepost with a big wading bird perched on it.

Ottersports: Folks who like to watch marine mammals frolic in the waters of the Saanich Inlet.

Raccoon-teur: One who is good at talking to the masked bandits of the night.

Smarticus: A road warrior who charges out onto the Pat Bay Highway during rush hour in a micro-car.

Subway Saanich: The neighbourhood fast food spot.

Wary-go-round: The traffic circle in Brentwood Bay.

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

Sept. 19th, 2025 at 2 p.m.

A Canadian Blood Transfusion Scandal in the 1980's.

The repercussions are still being felt today.

Speaker:

Pat Gunton, B.Sc., MD.

This presentation looks at the AIDS and Hepatitis C contamination of blood transfusions in the 1980's and the ongoing challenges faced by the blood recipients and their families in achieving justice and compensation through the Krever inquiry. Their bravery has made our blood transfusions safe today.



Speaker Biography:

Dr. Pat is a retired physician trained at St. Andrew's University in Scotland. She came to Canada in 1972 and, for 50 years, has practiced medicine in various settings ranging from family practice to hospitalist to long-term care physician. Dr Pat worked in the Canadian Red Cross Blood Transfusion Service as a Deputy Medical Director in the 1980's. She enjoys sharing her knowledge whenever she gets an opportunity.



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.



Yahoo

**SONGS FOR
Sep 23rd 10 – 11:30 a.m.**

This will be the first "Sing-along" following our summer break. In order for us to get back into the swing of things, after leading us with our Central Saanich Seniors' Song and our own CANADIAN national anthem, Yoko will not be asked to accompany us for the balance of our get-together. Instead we will all join in singing **ABBA** using the Centre's sound system and projection of the lyrics.

Dancing and moving to the music will be tolerated if done discreetly!

1	DANCING QUEEN	1976
2	SUPER TROUPER	1980
3	KNOWING ME KNOWING YOU	1977
4	TAKE A CHANCE ON ME	1978
5	FERNANDO	1976
6	THE WINNER TAKES IT ALL	1980
7	MAMMA MIA	1975
8	THE NAME OF THE GAME	1977
9	CHIQUITITA	1979
10	GIMME GIMME GIMME	1979
11	WATERLOO	1974
12	I HAVE A DREAM	1979
13	ANGEL EYES/VOULEZ VOUS	1979
14	DOES YOUR MOTHER KNOW	1979
15	ONE OF US	1981
16	MONEY MONEY MONEY	1976
17	LAY ALL YOUR LOVE ON ME	1981
18	SUMMER NIGHT CITY	1978
19	S.O.S.	1975
20	THANK YOU FOR THE MUSIC	1983



Weekly Activity / Program 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	Check Activities Update and Coming Events schedule for information on which Activities are taking a break over the summer		
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	
	Combined Hatha (mat) & Chair 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	
		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	SUNDAY 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 Summer25</i>