



Silent Auction



The Centre's Revenue Development Committee is having their second Silent Auction in conjunction with Brentwood Bay Day Festival

At The Centre
Saturday June 1, 2013 10 am - 3 pm

Last year's Silent Auction was very successful and the funds raised will again go towards the repairs and maintenance of our facility, The Centre.

If you know of someone who is interested in donating an item for the Silent Auction and/or you are interested in helping with the Silent Auction to benefit The Centre, please contact Sheila Viggers at 250-652-1308 or Glen Sprague at 250-655-9438. Your help is needed and would be greatly appreciated.

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May Events

Board Meeting

- * Thursday, May 9 9:30 am

Spotlight on Feet

- * Friday, May 10 1:30 pm
- * Guest Speaker: Marcia Goodwin
- * Details on pg. 4

Fabric Art Display

- * Monday, May 13 - 15
- * The Centre Hall 9 am - 5 pm
- * Fabric Artist Margo Styran - Details on pg.2

Provincial Election

- * Tuesday, May 14 - info online at ElectionsBC

Potluck Lunch

- * Thursday, May 16 - 11:45 am

Victoria Day

- * Monday, May 20 The Centre is closed

Lunch Bunch

- * Thursday, May 23 - 11:45 am
- * Sabhai Restaurant
- * 2493 Beacon Ave., Sidney
- * Please sign up in The Centre reception area

Sunday Social Tea

- * Sunday, May 26 - 2 pm
- * Entertainment - Eric Pittman presents a video about 'Hummingbirds' Details on pg. 7
- * Bring a friend
- * Donations accepted

Brentwood Bay Day

- * Saturday, June 1
- * Silent Auction at The Centre 10 - 3 pm
- * The Centre represented in the parade - info pg.5

Bingo

- * Wednesdays 1-4 pm

President's Message *CSSCA President, Gerie Turner*

We've had a very interesting month at The Centre. A potpourri of happenings. Our General Meeting on April 4th was attended by approximately 50 members. We had reports from our new treasurer, Thea Revoy; our Revenue Development Committee; our new maintenance liaison, Marney Ellis; and from Bob Viggers regarding our website and our new heating system options. Also for your information, our updated membership contact booklet is available at the office for a \$2 charge.

We hosted an all-candidates forum after our ½ hour general meeting and I'm happy to say that 7 out of 8 candidates accepted our invitation to speak for three minutes each. We then had an opportunity over tea to talk with them individually. The buzz in the room was incredible, the discussions continuing for an hour. No one can say we're not interested in politics. I'm sure most of those attending voted on election day. Congratulations to our new Council members, Alicia Cormier and Ryan Windsor.

At our Board meeting on April 11th, we voted to increase the hours of Blane Hendren, our hard-working, dependable and cheerful professional janitor. Increased time allows him to do a quick clean-up on Wednesdays as well as the present Fridays. We are also increasing our rental fees so that if necessary we can call in Blane if the Centre needs tidying up after a function. Our thanks to Blane and his employees at Heron Janitorial Services for their commitment to keeping The Centre invitingly clean. Enjoy being out in the fresh air! Spring has sprung!

Fabric Art by Margo Styan

Margo Styan, one of our members, will hold an art exhibition on May 13, 14 and 15 from 9 am - 5 pm at The Centre. CSSC member Margo Styan is a talented artist who will be displaying her works on the walls at The Centre for three days in May. Her works will be for sale with a portion of the proceeds being given to The Centre for its ongoing programs. Margo sells fabric art wall hangings, matted prints and greeting cards of her work.

Margo (Brisebois) Styan was raised on a farm in Saskatchewan. In her younger years she remembers fondly the times she spent drawing. After leaving home, Margo worked her way across Canada. She enjoyed

exploring and experiencing different lifestyles. She married Jim Styan in 1982 and they fostered and then adopted six wonderful children in the Yukon. In 1993 a 'miracle' baby was born. Even though all this activity took up a great deal of her time, Styan was able to fit in some art work in the family dining room.

In 1998 the family moved to the Okanagan where Margo was finally able to develop her own style of art work. She now considers this as fulfilling one of her life's dreams. The Styan's have resided in Brentwood Bay for ten years.

Come to The Centre and enjoy Margo's display!

Light Feast



Transformation



Sunset Canoe



Truly Lion-Hearted

Central Saanich Lions Club

By Wendy Wignall * Editor

The Central Saanich Lions Club has been generous through the years in supporting The Centre and in recognizing the services The Centre provides to the seniors' of our shared community. Historically, the Lions helped in preparing the foundation for The Centre structure in its current location. In recent years, the Lions have donated financial help for us to begin replacing our aging windows.

This support is greatly appreciated. However, it is important to recognize that this support comes solely from the volunteer work the Lions' members provide with their time and labour in community fund raising events. Funds raised are then dedicated to individuals, groups and facilities needing support in Central Saanich.

In The Centre's case, we are always mindful of finding ways to maintain our programs and facility while operating at an affordable cost to our seniors community and thus, we are grateful recipients of the Lions support. However, the work that Lions members have stepped up to physically provide, using their energy and time, is where their commitment to 'service' really shines. You may have noticed by now, that the upstairs washrooms at The Centre have been upgraded to meet 'safety code' requirements and are now wheelchair accessible. New flooring has been laid, drywall replaced, walls painted, new fixtures installed and new, safer door locks forthcoming! All done by the hands and expertise of Lions members; Dick Gibson, Larry Griffith, and Mike Shoemsmith.

Community businesses also lent a hand in helping with the supplies, some with complete donations and others through cutting costs on materials. The Lions picked up the tab for these costs. During this renovation time, the Lions looked into our needs and provided the expertise and labour to modify our electrical room to meet the fire code deemed necessary from

our last inspection.

When I asked Larry Griffith, "How was it that you ended up checking out the problem with the downstairs thermostat ... on top of all the washroom work you're busy with?" He just laughed and said, "How could I not help out when every morning when I arrive, the little lady at the front desk rushes off to bring me a fresh cup of coffee! The people here are so friendly."

Thank you Central Saanich Lions. For this particular project, a special thanks to Larry, Dick and Mike. We hope to see you often as guests at The Centre and perhaps one day as members.



L-R Dick Gibson, Larry Griffith, Mike Shoemsmith
of the Central Saanich Lions Club



We Serve

Activity Highlights at The Centre

SPOTLIGHT ON FEET

Guest Speaker, Marcia Goodwin

Friday, May 10 1:30 pm The Centre

Everyone is invited to bring their feet to this event. Hammers, claws, bunions, corns and calluses are all welcome. We'll make room for you and show you step by step how special your feet really are! Through discussion, illustration and by sharing observations from years of private nursing practice specializing in foot-care and health consultation, this talk is guaranteed to be interesting and informative.

Bio: Marcia Goodwin R.N., B.Sc.N. has worked as a nurse in a variety of clinical and community settings for almost forty years, specializing in footcare and health consultation since 1996. Also was an instructor of the Advanced Footcare Program for nurses 2006-2007. She believes in empowering individuals to make informed decisions about the care and management of their feet (something we don't learn in school).



The Centre's Songbirds

Notice to all married ladies...Men are "flying" into the Songbirds at an astonishing rate so if you have a 'hubby' in the choir or one who is thinking of joining, beware! The female Songbirds are in seventh heaven with Kurt, Phil, Danny, Jack, Albert, Frank, Don, John and, of course, our pianist, Richard in their midst.

The only thing that really matters is that we all have so much fun, both at practices and performances. If you have even the slightest thought about singing, "ya'll come",

Tuesdays at 12:45 at The Centre.

Check out our performance schedule or call Joan at 250-652-5746 first to be certain we are practicing on any particular Tuesday.



Painting at The Centre

This is a reminder note that there are two scheduled drop-in times for our members to enjoy this creative past time. A standing invitation goes out to all those who wish to drop in during these sessions held in the downstairs hall at The Centre.

Mondays : 12:30 - 3 pm Leaders: Marilyn Murray and Gerie Turner

Thursdays: 1 - 4 pm -Volunteer instructor: Ruth Fowler



Testing the Waters

Last month a sign up sheet for those interested in a conversational French program was announced, however, over the month some have stepped forward to ask for a Spanish group to be initiated. So...those who might be interested in learning some Spanish are invited to sign up at The Centre in the office area. Judging by the show of interest, dates and times will be announced in the June *The Centre News*.

Knitting Group

The last meeting of the Knitting Group before the summer break will be Wed. May 15th

Activity Highlights at The Centre

Famous Stamp Collectors

The stamp collection assembled by French/Austrian aristocrat Philipp von Ferrary at the beginning of the 20th century is widely considered the most complete stamp collection ever formed (or likely to be formed). It included a lot of rare stamps that had been issued by 1917. However, as Ferrary was an Austrian citizen, the collection was broken up and sold by the French government after the First World War, as war reparations.

Several European monarchs were keen stamp collectors, including King George V of the United Kingdom and King Carol II of Romania. King George V possessed one of the most valuable stamp collections in the world and became President of the Royal Philatelic Society. His collection was passed on to Queen Elizabeth II who, while not a serious philatelist, has a collection of British and Commonwealth first day covers which she started in 1952.

Franklin Roosevelt, who designed several American

commemorative stamps while U.S. President, was a stamp collector. Late in life Ayn Rand renewed her childhood interest in stamps and became an enthusiastic collector. Several entertainment and sport personalities have been known to be collectors. Freddie Mercury, lead singer of the band Queen, collected stamps as a child. His childhood stamp album is in the collection of the British Postal Museum & Archive. John Lennon of The Beatles was a childhood stamp collector. His stamp album is held by the National Postal Museum.

A letter sent on the LUFTSCHIFF HINDENBURG from Germany to North America.

See you on the 3rd Thursday in May at 2 pm at The Centre.

Kurt Sommer



May Birthdays

01 Grace Ferg	11 Nona Frew
01 Eric Fowler	13 Linda McCann
01 Irma MacKay	13 Donna Morrison
02 Ann Mony	19 Eileen McConville
03 Sharon Belfie	20 Ian Cameron
05 Melvina Giles	20 Glenda McDougal
05 Maybelle Hutchison	21 Alice Gregoire
05 Barb Jefferies	23 Victoria Caldwell
05 Ingeborg Liedtke	23 Doris Julian
09 Jim Dunbar	25 Patricia (Pat) Bird
10 Brenda Beckstrom	27 Ilene Tiszauer
10 Etiola Pettyjohn	29 Mary Donnelly

Reschedule Notice

Dr. Lynda Miller's course, *Embracing Elderhood*, based on the study, *From Age-ing to Sage-ing* was scheduled to begin in April. However, as you may have noticed, it was cancelled but will be reintroduced as a 'sign up' program for those interested in the Fall.

Join The Parade

Come for some community fun and a pleasant walk or ride in our local parade. The Brentwood Bay Days parade will be mustering at:

**Bayside Middle School on Wallace Drive
9 am on Saturday, June 1st**

Call The Centre if you have any great ideas in ways to promote our Central Saanich Senior Citizens Association for this event.



Looking Forward

Our Journey Program has come to an end for this season. Bridie, Silver Threads, and VIHA will be back next January for another series of Friday talks on *Navigating Aging*.

A questionnaire was filled in by those at our last session on proposed topics for next year. We have learned a great deal over the past months on various interesting important topics and I'm sure the snippets of information gleaned will continue to contribute to our well-being in this journey we call life!

The last talk on *Falls* was full of enlightened information. Did you know that much of our balance 'ability' comes to us through the soles of our feet? If our shoes are too thick soled, we lose that 'connection' to the surface we're walking on. Bare-foot is really good for balance! by Gerie Turner

Kitchen Patrol

Thank you to the twelve people who answered the call for help with The Centre's *Kitchens Clean Up Project* last month.

You may have noticed our sparkling clean kitchens. Jean Rozynski spent the morning of her birthday supervising a team of helpers scrubbing every last corner upstairs and down. Thank you to Renee Nicholls for taking on the dreaded fridge job.

Thanks to all who gave so willingly of their elbow-grease. You'll be pleased to know we found many lost items such as a key to the building, an apron with 40s style organza ties, and a bottle of forgotten wine! Oh yes, and a birthday cake for Jean.

We applaud all our volunteers!



by Gerie Turner

Sunday Social

at The Centre May 26 2 pm

Eric Pittman will be presenting a 40 minute film about the *Secret Lives of Hummingbirds Up Close*.

The video will be a presentation of some of the unique moments of hummingbird life captured on film over the last four years of study including; hatching, feeding, fighting, nesting and some of the perils they face. During it, Eric will narrate and take questions from the audience.

About Eric Pittman:

Eric has lived in many parts of Canada and enjoyed the bite of winter east of the Rockies so it was a pleasant surprise when he found the temperate West Coast. Having always been a photographer, he became fascinated with hummingbirds when one took up residence in his yard and had many nests in succession. Close observation taught him a lot about the challenges of capturing the hummingbirds on video.

He has since learned how to locate the nests and what some of their calls indicate. He has been studying a small population of hummingbirds which live near him in Victoria and witnessed many unexpected events in the secret lives of hummingbirds.



Rufous Hummingbird



Anna's Hummingbird

See you at our monthly social, a great place to visit friends and neighbours. Bring along a guest to show off our wonderful facility for the CSSCA.

PUT A NAME TO THE FACE



As we stroll around The Centre, there are many new faces/members, some we all know very well due to their immediate involvement in The Centre, others we meet at specific events; however we welcome all new mem-

bers and trust that they are finding fulfillment in the various activities offered. Here are two faces you may recognize.

Following notes are from Pat and Mike Bird regarding their move to Brentwood Bay.

2012 brought immense changes for Pat and Mike Bird. They sold their home and not only made the decision to move away from Fort Frances, in North Western Ontario, but moved far west to beautiful Vancouver Island. (Something Pat had dreamed of for many years).

Pat (a retired Library Assistant) had become tired of the long cold winters, where the snow and icy conditions prevented her going for walks, this made the winter long and depressing. However she always found something to do, she joined a fitness centre, was a volunteer and Friend of the Local Public Library, a member of Beta Sigma Phi Sorority, and had hobbies like sewing, knitting, crochet, and reading. But she loved the outdoors, especially walking and gardening; consequently by February, March and April, she was anxious to be outside.

The winter didn't really bother Mike as much. As a retiree (Mechanical Engineer, and Director of Health and Safety in the paper industry) he went daily to a Fitness Centre at his old place of employment. He is now studying part time for a degree in History, through correspondence, a keen activist promoting seniors programs, and a campaigner for Assisted Living Accommodation being built in the town. He was a past member of the Rotary Club in Fort Frances and a volunteer driver for the Canadian Cancer Society, taking patients for medical appointments or treatments. Even so, as time went on he too was beginning to get tired of driving in icy conditions and the cold long winters.

So in the spring, they decided to put their house on the market, never dreaming for one minute it would sell as quickly as it did. They had several yard sales, and advertised most of their furniture, which was sold without any problems.

They headed West, at the beginning of August, the car packed to the hilt, the remainder was being shipped to the West Coast and put into storage in Victoria until they found somewhere to live. They had no idea where their new address would be, quite an adventure for two folks of 70+. In the end it seemed it was all meant to be because they quickly found somewhere to live, and they're confident they made the right decision.

'The Birds' are now living in a rented townhouse in Brentwood Bay. They love the area, they have found everyone so friendly and helpful. In the neighbourhood there is everything they need or want. The climate they feel is perfect! They have joined the Friends of the Library, and have been active helping with their book sale. On Tuesdays they hike with a group of likeminded folks, and joined the Seniors Centre and have quickly become involved in volunteering.

They have always been active in volunteer work, and feel that it's important to do their bit in helping keep the community the wonderful place we all want it to be. Mike goes to a Fitness Centre at Keating X Road five times weekly and Tai Chi at St. Mary's twice weekly. He volunteers at The Centre with Bingo as a cashier and makes sure the paperwork is ready for the following week's Bingo. He plays Table Tennis at The Centre every Thursday afternoon, something he thoroughly enjoys and hasn't done for years!

Pat also helps with Bingo, both as a checker and in the kitchen. She volunteers help with baking whenever there's a social. She enjoys aerobics three times a week and yoga classes on Friday afternoon. She is looking forward to joining the walking group and would like to be more involved with some of the other activities when able.

They both feel The Centre has such a lot to offer and is a wonderful place to be. "Everyone is so friendly we were made to feel so welcome. It feels great."

Pat's notes: The downside to all this was leaving our family and friends in Fort Frances after 23 years. Especially our daughter Denise, son-in-law Ken and granddaughter Natalie. We miss them terribly. We try to keep in touch every day although it is not the same as being there. Hard as it was, and still is, our daughter Denise was the one who encouraged us to follow a dream. She came for a visit for a few days in November and it has helped her to come to terms with our decision to move so far away.

We now live closer to our youngest son Gavin, a daughter-in-law Marieke, grandchildren Evan 13 and Riley 7 who live in Vancouver and our middle son Neil, wife Jen, grandchildren Rowan, almost 5 and Elliot 3 who live in Calgary.

Submitted by Marianne Brackenridge (as per permission from The Birds)

Merry Month of May

by Marianne Brackenridge

May is a time of great celebrations for the approaching of summer, a month that marks many new beginnings. Let this month also be a month of reflection, action, inspiration and a sense of renewed energy.

The word May has its origin as *Maia*, the Roman Goddess of spring and growth. May Day has been a traditional day of festivities throughout the centuries, generally associated with celebrating spring time fertility of the soil, livestock and people.

May Day is also related to the Celtic and Germanic festival of Walpurgis Night, traditionally an occasion for raucous celebrations. For some the day was marked by a bank holiday when the May Queen of each community was crowned and dancing around the Maypole was enjoyed by many. In St. Andrews Scotland, some of the students traditionally gather at the beach late on April 30th and run into the North Sea at sunrise on May Day, occasionally naked. This is accompanied by torch lit processions and much elated celebrations. No doubt much whisky would be consumed to ease the goose bumps. However as we at The Centre celebrate, we will perhaps just reflect upon those *raucous* times of youth and settle for more sedate events suitable to our age group.

Does the name *Mayday Run* ring a bell? This event involves thousands of motorbikes taking a 55 mile or 89 km trip from London (Locksbottom) to the Hastings seafront in East Sussex. The event has been taking

place for almost 30 years now and has grown in interest from around the country, both commercially and publicly. However, the event is not officially organized as the police only manage the traffic and volunteers manage the parking. Are there any members in The Centre who have witnessed this event? I can only imagine the noise and impact it had upon the area.

Notable May Dates

May 1st, 1707 was the day the Act of Union came into effect, joining England and Scotland to form the Kingdom of Great Britain.

May 8th 1945 VE Day, WW 2 Victory in Europe.

May 12th Mother's Day This day calls for 'breakfast in bed' for Mom of whatever her choice.

May 20th Victoria Day coming up on, a federal Canadian public holiday celebrated on the last Monday before May 25th in honor of Queen Victoria's birthday. In keeping with tradition, a parade takes place in the monarch's namesake city of Victoria, BC.

May 14th, The first vaccination against smallpox was administered in 1796.

May 20th, Charles Lindbergh began his historical solo flight.

May 30th, Joan of Arc was burned at the stake.

May 1937, Neville Chamberlain was appointed Prime minister of Great Britain.



I had 'dial up' service for my computer. I would start up my computer, go have my morning tea and read the whole Times-Colonist before the computer would be on. If I wanted to e-mail someone it would take another 30 minutes in which I would dress and do my exercises. Then, if someone sent me a funny picture or something on Youtube, I could not even get that at all. The service simply was too slow to accommodate the bytes or whatever that is called. Mind you, I only paid \$ 3.30 per month for the service and my frugal Dutch upbringing really liked that.

However, eventually I could not bear it any longer so I decided to get 'high-speed'. The server I chose was very happy to accommodate me. They just happened to have an offer for six months, \$ 30.00 per month and gave me a phone number to contact. One morning when I felt brave enough to face the rigmaroles of the change, I phoned. On the phone came a kind, gentlemanly voice with a slight accent. His name was Edgardo. He asked my permission to enter my personal computer screen and off he went. Have you ever watched how they manipulate your computer? The little arrow goes all over the place, buzzing from one program to another without making any sense and eventu-

ally one hopes to get results. Edgardo asked me to stay on the line so I was tied to my phone.

To make the best of it I started to have a conversation with Edgardo. I heard laughing and talking in the background in a language I could not understand. I asked, "Who are those people speaking and laughing in the background?" He said, "Oh, those are my colleagues." It finally dawned on me that this might not be in Canada. I asked Edgardo, "Edgardo where are you?" He laughed and said, "I am in the Philippines, Madam." Here he was manipulating my screen in Brentwood Bay all the way from the Philippines! We talked for quite a long time about Canada, which he would like to visit, about the Philippines and how warm it was there and was his building air-conditioned, while he let that arrow jump from one place to another.

Finally I said "Well, Edgardo, I have been sitting here idle for at least half an hour just watching you doing your work and I would like to get some work done myself." He said, "You should meet my Auntie Sophia, she always says that idleness is the temple of the devil." Amazing what one learns when changing to high-speed. I now love my computer and e-mail on high-speed and I will never forget Auntie Sophia.

Special Recognition

As a Telus Ambassador, Lillian Davidson has been recognized in a Telus company program entitled, *Dollars for Doers*. For her volunteerism in the community, Lillian was awarded \$200, to be matched by Telus with an additional \$200 for a donation to be determined by Lillian. Her choice for this donation was to The Centre's Revenue Development Committee to benefit plans and programs for our membership. Congratulations Lillian! The Centre gratefully accepts this donation.



Antiques Revisited

The Revenue Development Committee teamed up with the Brentwood Bay Rotary to hold the second annual **Antique Revisited** on Sunday April 7th.

The attendance this year was down from last but we did make funds at the concession. Thank you to all the members who came out with their treasures to be appraised and thank you to those who helped with The Centre's provision of a concession for this event.



Weekly Activities At The Centre

Monday

Aerobics

9 - 10 am

Barb Jefferies

Mild Fitness

10:15 - 11:15 am

Barb Jefferies

Carpet Bowling

10 - 11:45 am

Leon Rozynski

Drop-In Art Group

12:30 - 3 pm

Storytelling

Every 2nd Monday
of each month

Mah Jong

1 pm

Bridge

1 - 4 pm



Tuesday

Scottish Country Dancing Walk Around

10 am

Janet Mitchell

Carpet Bowling

10 - 11:45 am

Leon Rozynski

Painting

12:30 pm

Marilynn Murray

Songbirds Choir

12:45 pm

Joan Lewin

Poker

1 pm

Line Dancing

2:30 pm

\$3 per session

Scottish Country Dancing

7 - 9 pm

Janet Mitchell

Art Appreciation Group

7 pm

Gerie Turner

Wednesday

Aerobics

9 - 10 am

Barb Jefferies

Mild Fitness

10:15 - 11:15 am

Barb Jefferies

Weaving

11:30 - 2:30 pm

Knitting

2 - 3:30 pm

Lynne Marotto

Bingo

1 - 4 pm

500 Club

7 pm

Thursday

Walking Club

Start up - April 18

Every Thurs.

10am

At The Centre

Watercolour Painting

1 - 4 pm

Ruth Fowler

Stamp Collecting

2pm

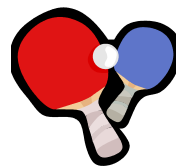
3rd Thurs. of the
month

Kurt Sommer

Table Tennis

Don Turner

Time - 2 pm



Friday

Aerobics

9 - 10 am

Barb Jefferies

Mild Fitness

10:15 - 11:15 am

Barb Jefferies

Carpet Bowling

10 - 11:45 am

Leon Rozynski

Scrabble

Casual

10 am

Happy Smith

Cribbage

1 pm

Casual

Scottish Country Dancing

7 - 9 pm

Janet Mitchell

Chair Yoga

4 - 5 pm

Gail Bradshaw

Saturday

Floor Shuffleboard

9:30 am

John Belsky

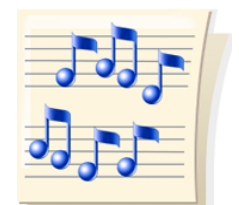
Bridge

1 - 4 pm

Snooker

1 - 4 pm

Casual



Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our new 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 for our window replacement project and the upgrading of the upstairs washrooms at The Centre.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA and provided funding for various capital projects such as our new roof.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Centre's Peninsula Co-op annually provides dividend funds to The Centre when members quote The Centre's number **60747**, when purchasing groceries or fuel.

LIVE WELL WITH



10% off selected items on the 2nd Tuesday of each month when showing your CSSCA membership card.



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.



15% off on Tuesdays and Wednesdays, with your CSSCA membership card.



10% discount on purchases made on Wednesdays, when showing your CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office, when showing your CSSCA membership card at time of purchase.



Level Ground Fair Trade Coffee is available for sale at The Centre. We offer ground or beans in many flavours at just \$8.00 per 300g bag. A portion of the purchase price goes to The Centre.

Additional Acknowledgement and Thanks To Contributors To The Centre In April



We Serve



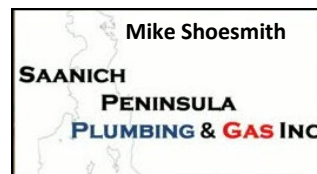
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Barry Lance



Reminder

Mark your calendar for June 1st as we are entering the Brentwood Bay Days Parade. Assemble at Bayside School at 9:00 to be part of the action. Then head into The Centre for the Silent Auction, a major fund-raising event put on by our Revenue Development team. Last year \$3000 was added to our coffers from this event. And, it's an opportunity to increase our community profile, to make people aware that The Centre is here!

Gerie Turner



The Centre for Active Living 50+

Central Saanich Senior Citizens Assoc.

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www.centralsaanichseniorscentre.org

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Vice President: Margaret Sharples

Past President : Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Thea Revoy

Assistant Treasurer: Ian Cameron

Directors: Marney Ellis Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

The Centre NEWS

Editor / Layout: Wendy Wignall

Photos: Wendy Wignall Gerie Turner

Printing & Distribution Gwen Bentley

If you come to The Centre's Sunday Socials, then you will know that many members prepare wonderful desserts and sandwiches for us to enjoy with our tea or coffee. It truly is a fabulous spread each month! One of our regular contributors offered to share a popular favourite treat. Thank you Happy Smith!

Happy's Almond Florentines

Graham Wafers

1 cup butter

1 cup brown sugar

1 1/2 to 2 cups flaked almonds

Arrange wafers on a jelly roll pan. Place butter and brown sugar in a saucepan and cook over medium heat for 5 min. DO NOT BOIL. Spread mixture over the wafers. Sprinkle almonds over top.

Bake at 375 degrees for 7 minutes. Turn oven off. Prop door open slightly and leave for about 30 minutes.

Remove from oven and cut while still warm. Loosen slightly.

Yummy! Freezes well, Enjoy

Welcome to Our Newest Member

Audrey Hall

