

Feb. 2026

# The Centre News

cssca.ca

## President's Message

February is Heart Month in Canada. From our newly launched Blood Pressure Clinics twice each month, to our five different activity groups, to Dr. David Docherty's talk on "Health and Staying Physically Active", to Chat with Dr. Pat's focus on "Blood Pressure", this is a month when your health is the centre of attention at The Centre. Take it to heart.

Our 2026 Annual General Meeting is not far away - **Thursday, March 12 at 2:00 pm.** We hope you can attend, your input is important. Join us to learn more about where we've been, where we're going, and how much it's all going to cost. Mark your calendars!

A shiny new Suggestion Box is mounted on the wall next to our reception desk. Please use this to share your inspirations. Or your frustrations. Note that the slot is large enough to accommodate all five official categories of 'Feedback' – Suggestions and Questions, Compliments and Complaints, and Cookies.

*Dani Alldrick, President*



## Coming Events

### Family Day Holiday: Centre Closed

Feb 16<sup>th</sup>

### Blood Pressure Clinic

Feb 18<sup>th</sup>, Mar 4<sup>th</sup> & 18<sup>th</sup> 11:45 – 12:45

### Hot Dog Days (before Bingo)

Feb 18<sup>th</sup>, Mar 4<sup>th</sup> & 18<sup>th</sup> Noon

### Bingo

Feb 18<sup>th</sup>, Mar 4<sup>th</sup> & 18<sup>th</sup> 1-4 p.m.

**Speakers' Series:** "Black History of British Columbia" with speaker Karen Alexander Hoshal, descendant.

Feb 20<sup>th</sup> 2 p.m.

### Centre Sing-along

Feb 24<sup>th</sup> 10 – 11:30 a.m.

### Art Appreciation

Feb 24<sup>th</sup> at 7 p.m.

### Lunch Bunch at The Waddling Dog

Feb 26<sup>th</sup> at 11:30 a.m.

**Chat with Dr. Pat:** Topic: Blood Pressure – "What's important to know"

Feb 27<sup>th</sup> 2-3 p.m.

### Annual Pancake Breakfast

Mar 3<sup>rd</sup> drop-in anytime between 9- noon

**Raconteurs:** with member Brenda Scott on "Search and Rescue on the Peninsula".

Mar 6<sup>th</sup> 2 p.m.

### Annual General Meeting

Mar 12<sup>th</sup> 2 p.m.

**Wellness Talk:** Dr. John Gunton on "Anxiety about the Health of our Planet"

Mar 13<sup>th</sup> 2 p.m.

**March Speakers' Series:** "Discovering Ireland: Innovation and Entrepreneurship" with speaker Pearse Moroney

Mar 20<sup>th</sup> 2 p.m.

# Activities Update

*By Lisa van Bommel*



## Annual Pancake Breakfast

Join us on Tuesday, March 3<sup>rd</sup> for our annual Pancake Breakfast. Drop in anytime between 9 a.m. and noon. Tickets can be purchased at the Front Desk and are \$10 for members and \$12 for guests.

**Printable Activity/Program Guide:** If you haven't been keeping up to date, please remember that we also have a website with information on The Centre as well as Activity and Program details and scheduling. There is also a downloadable, printable program guide if you prefer to see things in paper form. This is also available at the front desk for those without access to a computer. You can find our website and printable Activity/Program Guide at [cssca.ca](http://cssca.ca)

**Chemainus Theatre Trips Update: We have dates!!** Thank you to everyone who let me know they were interested in the day trips to Chemainus Theatre.

The first trip will take place on Sunday May 17<sup>th</sup> to see The Ladies Foursome comedy. We already have a full bus and wait list. Those of you who let me know you were interested received an email and I will confirm the full amount and additional details soon.

The second trip will be on Saturday July 25<sup>th</sup> to see Dirty Rotten Scoundrels musical. Members who have already let me know they are interested will be offered the

spaces in order. There are already enough names for a full bus plus a wait list. If you would like to be added to the wait list for either of these trips, please email [activities@cssca.ca](mailto:activities@cssca.ca)

**Raconteurs - March 6<sup>th</sup>:** Member Brenda Scott has been a member of PEMO (Peninsula Emergency measure Organization) Search and Rescue team for 5 years. She will be discussing the role of Search and Rescue on the peninsula, the types of calls that teams in the Capital Regional District attend, and search and rescue in times of disaster. Come with questions.



**Wellness Talk on March 13<sup>th</sup>:** The Wellness Talk this month will touch on multiple dimensions of Wellness such as intellectual, environmental and emotional, and occupational from the standpoint of the presenter, member Dr. John Gunton, Geologist & Geochemist. John will give an informative talk on Anxiety about the Health of Our Planet. This presentation recognises that there are significant concern and anxiety over the health of the planet in terms of its ability to support and sustain an ever-increasing humanity... "there is nowhere else to go...this is all we've got."



## **This Month's Highlighted Activity / Program: Blood Pressure Clinics**

*By Pamela Brambell and Lisa van Bommel*

Recognizing February is Heart Month we are happy to highlight the Blood Pressure Clinics this month. The first Blood Pressure Clinic took place in January. Seventeen brave souls came by to chat and find out more!

The blood pressure measurement is the force of blood against the vessels. The target level is 120 over 80. The top number (120) is the pressure when the heart contracts and pushes the blood flow out. The bottom number (80) is the pressure when the heart rests between beats.

Volunteers from CSSCA and Beacon Community Services, Pamela and Petra, run the clinics. Pamela and Petra are retired RN's and look forward to seeing you at the next clinic.

Clinics will happen on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month from 11:45 – 12:45 in the upper lounge. If you are a regular at Mild Fitness on Wednesdays, perhaps see Pamela or Petra after class. If you are a regular at Bingo, come get your Blood Pressure checked before the games begin, or just make time to visit us during this hour.

It is also not an accident that this month's Chat with Dr. Pat will also be talking about Blood Pressure. For more information on Blood Pressure and "What is important to know" join Pat on Friday, Feb 27<sup>th</sup> at 2pm.



### **At the Next Chat with Dr Pat...**

*By Pat Gunton*

### **Blood Pressure – “What’s important to know”**

**Friday, February 27<sup>th</sup>  
2 PM**



Come and update your knowledge of this important health topic.

For example, here's a couple of points:

- It is estimated that 60% of Canadians over the age of 60 have high Blood Pressure!
- Women with high blood pressure who take their medication extend their life by at least 3 years.



*Shown here with her self-portrait, Mary-Ethel Audley spoke about her career as an officer with the New Westminster police force at the Feb. 6 Raconteurs. Photo by Linda Polsson.*



## Happy March Birthdays!

Mar. 1	Claire Grise
Mar. 3	Sandy Piercy
Mar. 3	Laura-Lyn Helton
Mar. 3	Claude Lavoie
Mar. 5	Mario Dellaviola

Mar. 5	Rosemary Lapenskie
Mar. 6	Pat Poetker
Mar. 7	Joan Strome
Mar. 8	Linda Strudwick
Mar. 9	Sandra Jaycox
Mar. 9	Pauline Souza Murphy
Mar. 12	Val Waller
Mar. 13	Shirley Hallett
Mar. 13	Jack Parry
Mar. 15	Janet Cochrane
Mar. 17	Bob Slamet
Mar. 20	Lynda Miller
Mar. 22	Susan Barker
Mar. 23	Nancy Choat
Mar. 24	Linda Cleland
Mar. 26	Robert Saar
Mar. 27	Pennie Evans
Mar. 29	Patricia Gunton
Mar. 31	Lee Campbell



## Welcome New Members!

Robert (Bob) Slamet  
 Jenny Slamet  
 Maryanne Jarvin  
 Logan McMenamie  
 Janis Jarvin  
 Janet Cochrane  
 Ian Hadfield  
 Maria King  
 Maureen Gent  
 Deborah Ayotte  
 Mary Kayell  
 Patricia Harvey-Watson  
 Cathy Thatcher  
 Diane Shade

## Writer's Corner

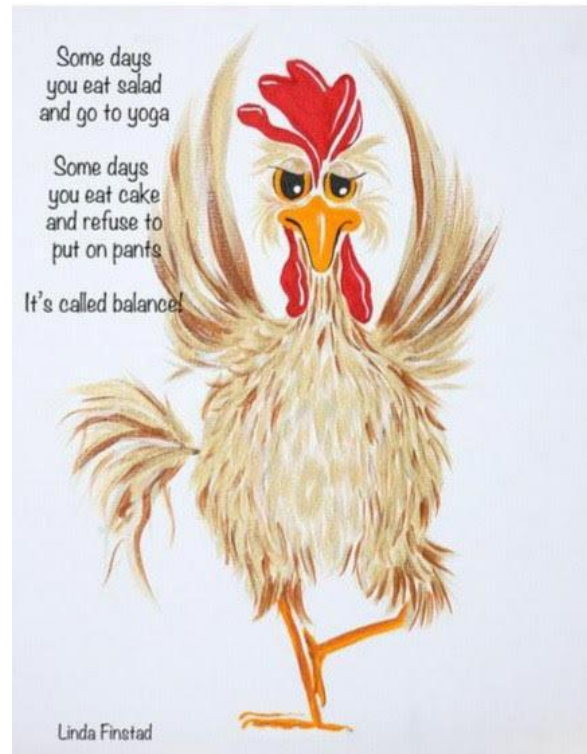
*By Mary Grant*

I think laughter is probably buttercup yellow. Laughter is a sudden urge in many ways. Is a chuckle like a guffaw? A titter like a belly laugh? A chortle like a tee hee?

A child laughs with glee long before he speaks. Laughter is a universal language in all its nuances.

The physical and social benefits are great. A good laugh gives us an internal massage and a release of tensions.

Some folk have such an infectious laugh no one can resist joining in. Just hearing laughter makes us smile.



**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.



# **IMPORTANT NOTICE**

## **NOMINATIONS ARE OPEN FOR A VACANT, 2 YEAR DIRECTOR POSITION ON OUR CSSCA BOARD**

- Rob Saar, current Director, is standing for re-election to this position.
- Any nominee must be willing to run for election and must be a current member for a minimum of 60 calendar days.
- The nomination must include signatures of two current members as nominators.
- Please submit the written nomination in a sealed envelope to our reception desk addressed to Chair CSSCA Nominating Committee.
- Nominations close February 25<sup>th</sup> 2026.
- If there is more than one nominee an election by secret ballot will be held at the March 12<sup>th</sup> AGM.

Questions? Please see page 10, Jan/26 newsletter of contact Gill Lightbody, Chair, Nominating committee, Central Saanich Senior Citizens Association.

## Central Saanich Seniors Centre Association

### Speakers Series

2pm, February 20<sup>th</sup>, 2026

### “Black History of British Columbia”

**Speaker: Karen Alexander Hoshal, Descendant**

**Synopsis:** February is Black History month in British Columbia and February 20<sup>th</sup> is Heritage Day in Canada so it is doubly significant that we should hear a presentation on the “Black History of British Columbia”. Karen shares the story of her great grandparents and other families who moved north from the San Francisco area to settle in British Columbia. The governor of British Columbia at the time, James Douglas believed that the United States would claim the southern part of Vancouver Island and sent letters inviting families to move here. This is the story of black settlers in British Columbia.

**Speaker Biography:** Karen Alexander Hoshal, Descendant Karen is a direct descendant of the first Black settlers to arrive in British Columbia from San Francisco. She is a founding member of the BC Black History Society and loves telling the story



*photo by Kathryn Alvarez  
Photography for Seaside Magazine*

of not only her family, but other Black families that lived in the area. Rather than growing up learning about her ancestors, Karen says that she “spent a whole year tromping through cemeteries” and finding old pictures and newspaper clippings from the time. Karen will display her grandmother Nancy’s heavy black dress and newspaper articles. She tells of her history and encourages others to share and explore their own. She believes that the more we know about each other, the

more we will understand each other and grow together – so that learning about the history of neighbours that lived here 150 years ago is just as important as learning the stories of the neighbours that we live next to now.



## SING ALONG



- Open to ALL MEMBERS -- \$2 at the door.
- Qualification? NONE! **Bring your best "shower" voice.**
- No need to be able to read music.

### SONGS FOR Feb 24th: 10 – 11:30 a.m.

As usual, our February program, will start with some vocal warm-ups followed by our national anthem and then our Central Saanich Seniors' Song written by member lyricist, Mary Grant.

In February of course, we celebrate **VALENTINE'S DAY** and, although we will be a few days late, all the songs we have selected are LOVE songs. To the brilliant accompaniment of Yoko Nishimura, I have selected the following:



Will You Love Me Tomorrow – Carol King  
All I Have To Do Is Dream – Everly Brothers  
Can't Help Falling in Love – Elvis Presley  
Can't Take My Eyes Off You – Frankie Valli  
Dream Lover – Bobby Darin  
It's Now or Never – Elvis Presley  
Love Me Do – The Beatles  
They Long To Be – The Carpenters  
L-O-V-E – Nat King Cole  
Are You Lonesome Tonight – Elvis Presley  
Unchained Melody – Righteous Brothers  
Save The last Dance For me – The Drifters  
Oliver! Where Is Love - Musical  
That's Amore – Dean Martin  
Love Me Tender – Elvis Presley  
Till There Was You – The Beatles  
And I Love You So – Elvis Presley  
I Love Paris – Doris day/Ella Fitzgerald



We will finish off our program with the *Hallelujah Chorus* from Handel's *Messiah*. This is a work in progress....!! And, last month, we had 19 beautiful voices all doing their best and having fun!





Weekly Activity / Program Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am	<b>Centre Sing Along</b> 10:00 - 11:30 am 4th Tuesday	<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>Jammers</b> 9:30am - Noon
<b>Mild Fitness</b> 10:30 - 11:30 am		<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>Social Crafters</b> 1-3 pm
<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>Blood Pressure Clinic</b> 11:45—12:45 1st & 3rd Wed	<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 Yo-ga</b> 1-2 pm	<b>500 Club</b> 1:00—3:30pm	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Wellness Talks</b> 2:00—3:00 pm 2nd Friday	
	<b>Spanish Conversation</b> 2:30 pm	<b>Hot Dog Days</b> Noon 1st & 3rd Wed Before Bingo	<b>Writing Circle</b> 2:00—3:30 pm Thursdays (Except 2nd Thurs)	<b>Speaker's Series</b> 2:00-3:00 pm 3rd Friday	<b><u>SUNDAY</u></b> <b>Walking Group</b> 2:00 pm
<b>Caregiver Support</b> 2:30-4 pm 4th Monday		<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<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.
	<b>Art Appreciation</b> 7:00 pm 2nd & 4th Tues	<b>Knitting</b> 1:30—3:30 pm	<b>Bridge Instruction</b> 12:00—4:00 pm		<i>New schedule for newsletter FEB26</i>