

# The Centre News

Heart of the Peninsula



## April Events

### CSSCA Board Meeting

- \* Thursday, April 5th, 9:30 sharp

### Tax Clinic Beacon Community Services

- \* At the Centre, April 6th & 13th  
10am to noon

### Brentwood Bay Boozing Buddies

- \* Thursday, April 5th 6:30 pm
- \* Marys' Bleue Moon Café to eat, drink and listen to the band "Old Black Rum"

### Bus Trippers

- \* National Toy Museum of Canada
- \* Friday, April 13th, 9:30 am

### Scottish Country Dance Fun Friday

- \* Friday, April 13th, 7 - 8:30 pm

### Potluck

- \* Thursday, April 19th noon

### Speaker Series

- \* Friday, April 20th, 1:30 pm
- \* Target Theatre, performing "Can You Hear The Birds"

### Lunch Bunch

- \* Thursday April 26th, 11:30 am
- \* Rustik Bistro on Carey Road

### Sunday Social

- \* Charlie Burton, Crooner, Song writer, performer, recording artist
- \* Sunday, April 29, 2- 4 pm
- \* Refreshments & Entertainment

### Bingo

- \* Wednesdays 1— 4 pm
- \* Everyone 19 and over welcome
- \* Refreshments served

APRIL 2018



Photo by Jim Fowler

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Photo by Jim Fowler

# President's Message



There are two activities that are enjoyed by our members namely The Sunday Social and the Friday Speaker Series. The continued enjoyment of these activities will depend much on the support of our members. We need volunteers as follows: -

Sunday Social, three or four volunteers to serve on a committee. They would be required to identify suitable entertainers, determine costs if any, arrange for the entertainment, coordinate with Laureen Barr, and introduce and thank the entertainers. In addition, it would be required that the volunteers arrange for the donation baskets to be located at the entrances.

Friday Speaker Series, three or four volunteers to serve on a committee. They would be required to identify suitable interesting speakers, determine costs if any, arrange the speakers, coordinate with Laureen, introduce and thank speakers, arrange for donation baskets to be available.

Laureen will be available to advise both committees if required.

Mike Bird President

## Fee Policy – 2018

1. September 1, 2017 our new membership year took effect and all members and new members are to pay an annual fee of \$60 which covers their membership from September 1 to August 31.
2. Effective March 1 the member fee will be \$30 which covers the period from March 1 to August 31.
3. Anyone is invited to attend an activity once, free of charge. If a person decides to continue participating in that activity, without becoming a member, they are required to pay \$3 to The Centre each time they attend and are in addition to any other fees.
4. For people who wish to join The Centre and cannot afford the fees, you may qualify for free membership by applying through Panorama Leisure Centre's Life Program (forms available at CSSCA desk).

# Around The Centre

## Welcome to the Group

**Roy Wood**  
**Donna Kawalta**  
**Mike Morry**  
**Val Morry**  
**Gerry Racher**  
**Debbie Racher**

### VOLUNTEER OF THE MONTH



Congratulations, Ruth Charlish for being our Volunteer for the month of March. Thank you so much for the work you do around the Centre



April 4	Mary	Law
April 5	Lynda	Tucker
April 11	Barb	Fowler
April 12	Donna	Flood
April 13	Caroline	McVey
April 16	Rhonda	Kool
April 16	Trudy	Exton
April 17	Carolyn	Peppiatt
April 17	Bill	Cole
April 18	Joyce	Wolfe
April 20	Lynda	Miller
April 21	Berniece	Lambert
April 27	Muriel	de Greef
April 29	Con	Sollid
April 30	Ingrid	Schmidt-Ostrander



Board meeting April 5th 9:30 am sharp

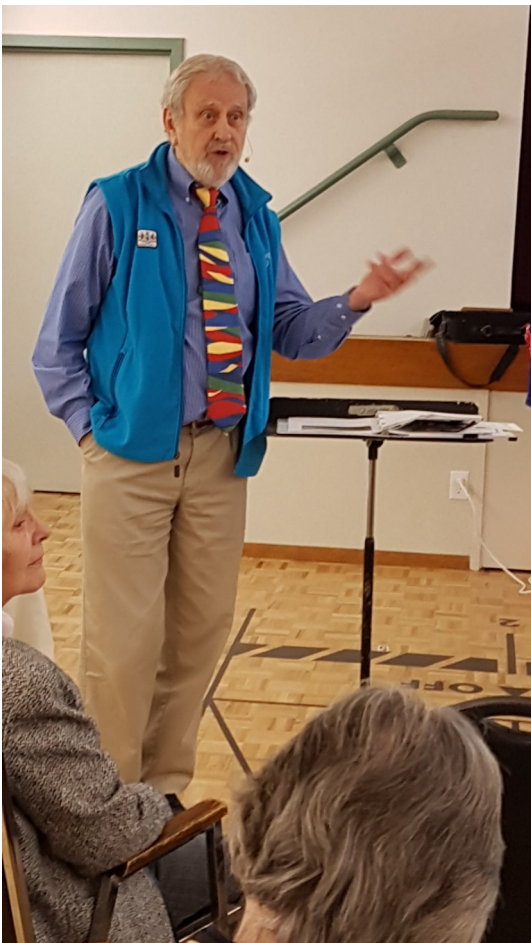
# Photos from Around the Centre



Heading out to the Tillicum Mall with the Shopping Bus Program with Beacon Community Services.



The Lunch Bunch dining at the Brentwood Bay Pub & Spa. Stunning view of the bay.



David Spence , on the left, with the Royal Commonwealth Society (RCS), Vancouver Island Branch spoke at the March Speakers Series on their network of individuals and organisations committed to improving the lives and prospect of Commonwealth citizens across the world.

Pat Bird, on the right , one of our many volunteers getting snacks ready for the tea after the Friday Speaker Series



# Photos from Around the Centre



What a wonderful way to spend a Sunday afternoon, listening to delightful tunes of Dixieland Jazz at Hermann's Jazz Club on Fort St, with the Brentwood Bay Boozing Buddies. Come out and join us April 5th at Mary's Bleue Moon Café at 6:30pm for some Folk, Bluegrass & Celtic music with the band "Old Black Rum"

Braunda, on the right, posing with a model of the SS Princess Sophia that sank October 24th, 1918, it is considered to be the worst maritime disaster in BC history.

The bus trippers visited the Maritime Museum of BC  
March 2018



# Activities Around the Centre

**Transportation to medical appointments.**

**Volunteer Drivers are available to take Saanich Peninsula residents to any medical/health related appointments. Drives can be local or downtown Victoria. There is no charge for this service.**

**For more information or to register please call:**

**Deb Greenaway  
Beacon Community Services  
250-656-5537**



## **Free Income Tax Preparation & Filing**

Beacon Community Services will host a Community Volunteer Income Tax Program (CVITP) at Central Saanich Seniors Centre on the following date:

**Thursday April 20th 10 am—noon**

This program is a free service for community members who are on a low to modest income. (Single person up to \$30,000, a couple up to \$40,000 and interest income less than \$1,000, and your tax situation must be simple)

Intakes will be on a first come, first served basis. All community members are welcome.



Beacon Community Services is excited to offer CSSCA an opportunity to meet new friends, visit shopping malls and be dropped off with their purchases at the Centre.

**April 9th Mayfair is Full**

**April 16th Hillside**

**April 23rd Tillicum**

**April 30th Uptown Mall**

Sign up sheet at The Centre 50+ reception.



**Senior Lunch Program for Isolation Seniors, with Beacon Community Services at the Shoal Centre.**



**The Senior Lunch takes place the last Wednesday of the month. Bringing together 50 isolated seniors with 25 volunteer for a nutritious meal, socialization, entertainment and information. The seniors are also given an extra meal to take home. Photo of Judy Coy with volunteer Lauren Barr**

# Sunday Social



**Knacker's Yard: Celtic Folksong & Traditional Music**

Performing at The Centre 50+ for the March Sunday Social



Knacker's Yard is a Celtic Folk music group from Victoria, BC (Coast Salish Territories) that has been active since 2012. Having released four albums, as well as performing hundreds of concerts, Knacker's Yard is strongly committed to the preservation of over four centuries of Irish, Scottish, and English traditional music.



Lucky door prize winners of a Knacker's Yard CD and the 50/50 draw.

Thank you to all the volunteer who brought in all the delicious baking and yummy sandwiches. They filled 3 long banquet table with food that all disappeared quite quickly.

# Scottish Country Dance Fun Friday

April 13th 7 – 8:30 pm



No need to bring a partner

Wear comfy shoes

Experience an evening of Scottish Country Dance at the Centre 50+  
Bring the kids, grandkids, mom, dad and learn the easy fun dances called.  
The dances are designed for anyone capable of walking with no dance experience required.  
\$3 per person \* \$6 per Family \* First visit free \* Members Free

# Songbirds



Join a Musical Journey  
with  
Larry Skaggs our Choir Director  
&  
Louise Eldridge our Pianist  
as we learn and perform  
Early to Contemporary compositions  
**Tuesdays 1:00 PM**  
No Auditions Required

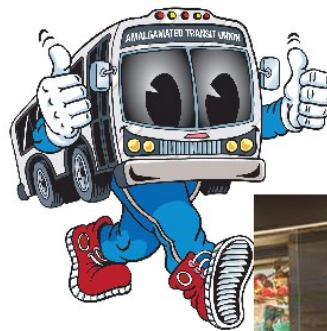
You're Invited **The LUNCH BUNCH**  
to  
Thursday  
April 26th  
11:30 am



Located  
3950 Carey Rd  
Victoria

*A little bohemia & Mediterranean flare*

Sign up sheet at The Centre 50+ reception. Please advise if you can drive. Meet at the Centre at 11:00 am to carpool.



**The Bus  
Trippers**  
Busing for Fun



**LHERRY & THE NATIONAL TOY MUSEUM OF CANADA**

**Friday, April 13th**

City Transit - \$5.00 /Day Pass

Toy Museum — By donation

We will meet at the Centre at 9:30 am to catch the #75 bus at 9:49 am or you can catch the bus at the Saanichton Exchange with Vivien at 9:41 am. . We will have lunch before returning at approximately 3pm



# Upcoming Tea for Tu Tu



Tea for Tutu", Ballet Victoria's favourite seniors program, proudly expands its activities in response to requests from seniors and parents with young children.

Tea for Tutu offers quality innovative daytime performances in a friendly community atmosphere with tea offered by our sponsors.

Show: May 8 and 9, 2018 – *Peter Pan*

The program for each event includes:

- An introduction to ballet
- The story of the creation of new works
- A preview of the upcoming production
- Tea, refreshments, and meet the dancers

Venue:

[Kirk Hall, 680 Courtney Street Victoria, BC](#)

**Admission By Donation**

**Sign up Sheet at centre reception**

**We have reservations for 10**

## TEA FOR TU TU— PETER PAN

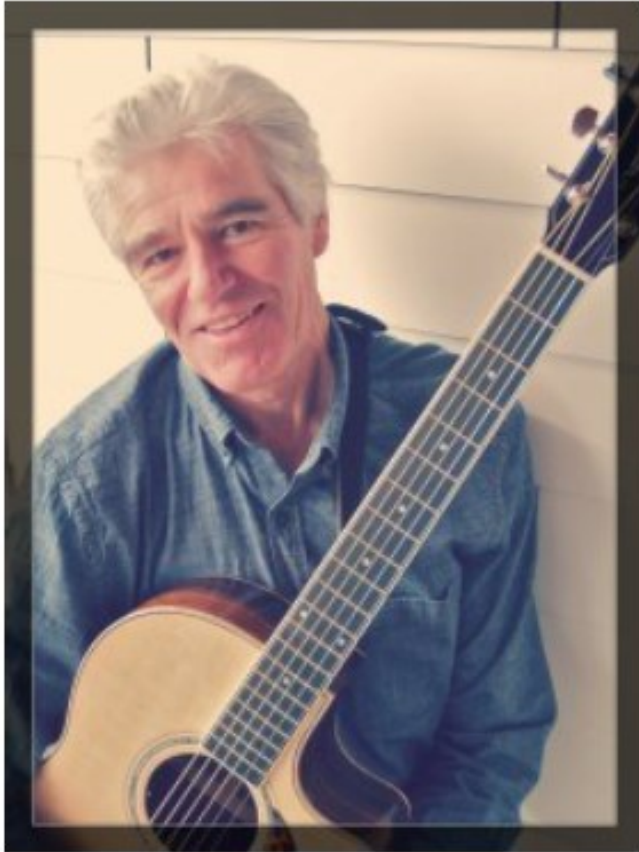
**May 8th**

**Meet at Centre 1 pm**

**Show time 2—3 pm**



# Upcoming April Sunday Social



**CSSCA**

**presents**

**Charlie Burton**

***Crooner,***

***finger style***

***guitar player,***

***song writer,***

***performer,***

***recording artist***

## Join Us at The Centre 50+

**April 29th**

**Doors open 1:30 pm**

**Entertainment 2:00 pm**

**Refreshments 3:00 pm**

**Admission by Donation**

*A Sunday  
We'll spend  
brings a week  
of Content.*

# Speakers Series at The Centre

Friday, April 20 \* 1:30 pm \* by donation at the door  
1229 Clarke Road, Brentwood Bay

Target Theatre is a non-profit society existing over 25 years serving seniors through plays about seniors' issues.



## **Can You Hear the Birds?**

*Can You Hear the Birds?* is a brand new commission from Target Theatre written by local playwright Kat Taddei and proudly supported by the Eldercare Foundation.

Written using verbatim accounts from patients and professionals, *Can You Hear the Birds?* draws research material and interviews to create a play filled with moments of heartbreak and joy, as well as presenting coping issues important to those living with this often invisible disability.

Directed by Tristan Bacon and performed by the Target Players, *Can You Hear the Birds?* is designed to make you listen, and get you talking.

# BINGO



**EVERY WEDNESDAY @ 1:00 PM**

An afternoon of fun and entertainment at:

**The Centre**

**For Active Living 50+**

**1229 Clarke Road, Brentwood Bay**

(Adjoining the Brentwood Library Branch)

**Lots of Free Parking!**

Open to everyone 19 and over

**Cash prizes, special games and a progressive jackpot.**

**Refreshments available.**

Proceeds go to operating costs for  
The Central Saanich Seniors Centre.  
Come out and support this non-profit  
facility which provides recreation and  
support for all seniors on the peninsula.

BC Gaming Event Licence #97274  
*Know your limit, play within it. 19+*

For Help: 1-888-795-6111 or  
[www.bcresponsiblegambling.ca](http://www.bcresponsiblegambling.ca)

Central Saanich Senior Citizens Association, 1229 Clarke Road, Brentwood Bay, BC 250-652-4611

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10:00 am 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10:00 am 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>NIA Dance</b> 9:30 - 10:30
<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am	
<b>Bridge</b> 12:30 - 3:30 pm	<b>Painting</b> 12:30 - 3 pm	<b>Weaving</b> 11:30am - 2:30pm	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm	<b>Chair Yoga</b> 12 - 1 pm	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Photography Club</b> 2nd & 4th Monday 1 pm	<b>Songbirds Choir</b> 1 - 2 pm	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:30 am Sign-up sheet in office	<b>BUS TRIPPERS</b> 2nd Friday Of each month Sign up sheet at reception	<b>Bridge Clinic</b> 12:30 - 3:30 pm
<b>Scrabble</b> 1:30 pm	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm	<b>Table Shuffleboard</b> 2 pm	<b>Cribbage</b> 1 pm	
<b>Brentwood Bay Boozing Buddies</b> 11:30 am 2nd Monday of the month		<b>Knitting</b> 2 - 3:30 pm	<b>Armchair Theatre</b> 1st & 3rd Thursday 1 pm - 3 pm	<b>Speakers Series</b> 1:30-3:00 PM 3rd Friday of the month	
	<b>Art Appreciation</b> 2nd & 4th Tuesday 7 pm			<b>Scottish Country Dance</b> 2nd Friday 7—8:30 pm	

# In Loving Memory

Gwendolin Francis Bentley

August 8th, 1928 - March 4th, 2018



Gwen Bentley was a long standing member of our organization who always had a sunshine smile for everyone. Gwen was nominated for a Beacon Community Services Hearts of the Community Volunteer Award in 2015.

During the public awards ceremony at the Mary Winspear Centre (held on February 19, 2015), the dignitary presenter who acknowledged Gwen's nomination for outstanding community service said:

"Gwen is a terrific multi-tasker! . She does "101 jobs" as volunteer office manager for the Central Saanich Senior Citizen's Association's seniors centre.

And... she does them all at the same time! She racks up volunteer time from her home office, too, spending countless hours coordinating things by phone, pulling together the Association's annual report, and generally making sure things go smoothly for the Association and its seniors. Gwen also proudly supports our local hospital auxiliary



THE CENTRE FOR ACTIVE LIVING 50+

1229 Clarke Rd., Brentwood Bay, BC V8M 1E2

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

[www.centralsaanichseniorscentre.org](http://www.centralsaanichseniorscentre.org)

## CSSCA Executive

**President:** Mike Bird

**Past President/Treasurer:** Margaret McKelvie

**Corresponding Secretary:** Valerie Park

**Recording Secretary:** Elizabeth Skaggs

## CSSCA Board of Directors

Robert Atkins

Dale Broad

Braunda Gustafson

Joanne McGowan

Marilynn Murray

Shirley Monych

Renee Nicholls

Thea Revoy

Margaret Sharples

Gerie Turner

Vic Peters

Joyce Vezina

## The Centre News

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