

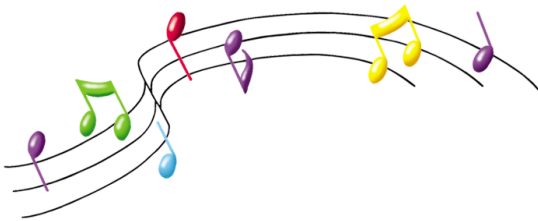


Sunday Social At The Centre

Sunday, September 29 - 2 pm

Entertainment - Music Bingo by Darryl Markham

Come for the tea/coffee and treats with friends at The Centre. Bring a friend from our community! It will be a lot of fun playing music bingo. This is like traditional bingo but with a twist. You will hear a short clip of a song. If you recognize the song title and it is on your card, use your dabber to cover it up. The music will be from the 50s and 60s. Of course there will be prizes!



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September Events

CSSCA General Meeting

* Thursday, September 5 - 2 pm

Board Meeting

* Thursday, September 12 - 9:30 am

Potluck Lunch

* Thursday, September 19 11:45am

CSSCA Volunteer Luncheon

* Friday, September 20

* Tickets (free) at The Centre office Ticket cut off date is Sept.18

Music Event at The Centre

* Concert with Bluesman, **Alan Gerber**

* Friday, September 20 - 7 pm doors - 7:30 show

* Tickets - \$15 available at Dollar Den and Breadstuffs Bakery or www.brentwoodbay.info

Lunch Bunch

* Thursday, September 26 - 11:45 am

* Med Grill Restaurant

* Royal Oak 4512 W. Saanich Rd.

* if you plan to attend, email Corinne Marshall at corinnemarshall@shaw.ca or leave a message at her home, 250 652-7032. If you do not have a computer you can sign up on the list at the Centre.

Sunday Social

* Sunday, September 29 2 pm

* Entertainment: Music Bingo - Darryl Markham

Bingo

* Wednesdays 1-4 pm

President's Message

CSSCA President, Gerie Turner

Welcome back to those of you who have not stepped in the door since June! You will notice some changes. We have a shiny new floor in the auditorium, new chairs and all the windows in our building have now been replaced. You will be able to create a lovely breeze through the aerobics classes which will be a real treat. Thanks to the Revenue Development Committee- Sheila, Kareer, and Glen for bringing these projects to fruition.

Dorothy and Doug Sly are 'retiring' from the library 'bosses' position and we are grateful to them for their many years of making our library the valuable little room that it is. We are fortunate that Kathy Chiasson and Tim Parsons have jumped in to help with keeping the books organized and easy for you to find. Thanks to Tim for building the new bookcase that has greatly expanded the library's capacity. The library is open to all members and operates on the honour system. As well, please drop off books you've enjoyed and want to pass on to others. We all appreciate a good read.

We also welcome a new Program Committee; Sue Tribe, Heidi Basic, and Marney Ellis. They have taken on the tasks related to the activities at the Centre and these ladies have our thanks. Exciting plans are being developed for future fun, including special talks, trips, and new groups. If you have an idea for an activity you'd enjoy and it is not happening as yet, please let our new Program Committee know. Most activities are starting up again in September or early October. In order to

be on the Program Committee, Marney has stepped down from the Maintenance Director position and David McVey has graciously taken over. There is a Maintenance Book at the front desk. If you see something at The Centre that needs fixing, please write your concern in this book and David will see that it's taken care of.

Some of you will have noticed building plans in our lounge area regarding the proposed Boys and Girls Club facility. After much discussion with many members and the Board, the Executive Committee and I have responded with a letter telling Central Saanich our concerns and recommendations regarding this proposal. A copy of the letter is now attached to the display. Safety of children is our major concern with the current plan. Future input, I'm sure, will be required.

As this summer is starting to wane, (I've noticed a slight nip in the air in the early mornings and the light is getting fallish), I hope all of you can go out and celebrate the beautiful area we live in. Eat at least three cobs of corn, enjoy a fig or two, and relish those heinous weeds that give us yummy blackberries. In celebration you might even buy a new fall outfit or tie, or register for a 'back-to-school' session (like Marilyn's watercolour class for absolute beginners). I'll see you around The Centre and I know we'll have an enjoyable and productive year.



THE CENTRE LIBRARY



Thank you to Dorothy Sly and to her husband and library aide, Doug, for their conscientious care of The Centre Library. They are taking time off from this volunteer position. Their efforts have been appreciated by the many *lovers of books* at The Centre.

Kathy Chiasson and Tim Parsons will be assuming the responsibilities for The Centre Library this season. Thanks goes to Tim for adding a new shelf to the left side bookcase. This area now holds three shelves of paperback books and the bottom shelf holds hard cover books, many being autobiographies.

Our new librarians want to remind you that this is a free library with no date limitations for returns. However, returning books is encouraged and the 'yellow milk crate' is the place to drop off returns. Library users will note a separate box available for 'new' books being donated to the library. Come by and check out the library!

Brentwood Bay Festival

CSSCA participated enthusiastically in the community events of the day. Thanks to those members who were part of The Centre's entry in the parade. The Centre's silent auction was a great success as we invited the community in to bid on a vast array of items generously donated by local businesses and artists.



September Birthdays

- | | |
|-------------------------|------------------------|
| 06 Shirley Monych | 18 Doreen Drayton |
| 07 Giancarlo Maestrello | 18 Colleen Frampton |
| 07 Patrick Shaw | 18 Happy Smith |
| 09 Bill Francis | 19 Gail Palmer |
| 10 Joyce Nemeth | 22 Mel Lightbody |
| 11 Patricia Tranter | 23 Arthur Pugh |
| 15 Doreen Bateman | 28 Janis Ball |
| 16 Heidi Basic | 29 Doug Ferguson |
| 16 Marney Ellis | 29 Anneliese Thomschke |
| 17 Betty Schwartz | |

Strawberry Teas Forever

by Gerie Turner

Round Brentwood Bay where the sea-gulls play,
And the rain drips down on The Centre flag,
Bring your children, without a doubt,
We're all set to brag, seventy-seven came out.
Ovens turned down, all cakes were brown
And the Oldfield pickers did their stuff,
Then the hullers and slicers gathered around
And thought three huge bowls, were enough.

A mad dash to the store for bigger plates,
The Centre side plates were "too small",
Top slices sliding down, it was all over town,
Our shortcakes were a tad too tall.

Art on the walls, flowers filling the halls,
The Centre restaurant was in full swing,
Albert, head unbowed, charged through the crowd,
Bringing strawberry shortcake into the ring.

Ada and Marilyn, flinging the cake,
Joan whipping more cream, there's never too much,
Rene's "Tea For Two" wafting through the sweet-peas,
And Margaret spooning strawberries, she has the touch.
No supper needed, perfect afternoon,
Table clothes washed, and ironed so neat,
Summer is come, get set for fun,
Strawberry Teas are hard to beat.



Marilynn and Joan dished up generous portions for a full house of appreciative members and guests.



Albert was happily greeted as he arrived at each table serving shortcake.



Rene Evans played lovely tunes as a background to the happy chatter around the room.



The Strawberry Tea was a great place to catch up with friends or to come and meet new friends. There were several guests that came with CSSCA members.

CSSCA General Meeting

June 2013



At the CSSCA General Meeting in June, Brentwood Bay Rotary Club past president, Jock Halliday, presented a cheque to The Centre in partnership with their *Antiques Revisited* event. Receiving the cheque was our CSSCA president, Gerie Turner and our entertainment coordinator and member of the Revenue Development Committee, Glen Sprague.

Ruth Fowler, one of The Centre's talented watercolour instructors, retired from her Thursday painting class of several years, was honoured at the meeting. She will be greatly missed by her 'students', however, all were pleased to hear that Ruth will be active at The Centre and they can paint with her at the Monday Drop-In Painting group. Unfortunately, Ruth was not in attendance for the General Meeting and therefore a bouquet of flowers was delivered to Ruth's home later that day. Thank you, Ruth, for all the hours you volunteered to share your painting skills and love for colour, nature and art with your 'troop' at The Centre! We look forward to seeing you around The Centre again in October!

CSSCA Volunteer Appreciation Luncheon

Friday, September 20

Doors open 12 noon - Lunch 12:30 pm

Tickets in The Centre's reception

(Tickets are free and please pick your ticket up at The Centre by September 18th)

Catering by Jazzaniah Catering

Entertainment by

Gary Preston and Anita Bonkowski

This luncheon is held in appreciation to those who have volunteered at The Centre over this past year. **Volunteerism** continues to be the cornerstone of The Centre. By working together we are able to provide positive experiences in a comfortable and safe setting for ourselves and fellow seniors in our community. Thank you to all our CSSCA volunteers!



Preston & Bonkowski

are a swingin' little duo with Gary Preston on piano, vocals and harmonica and Anita Bonkowski on bass and percussion

Thank You

Our potluck lunches have been a great success owing in no small part to the support of Pat and Ron Tranter, who are stepping down as the organizers this fall. Their welcoming caring ways have helped many a new member feel at home and many other members know that they are among friends. The next pot-luck lunch is September 19th kindly hosted by Braunda Gustafson. We wish Ron and Pat a restful, enjoyable 'holiday'.

Thanks also to Lois Robertson who has organized the adventurous 'Lunch Bunch' outings and is also 'retiring'. Lois has made these excursions a pleasant change of pace and an event which many members look forward to monthly. Lois, we appreciate all your goodwill and enthusiasm. Thank you to Corinne Marshall for filling this position and there are new dining adventures ahead! Come along and enjoy the Lunch Bunch!

Report from the CSSCA REVENUE DEVELOPMENT COMMITTEE (RDC)

This fall the RDC will have been in existence at The Centre for two years. The committee was started for the sole purpose of raising funds for special improvements and capital projects and to be completely separate from the general operating expenses of the Centre. The current *Terms of Reference* agreement that we have had with the CSSCA Board for two years will expire in November.

The RDC originally started with George Colussi activity coordinator, Sheila Viggers, David Wilson, Harbhajan Kaur and Braunda Gustafson as board representative. Glen Sprague became a member in the late fall of 2011.

Over the last two years we have gone out into the community to introduce ourselves and make the public aware of The Centre and the activities available for people 50+ that are held at The Centre. The RDC has formed partnerships with two service clubs in our area, those being, Central Saanich Lions and the Brentwood Bay Rotary, as well as many businesses to help with our fundraising efforts.

We would like to thank the following supporters who helped us raise close to \$52,000 in the last two years: Brentwood Bay Rotary, Central Saanich Lions, Peninsula Co-op, Fairway Market, District of Central Saanich and all the businesses that donated to our silent auctions. We would especially like to thank the Island Woodturners Guild whose donations bought in approx. \$1400. Additionally we would like to thank everyone else who made a donation to our silent auction fundraising efforts and door prizes for our special events. Thank you to the Brentwood Bay Revitalization Committee for allowing us to be a part of the Brentwood Bay Festival so that we would have a venue for our silent auctions.

A special thank you to:

1. Dick Gibson, Larry Griffith and Mike Shoesmith, members of the Central Saanich Lions, who volunteered many hours of their time and donated all the materials and fixtures needed to renovate the upstairs washroom and the repairs to the electrical room.
2. Trevor Ketchmer, from Four Seasons Heating and Cooling, who volunteered 3 hours of his time and donated all the materials needed to close off The Centre's fireplace and chimney so that we could install the new media centre.
3. Barry Lance at Camino Carpets and Lino for donating the lino for the washroom.

4. A thank you to Cathy Gillis Crooks, who is not on our committee, but was there to help shop for furniture for the lounge, pick out chairs for the card room and especially to help out at our fundraising concessions.

5. Bob Viggers for his help and assistance whenever/ wherever needed.

Two other projects that we are most proud of are the Gary Fjellgaard Concert and *The One Thousand Dollar Club*.

The RDC obtained board approval to host, manage and organize the Gary Fjellgaard Concert that was open to the public. This event brought in 100+ people of which 75% were non-members. This helped to showcase The Centre and was a very successful fundraising event enjoyed by everyone involved and everyone who attended.

We started the *One Thousand Dollar Club* as a fundraiser for the Centre. The donations to this club are currently at \$10,600. The money in the *One Thousand Dollar Club* is invested in a 'trust' for the sole purpose of using the money from the interest for the operation of The Centre.

Please look around The Centre and check out all the improvements : new furniture in the lounge, new accent wall, media centre, library, new card room chairs, renovated washroom, new chairs and refinished floor in the main hall, 20 new windows, and new energy efficient lighting throughout the building.

We thank all the members of CSSCA who have made donations to the RDC projects. Your financial support is very much appreciated. We have been working very hard over the last couple of years to modernize The Centre for the benefit of our members and make it more inviting to prospective new members. We thank you for your patience as these projects were being implemented and hopefully all our efforts have been worth it and you are all enjoying the changes.

The RDC will be taking a break at the end of September for a few months as we all need a well-deserved rest and some time to review the committee's future direction in regards to fundraising for The Centre.

Thank you.

Activity Highlights at The Centre

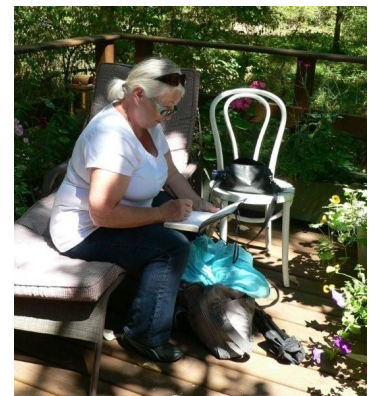
Summer Art Together

Marilynn Murray

Summer can seem to be a bit long and lonely for some when our regular activities at The Centre cease. This year we decided to do something about it.

In July, we continued with our regular painting schedule but we enjoyed two days of outdoor painting at Happy and Gerie's homes. A special thanks to you both. In August, we decided to put our paints away so we would have a fresh start in the fall. Instead of painting, we met socially for lunch and refreshments at various places.

Meeting socially, doing different things together and enjoying the lovely weather helped the summer break go faster. Now we are looking forward to all the fall activities The Centre has to offer.



Fall Art Programs At The Centre

Watercolour Painting for Beginners

- ◆ Instructor : Marilyn Murray
- ◆ 10 sessions for \$60
- ◆ Thursdays 1- 3 pm
- ◆ Starting Thursday, September 12
- ◆ Supply list given at first lesson
- ◆ For more information : Marilyn at 250-652-4455

Painting Class (intermediate acrylic/watercolour)

- ◆ Instructor : Marilyn Murray
- ◆ Tuesdays, 12:30 - 3 pm Starting October 12

Drop-In Art (independent work in a social setting)

- ◆ Coordinator : Ruth Fowler
- ◆ Mondays 1 - 3 pm Starting September 9

Art Appreciation

- ◆ Coordinator : Joyce Wolfe / Gerie Turner
- ◆ 7 pm Tuesdays Starting October 8

Hidden Talents

Beginning in November, The Centre News would like to highlight written pieces from the CSSCA membership.

These pieces could be your written article, story or poetry. Due to space constraints, these submissions must fit within the half page size or less and be emailed to wwignall@shaw.ca by October 15th. These original writings will randomly appear in The Centre News issues, November through to June.

Also, for those shutterbugs out there, it would be wonderful to post a photo or two from our Central Saanich area. Submission process would be the same as for written items.

Depending on the response to this invitation, there can be no guarantee that all submissions will appear in The Centre News but hopefully everyone interested will enjoy their own creative time and efforts.

Activity Highlights at The Centre

How to Collect Postage Stamps

Should the Collector not already have a nucleus in the form of an older collection?

The best way to begin your collection is to purchase one of the large packets of stamps advertised for a reasonable cost. In this way, you can obtain a large number of different varieties of stamps and begin the outlay you decided upon.

After you have one or two carefully chosen packets, attention then may be paid to buying sets of specific stamps to fill out your collection. For example you might want to search for stamps from countries not so far represented in your collection.

A good grounding will thus be secured and a knowledge of which stamps will be more difficult to obtain will become evident. Such stamps must be acquired singly, as opportunity offers... and then comes the lure of every true collector ... the chase after the elusive, and the joy of possession when the stamp is finally tracked down.

I sincerely hope you all had a good and joyful summer and come back refreshed and full of enthusiasm.

We will see each other at the next meeting of the Stamp Club, **newcomers welcome!**

3rd Thursday of each month - beginning

Thursday, September 19 at 2 pm at The Centre

Activity Leader : Kurt Sommer

Songbirds Return

Yes, it's time to warm up those vocal chords (J) because the Songbirds choir will be back, Tuesday, September 3rd, 12:45 to 2:00 p.m.

We meet each Tuesday at The Centre to sing oldies, show music, pops, UK favourites and much more. This is a "NON AUDITION" choir! All that is required is a desire to sing. It has been proven time and time again that 'everyone' can sing; you just have to jump in and you'll be warbling away in no time.

I look forward to reuniting with familiar faces and hopefully meeting some new folks. If anyone would like to contact me about this vivacious, fun loving group, either call at 250 652-5746 or e-mail at jelewin@shaw.ca.

Looking forward to getting back into the groove,

Joan Lewin, Choir Director



Add Something New to Your Active Lifestyle

- ⇒ Join an activity group
- ⇒ Meet new folks
- ⇒ Learn something new

The Centre is a terrific facility offering a variety of activities that provide social well-being, active lifestyles and educational opportunities. Activity leaders are welcoming newcomers to their groups throughout the season.

So why not consider participating this fall in perhaps something new?

For more information you can contact:

- ⇒ The Centre at 250-652-4611 9 am - 1 pm
- ⇒ The Centre's website - www.centralesaanichseniorscentre.org
- ⇒ The Centre News - monthly issues

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am Barb Jefferies	Scottish Country Dancing Walk Around 10 am Janet Mitchell	Aerobics 9 - 10 am Barb Jefferies	Walking Club 10- noon Every Thursday Sue Tribe 250-652-3700	Aerobics 9 - 10 am Barb Jefferies	Floor Shuffleboard 9:30 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 Pat Tranter	Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 Pat Tranter	Painting 12:30 - 3 pm Marilynn Murray Oct. 1 Start Up	Weaving 11:30 - 2:30 pm Janis Ball Margaret McKelvie	Line Dancing 11 - noon Hilda Cook	Carpet Bowling 10 - 11:15 Pat Tranter	
Drop-In Art 1 - 3 pm Ruth Fowler	Songbirds Choir 12:45 - 2 pm Joan Lewin		Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Scrabble 10 :30 am Casual Happy Smith	Snooker 1 - 4 pm Don Turner Casual
Bridge 1 - 4 pm June Baker Lynda Tucker	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Stamp Collecting 3rd Thursday of the month 2pm Kurt Sommer	Cribbage 1 pm Casual Norm Gustafson	Bridge Clinic 1 - 4 pm June Baker Lynda Tucker
Mah Jong 1 - 4 pm Lavana Kilborn		Knitting 2 - 2:30 pm Lynne Marotto	Table Tennis 2 pm Don Turner	Chair Yoga Time To Be Announced	
	Scottish Country Dance 7 - 9 pm Janet Mitchell	Darts 6:30 pm Harbhajan Kareer		Scottish Country Dance 7 - 9 pm Janet Mitchell	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner Start Up Oct. 8	500 Club 7 pm			

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our new lounge area furniture and our media centre. We also partner with the Brentwood Bay Rotary Club for the event, **Antiques Re-Visited**.



The Central Saanich Lions Club were involved in the initial construction of The Centre building. Recently they have provided funds and labour for several projects around The Centre.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA and provided funding for various capital projects such as our new roof.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Centre's Peninsula Co-op annually provides dividend funds to The Centre when members quote The Centre's number **60747**, when purchasing groceries or fuel.



10% off selected items on the 2nd Tuesday of each month when showing your CSSCA membership card.



Fairway Market **Shopper Cards** are available at The Centre to members and non-members for your shopping convenience and to benefit CSSCA. Fairway Market will donate 5% of your purchases to The Centre.



10% discount on purchases made on Wednesdays, when showing your CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office, when showing your CSSCA membership card at time of purchase.



Level Ground Fair Trade Coffee is available for sale at The Centre. We offer ground or beans in many flavours at just \$8.00 per 300g bag. A portion of the purchase price goes to The Centre.

LOCAL
HAULING & CLEAN UPS LTD.

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- WCB Insured

Call Shawn Dodge

250-589-4054

This month's special thank you to
LOCAL HAULING & CLEAN UPS Ltd.

Shawn Dodge 250-589-4054

For no charge, Shawn packed up and hauled away our old hall chairs, making room for The Centre's new chairs.



THE CENTRE FOR ACTIVE LIVING 50+



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

1229 Clarke Road Brentwood Bay BC V8M 1E2

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

President : Gerie Turner

Vice President: Margaret Sharples

Past President : Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Thea Revoy

Assistant Treasurer: Ian Cameron

Directors: Marney Ellis Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

The Centre NEWS

Editor / Layout: Wendy Wignall

Photos : Wendy Wignall Marilyn Murray

Distribution: Gwen Bentley



**KEEP
CALM
AND
WELCOME
BACK**

Welcome New CSSCA Members

Patricia Hawes
Jill Keri
Arthur Pugh
Gail Waterman
Elizabeth Skaggs
Valerie Park
Anita Auger

Joan Winchell
Ann Britney
Sandra Sherman
Gloria Paper
Neil Blackburn
Cathy Thatcher



Summer on the Bay

Photo by Sheila Viggers

Correction

In the June issue of The Centre News, the article on page 3, *The Amazing Feet*, was written and submitted by Marianne Brackenridge. Apologies to Marianne as Marcia Goodwin was mistakenly credited for this article. Marcia was a guest speaker at The Centre on May 10, she is a nurse in private practice who specializes in foot care and health consultation. Marianne wrote this piece in reference to her work in Reflexology.