

Summer 2026

cssca.ca

The Centre News

President's Message

With this issue of **The Centre News**, Shelly Dennis-Orr passes the mantle of editor onward to Lorraine Wilson. Shelly became editor more than five years ago as we emerged from the first Covid closure. Under her vision and efforts, the quarterly newsletter transformed into a monthly preview of upcoming activities and special events. She soon added feature articles to profile our programs and acknowledge the contributions of our many individual volunteers and volunteer teams. The initial 3-page issue of October 2020 has grown into the bumper 12-page editions we all receive via email. Shelly, thank you so much for all your inspiration and hard work on our behalf!

Dani Alldrick, President

The Rites of Spring

Each spring your board of directors reassesses and resets membership dues here at the Centre. Once again, their decision is to leave well enough alone. As of September 1, 2026, Annual Membership dues will remain at \$60 for the year.

Dani Alldrick President

Coming Events

By Lisa Van Bommel

Bingo

June 17th, July 15th none in August
From 1 to 4 pm

Hot Dog Day (before Bingo)

June 17th, Noon

Blood Pressure Clinic

After Mild fitness, before Bingo
June 17th July 15th 11:45-12:45

Strawberry Tea & Art Show

Thursday June 18th

Drop in 1:30-3:30 pm

Zumba Gold free trial

June 18th at 6 pm

June Speaker's series:

Building Bridges through understanding the village with Kathi Hemphill

Camilleri June 19th 2-3 pm.

Chat with Dr. Pat

Topic: *The Thyroid: The Tiny Gland with the BIG impact!* June 26th 2-3 pm

Centre closed July 1 for Canada Day

Chemainus Day Trip: Dirty Rotten Scoundrels July 25th

Free Ceilidh

Sunday September 13th; 2:30pm

Washroom Refresh Project

The schedule for this washroom project is now the latter part of June.



Activities Update

By Lisa Van Bommel

SUMMER BREAKS

Some activities and programs will be taking short breaks over the summer while others will continue as usual throughout. If you are unsure if an activity or program is taking a break, please contact us.

*Yoga will continue thru the summer but will be taking a break during September/October with Instructor Janet Budden goes on an adventure. Classes will resume in November.

Activities Programs that are returning after the summer break

- Speakers Series
September 18th 2-3 pm
- Raconteurs October 2nd 2-3 pm
- Wellness Talks
September 11th 2-3 pm
Advance Care Planning workshop
- Art Appreciation September 8th
7pm
- Lunch Bunch September 24th
- Sunday Games
- Bridge instruction
- Chat with Dr Pat September 25th
- 500 Club
- Raconteur back in October
- Scottish dance back in August

Wellness Series

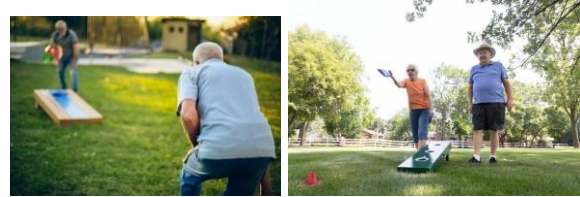
“Advance Care Planning Workshop” begins September 11th 2-3 pm

September Speaker’ series:

MAID: A Ten year History

with speaker Doctor Rosanne Beuthin
September 18th, 2 to 3 pm.

Outdoor Summer Fun! – *Corn hole* –



Tuesdays 10-11:30 am

Play will happen on the grass behind The Centre or in the Upper Hall if the weather is not cooperating. Come join this outdoor summertime fun!!

FREE for all members.

BINGO – SUMMER UPDATE

There will be no Bingo on Wednesday July 1st. The last Bingo before a short summer break will be July 15th, however there will be no hot dogs on this day. Bingo will start back up again on Wednesday September 2nd, and continue as usual, running every 1st and 3rd Wednesday of the month.

Thank you to all the dedicated volunteers who make this activity possible!



**Chemainus Theatre Trips Update:
Space now available!!!**

The next trip is on Saturday July 25th, to see *Dirty Rotten Scoundrels*. If you are interested in joining this group, contact activities@cssca.ca. as a space has come available.

May Lunch at Chemainus theatre

We enjoyed “*The ladies Foursome*” and of course the buffet!



Coming this Fall:

Spanish Basics and Conversation

Time to study Spanish!



Linda Polsson

Our focus will be an oral approach, with lots of repetition, practice and lots of opportunities to ask questions. We will look at a VERB of the week and basic vocabulary.

We will bravely take advantage of Chat GPT to generate simple conversations to practice. Bring a notebook, a pen and a highlighter. Prepare to laugh and have fun.

Stay tuned for more information of this activity starting in the fall!

The cost is \$5 per session + \$2 per session to the Centre.



Zumba Gold



Tamara

UPDATE: Regular classes to begin Thursday, September 10th!

Thank you to everyone who signed up for the *Zumba Gold* Free Trial sessions in June. The classes received lots of interest, and we are excited to have Zumba happen regularly beginning September 10th. There will be two options every week. Thursday mornings beginning at 9:45am, and again later Thursday evening beginning 6 pm

Payment for classes will be the same format as our yoga, aerobics, and mild fitness classes with tickets available for purchase from the instructor Tamara. Tickets for Zumba gold will be 5 classes for \$30 payable by cash.

If you are an older active adult, new to Zumba, a person who loves music, likes to laugh and have fun this may be just what you are looking for.

To help us manage space in the classes, please email activities@cssca.ca to indicate your intention to attend one of these classes in September



Lunch & Learn: What did we learn? The Centre hosted a well attended Lunch & Learn in May in partnership with the District of Central Saanich and Beacon Community Services. The topic was “*Strategies for Staying Safe During Heat Dome Season*” and for those who were unable to attend here are some important things to know.

Extreme Heat

From Lisa Banfield
Emergency Program Manager, Central Saanich Fire Department, District of Central Saanich.

As hot weather approaches, it’s important to plan and stay cool. Older adults can be more affected by extreme heat, so simple steps like drinking water often, keeping blinds closed during the day, and spending time in cooler indoor spaces can help prevent heat-related illness.

During an Extreme Heat Emergency, residents are encouraged to check in on friends, neighbours, and family. If temperatures are forecast to exceed 29 degrees during the day and not dip below 16 degrees in the evening for 3 consecutive days, the district will activate their Extreme Heat Plan. If an Extreme Heat Emergency is declared,

Cooling Centres will become available to the community, including the Seniors Centre, Masonic Hall, and St. Stephen’s Church members, especially those living alone. Residents can stay informed through the district’s website, social media, and Saanich Peninsula Alert. To sign up for Saanich Peninsula Alert Register here:

www.centralsaanich.ca/spa

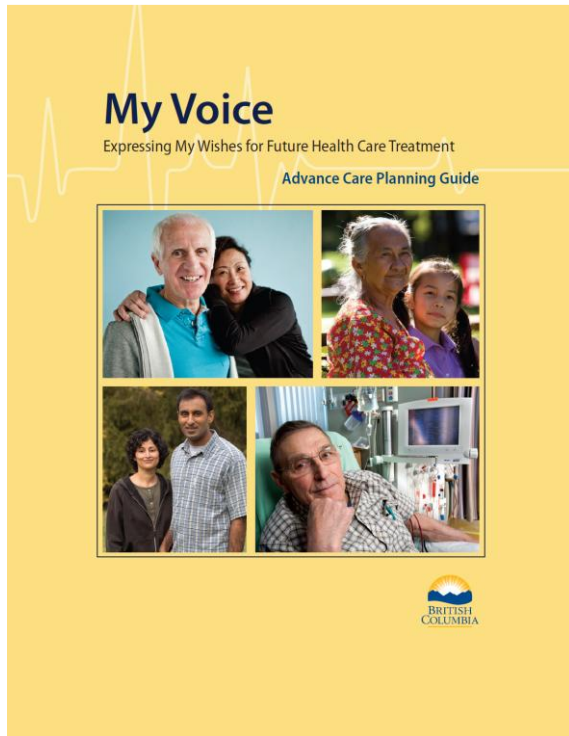
Pole Walking Workshops



If you are interested in learning *Nordic Pole Walking*, please let us know. There is already a full workshop happening in June with another full workshop schedule for September 9th, 10th, 11th

We also have a wait list started, and we hope to offer more workshop in the fall lead by instructor Glenice Barber. Cost of this workshop is \$45 and consists of 3, 1-hour sessions held over 3 consecutive days.

Please email activities@cssca.ca if you would like to be put on the wait list for the next workshop opportunity.



Please save these dates

Friday, September 11th, 2- 3 pm.
“Is Advance Care Planning Right For You? “

Presenters: Dani Alldrick, President CSSCA, and Sarah Beihse, Operations Director, Silver Threads Services.

Friday, October 9th, 2-3;30 pm.
“Advance Care Planning Workshop – Part 1”

Friday, November 13th , 2-3;30 pm
“Advance Care Planning Workshop – Part 2”

September Wellness Workshops: Advanced Care Planning

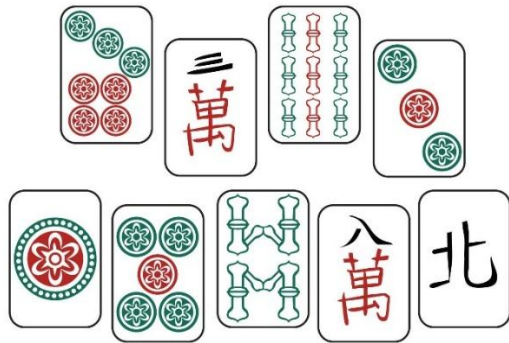
We are excited to partner with Silver Threads Services in providing a series of Free workshops to our members in Advanced Care Planning as part of our monthly Wellness Series.

These workshops will happen throughout the fall, beginning on Friday September 11th

The first presentation “*Is Advance Care Planning Right for You?*” will provide an overview of the full two-part workshop and will include a Q&A session.



This Month's Highlighted Activity: MAHJONG.



Both Hong Kong and American versions are played with tiles, usually in groups of 4 players. The **Hong Kong** version is hundreds of years old rooted in Chinese culture, history, philosophy, and traditions. The group welcomes players of all levels and no previous experience is necessary. You will be guided through the rules and strategies. This group typically plays until about 3 pm.

The **American** version developed in the US in the 1920's and has a huge following using an annually distributed scorecard put out by The National Mah Jongg League (NMJL) displaying specific hands that players match during play. If you are interested in playing this version there is a handout at the front desk with additional information and requirements. This group typically plays until about 4:30 pm. We meet in the activity room downstairs, and the door opens at 12:30 pm every Tuesday. We invite you to come and check out both versions of play – it is fun, very social and good for our brains! Come and see us in action!



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

Call the SHOAL Centre to register for these trips. 250-656-5537

Let them know you want a pickup in Brentwood Bay at The Centre. Cost: \$5

June 24 8:30-11:30 am Shopping Trip to Hillside Shopping Centre.

July 22 8:30-11:30 am Power to Be

Canoeing. Do you love canoeing or want to try it for the first time? Power to Be provides accessible outdoor adventures for all ages and abilities. Paddling is optional, you can just enjoy the cruise. Trained staff makes nature accessible to all by providing specialized equipment that allows you to tour Prospect Lake in a ten person "Voyager" canoe.

Another Shoal Centre activity

Register at SHOAL reception or by calling 250-656-5537

July 15; 1-3 pm Choose to Move

- Summer Tune-Up Past participants are invited to join a free summer tune-up to refresh and strengthen your personalized activity plan. This session will introduce new ideas and information to support your ongoing activity journey.

**Chat With Dr. Pat #17!
June 26th from 2-3 pm**

***The Thyroid: The Tiny Gland with the
BIG impact!***

By Pat Gunton

This butterfly shaped gland in your neck affects every cell of your body. 10% of Canadians suffer from a thyroid problem but as many as 50% are undiagnosed!



September's Chat with Dr Pat
The Liver: An organ essential to life!

Happy July Birthdays!



- July 1 Miriam Poirer
- July 3 Sharon Klein
- July 4 David Rothham
- July 5 Vicki Hargreaves
- July 6 Carmel MacDonald
- July 7 Tom Rapier
- July 8 Adele Lenk
- July 9 Kevin Harrison
- July 9 Elfi Qureshi
- July 10 John Vandall
- July 12 Aleida Diemer
- July 15 Joyce Vezina
- July 16 Shirley Casey
- July 17 Larry Skaggs
- July 17 Barbara Fletcher
- July 19 Douglas Hamilton
- July 20 Isedora Muir
- July 20 Deidre Loughnane
- July 21 Linda Polsson
- July 22 Miriam Klein
- July 23 Bonny Mattila
- July 29 Tracy Bevan
- July 29 Jim Crover
- July 29 Margaret Newman
- July 29 Paul Smith
- July 29 Karen Bryan
- July 30 Suzanne Morgan
- July 31 Colette Karmali

Scottish Country Dancing

This group held a Ceilidh on Saturday May 23rd at 2:30 pm. Twelve people danced, including 4-year-old Miller who attended with his grandma and aunt. Miller did very well and even performed the Mariners jig with a heel, toe and triple slide! After the dance we had time to eat tasty treats and visit. Thanks to all who came and contributed to the event'
Janet Mitchell



Happy August Birthdays!



- August 1 Valerie Couture
- August 2 Maureen Braun
- August 2 Mary Grant
- August 2 Oceanna Hall
- August 4 Valerie Thompson
- August 5 Alice Valiquette
- August 7 Gail Trepanier
- August 9 Nancy Cole
- August 10 Corinne Marshall
- August 11 Mary-Ethel Audley
- August 14 Ann McMillan
- August 16 Dale Broad
- August 16 Cathy Wilander
- August 16 Judith Jenkins
- August 18 Norvin Morill
- August 20 Elizabeth Prouss
- August 21 Geoffrey Cochrane
- August 21 Sharon Wright
- August 29 Joyce Nelms-Matsze
- August 29 Valerie Wishlow
- August 31 Sally Palmer

Happy September Birthdays!



September 2 Janis Jarvin
September 4 Sheila Erickson
September 4 Lorraine Wilson
September 5 Sandra Dye
September 5 Dagmar McCord
September 5 Marie Emery
September 7 Carl Wilson
September 7 Helga Hendricks
September 12 Lou Mitchell
September 13 Barbara Litton
September 13 Sherry Nesbitt
September 13 Karen Fischer
September 15 Viva Stewart
September 15 Sue Arbez
September 15 Anna Kryvoruchko
September 16 Hedi Basic
September 18 Coleen Johnson
September 18 Happy Smith
September 19 Sharon Villanueva
September 21 Joan Raines
September 22 MaryAnne Jarvin
September 24 Brian Eng
September 25 Maria Pedro
September 28 Janis Ball
September 28 Nancy Rapier
September 30 Jill Sherwood
September 30 Yvonne Peters
September 30 Jean Grant

The 2026 BOARD Members

Do you know all of them?
Make sure to say hi!



Back row:

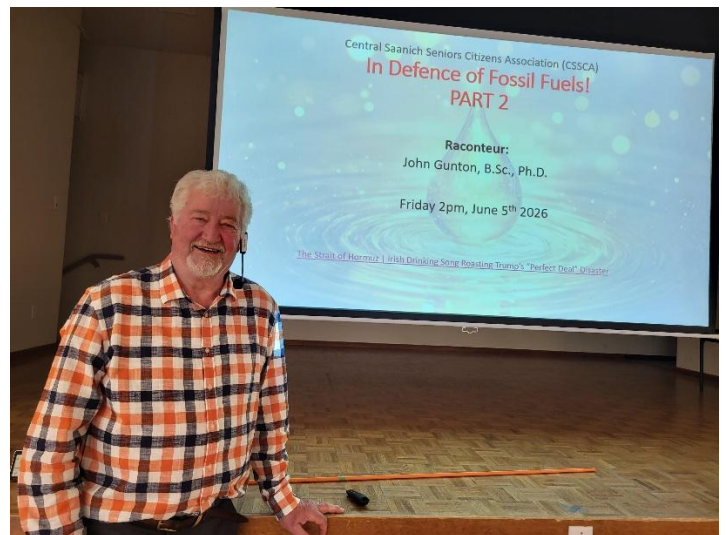
Dani Alldrick, Gerie Turner,
Michael Bird, Lorraine Wilson

Front row:

Linda Parry, Dale Broad, Barb Jeffries,
Gillian Lightbody, Krystina Manning

June Raconteur speaker

John Gunton



Welcome New Members!



Terri Hepburn
Terry Hepburn
Tally Acton
Deanna Germain
Ann Michaud
Shelley Burkett
Deirdre Loughnane
Bonnie Townsend
Susan Knight
Deborah Kochel
Dagmar McCord
Karen Bryan
Sandy Mouret
Norman Morrison

Contributions to the Newsletter: if you would like to contribute news, writing, photography, recipes, or jokes to the newsletter, please send them to editor Lorraine at lolololo@telus.net. The deadline for contributions is the 20th of the month

THE CENTRE SPEAKER'S SERIES

OPEN TO THE PUBLIC



Speaker: Dr. Rosanne Beuthin

“MAiD (Medical Assistance in Dying) Today: Reflecting on 10 Years”

MAiD continues to be a topic that generates considerable interest, discussion and debate, within Canada and internationally. Given that we have now had ten years of MAiD in Canada, we have greater insights and understanding about this end-of-life option.

Friday, Sept 18th 2-3pm

At The Centre for Active Living 50+ (next to the library in Brentwood Bay)

1229 Clarke Road

For more information call The Centre 250-652-4611

Admission By Donation

Weekly Activity / Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am <i>Wait list only</i>	Corn Hole 10 –11:30 am	Aerobics 9:00 - 10:00 am <i>Wait list only</i>	ZUMBA GOLD 9:45 am Starts SEPT 10th	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	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	Bingo & Hot Dog Days Doors open at noon for Hot Dog sales Bingo 1:-4 pm 1st and 3rd Wed	Social Bridge with instruction 12:30—4:00 pm	Wellness Talks 2:00—3:00 pm 2nd Friday	
<div style="border: 1px solid black; padding: 5px; background-color: white;"> <p>Check Activities Update and Coming Events schedule for information on which Activities are taking a break over the summer</p> </div>			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	ZUMBA GOLD 6 PM Starts SEPT 10th		<i>New schedule for newsletter Summer26</i>