



# Expressions



April 2024

1767 Island Highway, Colwood, B.C. V9B 1J1

\$1.00

## PRESIDENT'S MESSAGE

My first President's Report - I'm happy, humble, and to be honest, a bit nervous about this new role. I appreciate very much all the good wishes and words of support that I've had from many of you, thanks so much. The Executive members for the upcoming year are Linda Bailey, Margaret Mercer, Janet Graham, Bev Stewart, and Pat Ford. I'd like to say a special thank you to Past President Pat Ford for leading the Centre through the unprecedented time of COVID and the restart of our Centre. There was no manual for that!

We held our first Executive Meeting immediately following the Annual General Meeting to appoint the new Board members. They are Linda Swain, Marilyn Elbourne, Evelyn Woodward, Andrea Kilner, Jean Vesey, and Kirk Tooby. Welcome aboard, I'm looking forward to working with you all.

I'd like to give a big thank you to all of last year's Board and Executive members for all of the hours they put into their positions. Making decisions for the running of the Centre is not an easy job, but it is an essential one. Thank you again!

The week of April 14-20 is Volunteer Appreciation Week in Canada. We are unique in Victoria in that we really are a volunteer led and driven Seniors Centre. I would like to recognize each volunteer and every job they do at the Centre. Thank you all so very much.

As I mentioned at the Annual General Meeting, I will be away for the next six weeks, on a long planned vacation to visit family in Australia. During this time I know that everything will click along smoothly with the new Board and Executive. In spite of a few nerves, I'm looking forward with confidence to the coming year!

Kathy Robertson  
President

## General Meeting

Thursday, April 4th

1:00 p.m.

Food Bank Day

All members are urged to attend

## CENTRE CLOSURES

April 01

Easter Monday



## 55+ Activity Centre

OFFICE HOURS: MON-FRIDAY

8:30 a.m.- 3:30 p.m.

1767 Island Highway  
Victoria, B.C. V9B 1J1  
Tel: 250 474-8618

E-Mail addresses

President: [jdfpresident@gmail.com](mailto:jdfpresident@gmail.com)

Expressions: [jdfexpressions@live.ca](mailto:jdfexpressions@live.ca)

Web page: <http://jdfseniors.weebly.com>

## JdF Walkers

Walks are 3-4 kms, mostly on easy terrain.  
Registration in auditorium  
Tuesday 9:15-9:35 am

Apr 02: Cuthbert Holmes Park

Apr 09: West Bay Walkway

Apr 16: The Gorge

Apr 23: Langford Lake

Apr 30: Lake Ida Ann/Florence Lake

Bus is available only if 16 passengers are available. Car pooling will be available otherwise.

Bus leaves @ 9:45 am Bus cost \$2.75

For further information contact:  
Janice Hilderman @ 250-294-2855

## SUNDAY DINNER

**Sunday, April 28th**

### **Spinnakers Gastro Brew Pub**

Bus Departs: 4:30 pm

Buy \$6.00 non-refundable bus ticket and sign up at Reception. Ticket sales close

Friday, April 19th.

Valerie Mogck  
valeriemogck@gmail.com



## “Let’s Do It” Bus Trips

### **Wed, April 10th: Merridale Cidery & Distillery**

Tasting available, but not included  
See their gift shop  
Lunch at the Farmhouse Eatery  
Depart: 10:20 am, Return approx: 3:00 pm  
Cost: \$15.00 Lunch not included

### **Wed, April 24th: The North Island Wildlife Recovery and Discovery Centre & Coombs**

Tour the Wildlife Centre and see the Goats on the roof in Coombs.  
Lunch at the Cuckoo Trattoria and Pizzeria  
Depart 9:00 am, Return approx: 5:30 pm  
Cost \$32.00 Admission fee included, lunch not included.

### **Fri, May 10th: Milner Gardens & Woodland in Parksville**

See the beautiful gardens and Rhodo’s in bloom.  
Lunch at the Tea House on the property.  
Depart 9:00 am, Return approx: 4:30 pm  
Cost: \$31.00, includes bus and Admission  
Lunch Not Included.

### **Wed, May 29th: Dinter Gardens & The Old Farm Garden Centre**

Two delightful garden centres  
Lunch at the Cook & Butcher in Cowichan Bay  
Depart: 10:00 am, Return approx 4:00 pm  
Cost: \$15.00, lunch not included

Purchase Tickets early to save disappointment.

*For ticket availability, ask Reception staff*

NOTE DIFFERENT DEPARTURE TIMES

### 2024/2025 Executive

President: WSPR	<b>Kathy Robertson</b> kathyrobertson1@hotmail.com
1st Vice President Hobby, Language Groups, Policies & Procedures, Showcase	<b>Linda Baily</b> riley47@shaw.ca
2nd Vice President Membership	<b>Margaret Mercer</b> marg-mercerc@outlook.com
Secretary: Games Groups (except Bingo)	<b>Bev Stewart</b> bev.stewart@shaw.ca
Treasurer: Finance Art Groups, Inventory	<b>Janet Graham</b> jgrahamhome@outlook.com
Past President: Kraft Groups, Deck, Safety, Security	<b>Pat Ford</b> fford@telus.net

### 2024/2025 Board of Directors

Linda Swain Reception	laptopsbylinda@shaw.ca
Jean Vesey Space Allocation	bjvesey@shaw.ca
Marilyn Elbourne Music and Drama	elbournemarilyn@gmail.com
Andrea Kilner Exercise Groups	kilnerandrea@gmail.com
Evelyn Woodward Kitchen, Entertainment	etwood99@gmail.com
Kirk Tooby Bus, Maintenance, Shops/Power Tools	kptusausa@gmail.com

### Committees 2024/2025

Entertainment	Marilyn Elbourne	250-478-6025
Finance	Janet Graham	250-478-0190
Fundraising		
Reception	Linda Swain	250-812-7494
Policies & Procedures	Linda Bailey	250-478-0560
Safety & Security	Pat Ford	250-478-4387
Volunteer Management	Linda Cash	250-294-5801
Woodwork Shop	Jim O'Hare	778-265-2014

### Important Contacts 2024/2025

Bingo	Debbie Abraham	250-507-4343
Bus Driver Coordinator	Mike Boutilier	250-589-0326
Bus Driver, Maintenance/ Operations	Ron White Brian Leah	778-440-3997 250-478-8427
Decorating	Ruth Maa	250-217-7630
Improvement Fund	Marillyn Corbett	250-514-6710
In Memory & Get Well	Pat Ford	250-478-4387
JdF Singers	Madeline Andrews	250-474-1660
Kitchen/Food Services	Evelyn Woodward	250-213-2005
Library	Ann Kilduff	250-478-0726
Newsletter Expressions	Charlotte Adams	250-589-3855
Ombudsman	Jan Peever	250-478-6462
Publicity Control - Inside	Linda Swain	250-812-7494
Showcase	Marylou Starkey	250-893-2050
Space Allocation	Jean Vesey	250-474 4401

**IF YOU'RE SICK STAY HOME  
YOU'LL RECOVER SOONER**



**DON'T SHARE YOUR BUGS AND  
YOUR FELLOW MEMBERS WILL  
THANK YOU**

## REMINDER – Our Centre Closes at 3:30 p.m.

A reminder to members that the Centre closes at 3:30 p.m. Monday through Friday. After this time, members should not be in the building unless they are attending a class, are attending or volunteering at an event or are engaged in work for the Centre.

## APRIL BRIDGE SOCIAL

Saturday, April 20th

Come and enjoy an evening of Social Bridge.

Doors open at 3 pm, play commences at 4 pm

Cash bar, non-alcoholic, and cash prizes

Tickets now on sale at Reception

\$10 each

Members only



## COMMUNITY RESPONSE NETWORK

Gabi Townsend presents information on Ageism

Thursday, April 25th, 1:00 pm

According to the World Health Organization (WHO, 2021), “ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.”



BC ASSOCIATION OF  
**Community Response Networks**

*Stopping Adult Abuse and Neglect ...Together.*

**♥♥♥♥APRIL IS VOLUNTEER APPRECIATION MONTH♥♥♥♥♥♥♥♥**

**THURSDAY, April 18<sup>th</sup> join us for cake and coffee to say THANK YOU.**

**Take time to smile and show your appreciation every day to the volunteers who:**

- ♥ **Lead 100+ classes in art, exercise, shops, music, cards, languages, book clubs, etc weekly**
- ♥ **Bake, cook, stir, and chop to serve coffee, muffins and lunch to 100 members a day**
- ♥ **Greet you and provide information, membership services, administration , newsletter, ticket sales etc. in the office daily**
- ♥ **Our board and committees providing planning and administration.**
- ♥ **And of course special events including entertainment, dinners, bus trips, theatre trips, and fundraising including raffles, craft fairs**

**♥♥♥♥Volunteers are the HEART of our Centre♥♥♥♥♥♥♥♥**

## **TOONIE BIN**

We are now accepting items for the Toonie Bin for the Craft Fair in November.

Please donate items that are in good condition and something that you would like to receive as a gift.

We do not accept clothing, shoes, toiletries, or scented items. We do accept new knitted items such as toques, scarves or mittens. We are also needing bags, boxes and Christmas wrapping.

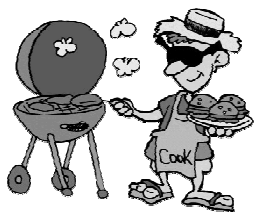
Please put your donations in the bin in the cloak room.

If you have any questions please contact:

Lynne Johnstone 250-589-7076 or

Sharon Walmsley 250-858-3069





## MAY BRIDGE SOCIAL

Saturday, May 11th

Come and enjoy an evening of Social Bridge and a BBQ Dinner

Doors open at 3 pm, play commences at 4 pm

Cash bar, non-alcoholic, and cash prizes

Tickets go on sale on Monday, April 8th  
at Reception

\$10 each

Members only

## DO YOU WANT TO DANCE

Friday, April 12th

7:00 pm - 10:00 pm

Doors open at 6:30 pm

\$5 admission at the door

Members and guests

Music by Jenny



## EXPRESSIONS DEADLINE

All class leaders are welcome to submit articles for the Expressions about their class. The next edition will be for May 2024. The deadline for submissions to the May 2024 Expressions is April 19, 2024. If you have any questions, please call Charlotte Adams @ 250-589-3855 or email the Expressions team at [jdfexpressions@live.ca](mailto:jdfexpressions@live.ca). Please submit your article via this email address.

# SPRING CONCERT

Wednesday, May 8th @ 7:30 pm

The Juan de Fuca Community Orchestra

What a wonderful way to celebrate spring-  
listening to great music  
Coffee, Tea & Sweets to follow

\$5.00

Tickets now sale



## REMEMBER TO USE OUR MEMBERSHIP NUMBER AT THE CO-OP FOR GAS

By getting your gas at the Co-op and using our membership number, you will be benefitting the Centre, as at the end of the year the Centre will receive a dividend cheque based on what has been spent on fuel for our bus and by the members who have purchased gas at the Co-op.

PLEASE USE MEMBERSHIP NUMBER **68956**





## **WOULD YOU LIKE TO WIN SOME MONEY?**

At the next General Meeting, a door prize will be drawn. A member number will be chosen from the 2023/2024 list of JDF Seniors members who are in good standing within the Society. To win the door prize, the member is required to be present at the General Meeting and on the member sign-in General Meeting list with their name and member number.

Randomly chosen numbers will not show the Member's name. Once the Member comes forward, verification will be required before the money is paid out.

Member #2523 would have won \$20 had they attended the General Meeting held Thursday, January 4th, 2024!

Member #4264 would have won \$40 had they attended the last General Meeting held Thursday, February 1st, 2024!

Member #4145 would have won \$60 had they attended the last General Meeting held Thursday, March 7th, 2024!

The door prize for the next General Meeting scheduled for Thursday, April 4th, 2024 will be \$80!!  
**Will you be the winner?**

## **REWARDS PROGRAMS**

A business card outlining the rewards programs that benefit our Centre is available at Reception. It contains the Centre membership numbers that can be used to earn the Centre money from purchases at **Peninsula Co-op**. At year end, the Centre will receive a dividend cheque based on what has been spent on fuel for our bus and by the members who have purchased gas at the Co-op.

It also has the Centre phone number which is used to earn our Centre money at any business that is part of the **Triangle Rewards** program. This includes **Canadian Tire, Sport Chek, and Mark's**. The third item is a reminder that **Fairway Markets** refillable gift cards are available from Reception.

The use of these cards when buying groceries earns the Centre cash back when you put money on the card at no cost to the cardholder or user.

## **PERSONAL PROPERTY**

Just a reminder. Please take all personal property home with you when you leave the Centre. We cannot replace or repair personal property that is stolen or damaged, as our insurance policy does not cover possessions of our members, only items belonging to the Centre and listed on our inventory.

Executive



## CRIMESTOPPERS PRESENTATION

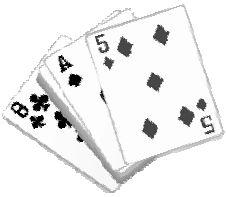
**Thursday, April 11, 1:00 pm**

### Mission Statement

Crime Stoppers is comprised of diverse, active, and dedicated community representatives. Crime Stoppers provides a method for local law enforcement to receive information on crimes. These efforts increase tips, which in turn increase arrests in our community.

**CRIME+STOPPERS**  
BC CRIME STOPPERS

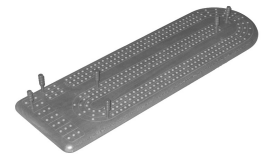
## Crib Tournament



Friday, April 19th

7:00 p.m. \$5.00

Welcome to bring family  
and friends



## SCENT-FREE

A gentle reminder that our Centre is a “Scent-Free” zone. Many of our members are allergic to some of the ingredients in various perfumes, body lotions, hair products, aftershave products, laundry products, etc. Some of these members have had to leave a class and/or the Centre because another member is wearing a strong-scented product.

Please consider your fellow members and abstain from using these products while at our Centre.



# DINNER DANCE

**Saturday, April 27th**

**Retro 50's Theme**

**Doors open: 5:00 pm**

**Dinner: 6:00 pm**

**Dance: 7:30 pm**



**Live Music by "One 2 Many"**  
**Check Bulletin Board for menu**

**\$20.00**

**Tickets now on sale**

**Ticket sales close April 12, 2024**



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## VOLUNTEER APPRECIATION WEEK

April 14-20 is National Volunteer Week – the theme for 2024 is “Every Moment Matters” – highlighting the important contributions of volunteers in Canada.

We need no special reason to say thanks to our host of volunteers. We appreciate the time and effort you expend to make our centre a better place. Without you we would be nothing. Thank you.



**Thursday Afternoon Social**  
**\$2.00**  
**1:00 pm - Tea, Coffee, and a Goodie**  
**It's a wonderful time to visit with friends**

If you have a suggestion for Thursday afternoon entertainment please advise Marilyn Elbourne at [elbournemarilyn@gmail.com](mailto:elbournemarilyn@gmail.com)

**APRIL 2024**

**March 2024 Birthdays**

**04**  
 General Meeting  
 Food Bank Day

**11**  
 Crime Stoppers Presentation

**18**  
 Volunteer Appreciation Day  
 Birthday Celebration Day

**25**  
 Community Response Network  
 Focus on Ageism



**Birthday Celebration Day**

In your Birthday month, join us on our Thursday Birthday Celebration Day at 1:00 pm. Be sure to sign up in the "Birthday Book" at the door so we can acknowledge your special day. Enjoy a piece of birthday cake with others who are also celebrating their Birthday that month.



# BINGO

## EVERYONE WELCOME



Bingo every Friday from 12:30 - 3:00 pm on days the Centre is open.

Come have fun and try your luck

### DATES TO REMEMBER FOR APRIL & MAY 2024

Apr 01	Centre closed - Easter Monday	Mon all day	May 02	<b>General Meeting</b> Food Bank Day	Thu 1:00 pm
Apr 04	<b>General Meeting</b> Food Bank Day	Thu 1:00 pm	May 08	JdF Community Orchestra	Wed 7:30 pm
Apr 11	Crime Stoppers Presentation	Thu 1:00 pm	May 09	Trivia with John Stonehouse	Thu 1:00 pm
Apr 12	Do You Want to Dance	Fri 7:00 pm	May 11	Bridge Social	Sat 3:00 pm
Apr 18	Volunteer Appreciation Day Birthday Celebration	Thu 1:00 pm	May 16	Community Response Network Seniors' Issues Birthday Celebration	Thu 1:00 pm
Apr 19	Cribbage Tournament	Fri 7:00 pm	May 17	Cribbage Tournament	Fri 7:00 pm
Apr 20	Bridge Social	Sat 3:00 pm	May 23	Travel Talk with Jo Wooten	Thu 1:00 pm
Apr 25	Community Response Network Focus on Ageism	Thu 1:00 pm	May 25	Dinner Dance "City Slickers"	Sat 5:00/6:00/ 7:30 pm
Apr 27	Dinner Dance Retro 50's Theme "One 2 Many"	Sat 5:00/6:00/ 7:30 pm	May 30	Performance by the Stage Players	Thu 1:00 pm