



Expressions



March 2019

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

\$1.00

RCMP VISIT

When 3 RCMP officers entered the Lounge during Thursday afternoon Bridge lessons, we all glanced nervously around, wondering who had bid so badly that the cops had to be called in!! Then the flowers and chocolates followed and we all remembered that it was February 14th and we were all the lucky recipients of some Valentine's Day love! Thanks to the Entertainment Committee for including us in the Thursday afternoon fun. Even though the snow kept many members away, those in the building all received a flower and a heart-shaped box of chocolates.



Annual General Meeting
Thursday, March 7, 2019
1:00 p.m.
Food Bank Day
Introduction of new Executive
All members are urged to attend

DAYLIGHT SAVING
TIME BEGINS
Sunday, March 10, 2019

55+ Activity Centre
OFFICE HOURS: MONDAY-FRIDAY
8:30 a.m.- 3:30 p.m.
1767 Island Highway
Victoria, B.C. V9B 1J1

Tel: 250 474-8618 Fax: 250 474-8613

E-Mail addresses

President: jdfpresident@shaw.ca
Expressions: jdfexpressions@shaw.ca
Executive: jdfseniors@shaw.ca
Web page: <http://jdfseniors.weebly.com>

The Ramblers



Mar 07: Thetis Lake
 Mar 14: Royal Bay
 Mar 21: Boulder Hill
 Mar 28: Government House to Clover Pt.

This activity is suitable for members able and interested in walking 5 - 6.5 km, sometimes on hilly and/or rough trails.

Meet 8:50 - 9:10 am Bus Cost \$2.50
 Depart 9:15 am Return 11:30 to 11:45 am
 Yvonne Millar 250-857-1964

The Stragglers



Mar 05: Hyacinth Park
 Mar 12: GG at Marwood
 Mar 19: Layritz Park
 Mar 26: Ogden Point

Apr 02: Lake Ida

These walks are for members who wish to walk no more than 3 km on easy terrain.

Registration from 9:30 - 9:50 am
 Bus leaves @ 10:00 am Bus Cost \$2.50
 Janice Hilderman 250-294-2855

SUNDAY DINNER

Sunday, March 24: Bella at Bear Mountain

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

Buy \$3.50 non-refundable bus ticket and sign up at the front office.

Info: Jean Hess 778-265-8203
 jenniehess@msn.com

“Let’s Do It” Bus Trips



Wed, Mar 06: Moss Cottage Tour and

Sooke Museum

Lunch at West Coast Grill in the Prestige Oceanfront Resort

Depart: 10:00 am Rtn approx. 2:30 pm

Cost: \$10.00 Lunch NOT included

Wed, Mar 20: Chemainus Theatre

The Sound of Music

Musical - The story of the von Trapp Family singers.

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

Cost: \$90.00 incl. Buffet, Show, Bus

Ticket sales close March 6, 2019.

Sat, Apr 13: Cowichan Artisans Studio Tour

Lunch at Doghouse Restaurant

Depart: 9:30 am Rt'n approx 4:00 pm

Cost: \$14.00 Lunch NOT included

Wed, Apr 24: The Raptors Tour

Tour and flying demonstrations of these majestic birds. Lunch at Shipyard Restaurant in Maple Bay.

Depart: 9:30 am Rt'n approx 3:30 pm

Cost: \$25.00 Lunch NOT included

Wed, May 08: Chemainus Theatre - “The Foreigner”

Award-winning comedy. Charlie takes a room at Betty Meeks Fishing Lodge and pretends he can't speak English to avoid social interactions.

He hears more than he should as a “foreigner” and he finds himself in predicaments. They are sidesplitting funny.

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

Cost: \$90.00 incl. Buffet, Show, Bus, and gratuities.

Purchase tickets early as ticket sales close April 24th

Purchase all tickets early to save disappointment.

For ticket availability, ask Reception staff
NOTE DIFFERENT DEPARTURE TIMES

2019/20 Executive

Names of the Executive will be announced following the March Annual General Meeting

Board of Directors

Board members and some Committee contacts will be selected by the new Executive

Committees 2018/19

| | | |
|----------------------|-----------------|--------------|
| Entertainment | Ruth Reynolds | 250-388-9089 |
| Finance | Ruth Reynolds | 250-388-9089 |
| Fundraising | TBA | |
| Reception | Linda Bailey | 250-478-0560 |
| Policies | Gord Reed | 250-478-5033 |
| Safety and Security | Gord Reed | 250-478-5033 |
| Special Events | Kathy Robertson | 250-391-7687 |
| Volunteer Management | Evelyn Woodward | 250-213-2005 |
| Woodwork Shop | Judy Yakimovich | 250-474-5091 |

Important Contacts 2018/19

| | | |
|--------------------------------|-------------------|--------------|
| Arts | Vacant | |
| Bar Manager | Bruce Hawkes | 250-642-3909 |
| Bingo | Joyce Nault | 250-915-3488 |
| Bus Driver Coordinator | Mike Boutilier | 250-589-0326 |
| Bus Maintenance/ Operations | Michael Seal | 250-479-6772 |
| Decorating | Paul Turcotte | 250-885-5120 |
| Donations-Brick Wall | Marilyn Fuller | 250-478-2191 |
| In Memory and Get Well | Anne Appleton | 250-474-2474 |
| JdF Singers | Madeline Andrews | 250-474-1660 |
| Kitchen/Food Services | Sheral Emerson | 250-888-8205 |
| Library | Ona Henderson | 250-478-1681 |
| Newsletter – Expressions | Charlotte Adams | 250-478-4982 |
| Ombudsman | Evelyn Schumacher | 250-391-1819 |
| Publicity Control (Inside) | Pam Hopkins | 250-727-6167 |
| Showcase | Marylou Starkey | 250-474-7752 |
| Space Allocations | 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

THEATRE OUTINGS

Theatre Lovers, mark your calendars and get your tickets for our upcoming shows. As usual, the bus leaves from the Centre and returns you back after the show, no worries about parking. How lovely is that: friends to go with and no parking problems!

Friday, April 26: Another great play at Langham Court. *Quartet* is a charming, funny and poignant tale of four ageing opera singers. Cecily, Reggie and Wilfred reside in a magnificent retirement home for musicians and the rumour circling the halls is that a star is about to become a resident. Jean arrives and old rivalries resurface, secrets are revealed and chaos unfolds, but in true theatrical tradition... the show must go on! A celebration of the sunset years and the hilarity of growing old disgracefully. You may have seen the movie.... now see the original!

Date: April 26

Tickets: \$29.00. Tickets now on sale until April 12th

Bus departs: 6:45 pm

Performance starts at 8:00 pm

Friday, May 24: St Luke's Players is putting on another fun performance. This time it's *Things My Mother Taught Me*. A story about Olivia and Cabe who have just driven halfway across the country to start a new life together. Both sets of parents are going to visit! Can a two bedroom apartment contain all the love, laughs, worry and wisdom? A funny and touching look at inter-generational relationships. This play has just about everything you'd want in a romantic comedy, all wrapped up with an appreciate-your-mother message.

Date: May 24

Tickets: \$24.00. Tickets now on sale until May 11th.

Bus departs: 6:30 pm

Performance starts at 7:30 pm



MARK YOUR CALENDARS!!

JUAN DE FUCA SINGERS

Take a "Sentimental Journey" with The Juan de Fuca Singers

Thursday, April 18th, 1:00 pm

Presenting a varied program of solos, readings and novelty numbers with songs that will bring back many memories.

You won't want to miss this afternoon

\$1:00 admission

Tea/Coffee and Birthday Cake

FLOOR CURLING

Come and join us for fun and exercise! Floor Curling is a social game that's exciting and easy to play.

Tuesdays in the Main Auditorium (Multipurpose Rm), 9 to 11 a.m.

Wednesdays in Room 101 (downstairs), 8:45 to 11:15 a.m.

Tuesday Leaders: Sue Masters (250) 217-3522
Lynne Rockett (778) 265-7663

Wednesday Leaders: Marlene Reitlo (250) 474-9902
Arlene Welch (250) 391-7905

Richard Butler



LEARN TO NORDIC POLE WALK

INCREASE your level of FITNESS ...IMPROVE YOUR POSTURE ...BE ENCOURAGED!!!

at the Juan de Fuca 55+ Activity Centre, in just 3 easy lessons
with Valerie Millard, Nordixx Canada Certified Instructor
(business cards available at Reception, in class file)



on **TUESDAYS**, March 5, 12 & 19, 2019

@ 10:30am – 11:30am

All you need is a good pair of walking shoes ...Nordic Poles are provided
PLEASE BE SURE TO DRESS FOR THE WEATHER!!!

NOTE: Class size is limited to 10 MEMBERS so, to ensure that you don't miss out...

Please make sure to Contact Valerie **BEFORE the first class** to reserve your spot
and to find out where we'll be meeting for Registration & your 1st Lesson:

either @ polewalkingwithvalerie@gmail.com
or, by phone/text @ 250-661-6155

TOONIE BIN

Hello to everyone. We have received some nice items for the toonie bin and are still accepting more. Gently used or new items are appreciated. No clothing, shoes, perfumes, toiletries, pictures or picture frames. We do accept toques, scarves, hats and gloves. Please leave your items at Reception.

We are having a wrapping day on March 15th, from 1 -5 pm. If you can spare a few hours that would be great. If you are interested in helping, we meet in the Games room in the basement by the storage locker.

Thank you. Pat Ford fford@telus.net 250 478-4387



HALF YEAR MEMBERSHIP

Renewing members and new members joining after March 1 of each membership year can purchase a half year membership from March 1 to August 31.

The half year membership fee for the 2018/19 membership year has been set at \$52.50

GUEST PASSES

Expecting Out-of-Town company?

Guest Passes are available at Reception for \$25 a month for out-of-town guests. These passes are renewable on a monthly basis to a maximum of three months. They are given out on the day they are requested.

WATER FOUNTAIN

As of **March 1, 2019**, paper cups will no longer be available for the water fountain.

Let's Go Green! Do you normally take a travel mug with you for coffee/tea? Why not bring that to the Centre for that drink of water. Stopping for lunch? Use your own travel mug or water bottle.

The new water cooler is very bottle-friendly, and easy to use. As well, it has a fountain for those who just need a quick sip.

Every day the Centre is open, there are a large number of discarded paper cups in the recycling bin. Often, these cups have been used for only one or two sips, and then thrown away.

As a cost-saving measure, and a bid to the environment, it has been decided to discontinue the availability of paper cups for the water fountain.

Thank You,
Sheral Emerson, Kitchen/Food Services



EXPRESSIONS DEADLINE

All class leaders are welcome to submit articles for the Expressions about their class. The next edition will be for April 2019. The deadline for submissions to the April 2019 Expressions is March 18, 2019. If you have any questions, please call Charlotte Adams @ 250-478-4982 or email the Expressions team at jdfexpressions@shaw.ca. Please submit your article via this email address.

THANK YOU VOLUNTEERS

JUAN DE FUCA CENTRE WAS BEAUTIFUL!!



A big thank you to everyone who came out to help me - and this includes Diane, and her helpers who baked fresh muffins and made tea and coffee for the Christmas decoration work crews, as well as Gord and Norene who showed up to provide their expertise too!

JDF Centre looked beautiful, didn't it? Volunteers were up and down ladders, crawling under tree boughs, chasing run away baubles, the fun and activity was everywhere. Joining an ad hoc group means you get to meet really fun people you may not normally see often.

Next year the Christmas tree in the auditorium will be strung with new coordinated lights as Lynn bought a large new LED strand especially for it. Thank you, Lynn! I am already looking forward to next year, so we can once again have our decorating and undecorating parties - what fun we had!

Paul Turcotte

Editor's Note: I owe a huge apology to Paul and his team for neglecting to put this Thank You in the February Expressions. Sorry! Charlotte Adams

WRITING YOUR OWN STORY

If you've been thinking that you'd like to write your memoirs but don't feel confident about your writing skills or your ability to undertake such a task, this course will teach you a writing method that is user-friendly and effective. All you need to bring is a pencil, paper and your memories. From the first class, you'll begin writing stories and you'll be surprised how easy it is! The instructor is author Patricia Wilson who has written 12 books (Published by Upper Room Books, Nashville, TN) which incorporate short stories such as those you will write in class. Class size is limited to 12, so be sure to pre-register at the front desk or email Pat (wilsonpat@shaw.ca).

The class runs for 8 weeks, Tuesday mornings, 10 am -12, beginning April 2 until May 21.

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**



BABY HATS

Thank you to those who have donated knitted baby hats for the hospitals. I have new patterns and some more wool if you are interested.

Thanking you in advance.

Pat Ford

fford@telus.net 250 478-4387



CONTRIBUTE INCOME TO YOUR SENIORS CENTRE

How to use the Thrifty Smile Card to raise funds for the 55+ Centre.



1. Get a card from the Reception Desk
2. Visit Thrifty's and load funds onto the card before checking through your grocery order.
3. Present the card to the cashier to use as payment for your purchase.
4. The balance remaining on the card will appear on the receipt.

The Centre receives an amount equal to 5% of your purchase at no extra cost to you.

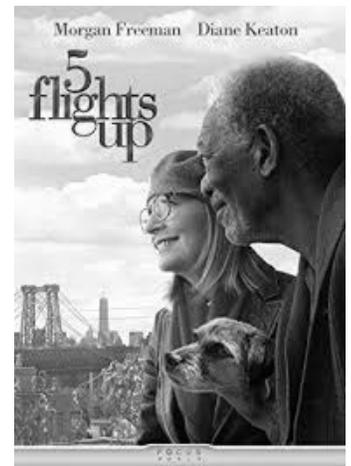
Monthly amounts earned will be posted on the website: www.jdfseniors.weebly.com

AFTERNOON AT THE MOVIES

Afternoon at the Movies is featuring a movie called **"5 Flights Up"** on Thursday, March 14th in the Auditorium at 1:00 p.m.

It's a light hearted movie starring Morgan Freeman and Diane Keaton. A husband and wife spend a hectic weekend pondering the sale of the apartment they've shared for more than 40 years.

Looks good so come and join us.



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

3-DAY TRIP TO VANCOUVER

MARCH 26-28, 2019



March 26: Shen Yun at Queen Elizabeth Theatre

March 27: Mystery Tour

March 28: Stanley Park and a visit to the Aquarium. Enjoy a stroll around the park and if you wish, a horse and buggy ride (not included). Gastown walking food tour and if time allows, some shopping. Return to Victoria on the 5:00 pm ferry.

Cost: \$650.00

Includes: Bus transportation and ferry cost
Two nights in hotel
Entrance to Queen Elizabeth Theatre and Stanley Park Aquarium,
Mystery tour and Gastown walking food tour.

Tickets now on sale.

Tickets to Shen Yun may be purchased separately

Any questions, please phone:

June Dong: 778-432-0200

Evelyn Schumacher: 250-391-1819

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.

High Tea

Saturday, March 9, 2019

(rescheduled)

2:00 pm

\$15.00



Just like the Empress (only better)

Dress up in your afternoon tea finery, wear your best fascinator or tea hat and invite your friends to enjoy a delicious assortment of sandwiches and dainties.

Use your ticket from the February date
or check at Reception if tickets are still available

DINNER & SHOW

Saturday, April 13th

Musical Entertainment

\$15.00



Bar: 5:30 pm

Dinner: 6:00 pm

Entertainment: 7:00 pm

Tickets on sale March 11th
Ticket sales close 3:00 pm April 8th

Thursday Afternoon Social

1:00 pm - Tea, Coffee, and a goodie

It's a wonderful time to visit with friends and to bring a guest.

New faces are always welcome

If you have a suggestion for Thursday afternoon entertainment please advise Ruth Reynolds. You can contact her by phone 250-388-9089 or e-mail her at ruthanne@shaw.ca

2019

07

**Annual General Meeting
Food Bank Day
Tea/Coffee**

14

Movie
5 Flights Up
Popcorn

21

Birthday Celebration
Music by Barn Cats
Cake/tea/coffee

28

Spring DeClutter
Tea/Coffee



February Birthday Group

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.

The "Bratz" are Coming!

The "Bratz" will be rocking at the next Dinner Dance. If you have been avoiding going to a seniors' centre dance because you think we only waltz around the dance floor, let me share a secret - seniors rock too!!

You do not need a partner either, our line dancers "own" the floor in front of the band, and groups of people often make up a circle to dance to the fast numbers, while couples dance around the floor in their own style; everyone has fun. So if you are a new member, or just have been too shy to come alone, I urge you not to miss out on these events, they are the best nights out in town!

The dinners are delicious ... our kitchen volunteers deserve three cheers, as they seem to try to out do themselves every time! You are amazing, and we thank you.

The "Bratz" will be playing for us on Saturday, March 23rd and if you haven't bought your tickets yet (only \$15), you may be out of luck!! I heard they are going fast. This band will play lots of the music you danced to when you were young, and perhaps some original music too, I believe. I am looking forward to this month's Dinner Dance very much.

Shirley Turcotte



GAMES DAY

Saturday, March 9th at 12:30 pm

Interested in a game of CHESS?

EvelynSchumacher@gmail.com

or phone 250-391-1819



Computer Drop-in (Don Wilkes, 250-474-3325): Thursdays @ 8:30 am, Small Lounge, Windows 10, acquisition, basic use, programs, security, email, internet, problems... (Apple/Android gear, maybe) ** Interested in assembling a memoir/genealogy book?

“DO YOU WANT TO DANCE?”

March 1, 2019

April 5, 2019

**A drop-in dance, pay at the door
\$5.00**

**Join us! Bring your friends!
They don't have to be members.
Find out what we are excited about.
Dance to every kind of music!
Requests are welcomed.**



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** call Gord Reed @ 250-388-4726 before coming to the Centre.

If weather is really bad we are closed

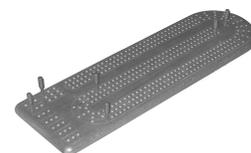


Crib Tournament

Friday March 15, 2019

7:00 p.m. \$4.00

Welcome to bring family
and friends



DINNER DANCE

Saturday, April 27th

Dance to the music of “King Mixers”

The King Mixers play a mix of blues with a little swing
and then a heapin' helping of party content. Jazz standards
& light dinner music - dance to rock, soul & blues



Bar: 5:30 pm
Dinner: 6:00 pm
Dance: 7:15 pm

\$15.00



Tickets on sale March 25th
Ticket sales close 3:00 pm April 23rd



ST. PADDY'S BRIDGE SOCIAL



Saturday, March 16

Our March Bridge Social will be on Saturday, March 16th in the Lounge. An Irish style dinner will be served.

Prizes will be awarded for the best costumes, so think green and let your imagination run wild! There will also be cash prizes and the bar will be open.

Doors open at 3, play commences at 4. Tickets for this event go on sale on Monday, February 4th, cost is \$10. Due to high demand, this is a members only event.

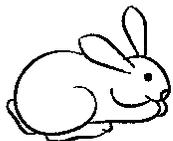
FEBRUARY BRIDGE SOCIAL RESCHEDULED

In the interest of everyone's safety, the February Bridge Social has been rescheduled for **SATURDAY, APRIL 6th** at the same time. Unfortunately we did not have confirmation of this date when people were notified of the postponement. New tickets will **NOT** be issued for the new date. The February 16th tickets will be used. If April 6th doesn't work for you, please return your ticket to the office for a refund. There are people on the Wait List who will be happy to attend.

If you have a February 16th ticket and plan to attend the April event you don't have to do anything except show up on April 6th.

Tickets for the May 4th Bridge Event will go on sale on Monday, April 1st - no fooling!

Hugh Robertson



CRAFT FAIR IN THE HALL

On Thursday, April 11th and Friday, April 12th, get those special gifts for Easter, Mother's Day, or Just Because! Kreative Krafts, Ceramics, and Quilting will have their wares on sale in the entrance hallway from 10:00 am to 2:00 pm both days.



DINNER DANCE

Saturday, March 23rd

Dance to the music of The Bratz

50's/60's plus more

Irish-themed dinner

Bar: 5:30 pm

Dinner: 6:00 pm

Dancing: 7:15 pm

\$15.00

Tickets now on sale

Ticket sales close 3:00 pm March 18th



TUESDAY GOLF

Come join the fun and golf at Green Acres Golf Course.

We meet at 9:00 am on Tuesdays starting in April, weather permitting.

Green Acres is a short par 3 course located at 3970 Metchosin Road in Metchosin. There is a large sign on Metchosin Road, making it easy to find.

We make up teams when we arrive and enjoy a beverage together after golf.

We're looking forward to seeing everyone.

For more information contact Jean Weir 250 474-7146 or wwinbc@gmail.com





BINGO

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 MARCH & APRIL 2019

| | | | | | |
|--------|--|--------------------------|------------------------|--|--------------------------------|
| Mar 01 | Do You Want To Dance? | Fri 7:30 pm | Apr 04 | General Meeting Food Bank Day | Thu 1:00 pm |
| Mar 02 | Paint Party | Sat 7:00 pm | Apr 05 | Do You Want To Dance? | Fri 7:30 pm |
| Mar 07 | Annual General Meeting Food Bank Day Meet new Executive | Thu 1:00 pm | Apr 06 | Bridge Social | Sat 3:00 pm |
| Mar 09 | Games Day | Sat 12:30 pm | Apr 11 | Gardening | Thu 1:00 pm |
| Mar 09 | High Tea | Sat 2:00 pm | Apr 13 | Dinner Show | Sat 5:30/6:00/7:00 pm |
| Mar 14 | Movie Popcorn | Thu 1:00 pm | Apr 18 | Birthday Celebration JdF Singers | Thu 1:00 pm |
| Mar 15 | Cribbage Tournament | Fri 7:00 pm | Apr 19 to Apr 22 | Centre Closed Easter | Friday to Monday, inclusive |
| Mar 16 | Bridge Social | Sat 3:00 pm | Apr 25 | Thursday Social | Thu 1:00 pm |
| Mar 21 | Birthday Celebration Music by Barn Cats | Thu 1:00 pm | Apr 27 | Dinner Dance | Sat 5:30/6:00/ 7:00 pm |
| Mar 23 | Dinner Dance "The Bratz" | Sat 5:30/ 6:00/7:15pm | | | |
| Mar 28 | Spring Declutter | Thu 1:00 pm | | | |