

The Centre News

Heart of the Peninsula



April Events

Sole to Soul Foot Clinic

Tuesday, April 2nd - phone for appointment
Next booking is for May

CSSCA Board Meeting

* Thursday, April 4th, 9:30 sharp

Tax Clinic Beacon Community Services

* At the Centre, April 4th & 11th
9:30 am to 12:30 pm

Bus Trippers

* Friday, April 5th. Sign up sheet at centre
* Imax Theatre: The Great Bear Forest

Speaker Series

* Friday, April 12th, 2:00 pm
* Alan Perry & Ron Fraser

Scottish Country Dance Fun Friday

* Friday, April 12th, 7 - 8:30 pm

Potluck

* Thursday, April 18th noon

EASTER ~ Closed

* Friday & Monday April 19 to the 22nd

Lunch Bunch

* Thursday April 26th, 11:30 am
* Zanzibar Café, Brentwood Bay

Computer Workshop

* Monday, April 29th, 1:00 pm
* Photo Editing, Photo Protection
* Digital Photo Albums
* Register at centre reception

Bingo

* Wednesdays 1— 4 pm
* Everyone 19 and over welcome
* Refreshments served
* Hot Dog Day last Wednesday of month

APRIL 2019



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Photo by
Jim Fowler

President's Message

President's Message

Welcome to April, its amazing how fast things change once warmer weather arrives. We went around Butchart Gardens two weeks ago and little was in flower, on Sunday much had changed, with blossoms and bulbs in bloom.

April 7th is National Volunteer Week so let me take this opportunity to thank all the volunteers who contribute their time to making The Center such a welcoming place.

Did you know that The Center has a Co-op number? If you shop, there occasionally and are not collecting your rebate you can give them #60747 and we will receive the money at year end. Also, a Fairway card obtainable from the front desk can be used by members which will benefit The Center.

Michael Bird

Fee Policy – 2019

1. September 1, 2018 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



Carolyn & William Greig

Donna-Marie Lacey

Dani Alldrick

Nicki & Jas McAra

Sheena Heuman

Gaylan Robinson

Valerie Leir

Raymond White

Robert Viggers

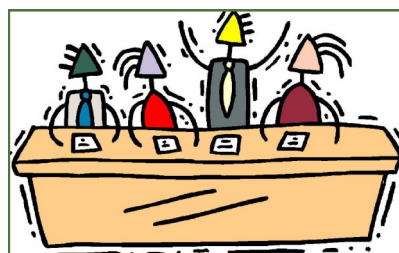
Ann Arnott



Congratulation Marianne Brackenridge on being the volunteer of the month. This lady is amazing, she is one of those members that touch my heart. Always a smile on her face, she lights up any room she enters. If you get a chance to chat to Marianne, she is also one of the most interesting lady's I know. Marianne contributes so much to the various groups she is involved with at the centre.



April 4	Mary	Law
April 12	Donna	Flood
April 13	Caroline	McVey
	Dorene	Palm
April 16	Rhonda	Kool
April 16	Trudy	Exton
April 17	Carolyn	Peppiatt
April 17	Bill	Cole
April 20	Lynda	Miller
April 21	Berniece	Lambert
	Roger	Boutillier
April 27	Muriel	de Greef
April 29	Brenda	Morris
April 30	Ingrid	Schmidt-Ostrander



Board meeting April 4th 9:30 am sharp

Around the Centre



2019 Pancake Breakfast was another yummy success. We could not do it without Sassy's Restaurant who supplied the pancake mix and supplies and Carnivore Meats who provided the absolutely delicious ham. Above photos are of only a few of the volunteers who came in to set up, take tickets, flip pancakes, scramble the eggs, cook the ham and to stay after to clean up and wash the dishes. The biggest Thank you has to go to Gerie, for without Gerie there would be no pancake breakfast like the Centre's pancake breakfast.



The Centre's first Hotdog Day was a huge hit . Many of our members arrived early to enjoy a hotdog before starting Wednesday afternoon activities. It sure didn't take long to run out. Thank you Chef Don for suggesting the idea, preparing the fixing's and BBQing the hotdogs. Photo to the left with BBQ Chef Don is with our first customer Braunda. Hotdog Day will be the last Wednesday of the month 11:30 am to 12:30 pm for \$3 . See you April 24th.

Around the Centre



Ann Nightingale returned as the March speaker. Ann always packs the hall with her presentation on the local bird population.



Co-op provides an annual donation to be used towards supplies for annual events at The Centre. Also, the Peninsula Co-op annually reimburses dividend funds to The Centre accumulated as members quote The Centre's number **60747** when purchasing groceries or fuel.



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.



Bill Blair, The Minister of Border Security and Organized Crime Reduction, popped in for a surprise visit March 27th for a tour of the Centre and stayed for a question answer meeting with a group of members.

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 4th & 11th 10 am—noon

This program is a free service for community members who are on a low to modest income. (Single person up to \$35,000, a couple up to \$45,000 and interest income less than \$1,000, and your tax situation must be simple)

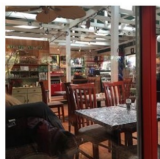
Intakes will be on an appointment basis, see centre reception.

All community members are welcome.



THE LUNCH BUNCH

Zanzibar Cafe
Brentwood Bay
West Saanich Road



Thursday, April 25th
11:30 am

Sign up sheet at the Centre Reception

Potluck Dinner



Bring your favorite dish to share.

Thursday, April 18th
Noon to 1:30 pm

Praline Cheesecake Tarts

24 tart shells baked at 350 for 10 minutes

CREAM CHEESE FILLING

8 oz softened cream cheese 1 cup Sour Cream
3/4 cup granulated sugar 2 tablespoons flour
Beat in large bowl until smooth, then add 2 eggs, one at a time beating after each egg, add 1 teaspoon vanilla.
Bake for 20 minutes until set. Cool

PRALINE

Caramel ice cream topping 1/2 cup pecans toasted
Mix together and spoon over filling

HEAT 1/2 cup chocolate chips with 2 tablespoons of margarine or butter and drizzle over the top

Activities Around The Centre

Glynis Miller LPN, Mobile Foot Care Nurse

Compassionate in-Home Service



Coming to The Centre For Active Living 50+
The first Tuesday of the month

May 7, 2019 9 am - 5 pm

Phone to make an Appointment

While the duration of the appointments will vary, most will be
approximately one hour

www.soultosolefootcare.com

250.858.7729



The March 5th & April 5th foot clinic was a huge success with each day fully booked. I was one of those appointments. To my surprise Glynis told me I had a couple of corns on the sole of one foot. Here I thought I was too young to have corns, but after some TLC applied to my feet it has been smooth walking since and all this time I thought it was my shoes. Thank you Glynis.

Photo above, Glynis ready for first client



The Centre, "Where Friends Meet". When we are young, to socialize will help develop who we become as a person. As we get older to socialize can help maintain that. A strong social life will help prevent extra health issues, particularly important as we get older. The Centre is a wonderful place to develop great friendships. Above photo is of a group of friend who met at the centre, enjoying an Friday evening at the Emporium listening to our local musicians . To the right is a group of members on the way to Duncan to hit the thrift stores with a quick stop at the bakery at the Malahat Restaurant.



Up Coming Events

BRUSHSTROKES

Featuring: Sharon Klein,

Marilynn Murray,

Shirley Roberts,

Happy Smith,

Gerie Turner



Marilynn Murray

Opening Reception: Sunday, April 14th 2 pm to 4 pm

Daily from Friday April 12th – Thursday April 18th, 2019

10 am to 4 pm

ArtSea
gallery

in Tulista Park, 9565 Fifth Street, Sidney

Please come, bring a friend & enjoy!

Scottish Country Family Dance FUN FRIDAY

April 12th 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

MY KIDS DON'T WANT MY STUFF

Antiques, Collectables & Memorabilia Sale

October 19, 2019

9 am to 3 pm



Book Your Table Early \$25 for Members \$35 for Non Members

If you collect it, it's collectable. If your kids don't want it, someone will.

Come out and support our members Marilyn Murray, Sharon Klein, Shirley Roberts, Happy Smith and Gerie Turner at the Art Park Gallery for a showing of their beautiful paintings. All are accomplished artists to be proud of. You might even find that perfect painting for that empty spot on the wall.

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
250 652-4611

ADMISSION BY DONATION



Friday, April 12th 2:00 pm

Guest Speakers: Alan Perry and Ron Fraser

Topic: Technology for Seniors

Back by popular request, Alan Perry and Ron Fraser are returning to the Central Saanich Senior Centre in February, to report on the latest technology for seniors. Annually they attend the world's largest trade show, the Consumer Electronics Show in Las Vegas in January and then share with us the latest technology geared to help seniors.



Friday, May 24th 2:00 pm

Guest Speaker: **Mary Conley**, an award-winning local artist is coming to The Centre for Active Living 50+ in Brentwood Bay on May 24th at 2 pm. Mary admits she loves to paint and draw, make pop-up books and paper mâché sculptures but her lifelong passion for art has included classes and workshops in many different forms of visual arts. Please join us for an entertaining and educational afternoon with Mary Conley. Entry by donation. Please see Mary's website for more information: <http://artworksbymaryconley.com/sculpture.html>

"Imagination is more important than Knowledge"

Albert Einstein



Upcoming May Events

“LANDSCAPE WORKSHOP”

THE CENTRE FOR ACTIVE LIVING, 1229 Clarke Rd., Brentwood

Monday, May 27, 1:00-4:00pm

\$40.00/person



We are bringing Richard back for another workshop after a successful introduction of his “Eastern Blue Jay”. Please join us at the Centre for Active Living for a delightful class painting “Landscapes”! You'll enjoy Richard's easy to follow instructions as you learn how to create beautiful images on Japanese art paper.

Richard Wong is a professional wildlife artist and instructor. His workshops are relaxed, fun and fully supported. Open to all levels including beginners. No prior experience needed. (Art Supplies: bring your own, OR rent a paint kit in class for an additional \$5.00).

Call (250) 652-4611 or In-Person to REGISTER (M-Fri: 9:00am-1:00pm).

Up Coming Event June

Cheminus Theatre Festival



Reserve your ticket

April 1st

Payment is due
upon booking

Members and

Non Members

welcome

Cash or cheque

Saturday

June 22nd

Departure time 9:30 am

Cost \$130.00

**(Price includes: meal, transportation
& theatre tickets)**

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dancing Walk Around 10 am	Aerobics 9 - 10 am	Scottish Country Dance 10 am—noon	Aerobics 9 - 10 am	NIA Dance 9:30 - 10:30
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	
Photography Club 1 pm 2nd & 4th Monday	Painting 12:30 - 3 pm	Weaving 11:30am - 2:30pm	Pot Luck Lunch 3 rd Thursday 12:15 pm	Bus Trippers 1st Friday of the month	Jammin Seniors 9:30 am to noon
Scrabble 1 pm	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Chair Yoga 12 - 1 pm	
Bridge 1 - 4 pm	Poker 1 pm	Bingo 1 - 4 pm	Book Club 2nd Thursday noon		Bridge Clinic 1 - 4 pm
Computer Workshop April 29th Photo Editing etc 1 pm	Soul To Sole-Foot Care Clinic 9 am - 4 pm	Knitting 1:30 - 3:30 pm	Writing Circle 1st, 3rd, 4th Thursday 2 - 3:30 pm	Speakers Series 2 PM April 12th	
	Art Appreciation 2nd & 4th Tuesday of month 7 pm			Scottish Country Dance 7—9 pm April 12th	



Do you write, have written or want to write? Are you looking for inspiration, support and time for regular writing practice?

Join us at the Centre, Thursday, April 4th at 2 pm. Bring pen or pencil, note book or paper to write on.

We are each allotted so many days. Each one is new - a beginning. Harbour no regrets about the past, do no wishful thinking about the future.

So...begin with a good awakening, hopefully after a restful sleep. Drifting off to music can help. Before rising is the time to reflect on the positive things in your life - your gratitudes.

Any time in a day you can be outdoors in nature - in a garden, among trees - is a bonus for a peaceful mind and a healthy body.

Create the habit of having music in your background, hum to yourself, sing and laugh often.

Smile - always. Spend the precious hours doing what you enjoy, what you can share, what inspires you, what gives you satisfaction.

Nurture your relationships, both those close to you and those that happen by chance. Assume nothing.

Treat your body with love and care. Nourish it well, move if often. By happy with how it serves you.

Do what needs to be done. Have no lingering responsibilities weighting on your mind.

Enjoy relaxation at the close of day and the quiet of night. Reflect with pleasure and thanks.

Drift off to a peaceful sleep

— Mary Grant member of the Writing Circle



THE CENTRE FOR ACTIVE LIVING

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

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

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Past President/Treasurer: Margaret McKelvie

Recording Secretary: Elizabeth Skaggs

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