

The Centre News

Heart of the Peninsula



March Events

CSSCA Board Meeting

- * Thursday, March 2nd, 9:30 sharp

Speakers Series

- * Jennifer Cairns, Technology for Seniors
- * Friday, March 3rd, 1:30 pm

Jammin' Seniors

- * Every Saturday, 9:30am to noon

Beacon Community Tax Services

- * Friday March 3rd & 24th 10 am to noon

St Paddys' Dinner

- * Thursday March 9th, Doors open 5pm meal 5:30 pm
- * With Cookeilidh & O'Brien Dancers
- * Catered by Island Culinary Services

Music Bingo/Karaoke

- * Friday, March 10th 2 - 4 pm

Beacon Community Services

- * Thursday March 16th 2:00 pm
- * Debra Greenaway presenter

Potluck

- * Thursday, March 16th 12:15 pm

Lunch Bunch

- * Thursday, March 23rd, 11:30
- * Mary's Blue Moon Restaurant, Sidney

Sunday Social

- * Marc Tardif- magician
- * Sunday, March 26th, 2- 4 pm
- * Refreshments & Entertainment

Bingo

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

MARCH 2017



Spring Forward— Daylight Saving

March 12th

In This Issue

March Events pg. 1

President's Message pg. 2

Around The Centre pg. 3

Sunday Social pg. 5

Volunteer Corner pg. 6

Activities pg. 7

Upcoming Events pg. 8

Weekly Activity Schedule pg. 12

Community Partners pg. 13

Contact Information pg. 14



Happy
St. Patrick's
Day!

President's Message

President's Message

Don't know how it happened but here I am, your new president for the next two years (not four like the other guy) and hope I will meet the challenges. I would like first to thank Margaret McKelvie who has done a great job over the past two years guiding the Centre, and I look forward to her continued support in her role as past-president, along with all the members of the Board.

There are some issues to finalize this year namely the new lease agreement with Central Saanich, the changes to the Society's Act (Constitution and Bylaws), and finding continued funding for our coordinator, Lauren.

March has some exciting events for our members, from the return of Jennifer Cairns of eGurus for the speaker series on March 3rd, the St. Patrick's Day supper on March 9th, and a special entertainer for our March 26th Sunday Social. Those of you who have questions about computers can do no better than join the computer club which will commence on February 28th at 3.00p.m.

Christmas is now over and long gone, many of us have donated in some way to the Salvation Army or another suitable seasonal charity. But the needs of the homeless and disadvantaged in our communities continues all year, and for this reason we have a basket at the Centre for donations to the Food Bank. I'd like to challenge our members, who possibly can, to contribute one item a month to this worthy cause and help make a difference.

Remember the Centre is here to use and enjoy. I look forward to the year ahead and enjoying it with you.

Mike Bird



Farewell to Margaret McKelvie as she joins the ranks of Past Presidents with Gerie Turner



The passing of the mike to the new President of the CSSCA, Welcome Mike Bird

Around The Centre

WELCOME
new members

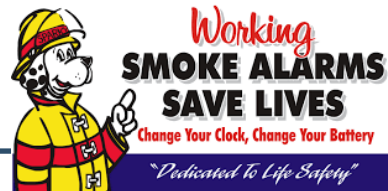
Robert Viggers
Ann Ilott

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).



Mar 2	Shelly	Cadorin
	Barbara	Novak
Mar 3	Renee	Nicholls
Mar 4	Rosemary	Wellman
Mar 7	Barbara	Wilson
Mar 9	Sandra	Jaycox
Mar 10	Esther	Farr
Mar 11	Thea	Revoy
	Laureen	Barr
Mar 18	Rayana	Reece
	Grace	Laberge
Mar 23	Pat	Randazzo
Mar 25	Nancy	Miller
Mar 29	Betty	Board
Mar 30	Helen	West



Happy's To Die For Rhubarb Square

Cut up 5 cups of rhubarb and place in bowl - pour boiling water over rhubarb and let sit 5 minutes. Drain well

1st layer - 1 cup butter, 2 cups flour, 1/2 teaspoon baking powder, 1 egg - Mix well and press into 13 x 9 pan

2nd layer - 1 1/4 cup sugar, 1/2 cup butter, 1/3 cup flour, 2 eggs - Mix well then add the drained rhubarb and place on 1st layer

Sprinkle a small package of strawberry or raspberry jello over 2nd layer

3rd layer - 1 1/2 cup unsweetened coconut, 1/4 cup flour, 3/4 cup sugar, 2 tbsp. melted butter, mix well and sprinkle over 2nd layer.

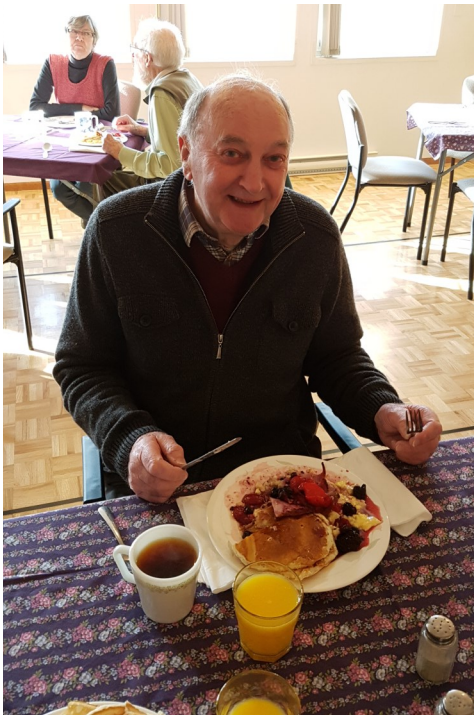
Bake at 350 F degrees for 45 minutes or until lightly browned.

Cut into squares when cooled, These freeze well Enjoy - Submitted by Happy

Around The Centre



The Bus Trippers visited the Robert Bateman Gallery then we walked a couple of blocks and enjoyed a meal at Jonathan's Restaurant. Before hopping back on the bus back home.



After having to cancel the Valentine Pancake Breakfast due to bad weather, Allan is finally sitting down to a hearty breakfast of pancakes on February 21st .



The winter of 2017 will be a year to be remembered.

This is the view from my front window. February 3rd.

Sunday Social



Coffee is perking, tea is steeping, sandwiches made, goodies set out, Let the Social begin. From left to right Pat, Margaret, Happy and Irene setting up for the Sunday Social. Missing is Dale.

Thank you ladies for ensuring we all get fed and leave happy.. A special thank you to all the folks who bring in the goodies and sandwiches for the Sunday Social.

Veselka DANCE

My goodness were they a cute group of dancers. I was amazed at the costumes. Great performance at the February Sunday social.



Volunteer Corner

There is always that one person you remember when you walk into a room full of strangers. As the new newsletter editor, I would show up at The Centre with a camera in hand and there she was, busy in the kitchen getting the coffee and tea ready for the Sunday Socials, then again at the Speakers Series, just to name a few. At the Robbie Burns Celebration of Life, not only was she there at noon to ensure the Haggis was in the oven, the tables were set ready to go, helped serve up the luncheon, then she squeezed in dancing with the Scottish Country Dancers and singing with the Songbirds before heading back to the kitchen to help with the clean up. She is one of the first to show up and the last to leave any Centre event, and often with an armful of table cloths to be washed and pressed for the next function.

This amazing lady is Margaret Sharples. Born in Worksop, England, married in 1953 and living with mom, the decision was made to follow her husband's brother to Canada. In April 1957 Margaret and her husband Sam sailed to Canada. It was a rough trip being seasick and having a seasick baby, Steven, who celebrated his first birthday on the high seas. With \$500 in their pocket, no jobs, just love in their hearts, they started their new life in a new country called Canada.



Margaret worked in the banking and accounting industry before retiring in 1994 as an office manager. Prior to her husband's passing in 1996, they were involved in Square Dancing and got in lots of traveling. Back to Europe many times, to Egypt once, and Peru with a friend Joan, and lots of cruises from the Caribbean to Alaska. Her passion has always been with the Girl Guides as a youth leader, from hiking to backpacking and helping them work on their projects. In 2000, she received the Silver Merit Award and is still involved with the Girl Guides today. For 20 years Margaret volunteered at the Victoria General Hospital gift shop and served as the President of the Auxiliary. This busy lady served a term as Provincial Trefoil Co-coordinator. In 1994 Margaret volunteered for the Commonwealth Games and was part of the relay team carrying the Queens' Baton.

In 2001 Margaret became a member of The Centre where she currently sits on the board. This proud grandmother of two university students, is an important member of the Centre. This high energy lady, who always has a smile on her face, is a key figure in the inner works of our non profit organization. Thank you so much for all that I see you do and for all the little unseen things that I know, it was you who did it.

Submitted by Lauren Barr

Volunteer of the Month

Maureen Braun

Thank you
Maureen



A very special Thank you to a special lady who has managed the staffing of the front desk for almost 15 years. Gwen Bentley has decided to retire from this volunteer position but we will still see her most days around the Centre .



Stamp Corner

Canada's Prime Minister in War & Peace

William Lyon Mackenzie King

William Lyon Mackenzie King was influential in public affairs for fifty years and was Prime Minister for a total of twenty-one years. (1921-25, 1926-30, 1935-48). The grandson of William Lyon Mackenzie, a leader of the Upper Canadian Rebellion of 1837, King inherited a distrust of strong imperial ties from his illustrious ancestor. During his second ministry the Balfour Declaration granted Canada greater autonomy in matters of foreign policy.

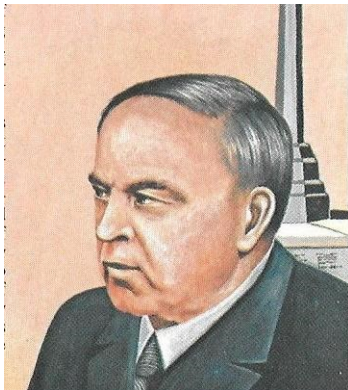
In 1930 the Depression led to King's defeat by R. B. Bennett. The "Bennett regime" failed to cure the country's economic ills, and King returned to power in 1935. On September 10, 1939 Canada declared war against Germany and entered World War II. Almost immediately tons of food and munitions, soon to be followed by thousands of fighting men, began to move to the stricken and embattled nations of Europe. With the productivity created by war came economic recovery and King's government led the country through the war and into the United Nations.

The Attachments are:

- 1.) A picture of William Lyon Mackenzie King
- 2.) Two series of Postage stamps by Canada Post
 - a.) # 1 The war series issued 1942-43
 - b.) # 2 The peace series issued in 1946.

For 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

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.



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 resident in our community and brighten their day, please call me to chat about this opportunity.

Deb Greenaway

250-656-5537



March 16th 2:00 pm

Deb Greenaway the

Direct Volunteer Services and Better at Home Coordinator with the
Beacon Community Services at Shoal Centre

Will be giving a presentation of what

Beacon Community Services offers, such as a variety of health care services and supports. This includes quality, compassionate Home Support care in the comfort of your home.

Many of their other programs and services also support healthy living. Such as Assisted Living, Counselling Services and Mental Health Support, Dementia Care homes and the Shoal Activity Centre.

Up Coming St Paddy's Dinner

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION

PRESENTS

ST PATRICKS' DAY

WITH

COOKEILIDH

&

THE O'BRIEN SCHOOL OF IRISH DANCE

MARCH 9TH

DOORS OPEN 5:00 PM

DINNER SERVED 5:30 PM

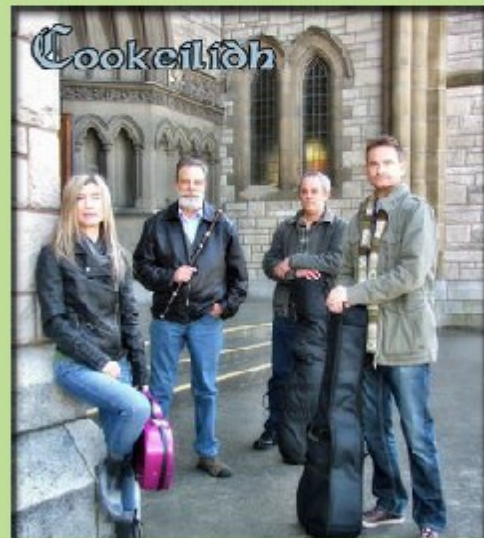
\$25 Members

\$30 Guests

**Tickets
purchased
at reception**



O'BRIEN
school of irish dance



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

Glen Sprague, Entertainment Coordinator - 250 217-0144

MENU- Buffet Catered by Island Culinary Services

Tossed Salad Greens
Corned Beef and Cabbage
Salmon Dish
Steak and Guinness Pie
Mashed Potatoes

Peas & Carrots
Irish Soda Bread
Pound Cake and Lemon Tarts

Up Coming Sunday Social

MARC TARDIF

« Le magicien »



The Central Saanich Senior Centre
1229 Clarke Road Brentwood Bay

Sunday, March 26 @ 2:00 pm
Doors open at 1:30 pm

Stay for Refreshments after the performance

\$5 members and \$10 for guests

Tickets can be purchased at The Senior Centre reception

Marc Tardif is a bilingual creator, a facilitator, illusionist and stage performer. He specializes in delivering motivational and educational messages and has presented close to 5000 performances in his career across Canada, in the United States and in France.

He is the creator of more than 25 thematic shows and has produced more than 15 television shows.

Marc Tardif is also a Keynote Speaker for positive thinking and personal development. He is the writer and the voice of "VIS au MAX", a weekly program of character building, success and life skills.

Tickets can be purchased at the door on a first come basis.

Up Coming Events

Central Saanich **Jammin' Seniors**

50+



Saturday mornings 9:30 am to noon

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

Members Drop In \$2.50 Non-Members Drop In \$5.00

The Centre for Active Living 50+

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

www.centralsaanichseniorscentre.org

Speaker Series at The Centre

Rescheduled for Friday, March 3rd

1:30 pm * by donation at the door

1229 Clarke Road, Brentwood Bay



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


The Lunch Bunch Group will be dining March 23rd at 11:30 am at Mary's Bleue Moon restaurant 9535 Canora Rd in Sidney.

Sign up sheet at The Centre or contact corinnemarshall@shaw.ca or phone 250 652-7032. Please let us know if you can drive others



Side A Load **MUSICAL** *Side A Load*

Bingo



March 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

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	
Bridge 12:30 -3:30 pm Time change	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
Photography Club 1 pm	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	Bridge Clinic 12:30 - 3:30 pm Time change
Scrabble 1 pm New	Poker 1 pm	Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	
		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	Snooker 1 - 4 pm Casual
				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



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



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

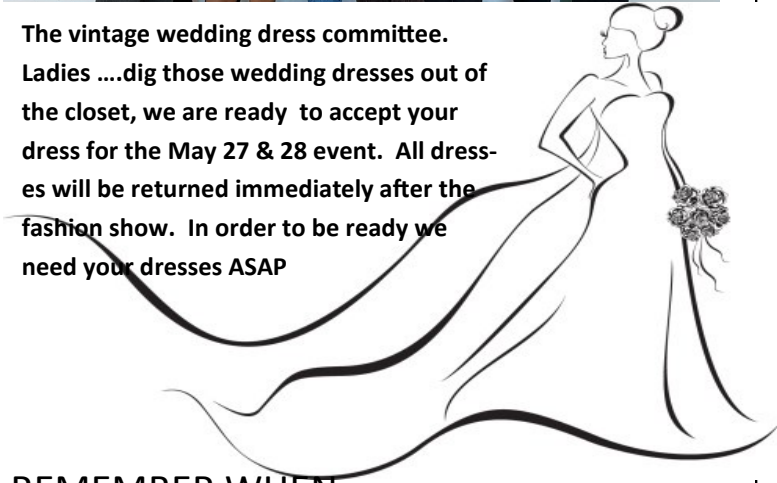


15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesdays with your 2017 CSSCA membership

VINTAGE WEDDING DRESS EVENT COMMITTEE



The vintage wedding dress committee. Ladiesdig those wedding dresses out of the closet, we are ready to accept your dress for the May 27 & 28 event. All dresses will be returned immediately after the fashion show. In order to be ready we need your dresses ASAP



REMEMBER WHEN Those past memories seem so important to us as we move along the aging process. Not only a personal trial to oneself as to how far into the past one can remember specific events but also a good brain exercise.

Some might say it is more good luck than good management as to the length and depth of ones ability to retrieve past events.

How important is it to us on a personal level to be able to remember? ; no doubt we all have some beautiful memories which we can enjoy and relive the moment.

On the other hand, perhaps on some level we have those memories that we prefer to forget. Seems strange doesn't it that at times those difficult or sad events never seem to leave us; yet we can re-observe and re- assess those moments and examine them with a fresh outlook.

On a personal level I can reflect upon some sad and difficult times, but over the years I find I can observe these times with a fresh outlook.

Time has a way of softening the edges, or on the other hand one can perhaps bring forth the fun times and memories with joy and to be able to re-live those moments as a gift.

Remember when ??? that question opens up the door of our memory box and allows us to choose which event to relive and/or enjoy.

As the years fly by so quickly these days, I promise myself to recoup those special times and hold on to them, they are mine and mine alone; yet by the same token I do like to share some of those special memories with others.

- submitted by Marianne Brackenridge



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: Mike Bird

Past President: Margaret McKelvie

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Wendy Wignall

Shirley Monych

Vic Peters

Marilynn Murray

Braunda Gustafson

Margaret Sharples

David McVey

Kurt Sommer

Renee Nicholls

Dale Broad

The Centre News

Editor: Lauren Barr

Support Team: Bety-Lou Verwolf

Photos: Lauren Barr

Distibution: Braunda Gustafson
Gwen Bentley / Tanga Blackburn

