

# The Centre News

Heart of the Peninsula



## May Events

### CSSCA Board Meeting

- \* Thursday, May 3rd, 9:30 sharp
- \* **CANCELLED**

### Tea for Tu Tu—Peter Pan

- \* May 8th,
- \* Sign up sheet at Centre

### Book Club

- \* Thursday, May 10th noon
- \* Bring a book and bagged lunch

### Speakers Series

- \* Monday May 14th 1:30 pm
- \* Dr Mark Sherman
- \* Role of Mindfulness in Waking Up Our Lives

### Potluck Luncheon

- \* Thursday May 17th noon

### Prevention & Health Workshop

- \* Thursday May 17th 1:30 pm

### Victoria Day - May 21st

- \* The Centre is closed

### Lunch Bunch

- \* Thursday, May 24th, 11:30
- \* Melinda's Biscotti, Sidney

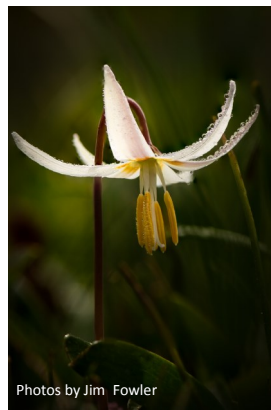
### Bus Trippers

- \* Friday, May 25th
- \* Egypt The Time of Pharaohs

### Bingo

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

MAY 2018



Photos by Jim Fowler

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The Centre will be closed Monday, May 21th

# Around The Centre

Hey!  
**WELCOME**  
We're *very* **GLAD**  
you're here!

## New Members

Greg Nowakowski

Isaline Calleste

Ceci Diemecke

Jill Yonge

Paddi Wood

Suzanne Labreche

Claire Grise

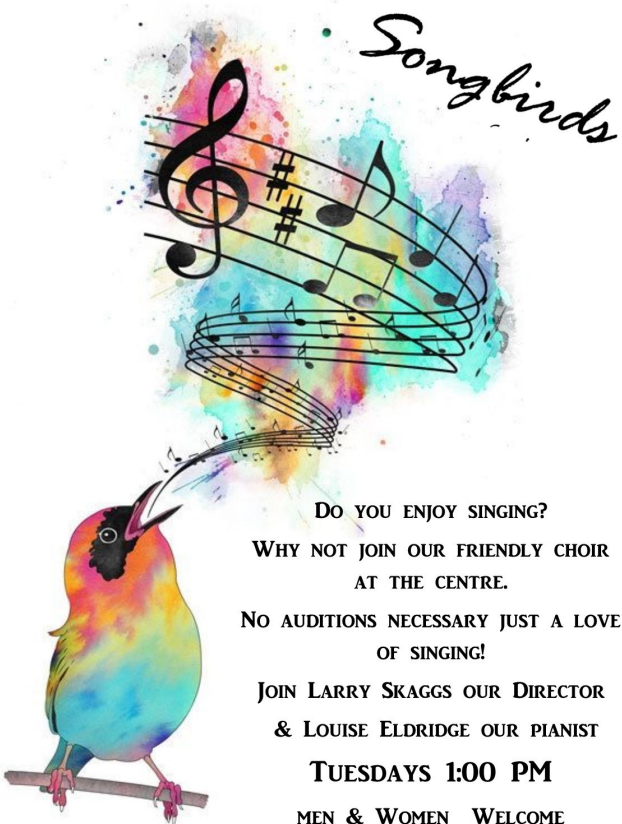


Thank you to Eunice Webber, winner of the monthly draw for the Volunteer of the Month. Eunice volunteers at the Centre reception desk.



May 1	Grace	Ferg
	Eric	Fowler
	Vic	Peters
May 3	Ken	Weatherill
	Rosemary	McClusky
May 5	Melvina	Giles
	Barb	Jefferies
May 7	Eileen	Elderton
May 10	Etiola	Pettyjohn
	Brenda	Beckstrom
	Don	Turner
May 11	Margaret	Pollard
	Nona	Frew
May 13	Elizabeth	Skaggs
May 14	Linda	Parry
May 20	Ian	Cameron
May 23	Norm	Alton
	Victoria	Caldwell
May 25	Patricia (Pat)	Bird
May 27	Ilene	Tiszauer
	Shirley	Roberts
May 28	Bill	Turner
	John	Durkin

# Around The Centre



*Songbirds*

DO YOU ENJOY SINGING?  
WHY NOT JOIN OUR FRIENDLY CHOIR  
AT THE CENTRE.  
NO AUDITIONS NECESSARY JUST A LOVE  
OF SINGING!  
JOIN LARRY SKAGGS OUR DIRECTOR  
& LOUISE ELDRIDGE OUR PIANIST  
**TUESDAYS 1:00 PM**  
MEN & WOMEN WELCOME



The Songbirds sang out in the month of April at Broadmead Care, above, Sidney All Care and at St Marys' Anglican Church in Oak Bay. May 1st, we sing out at the San Peninsula Hospital Care Unit for their month birthday party. May 7th we sing for the Heart & Stroke Foundation

Come out and give the Songbirds a try.

Found!!!

Nona, far right, found Pat's lost diamond that fell out of its' setting. It took 6 weeks to be found and just in time for Pat's birthday.



# Activities



A quick Photo Stop before visiting the National Toy Museum of BC with the Bus Trippers. Then we stopped for lunch at the Irish Times Pub and some great Irish stew. Photo above, Pat on the left and Vivien on the right.



The Brentwood Bay Boozing Buddies enjoyed the evening at Marys Bleue Moon Café singing along to the tunes sung by the Old Black Rum band.



For the April Sunday Social we had wonderful entertainment by Charlie Burton. Thank you to the volunteers who came in early to set up and stayed to clean up. Thank you to the volunteers who brought in all the delicious baked goods and sandwiches. Unfortunately we had a very disappointing turn out for the Social.

# Activities



Dale Broad, our Bingo leader, on the left, along with Kathy, volunteering as cashiers for Bingo played every Wednesday. Bring a friend and come out for a fun afternoon, if you don't play we can always use more volunteers.



**EVERY WEDNESDAY @ 1:00 PM**

An afternoon of fun and entertainment at:  
**The Centre  
For Active Living 50+  
1229 Clarke Road, Brentwood Bay**  
(Adjoining the Brentwood Library Branch)

**Lots of Free Parking!**  
Open to everyone 19 and over

**Cash prizes, special games and a progressive jackpot.  
Refreshments available.**

Proceeds go to operating costs for  
The Central Saanich Seniors Centre.  
Come out and support this non-profit  
facility which provides recreation and  
support for all seniors on the peninsula.

BC Gaming Event Licence #97274  
*Know your limit, play within it. 19+*  
For Help: 1-888-795-6111 or  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Central Saanich Senior Citizens Association, 1229 Clarke Road, Brentwood Bay, BC. 250-652-4611



Scottish Country Dance Fun Friday April 13th.  
Thank you Dorothy for taking the photo and handling the ipad for the evening.

The next Fun Friday is on May 11th.

The next Ceilidh is Sunday June 3rd.

The April Speakers Series guests were the actors from Target Theatre performing the play (Can You Hear The Birds) written by local playwright, Kat Taddei. A touching recount of what it means to the person who has a hearing loss and how we can understand that hearing loss.

Please note, May Speakers Series will on on a Monday, May 14th with Dr. Mark Sherman.



# Activities

Let's Play Bridge!!

Every

**Monday 12:30 pm**

Welcome new experienced players.

**Saturday 12:30 pm**

New players welcome who are learning Bridge for the Saturday sessions.

If you are interested in learning to play Bridge, we will run a Bridge Workshop if we have enough interest.

Sign up sheet at centre reception.

**PLAY**

Monday, May 14th, Bridge is cancelled as May Speaker Series guest speaker, Dr. Mark Sherman is not available on Fridays. Thank you to our Bridge players for giving up their Monday, this does not happen often, our group of Bridger player love the game. Although the Centre is closed for the Victoria Day long weekend, you we find our Bridge players on site Saturday May 19th and Monday the 21st.

# Up Coming Events



Tea for Tutu", Ballet Victoria's favourite seniors program, proudly expands its activities in response to requests from seniors and parents with young children.

re-

Tea for Tutu offers quality innovative daytime performances in a friendly community atmosphere with tea offered by our sponsors.

Show: May 8 and 9, 2018 – *Peter Pan*

The program for each event includes:

- An introduction to ballet
- The story of the creation of new works
- A preview of the upcoming production
- Tea, refreshments, and meet the dancers

Venue:

[Kirk Hall, 680 Courtney Street Victoria, BC](#)

**Admission By Donation**

**Sign up Sheet at centre reception**

**We have reservations for 10**

## TEA FOR TU TU— PETER PAN

**May 8th**

**Meet at Centre 1 pm**

**Show time 2—3 pm**



# Up Coming Events



THE CENTRE FOR ACTIVE LIVING 50+

Invites you to attend the June 15th, 2 pm 2018 presentative.  
 "How to Get Prepared for an Emergency."

- Neighbourhood Emergency Preparedness Program



Don't be Scared..... Get Prepared

**Scottish Country Dance  
 Fun Friday  
 May 11 at 7 – 8:30 pm**

No need  
 to bring  
 a partner



Wear comfy shoes

Experience an evening of Scottish Country Dance at the Centre 50+  
 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**

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

**CSSCA THE CENTRE FOR ACTIVE LIVING**

CSSCA Invites you to the

June 24th, 2 pm  
 Strawberry Tea & Art Show  
 Tickets \$ 10

Entertainment by  
**The Killer Walls**  
 "Vocal Orca-stration"

1229 Clarke Road Brentwood Bay 250-652-4611  
 Next to the library

You're Invited **The LUNCH BUNCH**  
 to

Thursday  
 May 24th  
 11:30 am

**Melinda's Biscotti**  
 Taste a world of happiness

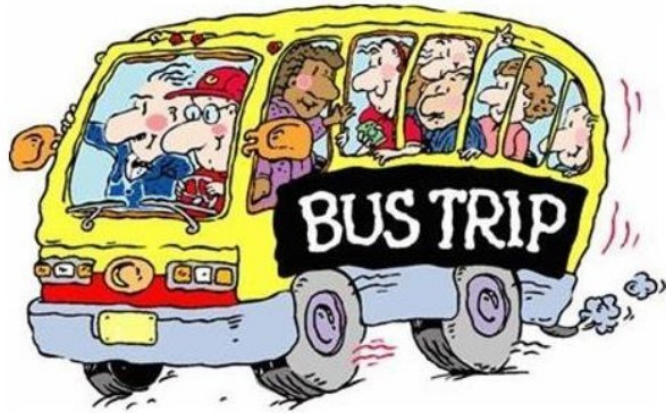
Located  
 101 - 10134A  
 McDonald Park  
 Road  
 Sidney

Sign up sheet at The Centre 50+ reception. Please advise if you can drive. Meet at the Centre at 11:00 am to carpool.



# Up Coming Events

## The Bus Trippers Busing for Fun



Experience a time when civilization grew along the Nile, pyramids dotted the skyline and people believed gods walked among us.

With more than 300 original artifacts, some an astounding 4,500 years old, this exhibition covers all aspects of ancient Egyptian life, from the emergence of ancient Egyptian civilization along the Nile to the Ptolemaic and Roman eras.

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts, such as the coffin of Nakht, an exceptional bust of Hatshepsut and an ornate gold and garnet necklace from the Ptolemaic period.

**Friday, May 25th**

City Transit - \$5.00 /Day Pass

Museum — \$8.00 /Senior Rate

Sign up sheet and further details at Reception

# Speaker Series at The Centre

Monday, May 14 \* 1:30 pm \* by donation at the door  
1229 Clarke Road, Brentwood Bay

**Guest Speaker: Dr. Mark Sherman**

**Topic: The Role of Mindfulness in Waking Up In Our Lives**



# bcalm

BC ASSOCIATION *for* LIVING MINDFULLY

Join Dr. Mark Sherman for this 1 hour presentation on mindfulness and meditation and the evidence on how these ancient practices change our brains and help us to navigate stress and embody wellness in our lives.

During this interactive presentation you will learn some of the clinical and neuroscientific research on mindfulness and practice some basic mindfulness tools to bring into your own life.

# Up Coming Event

# Grease

Book, Music & Lyrics by  
Jim JACOBS and  
Warren CASEY

Chemainus  
Theatre Festival

August 18th

Saturday

Matinee



Depart

9:30 am

Return

5:30 pm

**Summer Road Trip to the Chemainus Theatre to see the production of  
GREASE**

**The CSSCA has purchased a block of 54 tickets, for the  
August 18th performance. At \$100, the price includes the meal and  
Transportation. Reserve your tickets as of May 1.**

**Payment due upon sign up**

# Up Coming Workshop

Description: PKOA\_Email\_Newsletter  
Date and Version: 2018.03.20 Ver 1.3



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

## Pilot Workshop! Prevention and Health Information

**Who?** We are asking adults ages 50 and over to participate in a pilot workshop/health information day.

**What?** We want to know if participating in a health information workshop will have a long lasting impact on your health and health knowledge. There will be a one-hour presentation and health information interactive workshop followed by an area where we will have some booths set up with additional health related information. We will provide some light snacks and refreshments. Immediately after the session we will ask you to complete an anonymous paper survey. We will contact you after two years to complete a second survey. The goal of the survey will be to find out about the immediate and the long term impact of the workshop on your health knowledge.

**Why?** We want to deliver a prevention and health information workshop that has a long-term benefit on those who participate.

**Workshop is scheduled for May 17th at 1:30 pm**

**When?** May 2018.

**In the lounge at The Centre 50+**

If you are interested in participating in this workshop/health information day with follow up survey, please contact Lindsay Richier at 778-678-7974 or [LRichier@alumni.ubc.ca](mailto:LRichier@alumni.ubc.ca) to find out more information.

Thank you for your consideration.

**Principal Investigator:**

Dr. Marilyn Bater  
Geriatric Medicine  
Island Health  
[Marilyn.Bater@viha.ca](mailto:Marilyn.Bater@viha.ca)

**Study Coordinator:**

Ms. Lindsay Richier  
Medical Student  
UBC Undergraduate Medical Program  
[LRichier@alumni.ubc.ca](mailto:LRichier@alumni.ubc.ca)

Many of our members met Lindsay Richier last year when she ran the Preventative Healthcare and Knowledge Translation Study at the Centre, then stayed on a couple of mornings a week to assist members with computer issues. This year Lindsay is back with Dr Marilyn Bater to run this pilot workshop.

Sign up sheet at the Centre reception.

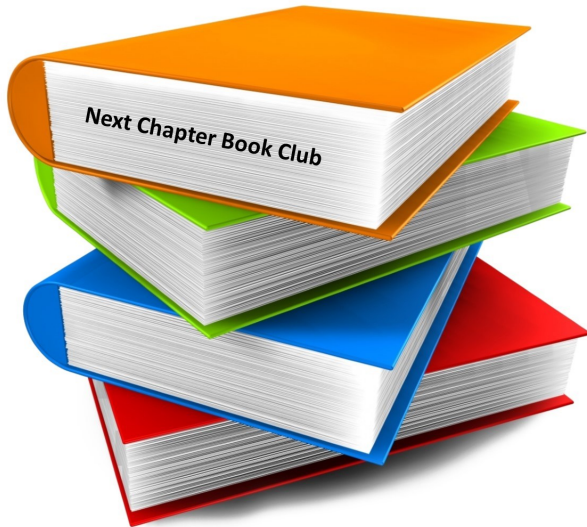
Getting involved makes a difference.

Thank you Lauren Barr

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10:00 am 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10:00 am 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>NIA Dance</b> 9:30 - 10:30
<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am	
<b>Bridge</b> 12:30 -3:30 pm <b>Cancelled on May 17th only</b>	<b>Painting</b> 12:30 - 3 pm	<b>Weaving</b> 11:30am - 2:30pm	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm	<b>Chair Yoga</b> 12 - 1 pm	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Photo Club</b> 2nd & 4th Monday 1 pm	<b>Songbirds Choir</b> 1 - 2 pm	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:30 am Sign-up sheet in office	<b>BUS TRIPPERS</b> 2nd Friday Of each month Sign up sheet at reception	<b>Bridge Clinic</b> 12:30 - 3:30 pm
<b>Scrabble</b> 1:30 pm	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm	<b>Table Shuffle-board</b> 2 pm	<b>Cribbage</b> 1 pm	
		<b>Knitting</b> 2 - 3:30 pm	<b>Armchair Theatre</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 1 pm - 3 pm	<b>Speakers Series</b> 1:30-3:00 PM 3 <sup>rd</sup> Friday of the month	
	<b>Art Appreciation</b> 2nd & 4th Tuesday 7 pm <b>Resumes Sept</b>			<b>Scottish Country Dance</b> 2 <sup>nd</sup> Friday 7—8:30 pm	

## NEW THIS MONTH



### IT'S TIME FOR A THURSDAY AFTERNOON BOOK CLUB

Our first meeting will be Thursday May 10th, noon  
In the lounge.

Bring your lunch, a book and ideas then let's get started.



#### Craft Corner WANTED

- \* Old ornate picture frames, do not need the glass
- \* Broken jewelry
- \* Old Christmas decorations
- \* Vintage hats and vintage wedding dresses.



THE CENTRE FOR ACTIVE LIVING 50+

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

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

[www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

### CSSCA Executive

**President:** Mike Bird

**Past President/Treasurer:** Margaret McKelvie

**Corresponding Secretary:** Valerie Park

**Recording Secretary:** Elizabeth Skaggs

### CSSCA Board of Directors

Robert Atkins

Dale Broad

Braunda Gustafson

Joanne McGowan

Marilynn Murray

Shirley Monych

Renee Nicholls

Thea Revoy

Margaret Sharples

Gerie Turner

Vic Peters

Joyce Vezina

### The Centre News

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