

October 2026

The Centre News

President's Message

Programs that took a summer siesta are now back in full swing. We are thrilled to see so many new members joining our community of seniors.

Thank you to all our returning members for ensuring that The Centre always offers a warm, welcoming and vibrant home away from home.

The Centre provides adults age 50 and over opportunities to stay healthy, active, and connected through a wide variety of programs and group activities, including fitness, wellness, social, and recreational events.

We offer tailored exercise classes like dancing, aerobics, chair fitness, walking groups, Zumba and yoga to maintain mobility, strength and balance. Workshops, tutorials, and educational lectures ensure lifelong learning opportunities to keep minds sharp and engaged.

Here are two scary thoughts - Hallowe'en is just around the corner...and Christmas is not far behind.

This year, our popular Christmas Banquet will be held on Thursday, December 3rd.
Be sure to mark your calendars!



Dani Alldrick, President

Coming Events by Lisa van Bommel

Raconteurs Oct 2nd 2-3 pm

Riding the Rails across Canada Presenter:
member Mary-Ethel Audley

Bingo October 7th and 21st 1-4 pm

Hot dogs before Bingo start at noon

Blood Pressure Clinic:

(after Mild Fitness & before Bingo)

October 7th & 21st 11:45–12:45

October Wellness Series

Advance Care Planning Workshop

Sign up at front desk

October 9th 2-4 pm

Centre closed Thanksgiving Day

October 12th

Art Appreciation

October 13th, 27th 7 pm

Pole Walking Workshop

October 14th 15th 16th 2-3 pm

Space is limited so pre-register

October Speaker's Series:

*How a smallpox epidemic shaped modern
British Columbia*

October 16th 2-3 pm

Presenter: John Lutz

Lunch Bunch: Location TBD

October 22nd

Chat with Dr. Pat

Topic: Kidneys

October 23rd 2-3 pm

New Member orientation

October 28th 11:30 am

Activities Update



*By Lisa van Bommel,
Activities and Program Coordinator*

Thanksgiving Long Weekend:

The Centre will be closed Monday October 12th

Quilters Time Adjustment:

The Quilters will now start at 10 am

Social Crafters: There will be no social crafters on October 17th.

Writing Circle Update

A Big Thank you to Linda Miller who has stepped down from being the Writing Circle Activity Leader. Linda has held this position for 7 years! Sharron Wright will be taking over leading this group, now meeting on the first Thursday of each month.

The next meeting will be on October 1st.

Pole Walking Workshop: Spaces are available for an upcoming Pole Walking workshop on October 14/15/16 from 2-3 p.m. These workshops are led by instructor Glenice Barber and consist of three, 1-hour sessions held over three consecutive days. The cost is \$45, payable to the instructor on the first day. Space is limited so please pre-register by emailing activities@cssca.ca

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

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.

500 Club: Looking for something to fill an afternoon, try the 500-card game. The 500 Club meets every Wednesday at 1 pm. Your first introduction is free! This is a friendly, mixed group of men and women who can teach you this fun and social game.

Zumba Gold Update:

The Zumba Gold Classes have been a big hit and instructor Tamara is welcoming all feedback



NEW START TIME Based on feedback from the members attending the morning class, Zumba will start now at 9:30 am. The Class will run 9:30-10:30 am every Thursday morning. The evening Zumba Gold class is from 6-7 pm and is currently a smaller group and welcomes more members to come give it a try!!

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. 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, mixed with a “whole lotta” options to modify or intensify your workout to tailor it to your heart health and pace and voila...golden!

No classes October 22

Raconteurs October 2nd 2pm

Riding the Rails across Canada

Presented by member

Mary-Ethyl Audley



I had never planned to take the train from Toronto to Vancouver, but some friends talked me into this trip. It turned out to be one of the most relaxing trips I have taken in many years. And a few surprises! The food was absolutely fabulous, and I made some new friends on that scenic ride.

I have lots to tell you about this fun trip.



Speaker Series

Friday October 16th 2-3 pm

How a smallpox epidemic shaped modern British Columbia



John Lutz

This talk explores the impact of smallpox affected British Columbia history and whether it was deliberately spread.

John Lutz is a professor of History at the University of Victoria whose research focuses on Indigenous-settler relations and the history of racism in the Pacific Northwest.

He is the author of *Makúk: A New History of Aboriginal-White Relations*, co-editor of the collections *Towards a New Ethnohistory: Community Engaged Scholarship Among the People of the River* and *To Share Not Surrender: Indigenous and Settler Visions of Treaty Making in the Colonies of Vancouver Island and British Columbia*.

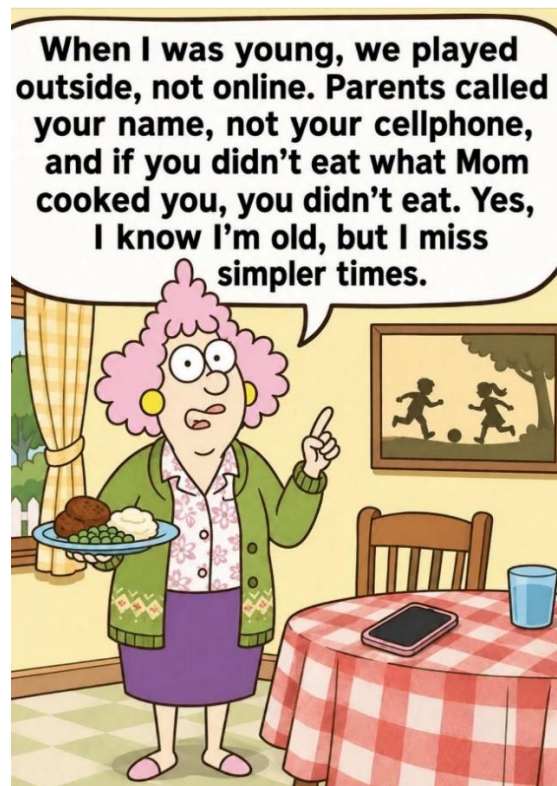
He currently works with the Songhees, Esquimalt and WSANEC First Nations on their litigation efforts to enforce their treaty rights.

Submitted by John Gunton

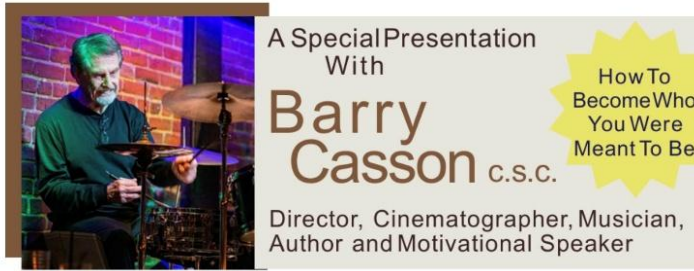
In the telling of British Columbia history, there is an “elephant” in the room that has not got the attention it deserves. In fact, there are two elephants in the room. The first is the impact that disease had on First Nations and how it facilitated colonization.

In the absence of reliable mortality figures, eye-witness accounts, and an understanding of the vectors of diseases, these catastrophes seldom get more than a paragraph’s attention in general histories of our region.

Imported diseases, particularly smallpox, totally devastated the Indigenous and opened the territory for repopulation by colonists. The second elephant is the suggestion that smallpox might have been deliberately spread.



A Special Upcoming Presentation:



On November 7th 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.

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.

Happy October Birthdays!



2 Debbie Ayotte
3 Lisa Forster-Coull
6 Terri Hepburn
12 Margaret McKelvie
14 Terry Hepburn
15 Janet Tidmarsh
16 Krystina Manning
17 Rebecca Merrifield
18 Gillian Lightbody
20 Edna Considine
20 Maureen Gent
21 Faye Kingdom
22 Patricia Williams
23 Christina Morrill
24 Diane Anderson
27 Clare Cochrane
28 Margaret Sharples
30 Deanna Germain
30 Jeanette Sidlick

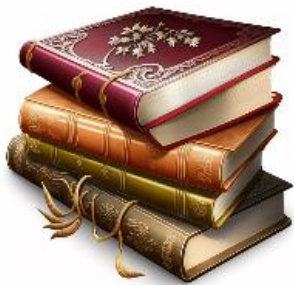
Many Thanks to our Fire Department!



Many thanks to Fire Chief Stacey Lee and Emergency Program Specialist Lisa Banfield, from Central Saanich Fire Department, for leading our workshop on Emergency Evacuation Procedures and First Aid Equipment on Wednesday September 23rd. Beacon Community Services provided a welcome buffet lunch from Truffles catering and Diane Anderson and Chris Stookes prepared the delightful home-made desserts!

This Month's Highlighted Activity: The Centre's Book Club

2-3:30 pm Second Thursday of the month



Are you looking for a book club to join? If you enjoy reading, join us for a friendly informal book chat at the next meeting of the Centre's book club! We meet the second Thursday of each month at 2 pm in the lounge area. There is lively discussion led by our members about the book selection we have read for that month's meeting. Some books are available through the library individually or as book club kits, but some are purchased by members. There is always time for sharing of books of interest that individual members have read and want to recommend to the group. Good conversation, friendly people, and comradery. What more could you ask for? Here is our list of books for the upcoming season:

OCTOBER A Killer at King's Cove by Iona Whishaw

NOVEMBER Agatha Christie: a Very Elusive Woman by Lucy Worsley

DECEMBER Meet Me at the Lake by Carley Fortune

JANUARY The Berry Pickers by Amanda Peters

FEBRUARY The Break by Katherena Vermette

MARCH Normal People by Sally Rooney

APRIL Six Days in Bombay by Alka Joshi

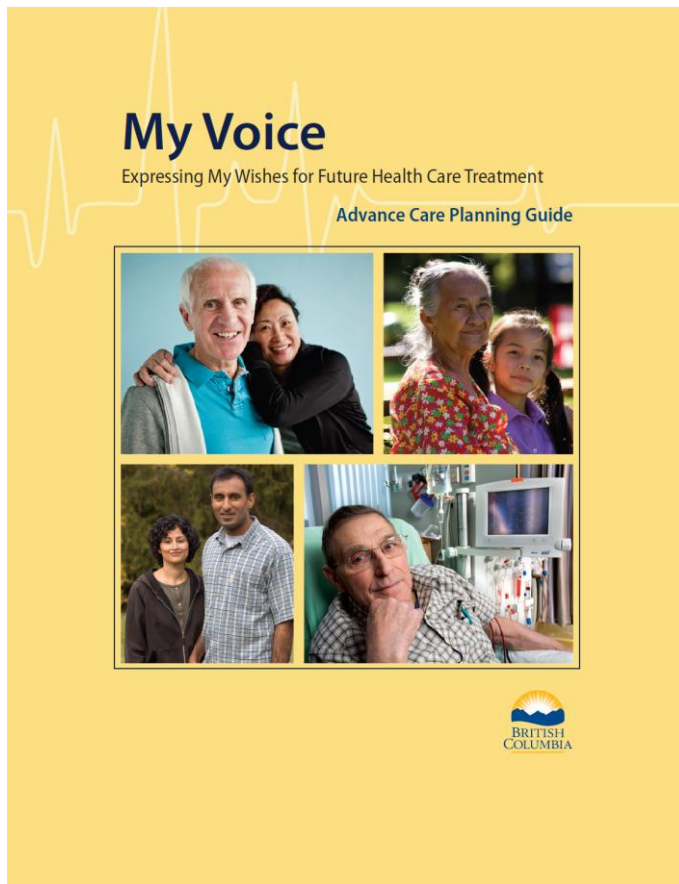
MAY Mindful of Murder by Susan Juby

JUNE The Woman in the Library by Sulari Gentill

By Barb Shawcroft



October Wellness



Coming Soon!

Advance Care Planning Workshops

As part of our monthly Wellness Series, we are excited to partner with Tamara Leonard from *Dying with Dignity* in providing free workshops in **Advance Care Planning** to our members.

Both workshops will cover the same material.

There is a sign-up sheet at the front desk for all members planning on attending these workshops

First workshop (Group 1):

Friday, October 9th, 2-4 pm.

Potential second workshop (Group 2)

Friday, November 13th, 2-4 pm.

Seen in Passing at the Centre (and heard!) September 12th



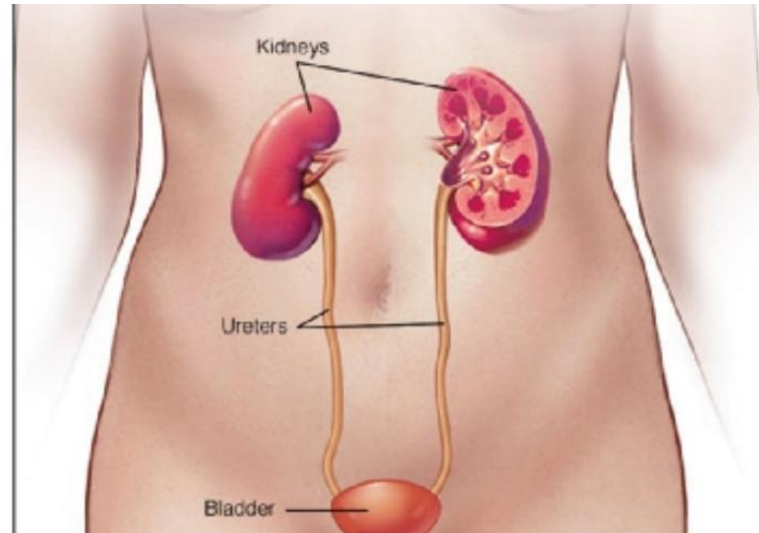
Welcome New Members!

Linda Irvine
Bev Simpson
Mario Montemurro
Edna Considine
Madeline Sonic
Leslie Butler
Gillian Cox
Chris Stookes
Diane Anderson
Hazel Ramsey
Judy Kelly
Diane Hillier
Carol Narduzzi
Marg Kinrade
Heather McFadden
Carol Hanson



Chat With Dr. Pat

October 23rd 2-3 pm

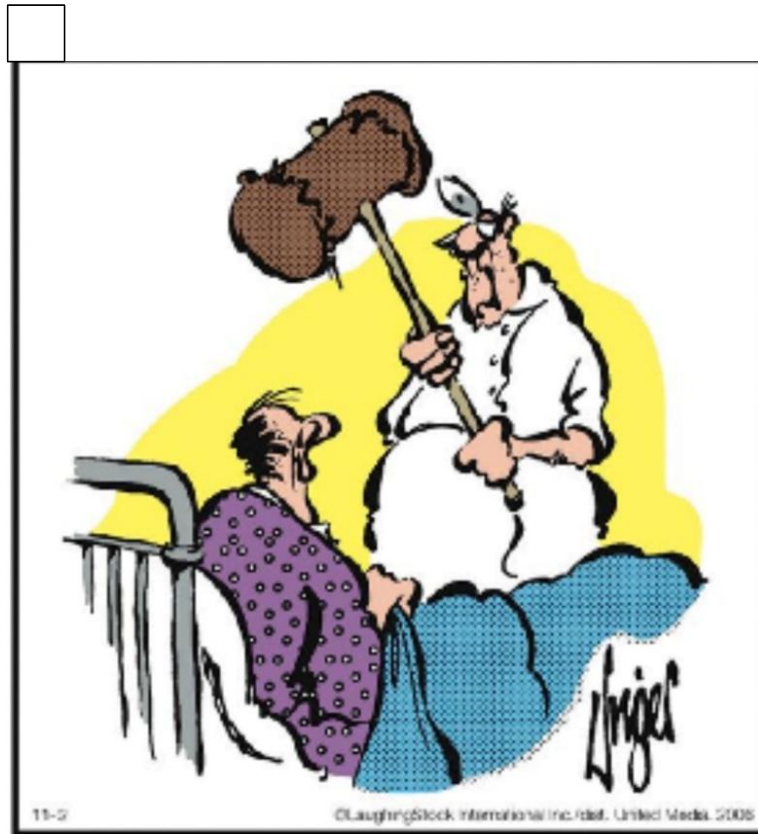


The Kidneys

“Your kidneys might only be the size of an adult fist, but they are hardworking little organs.”

1. What Are They?
2. Why do we have 2 kidneys?
3. How Do They Work?
4. What Can Go Wrong?
5. How do we treat kidney diseases?
6. Why are people over 60 at risk of kidney disease

By Pat Gunton



**“If we can break up the kidney stones,
we don’t have to operate.”**

Writer's Corner

Validation

I think the greatest compliment a person can receive is to have someone say, "I so love to be with you!"

So many subtle things are a part of the experience: body language, facial expression, display of interest, ideas, liveliness, humour. The exchanges are of both animation and tranquility.

Submitted by Mary Grant

Car Counsellor Story. Who Knew?

About a year ago, I bought a new car. This car has never ceased to amaze me with all the verbal interactions it produces. Things I have never imagined it continues to tell me. Like it welcomes me home when I turn into my driveway. It tells me the fastest route when there is heavier traffic. These are only a few of the many, many messages I get from it!

I have started to think of 'her' as 'my driving buddy'. It warns me when police are in the area.

Recently, though, it absolutely astounded me! I had just engaged with 'her' when a couple of cars did something odd that managed to hold up all the traffic. I reacted by loudly exclaiming "Holy cow, people!" 'She' heard me and replied "It sounds like you are upset about something. Would you like to talk about it?" I burst out laughing and replied, "No, No, No - I'm fine!"

Who knew I had a free Counsellor in my car?

Submitted by Sharon Wright

This month's "BIG HUGE THANK YOU"

In June Shelly Dennis-Orr passed on the "Editors hat" for this Newsletter and we all want to send her a HUGE THANK YOU for all the work she did!



Years and years of patience and editing, searching for the right wording and photos to get this newsletter together on time for all of us, was a very stressful and under appreciated job! She made it beautifully organized and a much-anticipated joy for everyone to receive ten times a year.

She has already helped me get it figured out on a few occasions without laughing too hard at my mistakes.



Submitted by Lorraine Wilson

FOOD BANK “LET’S FILL THE BIN”

On Oct 5, the Saanich Peninsula red food bank bin will be in lounge for donations for the month of October. In addition to food items, they also need personal hygiene products, diapers, and baby food.

The Saanich Peninsula Food Bank provides food hampers to those in need distributing more than \$410,000 in food in a year.

Quote from their website:

“When you support the Saanich Peninsula Food Bank, you are ensuring that hungry people in your community get the support, assistance and help they need.”

The Food Bank cannot and will not accept any food donations dated older than 6 months. They will also not accept opened packages.

Please ensure your donation has not expired.

Thank you to Pamela Brambell who has again volunteered to ensure that our donations are delivered to the Food Bank.

Let’s “Fill the Bin” and support this very worthy cause.

Submitted by Dale Broad



GAMES FOR THE BRAIN:

Monthly stimulation for our Cognitive Wellness



Submitted by Lisa van Bommel

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		Aerobics 9:00 - 10:00 am	ZUMBA GOLD 9:30 am	Aerobics 9 :00- 10:00 am	Jammers 9:30am - Noon
Mild Fitness 10:30 - 11:30 am Wait list	Spanish Lessons 10:00 - 11:00 (Sept 29-Nov 17)	Mild Fitness 10:30 - 11:30 am Wait list	Quilting 10:30 am—Noon 1st and 3rd Thurs	Mild Fitness 10:30 - 11:30 am Wait list	
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 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	
			Writing Circle 2:00—3:30 pm 1st 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	Book Club 2:00—3:30 pm 2nd Thursday	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 (no class on 2nd Thurs of month)		<i>New schedule for newsletter Oct26</i>