Central Saanich Senior Citizens' Association info@cssca.ca

The Centre News

November 2026

President's Message

It is amazing how versatile our Centre is.
For some The Centre is a fitness club offering exercise programs ranging from hectic (Zumba) to stately (Scottish Country Dancing) to static (Yoga); all with matching musical accompaniment.

For some The Centre is an assembly point where members gather before launching out on adventures like neighbourhood walks, the Lunch Bunch, Nordic pole walking, and the popular trips to Chemainus Theatre.
Other members gather for competitive games such as Bridge, 500 Club, and the cutthroat world of Mahjong,

Still others meet for good company and mentoring while working on arts and crafts like painting, knitting, quilting, music, crochet, stitching, singing, weaving, needlepoint, origami, embroidery, scrapbooking and felting. And for some it is an educational and training centre including Writing Circle, Art Appreciation, Book Club, Spanish Lessons, Choose to Move, Caregiver Support, and our four Speakers Programs.

Ultimately, we have social dining celebrations like our Christmas Banquet and Strawberry Tea. These irresistible dining pleasures may explain why our fitness groups are not just really popular, but really necessary.





Dani Alldrick, President (yes, it is Dani!)

Coming Events *by Lisa van Bommel*

Tickets sales begin for Christmas lunch
November 2nd
Yoga resumes November 3rd 1-2 pm**.**
Bingo November 4th and 18th 1-4 pm
Hot Dog Days (before Bingo) at noon
Blood Pressure Clinic:
(after Mild Fitness & before Bingo)
November 4th and 18th 11:45–12:45
Presentation: "*How to Become Who You Were Meant to Be***"** with **Barry Casson C.S.C.**
November 6h 2-3 pm
Art Appreciation
November 10th and 24th 7 pm
Centre closed Remembrance Day
November 11th
Christmas Decorating Party
November 14th 9 am-1:00 pm

Speaker's Series:
"Remembering the Canadian Role in the Liberation of Holland -Lest We Forget"
With speaker
Lieutenant-Colonel (ret' d) Dan Dempsey CD
November 20th 2-3 pm
Craft and Bake Sale
November 21st 1-3 pm
Christmas Cracker making for the Luncheon
November 24th 1-4 pm
Lunch Bunch: Location Waddling Dog
November 26th
Chat with Dr. Pat
Topic: "Cancer, What's New?"
November 27th 2-3 pm

Activities Update



By Lisa van Bommel,
Activities and Program Coordinator

Second 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 2 pm 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.

Yoga Update: Yoga will be back Tuesday November 3rd from 1-2 pm in the main hall

Zumba Gold News:

Updated Class Schedule: Starting November 3rd



Tuesday
9:30 – 10:30 am AND 6-7 pm
Thursday
9:30 - 10:30 am (no evening class)
Contact Lisa van Bommel
activities@cssca.ca for more information.

BUS trip Opportunity

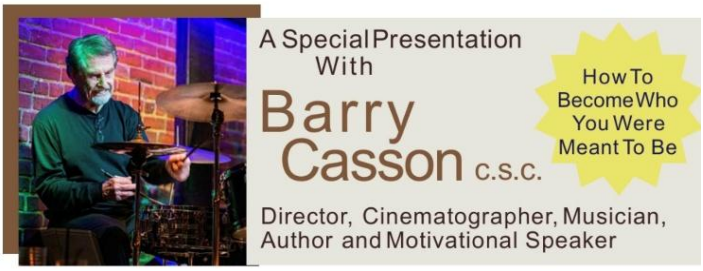
Beacon Community Services is offering Pick-Up and Drop-Off in Brentwood Bay at The Centre for an upcoming Bus Trip!

Centre of the Universe Tour: Explore the wonders of astronomy and the rich history of the Dominion Astrophysical Observatory.
This Guided tour includes a feature presentation, access to the historic Plaskett Telescope, a planetarium show, and time to explore interactive exhibits.
Friday, November 13th
Pick-Up from CSSCA: 9:50 am
Return to CSSCA: 12:15 pm.
Cost $25 (includes admission).
To register call the SHOAL Centre 250-656-5537.
Payment must be made at time of booking

Art Group – Come give it a try!

This is not a class, but a place you can belong. The Art Group meets on Tuesdays in the lower hall from 12:00-3:00 pm. They are welcoming more members to join this group.
Some start over a bite to eat (there's always tea!) and a chance to catch up on what's new. They then proceed to work independently on whatever art project they are working on.
It is a safe place to focus on your art, a space for creativity and support from others.
New participants welcome.

Special Presentation



On November 6th instead of a talk from one of our members, we will be welcoming Barry Casson to give us a special presentation.
Barry will be sharing his personal experiences and secrets to success, talking about Life Changing tools that will show you how to develop your natural skills at any age and overcome obstacles so you can live a life you love.

Barry has a lot of personal stories to share! He was a stockbroker turned rock 'n roll drummer touring with legends such as Chuck Berry, Bo Diddley and The Drifters, along with pal David Foster. He has been inducted into Victoria's Rock & Roll Hall of Fame twice, studied film in Hollywood, founded the island's first film school, worked as an award-winning press photographer for The Colonist and Victorian Newspapers and produced over 60 films and videos with national and international awards.

Speaker Series

Friday November 20th 2-3 pm
Remembering the Canadian Role in the Liberation of Holland



A pilot by profession, Dan Dempsey's motivation towards an aviation career was fostered by his boyhood fascination watching aerobatic performances by the RCAF Golden Hawks and Red Knight.

Born in Hamilton, Ontario to an air force father who worked at Mount Hope, he grew up near RCAF Stations Rockcliffe (Ottawa), Lincoln Park (Calgary) and Namao (Edmonton).
His passion for flying led to a 23-year career with the Canadian Forces. A graduate of Royal Roads Military College in Victoria, British Columbia and the Royal Military College of Canada in Kingston, Ontario, he holds a Bachelor of Science Degree in Applied Science.

Dan earned his private pilot license in 1972 at the Victoria Flying Club while attending Royal Roads and his Air Force wings at CFB Moose Jaw in June 1975.

Having subsequently instructed on the CT-114 Tutor for four years, Dan was selected to fly one of the coveted solo positions with the Snowbirds (Snowbird 9) for the 1980-1981 airshow seasons. He then trained on the CF-5 Freedom Fighter and CF- 104 Starfighter at Cold Lake, Alberta, subsequently flying the Starfighter in a ground attack role with both 439 and 441 Tactical Fighter Squadrons based in Baden-Soellingen, West Germany as part of Canada's NATO commitment to the defence of Europe.

Returning to command 431 Air Demonstration Squadron in 1989 and 1990, he was honoured to lead the Snowbirds through their 20th anniversary and 1,000th official performance.
A distinguished graduate of the Canadian Forces Command and Staff College in Toronto, Dan was promoted to the rank of Lieutenant-Colonel following his Snowbird tour and served as Executive Assistant to the Commander Air Command where he was successful in initiating several important air force heritage projects, including the designation of CFBs Bagotville and Cold Lake to 3 and 4 Wings respectively following the closure of Canadian Forces Europe.

Following his air force career, Dan spent over 15 years with Cathay Pacific Airways flying the Lockheed L-1011 Tristar, Boeing 747-400 and Boeing 777-200/300/300ER series airliners worldwide, often between New York, Vancouver and Hong Kong. He retired from Cathay in January 2009 as a Training Captain on the B-777 to fly with Canadian-based Top Aces Incorporated which provides dedicated combat support training to the RCAF, RCN and Canadian Army. He retired from Top Aces in December 2020 following his 46-year flying career as a jet pilot. Dan's logbooks now record over 15,000 hours flying time.

As a member of the Vintage Wings of Canada "Hawk One" team from its inception in 2008, Dan flew the F-86 "Golden Hawk" Sabre across Canada with the Centennial Heritage Flight in 2009 and was subsequently selected as team leader and solo demonstration pilot for 2011 and 2012. As team leader, he initiated a "Pursue Your Dreams" campaign for children and teenagers, encouraging them to set a goal for themselves early in life and then pursue it.

Dan is the author of "*A Tradition of Excellence Canada's Airshow Team Heritage"* which chronicles the proud history of Canada's airshow teams. At 768 pages and with over 1,800 photographs, it is the largest single volume aviation book ever published in Canada.

In October 2012 Dan was presented the Queen Elizabeth II Diamond Jubilee Medal for his contribution to the preservation and promotion of Canada's aviation heritage. He also had the honour of being one of two representatives of the RCAF Association of Canada selected to attend Her Majesty's Platinum Jubilee Celebration in London, England in June 2022.

Dan is a member of the RCAF Association of Canada, Canadian Aviation Historical Society, British Columbia Aviation Museum, RMC Club of Canada and is past president of both the Society of Honorary Snowbirds and the Snowbirds Alumni Association where he continues to serve as a director.

Dan resides in Victoria, British Columbia from where he continues to promote Canada's aviation heritage.
www.canadasairshowheritage.com



Submitted by John Gunto



CALL FOR VOLUNTEERS

Get Your Tinsel On!

Join us for our 45th Annual Christmas Decorating Party, and Deck Our Halls!

Saturday morning, November 14th from 9 am until 12 noon.



Musical performances by Dean Martin, Bing Crosby, Brenda Lee, Gene Autry and more!

Coffee, tea and fresh, home-baked, treats du jour.



Happy November Birthdays!

25 October late entry Janet Mitchell
7 Marg Kinrade
7 Jasmine Ross-Smith
7 Laurie Kupak
11 Ann Michaud
11 Derek Caney
14 Nancy O'Higgins
18 Kathryn Caney
19 Bruce Grant
19 Sharon Bristow
20 Leo Vezina
21 Joan Ormiston
23 Janice Mercer
28 Tanga Blackburn
30 Dores Baxter
30 Teresa Lachowski



Welcome New Members!

Patricia Towne
Jackie Cheema
Diana Campbell
Ann Nikkel
Linda Ferris
Irene Ennis



This Month's Highlighted Activity:
Fitness Classes with Barb Jefferies

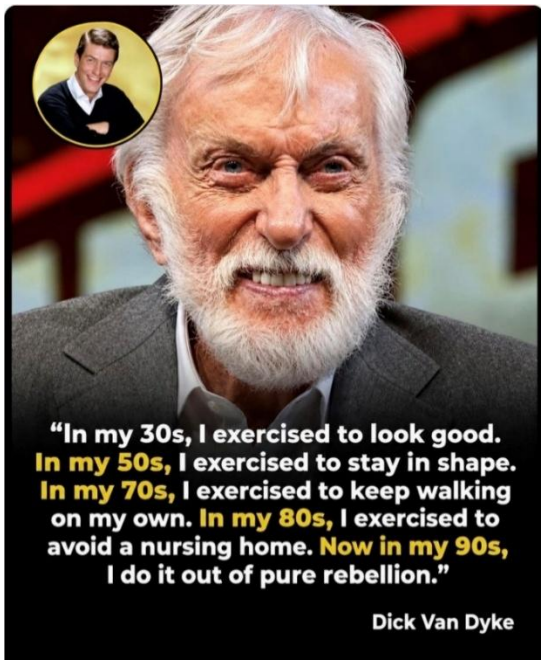


Painting of Barb by Mary-Ethyl Audley

Barbara Jefferies has been leading the popular Aerobics and Mild Fitness Classes at the Center since 2003! We like to keep fit and active, but we also enjoy the social element. Some people arrive early just to connect with others.
What do some of the participants have to say?
Theresa L. has been coming to aerobics for about 3 years and enjoys the camaraderie and friendliness. She notes that we laugh at ourselves when we make mistakes.
Derek C. has been attending for 1½ years and finds the class the right level to be able to keep up.
Jasmine likes that the class is close to home, Barb is awesome and the participants are friendly and easy to get to know.
Koko S. notes that Barb is vibrant, energetic and vivacious. She is excited to come back to class to see everyone again after travelling.
Dane and Jae have only been coming for about 6 months, but it's a fabulous class. Barb is amazing and they have encouraged others to come to the class.
Shelly D.-O. has been coming to the mild fitness class for 10 years and keeps coming. She enjoys the camaraderie and Barb's cheerfulness. During Covid she gathered jokes to share with the class.
Gloria M. has been attending for about a year and it's good to get out the cricks. The ladies are very social, and she's met another lady from her far away hometown.
Lorraine and Carl W. find the class gets them moving and helps their balance. The class is very welcoming and they've made new friends. So many positive comments!

Thank you, Barb, for creating and leading this welcoming, friendly community of active seniors!
Just remember, "today is a special day!".

Submitted by Linda Polsson



Christmas Luncheon



Our Christmas luncheon is on Thursday, December 3rd. Doors will open at noon and lunch served around 12:30 pm.
Island Culinary Services will again be catering with a varied menu including turkey with all the trimmings and a vegetarian option.
Also included are dessert and coffee or tea.
Ticket prices are the same as last year at $40 for members and $45 for guests.
Members may invite one guest.
Starting Monday, November 2nd tickets will be on sale at the Front Desk during the office hours of 9 am -12 pm Monday, Wednesday, and Friday.
As you know, we only accept cheques or cash, and for cash, we appreciate exact change. Tickets will be on sale until Wednesday, November 18th as we need to let the caterer know well in advance the numbers attending.
Don't miss this very popular event!
The Christmas Cracker making session for the Centre Christmas Lunch will be from 1-4 pm Tuesday, November 24th in the Bingo Hall. Bring your glue gun if you have one and any "bling" you have that would add a special touch to the crackers.
Hope to see you then for a fun and creative afternoon!
Submitted by Dale Broad

Chat With Dr. Pat

November 27th 2-3 pm



Cancer- What is New?

Three Breakthroughs
1. "Personalized Cancer Vaccines"
To train the patient's immune system to destroy tumours.
2." Liquid Biopsies"
Blood tests to detect tumours.
3." Viruses and; Cancer" -
Recognition of the part viruses can play in causing Cancers.



"We just made a big cancer breakthrough. Have a cigar."

By Pat Gunton

"Home made POPPIES"

We were glad to respond to a request from the Sidney Legion.



Happy Smith pins a poppy on the lapel of Kenny Podmore from Sidney Legion.



We accepted a request on behalf of our Knitters and Social Crafters Groups to make poppies for Remembrance Day.
We knitted, crocheted and felted FIVE dozen poppies and Lori added pins and packaged them for this presentation on October 3rd





Submitted by Lori Sather

Christmas Craft and Bake Sale



Our Christmas Craft and Bake Sale is Saturday, November 21st from 1 to 3 pm. Featured are the many talents of our Knitting, Social Crafters, Art, Quilting and Weaving groups and the baking skills of our Fitness groups. Pick up those last-minute handmade gifts and your Christmas baking. You may even find a gift for that "hard to buy for" person.
The kitchen concession will be open for you to relax with a cup of coffee or tea while being entertained by our Jammers.
The sale is open to the public; bring your family and friends. This is a major fundraiser for the Centre so mark this date on your calendar.
We hope to see you there!

Submitted by Dale Broad

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/

Wednesday Weavers 2026 RAFFLE:
in support of Central Saanich Senior Centre

Handwoven '***Blackwatch'*** **Tartan** –
Lap Blanket or Shawl

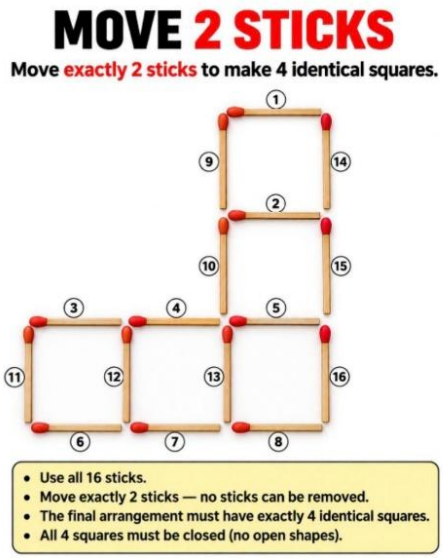


Created by Sharon Kleim

TICKETS: Available at the desk
$2 each or 3 for $5
Draw date: November 21st

Games for the Brain

Monthly stimulation for our cognitive wellness



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

Writers corner

Things That Make You Go "Hmm…"
After eating, do amphibians have to wait one hour before getting out of the water?
If white wine goes with fish, do white grapes go with sushi?
How can there be "self-help" groups?
Is there another word for synonym?
Isn't it a bit unnerving that doctors call what they do "practise"?
When signwriters go on strike, is anything written on their signs?
When your pet bird sees you reading the newspaper, does he wonder why you're sitting there staring at carpeting?
Where do forest rangers go to get away from it all? Why isn't there a mouse-flavoured cat food?
Why do they report power outages on TV
From the comedy of Steven Wright

Submitted by Shelly Dennis-Orr.

CSSCA

Emergency and First Aid Equipment - Locations



Reception Room:

Floor Warden vest

Reception desk closet:

Blanket
Pillow
Crutches
Folding Walker
Flashlight



Upper Main Hall / Gymnasium

AED (Automated External Defibrillator)
First Aid Kit
Floor Warden vest

Stairwell off Gymnasium

Evac-Chair (evacuation chair for stairways)

Upstairs Walk-In Pantry

(Games Room Closet / Lounge Closet)

Folding Wheelchair

Lower Main Hall / Bingo Hall

First Aid Kit
Floor Warden vest
Folding Wheelchair

Many thanks to Debra Greenway and Beacon Community Services for the much-appreciated donation of our new wheelchair. You will be able to find it in the cloak closet in the downstairs Bingo room.

Joan says it's super comfortable.

Weekly Activity/Program Schedule

	MON	TUE	WED	THU	FRI	SAT
SUN	Aerobics 9:00-10:00	Zumba Gold 9:30-10:30	Aerobics 9:00-10:00	Zumba Gold 9:30-10:30	Aerobics 9:00-10:00	Jammers 9:30-Noon
	Mild Fitness 10:30-11:30 Wait list	Spanish Lessons 10:00-11:00 (Sept 29-Nov 17)	Mild Fitness 10:30-11:30 Wait list	Quilting 10:30-Noon 1st & 3rd Thurs	Mild Fitness 10:30-11:30 Wait list	
	Bridge 12:00 – 4:00	Art Group 12:00 – 3:00	Weaving 11:00 – 3:00 Wait list	Scottish Country Dance 11:00 - Noon		Social Crafters 1:00 – 3:00
S		Mahjong 12:30- 4:30	Blood Pressure Clinic 11:45-12:45 1st & 3rd Wed	Lunch Bunch 11:30 4th Thurs	Raconteur 2:00 – 3:00 1st Friday	
Walking Group 2:00		Combined Hatha(mat) & Chair Yoga 1:00 – 2:00	Bingo & Hot Dog Day Doors open at Noon Bingo 1:00 – 4:00 1st & 3rd Wed	Social Bridge with instruction 12:30 – 4:00	Wellness Talks 2:00 – 3:00 2nd Friday	
				Writing Circle 2:00 – 3:30 1st Thurs	Speaker's Series 2:00 – 3:00 3rd Friday	
		Zumba Gold 6:00-7:00	500 Club 1:00 – 3:30	Book Club 2:00 – 3:30 2nd Thurs	Chat with Dr. Pat 2:00 – 3:00 4th Friday	
		Art Appreciation 7:00 2nd & 4th Tues	Knitting 1:30 – 3:30			