

Nov. 2025

The Centre News

cssca.ca

President's Message

Someone asked if the president's role is what I expected.

Heavens no!

For starters, I've said "Thank you!" more often in six months than over entire decades. So many members do so much to make the Centre a success.

I imagined that the president would have the inside track on meeting and chatting with every single member; but this honour gets shared among the cheerful team of receptionists who meet and greet every person who steps through our doorway.

I imagined that years of university life taught me everything about frugal money management; but Linda Parry, our ever-vigilant treasurer, teamed with three past-presidents, are masters at pinching our pennies until they scream.

I imagined that our many activities would offer lively, friendly company; but found that it also thrives among our enthusiastic activity leaders, and our host of volunteers who lean in to help out in the in-between times and after hours.

I imagine our next President will discover even more unexpected, surprising and delightful revelations. Could be you!

Dani Alldrick, President

Coming Events

The Centre Open House

Nov 15th Drop in 2 to 4 p.m.

Bingo

Nov 19, Dec 3 and 17, 1 to 4p.m.

Hot Dog Days (before Bingo)

Nov 19, Dec 3 and 17, noon to 1 p.m.

November Speakers' Series:

Indigenous Responses to Calls for Reconciliation in Canada with speaker Dr. Rennie Warburton
Nov 21st 2 to 3 p.m.

Ceilidh

Nov. 23 at 2:30 p.m.

Centre Sing-along: *By Request*

Nov 25th 10 a.m. to 11:30 a.m.

Art Appreciation

Nov 25th and Dec 9th at 7 p.m.

Lunch & Learn: *Prepare for Winter Emergencies and Fire-Smart Your Home* (FREE) Nov 26th
11:30 to 1:30 (Reserve your spot by Nov 19th)

Lunch Bunch

Nov 27th at 11:30 a.m. at Garden Fork

Chat with Dr. Pat:

Topic: *Arthritis -It can't be cured but it can be controlled.* Nov 28th 2 to 3 p.m.

Christmas Luncheon: – Get your tickets soon!
Dec 4th at 11:30 a.m.

Raconteurs: *Newfoundland* with member Pat Gunton Dec 5th at 2 p.m.

Craft & Bake Sale:

Dec 6th 1-3 p.m.

Centre Holiday Closure:

Dec 22 to Jan 4 inclusive



Christmas Luncheon Tickets!

By the Events Committee

Tickets are now on sale for our Christmas Luncheon on Thursday, December 4. You can purchase your ticket, cash or cheque, at the Front Desk until Friday, November 21.

Ticket prices are the same as last year at \$40 for members and \$45 for guests. Members may invite one guest.

Doors open at noon on the day of the luncheon.

The menu is posted on the main bulletin board in the games room next to the kitchen. Tickets are limited, so don't miss this very popular event.

Christmas Craft and Bake Sale

By Dale Broad

Our Christmas Craft and Bake Sale will be held on Saturday, December 6 from 1 to 3 p.m.

Featured are the many talents of our knitting, art, quilting and weaving groups and the baking skills of our fitness groups. Pick up those last-minute handmade gifts and your Christmas baking.

The kitchen concession will be open so you can relax with a cup of coffee or tea and be entertained by our Jammers.

The sale is open to the public so ask your family and friends to join you.

This is a major fundraiser for the Centre, so mark this date on your calendar. We hope to see you there!



Deck The Halls!

By Dani Alldrick

It is time to brighten up our wonderful Centre with the spirit of the season. Join us at 4 p.m. on Friday, November 21st.

We need foresters to erect a grove of trees, snake charmers to sort out too many strings of lights, and lots of people with good taste to take over from there.

There will be coffee, tea, cake...



Christmas Cracker Decorating

By Gerie Turner

We will decorate the Centre's Christmas Lunch crackers on Tuesday, Nov. 25th from 1 to 4 p.m. Please bring your glue gun if you have one. All are welcome regardless of "artistic ability"! Join us for a fun and creative afternoon.

Activities Update

By Lisa van Bommel

Seaside Times Feature Article: OPEN HOUSE Nov 15th

We are pleased with our recent feature in the November *Seaside Times* highlighting our Open House on Saturday, November 15th. The Centre is becoming more visible in the community, and we are seeing more new members as a result.

If you missed the Open House, you can enquire about Centre activities anytime.

Lunch & Learn: *Prepare for Winter Emergencies and "Fire Smart" Your Home*

We are excited to partner again with Beacon Community Services and the District of Central Saanich to host another *Lunch and Learn* session. The session will be held at our Centre on Wednesday, Nov 26th from 11:30 a.m. to 1:30 p.m. Enjoy a free lunch followed by the presentation.

This event is open to the public. Reserve your spot at the Front Desk. The deadline to sign up is Nov 19th.

We are looking for a few volunteers to assist. A volunteer sign-up sheet is at the Front Desk. Volunteers will have seats reserved for them for the lunch and presentation.

Pool Players

We are inviting any interested pool players to drop in during the Sunday games if they would like to play.

The coordinator for the Sunday games will open the doors for you. I will also contact those who have expressed an interest directly to coordinate some other drop-in opportunities if we have enough players. If you would like to be on the interest list please contact me, Lisa van Bommel (Activities & Program Coordinator) at activities@cssca.ca

Raffle Tickets Available Now!

An annual tradition is back and growing!

Raffle tickets are now available at the Front Desk during office hours for only \$2 each or 3 for \$5.

This year we have baskets full of amazing treats from the fitness groups. The knitters also have a basket. The weavers are raffling a beautiful handmade rag rug made by Laurie Kupiak.

The quilters are raffling an impressive quilt made of tartan squares donated to The Centre by Brentwood Bay resident Ann Britney.



Tartan Quilt



Rag Rug



Gift Baskets

Art Appreciation

By Gerie Turner

Art Appreciation will meet at 7 p.m. on Tuesday, Nov. 25th when Bill Reid will be the artist discussed. Dec. 9th will be a “mystery artist”.

This Month’s Highlighted Activity: Lunch Bunch

By Ilene Tiszauer (Lunch Bunch Coordinator)

The Lunch Bunch meets once a month on the fourth Thursday of the month at 11:30 a.m.

We go to various local restaurants, and we each pay for our own meal.

In November, we will try the new Garden Fork restaurant.

All are welcome, and the sign-up sheet is located at the Centre’s Front Desk. I hope you will join us for visiting with new and old friends, some laughs and a good meal.



(Photo by Corrine Marshall)

Wear Something Plaid!

By Janet Mitchell

Our next ceilidh is Sunday, Nov. 23 at 2:30 p.m. St. Andrew's Day is Nov. 30th so those coming may want to wear something plaid.

This ceilidh will have a fee of \$5 per person and \$10 for a family. The money all goes to the Centre. We will have refreshments following the dance. All ages are welcome! You may either sit and watch or dance. We would be happy to see you!

Scottish Country Dancing is not Highland dancing and it is okay to simply walk the patterns without concern of doing footwork.

The dancing is a "team effort" where a group (set) of dancers work together to complete a series of formations.

It is very good for the mind and also the body. It is important that you can walk unaided and have good balance.

I have had dancers very capable of dancing in their nineties. My oldest dancer was 94 when she had to stop dancing but still comes to sit on the sidelines and watch.



Chat with Dr. Pat: Arthritis

By Pat Gunton

Arthritis: It can't be cured but it can be controlled.

There are about 100 types of arthritis, but the *Chat with Dr Pat* on November 28th at 2 p.m. will discuss the most common types in Canada.

The primary focus will be on osteoarthritis, which is caused by wear and tear on our joints as we age.

Diagnostic tests will be reviewed, both through lab work and x-rays. Treatment choices will be discussed, questions will be encouraged, and we will all emerge more knowledgeable and sympathetic to our friends and family who suffer with painful joints.



"It's arthritis. Probably caused from clinging to life."



The Ann Landers of the gut, Dr. Pat drew 56 people to her informative and entertaining talk on the digestive system on Oct. 24.

My Christmas Gifting Is All Sewn Up

By Dani Alldrick

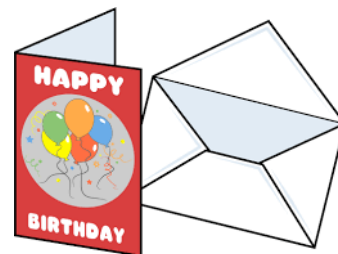
Many thanks to the Centre's new Quilting Group for crafting several unique, handmade and "age-appropriate" gifts for friends far away.



November Raconteurs featured Sharon Wright sharing stories of paranormal experiences in her life. Many in the audience of about 25 also shared instances of clairvoyant happenings. (Photo by Linda Polsson)

Happy December Birthdays!

Dec. 4	Cathy Quick
Dec. 6	Norma Pepper
Dec. 6	Lori Sather
Dec. 6	Tina Makar
Dec. 9	Elizabeth Hayward
Dec. 11	Jeanette Godin
Dec. 11	Bridget Rothery
Dec. 11	Janice Lee Maxwell
Dec. 13	Ruth Smith
Dec. 20	Margaret Monro
Dec. 21	Corinne Hardin
Dec. 22	Lenore Stieda
Dec. 23	Maggie Moore
Dec. 24	Margaret Lounds
Dec. 25	Doreen Stephen
Dec. 30	Amanda Leslie-Spinks



Welcome New Members!

Brian Eng
Dianne Twamley
Ali Harding
Penny Evans
Mary-Ethel Audley

Vicki Hargreaves
Corinne Hardin
Sharron Villanueva
Carol Jenkins
Joan Strome
Susan Ryan
Marlene Morrison
Oceanna Hall
Kevin Harrison
Brenda Harrison
Yvonne Peters
Ken Peters



Poet's Corner

Volunteers

Many will be shocked to find
When the Day of Judgment nears
That there's a special place in
Heaven set aside for volunteers.
Furnished with big recliners,
Satin couches and footstools --
Where there's no committee chair,
No group leaders for carpools.
Telephone lists will be outlawed.
But a finger snap will bring
Cool drinks and gourmet dinners,
And rare treats fit for a king.
You ask, who's serving the privileged
Few and work for all they're worth?
Why, those who reaped the benefits
And not once volunteered on Earth
(Contributed by Pat Bird)

Writer's Corner

Anxiety Cloud

By Mary Grant

Today we are all living under a cloud of anxiety because of a nasty mutating gene, climate catastrophes, social unrest, political instabilities and an uncertain future.

Even if we are not directly affected we all have great empathy for those who are. We must all face the rapidity of change in today's world and collectively strive to do our best.

Comic's Corner



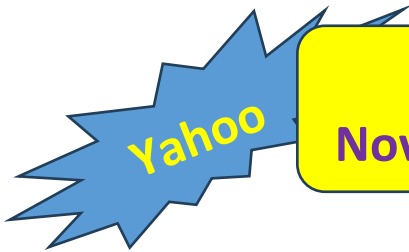
(Contributed by Dani Alldrick)

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.



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

- We have a wonderful piano accompanist, Yoko Nishimura, to help us sing our favourite songs



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

By Request

These songs have been requested by our singers:

- **Sunshine on My Shoulders – John Denver - Yoko**
- Take Me Home Country Roads – John Denver - Video
- Lucille – Kenny Rogers - Video
- **The Gambler – Kenny Rogers - Yoko**
- Ring of Fire – Johnny Cash -Video
- **On the Road Again – Willie Nelson - Yoko**
- **Always On My Mind – Willie Nelson – Yoko**
- Rhinestone Cowboy – Glen Campbell – Video
- **Leaving on a Jet Plane – Glen Campbell - Yoko**
- The Last Farewell – Roger Whitaker - Video
- **Sweet Caroline – Neil Diamond - Yoko**
- Song Sung Blue – Neil Diamond - Video
- **Blowing In the Wind – Bob Dylan – Yoko**
- Movin' On – Hank Snow - Video
- **This Land is Your Land– Woody Guthrie - Yoko**
- Paper Moon – Claire Carleton (1932) -Video

In our national anthem segment, we will marvel (and perhaps sing along) to the national anthems of Holland and Kenya.

The Dutch national anthem is the oldest in the world. Forty-three percent of the Dutch do not know it by heart, not even the first verse! Ranked first in the world in popularity.

Written in 1963 when Kenya gained its independence, their anthem was written by local people to a local tune. It is ranked 7th in the world in popularity.

We will finalise our Christmas program as well for December 4th!

Weekly Activity / Program Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Quilting 10:00 am—Noon 1st and 3rd Thurs	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	Scottish Country Dance 11 :00am - Noon	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			
	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 1st & 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday	Wellness Talks 2:00—3:00 pm 2nd Friday	
	Beginners Spanish Course Oct 7-Dec 2 2:30-3:30	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	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 Nov25</i>