

Jan. 2026

# The Centre News

cssca.ca

## **President's Message**

Hopefully, you have met up with some really positive people as you journey through life. They are a joy to be around. Do you know an easy way to meet positive people? Hang out with some volunteers.

Volunteers are, by their nature, cheerful, easy-going, friendly, appreciative, purposeful, kind, compassionate, reliable, cooperative, resourceful, understanding, imaginative, optimistic, enthusiastic, supportive, resilient...and so much more. It is exactly these qualities that compel them to step up and help out.

If you would like to be surrounded by positive people - if you want to immerse yourself in positivity, join our volunteers.

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There are no similarities between the hectic, disco-inspired aerobics sessions held in the Upper Main Hall early on Wednesday mornings, and the stock-still focussed intensity of Bingo held in the Lower Main Hall on Wednesday afternoons. Except that folks in both groups are clearly enjoying their activities and the amiable company during arrivals and breaks. Might explain why some members participate in both!

*Dani Alldrick, President*

## **Coming Events**

### **Speakers' Series**

*Indigenous-Scottish Relations in Canada before Confederation* with speaker Dr. Peter Cook  
Jan. 16<sup>th</sup> 2 to 3 p.m.

### **\*New\* Social Crafters**

Starts Saturday Jan. 17<sup>th</sup> 1 to 3 p.m.

### **\*New\* Blood Pressure Clinic**

Starts Jan. 21<sup>st</sup> 11:45 a.m. to 12:45 p.m.

### **Bingo**

Jan. 21<sup>st</sup>, Feb. 4<sup>th</sup> and 18<sup>th</sup> 1 to 4 p.m.

### **Hot Dog Days (before Bingo)**

Jan. 21<sup>st</sup> and 18<sup>th</sup> 1 to 4 p.m.

### **Lunch Bunch at Jack's on The Water**

Jan. 22<sup>nd</sup> at 11:30 a.m.

### **Chat with Dr. Pat**

Topic: *Supplements – Do we really need them?*  
Jan. 23<sup>rd</sup> 2 to 3 p.m.

### **Centre Sing-along**

Jan 27<sup>th</sup> 10 to 11:30 a.m.

### **Art Appreciation**

Jan. 27<sup>th</sup> & Feb. 10<sup>th</sup> at 7 p.m.

### **\*New\* Spanish Conversation Group**

Starts Feb. 3<sup>rd</sup> 2:30 p.m.

**Raconteurs** with member Mary-Ethel Audley  
Feb. 6<sup>th</sup> 2 p.m.

**Wellness Talk:** Dr David Docherty on *Health and Staying Physically Active* Feb. 13<sup>th</sup> at 2 p.m.

### **February Speakers' Series**

*Black History of British Columbia* with speaker Karen Alexander Hoshal, Descendant  
Feb. 20<sup>th</sup> 2 p.m.

**Annual General Meeting:** Mar. 12 at 2 p.m.

## Nomination Process Clarified

*By Gerie Turner*

At last year's AGM, the Board promised to more clearly define our nomination process for open positions on the CSSCA Board of Directors.

After studying other seniors' groups on the Island and, with many committee meetings, the Board passed a nomination process at our December meeting. This process is attached on page 10 of this newsletter.

Notices will be posted in early February about the nomination period dates for our Mar. 12<sup>th</sup> AGM this year. Nominations from the floor will only be taken if there are no written nominations received during the nomination period.

Please consider this important contribution you or another member can make towards our Centre.

## Activities Update

*By Lisa van Bommel*

**New Program: Blood Pressure Clinics:**  
We will be hosting blood pressure clinics twice a month on the first and third Wednesdays of the month from 11:45 a.m. to 12:45 p.m.

The first of these clinics will be on Wednesday, January 21<sup>st</sup>. They will take place in the Upper Hall following the Mild Fitness Class and will wrap up just before Bingo starts in the Lower Hall. Member and retired nurse Pamela

Brambell will be coordinating these clinics in partnership with Beacon Community Services.

### New Activity starting in January: **Social Crafters**

Starting January 17<sup>th</sup>, we will have a new activity starting on Saturday afternoons from 1 to 3 p.m.

This will be a social group for all crafters or crafter wannabes. The group will meet in the upstairs lounge/activity area unless we have a renter upstairs. The group leader will be Lori Sather. All knitters, spinners, quilters, crocheters, and any other crafters are welcome. Bring your own mug and tea bag and we will put on the kettle. The drop-in fee is \$2.

**More Pool Time:** Drop-in Pool/Billiards is happening during Sunday Games from 1:30 p.m. to 3:30 p.m. on Sundays. If you would like to use the pool table during other times, please contact [activities@cssca.ca](mailto:activities@cssca.ca) to book a time when the room is available and open.

### New Activity starting in February: **Spanish Conversation Group:**

Greetings! Saludos! Would you like to spend an hour practicing Spanish conversation? Join Linda Polsson for an hour in the lounge at the Centre on a Tuesday afternoon for a relaxed opportunity to chat, laugh, and try out some slow-moving, friendly conversation. Como estas? Que te gusta comer? Que te gusta hacer? Como se llaman tus nietos? Starting Tuesday, February 3<sup>rd</sup> at 2:30 p.m. in the Lounge. A toonie for a drop in.

Contact Linda Polsson if you are interested or have any questions. Linda - [lindapolsson@gmail.com](mailto:lindapolsson@gmail.com)

## **Celebrate! Scottish Country Dance: New Year! New Activity! New Dancers Welcome!**

*By Janet Mitchell*

If you are looking for a new activity to try this year, come try out Scottish Country Dance on Thursdays from 11 a.m. until noon. You do not need to have Scottish heritage, and everyone is welcome to try this beneficial activity.

## **Did You Know? Dancing Makes You Smarter!**

A 21-year-long study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine. They found the following:

### **Percentage of reduction in risk of dementia:**

- 0% - Bicycling, swimming, or playing golf
- 35% - Reading
- 47% - Doing crossword puzzles at least four days a week
- 76% - Dancing frequently

### **In addition, dancing:**

- Reduces stress and depression.
- Increases energy and serotonin.
- Improves flexibility, strength, balance, and endurance.
- Strengthens bones and boosts cardiovascular health.
- Increases mental capacity by exercising our cognitive processes.
- Increases dynamic and rapid-fire decision making, creates new neural paths.



**Trips to Chemainus Theatre:** Please let us know which shows interest you most. There will be a list at the Front Desk for you to let us know what show or shows you would be interested to going to see.

If we have enough interest, you will be contacted and we will book transportation and reserve the tickets. Full cost TBD and will include transportation, show, and buffet lunch at the Playbill Dining Room. The shows we are looking at booking are *The Ladies' Foursome* (comedy) April 17 to May 17, and/or *Dirty Rotten Scoundrels* (musical) June 11 to Aug. 23

**Raconteurs - February 7<sup>th</sup>:** Member Mary-Ethel Audley will talk about her early years as a police officer with New Westminster Police Department and being one of the first women on patrol. Mary-Ethel was in Class 1 of the BC Police College, now the Justice Institute of BC. There were some interesting stories about her work there, including being sent on patrol in a skirt and shoes with 2-inch heels!

**New Topic for Wellness Talk on February 13<sup>th</sup>:** Presenter David Docherty, Ph.D. will give an informative talk on health and staying physically active as one grows older.

This presentation addresses the importance of staying active as we age, dealing with some important health issues in a lighthearted way. The presentation will cover the many aspects of health that are improved through a commitment to regular physical activity, including some of the recent research showing the value to cognitive functioning.

Simple suggestions for staying active and improving strength will be addressed with time to for specific questions.

### **This Month's Highlighted Activity/Program: *Wellness***

*By Lisa van Bommel*

What is wellness? Wellness can be defined as the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health. It is about more than just physical health and is often

described in six to 12 dimensions. We will be focusing on the eight dimensions as shown in the diagram on page 9 as we plan our programs and our future wellness talks.

We encourage you to think about wellness and what it means to you as we enter a new year. Find a new activity or program that meets one of the dimensions of wellness. Wellness talks on various topics will happen on the second Friday of each month and we are excited that that our first talk of 2026 will be with Dr. David Docherty on health and staying physically active as one grows older.

Thinking along the lines of wellness, perhaps we should call the Centre a wellness centre? We strive to provide activities, programs, and information that can help individuals enhance optimal well-being. If you would like to contribute to a wellness talk or have any questions or suggestions, please contact [activities@cssca.ca](mailto:activities@cssca.ca)



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

By Pat Gunton

Approximately one third of North Americans spend over 100 billion dollars on dietary supplements every year.

The *Chat with Dr Pat* on January 23<sup>rd</sup> will review whether we really need to take supplements and, if so, what supplements should we consider.



"Looks like he died of natural causes."

## Happy February Birthdays!

Feb. 1	Judy Gorton
Feb. 1	Gerie Turner
Feb. 2	Dorothy Sly
Feb. 4	John K. McLeod
Feb. 4	Vicki Rebneris
Feb. 10	Wendy Zachary
Feb. 13	Jean Ireland
Feb. 13	Lori Reid
Feb. 14	Donald Williams
Feb. 15	Pamela Brambell

Feb. 17	Ruth Christian
Feb. 17	Susan Pullan
Feb. 21	Mar Will
Feb. 22	Marlene Morrison
Feb. 26	Dawn Graham
Feb. 27	Judy Jackson
Feb. 28	Rosemary Coss



## Welcome New Members!

Susan Barker
Dave Barker
Shirley Casey
Linda Callison
Marg Gordon
Susanne Weber
Judy Beinder
Paul Smith
Lori Evans



## Writer's Corner

### Amazing Arachnids

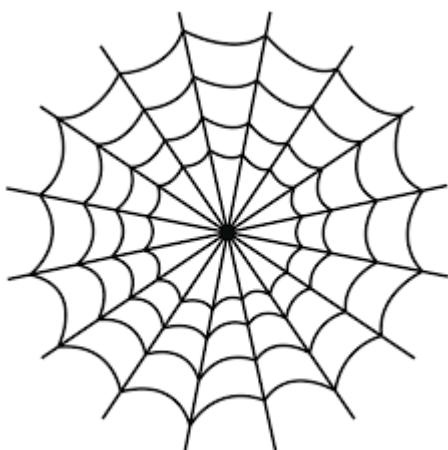
By Mary Grant

Spotting an incredibly lovely spider web, I recalled what I know about spiders. Being curious, I refreshed my memory.

Apparently, spiders go back to the Jurassic Period. They are master architects. From the nozzles of their spinnerets, they release protein-based silk (five times stronger than steel) which they craft into the framework for the web. The framework varies according to the type of spider of which there are seven categories. (We are familiar with orb spiders).

Next the spider's silk is crebillate or sticky for the circular web which can be created according to the size of prey desired and web location. Then they wait. Spiders are very adaptable.

Another example of the wonders of Nature.



So I was in a shoe shop this morning trying on a shoe, I said to the assistant "It's too tight".  
She said "Try it with the tongue out"  
I said "It'th nho ghodd, it'th thill thoo thight".



**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.

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

Yahoo

SONGS FOR  
Jan 27th: 10 to 11:30 am



Our first meeting this year is one day after Robbie Burns Day so why not sing Scottish songs? You will see from the program below I have selected 13 Scottish songs -- some written by Robbie Burns. I am unable to find piano accompaniment music for those shown in red so we will sing to the videos starting with the Scottish “National Anthem” *Oh, Flower of Scotland!*

1. Vocal Warm-up-John & Yoko
2. Central Saanich Seniors’ Song - Yoko
3. O Canada – Yoko
4. Hallelujah Chorus Messiah –All - Yoko
5. Scottish Songs
  - *Oh, Flower of Scotland - Video*
  - The Bonnie Banks of Loch Lomond - Yoko
  - My Love Is Like a Red, Red Rose - Yoko
  - *The Braes of Killiecrankie - Video*
  - *Roamin' in the Gloamin' - Video*
  - Auld Lang Syne - Yoko
  - *Ye Banks and Braes - Video*
  - I Belong to Glasgow - Yoko
  - Wee Deoch & Doris - Yoko
  - I love a Lassie - Yoko
  - Skye Boat Song - Yoko
  - Scotland the Brave - Yoko
  - Wild Mountain Thyme - Yoko

I am also excited about starting a journey to sing Handel’s *Hallelujah Chorus* from the *Messiah*. Our aim is to have this ready for around Easter, the traditional time when it is performed. It might be appropriate to open the AGM with it as I believe the AGM is scheduled for around that date (in early March!). Should be fun!

## Speakers Series

**2 p.m., 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.

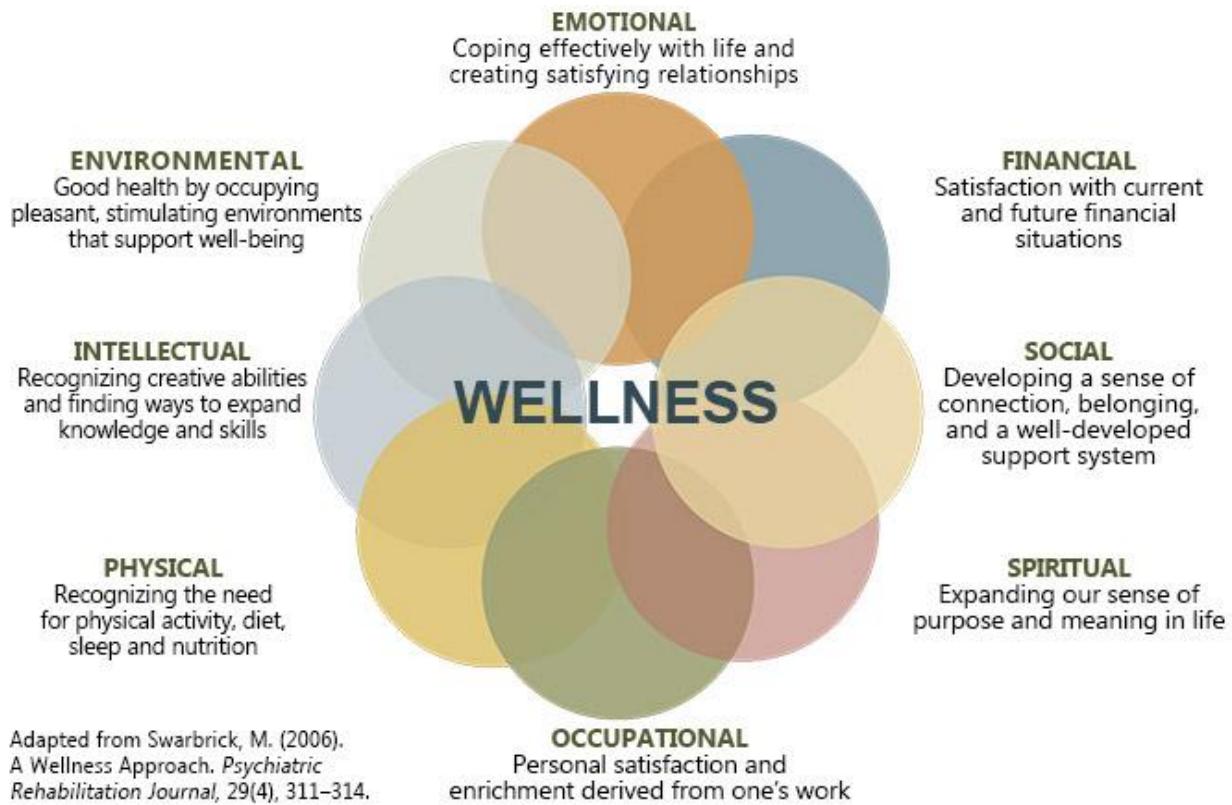
**Speaker Biography: Karen Alexander Hoshal, Descendant** Karen is a direct descendant of the first Black settlers to arrive in British Columbia from San Francisco. She is a founding member of the BC Black History Society and loves telling the story of

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



*Photo by Kathryn Alvarez  
Photography for Seaside Magazine*

is just as important as learning the stories of the neighbours that we live next to now.



Adapted from Swarbrick, M. (2006).  
A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

## **CENTRAL SAANICH SENIOR CITIZENS' ASSOCIATION (CSSCA)**

### **BOARD OF DIRECTORS NOMINATION PROCESS**

1. For the purpose of this nomination process, a “current member” must be a member for a minimum of 60 calendar days.
2. The Board will appoint a Nominating Committee composed of 3 current members to seek nominees for election to fill vacant Board of Director positions at the Annual General Meeting and to conduct elections.
3. Nominations for Officers and Directors:
  - a. Commencement of the nominating period will be announced and will close 2 weeks before the scheduled Annual General Meeting.
  - b. Nominations, in writing, must be submitted within the nomination period at the Front Desk in an envelope addressed to Chair, Nominating Committee.
  - c. Nominations require the signature of 2 current members.
  - d. A member cannot be nominated for more than one position during the nomination period.
4. To be eligible for election, a nominee must:
  - a. Be a current member in good standing under CSSCA Bylaws and
  - b. Provide written acceptance of the nomination and meet the eligibility requirement of the BC Societies Act.
5. The closing date of the nomination period will determine if the results for any position will be by acclamation or, if more than one person is nominated for a position, an election by ballot will take place at the Annual General Meeting to determine the successful candidate. The outcome of the votes cast at the AGM will be announced at the meeting and recorded in the minutes of the meeting. Ballots will be destroyed 2 days after the Annual General Meeting.
6. If there are no candidates for a position at the end of the nomination process, then nominations from the floor at the Annual General Meeting will be accepted. The 2 nominators and the nominee must be current members in good standing. If there is more than one nominee for a position, an election by ballot will take place.
7. Unsuccessful candidates will have one day following the Annual General Meeting to challenge, in writing, the election results for the position for which they were nominated. A recount will be completed by a minimum of three independent members not part of the Nominating Committee. After the recount has confirmed the election results, the ballots will be destroyed.

Approved by the Board of Directors on December 11, 2025.

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>Choose to Move</b> 10:30 - 12 pm Jan 12– Mar 23	<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 Yoga</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 * Starts Feb 3rd	<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>SUNDAY 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 JAN26</i>