

# The Centre News

February 2023

cssca@shaw.ca

## President's Message

Hello, members!

I am keeping my fingers crossed that the snow is done for this year and we can look forward to the early spring flowers.

Beacon Community Services is again offering free tax preparation services at the Centre. Their representative will be available in the library on Wednesday March 1<sup>st</sup> and 15<sup>th</sup>, and April 5<sup>th</sup> and 19<sup>th</sup> from 10 a.m. to noon. To qualify for this free service, your tax situation must be simple and your income level modest: for a single person up to \$35,000 and for a couple up to \$50,000.

Our annual general meeting will be held on March 23<sup>rd</sup> at 2 p.m. Please mark your calendars and plan to attend. Your input is important.

Our Centre is in full swing again with most pre-COVID activities and programs operating. We are also planning some special events for the year.

If you have a suggestion for a new activity or program, please let me know. We are always looking for new ideas.

Hope to see you around the Centre!

*Dale Broad,  
President*

## Coming Events

### Bingo

Feb. 15, Mar. 1 and 15 at 1 p.m.

### Potluck Lunch

Feb. 16 at noon

### Speaker Series

Feb. 17 at 2 p.m.

### Valentine' Day Tea

Feb. 19 at 2 p.m.

### Lunch Bunch

Feb. 23 at 11:30 am.

### Art Appreciation

Feb. 28 at 7 p.m.

### Income Tax Preparation

Mar. 1 and 15 and Apr. 5 and 19, 10 a.m. to noon

### Raconteurs

Mar. 3 at 2 p.m.

### "Now That's Funny!"

Mar. 10 at 2:22 p.m.

### Pancake Breakfast

Mar. 14 between 9 a.m. and noon

### Annual General Meeting

Mar. 23 at 2 p.m.

### Ann Nightingale

Mar. 31 at 2 p.m.

### CPR and AED

Apr. 21 at 2 p.m.



## Valentine's Day Tea Feb. 19

*By Dale Broad*

Please join fellow members and guests at a Valentine's Day Tea on Sunday, February 19 at 2 p.m. Come and enjoy an afternoon of coffee or tea, sweets, valentine trivia and songs.

Did you know that the first heart-shaped chocolate box was created by the Cadbury company in 1861 and that Valentine's Day dates back to ancient Rome?

You can purchase your ticket at the Front Desk: \$8 for members and \$10 for non-members. The volunteer sign-up sheet for sweets donations and kitchen help will be posted in the kitchen. Hope you are able to attend!

## Pancake Breakfast!

*By Gerie Turner*

The Centre's Pancake Breakfast is on Tuesday, March 14 from 9 a.m. until noon. Drop in for a delicious breakfast of pancakes, toppings galore, Hertel's ham, and scrambled eggs. Tickets are \$12 for members and \$14 for your guests. To volunteer to help with this event, please contact Gerie Turner or put your name on the sign-up sheet at the Front Desk. We need help with set-up, cooking, serving, and clean-up.

We certainly enjoyed getting together for breakfast last March. Hope to see you this year!

## "Now THAT's Funny!"

*By Roger Boutilier*

The 10th edition of *Now THAT'S Funny!* will premiere -- to be honest, this will be just a one-off, as I'm not taking this show on the road to North Saanich, on Friday, March 10 at the usual memorable time of 2:22 p.m. This month's featured performers are the affable Canadian comedy duo of Wayne and Shuster who entertained us on their sketch comedy television show in the 60's and



*(Wayne and Schuster nab their man on the Ed Sullivan show in 1963.)*

You can go ahead and preview their signature *Rinse the Blood Off My Toga* and *Shakespearean Baseball* pieces as I am not going to run them during our laugh frolic. Instead, we will get the usual short dose of biography to start and then ease into staple samples from their reservoir of zany characters.

So, hope to see you, yes YOU, at the Centre on Friday, March 10 at the above advertised time. Remember to bring your toonie and a

good sense of humour. Borrow both, if you must.

Dr. Ha!-Ha!

## Raconteurs

*By Joan Boutilier*

John Gunton is becoming well-known among our members for his enthusiastic participation in Centre activities. For example, he offered two fascinating presentations on Antarctica as part of Joyce Vezina's *Speakers Series*. As our February Raconteur, John captured our attention with *Twists & Turns of a Geologist: A career of conflicting accomplishments*. Generously transparent, he provided "...an account of leading an effort to discover and produce polluting fossil fuels and mineral resources followed by a failed attempt to harness the energy contained in ocean waves."



*Dr. John Gunton gave the second part of his talk about Antarctica on January 20.*

His candour was refreshing and informative, eliciting many questions from the audience. Thank you, John, for a very interesting afternoon.

On March 3, our Raconteur will be Randy Mains, who has chosen the title *Life in a Spin: 50 Years of Adventure as an International Helicopter Pilot*. And then, he became a journalist! Sounds great, doesn't it?

You do not need to make a regular commitment to attend *Raconteurs* – just come when you can and remember your toonie admission and a loonie for coffee following the program.

## Art Appreciation

We are meeting on the second and fourth Tuesdays at 7 p.m. downstairs. The Feb 28 subject is Canadian artist Yvonne McKague Houser. March subjects will be posted on the Centre bulletin board. All interested in art are very welcome.



## Happy March Birthdays!

Claude Lavoie	March 3
Claire Grise	March 3
Cheera Crow	March 3
Renee Nicholls	March 3
Rosemary Lapenskie	March 5
Mario Dellaviola	March 5
Patricia Jones	March 9
Sandra Jaycox	March 9
Shirley Hallett	March 13
Lynda Miller	March 20
Frona Scott	March 23
Patricia Gunton	March 29
Hilda Cook	March 29
Lee Campbell	March 31



## Welcome New Members!

Ken Wilson  
Barbara Shawcross  
Joe Seeway  
Loraine Strandlund  
Inde Hundle  
Robert Saar  
Koko Saar

**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](mailto:sdennisorr@gmail.com)

## A Leftover Christmas Joke for Cat Lovers



# CSSCA SPEAKER'S SERIES

**Friday, February 17<sup>th</sup>, 2 p.m.**

**It is that time of year again; TAXES!!! Don't despair...**

**Sarah Bennett, CVITP** and Benefits Outreach Officer, Western Region, with the **Canada Revenue Agency** has agreed to come to our Centre to give a presentation about taxes and specifically, the implications for seniors.

**This is a "do not miss" presentation!**

**Friday, March 31<sup>st</sup>, 2 p.m.**

**Ann Nightingale**

**Our well-known local birding expert will be returning to the Centre with more information and stories about our feathered friends.**

**Friday, April 21<sup>st</sup>, 2 p.m.**

**Dr. Patricia Gunton**

**Cardiopulmonary Resuscitation CPR &  
Automated External Defibrillator AED**

**If, like me, it has been several years since you were shown the "how" and "why" of the AED machine, Dr. Gunton will remind us about all aspects of this medical device. Dr. Gunton's presentation will also include CPR – a procedure that, when learned, can save lives.**

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Scottish Country Dance</b> 10 :00am - Noon	<b>Aerobics</b> 9 :00- 10:00 am	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am	
<b>Bridge</b> 12:00 -4:00 pm	<b>Art Group</b> 12:00 - 3:00 pm	<b>Weaving</b> 11:00am - 3:00pm	<b>Pot Luck Lunch</b> 12:00—1:30 pm 3 <sup>rd</sup> Thursday	<b>QUILTERS</b> 1:30—3:30 1st and 3rd Friday	
	<b>Songbirds Choir</b> 1:00 - 2:00 pm Date TBD	<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 AM 4 <sup>th</sup> Thursday	<b>BUS TRIPPERS</b> 2nd Friday Of each month Date TBD	<b>Bridge</b> 12:00—4:00 pm
<b>Scrabble</b> 1:00 pm Date TBD	<b>Chair Yoga</b> 2:30—3:30pm	<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Raconteur</b> 2:00—3:00 pm 1st Friday	
		<b>Knitting</b> 1:30—3:30 pm	<b>Writing Circle</b> 2:00—3:30 pm 3rd. 4th and 5th Thursday	<b>Now That's Funny</b> 2:22—3:22 pm 2nd Friday	<b>SUNDAY</b> <b>Walking Group</b> 2:00 pm
			<b>Bridge</b> 12:00—4:00 pm	<b>Speakers Series</b> 2:00-3:00 PM 3rd or 4th Friday	
	<b>Art Appreciation</b> 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter jan 23.pub</i>