



THE CENTRE NEWS

Anticipation of a New Season of Good Times Together

Hasn't it been a beautiful summer lately? Time to get back in the swing of things at The Centre. Much like going back to school, only better!

Over the summer some good things have happened. We signed our lease with Central Saanich Municipality for the next five years (provincial regulations do not permit leases by municipalities for longer than five years). Thank you to the staff and council of Central Saanich and also to the following CSSCA members who, at various times were on the lease negotiating committee; Braunda Gustafson, Barb Roberts, David Wilson, Sheila Viggers, Bob Viggers and Charles Gee. You may also have noticed that we have our new roof which is going to last thirty years! You will notice more handicapped parking spaces in front of the Library. Credit Gladys Otto for these as a result of her letter writing to the District of Central Saanich, drawing attention to this need.

Many things will be happening in September along with the 'regular activities'. There is a move afoot (no pun intended!) to start *line dancing* with many potential 'hoofers' already signed up. Also, mark Sept. 6th, 2 p.m. on your calendar, this will be our *Extraordinary General Meeting* and there are important items on the agenda. One item that will be discussed, with your input, will be new ways to fund the cost of running our building in a fair way. Care and maintenance of our facility, along with our cornerstone of volunteerism are the underpinnings of our wonderful association. Membership support in these areas is vital. Please join us at this meeting.

Speaking of active volunteerism, be on the lookout for posters regarding the *Volunteer Luncheon* held on Sept. 21. This special appreciation event recognizes and thanks those who contribute to The Centre through their time, brains, work or money. We thank you! For all you volunteers, your free ticket is waiting at the office.

For the past 17 years, Pat Green has shared her love and knowledge of watercolour painting with our members on Mondays. Pat has decided to retire from this commitment and says she will miss the students and the many friendships she has made over her years of instruction. Pat hopes that her class will continue with painting for pleasure. We all thank Pat very much for her dedication and wish her happy painting in the future.

Also, Lynne Marotto is stepping down as our Membership Committee head. We'd like to thank her for all her excellent work over the past few years. Thank you to Bety-Lou Verwolf for her willingness in taking on this position.

As some of you know, Dawn Fimrite passed away on August 12th. She had been an active member of our Centre since 2005. At her memorial gathering at The Centre on Aug. 21st, a wise person said that our Centre will be a lesser place without her.

Welcome back to all of you who enjoy the friendships and activities at our treasured Centre. May you have the best year yet!
Gerie Turner Acting President



September Events

CSSCA General Meeting

- * Thursday, September 6 - 2pm
- * Important meeting for membership input, please consider attending

Board Meeting

- * Thursday September 13 - 9:30 am

Potluck Lunch

- * September date cancelled - next date in October

Volunteer Appreciation Lunch

- * Friday, September 21 - 12 - 3pm
- * Goldstream Caterers / Music by Ackerman & Smith
- * Tickets in The Centre office

Scottish Country Dance Ceilidh

- * Sunday, September 23 2 - 4 pm
- * Fundraiser Event for The Centre
- * Look for details in 'Activity Highlights' section

Lunch Bunch

- * Thursday, September 27 - 11:45 am
- * McMorran's Beach House Restaurant
- * 5109 Cordova Bay Rd.
- * Sign up sheet in The Centre reception area

Sunday Social Tea

- * Sunday, September 30 - 2:00 pm
- * Entertainment by Jean Bedard - local rhythm & blues artist
- * Bring along a guest to enjoy this social event

Bingo

- * Every Wednesday, 1 to 4 pm



June's Strawberry Tea Event was a great success!

July Birthdays

1 Helen Steele	20 Kenneth Small
6 Jean Thomas	21 David Ovans
7 Ernest Smyth	22 Joan Crocker
8 Gwen Clark	23 Jane Charlton
9 Winota Sluggett	23 Rowena Kromm
10 Lois Moon	24 Lynne Kemper
11 George Swift	24 Rolf Ullrich
12 Freda Reid	26 Joan Bennett
13 Phyllis Thornton	26 Dodie Hammond
14 John Belsky	26 Eileen Smith
15 Ron Brackenridge	27 Carol Sidwell
15 Marilyn Rose	28 Kathleen Clark
18 Wayne Miller	28 Andrew Mitchell
19 Joan Lewin	

August Birthdays

1 Sheila Hobbs	19 George Colussi
1 Maureen Kirk	21 Geoffrey Cochrane
1 Lois Robertson	21 Sharon Wright
2 Terri Hayes	22 Margaret Small
2 Joan Hurwood	23 Cheryl Wehrle
7 Sylvia McDonald	24 Dorothy Sluggett
7 Robert Taylor	25 Belle Jones
8 Gwen Bentley	25 Glynna Ward
8 Lynne Marotto	26 Jill Hewison
9 Colleen Frampton	26 Betty Kraemer
9 Donald Rivington	26 David McVie
10 Corinne Marshall	27 Rene Larsen
12 Mary Wilkinson	28 Albert Bateman
14 Ann McMillan	28 Roy Crouse
16 Birgitte Rivington	29 Leslie Hicks
17 Braunda Gustafson	29 Valerie Wishlow

September Birthdays

3 John McLellan	16 Heidi Basic
3 Jean Perry	17 Betty Schwartz
4 Myrna Francis	18 Doreen Drayton
6 Shirley Monych	18 Happy Smith
6 Diana Gough	19 Marianne Hissen
7 Giancarlo Maestrello	19 Gail Palmer
7 Patrick Shaw	21 Romanie Repp
9 Bill Francis	27 Gayle Green
10 Joyce Nemeth	28 Janis Ball
11 Patricia Tranter	29 Doug Ferguson
15 Doreen Bateman	29 Anneliese Thomschke

The Centre's Strawberry Tea

A Sweet Way to Greet Summer

Marilynn Murray's Painting Group did a fabulous job of dressing up our 'tearoom' with her classes' work from over the year. Oldfield Orchards donated the fresh strawberries and several Centre volunteers baked the dessert cakes. Kitchen helpers were kept busy dishing up and serving generous helpings of strawberry shortcake to be enjoyed with tea and coffee. It was a full house with lively chatter and tasty treats! It was the perfect way to begin the summer! Thank you to all that made this such a wonderful event.



TIME AND RELATIVITY by Ian Cameron

The June issue of The Centre News had an article by Marianne Brackenridge which started, "Hard to believe we are almost half way through another year. I am sure there are others beside myself who really believe that the days, months, and years fly by much faster as we age. How can that possibly be? Well, there are no rational answers that I can come up with so 'let it be'."

I thought I'd offer an explanation for this very real phenomenon. There are two ways of viewing time, as a real, bounded entity, or as relative. If you consider that every second is as long as every other second, and there are 60 seconds in a minute and 60 minutes in an hour, then all hours are the same length. But as far as our senses are concerned, an hour spent doing something we like is far shorter than an hour spent in misery. And, of course, which is which depends on the individual. For some, an hour of bridge lasts no time at all. For others, it's an eternity. So time as relative is a useful construct. How does that explain the feeling we all have that time goes faster as we age?

Proportion. As we get older, each hour, or week, or month, or year is a smaller percentage of our total existence. Take summer, for instance. When you were

young, summers lasted forever, right? Now they last no time at all. Consider this: when you were eight, you had been aware of the world for (let's say) five years, or 60 months. The two months of summer vacation comprised $1/30$, or 3.5% of your memory. Now you are 68, and you have been aware of the world for 65 years, or 780 months. The two months of summer comprise $1/390$ of your memories, or .25% - the blink of an eye.

So as you get older, time really does speed up, if you view time as relative. And, by the way, proportion also explains why many people can remember events that occurred years ago more clearly than events that occurred last week, or even yesterday. The high school dance you remember so vividly was an important event in your 12 years of conscious existence. The shopping trip yesterday was just one more among thousands. The trip with your family when you were ten was $1/4$ of all the trips you'd taken. The trip last year was $1/50$. No wonder you remember the one at age ten more clearly.

So there you are. Now all you have to do is remember this next time you notice that time flies, or even an hour from now.

Activity Highlights at The Centre

YEE-HA! LINE DANCING IS COMING!

Watch for this great activity this fall!
Time and dates to be announced.

- ◇ Instructor - Hilda Cook
- ◇ \$3 per session
- ◇ Sign up sheet is posted in The Centre office



Songbirds Return

After a rousing party to begin summer break, the warblers will return Tuesday, September 4th at 12:30. Note: first Tuesdays only start early, all others are at 1:00 P.M.

We always welcome new singers and it's a non audition choir. For timid souls there is a little story: One of our gentlemen always believed he could not sing, however, after a few months he agreed to a duet. So don't let reservations about your voice keep you from enjoying this happy band of men and women who sing for the sheer joy of making music.

The Centre's

Art Appreciation Group on the Go

Eight members of the Art groups went to Saltspring on Thursday, August 16 to view the art works of several renowned artists including the Group of Seven. We attended as many sites as we could considering the very hot temperatures. Lunch and gelato were also in the mix. Prior to leaving we found a shaded eatery near the ferry and enjoyed seeing a kingfisher, an otter, a variety of birds and many passing watercraft. A thoroughly delightful time!

By Braunda Gustafson

The Centre's Art Appreciation Group will commence for the new season on Tuesday, October 9 at 7pm.
Everyone welcome!

SHUFFLEBOARD

We are ready to resume our regular games for the new season, beginning Saturday, September 8th at 9:30 am.

If you have never played, or would like to play again, we have just the place for you!

No experience necessary. We are a fun loving group and will be happy to welcome you!

Saturday's at 9:30 am.

Leon 250-656-1421

John 250-652-1266

CARPET BOWLING.

I wish to thank all the present Bowlers for their continuing participation in the summer games 3 times a week, which we all enjoyed.

On behalf of all of us, we wish to extend a very warm welcome to any new members of our Center who wish to join very happy and fun loving Carpet Bowlers.

Monday, Tuesday and Friday -10:00 am to 11:45 am

No previous experience necessary. Come and have FUN with us!
Leon 250-656-1421

In June, several of our activity groups gathered to celebrate a year of friendship and appreciation.

This picture were taken at Zanzibar. It was the season's 'wind up' lunch for Marilyn Murray's art class. She was presented with a gift in thanks for her dedication to her group.



Activity Highlights at The Centre

Ruth's Art Start in Watercolour

Beginner and Intermediate

Classes will be painting for pleasure sessions with lessons in drawing and painting techniques thrown in. The supply list will be made available at the first class. Each session will cost two dollars. One very important requirement is that you do not use recycled paper. The paper will not accept watercolour paint very well. Papers and colours will be discussed on the first day.

Classes begin on Thursday, October 4

Thursdays 1 - 4 pm

Sign up sheet will be in The Centre's office



Scottish Country Dance Ceilidh

Fundraiser for the Centre

Sunday, September 23 2 - 4 pm

The Scottish Country Dancers are hosting a Ceilidh as a fundraiser for the Centre. We hope you will join us for a fun afternoon.

The dances will be fun and easy. Those unable to dance would enjoy watching people of all ages try the dances. We hope that many of you will support this endeavour by inviting your relatives, neighbours, friends, and acquaintances.

Cost is \$5 per person or \$10 for a family. Dress is casual and no partner is necessary.

Janet Mitchell (volunteer instructor)



Stamp Collecting Group

I welcome all stamp collecting enthusiasts existing and new prospective members. Our time allotted for this fall season will be every *THIRD* Thursday of the month at 2:00 pm at the Centre.

Our first fall session will be September 20. Bring your doubles for trading. Enjoy the rest of the summer, see your smiling faces in September.

Kurt Sommer

Walking Club

This is for all you hardy walkers and any friends or neighbours you might like to invite to join us. No sign up is necessary, **just come**. Regardless of whether there are two of us or twenty, we will be walking. Let's take advantage of our good weather.

We meet at The Centre in the lounge 10 am and share rides to our walking destinations.

Next walk is on Thursday, September 6, 10 am



Kareer organized a walk along the Sidney Pier.

THE JOURNEY

A free 7 week

Educational Program

Central Saanich Senior Citizens Assoc.
The Centre
1229 Clarke Road, Brentwood Bay

**Every Friday beginning on Oct. 5th
through to Nov. 9th**

1:30 – 3 pm

Final presentation on November 30th

For older adults (55+), their families and friends interested in learning more about health care and lifestyle options, enabling them to live safely and comfortably in their own home for as long as possible.

Week 1 – **Oct. 5** – Home and Community

Care Options for Better Health

Week 2 – **Oct. 12** – Power of Attorney (\$)

and Health Care Agreements

Week 3 – **Oct. 19** – Depression in the

Elderly

Week 4 – **Oct. 26** – Pharmacist

Week 5 – **Nov. 2** – Frauds & Scams

Week 6 – **Nov. 9** – Understanding and

Managing Chronic Pain such as
Arthritis

Week 7 – **Nov. 30** – Healthy Eating

For more info call: Bridey at **Silver Threads
Victoria** - (250) 388-4268

Funded by VIHA

Vancouver Island Health Authority

**"THE BEST TIME TO LOOK FOR HELP IS
BEFORE YOU NEED IT."**

A. Brilliant

Greater Victoria Public
LIBRARY

By Olivia Anderson

GVPL Branch Head

There is lots to do at the library this fall! Registration for our programs begins September 1- check out the website for full information on our classes and programs.

On Culture Days, September 29, drop in between 1 and 3 pm to watch an artist in action.

Let us 'wow' you with our online services such as downloadable e books and music, online magazines and computer language courses on September 12 at 10:30 am.

We are also delighted to welcome librarian, Vruti Patel, who will be in attendance all day Mondays doing morning story times and generally supporting our great circulation staff.

Central Saanich, Thurs Sept 20, 12-12:45 pm

Also: **Behind the Scenes at the Belfry**



Scene from 'Red', a 2010 Tony Award winning play

Join us for a casual lunchtime chat about the Belfry's production of "Red". Meet Michael Shamata, Belfry Theatre Artistic Director. Learn about Mark Rothko from a local art expert and hear what went on behind the scenes of the this winner of the 2010 Tony Award for best play. No registration required.

*Don't forget that we have a wide selection
of great books in
The Centre Library.
Come on it and check it out.*





A SOCK FOR A JOB

By Ada Serson



In the Centre News I read the announcement about the knitting group at the Centre this fall. It reminded me of my very first part time job I applied for here in Victoria. For years I had been a stay-at-home Mom for my kids. When my youngest one was in grade three, and I could be sure he would be in school most of the time, I decided it was time for me to get myself back into the work force again. Checking the classifieds, I found an ad for a part time clerk in a wool shop/post office from 10 am. to 2 pm. Perfect timing. I could pick up the kids from school after work. It was in Oak Bay, a part of town I absolutely loved. So I phoned and was asked to come for an interview on Friday. Marcia was the lady owner of the shop and the franchise for Canada Post. She ran the shop with paid help in the winter and with her daughter's help in the summer months.

During the interview Marcia asked me if I could knit and I said yes. I had knitted sweaters for my kids since they were babies. Her next question was "Can you knit socks?" Lying, I said, "Oh sure, I can knit socks." I wanted that job and I could learn to knit socks right? Mind you I had never knitted a sock in my entire life, but it should not be too difficult? So, Marcia got up, took four needles pointed on both ends and wool from her vast supply, added a knitting pattern for socks to the parcel and said, "Okay, you can come back on Monday with one knitted sock." I was shocked but kept my smile in place and said to Marcia, "Good, I will see you Monday morning." Off I went with my little parcel, my heart in my socks so to speak. Getting home, I immediately studied the pattern which might as well have been written in Latin for all I could understand. Never-

theless, I bravely started with my four pointed needles. I soon found out that you can actually knit in a circle. So, I began with the cuff. That was not too hard, although manipulating those short needles, making sure not to drop stitches was a feat unto itself. Then I had to start on the heel. I went to bed that evening having pulled out stitches for most of that time and feeling very discouraged. The next morning, Sunday, we went to church and I said a special sock prayer. Lunch over, I went back to my sock.

I worked on that sock most of the day, reading the instructions, knitting a few stitches, reading again, until I finally got that blasted heel done. Then there was a little respite for some straight knitting until I got to the toe. Diminishing with four little needles, counting stitches on each and every needle until my fingers were sweating and my poor head hurt, I finally got the toe done and the sock was finished.

Full of pride I went back to Marcia on Monday morning with knitted sock, needles, wool and pattern. "Well", she asked, "how did you do"? "Casually I said, "Oh fine.", and proudly showed her my sock. Imagine my horror when she produced a sock too, same colour, same wool. She had knitted a sock as well over the week-end, with the same needles, the same wool and the same pattern, although she probably did it in one hour. She took my sock and compared it to hers. My sock was at least two sizes bigger than hers. But she hired me anyway. Mind you, she never asked me to knit a sock again. I even learned to crochet a bikini in stretchy yarn, which she actually sold in the store. Guess what, I never knitted for the rest of my life.

Bits and Pieces

Bingo - Thanksgiving Bingo will be on Wednesday, October 3 with special prizes and complimentary tea, coffee and goodies!

Membership Cards - Remember to present your CSSCA membership card to our local businesses that are providing various discounts for cardholders.

- ⇒ Buckerfield's
- ⇒ Breadstuffs Bakery
- ⇒ JJ's Coffee House
- ⇒ Domino's Pizza (Royal Oak)
- ⇒ Brentwood Bay Pharmasave
- ⇒ Level Ground Coffee (Look for the coffee display in The Centre's reception area where you can buy your coffee choice and take it home right away, no ordering required.)

For more details on these discounts, call The Centre office or come into The Centre and check out our information bulletin board.

Welcome to Our New CSSCA Members

Lois Guest Rolf and Brigitte Ullrich



George Colussi addressed a full house at the CSSCA General Meeting on June 7. It was an emotional departure for George as he left his position as Activities Coordinator at The Centre to join the *Cystic Fibrosis Canada* team. On behalf of the CSSCA membership, the Executive presented George with a plaque and a whale watching excursion to enjoy with his family over the summer.

Correspondence

Thank you to Leon Rozynski

Just a short note to sincerely thank you for the work you put into making sure that our Association had an entry in the Brentwood Bay Days Parade in June. It was an honour to be asked to walk with our CSSCA banner. Preparing this event took time and effort on your part.

You do so very much for The Centre and its members, organizing this year's CSSCA entry into the parade is simply another example of all that you and Jean do for the membership.

George Colussi

To Our Friends

I wish to extend our thanks for all the good times my husband, Cy Lambert and I enjoyed at CSSCA for many years. Cy passed away February 14, 2012. He had been 'The Pres' for five years at The Centre. We had our Ballroom and Round Dance Club and Champagne Quick-Steppers for ten years at The Centre. I enjoyed leading a Creative Writing Club and having a Better Sleep program. We sang with Joan Lewin's Songbirds Choir and participated in many more activities.

Most of all we enjoyed the friendships: Harry and Rosemary Wellman, Gladys Otto, Qwen Bentley, Marianne Brackenridge, Braunda Gustafson and too many more to mention personally. It was a wonderful ride! I sincerely hope The Centre thrives for many more years. It proves that volunteerism is alive and well.

Best Wishes

'The Lamberts'
Berniece and Cy

Quote

Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming, "Woo Hoo, what a ride!"

Sent in by Penny Furnes

Weekly Activities At The Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Aerobics</p> <p>9 - 10 am Barb Jefferies</p>	<p>Scottish Country Dancing Walk Around</p> <p>10 am Janet Mitchell</p>	<p>Aerobics</p> <p>9 - 10 am Barb Jefferies</p>	<p>Walking Club</p> <p>10 am Meet at The Centre Weather Permitting</p>	<p>Aerobics</p> <p>9 - 10 am Barb Jefferies</p>	<p>Floor Shuffleboard</p> <p>9:30 am John Belsky</p>
<p>Mild Fitness</p> <p>10:15 - 11:15 am Barb Jefferies</p>	<p>Carpet Bowling</p> <p>10 - 11:45 am Leon Rozynski</p>	<p>Mild Fitness</p> <p>10:15 - 11:15 am Barb Jefferies</p>	<p>Watercolour Painting</p> <p>1 - 4 pm Beginners & intermediates welcome Ruth Fowler Begins October 4</p>	<p>Mild Fitness</p> <p>10:15 - 11:15 am Barb Jefferies</p>	<p>Bridge</p> <p>1 - 4 pm</p>
<p>Carpet Bowling</p> <p>10 - 11:45 am Leon Rozynski</p>	<p>Painting</p> <p>12:30 pm Marilynn Murray</p>	<p>Weaving</p> <p>11:30 - 2:30 pm Helen Thomas</p>	<p>Stamp Collecting</p> <p>Sept. 20 - 2pm Every 3rd Thurs. of the month Kurt Sommer</p>	<p>Carpet Bowling</p> <p>10 - 11:45 am Leon Rozynski</p>	<p>Snooker</p> <p>1 - 4 pm Casual</p>
<p>Scrabble</p> <p>Casual 10:30 am Happy Smith</p>	<p>Songbirds Choir</p> <p>1 pm Joan Lewin</p>	<p>Knitting</p> <p>2 - 3:30 pm Lynne Marotto Begins Sept. 19</p>	<p>Table Tennis</p> <p>Joan Hurwood Ron Brackenridge Begins Thurs. Oct. 4 Time - TBA</p>	<p>Scrabble</p> <p>Casual 10:30 am Happy Smith</p>	
<p>Storytelling</p> <p>Every 2nd Monday of each month 1 pm</p>	<p>Poker</p> <p>1 pm</p>	<p>500 Club</p> <p>7 pm</p>		<p>Darts</p> <p>1 pm Harbhajan Kareer</p>	
<p>Mah Jong</p> <p>1 pm Begins Sept. 10</p>	<p>Scottish Country Dancing</p> <p>7 - 9 pm Janet Mitchell</p>			<p>Cribbage</p> <p>1 pm Casual</p>	
<p>Bridge</p> <p>1 - 4 pm</p>	<p>Art Appreciation Group</p> <p>7 pm Begins Oct. 9 Gerie Turner</p>	<p>Activity Coordination For The Centre</p> <p>Braunda Gustafson - Coordinator</p> <p>Marilynn Murray - Assistant</p>		<p>Scottish Country Dancing</p> <p>7 - 9 pm Janet Mitchell</p>	



Community Travel Training

- DO YOU WANT TO BE MORE INDEPENDENT?
- ARE YOU THINKING OF GIVING UP DRIVING?
- DO YOU USE A SCOOTER, WHEELCHAIR OR WALKER?
- DO YOU NEED INFORMATION ON TRANSPORTATION OPTIONS?

Benefit from free one-on-one orientation with a personal trainer. Learn to use the bus, pay the fare & use transfers, plan your route, utilize safety strategies & enter/exit the bus using a mobility aid.

Join us at our next information session for valuable tips & answers to your questions about all our Accessible Services including TaxiSaver & handyDART. We are planning to have a BC Transit bus on site for a demonstration.

Call 384-7723 for information or join us at:

CSSCA - THE CENTRE
1229 CLARKE ROAD, BRENTWOOD BAY,
(NEXT TO THE LIBRARY)
FRIDAY, NOVEMBER 16th, 1:00 p.m.

Expand your horizons and travel our great bus system with confidence!



The Centre for Active Living 50+ Central Saanich Senior Citizens Assoc.

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The Centre Acknowledges & Thanks Our Community Partners

