

The Centre News

Heart of the Peninsula



FEBRUARY 2017



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Family Day, Monday February 13th, The Centre Closed

February Events

CSSCA Board Meeting

- * Thursday, February 2, 9:30 sharp

Speakers Series

- * Jennifer Cairns, Technology for Seniors
- * Friday, February 4th 1:30 pm

Jammin' Seniors

- * Start up Saturday, February 4th 9:30am

Annual General Meeting

- * Thursday, February 9th 2:00 pm

Music Bingo/Karaoke

- * Friday, February 10th 2 - 4 pm

Family Day

- * Monday, February 13th.
- * The Centre is closed

Pancake Breakfast

- * Tuesday February 14th 9 - 11 am

Potluck

- * Thursday, February 16th 12:15 pm

Bus Trippers

- * Friday, February 17th 8:53 am
- * Robert Bateman Centre

Lunch Bunch

- * Thursday, February 23rd 11:30
- * Sidney Harbour Chinese Restaurant

Sunday Social

- * Veselka Dancers
- * Sunday, February 26th, 2- 4 pm
- * Refreshments & Entertainment

Bingo

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

President's Message

CSSCA PRESIDENT'S MESSAGE FEBRUARY 2017

CHANGE is in the air. Bulbs are poking through the ground reminding us that Spring is on its way. New housing developments keep appearing, and more are on the way. Political changes, environmental changes, physical and personal ones too. Nothing stays static.

So it is with our Centre. This is my last message as your President. My two year term is complete this February, and we will begin again with Mike Bird as our next President. There will be some new members on the Board as well.

I have enjoyed my time and learned a few things too. Being President gave me the opportunity to meet more members of the Centre and to represent the Membership in the community. I have appreciated the thoughtfulness and experience of both the Executive and the Board, as we planned together and moved ahead with developments and activities. It has been a positive experience for me and I thank everyone who has supported me. I look forward to my upcoming year as your Past-President.

With my thanks and very best wishes to all,

Margaret McKelvie



Membership Dues

Membership Fee Policy – 2017

1. January 1, 2017 all members and new members will pay \$30 which covers their membership to August 31, 2017
2. Beginning 2017 the membership year will run from September 1, 2017 to August 31, 2018 and following years. The annual fee remains \$60.
3. September 1, 2017 our new membership year takes effect and all members and new members will pay the annual fee of \$60 which covers their membership from September 1, 2017 to August 31, 2018
4. 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 which is in addition to any other fees.
5. 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 new members

Allan Witcombe
Sharon Begg
Mayra Thompson
Diane Waller
Martha Jansen
Stephani Davies
Denis Coleman
Jim Drury
Joan Raines
Linda Parry
Margaret Robinson
Naome Soleil
Joanne McGowan
Dorothy Pearce
Sue Tribe
Pam White
Donna Salter



Feb 1	Gerie	Turner
Feb 2	Dorothy	Sly
	Pamela	Trueman
Feb 3	F Doreen	Martin
	Martha	Sommer
Feb 4	Gurdeep	Bharaj
Feb 6	Margaret	Caron
Feb 13	Wendy	Lojstrup
Feb 14	Donald	Williams
Feb 15	Pamela	Brambell
	Sheila	Viggers
Feb 17	Ruth	Christian
Feb 20	Ruth	Fowler
	Allan	Witcombe



BECOME INVOLVED AND BE A VOLUNTEER

Have fun, meet new people, make friends, laugh lots and get involved at The Centre.

We have lots of opportunities that include reception desk, special events, kitchen. Just a few hours a month would really help out. We would work with you to find the best fit for your strengths and your schedule. For more information on how to get involved, contact The Centre.

Volunteers don't forget to enter our Volunteer of the Month Draw for a chance to win a Gift Card.

A winner is selected at the Sunday Social.

VOLUNTEER OF THE MONTH OF JANUARY Kathy Chiasson

Around The Centre



Join Us for Pot Luck!

Our potluck luncheon the 3rd Thursday of the month, is a gathering of members enjoying conversing and laughing with old friends and welcoming new ones.



BUS TRIPPERS

Pause for a picture on the way to the IMAX Theatre, then it was lunch at the Spaghetti Factory.

The LUNCH BUNCH enjoyed a delicious meal at Romeo's.



Sunday Social - Robbie Burns Celebrations of Life



Jamie Troy Piping in the Haggis

John Davidson Address to the Haggis



Jamie Troy, Bob Williamson
& John Davidson



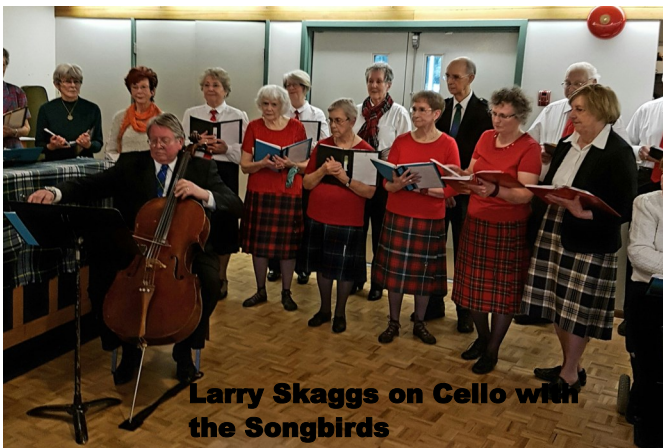
Parade of the
Haggis—
Bob Williamson



Toast to the
Lassies



Immortal Memory of Robbie Burns by Bob Williamson



Larry Skaggs on Cello with
the Songbirds



Irene Williamson with the Response from the Lassies

Sunday Social - Robbie Burns Celebrations of Life



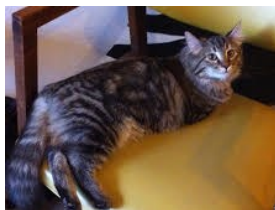
Writers' Corner

Yoga with cats in Portland, Ore.

At Christmas while visiting my daughter Annemarie and her family in Portland, Ore. we went to a "Cat Lounge". The lounge has a separate kitchen buffet where food can be ordered, after which one goes into a lounge where about 7 cats of all colours and sizes are let loose. There are small tables and chairs situated around the perimeter of the space and the cats run on the floor, snooze in beehive shaped wall units or climb up over the beehive units onto an elevated space in front of the street window. We walked in, ordered tacos and a drink and walked into the lounge. There must have been at least 20 people, mostly young men and women, but also families with children enjoying being with cats. Picking up cats is not allowed, but there are toys to attract their attention. Among the toys are fishing poles with feathers dangling at the end, stuffed mice you can move around, battery-run lights to confuse the poor things etc.etc. Not only can you play with these cats, you can also take a yoga session and then relax with a hot drink and yes, you guessed it, with a cat to keep you company. To my wondering eyes this was pet love gone "NUTS". However, my 25 year old granddaughter Marjan lives in Washington D.C. in a place where pets are not allowed. Interacting with these lovely four footers is a privilege for her. She is such an animal lover and in that big city she never has a chance to touch a warm cuddly cat. So I sat, munching some tacos, thinking: "I have Sammy, my little dog to cuddle. But for people like my Marjan and so many other young people who are building their career this is a very joyful and relaxing place". What a spectacular idea



By Ada Serson



DNA. WHO ARE YOU REALLY?

Who are you, of course you know who you are, but have you ever questioned why you are the person you are and not like your distant cousin, or so different from your friends. Generally speaking, we tend to take each day as it comes and thank nature for allowing us another day of life.

However, the question no doubt arises from time to time as to who just might be a part of your family tree?? some distant relative? and why is my cousin just the image of myself?

This kind of thinking often sets one onto the road of self-discovery. but does it really matter ?? is it going to change your way of life today?

Probably not. However, no doubt each one of us can assume or summarize the family background we came from and are quite content in understanding our roots. On the other hand, with questions regarding family back ground, and or medical issues or defecits etc. this creates a sense of investigation within oneself.

Have you ever heard the expression from a member of the family; why he/she is so like aunty Rosie or cousin Mike??? Ahah, then the wheels begin to turn, more questions as to "where did I come from"? Then after the physical connection or expression, comes the personality type.

Well now we become very interested, (perhaps even concerned).

Can you define your own identity? What part does nature play?

Are we defined by the people /friends around us or by society as a whole? We do like to believe that WE can define ourselves totally. Yet if one begins to research and travel as far back as one thousand years or so one can then begin to build their own family tree. Searches through Public Records etc. are a good beginning.

Perhaps you may find that you and I are connected!!!!!!!!!!!!

Happy searching.

Submitted by Marianne Brackenridge

Stamp Corner

A part of Canada's History

Sir Robert Laird Borden

was our eighth Prime Minister in Canada.

During the ministry (1911 - 20) of Sir Robert Laird Borden, Canada was a vital participant in World War I. By the time the fighting ended in 1918, more than 628,000 men had served in the Canadian armed forces. Most of the troops who fought overseas saw action in the Canadian Expeditionary Force in France.

A corollary to Canada's participation in the war was greater autonomy from Great Britain which resulted eventually in virtual independence, within the Commonwealth. Canada's nationhood was further confirmed by its separate representation at the peace conferences ending the war. Canada signed the Treaty of Versailles and was a founding member of the League of Nations.

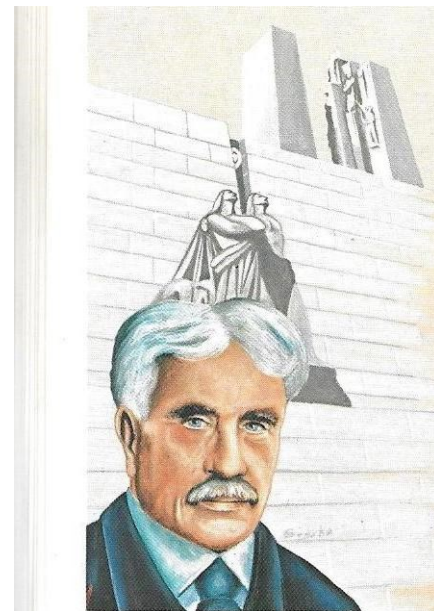
Borden retired as Prime Minister in 1920, but remained active in Canadian affairs. His Canadian Constitutional Studies was published in 1922 and his Canada in the Commonwealth: From Conflict to Co-operation in 1929.

The Attachments are:

- 1.) A picture of Sir Robert Laird Borden.
- 2.) A 3 cent stamp issued by Canada Post in 1951 with a portrait of Sir Robert Laird Borden, and a 15 cent stamp known as the "Armistice Issue" was issued for the 50th anniversary in 1968 of the 1918 World War I Armistice. Stamp design shows "The Defenders and the Breaking of the Sword" at the Vimy Ridge Memorial.
- 3.) A picture of Sir Robert Laird Borden in front of the Canadian National Vimy Ridge Memorial in France.

If you have any questions about collecting stamps, please call [778-426-2499](tel:778-426-2499) or E-mail kurtmartha@outlook.com

Sincerely Kurt Sommer



Up Coming Events and Activities

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 dates:

Friday March 3rd 10am – noon

Friday March 24th 10am – 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 each date. All community members are welcome.



CENTRAL SAANICH SENIOR CENTRE 50+

**SUNDAY
SOCIAL
PRESENTS**

FEBRUARY 26, 2017 2:00 pm

**Veselka
DANCE**



Veselka School of Dance is a non-profit, family oriented organization established to inspire creativity, develop individual potential, promote cultural diversity and foster an appreciation for the performing arts.

Under the artistic direction of Lisa Hall, Veselka offers classes in Ukrainian and character dance and ballet.

Veselka is a nationally recognized, award winning dance school that their students the opportunity to perform locally and nationally.

Come out and meet your neighbors, enjoy great conversation and entertainment



Refreshments sandwiches and goodies provided
ADMISSION BY DONATION

1229 Clarke Road Brentwood Bay BC V8M 1E2 250-652-4611 cssca@shaw.ca www.centralsaanichseniorscentre.org

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION

Glen Sprague, Entertainment Coordinator - 250 217-0144



Tuesday February 14th

Valentines' Day

9:00 – 11:00 am

\$8 Members

\$10 Guests

Tickets at reception



**BE A
Tourist**
IN YOUR OWN
HOMETOWN

COMING FEBRUARY 23RD TO FEBRUARY 26TH, 2017

Check out the website for all the free

admission venues in the
Greater Victoria area at

visitorinvictoria.ca

Up Coming Events and Activities

FRIDAY
February 17th

The
BUS TRIPPERS

Head to



THE
ROBERT
BATEMAN
CENTRE



Entrance fee \$8.50 Seniors \$12.50 Adults

City Transit - \$5.00 for a Day Pass

Some will catch the bus at the Saanichton
Exchange at 8:45 am, the rest of us at the
W. Saanich/Wallace Road bus stop at 8:53 am

Then a nice lunch before hopping on the bus
back home. Sign up sheet at Reception



GREATER VICTORIA
PUBLIC LIBRARY

Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program (CPSMP) is a peer led patient education program offered over six weeks by the University of Victoria Institute on Aging & Lifelong Health and Self-Management BC. The program uses group facilitation to provide information and teach practical skills on managing chronic pain issues. Register by email at selfmgmt@uvic.ca or call 1-866-902-3767

Thursdays, February 2nd to March 9th 1—3:30pm

At the Central Saanich Branch

Jessica Woollard

Communications Officer

Greater Victoria Public Library

Volunteer Visiting

Do you have an hour a week to spare, to visit with
a community member?

Central Saanich residents are looking for volunteer
visitors, to visit at home, go for walks, visit local
stores and the library.

~

If you would like to connect socially with a resi-
dent in our community and brighten their day,
please call me to chat about this opportunity.

Deb Greenaway

250-656-5537



DO YOU HAVE AN IDEA?
WE'RE LISTENING!

We are looking for your ideas on
what programs you would like to see
at The Centre. Let us know

DONATIONS ARE TAX DEDUCTIBLE

The Central Saanich Senior Citizens Association is a
registered charity, as such when you donate to our
Centre, the amount you donate is tax deductible.

Up Coming Events and Activities

The Lunch Bunch Group

Will be dining at
Sidney Harbour Chinese
Restaurant ,
2600 Beacon Ave, Sidney



When: **February 23rd at 11:30 am**

The sign up sheet is at Reception at The Centre.

Call Corrine Marshall 250 652-7032 or email
corinnemarshall@shaw.ca. Please advise if you
are available to drive.

Come out to our friendly lunch and enjoy the
company of other members along with a great
meal..



Potluck

The 3rd Thursday of each month The Centre hosts a
Potluck luncheon. This is a wonderful opportunity
for people to socialize and enjoy the friendship and
companionship of others. We would like to invite you
to join us **February 16th at 12:15 pm.** Bring your
favorite dish to share or try out a new recipe.

HUGE FABRIC AND CRAFT SALE



- FABRIC
- TOOLS
- BOOKS
- FINISHED ITEMS
- UNFINISHED ITEMS

Saturday Feb, 4
10AM-4PM

At: THE CENTRE

1229 Clarke Road
Brentwood Bay

Coffee! Treats!
Lots of free parking!

Sing A Long **MUSICAL** **Sing A Long**
Bingo

February 10th
2 - 4 pm
Central Saanich Senior Centre 50+
Featuring Darryl Markin
PRIZES REFRESHMENTS
1229 Clarke Road, Brentwood Bay
250 652-4611 cssca@shaw.ca
Glen Sprague, Entertainment Coordinator 250 217-0144

Won't you be my Valentine?

Speakers Series at The Centre

Friday, February 3 * 1:30 pm * by donation at the door
1229 Clarke Road, Brentwood Bay

Guest Speaker : Jennifer Cairns

- Founder/CEO of eGurus Technology Tutors
- Technology expert in the 55+ market
- Technology Reporter

Topic : Technology for Seniors



- Fresh from her return from the CES Tradeshaw in Las Vegas, Jennifer will bring us up to date with the latest in the technology world.
- Maximizing on relevant technology for seniors



Computer Club

Along with the exciting world of computers, tablets and androids comes frustrations, headaches and ever present fear of viruses. If you are interested in the Centre starting up a computer club for Seniors, sign up sheet is at The Centre reception. If you have IT experience and/or IT knowledge you are able to share with our members, please contact Lauren at 250 652-4611.



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	Painting 12:30 - 3 pm	Weaving 11:30am - 2:30pm	Pot Luck Lunch 3 rd Thursday 12:15 pm	Scrabble 10:15 am Casual	Jammin' Seniors 9:30am - Noon New
	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	Snooker 1 - 4 pm Casual
Bridge 12:30 -3:30 pm Time change	Poker 1 pm	Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	Bridge Clinic 12:30 - 3:30 pm Time change
		Knitting 2 - 3:30 pm	Armchair Theatre Date change 1st Thursday 2 pm - 3:30 pm	Speakers Series 1;30-3:00 PM First Friday of the month	
				Music Bingo 2nd friday of each month 2—4 pm	
	Art Appreciation 7 pm			Scottish Country Dance 7—9 pm	

Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



Upon application, The CSSCA received a grant that provided The Centre with the funding necessary to purchase and install two heat pumps. This system now handles the heating and cooling needs in our building



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.



10% discount on purchases made on Wednesdays, when showing your 2017 CSSCA membership card



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2017 cardholders



10% discount on the first Monday of every month to 2017 CSSCA cardholders



15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesday with your 2017 CSSCA membership

In celebration of Canada's 150th birthday

CSSCA Presents a
Vintage Wedding

Dress Fashion
Fundraiser

May 27th & 28th



The planning committee is searching for members who still have their wedding dresses, wedding pictures or other wedding memorabilia for the fundraiser fashion show in May. The dresses will be on display on the 27th with the fashion show on the 28th at the Sunday Social. All dresses will be well labeled in order to return them to their rightful owners.



We are also looking for body forms to display the wedding gowns and dresses. Let us know what your wedding song was, we are hoping to put together a medley of wedding songs for the fashion show .

For those wishing to stay connected, we have WiFi for your convenience. Please visit our front reception for the password.



CSSCA offers a scent free environment.

The CSSCA is committed to providing accessible customer service to all persons with disabilities. We provide equal opportunities to ensure all benefit from programs and services.



Hearing Aid loops are available for use in our Main Hall.



THE CENTRE FOR ACTIVE LIVING 50+

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

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

CSSCA Executive

President: Margaret McKelvie

Vice President: Mike Bird

Past President: Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Marney Ellis Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall Renee Nicholls

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