

September 2026

The Centre News

cssca.ca

President's Message

Be sure to thank Lorraine Wilson as she takes up her new role of Newsletter editor from Shelly Dennis-Orr. Beginning with this issue The Centre News comes to you at the beginning of each month. The deadline for submissions will be the 20th of the preceding month.

We hope everyone had a safe, sunny and social summer. Activity and Program leaders have been busy preparing a full fall schedule. As always, there is lots happening at The Centre, including new and expanded activities. Read on!

The *Scottish Country Dance* group leads off with a free Ceilidh on Saturday September 12th. Our walking group will be stepping out more often – find their schedule on the back page. For a faster pace, the new *Zumba Gold* group will meet Thursday mornings and evenings.

Members keen to explore a game of skill, strategy and luck can join our growing *Mahjong* group on Tuesday afternoons in the Mahj Parlour (Activity room) but beware - here be dragons!

Dani Alldrick, President

Coming Events *by Lisa van Bommel*

Bingo September 2nd and 16th 1-4 pm

Hot dogs before Bingo start at noon

Blood Pressure Clinic:

(after Mild Fitness & before Bingo)

Sept 2nd & Sept 16th 11:45 – 12:45

Centre closed Labour Day

September 7th

Art Appreciation

September 8th, 22nd 7 pm

Zumba Gold

AM Class Begins Sept 10th 9:45 am

PM Class Begins Sept 17th 6 pm.

Advance Care Planning,

Is it right for you?

presenter: Dani Alldrick

September 11th 2-3 pm

FREE Ceilidh Scottish Country Dance

Party Everyone is welcome!

September 12th 2:30 pm

September Speaker's Series:

"MAID: A 10-Year History"

with speaker Dr. Rosanne Bueuthin

September 18th 2-3 pm

Lunch Bunch: Location TBD

Sept 24th

Chat with Dr. Pat

Topic:

"The Liver: Organ essential to Life"

September 25th 2-3 pm

Spanish Basics & Conversation:

Lessons begin September 29th 10-11 am

National Truth & Reconciliation Day

September 30th Centre Closed

Activities Update

By Lisa an Bommel

Bingo resumes: After a short break, we are looking forward to Bingo resuming on Wednesday September 2nd and continuing monthly on the 1st and 3rd Wednesday of the month.

There are also hot dogs and pop for sale beginning at noon. This event is open to the public. Everyone 19+ is welcome!

Yoga Update: Yoga will be taking a break during September/October while instructor Janet Budden goes on an adventure. Classes will resume in November.

The Centre Singers: The Centre Singers will no longer be continuing. Thank you to John Gunton for his leadership with this activity. We hope to have other musical opportunities in the future.

Sunday Games: Sunday Games will no longer be continuing. Thank you, Brenda Scott, for leading this activity.

Please look at the calendar for other opportunities to join scheduled games happening at The Centre.

Come try 500 Club, Mahjong or Bridge. If we have enough interest, we can try more games and times in the future.

Walking Group Opportunity: Please let us know if you would like another opportunity to meet outside The Centre for local walks in our community. We currently have a walking group meeting on Sunday afternoons but if there is interest, we can add another group on Tuesday or Wednesdays at 2pm to our calendar.

If this is something you would like to participate in, please e-mail activities@cssca.ca and indicate which afternoon would work best for you.

Coming this fall: Spanish Basics & Conversation



Linda Polsson

September 29th – November 17th
10-11 am. Lower Hall (Bingo Room)

Registration opens Sept 2nd at front desk.
Pre-payment required: \$56
Time to study Spanish! Sign up for 8 one-hour weekly sessions with 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 ChatGPT to generate simple conversations to practice.

Bring a notebook, a pen & a highlighter.
Prepare to laugh & have fun!
Contact Linda Polsson if you have any questions. lindapolsson@gmail.com

Zumba Gold UPDATE:



Tara Trelford

Classes beginning September!

Instructor: Tamara Telford

Thursday AM class to begin Sept 10th
9:45 – 10:45 am

Thursday PM class to begin Sept 17th
6:00 – 7:00 pm

(please note that there are no classes in the evening on the 2nd Thursday of the month).

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

We currently have a wait list for the AM class until we see how full the room will be with everyone who is interested.

There is more space still available in the PM class.

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



The Centre will be closed on Wednesday September 30th.

Remember to wear your orange shirt on this day to honour residential school survivors, their families, and their communities.

Washroom Refresh Project

New paint, flooring, vanities and more all completed and looking magnificent!
By Dale Broad

Its that time again!

Please renew your membership with cash or cheque right away!

Many activity leaders will be available to receive your payments, and we will also be set-up to receive payments between exercise classes for a couple weeks starting August 17th.

It's a good time to check that your email and phone number is current.

\$60 for the year

From September 1st, 2026 -up to and including August 31st, 2027

Beware of Recent Scams

Submitted by Corporal Pat Bryant of the Central Saanich Police Service



Fraud Awareness:

Be alert for a new Cell Phone scam! Scammers are constantly finding new ways to trick people into losing money or having their identities stolen. A recent scam involves smartphones, particularly iPhones, and could leave victims responsible for the cost of an expensive device they never wanted.

How the scam works

A scammer may use your personal information to order a new phone through your cellular account, or you may unexpectedly receive a phone that you never ordered. Shortly afterward, someone contacts you pretending to be from your cell phone provider. They may claim the phone was sent by mistake and ask you to mail it to a different address or take it to a specific drop-off location. The scammer is trying to obtain the phone while leaving you responsible for the bill.

What you should do

If you receive a phone that you did not order:

**Do not* send the phone to anyone who contacts you claiming to be your service provider. Legitimate cell phone companies will not ask you to return a device to a random address or through an unofficial courier.

**Contact* your cell phone provider directly using the phone number listed on your bill or on their official website. Ask them to investigate the order and secure your account.

**Check* your credit reports with Equifax Canada and Transunion Canada to make sure no unauthorized accounts or activity have occurred in your name.

Report the incident to the Canadian Anti Fraud Centre.

Your report helps investigators identify trends and warn others.

Protect yourself

If you receive an unexpected phone call, email or text, asking you to act quickly, pause and verify the request independently. Never rely on contact information provided by the caller.

Instead contact the company directly using a trusted phone number or website. Staying informed is one of the best ways to protect yourself from fraud.

If something doesn't seem right, trust your instincts and verify before acting.

This Month's Highlighted Activity:

Social Crafting

The Social Crafters at the Centre meet every Saturday from 1-3 pm in the Lounge area. We have been quilting, stitching, knitting, crocheting and felting so far, and have an excellent weaver in our group. We will be adding some spinning wheels and spinners in the Fall.

We are a friendly group of crafters that get together to craft, visit and enjoy a nice cup of tea.

The conversation is always lively with a good dose of laughter! We also welcome “Supervisors” that want to attend for the social aspect of the group. We show each other our progress and inspire each other to try new things. We get to know each other and have formed that all important community feeling.

It is an excellent resource group if you are looking for somewhere to purchase crafting supplies, usually someone knows of a retailer to meet your needs. Yes – we definitely are enablers!

If you have some spare time on a Saturday afternoon, please come and join us on the comfy couches and chairs in the Lounge. If your craft requires a table, we can accommodate that as well. We are looking forward to meeting you and if you have any questions, please feel free to contact
Lori Sather at
lorisather1@gmail.com.



By Lori Sather

July 25 to Chemainus Bus load of FUNSEEKERS!



All aboard for another enjoyable trip to see *Dirty Rotten Scoundrels* at the Chemainus Theater! We enjoyed chatting all the way up, a very tasty lunch buffet, time to wander around the town and an excellent show! We're ready for the next one! Come join us!

By Linda Polsson

Raconteurs
Oct 2nd 2 -3pm
"Riding the Rails across Canada" with
member Mary-Ethel Audley
Watch for details!



A Fond Farewell

July 1st, we lost our friend Mary Colbert at the age of 93. Our exercise class was always brightened by her smile and many years of inspiring participation. Mary was from a very big family with roots in Victoria and Brentwood Bay.

She had a lifelong passion for teaching and art, starting her career as a nun in California and eventually teaching 24 years in several Greater Victoria schools.

Many members know her from her family adventures running Gingerbread Daycare and Preschool in Brentwood Bay, where she could be found assisting her sister and nieces with the children and pulling weeds and waving at people on West Saanich Road

Service will be at McCalls, 4665 Falise Drive on September 19th at 10 am



Happy September Birthdays!

August 2 Barbara Shaw (late entry)



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 28 Janis Ball
September 28 Nancy Rapier
September 30 Jill Sherwood
September 30 Yvonne Peters
September 30 Jean Grant

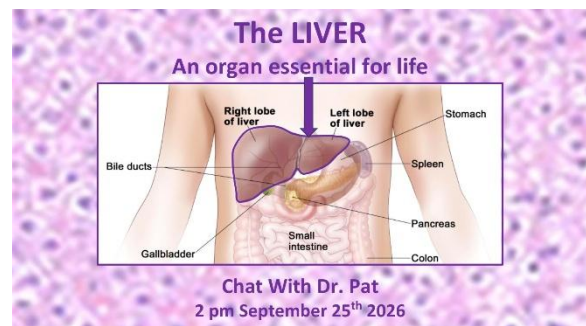
Chat With Dr. Pat

September 25th 2-3 pm



The Liver

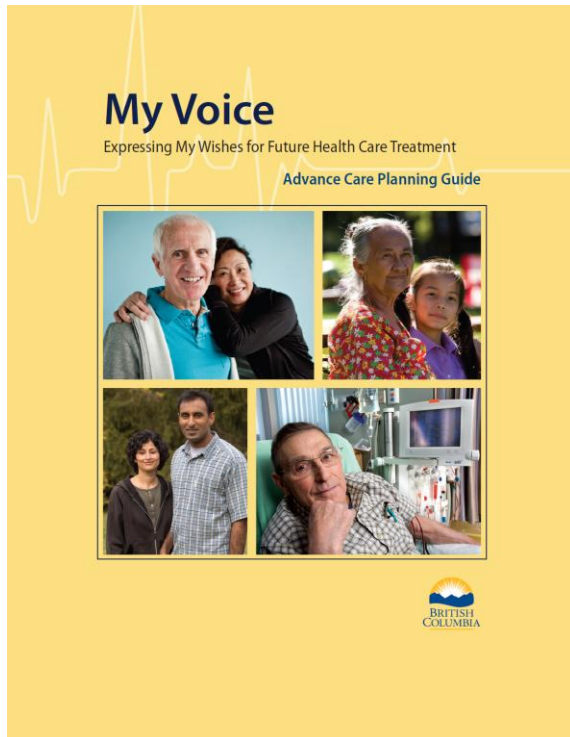
The liver is the body's largest internal organ and is essential to life. It acts as the body's central filtration system as well as performing over 500 vital functions. A unique feature of the Liver is its ability to regenerate.



By Pat Gunton

September Wellness

Is Advance Care Planning Right for You?



We are excited to partner with *Silver Threads Services* in providing a series of free workshops to our members in **Advance 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.

Please save these dates:

Friday, September 11th, 2- 3 pm.

“Is Advance Care Planning Right for You?”

Presenter: Dani Alldrick, President CSSCA.

Followed by two workshops with Moderators: 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

Scottish Dancing resumes

Scottish Country Dancing classes resumed on Thursday August 11th.

Come out and try Scottish Country Dancing any Thursday morning at 11 am. Your first dance class is FREE.

We would be happy to have you in our classes.

Scottish Country Dancing is a type of folk dancing – it is not Highland dancing which is very athletic. All that is required for Scottish Country Dancing is the ability to walk without a cane or walker.

The “set” of dances work together to complete patterns. The music and dances are fun. You will find dancing is very good for both the mind and the body. We will do easy dances in August and September to prepare for the FREE Ceilidh on September 12th at 2:30 pm.

A Ceilidh is a Kitchen party and can include singing, dancing, musicians and skits etc. We will be dancing. If you are unable to dance, you are very welcome to come and sit on the sidelines to enjoy the performance and join everyone for the refreshments following the dance.

Drop in to join us at any one of our practices or attend the FREE Ceilidh on Saturday September 12th at 2:30 pm.

Welcome New Members!

Sheilah Fea
Jeanette Sidlick
Betty Schwartz
Joy Bjornson
Karen Tam
Gurdeep Bharaj
Sandra Brooke
Cyril Kwan
Jieming Hu
Barb Allen
Willa Vanderros
Brenda Tebo
Michele Favarager
Faye Kingdom
Susan Abbott



CALL FOR VOLUNTEERS

At the Centre we are all volunteers and, on many occasions, need some helpers. Check the desk to sign up for volunteer opportunities all year round.

This month's

“BIG HUGE THANK YOU”

On July 15th **Leo Vezina** was doing his last official volunteer shift at BINGO. He says he may come back to help if needed, (especially if there is cake). His patience and efficiency as Team Leader for more than 12 years is going to be greatly missed by the other volunteers and all of the players. Everyone appreciates all the years of smiles and friendship he put in downstairs

Under the B for BEST GUY EVER!



Dale Broad and Leo Vezina

Writer's Corner

Grandmothers' Day

September 13 is Grandmothers' Day this year. Here are a few quotes to honour these lovely ladies:

"The reason why grandparents and grandchildren get along so well is that they have a common enemy."

Sam Levenson

"A grandmother pretends that she doesn't know who you are on Hallowe'en."

Erma Bombeck

"It is as grandmothers that our mothers come into the fullness of their grace."

Christopher Morley

"As I learned from growing up, you don't mess with your grandmother."

William, Prince of Wales

Submitted by Shelly-Dennis-Orr

In case you didn't hear, the **Strawberry Tea** was a HUGE success again, attended by about 80 very happy and well-fed folks! Thank you to all the volunteer helpers that cut berries, baked cake, set up and served!



An Old Farmer's advice

Life is simpler when you plow around the stump.

Words that soak into your ears are whispered, not yelled.

Forgive your enemies, it messes up their head.

You cannot unsay a cruel word.

Every path has a few puddles.

The best sermons are lived not preached. Remember that silence is sometimes the best answer.

If you find yourself in a hole, the first thing to do is stop digging.

Always drink upstream from the herd.

Letting the cat out of the bag is a whole lot easier than putting it back in.

If you get to thinking you're a person of some influence, try ordering somebody else's dog around.

Live simply. Love generously.

Care Deeply. Speak Kindly

Submitted by Lynda Miller

Nostalgia

I don't speak alphabet. My vocabulary is now inadequate.

It's all so confusing. I don't seem to belong in this world.

Where oh where are *Fibber McGee and Molly*, *Jack Benny*, *One Man's Family*, *Perry Como* and *Dina Shore*. Fond memories.

Que sera sera.

Submitted by Mary Grant

Speaker Series

Friday 2pm, Sept 18th

MAiD (Medical Assistance in Dying) Our 10 Year History”



Dr. Rosanne Beuthin

Synopsis: **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.

Recall that in 2015 the Supreme Court of Canada found that the absolute prohibition of MAiD was against the Canadian Charter of Rights and Freedoms. Following this, Parliament created legal rules for MAiD in 2016. These rules are embedded in the Criminal Code and include strict eligibility criteria and robust safeguards for accessing MAiD. eligibility, safeguards, access, end of life care, and practicalities.

The aim is to inform and engage; to have a thoughtful conversation about autonomy and

compassionate care for people with serious illnesses.

(Reference: The Federal Govt Report on MAiD, 2024. <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/health-system-services/annual-report-medical-assistance-dying-2024/annual-report-medical-assistance-dying-2024.pdf>)

Rosanne Beuthin completed her PhD in Nursing at the University of Victoria in 2014.

Her substantive areas of practice and research relate to living with life threatening illness, death, and bereavement. The methodology she has drawn on most extensively is narrative research.

From 2016 to 2021 Rosanne held a clinical nurse specialist role at Island Health, and shared responsibility for developing and implementing a regional “Medical Assistance in Dying” (MAiD) program. In 2025 she worked with a small group to open a MAiD House (non-profit) in Victoria –the second of its kind in Canada. Assisted dying legislation was enacted in Canada in 2016 and has now been an option for eligible persons for 10 years.

Rosanne has been active in research over the past 15 years, with a focus on advanced illness, metaphor, spirituality, and end of life care. Her most recent study focused on bereavement of loved ones following an assisted death. Her practice and way of being in the world is relational and reflects a philosophy that we are the other and are all connected. She is an advocate for patient choice and person-centered care, and believes it crucial that we invite, honor, and lean into stories; that we hear and hold one another’s unique lived experience without judgment.

Submitted by John Gunton



Little Round Metal Things

By Shelly Dennis-Orr

Recently I went to Silver Rill Farm to buy an ear of corn. I presented myself and my cob to the young man at the till.

I have shoes older than this kid.

The corn cost \$1.35. I gave him a twoonie.

He guddled about in his cash drawer for a few minutes, then called over to the other cashier: "Hey, Barb – I need some fives!"

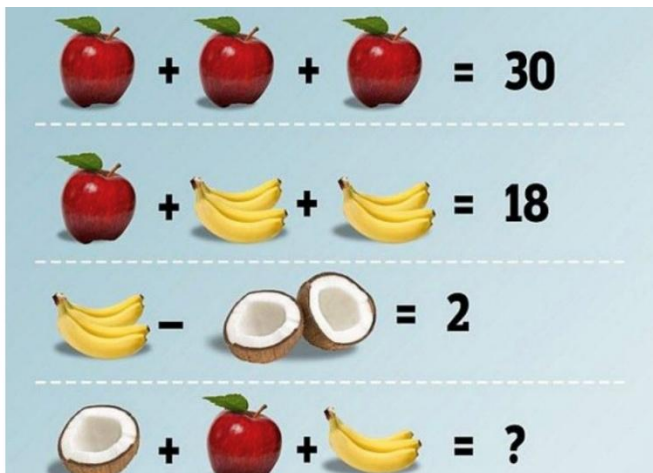
The other cashier took out a handful of five-dollar bills. The young man said, "No, not those ones. The little round metal ones."

The other cashier looked over her glasses at him and asked, "Do you mean nickels?"

I didn't laugh at him because I don't want the bad karma...

GAMES FOR THE BRAIN: Monthly stimulation for our Cognitive Wellness

Submitted by Lisa van Bommel



What's your answer?

Ask your friends, what they think it is!

A Little help please?

Our pool table needs a new home; do you know anyone that could take it?



And

A last-minute note for anyone getting through the **whole** newsletter

If you were interested in this talk and would enjoy it in reader friendly form...:

In Defence of Fossil Fuels Part 2 at Raconteurs on June 5th

ask for a copy of it at the desk, John Gunton has made some available!

Learn to upcycle with Paint and Stencils



-  **Date:** Sunday, September 20, 2026
-  **Time:** 2:00 pm to 4:00 pm
-  **Location:** Central Saanich Seniors Centre - Bingo Room
-  **Ages:** 12+ (participants under 16 must be accompanied by an adult)
-  **Cost:** \$30

From our member Brenda Scott

Unleash your creativity in this hands-on, beginner-friendly class. Over two fun hours, you'll learn to decorate clothing and fabric items using paint and stencils.

No experience required.

We'll provide all the paints, stencils, and materials you need including a blank canvas shopping bag to practice on and take home. Participants are encouraged to bring their own clothing or items to decorate and to wear clothing that they don't mind getting paint on.

Register at: <https://remade-in-the-shade.ca/products/upcycle-with-paint-and-stencils-brentwood-bay>

CSSCA 2026 Board

Back row:

Dani Alldrick, Gerie Turner, Michael Bird, Lorraine Wilson

Front row:

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



Don't forget to check our website for details about our Centre at:

<https://cssca.ca>

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.

Weekly Activity / Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am <i>Wait list only</i>		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>	Spanish Lessons 10:00 - 11:00 <i>(Sept 29-Nov 17)</i>	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	
			Book Club 2:00—3:30 pm 2nd Thursday	Speaker's Series 2:00-3:00 pm 3rd Friday	<u>SUNDAY</u>
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	Walking Group 2:00 pm
	Art Appreciation 7:00 pm 2nd & 4th Tues	Knitting 1:30—3:30 pm	ZUMBA GOLD 6 PM Starts SEPT 17th (no class on 2nd Thurs of month)		<i>New schedule for newsletter Sept26</i>