

January
2016

Happy
New Year!

The
Centre
News



Why not make 2016 be the year you join the Central Saanich Seniors Centre (CSSC), also known as *The Centre*.

We are a comfortable, friendly place where active seniors meet to socialize, exercise mind and body, and enjoy coffee or meals together.

The CSSC Association was established in the 1980's and now provides many recreational activities, social gatherings and educational workshops for over 290 members. Our diverse membership is mainly from the Saanich Peninsula, from Royal Oak to Sidney. CSSCA is an independent Society, solely operated by volunteers.

Our purpose is to provide friendship and healthy programs to all those aged 50 plus. We would love to have you come for a visit. Our office hours are Monday to Friday 9:00 am to 1:00 pm. Stop by for a coffee, you may run into a friend.

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January Events

Speaker Series

- * Friday, January 8 - 1:30 pm
- * Guest speaker from Pacific Companion Services
See page 5 for more information.

CSSCA Board Meeting

- * Thursday, January 14 - 9:30 am
- * Please note: Annual General Meeting will be held February 4, 2016 at 2:00 pm

Lunch Bunch

- * Thursday, January 28, 2016
- * Sabhai Thai Restaurant 11:30 am
- * 2493 Beacon Ave Sidney
- * Call Corrine 250-652-7032
- * Or email corinnemarshall@shaw.ca
- * Please advise if you can provide transportation

Sunday Social

- * Sunday January 31, 2016
- * Coffee/Tea and refreshments
- * Everyone welcome
- * Donations accepted at the door
- * Entertainment: Scottish Dancers—see page 5

Bingo

- * Wednesdays 1 - 4 pm
- * Everyone Welcome



**Annual Membership
Fees of \$60 are Due**

Payment by cheque is helpful

President's Message *CSSCA President, Margaret McKelvie*

HAPPY NEW YEAR EVERYONE. IT'S A LEAP YEAR TOO! ONE EXTRA DAY ON FEBRUARY 29. I gave up making New Year's resolutions some years ago. However I do try to remember the promptings contained in the following words whose source is anonymous:

17th Century Nun's Prayer

Lord, Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody: helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of re-hearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet. I do not want to be a Saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so. Amen

I look forward to being with you as we resume our activities and programs in 2016.

Namaste, Margaret



Glen Sprague has resigned his position at Jazzaniah Catering but will continue to be a member of The Centre.

Thank you, Glen, for coordinating our luncheon events. They have been successful under your direction

NO SCENTS PLEASE

It is tempting to wear that new perfume or aftershave that you acquired over the holidays, but please do not wear it when you are at The Centre.

Thank you



Around The Centre

CHRISTMAS LUNCHEON 2015



Our 2015 Christmas luncheon was a huge success, with 101 guests attending. A big 'thank you' to Jazzaniah who catered a great Christmas feast. The entertainers, the Songbirds, put us right into the musical mood of Christmas. Thank you to all the volunteers who made the event such a success.



Activities

Christmas Lights Tour 2015



Jan & Sheila waiting to serve the Christmas Lights Tour participants



Christmas Lights Tour participants enjoying their goodies

Stamp Club: Ottawa - Our Capital of Canada

In 1850, when the settlement of Bytown was incorporated, few people took notice. Most Canadians had never heard of the tiny outpost that had sprung up with the building of the Rideau Canal on the site Champlain had visited in 1613.

In a few short years, however, everyone had heard of Bytown. In 1855 its name was changed to Ottawa. Two years later it was named by Queen Victoria as the capital of the Province of Canada, and in 1867, with the passage of the British North America Act, Ottawa became the Dominion's capital.

Today Ottawa is a charming hill city spread along the south banks of the Ottawa River. The Gothic buildings of Parliament are its most impressive architectural feature. The cornerstone of the original Centre Block was laid by Edward, Prince of Wales, in 1860. Swept by fire on February 3, 1916, the Centre Block was rebuilt by 1920.

I hope everyone had a nice Christmas and a good start of the New Year with your loved ones.

I am looking forward to seeing you at our next meeting, Thursday the 7th of January, 2016 at 1:00 PM.

Sincerely,
Kurt Sommer.



Various stamps issued by Canada Post over a period of years picturing Canada's Parliament on Capital Hill.

Upcoming Events

The Popular "Speakers' Series" at The Centre

First Fridays @ 1:30 pm - Jan., Feb., Mar. & Sept., Oct., Nov.

Everyone Welcome!



Jan. 8th - Guest Speaker from Coastal Companion Services: Accessible transportation for seniors and those with physical limitations. Their services include transportation for individuals to large group outings. Coastal Companion's real passion is in creating unique, engaging excursions that are fun for their passengers.

Admission by Donation



SCOTTISH COUNTRY DANCERS

Will be at the January 31st Tea

Come sing, participate in some simple dances, watch dancers and celebrate Scottish heritage. Wear some plaid if you like and if participating in the dancing, please wear flat, soft soled light weight shoes and clothes that allow for ease of movement. Fun afternoon for all!

Remember we dance at The Centre regularly on Tuesday mornings at 10 am and Tuesday and Friday evenings at 7:00 pm.

Why not come and give it a try.

Tuesday mornings are a good starting class.

However, we will welcome you at any class.

Janet Mitchell



January Birthdays

03 Joan Ruskowski	20 Shirley Webster
Luella Tolsma	21 Marian Chomlack
06 R Lynn Lineham	Marilynn Murray
09 Dale Broad	22 Lois Guest
Ruth Coldwell	24 Evelyn Rolinski
14 Marianne Brackenridge	25 Glen Sprague
15 Gwen Horrocks	27 Michael Bird
17 Valerie Park	30 Jacquelyn MacKenzie

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		Aerobics 9 - 10 am Barb Jefferies	Walking Group 9:30 - 10:30 am Centennial Park Vivien Bradley
Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Photography Club 1 pm Marilyn Murray	Painting 12:30 - 3 pm Marilyn Murray	Weaving 11:30am - 2:30pm Janis Ball Thea Revoy	Pot Luck Lunch 3 rd Thursday 12:15 pm		
Mah Jong 1 pm Braunda Gustafson	Songbirds Choir 1 - 2 pm Larry Skaggs	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Scrabble 10:15 am Casual Happy Smith	Snooker 1 - 4 pm Art Pugh Casual
Bridge 1 - 4 pm Lynda Tucker Barb Roberts	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson		Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
	Table Tennis 2 pm Don Turner	Knitting 2 - 3:30 pm Happy Smith	Floor Shuffleboard 2 - 4 pm	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell		Stamp Collecting 1st Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm 1st Friday of Jan., Feb., March	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner			Scottish Country Dance 7 - 9 pm Janet Mitchell	

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our 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 such as upgrading washrooms and installing hand railings.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. Recently, the district provided a 'grant in aid' for the installation of The Centre's new acoustic ceiling in the main hall.



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.



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.



My Favorite New Year's Quote

Submitted by Laureen Barr

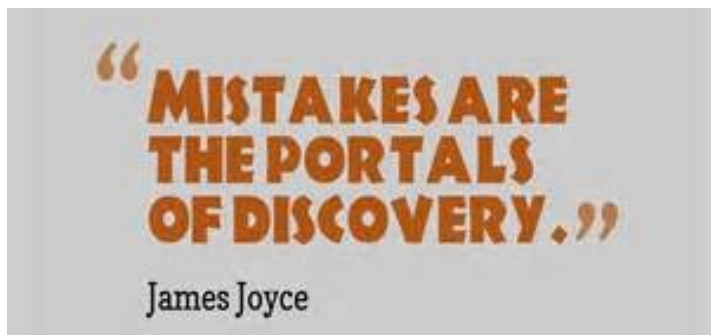
I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, learning, living, pushing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes, Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art or love or work or family or life.

Whatever it is you're scared of doing. Do it!

Make your mistakes, next year and forever.

- Blog by Neil Gaiman 2012



James Joyce



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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www.centralsaanichseniorscentre.org

CSSCA Executive

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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

The Centre News

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