

The Centre News

Heart of the Peninsula



May Events

CSSCA Board Meeting

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

Fun Friday— Scottish Ctry Dance

- * Friday, May 10th 7 - 8:30 pm

Brentwood Boozing Buddies

- * Saturday, May 11:30 am
- * Symphony Vineyard

Potluck Luncheon

- * Thursday, May 16th noon

Lunch Bunch

- * Thursday, May 23th, 11:30
- * Adrienne's Restaurant, Mattick's Farm

Speakers Series

- * Monday, May 24th 2:00 pm
- * Mary Conley - Artist

Richard Wong Water Colour

- * Monday, May 27th 1— 4 pm
- * Landscape

Bus Trippers

- * Thursday, May 30th 7:57 am
- * Sailing the Salish Seas with BC Ferries

Bingo

- * Wednesdays 1— 4 pm
- * Everyone 19 and over welcome
- * Refreshments available
- * **Hot Dog Day**, May 29th 11:30 am — 12:30pm

MAY 2019



**Happy
Mother's
Day**

May 12th

In This Issue

<u>May Events</u>	pg. 1
<u>Around The Centre</u>	pg. 2
<u>Activities</u>	pg. 3
<u>Upcoming Events</u>	pg. 5
<u>Weekly Activity Schedule</u>	pg. 10
<u>Contact Information</u>	pg. 11



The Centre will be closed Monday, May 20th

Around The Centre

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

New Member

Dora Stroud



Donna Flood.

Thank you Donna for supporting the Centre with your volunteering. Its always a cheerful day when Donna volunteers on the reception desk, it's her contagious laugh, her ability to make those around her smile and laugh with her. I know, she does it to me all the time.

Thank you.

Volunteering offers vital help to people in need, worthwhile causes, and the community, but **the benefits** can be even greater for you, the volunteer. **Volunteering** and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose



Birthdays This Month

May 1	Grace Vic	Ferg Peters
May 3	Ken Rosemary	Weatherill McClusky
May 5	Barb	Jefferies
May 7	Eileen	Elderton
May 10	Etiola Brenda	Pettyjohn Beckstrom
May 11	Margaret Nona	Pollard Frew
May 13	Elizabeth	Skaggs
May 14	Linda	Parry
May 19	Barbara	Nicholson
May 20	Ian	Cameron
May 23	Norm	Alton
May 25	Patricia (Pat)	Bird
May 27	Ilene Shirley	Tiszauer Roberts
May 28	Bill John	Turner Durkin

Activities



The April Speakers Series with

Allan Perry and Ron Fraser of Tec Talk was a resounding successful. They shared some the newest technology from the Vegas Tech Show . Always an interesting presentation with question/answers period as long as their presentation.



For April the Lunch Bunch gang hung out at the Zanzibar Café. As always a wonderful meal and great conversation with awesome old friends and new-friends



Where Friends Meet.

To the left, these ladies are on a weekend field trip. They all met at the Centre and have formed a solid friendship. Come and join the Centre and form those lasting friendships.



The Centre For Active Living

(CSSCA)

Bus Trippers on the left on the way to the IMAX Theater. This was only half the group



The Centre News

Activities

BRUSHSTROKES

Featuring: Sharon Klein,

Marilynn Murray,

Shirley Roberts,

Happy Smith,

Gerie Turner



Marilynn Murray

Opening Reception: Sunday, April 14th 2 pm to 4 pm

Daily from Friday April 12th – Thursday April 18th, 2019

10 am to 4 pm

ArtSea
gallery

in Tulista Park, 9565 Fifth Street, Sidney

Please come, bring a friend & enjoy!



On Tuesday afternoons, before leaving the centre, I like to pop down to Marilyn's art group to see creativity at work . What a wonderful surprise to see each piece finished, framed and on display, so beautiful. Each artist has a very identifiable technique.

Congratulations go out to Marilyn, Shirley, Gerie, Happy and Sharon for a successful art show in Sidney last month.



The Centre For Active Living



(CSCA)

The Centre News



May 2019

page 4

Up Coming Events

Glynis Miller LPN, Mobile Foot Care Nurse

Compassionate in-Home Service



**Coming to The Centre For Active Living 50+
The first Tuesday of the month**

May 7, 2019

9 am - 4 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



Take care of your cue ball and it will take care of you

8



**Would You Like To Play A
Friendly Game of Pool?**

Join Us

Every Friday at 1 pm

(except when there is a speakers series on)

Sign-up sheet at Centre Reception



Let one finger stay and the other will point the way

Scottish Country Dance

Fun Friday

May 10th 7 — 8:30 pm



Experience an evening of Scottish Country Dance at the Centre

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

"LANDSCAPE WORKSHOP"

THE CENTRE FOR ACTIVE LIVING, 1229 Clarke Rd., Brentwood

Monday, May 27, 1:00-4:00pm

\$40.00/person



We are bringing Richard back for another workshop after a successful introduction of his "Eastern Blue Jay". Please join us at the Centre for Active Living for a delightful class painting "Landscapes"! You'll enjoy Richard's easy to follow instructions as you learn how to create beautiful images on Japanese art paper.

Richard Wong is a professional wildlife artist and instructor. His workshops are relaxed, fun and fully supported. Open to all levels including beginners. No prior experience needed. (Art Supplies: bring your own, OR rent a paint kit in class for an additional \$5.00).

Call (250) 652-4611 or In-Person to REGISTER (M-Fri: 9:00am-1:00pm).

Up Coming Events

Friday, May 24th **2:00 pm**

Guest Speaker: Mary Conley, an award-winning local artist is coming to The Centre for Active Living 50+ in Brentwood Bay on May 24th at 2 pm. Mary admits she loves to paint and draw, make pop-up books and paper mâché sculptures but her lifelong passion for art has included classes and workshops in many different forms of visual arts. Please join us for an entertaining and educational afternoon with Mary Conley. Entry by donation. Please see Mary's website for more information: <http://artworksbymaryconley.com/sculpture.html>

"Imagination is more important than Knowledge"

Albert Einstein



The Brentwood Bay Boozing Buddies

Invite you to join us Saturday

May 11th at 11:30 am at the

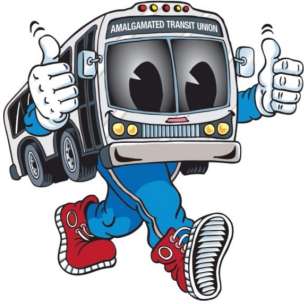
Symphony Vineyard

Sign up sheet at Centre reception

Meet at Centre 11:15 am to carpool



Up Coming Events



The Bus Trippers

Let's go cruising
on the Salish Seas
with BC Ferries.



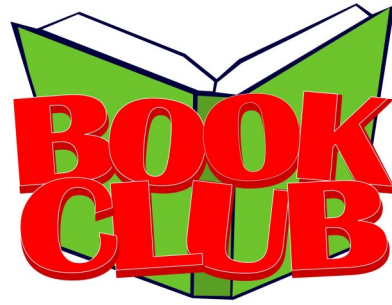
It's a 3 1/2 hour round trip,
leaving Swartz Bay on the
9:10 am ferry. We sail to the
Gulf Islands of Saturna,
Mayne and Pender. There is
no cafeteria on this ferry so
pack a lunch.

Seniors are free, bring your
ID. Adults \$13.45

Thursday, May 30th

City Transit - \$5.00 /Day Pass

The #81 Sidney/SB bus leaves the bus stop at Wallace & W Saanich at 7:57 am and arrives at Swartz Bay at 8:39 am. Or you can catch the #72 Swartz Bay bus at the 8:12 am at the Saanichton Exchange with Vivien, it arrives at 8:43 am., giving us enough time to purchase our ferry tickets.



-
- Joining a **book club** can also help to extend your reading, as you'll be tempted to try different types of books that you might not otherwise have chosen by yourself. Many people can become accustomed to the comfort of reading in a favourite genre and may not realise how much they might actually enjoy an altogether different type of book, until they are persuaded to try by other members of the book club.

Family Ceilidh



Wear
comfy
clothes
and light
weight soft
souled
shoes

No need
to bring
a partner.

Refreshments
after dance

Sunday
June 2
2 - 4 pm

Hosted by the Scottish Country Dancers of Brentwood Bay

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.

\$5 per person * \$10 per Family * Drop Ins Welcome

THE LUNCH BUNCH

May 23rd, 11:30 am.
Sign up sheet at Centre reception.
Carpooling available



Hat Show & Strawberry Tea



***“Where Did
You Get
That Hat”
Musical
Hat Show
&
Strawberry
Tea***

Sunday, June 23rd, 2 pm—4 pm

Featuring The Songbirds & The Jammin’ Seniors
And the best Strawberry Shortcake ever!

Tickets \$10 Members \$15 Non Members

HAT LADY

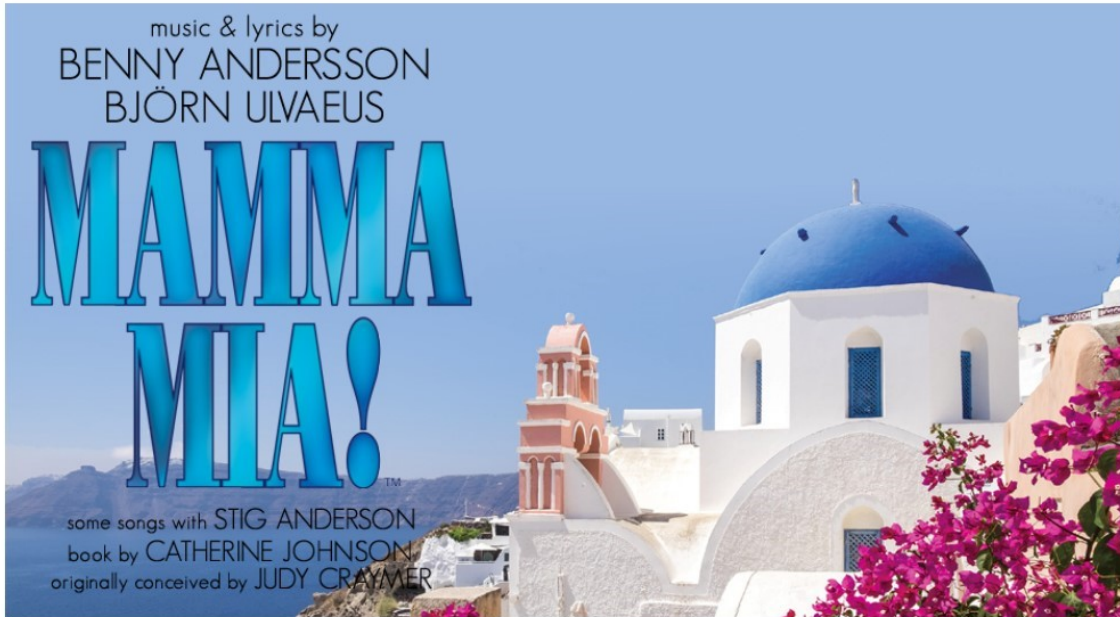
She struts her stuff,
Like a beautifully plumed bird.
Her head’s adornment is outfitted
With feathers, fur, bows, and
sparkly things,
It’s tipped to the side
And dips seductively over one
eye

As she peers out from under.
At her many admirers,
She knows she’s looking good.
“Wear that hat girlfriend!”
I want to be a hat lady one day.....
When I grow up.

By Patricia Neely-Dorsey

Up Coming Events

Chermainus Theatre Festival



Sold Out!!

There is a
waiting list at
centre reception
in case someone
cancels

Saturday

June 22nd

Departure time 9:30 am

Cost \$130.00

(Price includes: meal, transportation
& theatre tickets)

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dance 10:00 am 11:30 am	Aerobics 9 - 10 am	Scottish Country Dance 10:00 am 11:30 am	Aerobics 9 - 10 am	NIA Dance 9:30 - 10:30 CANCELLED
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	Book Club noon	Mild Fitness 10:15 - 11:15 am	
Bridge 1:00 - 4:00 pm	Painting 12:30 - 3 pm	Weaving 11:30am - 2:30pm	Pot Luck Lunch 3 rd Thursday noon	Chair Yoga 12 - 1 pm	Jammin' Seniors 9:30am - Noon
Photo Club CANCELLED	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am Sign-up sheet in office	Pool 1 pm	Bridge Clinic 1:00 - 4:00 pm
Scrabble 1:30 pm	Poker 1 pm	Bingo 1 - 4 pm	Writing Circle 1st,3rd & 4th Thrusdays 2 pm	Brentwood Bay Boozing Buddies 11:30 am May 10th Symphony Vines	Chemainus Mamma Mia June 22nd (sold out)
Richard Wong Water Colour Paint (Landscape) 1—4 pm		Knitting 1:30 - 3:00 pm		Speakers Series 2 pm May 24th Artist Mary Conley	"Where Did You Get That Hat" Music Show & Strawberry Tea June 23rd 2—4 pm Sunday
	Art Appreciation 2nd & 4th Tuesday 7 pm		BUS TRIPPERS May 30th BC Ferries round trip	Scottish Country Dance Fun Friday May 10th 7—8:30 pm	



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, April 4th at 2 pm. Bring pen or pencil, note book or paper to write on.

All Eyes Down No Smiles

People watching, what a wonderful pastime.. Sitting on the park bench watching all the folks walk by, just isn't the same anymore. How can you make eye contact when all eyes are down. Where have all the smiles gone? I always believed if you smile at someone it is hard for them not to smile back, smiles are contagious, but now all eyes are down. Got a new outfit today, no one noticed, all eyes are down. He's walking towards me, my dream man. Look up, I am here. He is getting closer. Look up..... let me see your smile, I am here. Alas, he walks by, eyes down. I stand at the bus stop in silent in a crowd of people, no one to chat to, all eyes are down. I climb up the steps of the bus and look around to see who I know, all eyes are down, no smiles. I hand my money to the bus driver, he smiles and says hello. Thank you BC transit, all I wanted was a friendly smile and a hello to start my day.

Condensed vision By Laureen from the Writing Circle

At the Writing Circle after discussing and sharing writing hints, we pick or draw a topic and spend 20 minutes writing what comes out. We do not judge or critique each others writing, we encourage and support each other.



THE CENTRE FOR ACTIVE LIVING

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

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

CSSCA Executive

President: Mike Bird

Vice President: Dale Braod

Past President/Treasurer: Margaret McKelvie

Recording Secretary: Elizabeth Skaggs

CSSCA Board of Directors

Robert Atkins

Val Park

Joanne McGowan

Gerie Turner

Vic Peters

Shirley Monych

Renee Nicholls

Thea Revoy

Margaret Sharples

The Centre News

Editor: Laureen Barr

Photos: Laureen Barr

Distribution: Roger & Joan Boutilier
Tanga Blackburn

