



Expressions



November 2023

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

\$1.00

PRESIDENT'S REPORT

Hello to everyone. Our weather is getting a little chillier so be safe out there.

COVID is in our Centre and spreads rapidly. After the last General meeting five of us got COVID. Please, if you are not feeling well or have a sore throat, etc, stay home. We seniors are very susceptible to getting sick. We are not offering the flu shots this year, but all pharmacies are offering them and it is very easy to make an appointment to get one. We would hate to have to close the Centre. Please take care everyone.

Well, our Craft Fair is here once again. If you can help out in any capacity please sign up on the volunteer sheet. More help makes less work for others. This is our biggest fundraiser of the year.

We are also selling raffle tickets, which is another good fundraiser for the Centre. Get your tickets at Reception

See you around the Centre.

Please stay Healthy and Safe.
Pat Ford



General Meeting
Thursday, November 2nd
1:00 p.m.

Food Bank Day
50/50 Draw
All members are urged to attend

CENTRE CLOSURES

December 16 - January 01
Winter Maintenance

PARKING IN BACK PARKING LOT

Please do not park in the fire lane by the shipping container. This is for emergency vehicles only. You may get towed. You can park and drop off your equipment and then go park elsewhere please.

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://jdfsensors.weebly.com>

JDF WALKERS

Nov 07: Royal Roads
 Nov 14: Selkirk Trestle
 Nov 21: Langford Lake
 Nov 28: Galloping Goose/Marwood

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 Nov 1st: Island Metal Arts in Cowichan Bay

See the beautiful metal Art Work in a private home.
 Watch the Sea Lions on the docks of the Cowichan Bay Marina.
 Lunch at the Cook and Butcher in Cowichan Bay
 Depart 10:00 am, Return approx: 3:30 pm
 Cost: \$15.00 Lunch not included

Fri Nov 17th: All Sooke Arts and Crafts Christmas Show

Crafty gift shopping and door prizes with over 60 artisans.
 Must be able to do some stairs
 Lunch at the 17 Mile House
 Depart: 10:45 am, Return approx: 4:30 pm
 Cost: \$11.00 Lunch not included

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 close November 20th

Purchase Tickets early to save disappointment.

For ticket availability, ask Reception staff

NOTE DIFFERENT DEPARTURE TIMES



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

2023/2024 Executive

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

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	Dave Mollison	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
Celebration of Life	Evelyn Woodward	250-213-2005
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**

JDF REMEMBRANCE DAY

“Lest We Forget”

Thursday, November 9th

1:00 pm

JdF Remembrance Ceremony



**We remember and honour the sacrifices and achievements of
all those who served over the years.**

Veterans - please proudly wear your uniform

Tea, coffee and sweets will be served

OCEAN OF POPPIES PROJECT

On November 9th at our Remembrance Day Ceremony,
the “Ocean of Poppies” project will be displayed and presented to
The Langford Legion at the end of the service.

This project is the result of months of work by members of our Centre.
Over 3,500 poppies were crocheted, knit, and sewn to create this symbol of sincere
appreciation for our military.

Everyone is welcome to attend.



CRAFT FAIR 2023

2023 marks 33 years of the Juan de Fuca Seniors Craft Fair.

This, along with the annual Christmas Raffle, are major fundraisers for the year.

Mark your calendar! Come join us on:

Saturday, November 4th and
Sunday, November 5th
9:00 am - 3:00 pm both days.

BRING CASH! Sorry, we do not accept credit or debit cards.

We look forward to seeing you and your friends.

Carol Wright
Craft Fair Committee



CHRISTMAS BRIDGE SOCIAL

Saturday, December 2nd

Cost: \$15

Tickets go on sale Monday, November 6th

Doors open at 3 pm, play commences at 4 pm

We are planning a traditional turkey dinner with all the trimmings

Cash bar non-alcoholic
Cash prizes



CHRISTMAS RAFFLE

Multiple gift baskets, all worth well over \$100..... thanks to our generous donors, we have a lot of gift cards, including Butchart Gardens, Grizzlies, Harbour Cats, Walmart, food stores, restaurants, Garden Works, Cinaplex, and more. A list of donors is on the bulletin board! Each basket also has swag - useful, beautiful stuff!

Christmas Raffle tickets are now on sale - only \$2.00 a ticket, or \$20.00 for a book of 10. If you haven't got any yet, please consider buying/selling some - it's a great way to support the Centre. Get tickets for yourself; sell a book to your friends. I am hoping for a sell out.

We have 2500 tickets; surely 800 members can sell that many. Our super seller has sold more than 10 books herself!

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

Thank you to our generous and talented donors.

Draw Date: Thursday, December 7th

Ruth Reynolds

ruthanne1501@icloud.com



DAYLIGHT SAVING

Don't forget to turn your clocks **back one hour** on
Sunday, November 5th at 2:00 am when Daylight Savings Time ends.

EXPRESSIONS DEADLINE

All class leaders are welcome to submit articles for the Expressions about their class. The next edition will be for **December 2023 and January 2024**. The deadline for submissions for this edition of the Expressions is November 17, 2023. 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.

DO YOU WANT TO DANCE



Friday, November 10th

7:00 pm - 10:00 pm

Doors open at 6:30 pm

\$5 admission at the door

Members and guests

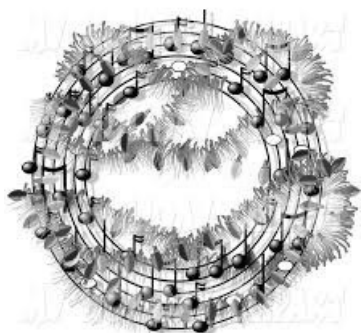
Live Music by Fred Chester



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.



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**



*****NEW CLASS*******LEARN ENAMELING on COPPER**

Just in time for Christmas gifting, learn techniques and ideas for creating kiln fired enameled jewellery and other small objects.

We will be using one of the world's oldest processes of fusing powdered glass to metal.

This will be a small group, meeting once a week over a 4-5 week period.

This will be project based learning to create pendants, earrings, brooches and other small enameled objects. There will be step by step processes, demonstrations for each stage, and one to one guidance where needed.

All projects are suitable for beginners or those who have some experience and want to further their knowledge. Many of the projects can be completed with one session, so you will have an opportunity to complete multiple items.

There will be a project-based cost for materials (very reasonable) and expendables.

Due to limited physical space and safety, and so the leader can provide more time for each student, class size is limited to 5.

Thursday afternoon 12:30 - 2:30 pm

November 9th, 16th, 23rd, 30th and December 7th.

For further information contact Linda Cash at lbcash@shaw.ca

**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

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

BABY HATS

I have yarn and patterns for those that wish to knit or crochet baby hats for our newborn at the hospitals. Finished hats can be dropped off at Reception with my name on them please. No preemie sizes at this time please.

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



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.

COLLECTIONS

Calling all Collectors!

Do you have a Favourite Collection to share with us?

On Thursday, November 23rd at 1:00 pm there will be a display of our members' collections.

Stamps, coffee mugs, teddy bears, baseball caps, pins, postcards, autographs, golf balls, or maybe you are a plangonologist - whatever your collection, we want to see it.

To have your interesting collection displayed contact
Marlene Benoit at benoitmm@telus.net or 250-915-1691



COVID

COVID-19 is out there and hitting a few at our Centre.

Regardless of vaccination status, you should isolate from others when you have COVID.

If you test positive for COVID, stay home for at least 5 days and isolate from others in your home.

You are likely most infectious during these first 5 days.

Stay home if you, or anyone in your home, feel sick and take preventive measures to limit the spread of infection.

You should also isolate if you are sick and suspect that you have COVID but do not yet have test results. If your results are positive, follow the full isolation recommendations. If your results are negative, you can end your isolation.

For more information go to this link: [Coronavirus Disease \(COVID-19\) HealthLink BC](#)

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

NOVEMBER 2023

02

General Meeting
50/50 Draw
Food Bank Day

09

Remembrance Day Program

16

Hawaiian Dancers
Birthday Celebrations/Cake

23

Collections Display

30

Fred Chester Sing-along



October 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.



VOLUNTEERS are the HEART of our Centre



Did you know that your membership fees go to Westshore Parks and Recreation to cover overhead, maintenance and custodial support?

Everything else? **VOLUNTEERS.**



Classes: sign up for art, exercise, shops, music, cards, languages, book clubs, etc. over 100 a week.

Volunteer hours from our talented leaders: 500+ a week.



Hungry? Stop by BITS AND BITES. Best deal in town. We serve coffee, muffins and lunch to 100 members a day.

Volunteer hours: 180+ a week.



Office, Reception, administration, newsletter provides information, membership services, administration, ticket sales, etc., etc.

Volunteer hours: 100+ a week.



We also have our Board providing planning and administration. We have Committees planning and hosting special events such as entertainment, dinners, bus trips, theatre trips. There is fundraising including raffles, craft fairs and bingo.

Volunteer hours: 50 - 100+ a week.



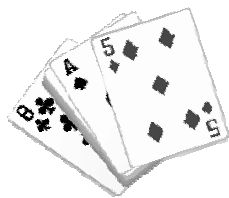
And I'm sure that's not all!

We need you to volunteer weekly, monthly, for an event or as a spare. Even volunteers get sick or need vacations.

MEET NEW FRIENDS, SUPPORT OUR CENTRE. Fill out a volunteer form (available at Reception) and share your time and talents.

Linda Cash
Volunteer Manager
250-294-5801



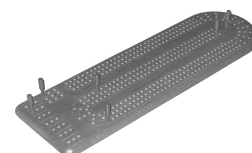


Crib Tournament

Friday, November 17th

7:00 p.m. \$5.00

Welcome to bring family
and friends



TUESDAY UKULELE GROUP

The Tuesday Ukulele Group is now full!

If you want to join the group, please email Kenzi at kenzimac286@gmail.com to be put on the wait list.

The class is not a drop-in, but at times some members will be away on vacation, so there will be opportunities to join on a temporary basis. This has to be arranged ahead of time with Kenzi.

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, 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

JUAN DE FUCA COMMUNITY ORCHESTRA

Annual Christmas Concert

Wednesday, December 13th at 7:30 pm

Doors open 6:45 pm

Light Refreshments

Tickets: \$7.00

Children 5 and under - no charge



TOONIE BIN

Thank you to all who have donated items and to those who have helped wrap. We are all set for the Craft Fair on November 4th and 5th.

We have many items this year, so come and see us on the stage.



SILENT AUCTION

Thanks for all your donations. All items had bids and were auctioned off.

We made approximately \$400.00 for our Centre. Well done!

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!



OUR BUSY BUS

WEDNESDAYS LET'S DO IT BUS TRIPS

There are perks for travelling as a group. As it provides us with the privilege of group rates for attractions and visits to unique farms which do not provide guided tours for individuals.

Why not take the opportunity to purchase tickets for any of the interesting bus trips. We generally leave at 10:00 am on Wednesdays to visit an attraction, farm, winery, meadery, art centre, museums, IMAX theatre, local villages, gardens, and heritage buildings.

Trips are not specifically in Victoria as we travel as far as Nanaimo, Sidney and Port Renfrew having lunch along the way at different eateries.

There is an atmosphere of gaiety throughout the bus with chatter between everyone. It's a time that friendships can be made.

Costs are kept to a minimum to give members an opportunity to take these trips. The Expressions newsletter lists the details of the trips, and tickets are available at the Reception. Keep in mind that there are trips that are always popular, so do get your tickets early.

SUNDAY DINNERS

Check the Expressions for the date and time. Dinners are at different restaurants. Non-refundable bus tickets are \$6.00 and should be bought in advance at Reception. Restaurant bookings will be organized by the hostess.

The bus is also used by the Jdf Singers and Jdf Walkers. Busy, indeed!





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 NOVEMBER & DECEMBER 2023

Nov 2	General Meeting Food Bank Day 50/50 Draw	Thu 1:00 pm	Dec 3	Scouts Sing-along	Sun 1:00 pm
Nov 4	Craft Fair	Sat 9:00 am - 3:00 pm	Dec 7	General Meeting Food Bank Day 50/50 Draw Raffle Draw	Thu 1:00 pm
Nov 5	Craft Fair	Sun 9:00 am - 3:00 pm	Dec 07	Last Chance In House Craft Fair	Thu 10:00 am - 2:00 pm
Nov 9	Remembrance Day Program	Thu 1:00 pm	Dec 08	Last Chance In House Craft Fair	Thu 10:00 am - 2:00 pm
Nov 10	Do You Want to Dance?	Fri 7:00 pm	Dec 13	JdF Orchestra Concert	Wed 7:30 pm
Nov 16	Hawaiian Dancers Birthday Celebration	Thu 1:00 pm	Dec 14	Christmas Concert	Thu 1:00 pm
Nov 17	Cribbage Tournament	Fri 7:00 pm	Dec 16 - Jan 1	Christmas Closure	Every Day (See Dec 26)
Nov 23	Collections Display	Thu 1:00 pm	Dec 26	Boxing Day Social	Tue 1:00 pm
Nov 30	Sing-along with Fred Chester	Thu 1:00 pm	Jan 02	Center re-opens	Tues 8:30 am