

The Centre News

Heart of the Peninsula



January Events

Speakers Series

- * Pat Nichol, Author/motivational Speaker
- * Friday, January 6 1:30 pm

Jammin' Seniors

- * Wednesday January 11th , 7 pm

CSSCA Board Meeting

- * Thursday, January 12 9:30 sharp

Music Bingo/Karaoke

- * Friday, January 13 2—4 pm

Potluck

- * Thursday, January 19 noon

Bus Trippers

- * Friday, January 20 time TBA
- * Star Theatre matinee

Lunch Bunch

- * Thursday, January 26 11:30
- * Romeos , Broadmead Mall Saanich

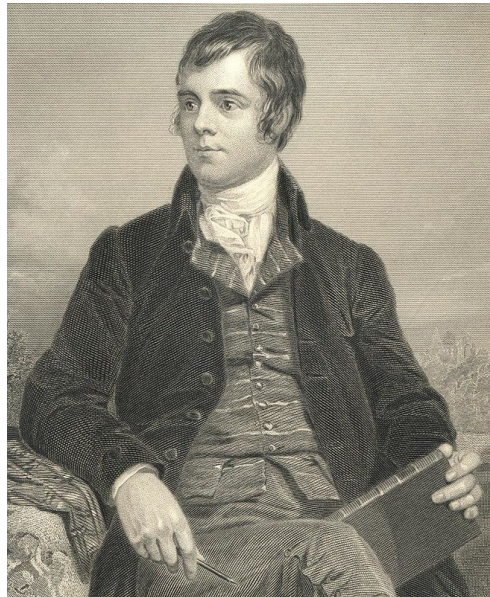
Sunday Social –Robbie Burns

- * Sunday, January 29 2– 4 pm
- * Refreshments & Entertainment

Bingo

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

JANUARY 2017



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President's Message

PRESIDENT'S MESSAGE JANUARY 2017

It's hard to believe it is 17 years since we entered the 21st century. Now in 2017 we will celebrate Canada's 150th birthday. How time flies! We have so many things for which to be thankful, some of which are the friends and activities we share at the Centre. Plans are in the making to make this coming year a success. Join in the planning, fun and fellowship.

Wishing everyone good health and happiness throughout 2017.

Namaste,

Margaret



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



Jan 3	Joan	Ruskowski
Jan 6	R Lynn	Lineham
Jan 7	Pat	Browett
Jan 9	Dale	Broad
	Ruth	Coldwell
Jan 14	Marianne	Brackenridge
Jan 15	Gwen	Horrocks
Jan 17	Valerie	Park
Jan 20	Shirley	Webster
Jan 21	Marian	Chomlack
	Marilynn	Murray
Jan 22	Lois	Guest
Jan 24	Evelyn	Rolinski
Jan 25	Glen	Sprague
Jan 27	Michael	Bird
	Judith	Klassen
Jan 30	Jacquelyn	MacKenzie



December 3rd , 38 members and friends boarded the bus for the Chemainus Theatre to see the performance of "A Christmas Story". This was my first trip to the Chemainus Theatre, I was not disappointed. Before the performance we sat down to a delicious meal at the theatre restaurant. I will be back again.

DO YOU HAVE AN IDEA?

We're Listening



Sing A Long with the Boys & Girls Club



Our first annual Christmas Sing A Long with the Seniors and the Boys & Girls Club.

Thank you to Larry Skaggs, who directed the Sing A Long, Pianist Louise Eldridge, Janet Mitchell who got the kids up Scottish Country Dancing . Gerie Turner for bringing sandwiches and the Songbirds, their voices. A very special Thank you to the man in the Red Suit ,,Michael Denton.

Christmas Luncheon



December 8th, Christmas Luncheon at The Centre, a delicious meal catered by Island View Caterer.

Thank you to Larry Skaggs music director and Louise Eldridge the pianist and the Songbirds for providing the entertainment for the afternoon.



If you are thinking of downsizing your Christmas decorations in the upcoming year, The Centre is accepting lightly used decorations. The plan is to redesign them into new festive & trims as a fund raiser for The Centre next November 2017. If you have any questions or have an artistic flair and would like to be involved, contact Lauren at The Centre.

Activities

CHAIR YOGA With Gail Bradshaw, Med, ECYT
Friday 12:00 noon- 1:00 pm

Remember, yoga is not about judging your 'performance', but about noticing and feeling the physical sensations of the poses in your body.

It's about starting where you are on any given day. Since our bodies change daily, that starting point may change daily.

See you "on the mat".

- Gail



YOGA
YIN
FLOW
HATHA
GENTLE
RESTORATIVE
Gail Bradshaw, MEd, ECYT
gaildesigns@apparitionmusic.com
250-656-8880



Happy New Year from the **Aerobics Fitness** class of Barb Jefferies. We invite you to join the class Monday, Wednesday & Friday, 9:00— 10:00 am. Followed by **Mild Fitness** with Barb Jefferies from 10:15 –11:15am

Stamp Corner

Last fall Canada Post released the latest part, 5 stamps, of ghost stories from our beautiful country. By no means are these all the haunted places in Canada, there are hundreds of other occurrences all over the land. Victoria is known as the most haunted city in British Columbia. Just to name a few sightings: Beacon Hill Park, Market Square, Chinatown, Parliament Buildings and the Fairmont Empress Hotel, the list is endless. I dare you to take a Ghost Tour walk in Victoria, preferably at night time, it will make your hair at the back of the neck raise up.

Here are the 5 stories to the latest ghost stamps:

- 1.) **The Bell Island Hag - Bell Island, N.L.** The spirit, it is said, dwells in the marshes near Dobbin's Garden and appears to be a lone person, overpowering him or her with her stench. As she covers her victim with her cowl, she always hisses the same words: "No one came to help me when I died in that swamp. No one will help you. Now taste what I tasted and smell what I smelled as my life was taken from me." The victim is found hours later, unconscious and reeking of death.
- 2.) **The Dungarvon Whooper - Renous, N.B.** Lumberjacks returned from work one day to discover their young cook dead and his money belt missing - apparently the work of the camp boss. The cook was quickly buried as a snowstorm blew in, and in the night, terrifying whoops and wails issued from his shallow grave. The lumberjacks fled in terror, never to return, To this day Miramichi residents claim to hear the cook's mournful cries, despite the efforts of a priest to quiet the grave years after the suspected murder.
- 3.) **The Lady in White - Montmorency Falls. Que.** Hidden in the roar of Montmorency Falls are the cries of La Dame blanche (the Lady in White) calling out for her lost love. It was at the falls that Mathilde Robin's fiance, Louis Tessier, had courted her. little did the betrothed couple know that Louis was soon to perish in battle during the Seven Years' War. Overwhelmed with grief at the news of his death, Mathilde donned her wedding gown and tossed herself into the raging cataract.
- 4.) **The Phantom Bell Ringers of Kirk of St. James - Charlottetown.** In the early morning of October 7, 1853, a sea captain was mystified to hear what sounded like the clanging of a ship's bell coming from the town centre. He made his way to the Kirk of St. James, where he and the church keeper spied four women, one peering down from the belfry. The two men pursued the women up to the tower but found nothing except the bell, still vibrating. Later that day, the Fairy Queen mail steamer sank in stormy seas, with seven lives lost, including four women - three were members of the congregation of the Kirk of St. James.
- 5.) **The Elgin and Winter Garden Theatre Centre - Toronto.** Staff and patrons have witnessed all manner of apparitions and other worldly events in the restored theatre centre. A woman dressed in Edwardian dress has reportedly appeared in the lobby, while the hand-operated elevators have been seen stopping of their own accord at various floors. And be careful where you sit - the seats in the Winter Garden Theatre have flipped down and back up, as if unseen audience members had sat down and got up again. or so they say.

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

Sincerely Kurt Sommer



Up Coming Events and Activities

The Lunch Bunch Group

Will be dining at Romeo's at the Broadmead Mall in Saanich.

When: **January 26th 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 **January 19th at noon.** Bring your favorite dish to share or try out a new recipe. I eat most anything except turnips and beets .

Scottish Country Dancing

resumes

Tuesday, Jan. 3 at 10 am.

We also dance **Thursdays at 10 am and Friday at 7 pm.** On January 21, a small group will be dancing at Shady Creek Church and on January 29th, we will dance for a short while at the Robbie Burns Tea. We have always danced at Rest Haven Lodge in Jan. or Feb. but a date has yet to be set. We will be celebrating the completion of our 15th year of dancing at the Centre in May and will have a Ceilidh. Over the years we have done some great dances and will perform these along with doing participation dances.
- Janet Mitchell

Kick off your shoes and join us. Let your body move, your heart sing and your spirits soar, to dance this most exquisite dance of life called **NIA.**

Saturday morning 9:30 —10:30 am

Contact Rhonda Kool

Black Belt Instructor 250 652-0815

keepitkool@telus.net

Nianow.com/phondak



ART APPRECIATION GROUP

Resumes January 10th at 7 pm, with Gillian Lightbody telling us about an artist from another venue, Architecture, Frank Lloyd Wright . Come on out and join us.

- Joyce Wolf

Introducing

Central Saanich **Jammin' Seniors**

50+



Wednesday evenings 7 - 9 pm

Bring your guitar, ukulele, banjo, drums, etc.
Come out and join in the fun of jammin' with us.

The Centre for Active Living 50+

1229 Clarke Road, Brentwood Bay, BC 250 652-4611

www.centralsaanichseniorscentre.org



THE BUS TRIPPERS

December 16th the Bus Trippers hopped on the bus and headed to The Bay Centre, then to the Empress Hotel to view the beautifully decorated Christmas Trees. This was our second outing as the Bus Trippers, lesson learned after our first trip is to follow the weather and dress for it. We had lunch at the Bay Centre Food Court before returning to Brentwood Bay. Each getting off at the stops closest to their homes. We found the bus schedules and the connections were within minutes of the times indicated.

As the weather can be unpredictable in January, our destination will be the Star Cinema on the 20th.

Sign up sheet at The Centre reception. Timing to be determined.

Contact The Centre for further details.



Musical Bingo has replaced Karaoke

MUSICAL
Bingo

SING A LONG

mf

FRIDAY THE 13TH
2 - 4 pm
Central Saanich Senior Centre 50+
Featuring Darryl Markin
1229 Clarke Road, Brentwood Bay
250 652-4611 cssca@shaw.ca
Glen Sprague, Entertainment Coordinator 250 217-0144

Sunday Social



From the painting by Ramsay, National Portrait Gallery.

Robert Burns

SUNDAY SOCIAL

ROBBIE BURNS CELEBRATION OF LIFE

JANUARY 29TH 2-4PM

PIPING IN OF THE HAGGIS - JAMIE TROY

SALUTE TO THE HAGGIS - JOHN DAVIDSON

FEATURING

THE SCOTTISH COUNTRY DANCERS & THE SONGBIRDS

REFRESHMENT COFFEE AND TEA SERVICED

**At the Central Saanich Senior Centre for Active Living 50 +
1229 Clarke Road, Brentwood Bay 250 652-4611 cssca@shaw.ca**

Admission By Donation

Glen Sprague, Entertainment Coordinator 250 217-0144

Speakers Series at The Centre

1:30 pm * by donation at the door

1229 Clarke Road, Brentwood Bay

Friday, January 6th

Guest Speaker : Pat Nichol

- Author and motivational speaker
- Writer for Inspired Senior Living Magazine

Topic: Best Age To Be Alive

If you didn't know how old you were, how old would you be? None of us are the age that our birth certificates state. Get used to the idea that you'll never be old, no matter what your passport says. Join Pat Nichol and learn that there are now more firsts in your life as in your childhood. Learn that change is happening all the time whether we want it or not. Become someone you haven't met yet. Learn about the E type personality and how to ban it from your life. Learn to live every moment of your life. Finish with how to live your life backwards.



INSPIRED
Senior Living
Inspiration for people over 55.

Inspire Each. Inspire Others. Inspiring. Forever.

Friday, February 3rd

Guest Speaker: Jennifer Cairns

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

Topic: Technology for Seniors

- You can do amazing things with technology these days, but trying to keep abreast of what's new and figure out what's best for your needs, can be really challenging. Jennifer will bring us up to date in how technology can work for us.



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	
	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 1 - 4 pm	Poker 1 pm	Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	Bridge Clinic 1 - 4 pm
		Knitting 2 - 3:30 pm	Armchair Theatre 2 - 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	Jammin Seniors 7—9 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.



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



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

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



Vintage Wedding Dress Show will be the last weekend in May 2017. We are currently in the planning stages. If you are interested in volunteering, please contact Laureen at 250 812-6805.

We are looking for members who still have their wedding dress, or other items and pictures from their wedding day that you would like to lend to the show, please contact Laureen as soon as possible.

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	Marilynn Murray
Braunda Gustafson	Margaret Sharples
David McVey	Kurt Sommer
Wendy Wignall	Renee Nicholls

The Centre News

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