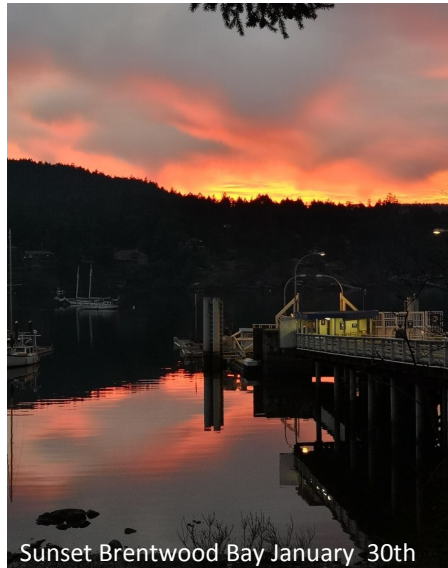


# The Centre News

Heart of the Peninsula



FEBRUARY 2019



Sunset Brentwood Bay January 30th

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## February Events

### Board Meeting

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

### Bus Trippers

- \* Friday, February 8th
- \* Chinatown

### Fun Friday~Scottish Country Dance

- \* Friday, February 8th 7—8:30 pm

### Book Club

- \* Thursday, February 14th noon

### Annual General Meeting/ Valentine Tea

- \* Thursday, February 14th , 2:00pm

### Speakers Series

- \* eGurus, Technology for Seniors
- \* Friday, February 15th 2:00 pm

### Potluck

- \* Thursday, February 21st noon

### Sunday Social

- \* Sky Mundell & the VIP Singers
- \* Sunday, February 24th, 2– 4 pm
- \* Refreshments & Entertainment

### Lunch Bunch

- \* Thursday, February 28rd 11:30
- \* Boondocks, Sidney

### Bingo

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



**The Centre will be  
closed February 18th  
for Family Day.**

# Around The Centre

## President's Message

Welcome to February on balmy Vancouver Island. We are lucky not to be experiencing the bone chilling temperatures on the prairies and Eastern Canada. Minus 45 was the temperature in the town I previously lived in, I'm happy to be here.

You know the Centre is a volunteer driven organization, from the people on the front desk, to helpers at bingo, to the members on the board, we couldn't operate without you. On behalf of all members I would like to send our heartfelt thanks to you all.

The Annual General Meeting is being held on Thursday, February 14<sup>th</sup> starting at 2.00 pm, please take the time to attend.

A very enjoyable Sunday Social was held on the 27<sup>th</sup> January to celebrate Robbie Burns Day, entertainment by the Knackers Yard had many a foot stomping.

Enjoy each day as it comes.

Michael Bird



Mike Bird, the CSSCA president recognizing Janet Mitchell for her contributions to The Centre. Janet is the Scottish Country Dance Group instructor. They meet every Tuesday and Thursday morning. She organizes their monthly Fun Fridays and numerous dance workshops and Ceilidhs. The dancers perform at numerous venues throughout the peninsula. Janet is also the lead soprano singer and volunteer with the Songbirds. On top of that Janet is very involved in the community . We are very lucky to have such a valued member and volunteer. Thank you Janet!



Carmen Robertson  
Barbara Nicholson



Feb 1	Gerie	Turner
Feb 2	Dorothy	Sly
	Pamela	Trueman
Feb 6	Margaret	Caron
Feb 8	Joan	Boutillier
Feb 11	Julie	Moroney
Feb 14	David	Wilson
	Joan	Mitchell
Feb 15	Pamela	Brambell
Feb 17	Ruth	Christian
Feb 20	Ruth	Fowler
	Allan	Witcombe

# Around The Centre



Thank you Vic Peters for building the mountain and the wharf for the Christmas Village that was on display at the Centre. Here is Vic taking it down for another year.



We can not thank the volunteers enough who arrive early to set up for the Sunday Socials. Get these ladies together and oh my goodness, the giggles from the kitchen bring me out of the office to see what is happening every time.

The January Social brought in close to 90 people. Our volunteers bakers and sandwich makers knew it was going to be a large crowd and double their efforts, for that we are thankful. Since it is always the same volunteers, what would be nice is if we could get some NEW volunteer sandwich makers and bakers to help out, especially for the Social in February when we expect a large crowd again for Sky Mundell and the VIP Singers.

There is a volunteer sign up sheet in the kitchen, please help us out, give us a hand.



50/50 winner at the January Sunday Social



The Bus Trippers enjoyed the Lego Exhibit at the Sidney museum in January. Lego, derived from the Danish leg godt (play well) began as a wooden toymaker. They introduced automatic binding bricks in 1949 and the modern brick design 1958. They were one of the original inductees into the National Toy Hall of Fame in Rochester, New York



Above our guest speaker, Marlene Davie speaking at our January 11th Speakers Series on the topic of "The Value of Being a Volunteer"

Don't miss the February 15th Speakers Series with Alan Perry of eGurus and Ron Fraser from London Drugs on the Topic of Technology for Seniors.

# Robbie Burns Celebration



The many faces of the Bob Williamson.

After parading in the haggis, Bob entertained us with an audience participation "Address To The Haggis" for the 2019 Robbie Burns Celebration. Thank you Bob, always a pleasure having you at The Centre.



Knackers Yard a local Celtic band returned to provide the foot stomping entertainment for the Robbie Burns Celebration. Here they are piping in the Haggis.



The Scottish Country Dancers opened the Social with 3 delightful dance numbers.

Photos below THE JANUARY SUNDAY SOCIAL DOOR PRIZE WINNERS - congratulations



# *Around The Centre*

*Annual General Meeting*

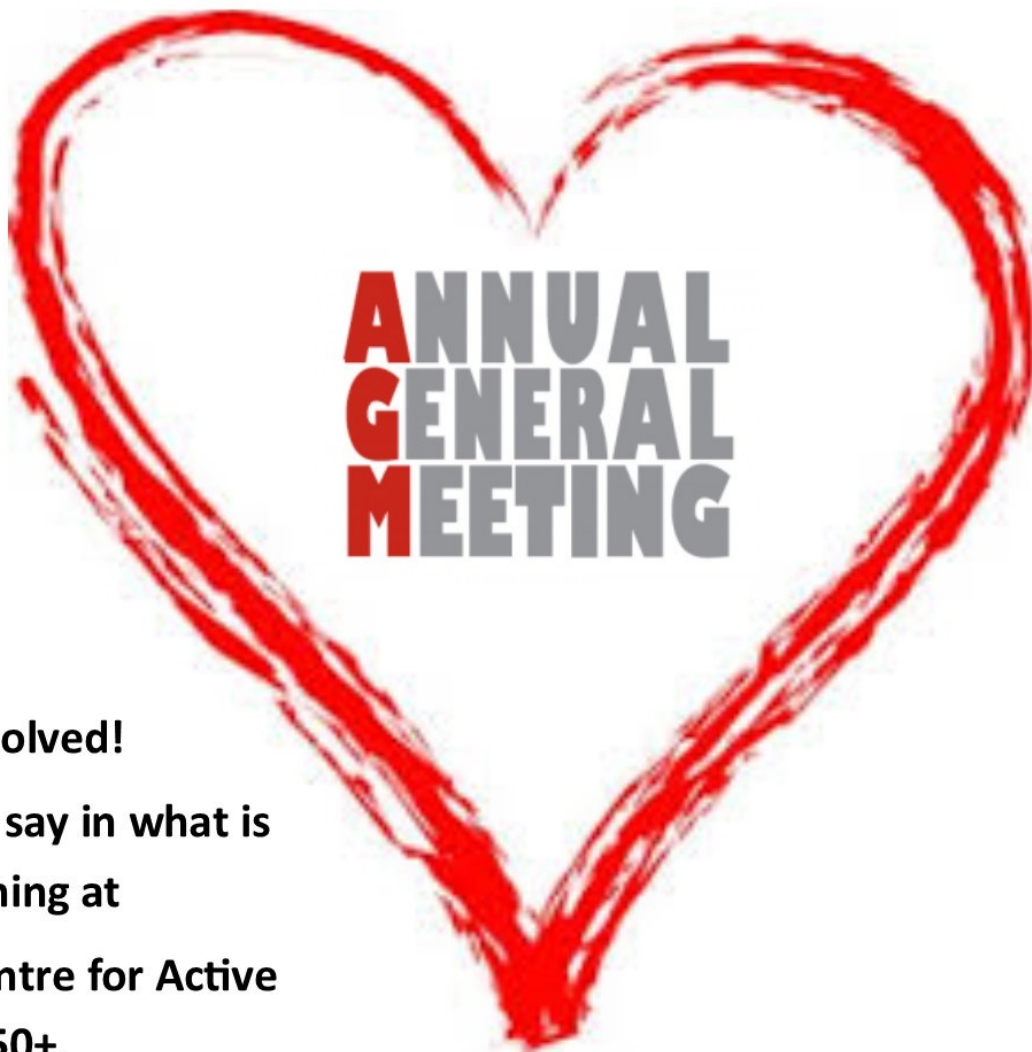
*&*

*Valentine Tea*



**February 14th**  
**2 pm**

*A Chance  
to win a  
door prize*



**Get involved!**

**Have a say in what is  
happening at**

**The Centre for Active  
Living 50+.**

# Activities

Songbirds

Resumes

February 5th



*Songbirds*

DO YOU ENJOY SINGING?

WHY NOT JOIN OUR FRIENDLY CHOIR  
AT THE CENTRE.

NO AUDITIONS NECESSARY JUST A LOVE  
OF SINGING!

JOIN LARRY SKAGGS OUR DIRECTOR

**TUESDAYS 1:00 PM**

**MEN & WOMEN 50+ WELCOME**

Unfortunately LINE DANCING has been cancelled due to lack of members attending the classes.

If you have a special talent or interest that you would like to share or teach at The Centre, please contact Lauren Barr at 250 652-4611. We have several time slots and various areas of the Centre available for use throughout the day and evenings. If you are thinking of joining and don't see the activity you are interested in, let us know and we will do our best to bring it to the Centre.

CENTRE FOR ACTIVE LIVING 50+  
1229 CLARKE ROAD, BRENTWOOD BAY



**Fun Friday** with the  
**Scottish Country Dancers**

February 8th, 2019

7 - 8:30 pm

Bring the kids, grandkids, mom, dad and learn the easy fun dances called.  
No partner needed. Wear comfy soft soled flat shoes  
The dances are designed for anyone capable of walking with no dance experience required.

**\$3 per person \* \$6 per Family \* Members Free**

## The Photography Group

will meet Monday,  
February 11th at 1 pm at  
the Centre. and then  
again on February 25th.



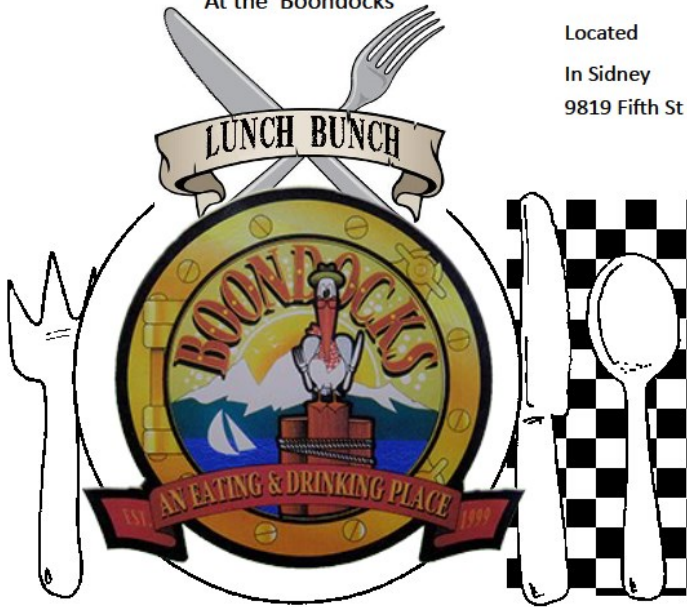
## The Art Appreciation Group

will meet Tuesday at  
7 pm February 12th  
and on February  
26th. Artists TBA

# Up Coming Events

Join us  
Thursday  
February 28th  
11:30 am  
At the Boondocks

Located  
In Sidney  
9819 Fifth St



Sign up sheet at The Centre 50+ reception. Please advise if you can drive. Meet at the Centre at 11:00 am to carpool.

## Potluck Lunch

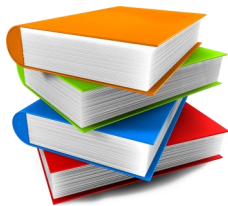
Thursday, February 21st, 2019

NOON

Bring your favorite dish with  
enough to share



Come for good food and conversation



### New Chapter Book Club

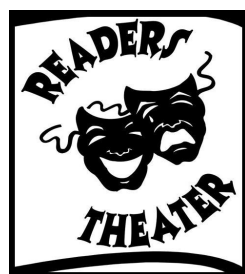
Next meeting is February 14th, noon

Book: The Bear by Miriam Towes

March 14th, book is in "Little Paris Bookshop" by Nin George. Books are available in Lauren's office.

### Readers Theatre

The activity of Readers Theatre is **cancelled for the month of February**. Tentative date for start up is March 7th.



### The Bus Trippers

### Busing for Fun



Let's

Tour

Chinatown

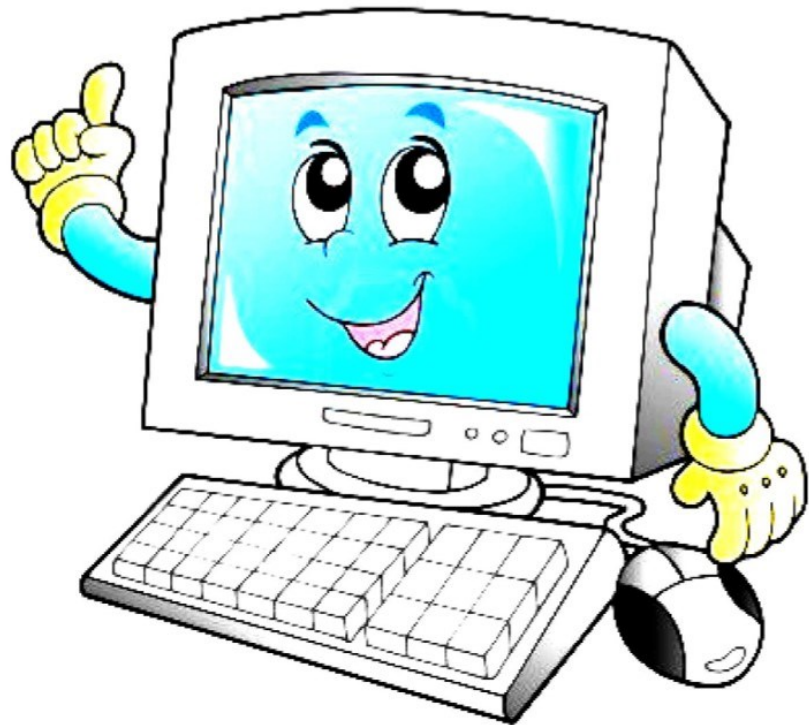
Friday, February 8th

City Transit - \$5.00 /Day Pass

Details at centre reception

# Up Coming Computer Workshops

## Computer Workshops are coming to the Centre for Active Living 50+



CompuDave Services has 38 years computer experience.

Workshops are approximately 1.5 hours in length. Cost is \$37

Dave has supplied a list of 30 workshops that may be of interest to our members. Since this is our first time running computer workshops at the Centre we are surveying our members to see where the greatest need/interests are for computer workshops. Details available at the Centre reception

Intro to iPad

iPhone . Windows File Management . Photos for Windows .

iPad/iPhone/Android Apps . MS Word (Windows & Mac)

iPad/iPhone Photos, Music and Podcasts . MS Excel (Windows & Macs)

iPad/iPhone/Android for Travelers . MS PowerPoint (Windows & Mac)

Android (eg.Samsung) Tablets and Smart Phones . Intro to Mac

Mac File Management . Photos for Mac . itunes

Apple TV . Pages for iPad . Numbers for iPad . Keynotes for iPad

Pages for Mac . Numbers for Mac . Keynotes for Mac . Digital Camera Purchase

iMovie for Mac . Art Tools for Mac . iCloud . Online Privacy

Email./FaceBook Workshop . TV/Netflix Workshop .

Computers—Introduction this is a ( 6 hrs) workshop or a two 3 hour workshop at a cost of \$148



*Glynis Miller* LPN, *Mobile Foot Care Nurse*

**Compassionate in-Home Service**



**Soul To Sole**  
Mobile Foot Care

*Coming to The Centre For Active Living 50+*

*The first Tuesday of the month starting*

*March 5th, 2019*

*8:30 am - 4:15 pm*

**By Appointment**

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

[www.soultosolefootcare.com](http://www.soultosolefootcare.com)

250.858.7729





# “Blue Jay” Workshop

Date/Time/Place: Mon March 11, 1:00-4:00pm, 3 hours

The Centre for Active Living , 1229 Clarke Rd., Brentwood Bay

Tuition: \$40.00/person

(not including paint kit rentals, which is additional)

## Description:

Join us in welcoming Richard Wong.

He will be leading a “Blue Jay” workshop. Learn how to create beautiful watercolour paintings on Japanese art paper using his unique approach.

His classes are relaxed, stress-free and held in a supportive atmosphere. Suitable for all levels, including beginners. Bring your own supplies, OR rent a paint kit directly from the instructor for an additional \$5.00. Some supplies available for purchase.)

Registration: Call (250) 652-4611 or in-person at the CSSCA, 1229 Clarke Rd, Brentwood Bay (Mon-Fri, 9:00am-1:00pm)



## About the Artist:

Richard Wong is a professional wildlife artist living in Victoria. His unique watercolour on Japanese art paper is popular and widely collected.

Born in Hong Kong, Richard has always loved wildlife and the outdoors since his early childhood in Saskatchewan, and then on the West Coast in British Columbia later in life. He started painting in 2010 after he retired from a career with the Provincial Government of British Columbia, and has participated in international residencies and exchange in Australia and the United States.

Richard’s ambition is to share his love of watercolour, connecting people and communities everywhere. He has a background in Chinese brush and contemporary western art. Richard is a full time watercolour artist, instructor and illustrator.

[www.richardwongwatercolors.ca](http://www.richardwongwatercolors.ca)



# SUNDAY SOCIETY

SUNDAY 3 SEPTEMBER

## SKY MUNDELL & The VIP Singers

Sunday, **February 24, 2019**

Doors open 1:30 pm

**VIP Singers** is a small ensemble of a dozen mostly blind singers and musicians. The group started in 2015. Their repertoire includes inspirational tunes, old to new pop songs and show tunes often arranged with a jazz or blues slant by their director, Marcelina Stanton. They practice at the James Bay New Horizons Centre Mondays. New members are always welcome.

**Sky Mundell** was Vancouver Island's Got Talent winner of 2011. Sky is an amazing local young man who is a totally blind musician, partially deaf recording artist and a recording engineer.

He has performed with Michael Bolton and opened shows in Vegas and many other venues.

Admission: \$10 members \$15 for guests

Tickets available at Centre reception.

Refreshments , sandwiches and goodies available





# SPEAKER SERIES

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY  
250 652-4611

ADMISSION BY DONATION

## Friday, February 15th 2:00 pm

Guest Speaker : Alan Perry of eGurus and Ron Fraser from London Drugs

Topic: Technology for Seniors

Alan and Ron will be back fresh from their trip to the CES Tradeshow in Las Vegas. They will bring us up to date on the latest in the technology world.

Maximizing on the relevant technology for seniors



## Friday, March 15th 2:00 pm

Guest Speaker : Dr. Elaine Gallagher

Topic: Fall Prevention

Dr. Gallagher will be speaking to us on the topic of "Fall Prevention". Dr. Gallagher is currently the Director of the Centre on Aging and a professor with the School of Nursing at the University of Victoria. She is a nurse scientist with a primary interest in how people interact with their environment as they age. In particular, she has focused on falls among seniors in the community

### SLIPS, TRIPS, & FALLS

You notice that with a *Slip*, your body goes backwards.



You notice with a *Trip*, you fall forward.



And of course a *Fall* is a *Fall*, either at the same level or from one level to another.



## Friday, April 2:00 pm

Guest Speaker : Ann Nightingale

Topic: Nesting

Ann Nightingale, our local birding expert, has agreed to return to The Centre in April to talk to us about 'nesting birds'. From tree tops to ground nesters, come and learn about the interesting world of birds. By donation at the door.

Please join us on Friday, April 12th at 2 pm at

