

# The Centre News

Sept. 2025

cssca.ca

## President's Message

The Centre is revving up after a sunny summer break. Welcome to all our new and returning members. And a big **Thank You!** to our many volunteers who make things happen all year round - Activity Leaders, Committee members, Board members...Some work "Stage Front", while some hustle behind the scenes, but they all bring their energy and enthusiasm to our community of seniors.

September marks the start of a new season. So what's new at The Centre you ask? Quilting! And (a personal favourite) food! You can now step up for even more hot dogs at even more Hot Dog Days, now held at noon, just before Bingo, every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday. Or sit down for lunch between noon and 1:30 p.m. at Soup and Sandwich Saturdays (choice of soups and sandwiches, dessert, tea or coffee) at the Centre, beginning Saturday, October 18th. And, if you are still feeling hungry, make sure to join us for our Volunteer Appreciation Tea on Saturday, October 4<sup>th</sup>.

*Dani Alldrick,  
President*

## Coming Events

### Bingo

Sept 17, Oct 1 and 15 from 1 to 4 p.m.

### Hot Dog Day (before Bingo)

Sept 17, Oct 1 and 15 at noon

### September Speakers' Series:

*A Canadian Blood Transfusion Scandal in the 1980's* with speaker Pat Gunton September 19<sup>th</sup> 2 to 3 p.m.

### Centre Sing-along: ABBA

Sept 23<sup>rd</sup> 10 a.m. to 11:30 a.m.

### Art Appreciation:

Sept. 23 and Oct. 14, 7 p.m.

**New Members' Orientation:** Sept. 24<sup>th</sup> at 11:30 a.m.

### Lunch Bunch:

Sept 25<sup>th</sup> at 11:30 a.m., Mary's Bleue Moon Café

**Chat with Dr. Pat: Topic: Indigestion** Sept 26<sup>th</sup> 2 to 3 p.m.

**Raconteurs:** Conversation Café Oct. 3 at 2 p.m.

**Food Bank Donations** – Month of October

**Volunteer Appreciation Tea:** Everyone welcome! Oct. 4 at 2 p.m.

### Beginners' Spanish Registered Eight-Week

**Course:** October 7<sup>th</sup> to December 2<sup>nd</sup> (no class Nov. 11) 2:30 to 3:30 p.m.

**October Wellness Talk: Topic: Making Connection in Your Community through Social Prescribing:**

With Margo James and Helen Wale from Beacon Community Services.

October 10<sup>th</sup> at 2 p.m.

### October Speakers' Series:

*Seeking Joy and Beauty – Walking the Camino de Santiago* with speaker Mary Virtue October 17<sup>th</sup> 2 to 3 p.m.

**PumpkinFest!** Reserve this date! Sunday, Oct. 26.



## PumpkinFest!

*By the Social Events Committee*

Save the date for our PumpkinFest on Sunday, October 26.

Enjoy an afternoon of games, prizes for the best costumes, sweets, treats, and pumpkin pie! Watch for posters and more details in the October newsletter.

## Fill the Bin 2025

*By Dale Broad*

We will once again be placing the red Saanich Peninsula Food Bank bin in the lounge area for the month of October.

The Saanich Peninsula Food Bank provides food hampers to those in need, distributing more than \$410,000 in food per year.

*When you support the Saanich Peninsula Food Bank, you are ensuring that hungry people in your community get the support, assistance and help they need.*

*- the Food Bank website*

The most-needed items are:

- Canned meat, beans, vegetables, fruit, and tomatoes
- Pasta and pasta sauce
- Cookies and crackers
- Kraft dinner and dried soups

- Jam and peanut butter
- Rice
- School snacks
- Boost/Ensure
- Juice
- Hot and cold cereal
- Kleenex
- Disinfectant wipes
- Laundry soap and dish soap
- Personal hygiene products
- Toilet paper
- Side Kicks/Hamburger Helpers

The Food Bank cannot and will not accept any food donations dated older than six months. They will also not accept opened packages. Please ensure your donation has not expired.

Thank you to Pamela Brambell who has volunteered to ensure our donations are delivered to the Food Bank.

Let's "Fill the Bin" and support this very worthy cause.



## New Member Orientation

*By Gerie Turner*

Gather in the lounge area on Wed., Sept. 24<sup>th</sup> at 11:30 a.m. for a short talk about the history and current activities in the Centre, followed by a “tour” of the building. All members, Board members, and new members are invited to take part.

Hope you can join us!

## Fall Art Appreciation Schedule

*By Gerie Turner*

Tuesday, Sept. 9<sup>th</sup> Michelangelo

Tuesday, Sept. 23<sup>rd</sup> Children's Book Illustrators

Tuesday, Oct. 14<sup>th</sup> Van Gogh

We meet downstairs at 7 p.m. All are welcome!

## This Month's Highlighted Activity: Quilting



*By Barbara Litton*

You may have seen an invitation to join a quilting activity in the Centre notifications. Five members responded to

this call and were asked if they could make a quilt which could be raffled for Centre funds.

The fabric for the quilt was kindly donated by Anne Britney. This isn't your usual floral quilting fabric: it is genuine Scottish tartan.

The group has made two quilts for a raffle, which will take place later in the year. They have also made some interesting Christmas tree ornaments, which will be on sale at our end-of-the-year bake/craft sale.

We have some other ideas for items to make for sale at the Centre, and we will be busy making these, too.

If you have any suggestions for crafted items to make for sale, please leave a message at the Front Desk.

If you would like to join the group: we are not looking for master quilters, just people who like to sew (and chat of course).

We meet on the first and third Thursday of the month between 10 a.m. and 12.



*Barb Jefferies and Pat Bird work with the Scottish tartan.*

## Activities Update

*By Lisa van Bommel*

### **Aerobics and Mild Fitness fee**

**increase:** Beginning October 1<sup>st</sup> a book of 10 tickets will cost an even \$40. This will include the \$1 towards equipment replacement. Payment for tickets are made directly to Fitness Instructor Barb Jefferies.

### **Beginners Spanish Class** to start Oct.

7<sup>th</sup>: Registration has started

for *Beginners' Spanish for Travelers*.

This is an eight-week registered course.

The course takes place Tuesdays 2:30 to 3:30 p.m. from October 7<sup>th</sup> to December 2<sup>nd</sup> (no class on Nov 11<sup>th</sup>). The cost is \$56 for full eight weeks. You can register at our Front Desk during reception hours.

### **Volunteer Appreciation Tea** on

Saturday, October 4<sup>th</sup>: The Centre is operated by volunteers, and we couldn't operate without them. Everyone is welcome! Help us celebrate our volunteers! Drop in 2 to 4 p.m. for tea/coffee and CAKE! Free to all members.

### **Interest List for those wanting to play**

**Pool:** Did you know we have a pool table downstairs? Are you interested in playing pool? If interested, let us know which days and times are best for you by adding your name and contact information to the interest list at the Front Desk. We hope to schedule something if we have enough interest.

### **Raconteurs looking for members to**

**share:** Raconteurs means storyteller.

Raconteurs is an opportunity for members to share their stories and experiences with other members in a fun, relaxed setting on the first Friday of the month. Raconteurs is the place for members to get to know each other better. If you have an experience to share, contact Linda Polsson who will schedule you to share your story. This is a wonderful way to learn from our fellow members. We look forward to hearing what people have to share in months ahead.

### **Looking forward to Conversation Café**

**Raconteurs October 3<sup>rd</sup>:** Linda Polsson will be hosting a slightly different Raconteurs in October. It will be a Conversation Café. Rather than listening to one person talk to us, it will be conversations among ourselves. Topics will be presented to the group that will encourage discussion and sharing. The goal is to get to know each other better and gain understanding and benefit from the variety of ideas and experiences around us. The conversation will be facilitated to allow everyone a chance to participate and foster dialogues that respect all points of view.

Please join us as we try this new format. We look forward to your feedback.

### **Sunday Games start up again October**

**5<sup>th</sup>.** After an extended summer break, you can look forward to gathering again on Sunday afternoons from 1:30 to 3:30 p.m. for games. So far, Mahjong, Scrabble, Cribbage and, possibly, Pool are available to drop in for a social game.

**October Wellness Talk, Friday  
October 10<sup>th</sup> at 2 p.m.:** *Making  
Connections in Your Community  
Through Social Prescribing* with guest  
speakers, Community Connectors Margo  
James and Helen Wale from Beacon  
Community Services.

Join us for an informative session where  
we explore how social prescribing can  
help you build meaningful connections  
and access community support.

*What You'll Learn:*

1. What social prescribing is and how it works
2. When and why it might be the right choice for you or someone you know
3. How to access this growing service in your area
4. The goals of social prescribing – and how it can support your health and happiness

### **Bridge at the Centre: Bridge and Bridge Instruction**

**Bridge:** Are you interested in playing bridge? Every Monday and Thursday afternoon, the bridge group gathers from noon to 4 p.m. for casual games of bridge. If you have played before and are looking to reconnect with other bridge players, you would be more than welcome to join this group. This is drop-in bridge, and we will find a place for you when you come.

**Bridge Instruction:** If you are new to the game and would like to check it out, this is the place to be.

If you haven't played since university days and think you might give it another try, you would be in the right place.

Thursday afternoons from noon to 4 p.m., a group gathers for Instructional Bridge. Refreshers, updates, tutorials, and full-on lessons are all available.

For more information, email Ken  
[kenweatherill@gmail.com](mailto:kenweatherill@gmail.com)

## **ADMISSION FOR TALKS**

**SPEAKERS SERIES –OPEN TO PUBLIC  
MEMBERS \$2 GUESTS \$5**

Membership not required

**RACONTEUR / WELLNESS /  
CHAT WITH DR PAT**

**MEMBERS \$2**

NON MEMBERS MAY ATTEND ONCE BEFORE  
BECOMING A MEMBER AT \$5 ADMISSION

*THANK YOU*

## **Old Wooden Thread Spools and Bobbins?**



*By Lisa Van Bommel*

The quilting group is looking for old wooden thread bobbins. This is for a fundraising project.

If you have any of these, please consider donating them to the Centre for the quilters to put to good use.

## A Big Thank You!

*By Krystina Manning*

Did anyone notice that the outside door in the activity room downstairs is fixed? We don't have to slam it anymore!

A belated thank you to Gordon Gallacher, one of our Saturday Jammers, who kindly repaired the latch. Much appreciated, Gordon!

## Another Big Thank You!

*By Dani Alldrick*

Thank you to the member who recommended more and better safety bars in our two upstairs washrooms.

And many thanks to the maintenance team from Central Saanich Facilities who made it happen so promptly.

## Getting To Know Our H<sub>2</sub>O



*By Joyce Vezina*

On June 19<sup>th</sup>, 14 members from the Centre did indeed get to know our Victoria H<sub>2</sub>O.

We boarded a comfortable coach on Sooke Lake Road in Langford and travelled up the Malahat to the gated, secure entrance to the Sooke Watershed and the headwaters of the source of our water.

Our CRD guides were very knowledgeable and explained that good drinking water starts with a healthy forest ecosystem.

Some of the tasks needed to provide the great water we access when we turn on our taps are:

- Good forestry practices
- Fire prevention procedures
- Extensive monitoring of rainfall and meteorology
- Careful oversight of human activity
- Prevention of contaminants entering the watercourses.

Victoria water was recently awarded a “Best in BC” for its water quality and taste.

We lunched on the Sooke Reservoir Dam, then drove to the water purification building where the final stage of the H<sub>2</sub>O process occurs before the water is pumped onward to our homes.

At the end of the day, as the lovely, pure soft water tumbled out of my shower, I enjoyed a renewed appreciation and respect for the H<sub>2</sub>O that I now know is so



meticulously managed, from its source to my home.

Information handouts from the tour are available in our library – please do not remove them.



### ***The Laki Eruption in Iceland*** **Recap**



*By Linda Polsson*

For the June 20, 2025 Speakers' Series, John Gunton presented an interesting talk about the 1783 Icelandic volcanic explosion. This eruption took place in historic times, the same time as the American Revolution and the French Revolution.

Good records of its effects were recorded around the world. Europe was badly affected with the wind spewing debris, ash, gas, and noxious fog everywhere. Tons of fluoride and sulfur dioxide were released into the atmosphere, Europeans had their most extreme winter in 250 years. About six million people died. First ash covered plants died, then animals, then farm workers died. The clergy decried that it was punishment for the sins of men.

In other parts of the world, Egypt and India recorded famine and the winter of 1784 was a long, cold one in North America.

The effects were felt for about 20 years then the population rebounded.

John also told us about other major volcanoes including Mount Pinatubo in the Philippines which erupted in 1991 and affected global temperatures for two years and Mount St. Helens which erupted in 1980 and many of us could remember.

Thank you, John, for another interesting talk about one of your passions!

## **“Welcome to the Brentwood Seniors’ Home!”**



*The attendees of the July 5 Chemainus Theatre trip.*

*By Linda Polsson*

This was how the maître de at the Chemainus Theatre buffet greeted us at the beginning of our July 5 trip. We were surprised and amused, and he was very embarrassed and blushed.

Our group had a lovely day at the Chemainus Theater. It is so convenient to travel together on the bus with driver Glenn and enjoy a generous buffet lunch before settling into our seats for another marvelous theater production.

*Footloose* was a locally produced musical that didn’t disappoint. The actors were enthusiastic and gripped the audience. Chemainus Theatre productions are always an enjoyable outing!

## **2025 Strawberry Tea and Art Show**



*Volunteer Sharon Bristow used a generous hand when assembling the servings of strawberry short cake.*



*Enjoying this springtime treat are Linda Polsson (left) and Linda Morgan.*







*Glenda McDougall was the lucky winner of the door prize: four passes to the BC Aviation Museum.*

## Happy October Birthdays!

Susan Townsend	Oct. 8
Margaret McKelvie	Oct. 12
Linda Monaghan	Oct. 17
Gillian Lightbody	Oct. 18
Patricia Williams	Oct. 22
Christina Morrill	Oct. 23
Clare Cochrane	Oct. 27
Margaret Sharples	Oct. 28
Camille Schroenn	Oct. 31



## Welcome New Members!

Laura-Lyn Helton  
Cathy Quicke  
Mona Quigley  
Maureen Clarke



## Writer's Corner

### Benches

*By Mary Grant*

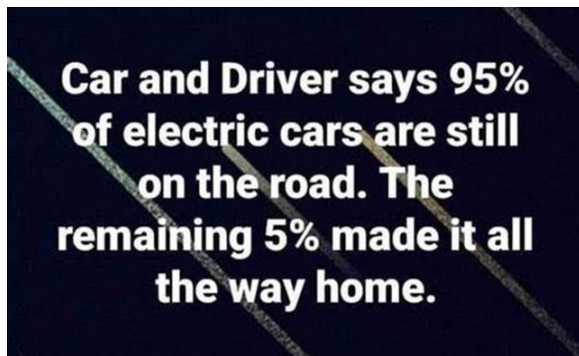
Recently I came upon a book by a local author in which she gives the location, in various areas, of all the benches in Victoria. Imagine!

But wait. Consider the social role of the bench. It can be informative, commemorative, supportive or simply convenient and comfortable.

On a recent walk I met a friend who has recently moved into a care facility. She was on her way to sit on her favorite bench. Even if you have to stay you can get away.

The bench can also be a boon to a caregiver who needs respite from daily repetitive obligations. Fresh air, beautiful scenery, intriguing observations and deep breaths.

We can't have too many benches.



## What I Know for Certain

“I’ve learned that women will never understand the Three Stooges.” - (age 15)

“I’ve learned that the closest I get to living in the fast lane is when I go through the express lane in the supermarket.” – (age 69)

“I’ve learned that home is the place where we grumble the most and are loved the best.” – (age 89)

*From the book Live and Learn and Pass It On* by H. Jackson Brown, Jr.

**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.

## The First-ever Annual Seniors Centre Honours

*By Dani Alldrick*

This month's column was inspired by the *Reader's Choice Awards* published in last week's *Peninsula News Review*.

Our Seniors' Centre has 290 members, and 25+ assorted activity, program, and renter groups. Here are some achievements that deserve mention:

- Liveliest group – Aerobics.
- Funniest – a tie between Barb Jeffries' Chair Exercises and Chat with Dr. Pat.
- Quietest - Knitters.
- Loudest - this ought to be a close call between our musical Jammers, the Centre Singers, and Bingo, but instead, recognition goes to whichever kitchen crew turns on our powerful extractor fan, which was apparently built by NASA.
- Smallest – pool players.
- Largest – volunteers.

Wait a minute...volunteers are a group? Yes, indeed! If you ever imagined that a volunteer occupies a solitary post, volunteering at the Centre is an entirely different experience. From our team of six receptionists who meet, greet and welcome every new and every returning member, to the talented members who prepare tapestries, quilts, or gift baskets

for raffles, to the décorateurs who help us mark the passing seasons, our volunteers are surrounded by folks who recognize and appreciate the role volunteers have taken on, ask if they can help, and sometimes confide that they used to play the same part years before.

Volunteering is easily the single largest social activity here at the Centre; 25% of our membership are active volunteers. When bigger events require extra hands, volunteers assemble from all directions. Members-at-large, treasurer, activity leaders, bingo cashiers, maintenance team, and more; all team up to make big things happen – and you thought elves set up three floors of Christmas decorations, or those six flats of strawberries came pre-sliced.

On Saturday, October 4<sup>th</sup>, we will be recognizing, celebrating, and thanking all of our volunteers, past and present. Drop in any time from 2 p.m. to 4 p.m. and join us for cake and coffee or tea. Thank a volunteer – or two. And, if you are a member who is wondering whether volunteers have more fun, this could be your moment to find out.

Everyone welcome!



## Speakers' Series

2 p.m., Oct. 17<sup>th</sup>, 2025

### *Seeking Joy and Beauty - Walking the Camino de Santiago*

**Speaker: Mary Virtue**

**Synopsis:** Mary will present a slideshow and a talk about walking various caminos in Spain. She'll emphasize the Camino Francés, one of the routes that begins in France. She will also touch on preparation and packing for such a trip.

**Speaker Biography:** Mary has been cycling or walking in Europe since 1999. Since 2006, she has been a Coordinator of the Victoria Chapter



of the Canadian Company of Pilgrims and has

only recently stepped down from this position. Since 2007, she has trained past pilgrims to return to the Camino to serve other pilgrims in the role of hospitalero and she has also served as hospitalera herself several times. She continues to maintain contacts in Spain to further support the albergues that serve pilgrims along the route.





# Chat with Dr Pat

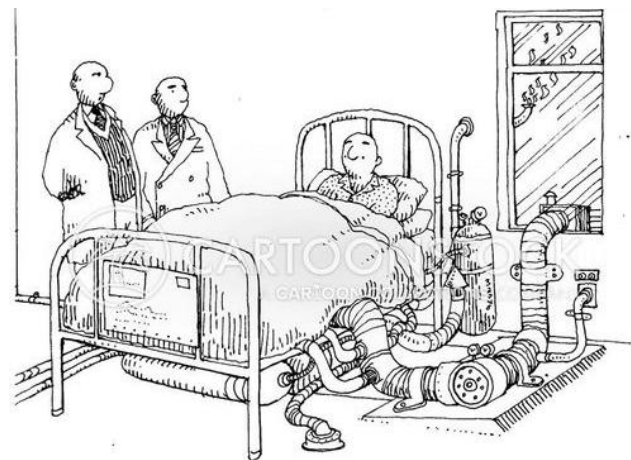
October 24<sup>th</sup> 2025 at 2 p.m.

## ***From Hernias to Hemorrhoids.....and in Between***

In the September "Chat," we reviewed and chatted about indigestion with the focus on the stomach and small bowel. In the October "Chat," the focus will switch to the large bowel.

As always, common problems such as constipation and hernias will be addressed in a down-to-earth, commonsense way. All questions and insights are welcomed as we learn together how others have dealt with the ever 'grumbling' problems of our guts!

Open to all CSSCA MEMBERS: \$2 at the door.



"Mr Miller has bowel trouble."

Weekly Activity / Program Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Quilting</b> 10:00 am—Noon 1st and 3rd Thurs	<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>Scottish Country Dance</b> 11 :00am - Noon	<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>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>Combined Hatha (mat) &amp; Chair Yoga</b> 1-2 pm	<b>Hot Dog Days</b> Noon 1st & 3rd Wed Before Bingo	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Wellness Talks</b> 2:00—3:00 pm 2nd Friday	
		<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<b>Writing Circle</b> 2:00—3:30 pm Thursdays (Except 2nd	<b>Speaker’s Series</b> 2:00-3:00 pm 3rd Friday	<b>SUNDAY</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</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 up Oct
	<b>Art Appreciation</b> 7:00 pm 2nd & 4th Tues		<b>Bridge Instruction</b> 12:00—4:00 pm		<i>New schedule for newsletter Sept25</i>