

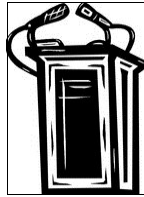


## Friday Speakers Forum

Free Event and Open to the Community

Friday, February 1 at The Centre 1:30 pm

- ◆ Cpl. Wes Penny Central Saanich Police
- ◆ Topic : **Seniors Safety in the Home**



Friday, February 8 at The Centre 1:30 pm

- ◆ Tina Jubinville eGurus Tech. Tutors
- ◆ **Navigating Around Websites & The Internet**

Friday, February 15 at The Centre 1:30 pm

- ◆ The popular **Journey Program** with 6 weekly sessions begins. These are sponsored by Silver Threads Victoria and funded by VIHA
- ◆ **Healthy Brain: Use it or Lose it**

Friday, February 22 at The Centre 1:30 pm

- ◆ **Emergency Preparedness: Is Your Family Prepared?**

Friday, March 1 at The Centre 1:30 pm

- ◆ **How to Stop your Bladder and Bowels from Running your Life!**

## February Events

### Friday Speakers Forum

- \* Every Friday - 1:30 pm
- \* See ad for more details and topics

### Board Meeting

- \* Thursday, February 7 - 9:30 am

### Pancake Breakfast

- \* Tuesday, February 12 8:30 - 10:00
- \* Tickets at The Centre office \$8
- \* Hosted by our Carpet Bowling and Shuffleboard Activity Groups

### CSSCA Annual General Mtg.

- \* Thursday, February 14 2 pm
- \* CSSCA members are encouraged to attend

### Potluck Lunch

- \* Thursday, February 21 - 11:45 am

### Lunch Bunch

- \* Thursday, February 28 - 11:45
- \* Mary's Bleue Moon Café
- \* Sign up sheet in The Centre reception

### Sunday Social Tea

- \* Sunday, February 24 2 pm
- \* Entertainment - The Veselka Dancers
- \* Bring a friend
- \* Donations accepted

### Bingo

- \* Wednesdays 1-4 pm

## Check It Out

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# President's Message

CSSCA President, Gerie Turner

Welcome back to normal. The Christmas season is great to help us get through the dark days of winter, but I see bulbs coming up all over and activities at The Centre are getting back to normal, whatever that is. We come here for friendship and fun, interesting conversation and sharing, perhaps even winning money at Bingo!

The first message I want to share with all of you, on behalf of your Board of Directors, is that Sheila Viggers is retiring as our Treasurer after 9 years of keeping track of our finances. Apparently 10 years ago Sheila said she wouldn't mind being Assistant Treasurer and the rest is history! Sheila, we all thank you so much for all the hard work you have put into this over the years. The Centre's Revenue Development Committee will now be your focus and we continue to look forward to seeing you around The Centre.

Membership renewals are coming in droves over the past few weeks, with many new members signing on as well. A common theme of new members is how welcome they feel coming here. Thanks to all who contribute to this atmosphere of friendliness. For some it is like coming home, for others, a difficult 'walking through a door' into a new stage in their life. All appreciate your thoughtfulness. If you know of someone who is not joining or renewing their membership because of their financial situation, please direct them to the *Life Program* at Panorama where, if they qualify, they will be issued a card which enables them to join The Centre at no charge.

Our Revenue Development Committee has been successful in setting up various money-raising programs to help us stay 'in the black'. Among these is the Fairway Market card. If you haven't got your card, and shop at Fairway, please pick one up at the front desk. Fairway Market will send The Centre a cheque for 5% of your total purchases. If 100 members and their families spend \$200 per month at Fairway Markets, we could be looking at substantial revenue for The Centre. As well, remember our *1000 Club*, members who have contributed \$1000 to The Centre, to be invested while the interest is used to support our activities and facility.

It's that time of year when we're looking for new Board members and volunteers for the program committee, maintenance, movie program, and various other positions. Just two years ago, as a new member, I was asked if I'd run for 2<sup>nd</sup> V.P. I went into the role knowing little about The Centre. I have been surrounded by members who know what to do and how to do it, so don't hesitate about volunteering, even if you are 'new'. I have met many remarkable people, sharing experiences and developing new friends and I wholeheartedly recommend getting involved.

Keep in mind Shrove Tuesday Pancake Breakfast, the Friday afternoon speakers series and all the other events. Someone once said that 90% of success is just 'showing up'. See you when you 'show up' at The Centre.



Don't Miss  
The Centre's  
Next  
Sunday Social  
Tea

Sunday, February 24



# Around The Centre

## THE CENTRE LIBRARY

by Dorothy Sly, volunteer librarian

The Centre Library has been relocated to the second room on your left as you enter The Centre -- just before you reach the refurbished lounge area. Sometimes the door is closed, but you can open it and walk right in.

We have a growing selection of paperbacks and hardcover books. They are arranged alphabetically by author.

Unlike the public library, we don't require you to sign out your books and we have no fixed due dates. Just take and enjoy. When you have finished reading a book, simply drop it in the yellow bin back in the library room at The Centre.

We welcome donations of recently published books that would appeal to a wide group of our membership. With this in mind, we would respectfully decline donations of books that are textbooks, books that have been marked with highlighters, magazines or Harlequin Romances - we're too mature for those!

If you have any questions regarding books you are considering to donate, please contact me by phone or message at The Centre. In this way, I'll either accept your books, with thanks, or suggest other places you might take them.

*Thank you,  
Dorothy Sly*



Bob Viggers, Tina Jubinville, Bety-Lou Verwolf

## Keeping Us Current

Thank you to The Centre volunteers, Bety-Lou and Bob for taking on the task of learning new skills and putting time and energy into developing an interesting and informative website for The Centre.

Tina, from *eGurus Technology Tutors* donated her expertise to develop our website while providing instruction to both Bob and Bety-Lou on ways to maintain The Centre site in keeping it up-to-date and relevant.

### [www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

Be sure to navigate to the various areas of interest by clicking on any of the topics noted on the bar above the opening page photo. Topics include:

**Home** - The history of CSSCA

**Activities**- Schedule of activities / Special notices

**Special Events**

**Newsletters** - Archived issues of The Centre News

**Membership** - Volunteers / Community Partners

**Contact Us** - Facility Rentals / Revenue & Donations

Between our new website and our monthly *The Centre News* you can keep up on all the action at The Centre. The website will be able to announce any changes or important updates that can often occur between newsletter issues. Keep our website on your 'favourites list' on your computer for quick and easy access.



# Around The Centre

## January's Sunday Social Tea : A Taste of Scotland

On January 27<sup>th</sup> at 2 pm. The Centre hosted the Sunday Social Tea with a distinct Scottish flavour. It was an afternoon to remember. At the entrance we were all given raffle tickets. Ninety people were in attendance, extra tables and chairs had to be placed to accommodate everyone. Our Entertainment Co-ordinator, Glen Sprague, ended up sitting on a stool halfway in and out of the wardrobe. Most everyone was wearing something plaid. The tables were dressed with green tablecloths, tartan napkins and lovely bouquets of heather. Even the wall hangings matched the mood.

John Davidson, well known for his beautiful voice and well preserved Scottish accent was the Master of Ceremony as well as storyteller and vocalist. On the keyboard was Ron Berod, accompanied by Walter Muir the Piper. John McLellan was the haggis bearer. Song sheets were handed out to all present. Two songs that have stuck in my mind because of their lovely tunes and lyrics were, *Isle of my heart, my homeland*, sung by John and *Amazing Grace* played by Ron and Walter. As Ron said, "It makes me shiver" and it did all of us. It was hauntingly beautiful.

John then addressed Robbie Burns. He regaled us with tales and poetry of the great Bard and finally invited a special guest. Her name was Jean Armour, (alias Agnes Campbell), Robbie's wife, especially resurrected for this occasion dressed in her angelic white, sans

wings, and comely white hat. She told us a few lesser known bits about Robbie's behaviour, like that two months after they were married, Robbie's former girlfriend bore him a child, who was later adopted by Jean and Robbie. She once asked him, "Robbie how many lassies have you known?" Robbie was silent. After asking the same question three times he finally said "hush woman, I am still counting." The two of them had nine children, the last one born on the day that Robbie was buried.

John McLellan then brought in the haggis preceded by our famous pipe player, Walter Muir, and John Davidson addressed the haggis with great fervor, gutting it with a huge knife, clearly relishing in this evil deed.

Then came tea and coffee. As is the Centre's volunteers' style, it was a lavish affair, with more sandwiches and sweets than you can imagine and of course, some of that delicious haggis.

Alice Gregoire won the prize for the raffle, a teddy bear, with a gift certificate of \$ 25.00 kindly donated by Thrifty's Foods attached to it. The special guests were awarded a Scottish Beer each, donated by the B.C. Liquor Store. Dear old Jean was given a lovely houseplant. The afternoon was a great success not least of all thanks to all the volunteers who made it happen.

**By Ada Serson**



John McLellan and  
Walter Muir



Glen Sprague presents tokens of appreciation to John Davidson and his guests who lead the celebration of Robbie Burns at our Tartan Tea. From the left: John McLellan, Ron Berod, Agnes Campbell, John Davidson, Walter Muir and Glen Sprague.



Happy Smith and  
Cathy Gillis-Crooks  
help out.



Pat Bird, Happy Smith, Doreen Bateman  
Braunda Gustafson, Margaret Sharples  
were busy in the kitchen .

# Veselka Ukrainian Dance

Come for the Fun at Our Sunday Social Tea on February 24

Veselka Ukrainian Dance (Veselka) is a unique, non-profit dance school operated by an active Board of Directors (engaged parents), with a focus on teaching Ukrainian Dance as an artform. Under the direction of Lisa Hall, Veselka (meaning Rainbow) offers classes in Ukrainian, Ballet, Character, and Creative Dance, ranging from the age of 18 months to adult (see: <http://veselkadancers.com/>).

Veselka performs annually at senior centres, the Greater Victoria Festival of Performing Arts, and the BC Ukrainian Cultural Festival (Mission). Conveniently located at 3277 Douglas Street, Veselka invites aspiring dancers of all ages to come and dance with us.

On Sunday, February 24<sup>th</sup>, Veselka dancers (up to age 12) will be performing at The Centre. Be sure to catch them in this, their first performance of the dance season!

Veselka is also putting on a dance performance on Sunday, May 19<sup>th</sup> at the McPherson Theatre. Hope to see you there as well!



Hello Members,  
Just a reminder that our Annual General Meeting is coming up February 14 at 2:00 p.m. You have to be a member in good standing in order to vote for the New Executive that will be voted in at that time.

So don your coat, hat, umbrella and walk, catch a bus, run, catch a plane, or whatever. Come in and also renew your Membership, as time is slipping by pretty fast.

If you are unable to come to The Centre personally, then mail your cheque (\$60.00) to:

Central Saanich Senior Centre,  
1229 Clarke Rd,  
Brentwood Bay, B.C. V8M 1E2

If paying this amount is a hardship at this time, we will accept a payment of \$30.00 now and a post dated cheque for the balance of \$30.00 for July 1st.

Your Membership is important to us and we hope that you will come, and again enjoy yourself at our beautiful facility.

*Gwen Bentley, CSSCA Office Manager*

## February Birthdays

01	Gerie Turner	11	Janet MacDonald
02	Dorothy Sly	14	Donald Williams
02	Jean Streeter	15	Rene Evans
03	Doreen Martin	15	Sheila Viggers
03	Martha Sommer	20	Ruth Fowler
03	Angie Swift	25	Lorna Blackwell
05	Patricia Ferguson	25	Caroline Orr
07	Isabel Sinclair	26	Irene Henderson
		27	Helen Clayton

# Activity Highlights at The Centre

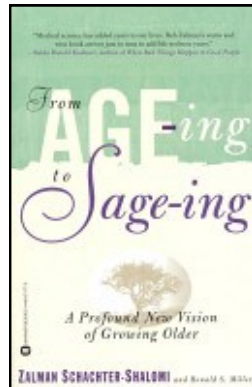
## Announcing A New Class at the Centre

On Friday, March 22, there will be an introductory presentation about a new class, **Embracing Elderhood**. This will be offered free of charge in 3 sessions, Fridays **April 12, 19, and 26** from 1:30-3 pm

As seniors we've lived through years of childhood and of adulthood, but we're new to this unknown third phase of life, Elderhood.

In this class, which is based on Rabbi Schacter-Shalomi's book, **From AGE-ING to SAGE-ING**, we will learn an intentional, positive, and spiritual way of living the years ahead of us with new purpose, passion, and peace of mind. There will be opportunity for both introspection and attentive conversation - and laughter! We will be sharing wisdom we've garnered from our long life experience that can deepen our connections with other people as elders for mutual benefit.

The class will be led by new CSSCA member, Lynda Miller, a retired nurse educator who lives in Saanichton. Her presentation is part of her internship with the non-profit organization,



*Sage-ing® International.*

For more information, visit their website [www.sage-ing.org](http://www.sage-ing.org), or contact Lynda at [dr.lwmliller@gmail.com](mailto:dr.lwmliller@gmail.com)



We, the Shuffleboard Players, are extending a warm invitation to everyone to join us on Saturday mornings 9:30 to 11:30 am to a game that is fun, friendly and full of good company.

No experience is needed. Come and try it. We guarantee you will love it!

For more information call:

John Belsky 250-652-1266  
Leon Rozynski 250-656-1421

## Come for Breakfast

The Shuffleboard players and the Carpet Bowlers are hosting our annual Pancake Breakfast, Tuesday, February 12 from 8:30-10 am. Tickets are \$8 and on sale now in The Centre office. Enjoy breakfast with friends!

## A Special Note of Thanks

Our members support The Centre in so many diverse and quiet ways. Well, Albert Bateman...we noticed. Thank you for all the repair work you provided in the Bingo Room. Whether it's replacing the wheels on the cash register table, replacing stripping between the Bingo Room and the furnace area or replacing shelving, your initiative to 'get it done' is one of the reasons other volunteer jobs are easier and The Centre continues to be a wonderful place!



# Activity Highlights at The Centre

## *A Picture Paints a Thousand Words*

### Art Appreciation Group Schedule for February

Feb 5<sup>th</sup> Fenwick Lansdowne by Braunda Gustafson

Feb 12<sup>th</sup> Norval Morrisseau by Gerie Turner

Feb 19<sup>th</sup> Frank Carmichael by Gwen Nadiger

We meet Tuesday evenings 7 to 8:30 pm

Everyone welcome

## Songbirds Welcome New Pianist

What delights singing ladies more than a good pianist? A young, handsome male pianist!

When seeking out a new accompanist for the Songbirds, I put the word out in many ways, one being an ad in Used Victoria, which frankly I didn't think would draw any responses. I was wrong! Richard e-mailed saying he had experience with senior choirs. He came to a practice in December and shortly after advised he would be willing to start in the new year. So, a warm, hearty welcome to our talented pianist.

We remain open to anyone interested in singing in a non-audition choir. If you would like further information, please contact Joan at 652-5746.

## Activity Groups Pay It Forward

The Centre members love their favourite activities provided at our facility. Whether this is because of the social aspects, the exercise or practice of skills, we do know The Centre is a wonderful place. Over the year, the various activity groups give back to The Centre by hosting events, providing donations, supporting concession services for outside events and developing fund raising opportunities, often not only for our members but extending to the community at large. These dedicated efforts really add up to help keep The Centre a safe and welcoming facility. Here are just a few such examples from this last year:

Aerobics Groups Bake Sale  
Weavers Group Raffles  
Knitting /Crafts Sale  
Painting Group CACSP Art Tour  
Carpet Bowling / Shuffleboard Pancake  
Breakfast

Thank you to all our groups for your contributions of time, service, and commitment.



## Welcome to Our Newest Members

Lorna Blackwell	Jack Reid
Audrey Boyd	Thea Revoy
Gordon Boyd	Margo Styan
Sheila Dench	Cynthia Tandy
Lynda Miller	Joyce Vezina
Tim Parsons	

# Specialties in Stamp Collecting

Submitted by Kurt Sommer

A worldwide collection would be enormous, running to thousands of volumes, and would be incredibly expensive to acquire. Many consider that Count Philipp von Ferrary's collection at the beginning of the 20th century was the most complete ever formed. Many collectors limit their collection to particular countries, certain time periods or particular subjects (called "topicals") like birds or aircraft on stamps.

Some of the more popular collecting areas include:

- 1.) Postage stamps - particular countries and/or time periods.
  - a.) Airmail stamps - stamps may be required for air-mail, which is typically more expensive and has/had special postage rates.
  - b.) Commemorative stamps - stamps to commemorate events, anniversaries, etc., on sale for a limited time.
  - c.) Definitive stamps - the most common
  - d.) Postage due stamps - are special stamps applied by a post office to mail bearing insufficient postage. The stamps were issued in several denominations to make up different amounts due.
  - e.) Revenue stamps - stamps issued to pay taxes.
- 2.) Topical stamp collecting - many collectors choose to organize their philatelic collection on the theme of the stamps, covers, or postmarks. Popular topical themes are animals, dogs, cats, butterflies, birds, flowers, art, sports, Olympics, maps, Disney, scouting, space, ships, Americana (topics relating to the U.S.), stamps on stamps, famous people, chess, Chinese new year, and many others.
- 3.) Postal stationery - includes government-issued postal cards, aerograms, letter card, wrappers, envelopes, etc., that have an imprinted stamp.
- 4.) Sheets
  - a.) Sheetlets - this is a format that is now issued regularly by postal administrations. Instead of issuing stamps in large sheets of 40, 100 or even 200 stamps, smaller sheetlets with 20 to 24 stamps are issued with a large selvedge area which may incorporate part of the stamp design or theme.
  - b.) Souvenir sheets - many postal services sometimes release stamps in a format that look like a sheet with a big picture. Various parts of the picture can be torn out and used as postage stamps. (Souvenir sheets should be distinguished from souvenir cards, which are souvenirs of a philatelic meeting or exhibition but are not valid for postage.)
  - c.) Miniature sheet - is very similar to a souvenir sheet, being in a sheetlet with a number of stamps embedded.

d.) Corner blocks or plate blocks - compose a block of stamps from one of the four corners of the stamp sheet. Collectors usually opt for a block of four stamps, complete with the selvedge area which will sometimes have the printing details on it.

5.) Federal Duck Stamps - (stamps for duck hunting licenses, mainly U.S. with some other countries such as Canada and New Zealand)

6.) First day covers - envelopes with stamps attached and canceled on the first day that the stamp was issued. Most modern FDC's bear designs, called "cachets", related to the theme of the stamp issued.

7.) Maximum cards - these are postcards where the stamp is on the same side as the picture and they have a close connection.

8.) Souvenir pages - with first day canceled stamps on a page describing all design, printing and issuing details. These are similar to first day covers except that they are issued as printed sheets of paper instead of envelopes, and the specification of the stamp is printed by the official source.

9.) Cinderella stamps - stamp-like labels that are not valid for postage.

10.) Postmarks or postal markings in general.

I hope to see all or many of you on our next meeting on the 3rd Thursday of the month.

Happy stamp collecting to every one of you.

Kurt Sommer

The attachment with this E-mail is a stamp known as the "Blue Mauritius Stamp"

David Feldmann had sold this stamp in 1993 for SFr, 1,610,000 (approx. \$ 1.1 million U.S.)





# THE MONTH OF FEBRUARY 2013 by Marianne Brackenridge

All the hype and fun of the holiday season is over for another year. Many of us made promises to ourselves to fulfill our new year's resolutions, even though the promises we made to ourselves at the beginning of 2012 seem to prove that some habits are difficult to change. After all, it has been one month already, we can compliment ourselves on keeping those resolutions for 31 days, despite the forecast of the end of the world.

After our Scottish fling with kilts a flying and haggis enjoyed, celebrating the famous Robbie Burns, time to settle down to our normal routine.

The month of February holds some interesting dates, among those are :

February 2nd, Groundhog Day. We await the weather pattern for that day, since folklore claim if the groundhog emerges from his winter hideout and casts a shadow then he pops back in again to nap as winter cold will be around for 6 more weeks.

February 2nd is not only Groundhog Day but also known in Europe as Candlemas Day which falls between winter solstice and spring equinox. It's origin is in pagan celebrations when clergy would distribute candles to people in the dark of winter.

OLD ENGLISH SAYING  
*If Candlemas be fair and bright  
Winter has another flight  
If Candlemas brings clouds and rain  
Winter will not come again*

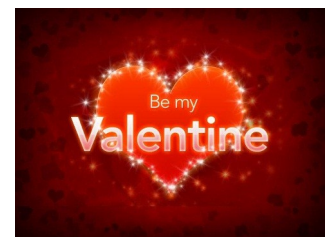
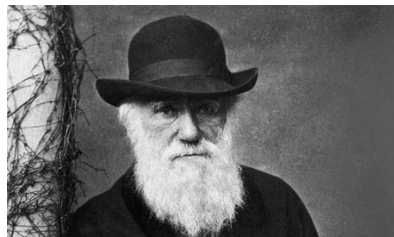
February 11<sup>th</sup> , I understand we citizens of BC have been granted another official holiday, Family Day. This falls one week before the February holiday of Alberta, Saskatchewan and Ontario.

February 12<sup>th</sup> is Charles Darwin's birthday (1809), father of evolutionary theory; personally speaking I am reminded once again of the impact this scientist had on our lives. His teachings and research have influenced and challenged our knowledge of life on Earth as we know it today. His brilliant work within the various science disciplines and his accomplishments, mark him as one of the most influential workers in the history of science

February 14<sup>th</sup> Most of us know this date from our early years in school when we counted all the valentine cards we received from our best girl or boy friends. Today it becomes a very prominent day when vows are made, jewelry (wedding rings), flowers and chocolates are purchased. Usually we see celebrations with special high tea in some communities. Yet this can bring sadness and disappointment to some who were expecting their special gifts, yet none may be forthcoming.

February is also known with the astrological sign of Aquarius, up to the 18th of the month and then it becomes the sign of Pisces. The stone of the month is amethyst.

Remember, March 10<sup>th</sup> brings us to Daylight Saving Time, and with it spring around the corner.



# 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

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

12:30 - 3 pm

### **Storytelling**

Every 2nd Monday  
of each month

### **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**

12:45 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

### **Knitting**

2 - 3:30 pm  
Lynne Marotto

### **Bingo**

1 - 4 pm

### **500 Club**

7 pm



## Thursday

### **Walking Club**

Every Thurs. 10 am  
Meet at The Centre  
Start up: April

### **Watercolour Painting**

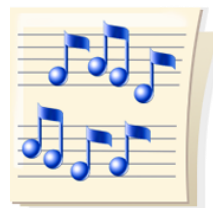
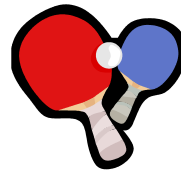
1 - 4 pm  
Ruth Fowler

### **Stamp Collecting**

2pm  
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 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



For More Information:

Call The Centre Office - 9 am to 1 pm - Mon.-Fri. at 250-652-4611

Log In to [www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

# Community Supporters

## Brentwood Bay Rotary Club



Rotary has donated funds for new lounge furniture and our media centre.  
The Centre has partnered with Rotary to present **Antiques Re-Visited** for those interested

## Central Saanich Lions Club



The Lions were involved in the initial construction of the CSSC building.  
Recently they have provided funds for our window upgrading project.

## Peninsula CO-OP



The CO-OP provided funds in 2012 towards the re-roofing of our building.  
Also, quote The Centre's Peninsula Co-Op number (**60747**) when you shop

## Centre-Friendly Merchants

### Fairway Market



Fairway Market "Shopper Cards" are available at The Centre to Members and Non-Members for your shopping convenience and to benefit CSSCA.

### Level Ground Trading



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.

## For Members Only:

Don't forget to carry your up-to-date Membership Card!

### Breadstuffs Bakery



10% discount on purchases made on Wednesdays

### JJ's Coffee House



15% off on Tuesdays and Wednesdays

### Brentwood Bay Pharmasave



10% off selected items on the 2<sup>nd</sup> Tuesday of each month

### Domino's Pizza – Royal Oak



35% of all regular prices with promo code available from the CSSCA Office

## Just For Fun : Poem of the Year

The computer swallowed Grandma,  
Yes, honestly it's true!  
She pressed 'control and 'enter'  
And disappeared from view.  
It devoured her completely,  
The thought just makes me squirm.  
She must have caught a virus  
Or been eaten by a worm.  
I've searched through the recycle bin  
And files of every kind;  
I've even used the Internet,  
But nothing did I find.  
In desperation, I asked Mr. Google  
My searches to refine.  
The reply from him was negative,  
Not a thing was found 'online.'  
So, if inside your 'Inbox,'  
My Grandma you should see,  
Please 'Copy, Scan' and 'Paste' her,  
And send her back to me.

This is a tribute to all the Grandmas & Grandpas,  
Nannas & Papas,  
who have been fearless and learned to use the  
Computer...  
They are the greatest!!!

We do not stop playing because we grow old;  
We grow old because we stop playing...

NEVER Be The First To Get Old!

Submitted by Penny Furnes



## The Centre for Active Living 50+

### Central Saanich Senior Citizens Assoc.

1229 Clarke Road Brentwood Bay BC V8M 1E2

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

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

**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

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Kathy Rose ready to dig into the haggis.



Looking dapper in tartan, Ron Brackenridge and John Davidson