

The Centre News

Apr. 2026

cssca.ca

President's Message

Does the Centre have a manual covering the President's duties?

No, there's no single manual, but there are five essential "reference books" -- much like a set of encyclopedia:

- Volume 1 is named: Happy Smith
- Volume 2: Gerie Turner
- Volume 3: Margaret McKelvie
- Volume 4: Mike Bird
- Volume 5: Dale Broad

Five past-presidents willingly share 14 years of accumulated knowledge, experience, and insights (like where our folding wheelchair is stored - thank you, Happy!)

One of the most empowering moments is when they offer alternate solutions to an issue; a reminder that there is often more than one good answer.

In one year, I join these good folks as the next reference volume on the shelf. DO NOT lick your finger before turning my pages; don't dog-ear my pages either; and don't you dare crack my spine!

Dani Alldrick, President

Coming Events

Blood Pressure Clinic: (after the Mild Fitness class and before Bingo) April 15th, May 6th & 20th 11:45 a.m. to 12:45 p.m.

Bingo

April 15th, May 6th and 20th 1 p.m. to 4 p.m.

Hot Dog Days (before Bingo)

April 15th, May 6th and 20th at Noon

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.

Centre Sing-along

April 28th 10 a.m. to 11:30 a.m.

Art Appreciation

April 28 & May 11th at 7 p.m.

Lunch Bunch: Prairie Inn

April 23rd at 11:30 a.m.

Chat with Dr. Pat

Topic: *The Lungs*
April 24th 2 to 3 p.m.

Raconteurs: *In Defence of Fossil Fuels!* with member John Gunton May 1st 2 to 3 p.m.

Wellness Talk: Exploring local food with guest speaker Don Genova. May 8th 2 to 3 p.m.

May Speakers' Series: *Petty Traitors and Domestic Tyrants: Spouse Murder in England, 1660-1800* with speaker Dr. Andrea McKenzie May 15th 2 to 3 p.m.

Chemainus Theatre Day Trip: May 17th (sold out/waitlist only)

Ceilidh

May 23rd at 2:30 p.m.

Activities Update

By Lisa van Bommel

Social Crafters: The social crafters will not be meeting on May 2nd.

Taking a Break: Sunday Games and Spanish Conversation will be taking a break for the next few months. Sunday Games looks forward to starting up again in September. Keep your eyes open for another set of Spanish Lessons for Beginners happening in the fall with instructor Linda Polsson.

Speakers' Series Admission Change: Admission for the Speakers' Series talks that are also open to the public is now by donation. Thank you for your generous donations that go towards honorariums for our fantastic guest speakers. The other Friday talks (Raconteur, Wellness, and Chat with Dr. Pat) are a \$2 fee and for members only.

Waitlist for Fitness Classes: Some spaces have been made available in the Aerobics class, and those people have been contacted. There is still a waitlist for both Fitness Classes, and we ask if you are looking to start attending Aerobics or Mild Fitness classes, please check with us first to find out 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.

Chemainus Theatre Trips Update: The first Chemainus day trip this year will be on Sunday, May 17th. This trip is now sold out. Everyone who has paid for

this trip will be receiving additional instructions via email.

The next trip has been booked for July 25th, and we will start collecting payment for this trip at the end of May.

If you would like to be added to the wait list for either of these trips, please email activities@cssca.ca

Local Tai Chi Opportunity coming soon! The Canadian Tai Chi Academy (CTCA) is a renter at the Centre and will be offering a two-month introductory class! This class will focus on the first moves of the 108-move tai chi set developed by Master Moy Lin-Shin. When practised consistently, this gentle and complete body exercise results in improved balance, flexibility, and joint movement. No previous experience is necessary.

The classes will be offered twice a week on Sundays (2 to 3:15 p.m.) and Tuesdays (6 to 7:15 p.m.) from May 3 to June 30 (17 classes, no class on May 17).

Cost will be \$100 and the classes will be held in the main Upper Hall. Registration for these classes is done through The Canadian Tai Chi Academy. Contact them by sending an email to ctca.saanichpeninsula@gmail.com to indicate your interest and ask any additional questions.

Wellness Talk on May 8th: *Exploring Local Food* with Don Genova



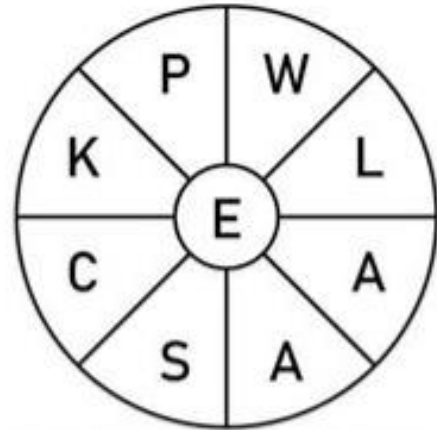
During this talk, Don will share the fascinating back stories of Vancouver Island’s best local food producers. Find out how supporting these special artisans is good for your health and good for your local economy. Don is the author of *Pacific Palate: Food Artisans of Vancouver Island and the Gulf Islands* and has spent the past 25 years discovering the diverse food culture of our islands.

GAMES FOR THE BRAIN: Monthly stimulation for our Cognitive Wellness

Submitted by Lisa van Bommel



WORD WHEEL PUZZLE I



HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE

**This Month’s Highlighted Activity:
*The Centre Sing-along***

By John Gunton



The Centre Sing-along has now been running in its current form for the last two years. In fact, this month (March), is our second anniversary. The photo shows the inaugural group, all of whom continue to come every third Tuesday of each month from 10 a.m. to 11:30 a.m. We are all aging well!!

I believe singing keeps us feeling young and helps stimulation of adding to our overall well-being and fighting off dementia!! I regret our wonderful accompanist Yoko Nishimura is not shown in the photo. but you can just see the piano in the lower right of the picture. Many thanks to Yoko for volunteering her time and skill.

Our Sing-along program is advertised each month, and I try to choose songs which are familiar to most...songs which you might sing when in the shower or walking along a wooded pathway! I try to choose songs of a certain theme or genre which fits with whatever the time of year might be. In March of course, the songs have an Irish theme to celebrate St. Patrick's Day.

Throughout the year, I invite our songsters to tell me their favourites, and I try to build those into the program. Finding the music is often a bit of challenge but I get lots of help from Rosemary Lapenskie and others. So far, I have avoided British drinking songs and I think rugby songs are inappropriate!

We are not a choir and the words/lyrics to the songs are all projected on a screen... in other words we do not use or read music, so don't let the fear of not being able to read music stop you from coming!

Occasionally we sing to videos using the Centre's excellent sound system. We welcome additional accompaniment (guitar: Ken and violin: Petra). The main thing is that we have fun, so do plan on

coming along and at any time let me know your comments and suggestions.

Our special thanks to Rosemary Lapenskie for helping to sort out and organize the sheet music.

Editor's Note: You can email John Gunton at geogunton@shaw.ca



Book References from the March Speakers' Series *Wellness of the Planet*

By John Gunton

For those who attended the March presentation *Wellness of the Planet*, the two book references I gave were as follows:

Resource Wars by Michael Klare, published in 2002, and *Collapse* by Jared Diamond, published in 2011.

We ran out of time during this presentation and did not finish. Everyone agreed they would like to hear the rest of it. I recalled that the *Wellness Series* had speakers arranged up to the summer

break. I said I would propose to continue in September. The attendees found that acceptable. Please watch this newsletter for more details.



Chat With Dr. Pat: *The Lungs*

Join Dr. Pat on April 24th at 2 p.m. for a chat that might leave you breathless!

Dr. Pat will cover major lung diseases that affect seniors in BC such as COPD, pneumonia, emphysema, and chronic bronchitis.



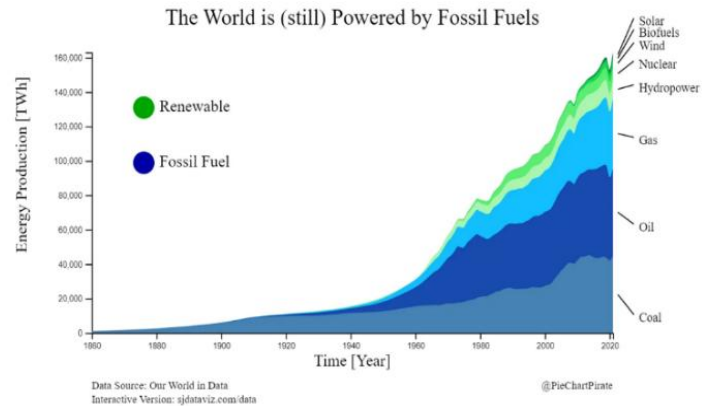
"WELL, YOU'RE STILL BREATHING - THAT'S A START."

Raconteurs: *In Defence of Fossil Fuels!*

By John Gunton.

The following graph shows how the world is continuing to increase its dependence on fossil fuels. At no time

has this become clearer than with the recent closure of the Hormuz Straits. This talk on May 1 will rationalise why this is so, looking at the implications to us here in Canada.



Happy May Birthdays!

- | | |
|--------|------------------|
| May 1 | Logan McMenamie |
| May 3 | Ken Weatherill |
| May 3 | Susan Wires |
| May 4 | Myrna Rouse |
| May 5 | Barb Jeffries |
| May 5 | Douglas Bracken |
| May 7 | Ali Harding |
| May 8 | Alex Magnussen |
| May 13 | Elizabeth Skaggs |
| May 13 | Donna Milljour |
| May 14 | Linda Parry |
| May 16 | Karen Gordon |
| May 17 | Ted Lejeune |
| May 17 | Alexandra Pett |
| May 18 | Penny Millway |
| May 20 | Glenda McDougall |
| May 20 | Ian Cameron |
| May 21 | Elaine Hanson |
| May 22 | May Mah-Paulson |
| May 23 | Norm Alton |

May 25 Patricia Bird
 May 25 Raelene Johnston
 May 25 Bob Matthews
 May 26 Gisela Wolf
 May 27 Shirley Roberts
 May 27 Ilene Tiszauer
 May 27 Pat McBeth
 May 28 Bill Turner
 May 31 Sandra Scarth
 May 31 Penny Snell



Welcome New Members!

Alan Bush
 Faye McClinton
 Ina Timmer
 Harry Olynyk
 Susan Olynyk
 Sue Arbez



Writer's Corner

By Mary Grant

The Fall

One moment, all is well. Then disbelief followed by an expletive of choice. A FALL.

Do I hurt? Is there blood? Can I move? Can I get up?

They tell you to be careful. I AM being careful but...a small trip, a moment off balance, a too-quick turn and there you are.....down.

You always hope it will never happen again, but it only takes a second and can change your life.

SIGH !!!!!



**Best wishes for a quick recovery,
 Mary!**



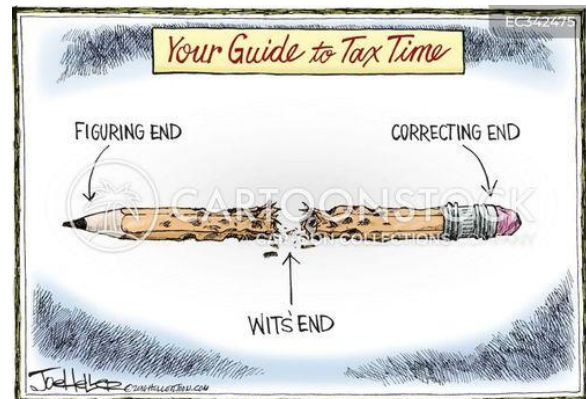
Top Ten....

Now that Easter has come and gone, here are the top ten life lessons learned from the Easter Bunny:

1. Don't put all your eggs in one basket: Diversify your efforts and risks.
2. Everyone needs a friend who is all ears: Be a good listener.
3. There's no such thing as too much candy: Embrace joy and treat yourself.
4. All work and no play makes you a basket case: Balance is essential.
5. Everyone is entitled to a "bad hare" day: It's okay to have off days.
6. Let happy thoughts multiply like rabbits: Focus on positivity.
7. Keep your paws off other people's jellybeans: Respect boundaries and personal property.
8. Good things come in small, sugar-coated packages: Appreciate the little things.
9. To show your true colors, you have to come out of your shell: Be authentic and show your true self.
10. The best things in life are still sweet and gooey: Keep a soft heart and enjoy life's pleasures.

- From the Internet

THE OLDER I GET ...
THE MORE I FIND
MYSELF LOOKING AT
PEOPLE LIKE THIS ...



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.

SING ALONG

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

- Re-live your youth singing your favourite songs
- Yoko, our piano accompanist, is away in April, so we will be singing to video recordings. However, Petra (violin) and Ken (guitar) may join us in accompaniment and singing.

Yahoo

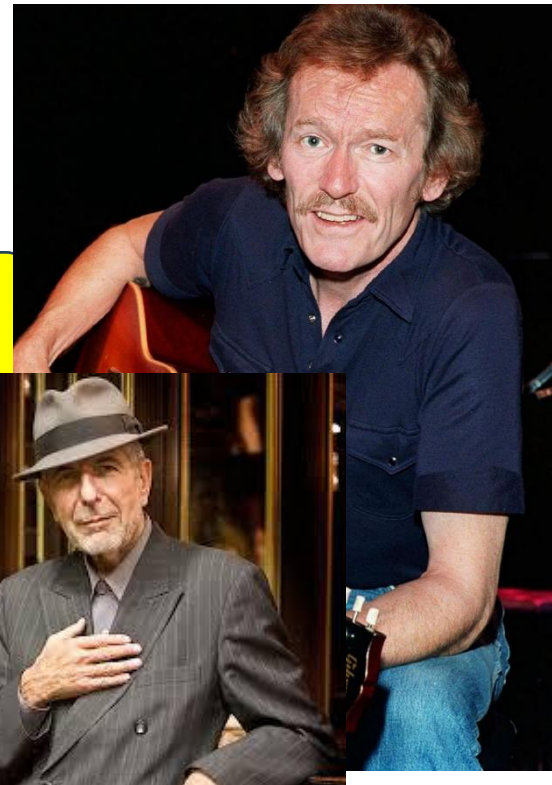
Leonard Cohen and
Gordon Lightfoot.



SONGS FOR
April 28th: 10 to 11:30 a.m.

Folk Songs

The April program will feature well-known songs performed by Peter, Paul and Mary,



CEILIDH

Saturday May 23rd at 2:30pm



The Scottish Country Dance group is having a
Ceilidh dance! All are welcome!

\$5 PER PERSON OR \$10 PER FAMILY

1229 CLARKE ROAD

(NEXT TO THE LIBRARY IN BRENTWOOD BAY)

250-652-4611

CSSCA.CA

Wear comfortable clothing and lightweight, soft-soled flat shoes.

Weekly Activity / Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am Wait list only		Aerobics 9:00 - 10:00 am Wait list only		Aerobics 9 :00- 10:00 am Wait list only	Jammers 9:30am - Noon
Mild Fitness 10:30 - 11:30 am Wait list only	Centre Sing Along 10:00 - 11:30 am 4th Tuesday	Mild Fitness 10:30 - 11:30 am Wait list only	Quilting 10:00 am—Noon 1st and 3rd Thurs	Mild Fitness 10:30 - 11:30 am Wait list only	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm Wait list only	Scottish Country Dance 11 :00am - Noon		Social Crafters 1-3 pm
	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	Hot Dog Days Noon 1st & 3rd Wed Before Bingo	Social Bridge with instruction 12:30—4:00 pm	Wellness Talks 2:00—3:00 pm 2nd Friday	
		Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Book Club 2:00—3:30 pm 2nd Thursday	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		500 Club 1:00—3:30pm	Writing Circle 2:00—3:30 pm Thursdays (Except 2nd Thurs)	Chat with Dr Pat 2:00—3:00 pm 4th Friday	
	Art Appreciation 7:00 pm 2nd & 4th Tues	Knitting 1:30—3:30 pm			<i>New schedule for newsletter APR26</i>