

The Centre News

Mar. 2026

cssca.ca

President's Message

Thank you so much for the record attendance at our 2026 Annual General Meeting on March 12. And thank you to all of our board members hustling behind the scenes to ensure the many working parts ran smoothly. If I had known so many people would be staying for the post-meeting social, I would have bought the good cookies.

Sixty-two members participated in a lively celebration of another year of record growth, new activities, and new goals. Thank you to Rob Saar for his service on the board over the past two years. Be sure to congratulate new board members Lorraine Wilson and Barbara Jefferies on their elections to the board in February and March.

Joyce Vezina and John Gunton deftly stick-handled two separate motions about honorariums through our procedural maze and around opposing arguments; winning majority votes from members present. If you have a notion for a motion, be sure to ask Joyce and John for the secret to their success.

Dani Alldrick, President

Coming Events

Blood Pressure Clinic: (after Mild Fitness and before Bingo) Mar 18th, April 1st and 15th 11:45 a.m. to 12:45 p.m.

Bingo

Mar 18th, April 1st and 15th 1 to 4p.m.

Hot Dog Days (before Bingo)

Mar 18th, April 1st and 15th Noon

Speakers' Series

Discovering Ireland: Innovation and Entrepreneurship with speaker Pearse Moroney
March 20th at 2 p.m.

Centre Sing-along

Mar 24th from 10 a.m. to 11:30 a.m.

Art Appreciation

Mar 24th & April 14th at 7 p.m.

Lunch Bunch: White Spot

Mar 26th at 11:30 a.m.

Chat with Dr. Pat

Topic: *Osteoporosis: The Silent Thief*
Mar 27th from 2 p.m. to 3 p.m.

Easter Holidays: Centre closed Friday April 3rd and Monday April 6th

April Wellness Talk: Nick Parker on *Energizing the kaleidoscope of wonder within - Spiritual Wellness!* April 10th at 2 p.m.

April Speakers' Series: *Get-out-of-Jail Cards: do our Bail and Parole Systems Harm Public Safety?* with speaker Stephen Howell April 17th at 2 p.m.



Pancake Breakfast 2026



Dani Alldrick and Geri Turner once again used their culinary expertise to produce delicious pancakes with all the 'fixins' at this year's pancake breakfast.



*This year's kitchen crew included (left to right) Bill Turner, Krystina Manning, Elaine Hansen, and Roger Boutilier.
Photo by Dani Alldrick*

AGM 2026



Congratulations to new director Barb Jefferies! Photo by Linda Polsson

March 2026 Raconteurs



*At the March 6 Raconteurs, Brenda Scott presented an interesting and informative talk. Scott has been a volunteer with the Peninsula Search and Rescue for five years.
Photo by Linda Polsson*

Activities Update

By Lisa van Bommel

Waitlist for Fitness Classes: You may have noticed we are doing our best to manage the available space for participation in the fitness classes. If you are looking to start attending Aerobics and Mild Fitness classes, please check with us first to see whether there is room. If class capacity is full, your name will be added to a wait list, and you will be contacted when space is available.

Volunteer opportunities:

Friday Talks: looking for members to be available when needed during Friday talks (Raconteur, Wellness, Speakers' Series and Chat with Dr. Pat) to be back-up greeters and hospitality helpers.

Bingo positions: Looking for members willing to be trained in various positions. These would be back-up to support Bingo when the current volunteers aren't available. Current volunteers will train you.

For more information on these volunteer opportunities, please see Lisa van Bommel.

Chemainus Theatre Trips Update:

Planning is underway for two trips on May 17th and July 25th. Both trips are already full, with a waitlist. If you would like to be added to the wait list for either of these trips, please email

activities@cssca.ca

Payment for the trip on May 17th will be accepted at the end of March.

Quilting/Needlework: The quilting group has expanded to include all needleworkers or anyone who would like

to come for a social chat. This group meets 10 to noon on the 1st and 3rd Thursday.

No Raconteurs in April – There will be no Raconteurs in April as the first Friday of the month is Good Friday and we will be closed.

Wellness Talk on April 10th:

Energizing the kaleidoscope of wonder within - Spiritual Wellness! Speaker: Nick Parker. *Synopsis:* Words, by their very nature, often limit our perspectives and produce conceptual traps that mire the unwary and limit our thinking. When it comes to the notion of spiritual wellness, there is a risk of assuming that it is an empirical, quantifiable entity with a known trajectory. Let's take a few moments and relax into the endeavour and see where it leads! *Bio:* In Nick's own words, "Curious about life and with a zest for living it, I am a conversationalist, hosting a lifetime of engaging experiences with a down-to-earth demeanour. A naval officer, a military chaplain, and an Anglican cleric, my path through two degrees and more have left me with a bibliography of life, to unpack and ponder as I play within the genre of retirement. Being somewhat irreverent, a provocateur by nature, and one with a lighthearted outlook, gives me a bizarre, if not unconventional perspective for pondering the nature of human growth and the eternal."

Games for the Brain: There are many reasons why challenging yourself with games can be good for your brain. One of those reasons is *Neuroplasticity*. Engaging in new, challenging tasks helps the brain create new neural pathways,

strengthening your brain and making you more resilient to the effects of aging.

You can find books with challenging games, and many online options that offer free games. The main thing is to try something new and challenging and have some fun doing it!

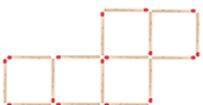
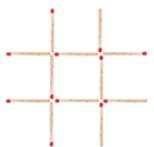
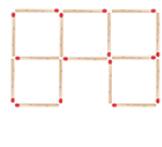
I invite you to view this entertaining short video that explains further the benefits of playing games.

<https://www.youtube.com/watch?v=wOsZqgrPGE4>

Brain Game

Name: _____ Date: _____

Matchstick Puzzles - #2

| | |
|---|--|
| <p>1. Move three matchsticks to make two squares.</p>  | <p>4. Move two matchsticks to make four squares.</p>  |
| <p>2. Move three matchsticks to make two squares.</p>  | <p>5. Move four matchsticks to make three squares.</p>  |
| <p>3. Move three matchsticks to make three squares.</p>  | <p>6. Move three matchsticks to make four squares.</p>  |

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This Month's Highlighted Activity: *Spanish Conversation*

By Linda Polsson

Buenos dias! Me llamo Linda. I am inviting you to a Tuesday afternoon drop-in Spanish conversation session in the lounge area during March from 2.30 to 3.30 p.m.

I'm offering opportunities to learn some Spanish, both for travel and for practicing with the Spanish speakers we run into at our Centre and in the community. Plus, it's good for our brains to learn another language – even a few words.

Did you know that we need to be exposed to a word an average of 40 times before it becomes a part of our vocabulary?

It's interesting to explore the way Spanish works – dividing nouns into masculine and feminine, and saying “car red” instead of our familiar “red car.” It stretches our minds and provides interesting conversations.

So far, we have practiced greetings, the names of fruit and vegetables, days of the week and months and looked at verbs, as well as other topics as requested.

Gracias y Bienvenido! Thank you and welcome!



At the Next Chat with Dr Pat...

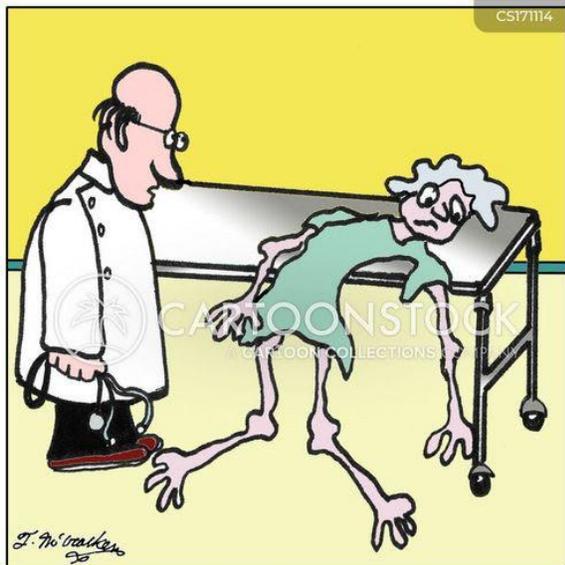
Osteoporosis: The Silent Thief

By Pat Gunton

Osteoporosis is most common after age 50. One in three women and one in five men will break a bone due to osteoporosis.

Eighty percent of all fractures in women aged over 50 are fragility/osteoporosis fractures.

Twenty-two percent of women and 33% of men (age 65+) who fracture their hips die within one year!



"Mary, you haven't been taking your calcium pills, have you?"

Happy April Birthdays!

| | |
|---------|------------------|
| Apr. 5 | Ardele Ranson |
| Apr. 8 | Carolyn Bertrand |
| Apr. 11 | Bob Whistlecroft |
| Apr. 12 | Carol Jenkins |
| Apr. 12 | Donna Flood |
| Apr. 16 | Trudy Exton |
| Apr. 17 | William Cole |
| Apr. 18 | Brenda Scott |
| Apr. 20 | Michele Crover |
| Apr. 22 | Lorna Chant |
| Apr. 22 | Roger Boutilier |
| Apr. 27 | Karen Hamilton |
| Apr. 27 | Andy McLeod |
| Apr. 27 | Diana Evans |
| Apr. 27 | Muriel de Greef |
| Apr. 29 | Karl Fechner |



Welcome New Members!

Myriam Klein
Marie Emery
James Emery
Viva Stewart
Rodney Fimrite
Tracy Bevan
Judy Griffin
Philip May



Writer's Corner

Merry-Go-Round

By Mary Grant

The thought occurred to me that life in these times is like a merry-go-round -- up and down, round and round, and getting nowhere. It is not, however, merry for many people.

There is a certain malaise over the world – a concern for the mental wellbeing of the populace as a whole. For we are one world now.

There is also an interesting juxtaposition with a refreshing awareness of people about what is truly important in life and a willingness to reach out to others

Each scenario is playing out on the world stage and will shape our tomorrows.

Let the music play!

Beautiful Baby

“If your baby is beautiful and perfect, never cries or fusses, sleeps on schedule and burps on demand, an angel all the time -- you're the grandma.”

(Found on the web.)

Life is like a dancefloor; you have to ignore the moves everyone else is making, and dance to your own rhythm.



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.

Central Saanich Seniors' Centre Association

Speakers' Series

2 p.m., April 17th, 2026

Get Out of Jail Cards:

Do our bail and parole systems harm public safety?

Speaker: Stephen Howell, B.A. M.Phil. (Cantab).

Synopsis: The granting of bail to accused persons, and the release on parole of people serving a prison sentence, are two of the most controversial practices in the criminal justice system. Steve will review what the law says about these practices, and assess the evidence about their impact on the safety of the public.

Speaker Biography: Stephen Howell, B.A. M.Phil. (Cantab). Stephen Howell enjoyed a thirty-one year career in corrections and youth justice. He has worked as a youth and adult probation officer, Justice Institute instructor, policy analyst, and manager in adult and youth custody, and community corrections.



Stephen was Deputy Warden (Programs) at the Vancouver Island Regional Correctional Centre from 1994 to 1997, Director of the Victoria Youth Custody Centre until 2002, and then Director of Youth Justice Policy for the Ministry of Children and Family Development until 2003. He returned to adult corrections as Deputy Provincial Director of Community Corrections until 2007, and concluded his career as the Executive Director of Integrated Crime Reduction in the Criminal Justice Reform Secretariat.

Since retiring from the public service in 2009 Stephen has worked part-time as a criminal justice instructor at Camosun College in Victoria, and as consultant in private practice. He holds a B.A. from the University of Victoria and a Masters' degree in Criminology from Cambridge University, and was awarded the Corrections Exemplary Service Medal and Bar.

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
Mar. 24th: 10 to 11:30 a.m.**

As usual, our March program will start with some vocal warm-ups followed by *O Canada*, then our Central Saanich Seniors Song written by our member Mary Grant.

In March, of course, we celebrate St. Patrick's Day and although we will be a few days late, all the songs we have selected will have an Irish connection. We will start the Irish program with the TWO Irish National Anthems. Then.....

FAILTE

O Danny Boy
Molly Malone
The Fields of Athenry
When Irish Eyes are Smiling
Carrickfergus
The Rose of Tralee
Whiskey in the Jar
The Wild Rover
Galway Bay
My Wild Irish Rose

Dirty Old Town
Winds of Morning
The Leaving of Liverpool
The Bard of Armagh
Sally-O
I Once Loved a Lass
Nancy Whiskey
Fare Thee Well Enniskillen
The Town I loved So Well



**Be sure to wear something
GREEN!**



Weekly Activity / Program Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|
| Aerobics 9:00- 10:00am Wait list only | Centre Sing Along 10:00 - 11:30 am 4th Tuesday | Aerobics 9:00 - 10:00 am Wait list only | Quilting 10:00 am—Noon 1st and 3rd Thurs | Aerobics 9 :00- 10:00 am Wait list only | Jammers 9:30am - Noon |
| Mild Fitness 10:30 - 11:30 am Wait list only | | Mild Fitness 10:30 - 11:30 am Wait list only | Scottish Country Dance 11 :00am - Noon | Mild Fitness 10:30 - 11:30 am Wait list only | Social Crafters 1-3 pm |
| Bridge 12:00 -4:00 pm | Art Group 12:00 - 3:00 pm | Weaving 11:00am - 3:00pm Wait list only | | | |
| | Mahjong 1-3 pm | Blood Pressure Clinic 11:45—12:45 | Lunch Bunch 11:30 am 4th Thursday | Raconteur 2:00—3:00 pm 1st Friday | |
| | Combined Hatha (mat) & Chair Yoga 1-2 pm | 500 Club 1:00—3:30pm | Book Club 2:00—3:30 pm 2nd Thursday | Wellness Talks 2:00—3:00 pm 2nd Friday | |
| | Spanish Conversation 2:30 pm | Hot Dog Days Noon 1st & 3rd Wed Before Bingo | Writing Circle 2:00—3:30 pm Thursdays (Except 2nd Thurs) | Speaker's Series 2:00-3:00 pm 3rd Friday | <u>SUNDAY</u> Walking Group 2:00 pm |
| Caregiver Support 2:30-4 pm 4th Monday | | Bingo 1:00 - 4:00 pm 1st and 3rd Wed | 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 | Knitting 1:30—3:30 pm | Bridge Instruction 12:00—4:00 pm | | <i>New schedule for newsletter MAR26</i> |