



## Community Partners

Working together with community businesses is good for you and for The Centre. By supporting our local merchants, CSSCA members receive a variety of discounts. Check the bulletin board at The Centre for information regarding benefits that can be found when you visit these businesses:

Breadstuffs Bakery \* Buckerfield's \* JJ's CoffeeHouse  
Pharmasave (Brentwood Bay) \* Domino's Pizza

Also, check out those community partners that support The Centre. Pick up a **Fairway Market** card at The Centre. Load your regular grocery costs to the card at Fairway Market and shop as usual and pay with your pre-loaded card. Fairway Market will rebate 5% of your purchase to The Centre!

Don't forget to pick up your **Level Ground Trading Coffee** from the reception area at The Centre. A portion of these sales comes back to support The Centre.

Thank you to all that support our CSSCA partnerships.

## December Events

### Peninsula Music Academy Recital ( Children's Choir)

- \* Sunday, December 2 1 - 2:30 pm
- \* Cost by donation
- \* Tea / Coffee

### Board Meeting

- \* No meeting in December
- \* Thursday, January 10 - 9:30 am

### Christmas Luncheon

- \* Thursday, December 13
- \* Doors open 12 noon Lunch at 12:30
- \* Goldstream Catering will feature traditional turkey dinner as well as a salmon entree
- \* The Centre's Songbirds are providing entertainment
- \* Tickets and group reservations through The Centre's reception area
- \* \$20 for members \$25 for non-members

### Christmas Light Tour

- \* Monday, December 17
- \* Bus leaves The Centre - 6:30 pm
- \* Return by 9 pm
- \* Social - Mince Tarts and Hot Chocolate
- \* Cost - \$16 The Centre office for reservations

### Potluck Lunch

- \* No December lunch - next potluck is January 17

### Bingo

- \* Wednesdays 1-4 pm (Christmas special - Dec.19)

### Holiday Closure

- \* Monday, December 24 - Wednesday, January 2

## Christmas Bingo

Wednesday, Dec ember 19 1 - 4 pm

Special Prizes \* Complimentary tea / coffee / sweets



## Check It Out

President's Message	pg. 2
Activity Highlights	pg. 3
Birthdays	pg. 4
Nov. Genera Mtg.	pg. 5
Thought from Marianne	pg. 6
Weekly Activities Schedule	pg. 7
Contact info / Partners	pg. 8

# President's Message

December is upon us. My wish for you this season is that you take time to enjoy your family and friends, whether they are at The Centre or far away in Victoria (or Halifax!). You only pass through this life once!

We've had a busy time in November. The carpet bowlers celebrated 25 years of throwing those balls down the carpet with their friends from Mill Bay carpet bowlers and the rest of the 'Potluck' gang. Apparently the Mill Bay team is envious of our great facility.

Our *General Meeting* took place on November 1<sup>st</sup> with 44 members attending. A motion was passed by more than 75% majority that the annual fees be increased to \$60 and that any fees from groups presently in place continue. An up-to-date job description of each executive position on the Board of Directors of The Centre was also passed. We all thanked Penny Furnes for doing the required submission of both these changes to the Provincial Regulators (hours of typing!).

Also at the November meeting, members learned about a new Fairways Market card incentive that will hopefully help to increase our coffers. Members are asked to sign for a card at the desk, (so we can find you if a card with a balance on it is found) load it with money at Fairways and then shop with that money. Every three months Fairways will send CSSCA a cheque for 5% of the total spent using those cards. The cards may be used at all Fairways stores.

Members are asked to keep in mind the date of our *Annual General Meeting* on Valentine's Day, February 14, 2013. Those wishing to volunteer to be a Board member, please leave your name at the desk. Activity leaders are asked to submit their annual summary of their group's activities to Gwen Bentley by the middle of December for the Annual Report.

I recently read last year's report and found out things I never knew were happening here. One report I hope to see next year is the 'Trips and Tours' outings. We are in need of a volunteer to organize these excursions for your fellow Centre members.

Our Journey Speakers Program continued. Pharmacist presenter, Kathy Li, from *VIHA* gave us many points to keep in mind when using medications, both prescribed and over-counter. We all should carry in our wallets a list of our medication, the dose (write down what you actually take, not necessarily the prescription dose -health providers can't read your mind!) and the reason you take each pill. *The Better Business Bureau* presented 10 Scams we all have to watch out for. If you feel unsure about a proposed 'sale' or 'deal', follow your instincts and get further information before signing anything or giving personal information over the phone. Our bus visit from *B.C. Transit* was entertaining and informative. Following up on our *Depression* talk from October, Bridie, our Silver Threads Journey organizer, has put a DVD in our library called, *Living Life to the Full*. It has interviews with people with depression and offers do-able suggestions that improve the symptoms of depression. Filmed in Scotland, with B.C. touches, you will enjoy the Scottish accents in these interview segments.

I'm always impressed with happenings at The Centre. Our Christmas dinner, on December 13<sup>th</sup> and the Light Tour on the 17<sup>th</sup> are The Centre highlights for the month. The Christmas Bingo is on the 19<sup>th</sup>. Since The Centre chimney is now blocked (to keep in the heat), Santa will have to find another entrance to surprise us. Have the best Christmas yet!

*Gerie Turner*  
*Acting President*



# Activity Highlights at The Centre

## Stamp Collecting by Kurt Sommer

A few basic requirements are needed to collect stamps. Stamp tongs help to handle stamps safely, a magnifying glass helps in viewing fine details and an album is a convenient way to store stamps. The stamps need to be attached to the pages of the album stamp and hinges are a cheap and simple way to do this. Some collectors prefer more expensive hinge free mounts if the stamps are valuable. Another alternative is a stock book where the stamps drop into clear pockets without the need for any mount. Finally, stamps should be stored away from light, heat and moisture or they can be damaged.

Stamps can be displayed according to the collector's wishes; by country, topic, or even by size, which can create a display pleasing to the eye. There are no rules and it is entirely up to the individual collector to decide.

I am looking forward to see you all on the 3rd Thursday in December, at The Centre. If you can't make it, I wish you all a Merry Christmas and a Happy New Year.

## Mah Jong



Come join the fun of playing Mah Jong. This ancient eastern tile game is easy to learn and promotes those thinking skills of developing strategies and surprises against your opponents. Tables of 4 are set up in the downstairs Carpet Bowling area off the kitchen. This is a great way to connect with friends and to meet newcomers. Don't let the gray, dark days of January and February get you down, come on to The Centre, there's always a warm welcome and good company awaiting.

**Mah Jong - Mondays - 1-3 pm**



## Songbirds Boast 33 Members

Your choir has grown by leaps and bounds, has broadened its repertoire and increased its performance locations. Since September our 'male' contingent has grown to six handsome, talented gentlemen and 27 beautiful female voices. That does not include the Director, Joan, and Pianist, Rene Evans. In our programs we have added music by Canadian composers and included the stories behind these songs.

As ambassadors of The Centre, we have taken our show 'on the road' and performed at several new venues, including Berwick House, Resthaven, Heart and Stroke. In fact, the fall schedule was so hectic, we had very little time to practice.

Make sure you attend the December 13<sup>th</sup> Christmas Lunch, not only for the scrumptious food but also for the Songbird's offering of Christmas favourites, along with some beautiful international numbers. And, warm up your vocal chords because you too will join in the joy of making music.

"Music will touch your soul and make you glad you're alive!"

Call Joan if you want to join this dynamic, non-audition choir 250- 652-5746

## GOING PLACES

Many thanks to Marilyn Murray for organizing the session with BC Transit on Friday, November 16. A BC Transit bus came to The Centre. Susan Sowden, coordinator for BC Transit Community Travel Training, gave an excellent presentation on all aspects of riding the bus without or with walkers or wheelchairs.

Hopefully people will now feel more confident about taking the bus at any time.



## Year End Reminder

All Activity Leaders or Group Representatives

From: The CSSCA Board

It is time once again for activity leaders to provide an annual report regarding their groups' procedures. Our Membership Chair, Bety-Lou Verwolf has also requested a list of your members to be included. Please include this list with your report.

We would greatly appreciate it if you could submit your *brief* report to:

CSSCA Board: Attention Gwen Bentley

Reports are due: December 17, 2012

If you have any questions please contact Gwen or any Board member for assistance.

Thanks in advance for your cooperation.

Sincerely,

Penny Furnes  
Corresponding Secretary for the CSSCA Board

## Welcome

Rose Ellis, our newest member of the CSSCA



By Olivia Anderson  
GVPL Branch Head

Happy Holidays one and all from the staff at Central Saanich Library. We hope you will join us for a cup of cider and some entertainment at our Old Fashioned Christmas Story time, December 17 from 7 to 8 p.m. Librarians Olivia and Vruti will read some traditional favourites, perfect for all ages.

Need ideas for Christmas presents? GVPL is partnering with the Belfry Theatre and performing a special Booksmacked which will focus on great books, music and DVDs appropriate for gift giving. No cost and registration not necessary.

You can get a sneak peak at all our 2013 programs beginning December 21. Registration for 2013 programs begins January 2. Visit [www.gvpl.ca](http://www.gvpl.ca) for more information.

## December Birthdays

1 Connie Clarke	18 Erma Hatt
2 Joan Isaac	19 Jacqueline Haigh
4 Kathleen Chiasson	19 Tom Hall
5 Margaret Fink	20 Dick Chadwick
6 Myron Mulesa	21 Lillie Cornwallis
6 Norma Pepper	21 Ada Serson
8 Aileen Greer	23 Olive McHattie
8 Kurt Sommer	28 Carol McCartney
11 Audrey Fox	28 Wendy Miller
12 David Wilson	30 William Lipp
14 Jeanne Purvis	31 Ronald Tranter

## CSSCA Valued In Our Community

We will be receiving a Grant -in- Aid from the Municipality in the amount of \$8,000. Thank you to those on our CSSCA Revenue Development Committee and to the District of Central Saanich!

We look forward to receiving these funds this June.

## BILLS, EXPENSES, FEES

# CSSCA MEMBERSHIP...PRICELESS

The Centre held a CSSCA General Meeting on Thursday, November 1st, 2012. All of our members were informed by e-mail and/or regular mail of a Special Meeting right after the General Meeting.

At this Special Meeting, discussion and suggestions were focused on the continually rising costs of maintaining The Centre facility and the provision of such necessities as heat and light. There was a review of The Centre's financial statements, supplied by our treasurer Sheila Viggers. Outlined were the monthly incurred expenses and the costs for larger projects needed to meet safety codes and insurance requirements, such projects as; flooring repairs, window replacements, roofing needs, plumbing and upgrading electrical and lighting.

Upon this review there was a motion put forward to raise the dues to help offset these expenses. It was

moved by Joan Lewin and seconded by Marilyn Murray that the annual fees be increased from \$40 to \$60. Broken down, this is a change from \$3.33 per month to \$5 a month per member. Although this increase will continue to be short in covering the annual costs of running The Centre, it will provide a fixed income that will be helpful with expenses. The shortfall is met through various donations, fundraisers, venue rentals and grants. Thank you to Bingo volunteers that help bring in a notable income and to our Revenue Committee that is on top of finding sponsors, programs and doing all the paperwork for grant applications.

In an effort to encourage our members to participate socially and foster active lifestyles, the motion to raise the annual fees also included the statement that activity fees that presently exist among groups will remain the same as before with no increase in cost. This motion was passed by more than 75% as required.



## Brentwood Bay Rotary Club Adds a Touch of Comfort

Many thanks to our community partner, the Brentwood Bay Rotary Club. Their generous donations to The Centre were slated to update our lounge area. Over the last few months you may have noticed the changes in the TV viewing area with the new cabinets. Now the new furniture has arrived! Thank you to Cathy Gillis and Sheila Viggers for searching high and low, standing up and sitting down over and over to find the furniture that best meets The Centre's needs. The furniture is fresh, attractive and very comfortable making The Centre an even more welcoming place to meet friends and enjoy a cup of tea or coffee. Dodd's Furniture in Victoria did a great job in assisting Sheila and Cathy in putting together this furniture selection.



# MY THOUGHTS on CHRISTMAS and WINTER SOLSTICE

by Marianne Brackenridge

Christmas comes but once a year, and then what do we do?

Do we rush to pack up all of the lights and decorations and put away the gifts until next Christmas season? What is it all for? Why are we rushed off our feet during the last weeks of December? One might say, "Well it is a tradition in our home to celebrate Christmas this way." Does this mean a gift for everyone, and "please don't forget Aunt Mabel and cousin Gertrude. But really I don't know these people, they live miles away." So why must I do this? Well, as I remarked, it has been about the tradition, the custom.

So when one reaches the stage in life when one questions rituals and traditions, the idea of such celebrations begins to take on another meaning. One begins to analyze the whole concept of not only buying and giving to everyone on *THE* list, but why all of this mad rush of shopping for bigger and better decorations than last year?

There are several answers. We all have our reasons, for some it is based on religion and a celebration of the birth of Christ, for others it is just a practice/ tradition handed down through families, just the way it is always done without question and then there are different cultures celebrating in different ways.

Personally, the idea of the *Winter Solstice* holds the most meaning for me. It is the celebration of *Light and the Rebirth of the Sun*. There are many customs, symbols and rituals associated with this time of the year. The origins of Christmas are revealed in its Pagan roots, as the birthday of the Invincible Sun, practiced in the third century as part of the Roman Winter Solstice. Shortly after, the Christian Church selected this day to represent the birth of Jesus. The Winter Solstice became a day to celebrate. As the sun waned into winter, plants went dormant, animals became scarce and people went hun-

gry. Knowledge of the winter solstice told humanity that the sun's warmth would again bring spring's resurrection of plant and animal life.

So we celebrate in any way we wish, the choice is ours. To understand and appreciate the multicultural and inter-faith aspects of this holiday time, to welcome our friends and family to feast with us, or to enjoy the friendship and bonding with each other without expectation. For some, it's a time to welcome the birth of a new calendar year and to welcome the new Solar year.

To share love and happiness without judgment could be an ongoing process in our lives, not only within our own circle but globally. It is wonderful to share such qualities at this special time of the year, but how much more meaningful it would be to continue with such spirit throughout the year.

We are all a part of the melting pot so to speak, all in this together, with our different customs and traditions, learning and open to the ways of others. We are so blessed to be here and a part of nature itself, the remarkable 'Mother Earth'.

I wish you a Merry Christmas and a Happy New Year.



Peace on Earth

# Weekly Activities At The Centre

## Monday

### **Aerobics**

9 - 10 am  
Barb Jefferies

### **Mild Fitness**

10:15 - 11:15 am  
Barb Jefferies

### **Carpet Bowling**

10 - 11:45 am  
Leon Rozynski

### **Scrabble**

Casual  
10:30 am  
Happy Smith

### **Drop-In Art Group**

12:30 - 3 pm

### **Storytelling**

Every 2nd Monday  
of each month  
1 pm

### **Mah Jong**

1 pm

### **Bridge**

1 - 4 pm

## Tuesday

### **Scottish Country Dancing Walk Around**

10 am  
Janet Mitchell

### **Carpet Bowling**

10 - 11:45 am  
Leon Rozynski

### **Painting**

12:30 pm  
Marilynn Murray

### **Songbirds Choir**

1 pm  
Joan Lewin

### **Poker**

1 pm

### **Line Dancing**

2:30 pm  
\$3 per session

### **Scottish Country Dancing**

7-9 pm  
Janet Mitchell

### **Art Appreciation Group**

7 pm  
Gerie Turner

## Wednesday

### **Aerobics**

9 - 10 am  
Barb Jefferies

### **Mild Fitness**

10:15 - 11:15 am  
Barb Jefferies

### **Weaving**

11:30 - 2:30 pm  
Helen Thomas

### **Knitting**

2 - 3:30 pm  
Lynne Marotto

### **500 Club**

7 pm

### **Darts**

6:30 pm

## Thursday

### **Walking Club**

Every Thurs. 10 am  
Meet at The Centre  
Weather Permitting

### **Watercolour Painting**

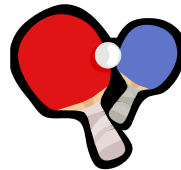
1 - 4 pm  
Ruth Fowler

### **Stamp Collecting**

2pm  
Every 3rd Thurs. of  
the month  
Kurt Sommer

### **Table Tennis**

Joan Hurwood  
Ron Brackenridge  
Time - 2 pm



## Friday

### **Aerobics**

9 - 10 am  
Barb Jefferies

### **Mild Fitness**

10:15 - 11:15 am  
Barb Jefferies

### **Carpet Bowling**

10 - 11:45 am  
Leon Rozynski

### **Scrabble**

Casual  
10:30 am  
Happy Smith

### **Cribbage**

1 pm  
Casual

### **Scottish Country Dancing**

7 - 9 pm  
Janet Mitchell



## Saturday

### **Floor Shuffleboard**

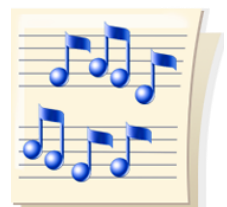
9:30 am  
John Belsky

### **Bridge**

1 - 4 pm

### **Snooker**

1 - 4 pm  
Casual



## **Activity Coordination For The Centre**

Braunda Gustafson - Coordinator

Marilynn Murray - Assistant

# Website for The Centre

Well, it has been a long time coming and we are still not ready to publish but there is light at the end of the tunnel!

Our original web design took a detour when our volunteer instructor moved on. Fortunately, we have a very helpful trainer, Tina Jubinville from eGurus, working with us picking up where we left off.

Bob Viggers and Bety-Lou Verwolf have been meeting with Tina weekly for a while now and are feeling very positive about the new plans. Tina has been working on the technical side of things—not an easy task it seems. Bob and Bety-Lou are learning how to create and edit our redesigned website. Tina is always in the background keeping them on their toes and giving them pointers for making the site crisp and relevant.

The new site is coming along nicely and should be up and running early in the new year. Stay tuned!

Bety-Lou Verwolf



## The Centre for Active Living 50+ Central Saanich Senior Citizens As- SOC.

1229 Clarke Road Brentwood Bay BC V8M 1E2

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

**Acting President :** Gerie Turner

**Past President :** Braunda Gustafson

**Corresponding Secretary:** Penny Furnes

**Recording Secretary:** Lillian Davidson

**Treasurer:** Sheila Viggers,

**Assistant Treasurer:** Margaret Sharples

**Directors:** Ivan Marotto Jean Rozynski Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

## The Centre NEWS

**Editor / Layout** Wendy Wignall

**Photos-** Wendy Wignall

**Printing & Distribution** Gwen Bentley

Don't forget to pick up tickets for the Christmas Luncheon! Brentwood Bay Pharmasave is providing a door prize Gift Basket!



## The Centre Acknowledges & Thanks Our Community Partners

