



# Expressions



December 2023/January 2024

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

\$1.00

## PRESIDENT'S REPORT

Hello to everyone. Christmas is fast approaching. It is unbelievable how fast it comes in this last month of the year. Let us hope it is not a white Christmas so everyone can get to see family and friends.

Just a gentle reminder that our Centre does not have a drop-in option. To attend a class, a person needs to have a regular membership or a current Trial or Out of Town Pass.

PLEASE do not park in handicap parking stalls if you do not have a valid handicap parking pass. Many members need those spots. Also, avoid parking in front of curb cuts/ramps as it makes it extremely difficult for people with walkers and mobility scooters.

COVID is still around, so if you are feeling ill please stay at home. If anyone you live with is under the weather you may want to stay home too, to avoid spreading it. You also have the option of wearing a mask if you wish. Leaders may ask you to wear a mask to keep everyone safe.

Our craft fair was a huge success, as was our sale of raffle tickets. Great job everyone! The mini craft sale will be held on December 7th and 8th in the large lounge. Hope to see you there.

Merry Christmas and Happy New Year to one and all! Pat Ford

## General Meeting

**Thursday, December 07, 2023**  
**Thursday, January 04, 2024**  
**1:00 p.m.**

**Food Bank Day**  
**All members are urged to attend**

## CENTRE CLOSURES

Dec 16, 2023 to  
January 01, 2024, incl  
Winter Maintenance

## WINTER WEATHER



If you wake up to snow & ice  
assume the Centre could be closed.

Listen to CFX 1070 AM Radio, call  
the Senior Centre @ 250-474-8618 and  
wait for the message, or check our  
website before coming to the Centre.  
If weather is really bad we are closed

**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

Dec 05: View Royal Park  
Dec 12: Galloping Goose/  
Bennet

Dec 16 - Jan 01: No Walks/Centre closed

Jan 02: Beaver Lake  
Jan 09: Galloping Goose/Lombard  
Jan 16: Layritz Park  
Jan 23: Royal Roads/Aldeane/University  
Jan 30: Hyacinth Park

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

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



## “Let’s Do It” Bus Trips

### Wed Dec 6th: Chemainus Theatre: It’s a Wonderful Life Radio Play

Based on the beloved holiday movie with a clever twist. The story is staged as a live radio broadcast. Actors portray numerous characters and take on sound effects. George Bailey, a generous and well meaning man, has become too downcast and tired to continue living. It will take help from a loveable angel to show George what life would be like if he wasn’t born and for George to have a change of heart and understand the true spirit of the holidays.

Depart: 10:00 am Return approx: 5:45 pm

Cost \$128.00 includes Buffet, Show, Bus & gratuities  
Ticket sales closed November 20th

### Wed, January 17th: Legislature Tour

Lunch in the dining room of the Legislature

Depart: 10:40 am Return approx 3:30 pm

Cost: \$10.00 lunch not included

Must have photo ID

### Wed, February 7th: Aviation Museum Tour

Lunch at Mary’s Bleue Moon Café

Depart 10:40 am Return approx 3:30 pm

Cost \$22.00 includes museum admission fee

Lunch not included

### Wed, February 21st: Shop and Stroll Sidney

Lunch at the Riva Restaurant in Sidney

Depart 10:20 am Return approx: 4:00 pm

Cost \$11.00 Lunch not included

Purchase Tickets early to save disappointment.

*For ticket availability, ask Reception staff*

NOTE DIFFERENT DEPARTURE TIMES

## SUNDAY DINNER

### Sunday, Jan 28: Mary’s Bleue Moon Café

Bus Departs: 4:30 pm Dinner: 5:00 pm

Buy \$6.00 non-refundable bus ticket and sign up at Reception. Ticket sales close Friday, January 19th.

Valerie Mogck  
valeriemogck@gmail.com

**2023/2024 Executive**

President: WSPR Kraft Groups	<b>Pat Ford</b> <b>fford@telus.net</b>
1st Vice President Policies & Procedures Entertainment	<b>Evelyn Schumacher</b> <b>evelyn.schumacher@gmail.com</b>
2nd Vice President Membership Dance Groups	<b>Margaret Mercer</b> <b>marg-merc@outlook.com</b>
Secretary: Language Groups Exercise Groups	<b>Donna Selbee</b> <b>dselbee@gmail.com</b>
Treasurer: Finance Art Groups	<b>Darlene Wright</b> <b>darlwright@hotmail.com</b>
Past President:	<b>Vacant</b>

**2023/2024 Board of Directors**

Debbie Abraham Games Groups	bingoleader@shaw.ca
Brian Leah Deck Safety and Security Maintenance	brisueleah5@gmail.com
David MacClelland Hobby Groups Music and Drama	davidmacclelland@gmail.com
Kathy Robertson Card Groups Kitchen	kathyrobertson1@hotmail.com
Linda Swain Learning Groups Reception Showcase	laptopsbylinda@shaw.ca
Ron White Bus Shop/Power Tools	ron.white@shaw.ca
Jean Vesey Space Allocation Inventory	bjvesey@shaw.ca

**Committees 2023/2024**

Entertainment	Marilyn Elbourne	250-478-6025
Finance	Darlene Wright	250-479-4546
Fundraising		
Reception	Linda Swain	250-812-7494
Policies	Evelyn Schumacher	250-391-1819
Safety & Security	Brian Leah	250-478-8427
Volunteer Management	Linda Cash	250-294-5801
Woodwork Shop	Jim O'Hare	250-478-4955

**Important Contacts 2023/2024**

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
Donations-Bricks Wall		
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	Kathy Robertson	250-391-7687
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**

## CHRISTMAS RAFFLE

Our Christmas Raffle tickets are sold out!! Thank you to everyone who sold and/or bought tickets. Thank you to the volunteers who manned the tables to sell tickets. You are all amazing!

Thank you to all the volunteers who canvassed businesses for donations.

Thank you to all the members and classes who donated stunning baskets of goodies.

Thank you to all the volunteers who helped fill and wrap the baskets. They are absolutely beautiful.

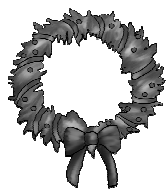
Send me your name if you are willing to help next year. The team this year was wonderful to work with, thanks. Couldn't have pulled it off without you.

Thank you to our generous and talented donors.

**Draw Date: Thursday, December 7th**  
**after General Meeting**

Ruth Reynolds

ruthanne1501@icloud.com



## LAST CHANCE “IN HOUSE” CRAFT FAIR



Our “In House” craft groups will be having a mini craft sale in the Lounge on Thursday, December 7th, and Friday, December 8th from 10:00 am to 2:00 pm both days.

Ceramics, Kreative Krafts, Cards & Beads, and Quilters will be selling their wares.

Find that last minute gift you couldn't find anywhere else.

GET THEM BEFORE THEY'RE GONE  
—  
**last chance sale**

## DO YOU WANT TO DANCE

Friday, January 12

7:00 pm - 10:00 pm

Doors open at 6:30 pm

\$5 admission at the door

Members and guests

Live Music by Fred Chester



## CRAFT FAIR 2023

We had a very successful year for our Craft Fair. Thank you to all the volunteers on the front line and behind the scenes who made this weekend a great success:

- Set-up on Friday and take-down on Sunday
- Donations for the Toonie Bin
- All those who came out to help in various capacities on Saturday and Sunday
- And many, many others. I could go on forever.

A big THANKS to all.

Kreative Krafts, Quilters, Kitchen, Toonie Bin, Door Raffle, Beads & Cards, Weavers and Ceramics donate all their proceeds to our Centre! The total proceeds were over \$9,500!!

Well done, everyone.

Again, a big THANK YOU to all the volunteers for making this another successful weekend.

Carol Wright & the Craft Fair Committee

## BEGINNERS LINE DANCING

A New Beginner Line Dance Class will begin on Thursday, January 04, 2024 at 10:00 am.

The class will be teaching the basic steps, plus some easy dances. This is a drop in class, open to all members. Previous line dancers are welcome to continue coming to the class.

Any questions call Donna Fallas 250-727-0696.

## NO GUEST PASSES

Reminder: There are no Guest Passes to our Centre. We are a membership-driven Senior Centre.

The options for visitors or those wanting to try the Centre before buying a regular membership are:

1. Trial Pass - a person who has never been a member before can buy a one month pass. It is not renewable and cannot be applied to the cost of a regular membership, or
2. Out of Town Pass - a person visiting from out of town, i.e. over the Malahat or off the island can buy a one month pass which can be renewable up to three times in a membership year.

The Membership Team

## FOOD BANK

Our Centre is now accepting **non-perishable** food for the Food Bank every day that we are open.

Please ensure all food has a **current** best-before date – the Food Bank cannot accept past-dated food.

## VOLUNTEER OPPORTUNITY

A volunteer is needed immediately for about an hour every Thursday afternoon at 12:15 pm to collect admissions for the afternoon tea and entertainment.

For more information please contact Marilyn Elbourne at [elbournemarilyn@gmail.com](mailto:elbournemarilyn@gmail.com)

A big thank you to Marillyn Corbett for her years of faithful service - great job!



## EXPRESSIONS DEADLINE

All class leaders are welcome to submit articles for the Expressions about their class. The next edition will be for February 2024. The deadline for submissions to the February 2024 Expressions is January 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.

## CHRISTMAS PROGRAM

Enjoy a free Christmas Concert with the JDF Singers, Stage Players, the Hawaiian Dancers, Ukulele players and others at the Centre on Thursday, December 14th at 1:00 pm. Please come by and help us celebrate the season.



Birthday Celebration with Birthday Cake, Tea & Coffee



## RE-GIFTING FUN

Thursday, January 25th at 1:00 pm

Did you receive the perfect Christmas gift (for someone else)?

This is your chance to re-gift that item.

A guaranteed afternoon of fun and laughs, with a lot of "stealing" going on!

Tea and Coffee served

## 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**



# **JUAN DE FUCA COMMUNITY ORCHESTRA**

## **Annual Christmas Concert**

**Wednesday, December 13th at 7:30 pm**

The orchestra is under the direction of Ian Dives and will perform selections from Star Wars, some Baroque pieces, plus some Christmas favorites.

**Special Guest Artist: Sihana Dorfsman**



Soprano Sihana Dorfsman has been studying voice since the age of 8. She is a choral scholar at Christ Church Cathedral and for the Victoria Choral Society. As a voice major at the University of Victoria she studies under Anne Grimm, and will be doing her degree recital this coming April.

**Doors open 6:45 pm**

**Light Refreshments**

**Tickets: \$7.00**

**Children 5 and under - no charge**



## **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. Our insurance policy does not cover possessions of our members, only items belonging to the Centre and listed on our inventory.

Executive





## BOXING DAY SOCIAL

December 26th at 2:00 pm

Complimentary Treats and Non-alcoholic Beverages

This is your chance to relax and visit after the holiday rush

See you there!

## West Shore Parks & Recreation Exemplifies Accessible Parking Facilities

At West Shore Parks & Recreation, we continually strive to provide an inclusive experience for all patrons and partners we serve. As November was Accessible Parking Awareness month, we are proud to take this opportunity to increase awareness of the availability of accessible parking spaces throughout our 108-acre site.

Our commitment to accessibility extends beyond compliance with regulations. With 20 strategically located parking lots catering to a diverse range of facilities and users, our expansive site features a total of 1248 parking stalls. Notably, 71 of these are designated as accessible stalls, reflecting a supply rate of 5.6% - well surpassing the mandated building code requirement of 2% in the Capital Regional District (CRD - Colwood). Comparatively, the BC Building Code requires one accessible space for every 100 parking spaces (1%) with the first accessible space positioned at the 50th stall. The BC Building Code also specifically addresses “car” accessible spaces, rather than van or ramp accessible stalls.

Supply rates and designations of the parking lots near the 55+ Activity Centre:

Lot 5	Seniors' parking next to the 55+ Activity Centre	17 stalls	2 accessible	11.7%
Lot 4	JDF Arena/Childcare Centre/55+ Activity Centre/Bus user parking	134 stalls	20 accessible	14.9%
Lot 11	Transit parking (across from the troll bridge)	32 stalls	3 accessible	9%
Total		183	25	Average 13.6%

As WSPR invests in facility improvements and conducts renovations, we are committed to embracing plans that align with accessibility standards. Collaboration with partners such as Accessible Parking BC and the Inter-municipal Advisory Committee on Disability Issues (IACDI) guides us toward the latest accessibility information and enables us to meet the evolving needs of our community.

Bobbi Neal, WSPR Community Development Leader



## **JANUARY BRIDGE PIZZA PARTY**

Saturday, January 13th

Cost: \$10

Tickets go on sale Monday, December 4th at Reception

Members only

Dinner at our January Bridge Social includes pizza from Romeo's

Doors open at 3 pm, play commences at 4 pm

Cash bar non-alcoholic

Cash prizes

## **FEBRUARY VALENTINES BRIDGE SOCIAL**

Saturday, February 17th

Cost: \$10

Tickets go on sale Monday, January 8th at Reception

Members only

Doors open at 3 pm, play commences at 4 pm

An Evening of Dinner and Social Bridge

Cash bar non-alcoholic

Cash prizes



**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)

**DECEMBER 2023/JANUARY 2024**

Dec 07  
General Meeting  
Food Bank Day  
Raffle Draw

Dec 14  
Christmas Concert  
Birthday Celebration/Cake

Jan 04  
General Meeting  
Food Bank Day

Jan 11  
Coffee Klatch

Jan 18  
Birthday Celebration  
Card Bingo  
Cake

Jan 25  
Regifting

**November Birthdays**



**Birthday Celebration Day**

In your Birthday month, join us on our Thursday  
Birthday Celebration Day at 1:00 pm. Enjoy a  
piece of birthday cake with others who are also  
celebrating their Birthday that month.

## ELECTIONS

Elections are in March 2024 for the 2024/2025 election year. The following Executive positions will be open for nominations: President, 1<sup>st</sup> Vice-President, 2nd Vice-President, Treasurer and Secretary.

The 2024/2025 Directors will be appointed by the Executive after the elections are completed.

Information regarding dates and procedures will be posted on bulletin boards in the new year.

## DO YOU WANT TO DANCE



Friday, December 8th

7:00 pm - 10:00 pm

Doors open at 6:30 pm

\$5 admission at the door

Music by Jenny

Members and guests



## COFFEE KLATCH

Thursday, January 11th, 1 pm

Here's a chance to relax,

visit with old friends & make new friends

While enjoying coffee, tea & sweets.

Everyone is welcome.



## 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.

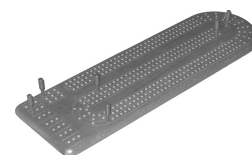


# Crib Tournament

Friday, December 15, 2023

Friday, January 19, 2024

7:00 p.m. \$5.00



Welcome to bring family  
and friends

## TOONIE BIN

We are again accepting items for the Toonie Bin. These items are sold for a Toonie at the Christmas Craft Fair held at the Centre in November each year. It is always a great fundraiser for our Centre.

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 or toiletries. We do accept new knitted items such as toques, scarves & mittens. We also accept bags, boxes and Christmas wrapping paper.

Please put your donations in the box in the cloakroom marked "Toonie Bin".

Thank you so much.

If you have any questions please call:

Sharon Walmsley 250-858-3069 or  
Lynne Johnstone 250-589-7076



## REMEMBRANCE DAY PROGRAM

On Thursday, November 9th, at our Remembrance Day program we were able to donate our “Oceans of Poppies” to the Langford Legion.

Guests of honour were:

**Colwood** Mayor Kobayashi and councillors Ian Ward & David Grove

**Langford** Mayor Scott Goodmanson and councilors Colby Harder & Mary Wagner

**View Royal** councilor & Westshore Parks and Recreation Chair Damian Kowalewich

**Westshore Parks & Recreation**

Community Development Leader Bobbi Neal

2nd Vice President of **Royal Canadian Legion**

branch 91 (Langford branch) Bea leBlanc

And, of course, our own veteran members.



## DINNER DANCE

First Dinner  
Dance of 2024

Saturday, January 27th

Music by One2Many

Doors open at 5:30 pm

Dinner 6:00 pm

Dancing 7:30 pm

Tickets \$20

Ticket sales close Friday, January 19th



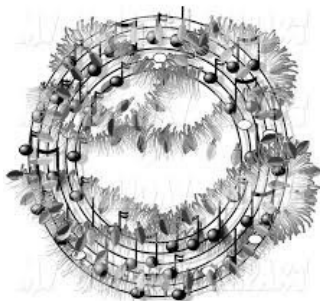
## SCOUTS CHRISTMAS SINGALONG

December 3rd, 1:00 pm

Come out and show the Scouts how much we appreciate their willingness to spend an afternoon entertaining us.

This has become an annual favourite event hosted by our Centre.

Light lunch to follow.





# 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 DECEMBER 2023/JANUARY 2024

Dec 02	Bridge Social	Sat 3:00 pm	Jan 02	Center re-opens	Tues 8:30 am
Dec 3	Scouts Sing-along	Sun 1:00 pm	Jan 04	<b>General Meeting</b> Food Bank Day	Thu 1:00 pm
Dec 7	<b>General Meeting</b> Food Bank Day 50/50 Draw Raffle Draw	Thu 1:00 pm	Jan 11	Welcome Back Coffee Klatch	Thu 1:00 pm
Dec 07	Last Chance In House Craft Fair	Thu 10:00 am - 2:00 pm	Jan 12	Do You Want to Dance	Fri 7:00 pm
Dec 08	Last Chance In House Craft Fair	Thu 10:00 am - 2:00 pm	Jan 13	Bridge Social	Sat 3:00 pm
Dec 08	Do You Want to Dance	Fri 7:00 pm	Jan 18	Card Bingo Birthdays	Thu 1:00 pm
Dec 13	JdF Orchestra Concert	Wed 7:30 pm	Jan 19	Cribbage Tournament	Fri 7:00 pm
Dec 14	Christmas Concert	Thu 1:00 pm	Jan 25	Re-Gifting	Thu 1:00 pm
Dec 15	Cribbage Tournament	Fri 7:00 pm	Jan 27	Dinner Dance	Sat 5:30/6:00/7:30 pm
Dec 16 - Jan 1	Christmas Closure	Every Day (See Dec 26)			
Dec 26	Boxing Day Social	Tue 2:00 pm			