

The Centre News

Heart of the Peninsula



MARCH 2019



In This Issue

<u>March Events</u>	pg. 1
<u>President's Message</u>	pg. 2
<u>Activities</u>	pg. 3
<u>Speakers Series</u>	pg. 7
<u>Water Colour Workshop</u>	pg. 8
<u>Computer Workshop</u>	pg. 9
<u>Soul to Sole Footcare</u>	pg. 10
<u>Contact Information</u>	pg. 11

March Events

Soul To Sole Mobile Foot Care Clinic

- * Tuesday, March 5th all day - New

CSSCA Board Meeting

- * Thursday, March 7th, 9:30 sharp

Writing Circle ~ New

- * Thursday, March 7th 2 pm

Scottish Country Dance Fun Friday

- * Friday, March 8th , 7 - 8:30 pm

Richard Wong Water Colour ~ Workshop

- * Monday, March 11, 1 pm
- * The Blue Jay. Register at The Centre

Speaker Series

- * Friday, March 15, 2 pm
- * Ann Nightingale - Bird nesting habits

Pancake Breakfast

- * Thursday, March 21st, 9 - 11 am

Computer Workshop

- * Monday, March 25th, 1 pm
- * iPad, iPod, Androids apps for traveling

Lunch Bunch

- * Thursday March 28th, 11:30 am
- * The Lakes Grill House - Howard Johnson

Bingo

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



President's Message

President's Message

Well the weather over the past couple of weeks has been a shock to us all but I have it on good authority that spring is just around the corner.

I would like to express my thanks to the generosity of the volunteers who provided food for the AGM and the Sunday Social, it was appreciated by all who attended.

It was great to see such a good turnout for the AGM ,thank you all for taking an interest.

As I said at the AGM it is important to increase our membership at the Center. Membership fees and bingo are the major sources of our income, we appear to have turned a corner with respect to numbers at bingo, but our membership numbers are down. If you know someone who you believe would enjoy the Center invite them to come and see what we are all about.

Michael Bird



New Members Are Joining

Francis Wren

WELCOME TO THE CENTRE,
Francis.

Time to join the Centre!

**Membership fees are now
\$30 from March 1st to
August 31st**



Mar 2	Shelly	Cadorin
Mar 3	Renee	Nicholls
Mar 5	Mario	Delliaviola
Mar 7	Val	Morry
Mar 11	Thea	Revoy
	Laureen	Barr
Mar 18	Grace	Laberge
Mar 20	Lynda	Miller
Mar 22	Diane	Taylor
Mar 26	Anne	Waterhouse
Mar 29	Betty	Board

Around The Centre



Above photo of our Sunday Social set up volunteers, thank you ladies for a smooth running event. We could not do it without these ladies.

History of Grandma's Apron inspired by a poem by Tina Trivett

I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath as she only had a few. It was also because it was easier to wash aprons than dresses plus aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindlin wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of minutes.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

Yes.....

It will be a long time before someone invents something that will replace that "old-time apron" that serviced so many purposes.



The Centre's President, Mike Bird and Margaret McKelvie, the Treasurer and Past President are busy volunteering as greeters at the February Sunday Social.



Above, Joanne McGowan, our Sunday Social planner, presenting doors prizes to our happy winners



Dolores, one of the wonderful VIP singers walked away the 50/50 winner. When she bought the ticket, she said she was going to win, she's lucky that way, and that she did. Congratulations Dolores.

February Sunday Social



Sky Mundell, a local young man, who is totally blind, and with hearing loss, was Vancouver Islands' got Talent winner in 2011. After his performance at the Centre's Sunday Social, February 2019 it was not hard to see why. Sky played so beautifully, with such passion the old familiar classics that brought tears to many of our members' eyes.

THE VIP CHOIR - The choir is a project of the Victoria Society for Blind Arts & Culture

The VIP Singers is a group of 12 including 4 musicians playing guitar (Marcelina, the Director who also sings), Joe on clarinet, Pat on base guitar, penny whistle and mandolin, and Sky on piano. This is their fourth year together. Some of their members had never sung in a choir and others had. They practice every Monday morning at James Bay New Horizons. New members are always welcome.

The choir was started specifically to give blind persons a chance to sing. They don't have to read sheet music. They learn the songs by memorization. Marcelina records the parts at their practices and emails them to the choir members so they can also practice at home. Marcelina Stanton does all the arrangements. She also teaches Spanish and is the Spanish choir director.

Activities



The Lunch Bunch Group enjoying a tasty meal at the Boondocks restaurant in Sidney. Join us March 28th at 11:30 am at The Lakes Grill House at the Howard Johnson Hotel on Elk Lake Drive. Details and sign up sheet at the centre reception



The Bus Trippers bundled up for a chilly tour of China Town. We visited the unique shops of China Town before experiencing an interesting but delicious lunch of Dim Sum at the Don Mee restaurant

Join the Bus Trippers, April 5th as we head to the IMAX theatre to view the show, "The Great Bear Rainforest". Details and sign up sheet at the centre reception.



Activities

Do you write, have written or want to write? Are you looking for inspiration, support and time for regular writing practice?

Join us at the Centre, Thursday, March 7th at 2 pm. Bring pen or pencil, note book or paper to write on.



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:

Thursday April 4th 9:30 am – 12:30 pm

Thursday April 11th 9:30 am – 12:30 pm



This program is a free service for community members who are on a low to modest income. (Single person up to \$35,000, a couple up to \$45,000 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.

Pancake Breakfast



Thursday, March 21, 2019

9 am - 11 am

Pancakes, fruit toppings, syrup, ham, scrambled eggs, tea & coffee

Tickets \$10

Everyone Welcome

Scottish Country Dance

Fun Friday

March 8 at 7 – 8:30 pm

No need to bring a partner



Wear comfy clothes and light weight soft soled shoes

Experience an evening of Scottish Country Dance

Bring the kids, grandkids, mom, dad and learn the easy fun dances called.

The dances are designed for anyone capable of walking with no dance experience required.

\$3 per person * \$6 per Family * First visit free * Members Free



SPEAKER SERIES

The Center For Active Living 50+

1229 Clarke Road, Brentwood Bay
250 652-4611

Admission By Donation

Friday, March 15th 2:00pm

Guest Speaker: Ann Nightingale

Topic: Nesting habits of our local birds

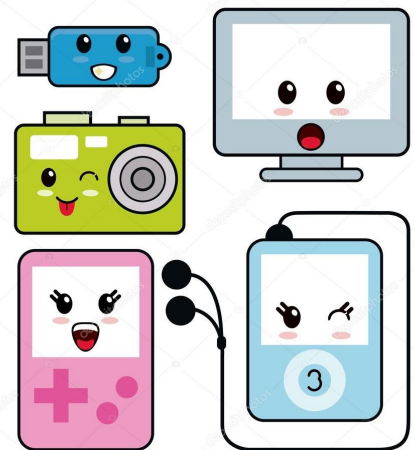
Ann Nightingale, our local birding expert has agreed to return to the Centre in April to talk to us about 'nesting birds'. From tree tops to ground nesters, come and learn about the interesting world of birds.



Friday, April 12th 2:00pm

Guest Speakers: Allan Perry of eGurus & host of Tech Talk : Ron Fraser of London Drugs & Tech Talk co host

Topic: Technology for Seniors



Friday, May 24th 2:00pm

Guest Speaker: Mary Conley Artist

She has had a lifelong passion to create art and has a wide area of interests: calligraphy, pastels, oil painting, pop-up books and cards and paper mache' .



Up Coming Workshops



“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

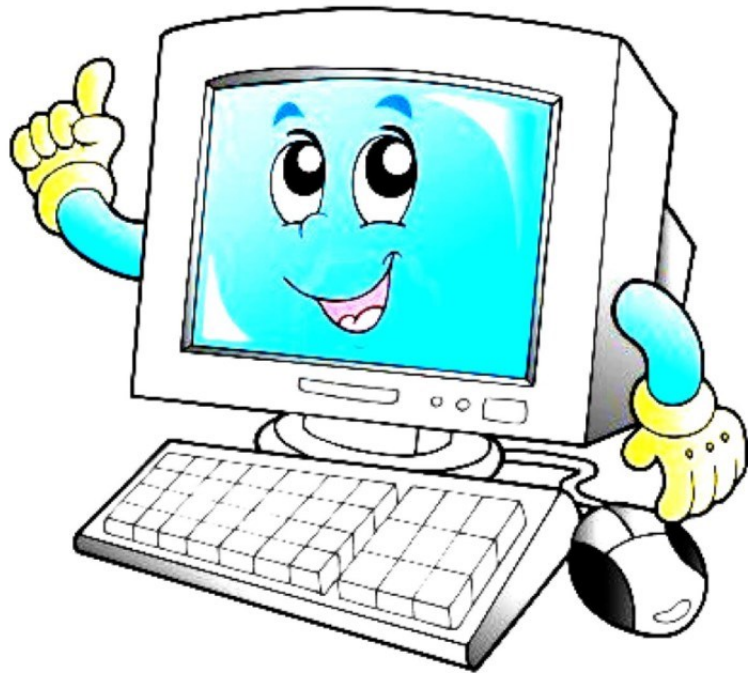
Up Coming Workshops

Centre for Active Living 50+ to host our first computer workshop

Monday

March 25th

1 pm



[CompuDave Services](#) has 38 years computer experience.

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

Dave runs approximately 30 different computer workshops that may be of interest to our members. Since this is our first time running computer workshops at the Centre we surveyed our members and found the greatest interests was for a applications pertaining to traveling.

[iPad/iPhone/Android for Travelers Workshop](#)

Discover great traveling, translating, touring, gps, mapping apps for the iPad, **iPhone** & Androids. Interested in house-swapping, bed and breakfasts, maps, sites, rental cars, restaurants, youth hostels, cruises and tours? Then this is the workshop for you.

New This March 2019

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

Phone to make an Appointment

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

www.soultosolefootcare.com

250.858.7729



If you wish to receive the newsletter via email, please advise the centre reception.



THE CENTRE FOR ACTIVE LIVING 50+

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

250-652-4611 cssca@shaw.ca

www.centrialsaanichseniorscentre.org

CSSCA Executive

President: Mike Bird

Vice President: Dale Broad

Past President: Margaret McKelvie

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Margaret McKelvie

CSSCA Board of Directors

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Margaret Sharples

Renee Nicholls Dale Broad

Thea Revoy Robert Atkins

The Centre News

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Vivien Bradley

Important Dates to Remembers

Aerobics & Mild Fitness: **Classes Cancelled For**

- Wednesday, March 6th

- Friday, March 8th

- Monday, March 11th

Readers Theatre: **Indefinitely Cancelled**

Readers Theatre was the 1st and 3rd Thursday of each month but due to health reasons we have had to indefinitely cancel this activity. We wish Jeff Shultis a speedy recovery.



Save these dates

ROAD TRIP

Chemainus Theatre

Mamma Mia! - Saturday June 22nd

includes, meal and transportation for \$130.00

Tickets will go on sale at the centre reception April 1, 2019

Miracle on 34th Street - Saturday, November 23rd

includes, meal and transportation Tickets not available until the fall.

WANTED/NEEDED

The Songbirds are seeking a pianist to join the choir every Tuesday at 1 pm , September to June. Please contact Larry Skaggs at 250 652-5015.

Potluck No Potluck lunch in March as we will be serving the Pancake Breakfast that morning. See you in April 18th for the next potluck.

Book Club The next meeting is March 14th on the book, "The Little Paris Bookshop" written by Nina George. Pick up book to read at centre reception.

