



Friday Speakers Forum

Fridays 1:30 - 3 pm
The Centre

- December 6 - Our CSSCA president, Gerie Turner will be providing a presentation on her recent trip to Uganda
- January 17 - Financial Advisor, Daniela Morrison will be speaking on **Hazardous to Your Wealth**
- January 24 - Cathy Haynes, owner of **Downsizing Diva Victoria**. Overwhelmed by moving?
- January 31, February 7, 14, 21, 28 **The Journey Program**

More details can be found on page 3

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December Events

Friday Speakers Forum

- * Friday, December 6
- * 1:30 - 3 pm
- * Gerie Turner speaks about her trip to Uganda

Chemainus Theatre Trip

- * Saturday, December 7
- * Theatre production: *It's a Wonderful Life*
- * Leave The Centre promptly - 10:30 am
- * Return to The Centre approx. - 5:30 pm
- * Cost: \$20 for bus transportation

Board Meeting

- * In the new year, Thursday, January 9 - 9:30 am

Christmas Light Tour

- * Monday, December 16
- * Leaves The Centre: 6:30 pm promptly
- * Hot chocolate and mincemeat tarts after tour
- * Cost: \$16
- * Sign up sheet in The Centre's reception

Christmas Luncheon

- * Thursday, December 19
- * Doors open - 12 noon / Lunch 12:30 pm
- * Catered by Jazzaniah
- * Full Christmas dinner fare
- * Entertainment: Victoria Village Squires
- * Door Prizes
- * Tickets: members \$20 / non-members \$23

The Centre is Closed

- * Sunday, December 22 - Thursday, January 2

Bingo

- * Wednesdays December 4, 11, 18 / 2 - 4 pm
- * Christmas Bingo - December 18
Prizes, progressive jackpot, complimentary refreshments. Everyone welcome!

President's Message *CSSCA President, Gerie Turner*

When I think about my best moment at The Centre this past month, it has to be when a group of us sat down in our beautiful, comfortable lounge after one of the *Friday Speakers Forum series* and we talked some more! The topic was *Elder Abuse* and it obviously resonated with the group. We've all had experiences where we've wondered if what we saw or heard, or even felt, was abuse. VIHA is mandated to investigate all reported suspected cases and there are many seniors' organizations in our area that can help. Our very wise speaker was from one such place, *Victoria Womens' Transition House* at 250-592-2927.

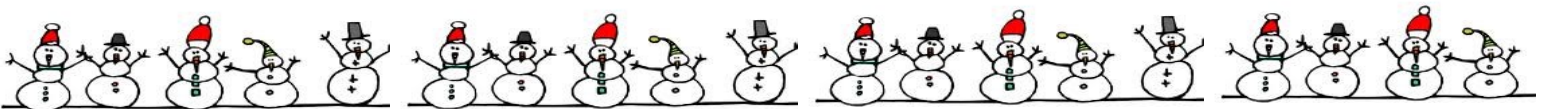
Another *Friday Speakers Forum* was from Debbie, a board member from *Seniors Serving Seniors*, who was involved because of the help she received in caring for her parents a few years ago. This organization offers five main resources: the information line, compiling and publishing a seniors' services directory *Blue Book*, peer counselling, a knitting group supporting various charities, and a return to health post-hospital support service. Did you know their information line has a list of recommended tradespeople and services that other senior members of the community have found reliable and reasonable? Their phone number is 250-382-4331. Their *Blue Book* is in our office at The Centre for your use.

There's so much more going on at The Centre! We all enjoyed our 'trip to France' with Ian Cameron. My feet are getting very itchy. I'm also finding that I can reach my feet easier after all the stretching I get at Chair Yoga. Speaking of stretching, my brain thoroughly enjoys the Tuesday night Art Appreciation Group. Everyone brings their ideas and experiences of a particular artist's life and work. We've discovered that many famous and successful artists had major childhood illnesses which kept them confined to bed for months and even years. Studying changing light out your window and making drawings day-in and day-out can shape your destiny!

Keep in mind that Board elections are coming up at the AGM, February 13, 2014 at 2:00. Please see Margaret Sharples of the Nominations Committee if you feel the urge to be part of 'steering this ship' and thanks to all who 'row madly' and 'plug all the leaks' to keep us ship shape, afloat and sailing along!

Hope to see you at the many Christmas functions at The Centre in December. If you drive and know of a member who needs a ride, please phone them up and offer a lift... it may be the most appreciated gift you give!

On behalf of our Board, I wish you a very happy Christmas.

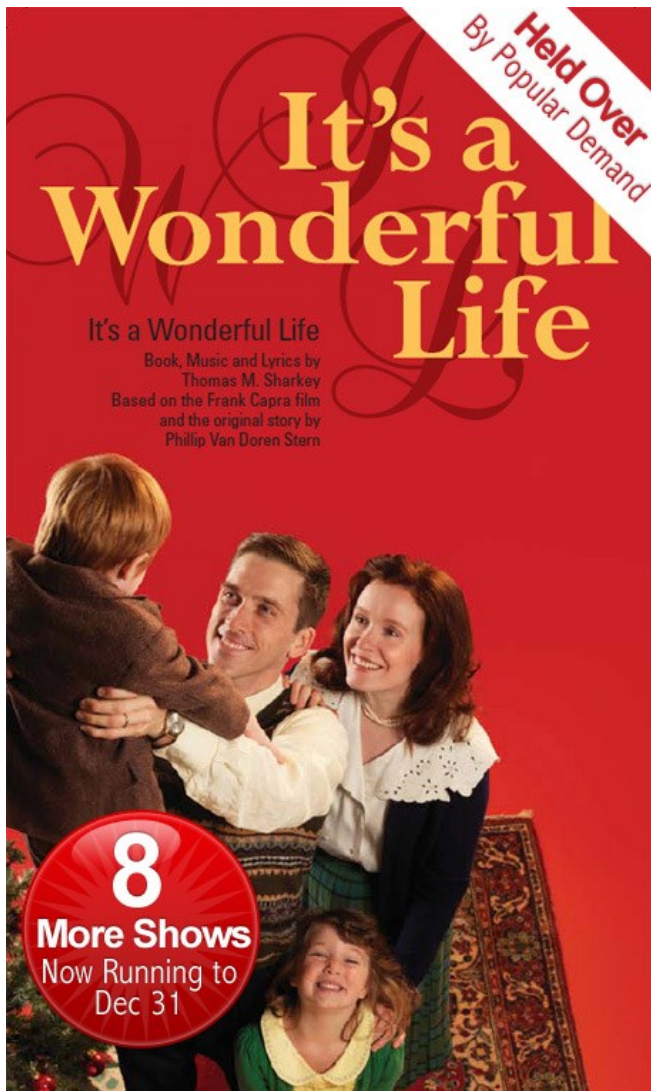


Spirit of the Season

There is something special going on at The Centre. Clearly there are all the trappings of the celebration of the season with The Centre decked out with decorations. The festive activities include a craft and bake sale; bus tour of the Christmas lights in the community; an opportunity to take in the live performance of 'It's a Wonderful Life'; and the fabulous Christmas Lunch with seasonal music entertainment. But once again I feel compelled to draw everyone's attention back to those of you who participate in the many ways that make The Centre so vibrant and welcoming. To me, this is where The Centre shines with the Spirit of the Season!

Merry Christmas and wishing you all the best in the New Year, Wendy Wignall Editor of The Centre News

Upcoming Events



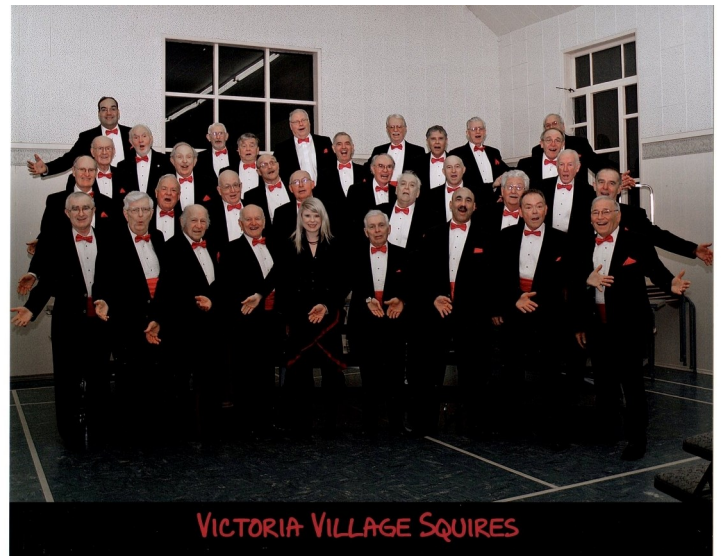
Christmas Luncheon

Thursday, December 19

- ❁ Full Christmas Dinner Fare
- ❁ Catered by Jazzaniah
- ❁ Entertainment: Victoria Village Squires
- ❁ Door Prizes

Tickets: Members \$20 / Non-members \$23
Doors 12 noon / Lunch 12:30

Special thanks to Peninsula Co-op for their generous donation sponsoring this wonderful event at The Centre.



Chemainus Theatre Trip

- * Saturday, December 7
- * Theatre production *It's a Wonderful Life*
- * Leave The Centre promptly - 10:30 am
- * Return to The Centre approx. - 5:30 pm
- * Cost: \$20 for the bus transportation
- * Participants must make their own arrangements for tickets and lunch
- * Sign up sheet is in The Centre's reception



The Victoria Village Squires Barbershop Chorus is the Victoria Chapter of the Barbershop Harmony Society - an international society with some 30,000 members worldwide headquartered in Nashville, Tennessee. The Chorus has been singing in Victoria since 1968 and registered membership currently is 30 men. The group practices every Tuesday night at 7:00 pm at the Centennial United Church. New members are welcome. More details are available on their website at www.villagesquires.com

Upcoming Events

Greater Victoria Public
LIBRARY

**Wednesday,
December 4**

11:15 - 1:15 pm

Drop-In Christmas Craft

Everyone welcome; children under 3 must be accompanied by an adult. What's December without a little (okay, a lot) of sparkle and trim? We supply the materials and samples, and you supply the imagination and enthusiasm! No registration required.

2:00-3:00pm

Bring your eReader, laptop, or mobile device for some hands-on help. Learn to download Ebooks from our *Library to Go* collection!

Suggested prerequisites: Introduction to Searching the Internet or equivalent training or experience. Register online or call your local branch for more information.

Christmas Lights Tour

Join this fun event and bring a friend.
Leave the driving to the bus tour guide!



Monday, December 16

Meet at The Centre at 6:15 pm

Sign up in The Centre reception area. Tickets: \$16



Friday Speakers Forum

Fridays 1:30 - 3 pm

January 17 - **Financial Advisor**, Daniela Morrison has been advising investors since 2001 and her Hazardous to Your Wealth topic has been very popular in the past. Daniela helps retirees develop strategies to maximize their incomes and protect their hard earned money during volatile and challenging times.

January 24 - Cathy Haynes - **Downsizing Diva** - Overwhelmed by moving? Downsizing Diva can help.

The Journey Program

January 31, February 7, 14, 21, 28

Topics will include:

Estates and Trusts; Hearing Loss Issues; Pensions-Are you getting what you are entitled to receive?; The Importance of Sleeping Well, Arthritis and Stress

Reminders



Members who have orders for Purdy's Chocolates from The Centre will be able to pick up their orders on Friday, December 6.

Thank you to Happy Smith for looking after this project.

Please trade in your old card for a new Fairway Market card at The Centre's reception desk. Fairway Market's new cards are now coordinated with all of their cash registers.

If you have shopping cash on your old card, you are asked to use it up by December, 31, 2013.

Using these shopping cards is a great fundraiser for The Centre, so please come pick up your new card soon!



Activity Highlights at The Centre

The Stamp Collector's Outfit

(continued from last month)

Duplicate books

Duplicates always accumulate, and the best way to keep them orderly is to get a Duplicate Book. This contains strips of plastic fixed to stout leaves, and forming a series of slots into which stamps may be slipped loose. Such books may be obtained in all sizes, from pocket up to large volumes of album size.

Perforation Gauge

Differences in perforations are generally studied by collectors, and are easily found by the use of an inexpensive Perforation Card.

Watermark Detector Tray

Difficult watermarks can be discovered by the use of a little black tray. The stamp is laid face downwards in the tray and benzene (lighter fluid) brushed or poured on the stamp will enable the watermark to be seen clearly. Benzene quickly dries and does not affect the gum or colour of the stamp.

All the above requisites may be obtained from any stamp dealer, at a small cost. If all this is carefully taken into consideration, the majority of pitfalls will be avoided.

As you can see, the hobby of stamp collecting does not have to be very expensive and can be lots of fun for everyone.

There will not be a Stamp Club meeting in December. We will continue at our regular time, the 3rd Thursday, January 16 at 1 pm at The Centre.

Martha and I wish everybody a Merry Christmas and a Happy New Year
Kurt J. Sommer



Monday Drop-In Art

Please note that due to low participation, the Monday Drop-In Art time is cancelled until the New Year.



Scottish Country Dancing Social

Friday, Dec. 6, 7-10 pm

We invite everyone to join us at a casual social on Friday, December 6 from 7-10 pm.

There will be some participation dances. Everyone is invited to come and dance or watch.

Light refreshments will be served midway through the evening.

Come and have some fun!

Remember everyone is welcome to participate in any of our classes or to just come and watch.

Janet Mitchell (volunteer instructor)



Chair Yoga

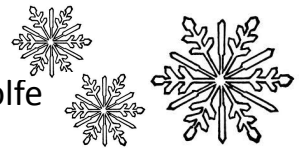
Lead by Gail Bradshaw

Members working out in chair yoga. Come join the group on Thursdays at The Centre from 12 noon-1 pm. For more details contact The Centre Office 9 am- 1pm.



Homecomings

by Joyce Wolfe



I took the red-eye flight out of Vancouver and landed in Halifax early one December morning. After breakfast at the airport, I went by bus into the city. It was a raw, cold wind blowing around Halifax harbour, not a day for sightseeing. I checked in at the railway terminal for the late afternoon train down the Annapolis Valley, making sure that they would let me off at a certain cross-road in my home village of Smith's Cove. They said "Just tell the conductor where you want to get off."

The station was full of mostly young people on leave from the military or from the universities, going home for Christmas. They were a merry bunch. Once on the train they travelled the aisles visiting one another, excited about their release from studies or duty.

As we pulled out of Halifax, snow was starting to fall. There was no wind so the big flakes fell slowly down. Inside the train it was warm and scented with the smell of wet wool. The strums of a guitar were heard, but mostly the

laughter and chatter of conversation.

At each station stop there would be ones waiting to greet a homecoming member. Some were alone, but most were in small friendly groups stamping their feet and swinging their arms to keep warm in the blizzard. At Wolfville more students from Acadia boarded the train. At Lawrencetown, more servicemen from the air base.

The conductor found me and assured me they would stop at the Cenotaph in the Cove. I made my way to the exit with the help of many young people and found myself stepping off into 2 feet of snow. The train moved on and I heard the shouts of my cousins at their nearby car.

We drove to their home through roads getting impassable. All was forgotten as we sat before the fire with hot drinks. I opened my suitcase and gave them a bouquet of yellow roses, winter jasmine, heather and holly from my garden in Brentwood Bay.

The Centre Community

The Sunday Social on November 24th was more than wonderful entertainment with friends over coffee and treats. The Centre aerobics classes put on a bountiful spread of baking for sale and the knitters and weavers displayed and sold their projects for the Annual Baking and Crafts Sale. Thank you for all the work, creativity and support to those who participated in this, 'The Centre Community' event!





We do seem to draw the most interesting members to the Centre. People who are so ready and willing to offer their support and volunteer their time in

many ways. Margaret, a CSSCA Board member, can be seen in the aerobics class and working with the Weavers group. Recently she presented the new defibrillator for The Centre at the General Meeting.

Margaret arrived into this world in Winnipeg on Thanksgiving Sunday in 1941. She is the elder of two children with a sister living in Australia. Her interest in the welfare of others began at an early age while accompanying her aunt, a member of the Salvation Army, during outreach visits. This experience developed her awareness of just how very difficult life can be for so many people.

In 1958 she began a 5 year stint at UBC in the Bachelor of Nursing program. Since she had to pay her own way through school, she worked Fridays and Saturdays at Safeway as a cashier.

After graduation in 1963, Margaret married and moved with her husband to the RCAF station in Chatham, NB and began working for the public health service. She visited 53 one room schools. Many families had 10 or more children and three women were in their 21st pregnancy. Much of the work involved immunizing children and following up on cases of TB. Poverty was rampant and there were many cases of malnutrition.

In 1965 Margaret acquired a joint position in the department of Nursing and Preventive Medicine (Child Health Program). Three years later her first son was born. Soon another move in 1971 to Ithaca, NY with

two sons, where her husband studied for a PhD. At the same time Margaret took courses in Child Development and Sociology of Aging. She went back to Queens in the summer to assist in the nursing program.

In 1975, with now three sons, she began working evenings for the Vancouver Health Department in a street clinic in Gastown. Here she learned firsthand about poverty, drug and other addictions and STI's. A few years later she was offered a position in the new Long Term Care Program and became acutely aware of the need to upgrade many nursing homes and improve the standard of care given. Later Margaret assumed the responsibility of managing Mid Main Health Unit and all its programs.

In 1983, Margaret moved to Victoria to become Supervisor of the Long Term Care Program for the CRD. In 1986 she moved to Calgary Health Services and assumed responsibility for all the palliative care delivered in a patient's home. While there, Margaret received her Master of Nursing degree in 1990 where she studied family caregivers of both the elderly and disabled children.

Margaret moved to Terrace BC in 1996. She had a very exciting position of being responsible for all the immunization and communicable disease programs in BC's northwest. She worked with public health nurses to establish 10 birth control clinics throughout the region to counteract the high incidence of teen pregnancies. When Margaret retired in 2003 she received an award from the Registered Nurses Association for her work in the North.

This past May, Margaret moved to Saanichton where she has a house to renovate, a large yard and a million dollar view. She feels very fortunate with her life and does enjoy her time on the Board at the Centre. We appreciate her commitment to CSSCA.

Submitted by Marianne Brackenridge with permission from Margaret McKelvie

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	Age-ing / Sage-ing 10:30 - 12 noon Lynda Miller 3 Sessions Nov. 21, 28 Dec. 5	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 am Pat Tranter Nona Frew	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	Pot Luck Lunch 3 rd Thursday 11:45 am	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	
	Songbirds Choir 12:45 - 2 pm Joan Lewin		Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Scrabble 10:15 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	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm June Baker Lynda Tucker
		Knitting 2 - 3:30 pm Lynne Marotto	Table Tennis 2 pm Don Turner	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell	Darts 6:30 pm Harbhajan Kareer	Stamp Collecting 3 rd Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner	500 Club 7 pm		Scottish Country Dance 7 - 9 pm Janet Mitchell	

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 CSSC 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.



15% off on Tuesdays and Wednesdays, with your CSSCA membership card.



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.

This Month's Special *Thank You* to:

Peninsula Co-op provided support towards The Centre's annual Christmas Luncheon. Thank you for being a Community Partner!



December Birthdays

04 Kathleen Chiasson	17 Marylyn Harris
06 Norma Pepper	18 Erma Hatt
08 Aileen Greer	19 Jacqueline Haigh
08 Kurt Sommer	19 Tom Hall
11 Audrey Fox	20 Dick Chadwick
12 David Wilson	21 Lillie Cornwallis-Bate
13 Sheila Dench	22 Ada Serson
14 Jeanne Purvis	28 Carol McCartney
15 Ann Britney	31 Ron Tranter
16 Sandra Jones	



Jazz group, 'Jolly Tars' from the Naden Band performed at the November 24th Sunday Social.

Volunteer Drivers

The Centre is always looking for volunteer drivers to bring members to and from their activities and events at The Centre. If you are interested in assisting in this need or would like more information, please contact The Centre Office from 9 am - 1pm at 250-652-4611.



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

1229 Clarke Rd., 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

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