

The Centre News

May 2026

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President's Message

Many thanks to Bill Turner for his skill and patience marshalling our reluctant telephone and Internet systems into the 21st century. ZOOM indeed!

Just like the Druids, here at the Centre we celebrate the coming summer solstice with festivals and feasting and acolytes clothed in strange garb, performing mysterious rituals late into the night – like macerating strawberries.

Be ready for this year's edition of our legendary Strawberry Tea, a.k.a. "The Feast", coming up on Thursday, June 18th. Savvy long-time members have learned to begin this summer day with fasting.

We have a variety of new activities launching in May and June. Read on!

Make sure you note the days, dates and times so you can drop in to participate. Let us know if you would like these fresh new programs to continue.

Dani Alldrick, President

Coming Events

Chemainus Day Trip: May 17th

Centre Closed: May 18th for Victoria Day

Blood Pressure Clinic: (after Mild Fitness and before Bingo) May 20th, June 3rd and 17th 11:45 a.m. to 12:45 p.m.

Bingo: May 20th, June 3rd and 17th 1 p.m. to 4 p.m.

Hot Dog Days (before Bingo) May 20th, June 3rd and 17th at noon

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

Chat with Dr. Pat:

Topic: *Skin, Hair and Nails (The Good, the Bad & the Ugly)* May 22nd 2 to 3 p.m.

Ceilidh: May 23rd at 2:30 p.m.

Centre Sing-along: May 26th 10 to 11:30 a.m.

Art Appreciation: May 26th and June 9th 7 p.m.

Lunch Bunch: Mary's Bleue Moon Café May 28th at 11:30 a.m.

Cornhole: – new summer outdoor activity! Starts June 2nd at 10:30 a.m.

Raconteur Talk: *In Defense of Fossil Fuels – Part 2* with member John Gunton June 5th 2 to 3 p.m.

ZUMBA Gold Free Trials: Sign up to try it out! June 11th at 9:45 a.m. and June 18th at 6 p.m.

Wellness Talk: *What health care advice, practices & therapies can you now access from you Pharmacist?* with pharmacist Trevor Wassermann from Joe's Family Pharmacy June 12th from 2 to 3 p.m.

Strawberry Tea & Art Show: SAVE THE DATE! Thursday, June 18th Drop in from 1:30 to 3:30 p.m.

June Speakers' Series: *Building Bridges through Understanding the Village* with Kathi Hemphill Camilleri June 19th 2 to 3 p.m.

Strawberry Tea & Art Show



By Lisa Van Bommel

Planning is underway for our popular, and always appreciated, Strawberry Tea and Art Show, to be held on Thursday, June 18th. Drop in between 1:30 and 3:30 p.m. to enjoy our delicious strawberry shortcake, featuring the Saanich Peninsula's best strawberries!

The Art Show will feature our talented Art Group.

Tickets will be available for purchase at the Front Desk starting May 29th at \$12 for members and \$15 for guests. We also need volunteers! Sign up sheets will be posted at the Front Desk.

Washroom Refresh Project

By Dale Broad

Over the next few months, we will be giving four of our washrooms a much needed refresh. Details are:

- Washroom off the Activity Room, lower level: remove the urinal, paint the walls, and install a hands-free towel dispenser.
- Washroom off the stage and adjoining area: replace the flooring and baseboards. These areas were painted a couple of years ago when we painted the main floor area.
- Main floor washrooms: these two washrooms will have the most changes. We will be replacing the flooring, baseboards, vanities, and mirrors, painting the walls and installing hands-free towel dispensers.

Due to the scope of the refresh, it will be necessary to close one washroom at a time for a short period. One washroom will remain open. When this occurs and the washrooms are busy, we ask that those who can use the stairs to go to one of our other washrooms.

The washrooms on the lower level in the bingo hall are not affected by this project and, therefore, are available.

Every effort will be made to minimize the impact on our activities and programs. We anticipate most of the work will be done after hours or when the Centre has minimal activity. We appreciate your cooperation and patience as we continue to refresh our Centre.

Volunteer Appreciation Lunch



*Centre President Dani Alldrick welcomes guests at the lunch on May 2.
Photo by Linda Polsson*



Volunteers Pat and Don Williams enjoy dessert during the volunteer appreciation lunch. The Williams run the 500 Club.



Happy Birthday, Barb!



Exercise class leader Barb Jefferies celebrated her 80th birthday between classes at the Centre on May 6. Photo by Linda Polsson.

Activities Update

By Lisa van Bommel



New Summer Activity - Cornhole:
Starting Tuesday, June 2nd at 10 a.m.
Cornhole (or bean bag toss) has experienced a massive surge in popularity. Join one of the fastest growing activities! It is accessible to all ages and abilities and inherently social. We will begin on Tuesday, June 2nd starting at 10 a.m. Play will happen on

the grass beside the Centre or in the Upper Hall if the weather is not cooperating. Come join this outdoor summertime fun! Add your name to the interest list at the Front Desk.



Chemainus Theatre Trips Update:

The first Chemainus day trip this year will be on Sunday, May 17th. This trip is sold out and participants are getting ready to go.

The next trip is booked for July 25th to see *Dirty Rotten Scoundrels* and the first 20 members who originally expressed interest have been contacted by email to confirm they are still interested. If space opens, members on the wait list will be contacted. We will start collecting payment for this trip at the end of May.



June Wellness Talk:

Your Community Pharmacist Today: expanded practises and services now accessible to you.

We are excited to welcome local pharmacist Trevor Wassermann to talk with us and answer our questions about newer services now available through your community pharmacist. Come join us on Friday, June 12th at 2 p.m. There is a \$2 drop-in fee for all members.



Zumba Gold Free Trials: Two opportunities to try it out: Thursday, June 11th at 9:45 a.m. and again on Thursday, June 18th at 6 p.m.

If you are an older active adult, new to Zumba, love music, like to laugh and have fun, this may be just what you are looking for.

You are invited to try Zumba Gold with Tamara. Zumba is a fitness program featuring music and movements inspired by Latin dance. Through clear and effective instruction, learn the four basic Zumba rhythms. (Salsa, Merengue, Cumbia, Reggaeton), throw in a few classic, spirit-lifting tunes, mix with a “whole lotta” options to modify or intensify your workout to tailor it to your heart health and pace, and voila...golden!

Sign up at the Front Desk if you would like to reserve your space at one of the free classes in June.

If we have enough interest, you can look forward to more information on regular classes starting in September.



Raconteurs:
Friday, June 5th at 2 p.m.

In Defense of Fossil Fuels – Part 2 with member John Gunton.

In May, John summarised how he became involved in the oil and gas industry, briefly describing how the industry is fully integrated into one interconnected North America-wide system of pipelines and refineries. This integration has shortcomings, leaving parts of Canada to rely on imports of both oil and gas and therefore exposure to world-wide prices.

The importance of this industry to the health and well-being of BC and Canada was made clear but the elephant in the room is the impact on the environment of carbon dioxide emissions from the burning of the fossil fuels upon which we depend.

In Part 2, John will reflect on the present situation in the Middle East and the

“Shadow Tankers” used by Russia and other countries. In no uncertain way, our dependence on hydrocarbons to sustain our way of life is made very clear – but can society continue the consumption rate which has provided us the “Golden Years” and brought about tremendous prosperity?

Mahjong: Extended hours -- and now American and Hong Kong-style offered!

Mahjong will be amending the time to extend play time. This fun activity will now play from 12:30 p.m. to 4:30 p.m. on Tuesday afternoons in the Activity Room. The group is growing and is now offering American-style in addition to the Hong Kong-style. New players are always welcome.



Pole-walking Workshop Interest List

If you are interested in learning Nordic Pole Walking, please let us know. An interest list is started at the Front Desk. We hope to offer this workshop soon lead by instructor Glenice Barber. Cost of this workshop is \$45 and consists of three one-hour sessions held over three consecutive days.

This Month's Highlighted Activity: Volunteerism



By Lisa van Bommel

For all those who missed Dani's speech at the well-attended volunteer luncheon, I would like to highlight a sometimes-overlooked activity that is essential to the success of the Centre – volunteerism. I have taken a few excerpts from Dani's speech to help highlight how valuable and beneficial volunteering is.

Volunteering helps improve your health and wellness:

- Volunteering lets you select an activity that aligns with your personal values, passions, beliefs, and interests.
- Volunteering gives you opportunities to use your knowledge, skills and talents.
- Volunteering can help you develop new skills.
- Volunteering gives you new opportunities to set fresh personal goals, gain new experiences, and enhance your personal satisfaction.
- Volunteer work provides a way to meet new people and build important social connections.

Thank you to all of you for making time to volunteer. Not only are you helping the Centre become the place we enjoy

but making time to volunteer is one major way to improve your health, and your wellness, and increase your overall happiness.



Two Bus Trip Opportunities! Departing from the Shoal Centre and offering pick-up in Brentwood Bay!

Call the SHOAL Centre to register 250-656-5537.

Let them know you want a pick-up in Brentwood Bay at the Centre. Cost: \$5

Trip #1: June 15 from 8:30 a.m. to 11:30 a.m. "Birding"

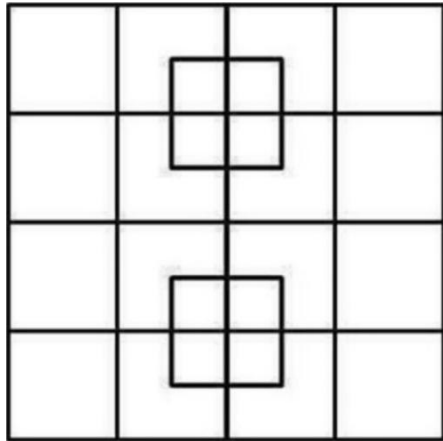
The *Power to Be* program has partnered with Rocky Point Bird Observatory for expert-led monitoring and education, including MAPS banding and guided, accessible bird walks. This program fosters connections with nature for people of all abilities.

Trip #2: June 24 from 8:30 a.m. to 11:30 a.m.: Shopping Trip to Hillside Shopping Centre.



GAMES FOR THE BRAIN: Monthly stimulation for our Cognitive Wellness

Submitted by Lisa van Bommel



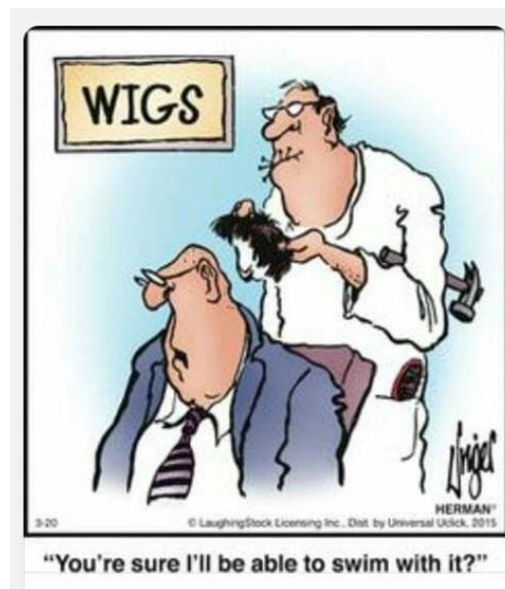
How many squares?

www.piZap.com

Answer: 14

- Excretes sebum, sweat, and other waste from your body.
- Regulates your body temperature and allows you to stay cool.
- Helps you feel heat and cold, and detects other sensations.
- Synthesizes vitamin D.

Diseases of the integumentary system will be reviewed, along with possible therapies.



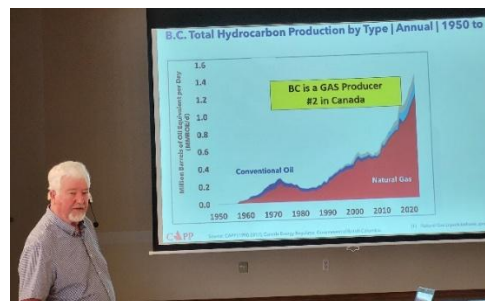
Chat With Dr. Pat: *The Integumentary System*

By Pat Gunton

Join me on Friday, May 22 at 2 p.m. to learn more about the integumentary system, which includes the skin, hair, nails and sweat glands. This system performs the following functions:

- Provides physical protection against bacteria and germs.
- Absorbs and helps heal abrasions, cuts, and other injuries.
- Cushions and protects your body from infection.
- Protects you from the sun's ultraviolet rays and sunburn.

Raconteurs



Member John Gunton explains the use of fossil fuels during his "Raconteurs" talk on May 1. Photo by Linda Polsson

Happy June Birthdays!

June 1	Vivien Bradley
June 1	Judy Rayschun
June 2	Jean Simpson
June 3	Kim Evans
June 3	Dorothy Harrower
June 4	Suzanne Fechner
June 5	Shelly Dennis-Orr
June 7	Collin Dower
June 7	Fran Brown
June 8	Judy Griffin
June 8	Koko Saar
June 10	Jeanette Duffell
June 10	Mary Colbert
June 12	Karen Chase
June 12	Dani Alldrick
June 12	David Aniotar-Romain
June 13	Greg Patten
June 13	James Strand
June 18	Terri Middlebrook
June 19	Elaine Drader
June 19	Don Gordon
June 20	Kathy Coutts
June 20	Heather Pattullo
June 22	Vernon McConnell
June 22	Brenda Lewis
June 22	Kathleen Fraser
June 24	Wendy Margetts
June 29	Maureen Clarke
June 30	Ken Peters



Welcome New Members!

Janet Tidmarsh
Dane Allison
Trygue Renaas
Sandra Dye
Virginia Hughes
Wendy Chang



Gardeners' Corner

By Shelly Dennis-Orr

The rarest known flower in the world is considered to be the Middlemist Red Camelia. Only two plants exist: one in England and the other in New Zealand.

Once native to China, it is now extinct in its homeland, likely due to overharvesting.



Writer's Corner

Voices

By Mary Grant

Your voice is your signature. There are familial similarities in voices, but each voice is unique.

In no other way do we interact with our world as we do with our voices.

The multitude of adjectives to describe the voice speaks to how varied expression is – comforting or strident, cheerful or reserved, monotonous or shrill, loving or gruff – and so on.

To hear you is to know you. Your voice is unseen but not unknown.

Do You Remember...

...Erma Bombeck?

“I don't think I will ever forget the first luncheon I gave for my neighbors in Suburbian Gems. They were all on a different diet. It was like hosting a famine.

“Helen was on the Stillman Diet which meant eight glasses of water, lean meat, and a bathroom of her own. What

does it profit a woman to look thin if you have to wear nose plug for the rest of your life?

“Ceil was on the Atkins Diet for which I cooked an egg swimming in butter, served on a table in the corner due to her acute bad breath. (No diet is perfect.)

“Marge was still on the Drinking Man's Diet. She required a bottle, a little ice, and a clean glass. Marge hadn't lost a pound, but it didn't seem to make any difference to her. Ethel was on the Vinegar/Kelp diet. She worried us as she kept drifting toward the ocean.”

From *The Grass is Always Greener Over the Septic Tank*, 1972

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.
- Qualification? NONE! **Bring your best “shower” voice.**
- No need to be able to read music.
- Welcome back, Yoko, after travelling around Japan.

Yahoo

SONGS FOR
May 26: 10 to 11:30 a.m.



Our program for May 26th has a spring theme: Lots of romance and flowers as we enjoy this wonderful time of year. The song list is provided below and there may be some songs you do not know but they are all easy to sing!

By popular request, we have replaced the national anthem segment with British music hall songs. Two have been selected, both by Flanders and Swan. (*The Gasman Cometh* and *A Song of the Weather*). For those who do not have ties to Britain, Pat and Mike Bird will be on hand to provide a full explanation (and translation!).

Spring Songs

- Blue Bells of Scotland
- Daisy, Daisy
- In the Shade of the Old Apple Tree
- Lemon Tree
- Love is a Rose
- Mexicali Rose
- The Merry, Merry Month of May
- The Rose
- The Rose of Tralee
- Tiptoe through the Tulips
- What a Wonderful World
- When You Wore a Tulip
- When It's Springtime in the Rockies
- Yellow Rose of Texas
- April Come She Will
- One Morning in May



Building Bridges Through Understanding the Village
June 19, 2026 at 2 p.m.

This talk will assist you as you move forward into reconciliation. We will deepen our understanding regarding the decolonization and learn about how we can increase cultural safety for families who have Indigenous ancestry. From this learning comes an increased understanding of respectful ways of engaging and working collaboratively to build more culturally safe systems. The participants will gain a cognitive and emotional understanding of traditional First Nations values. This learning echoes the sentiments and goals of the TRC Calls to Action and The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).



*Kathi Hemphill Camilleri, Master of Arts in Leadership
Cultural Safety Consultant and Facilitator of Village Workshop© Series*

In 2012 Kathi's work was nominated for the Premier's Award for Excellence in Leadership, the B.C. Reconciliation Award and for an Excellence in Diversity Award from the provincial Nesika Foundation. Kathi uses humour, kindness and wisdom to hold the space safely for us while we change how we see the world and how we forever interact with those who have Aboriginal Heritage. It is easy to learn because of her gentle ways, and her respect for all people." ~workshop participant

Bio

Kathi Camilleri (Spotted Doe) is of Metis/Cree Ancestry. She holds a master's degree in leadership studies and Certificates in CBT and DBT. She facilitates strategic planning sessions, keynotes and experiential Village© workshops regarding Canada's Policy of Assimilation and Colonization with all levels of government, students and educators, and frontline workers in communities across Canada. Kathi and her husband Chris have a blended family with six boys and one (brave, tough) girl. Kathi can be reached at 250.287.0150 or by email cckc@telus.net

Weekly Activity / Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am <i>Wait list only</i>	Cornhole 10 am <i>Starts June 2</i>	Aerobics 9:00 - 10:00 am <i>Wait list only</i>		Aerobics 9 :00- 10:00 am <i>Wait list only</i>	Jammers 9:30am - Noon
Mild Fitness 10:30 - 11:30 am <i>Wait list only</i>	Centre Sing Along 10:00 - 11:30 am 4th Tuesday	Mild Fitness 10:30 - 11:30 am <i>Wait list only</i>	Quilting 10:00 am—Noon 1st and 3rd Thurs	Mild Fitness 10:30 - 11:30 am <i>Wait list only</i>	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm <i>Wait list only</i>	Scottish Country Dance 11 :00am - Noon		Social Crafters 1-3 pm
	Mahjong 12:30- 4:30 pm <i>extended hours</i>	Blood Pressure Clinic 11:45—12:45 1st & 3rd Wed	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	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 MAY26</i>