



Expressions



March 2024

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

\$1.00

PRESIDENT'S REPORT

Hello to everyone. At this time I would like to thank everyone who has been by my side for the past three years of being President. It has had some rough patches in the three years, that is for sure. We were closed for 23 months and Roger Ritchot was President for the first year closure. The first year I was President, we were still closed for Covid and only the Executive and WSPR held meetings together. The second year it was pretty rough with having to have checkers at the door to check for memberships as we only allowed members in the building. The third year was a lot smoother but still some problems.

We accomplished a lot in the last two years, though. We did a major clean up in the building after Island Health put a lot of our stuff downstairs in the pool room and in the annex as they took over half of our building. We have purchased some new chairs, a fridge, a stove, a Futon, some new tools for the woodworking shop, wall hangers for the weavers, new sound system for large and small lounges and a couple of tables. We had an electric piano donated by Les and Linda Swain. Thank you very much to the Swains.

We have upgraded some of our computers. Thanks to Hugh Robertson for doing this. Thanks also to Hugh Robertson and Les Swain on cleaning up the wiring in Reception. It looks so much cleaner now. Thanks to my Nomination team of Jan Peever and Darlene Wright and to Donna Selbee for getting all the paper work ready for the elections. Thanks to my Executive and Board members and good luck to the new Executive and Board members. See everyone around the Centre and have a great spring and summer.

Pat Ford
President

General Meeting Annual General Meeting

Thursday March 7th
1:00 p.m.

Food Bank Day
All members are urged to attend

CENTRE CLOSURES

Friday, March 29th to
Monday, April 1st, incl
Easter Weekend



Spring forward
set clocks one hour ahead

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

Expressions: 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

Mar 05: Langford Lake
Mar 12: West Bay Walkway
Mar 19: Interurban Trail
Mar 26: Royal Roads

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, March 13th: Mystery Tour

Enjoy the scenery and mystery
Depart: 10:00 am Return approx. 4:00 pm
Cost: \$15.00 Lunch not included

Wed, March 27th: Chemainus Theatre “Hurry Hard” A curling comedy

When Bill & Sandy’s marriage splits up, so does their curling team. Bill, Sandy & their friends must put aside their differences and come together to make a winning foursome at the big Regional Bonspiel.

Depart: 10:00 am Return approx. 5:45 pm
Cost: \$114.00 includes Buffet, Show, Bus & Gratuities.

Ticket sales end March 12th

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.

Purchase Tickets early to save disappointment.

For ticket availability, ask Reception staff

NOTE DIFFERENT DEPARTURE TIMES

“MATINEE THEATRE”

Bus Group Outing

Saturday, April 27: McPherson Theatre
Anne of Green Gables

CANCELLED - refunds at reception.

Saturday, May 4: McPherson Theatre

MARY POPPINS presented by the VOS Musical Theatre Group

An enchanting mixture of irresistible story, unforgettable songs, breathtaking dance numbers and astonishing stage craft. A must see wonder.

Depart from Centre: 12:30 pm

Return approx. 5:00 pm

Cost: \$70 per person

Ticket sales at Reception start March 4th and close March 15th.

NOTE: Tickets must be purchased well in advance of the performance date to secure seats.

SUNDAY DINNER

Sunday, March 24th, Fireside Grill

Bus Departs: 4:30 pm

Buy \$6.00 non-refundable bus ticket and sign up at Reception. Ticket sales close Friday, March 15th.

Valerie Mogck

valeriemogck@gmail.com

2024/2025 Executive

**ELECTION RESULTS TO BE
ANNOUNCED
MARCH 7, 2024 AFTER
ANNUAL GENERAL MEETING**

2024/2025 Board of Directors

**DIRECTORS WILL BE
APPOINTED BY THE INCOMING
EXECUTIVE**

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**

YOGA INSTRUCTORS NEEDED

The Monday 10:15-11:15 am Yoga Class needs two instructors to work with Laura Chapman. If instructors cannot be found, the class will cease at the end of May.

If you can help please contact Laura at 25-478-8053 or e-mail laurachapman@telus.net



HORSESHOES ANYONE?

Every Tuesday/Thursday 10 am - 12 noon
Starting April 16, 2024
Other dates/times possible if enough interest

To confirm **YOUR** interest contact:
Les Swain at (250) 361-5765 (text) or at tristarenv@shaw.ca



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





BOW MAKING WITH MARLENE

Thursday, March 14, 1:00 pm

Learn some tricks to make easy and attractive bows.



JUAN DE FUCA SINGERS

Thursday, March 21, 1:00 pm

Entertainment provided by JdF Singers

Birthday Celebration



HALF YEAR MEMBERSHIP

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

The half year membership fee for the 2023/2024 membership year has been set at \$61.50

SMILE DEPARTMENT - MORE LIFE'S TRUTHS

- Laughing helps. It's like jogging on the inside
- When you get really tired, your mind not only wanders, sometimes it leaves completely
- You find that if you just hang something in your closet for a while, it shrinks two sizes
- Just when you think you understand everything, you regain consciousness

ELECTION UPDATE

The Executive (President, 1st and 2nd Vice-Presidents, Secretary and Treasurer) are elected by the members.

The nomination period for these positions opened February 5, 2024 at 8:30 am and closed on February 16, 2024 at 3:00 pm.

As there was only one candidate each for President, 2nd Vice-President and Treasurer, these positions will be filled by acclamation. Voting will not occur for these positions. Announcement of the election results will occur at the Annual General Meeting on March 7th.

At the Annual General Meeting on March 7, 2024, there will be a call for nominations from the floor for any position that has not been filled. If there is more than one nomination for that position, voting will occur. **Please remember, you must have your current membership card to vote.**

The Annual General Meeting will be held Thursday, March 7, 2024 in the auditorium following our regular General Meeting.



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!

The door prize for the next General Meeting and Annual General Meeting scheduled for Thursday, March 7th, 2024 will be \$60!! Will you be the winner?

EXPRESSIONS DEADLINE

All class leaders are welcome to submit articles for the Expressions about their class. The next edition will be for April 2024. The deadline for submissions to the April 2024 Expressions is March 15, 2024. If you have any questions, please call Charlotte Adams @ 250-589-3855 or email the Expressions team at jdfexpressions@live.ca. Please submit your article via this email address.

ANNUAL GENERAL MEETING

The Annual General Meeting of the Juan de Fuca 55+ Association will be held on:

Thursday, March 07, 2024 at 1:00 pm in the large auditorium,
after the March General meeting.

All members of the Centre are encouraged to attend.

This is an opportunity to meet the Executive for 2024/2025.
The audited financial report will be presented.



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

GUEST PASSES

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

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**



EASTER FASHION PARADE

Thursday, March 28, 1:00 pm

Spring is just around the corner!



A special Easter fashion show has been created for you

Show us your best Easter Bonnet or

Easter Outfit

There will be prizes

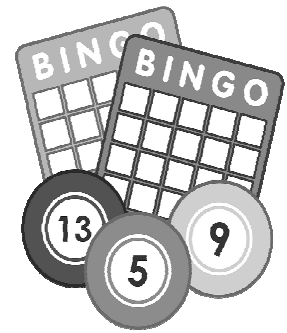
Tea, Coffee & Sweets



BINGO

Bingo still needs volunteers in the following areas on Bingo Fridays:

- Calling
- Checking for correct Bingos
- Paying out winners
- Making and serving coffee



Shifts are from approximately 10:45 am - 3:15 pm. Volunteers would not have to work every week.

Please contact Debbie Abraham at bingoleader@shaw.ca or 250-507-4343.

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

SPRING CRAFT FAIR

Pick up that Easter, Mother's Day, Father's Day or "Just Because" gift.

Please join us in the Lounge

When: Thursday, March 21st & Friday, March 22nd
10:00 am - 2:00 pm both days

Cards & Beads, Ceramics, Kreative Krafts and Quilting
will have their items for sale.



EVERYONE WELCOME

Please bring your family and friends.

Hope to see you!!!!

Carol Wright & Craft Fair Committee

TRIAL PASSES

A reminder to Leaders and members, the free Try Before You Buy passes were discontinued in September 2019. **A person can not try a class without purchasing a Trial Pass.** This one-time pass is available for one month only at a cost of \$25.00, and can not be renewed. This entitles a person to attend classes at the Centre for a month to see if they want to purchase a full membership. The \$25.00 can not be put towards the full membership fee; the person must pay the full applicable membership fee to become a member.

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.

TRAVEL TALK

With Jo Wootten

Thursday, May 23rd
1:00 pm



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.

BABY HATS

I have yarn for anyone who would like to knit some baby hats for the Campbell River hospital for newborn babies. They are in need. Please call or email me and I will bring the yarn to the Centre.

Thanks, Pat 250-478-4387 fford@telus.net



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

MARCH 2024

07

General Meeting
AGM
Food Bank Day

14

Bow Making with Marlene

21

JdF Singers
Birthday Celebration

28

Easter Fashion Show
Easter Bonnet/outfit



January/February Birthdays

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.

IMPORTANT NOTICE

Do You Want to Dance will **NOT** be held on March 8th.

Do You Want to Dance?

Friday, April, 12

7:00 pm - 10:00 pm

Music by Jenny

Doors open at 6:30 pm

Admission at the door

Members and Guests Welcome



CHRISTMAS RAFFLE 2024

We are in need of baskets of all sizes! If you have any cluttering up your space, perhaps from your win in prior years, we would be willing to take them off your hands. Just put my name, Ruth Reynolds, on them and leave them in the cloak room. I will retrieve them on Tuesdays and Thursdays!

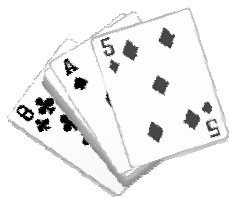
We also want vivacious, outgoing, persuasive persons to assist with canvassing vendors! We will have an introductory letter available, or shy, quiet, introverts to help behind the scene!

And talented people to help with advertising. And

Thank you...

Ruth Reynolds





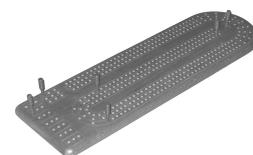
Crib Tournament

Friday March 15th

7:00 p.m.

\$5.00

Welcome to bring family
and friends



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 go on sale on Monday, March 4th
at Reception

\$10 each

Members only



RAMBERS WALKING GROUP

An **EXPRESSION OF INTEREST** is required from interested members to **RESURRECT** the Thursday Morning JdF Seniors “**RAMBLERS WALKING GROUP**” for the Spring of 2024.

The Ramblers will complete a 1 hour rigorous hike after meeting at the Centre at 9:15 am on Thursdays. They will be transported to various locations and trails in the Greater Victoria area via the Center’s bus for the nominal charge of \$3 per person.

NOTE: We need a minimum of 16 dedicated walkers to make this group feasible. Please indicate your interest in this program via an e-mail to the hostess:

Debbie Tooby e-mail: debbie.tooby@gmail.com



WHERE SHALL WE GO?

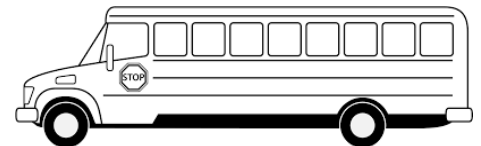
We are seeking **SUGGESTIONS** for the use of “**OUR**” Bus.

What do you want to use it for?

Where do you want to go with it?

Please contact Debbie Tooby, Bus Hostess and Bus Committee member:
debbie.tooby@gmail.com or

Kirk Tooby, Bus Driver and Bus Committee Member
kptusausa@gmail.com



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.

SPRING FLING DINNER DANCE

Saturday, March 23

Doors open: 5:00 pm

Dinner: 6:00 pm

Dance: 7:30 pm

**Live Music by “Sea Breeze”
Check Bulletin Board for menu**



\$20.00

Tickets now on sale

Ticket sales close March 15th

ST. PADDY’S DAY BRIDGE SOCIAL

Come and celebrate the Luck of the Irish on Saturday, March 16th, in the lounge.

Enjoy an Irish themed dinner and an evening of Social Bridge.

Doors open at 3 pm, play commences at 4 pm

Cash bar, non-alcoholic, and cash prizes

Prizes for the best costumes

Tickets now on sale
at Reception

\$10 each
Members only





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 MARCH & APRIL 2024

Mar 07	General Meeting AGM Food Bank Day	Thu 1:00 pm	Apr 04	General Meeting Food Bank Day	Thu 1:00 pm
Mar 14	Bow Making with Marlene	Thu 1:00 pm	Apr 11	Crime Stoppers Presentation	Thu 1:00 pm
Mar 15	Cribbage Tournament	Fri 7:00 pm	Apr 12	Do You Want to Dance	Fri 7:00 pm
Mar 16	St. Paddy's Bridge Social	Sat 3:00 pm	Apr 18	TBA Birthday Celebration	Thu 1:00 pm
Mar 21	JdF Singers Birthday Celebration	Thu 1:00 pm	Apr 19	Cribbage Tournament	Fri 7:00 pm
Mar 21	Spring Craft Fair	Thu 10:00 am - 2:00 pm	Apr 20	Bridge Social	Sat 3:00 pm
Mar 22	Spring Craft Fair	Fri 10:00 am - 2:00 pm	Apr 25	Ageism Gabi Townsend	Thu 1:00 pm
Mar 23	Dinner Dance	Sat 5:00/6:00/ 7:30 pm			
Mar 28	Easter Fashion Show Easter Bonnet/outfit	Thu 1:00 pm			
Mar 29 - Apr 1 incl	Centre closed - Easter Weekend	All day every day			