



Sunday Socials - Big Hit

On the last Sunday of every month, The Centre's hall has been filled with neighbours and friends getting together for tea / coffee and goodies provided by our own wonderful bakers and servers. Our entertainment coordinator, Glen Sprague has made these afternoons even more enjoyable by bringing in talents and fun, from musical bingo, to magicians, dancers, musicians and bands. Door prizes have also added to the festive nature of these Sunday Socials. Members are encouraged to bring along neighbours and friends and take in these enjoyable afternoons. Attendance is by donation and all proceeds go toward The Centre's programs and events.



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November Events

Friday Speakers Forum

- * Fridays, November 1, 8, 15, 22, 29
- * 1:30 - 3 pm
- * Refer to topics and speakers on pg.3

CSSCA General Meeting

- * Thursday, November 7 2 pm
- * Come for the meeting and stay for the visit

Remembrance Day

- * Monday, November 11
- * The Centre is closed

Board Meeting

- * Thursday, November 14 9:30 am

Age-ing and Sage-ing

- * Thursdays, November 21, 28, December 5
- * Presenter: Lynda Miller
- * Free to Members - please register
- * 10:30 - 12 noon Downstairs Hall

Pot Luck Lunch

- * Thursday, November 21 11:45 am
- * At The Centre

Lunch Bunch

- * Thursday, November 28 Noon
- * Glen Meadows Golf Club
- * Please sign up at The Centre office
- * Last lunch gathering until the new year
- * Everyone welcome

Sunday Social

- * Sunday, November 24 2 pm
- * Tea / Coffee and goodies
- * Entertainment : Jazz group, 'Jolly Tars' from the Naden Band - Royal Canadian Navy
- * Members and guests welcome

Bingo

- * Wednesdays 1-4 pm

President's Message *CSSCA President, Gerie Turner*



What an exciting time we've had lately. I was fortunate enough to spend just over two weeks in Uganda, Africa! It was far more than I'd ever dreamed it would be. I will do a 'slide show' for members sometime in December as I feel compelled to share my experiences with everyone! I wonder if the lions are feeling the same way about meeting me? I feel extremely privileged to have seen and learned what I did.

The Centre has been in full throttle during October. The Friday Speakers Series has had Co-op Housing, *Dying with Dignity* reminding everyone to have a 'health representation agreement' that you all went out and got signed after last years' talk by John Coupar. Also we enjoyed a tour of the *French Midi Canal* talk by Ian Cameron, and we had a talk about the services offered by the Mt. Newton Centre. Such a variety of topics! November looks just as promising.

Oktoberfest was a resounding success with a wonderful evening lead by Kurt, Martha, Glen, and Inge. The food was authentic German cuisine, with

three kinds of sausage, German potato salad, terrific sauerkraut (Leon's recipe used by Jazzaniah Caterers) and real Black Forest Cake enjoyed the next day by those who found leftovers in the fridge. Ron Sera and Mary Ross swooped us through the evening, with singing and dancing and some sort of aerobics. We were under a blue canopy of streamers and balloons with people measuring their arm lengths for the raffle tickets. We're looking forward to Oktoberfest 2014 already.

A quiet Sunday afternoon? Not likely. The Ceilidh put on by the Scottish Country Dancers also put our hall's acoustics to the test. About forty people hooted and hollered, kicked up their heels and otherwise became dancers from the lochs. Those who really enjoyed it are invited to come to regular sessions of Scottish Country Dance at The Centre. It's great exercise, both for your body and your brain. It's fun too, dancing around and around, hoping you'll be able to get through the dance without bringing everyone to a confused halt!

Some activities are just beginning to 'gel' as members realize that those who volunteer to be leaders of groups like to see some action. If you're thinking of learning how to play MahJong, Bridge or Scrabble, or thinking of joining a painting group just to have company while you do art projects, come along. You'd be warmly welcomed. If you need a ride, or any ride to a Centre function, we now have a list of volunteer drivers who would be happy to pick you up and take you home. We are in this together!

Have a busy and enjoyable November.

Keys to Healthy Longevity from Geriatrician Dr. David Lipschitz

Find joy in retirement; cultivate creativity, seek new adventures, volunteer and give back to society.

Lose the negativity about aging; it will boost your self-esteem.

Make friends and maintain your social networks.

Submitted by Penny Furnes

Upcoming Events

The Centre's Friday Speakers Series



November 1 Seniors Serving Seniors

Speaker: Debbie York - a member of the volunteer organization formed to promote quality of life and well being of seniors in the Greater Victoria community.

November 8 Elder Abuse

Speaker: Dianne de Champlain, Community Education Coordinator .

November 15 Sage-ing International

Speaker: Lynda Miller of Sage-ing International. will be speaking on the different aspects of ageing.

November 22 eGurus Technology Tutors

Speaker: Jennifer Cairns of eGurus Technology Tutors will be guiding us through some of the latest technology for seniors: tablets, smartphones, and e-readers.

November 29 Santas Anonymous

Speaker: Christine Hewitt of Santas Anonymous, a CFAX Non-Profit Charity for children and families in need. Santas Anonymous Society endeavors to make the Christmas "spirit of giving" continue throughout the year.

Drop-in Family Storytime:

Wednesdays, 10:30-11:00am

For young children and their families; children under 3 must be accompanied by an adult. Fun-filled stories, songs, rhymes, and puppets. No registration required

Ebooks with your eReader or Device:

Wednesdays, 2 - 3 pm, Nov. 20, Dec. 4

Bring your e-reader, laptop, or mobile device for some hands-on help. Learn to download eBooks from our **Library to Go** collection! Suggested prerequisites: *Introduction to Searching the Internet* or equivalent training or experience. Register online or call your local branch for more information.

Drop-in Christmas Craft:

Wednesday, December 11, 10:30-11:30

Everyone welcome; children under 3 must be accompanied by an adult. What's December without a little (okay, a lot) of sparkle and trim? We supply the materials and samples, and you supply the imagination and enthusiasm! No registration required.

Everyone Welcome

1:30 - 3 pm Fridays

The Centre's Hall



November Birthdays

05 Audrey Boyd

08 Penny Furnes

08 Philip Goodhall

12 John Davidson

13 Bill Rose

16 Eunice Webber

16 Hazel Best

20 Leo Vezina

21 Joan Ormiston

21 Cathy Thompson

22 Margaret Smith

23 Norman Gustafson

24 Irene Dunn

28 Tanga Blackburn

Oktoberfest at The Centre



Ron, Glen and Oliver win Pumpkin Ales



Great music was provided by Ron Sera and Mary Ross



Catering team from Jazzaniah - Vivian, owners Jim and Brenda, and Doreen prepare the Black Forest Cake dessert



Kurt sells an arm length of raffle tickets to Inge

The sell out crowd at The Centre toe tapped and clapped their way through the evening, some even danced, to the amusing music duo, Ron Sera and Mary Ross. The catering service of *Jazzaniah* put on an excellent German inspired dinner which included sauerkraut from our own 'Leon's recipe'. Black Forest cake capped off the meal!

Buying an arm length of raffle tickets brought on chances to win prizes as numbers were called throughout the evening. There were a variety of prizes and all proceeds went to The Centre for activity and program events. Thank you to Kurt Sommer and his team of helpers for putting together this colourful event. From the flags, posters, streamers, balloons, beer steins, table centres and flowers, The Centre's hall was fabulously festive!

Adding to the fun and prizes were kind donations from our own members: Shirley Monych and Joan Lewin with donated prints, Kurt Sommer and Inge Kohls for donated wine and Jack Marr for pumpkins.

Thank you to Glen Sprague for being our lederhosen clad MC. As well Glen, thank you for organizing the catered dinner and crew from Jazzaniah and for bringing in such talented entertainment for the evening.

Sunday Social



Brad Rachuk was our guest magician for the October Sunday Social. With his mastery of a variety of tricks and surprises, often calling upon the assistance from members of the audience, Brad baffled and entertained us all. Black Press provided door prizes of shopping gift certificates and of course, the sandwiches and baking provided by our generous members were outstanding!



Activity Highlights at The Centre

Songbirds Adopt a New Pianist



One of our members, Don Turner, suggested that his neighbour, Louise Eldridge, would be happy to fill in as our pianist until we could find a permanent player. As it turns out, Louise is a professional musician. She writes music, plays and books, entertains and has cut three CD's of her own compositions, one of which is played for youngsters when they come out of surgery. Obviously, we could never afford a professional pianist, however, I'm thrilled to report that during a recent per-

formance at Broadmead, I introduced Louise and said we wished we could adopt her because she "makes those ivories talk." The audience clapped and we went on to complete the program. Afterward, when I went to personally say thanks, Louise looked at me and said, "I think I would like to be adopted!" After a few seconds in shock, I asked if she was serious, she quickly said, "Yes, I really enjoy this group, you're a lot of fun." The Songbirds are all on 'cloud 9'!

The choir continues to perform in the community, bringing much joy to folks who most need the healing qualities of music.

On a somewhat sad note, Danny and Isabel Sinclair have left the choir to return to their homeland, Scotland. We wish them all the best, they will be missed.

We send our best wishes to Betty Board and Albert Bateman, both of whom have been dealing with health issues. After a lengthy absence, we are delighted to welcome back Phil Goodhall.

Some new folks have joined and we look forward to welcoming others who love to make music.

Joan Lewin

Knitting Group

Over 40 comfort dolls are on their way to AIDS orphans in Africa. The colourful knitted dolls were made by Happy Smith and Shirley Webster of The Centre's Knitting Group. They also made a larger number of the dolls last year. Mrs. Shilliday takes these dolls to an orphanage in Uganda on her annual visit there.

by Happy Smith



Activity Highlights at The Centre

Stamp Club



The Collector's Outfit

Before you commence to handle stamps, you need to be properly equipped. Stamps are delicate and easily susceptible to damage. Damaged stamps are generally worthless. The essential items for you as a collector should be:

Tweezers

Philatelists always carry rust resistant tweezers or tongs for handling stamp specimens. Stamps should not be touched with the fingers.

Hinges

A frequent cause of damage by novice collectors is the use of ordinary gummed paper. This is little better than the old harmful way of pasting stamps down flat upon the album leaf. It cannot be too strongly emphasised that only specially prepared hinges should be used.

Directions for Mounting

Fold over about a quarter of the hinge with gummed side outwards, very slightly moisten that part, and affix to top edge of stamp below perforation (the watermark is left in view). Holding stamp with tweezers, moisten to the same extent (not more) the other part of the hinge and mount in the required position on the album leaf. By following these instructions the hinges will peel off quickly, leaving little or no mark.

More popular at this time, are albums with clear strips or pockets on the pages, to place stamps behind for display, and thus are easy to relocate in the collectors album.

Hopefully we will see each other at our next meeting on Thursday, November 21 at 2 pm at The Centre.

Activity Leader: Kurt Sommer

Scottish Country Dancing Ceilidh

Held on October 20

We had great fun at our Ceilidh on Sunday. The dancing was lively and the participants did very well indeed. Some enjoyed watching from the sidelines. Everyone in the group helped by doing various jobs such as door greeting, bringing tasty food and juices, setting up, decorating, working in the kitchen and taking down decorations. We will be donating the proceeds of the affair to the Centre. Thanks to all who came and helped!

Do come and give a class a try. The Tuesday morning group is very small and needs more dancers! The morning class from 10 to 11:30 am is slower paced than the evening classes. On Tuesday and Friday nights we dance from 7 until 9 pm.



Debbie, Terry and Jim share a good laugh at October's Ceilidh. Scottish Country Dancers and their guests had a great time!

Age-ing to Sage-ing Course

A three session course led by Lynda Miller begins on Thursday, November 21 and continues on the following Thursdays, 10:30 to 12 noon. This is offered free to members. Registration is required, forms are at The Centre office. Please register by Friday, November 15th.

A Face to a Name:

Thea Revoy



Does the name Thea Revoy ring a bell with our members? How many know this fairly new member of the Executive? Another addition to The Centre who within days of joining became the Treasurer. Now that is truly jumping in with two feet and how pleased we are that she jumped our way.

lished a cleaning company in Campbell River. Upon selling this business and with her proceeds she purchased some rental property in Parksville and became the property manager of those properties for ten years. She found this to be a great learning experience, not only in the maintenance of the buildings but also maintaining positive relationships with tenants. All of which proved not an easy undertaking to say the least, but she came away with lots of stories!

As Thea felt a need for a change of pace, she set about trying to sell everything and by 2012 found her way to the south Island as she had always been drawn to Victoria as place for retirement. Her eldest son and family live here and also her younger sister by two years. Thea finds this a beautiful place to live, with gardening, parks and beautiful people.

In coming to The Centre, Thea explains that her life was good and she wanted to give back some in gratitude. Living now in Brentwood Bay it seemed only natural to check out The Centre and to offer her services. As it happens, we at The Centre were in search of a new Treasurer at this time. Barely in the door, Thea was signed up. Having been a member now for a year, she describes her experience thus: *"I have met many wonderful people and hope this year to get more involved in some of the activities that are of interest to me."*

We at The Centre can only reassure Thea, that she is a great gift to us, and let's say perhaps, *it was meant to be*. With all of her many talents I am sure we will be seeing Thea pursuing several activities at The Centre, (of course, in her spare time). Thea being a rather quiet type of person can sometimes flit in and out of The Centre, attend to her duties and be gone. Now as you amble through The Centre and cross paths with Thea, be sure to give her a warm welcome.

By Marianne Brackenridge

Thea has a very interesting background. She was born in the Netherlands, immigrated to Canada with family in 1953. Thea has six brothers and two sisters, of which one sister lives here in Brentwood Bay and the other in Japan. Thea moved to the Island from Winnipeg with her four children in early 1980. Her children are all married blessing Thea with six grandchildren. Her sons live on the Island and her daughter lives in Creston.

Thea schooled two years in Zouterwoude, a small town in Holland and then twelve years grade school in Ontario and some college in later years. Her studies included: one year office administration, two and a half years in CGA program (Certified General Accounting) .

One of her passions is sewing (taught by her mother), which led her to a degree at Olds College in Fashion Design and Production. She loves all things related to fibre. Thea occupies herself with knitting, quilting art and recently, experimenting with dyeing and then the weaving of yarns.

Thea's work experience includes positions at the Bank of Commerce in Winnipeg; time as an Industrial First Aide person in logging camps off Vancouver Island; self employment for four years as she estab-



Please receive a new Fairway Market card at The Centre's reception desk. Fairway Market's new cards are now coordinated with all of their cash registers. If you have shopping cash on your old card, you are asked to use it up by December, 31, 2013. Using these shopping cards is a great fundraiser for The Centre, so please come pick up your new card soon!

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am Barb Jefferies	Scottish Country Dancing Walk Around 10 am Janet Mitchell	Aerobics 9 - 10 am Barb Jefferies	Age-ing / Sage-ing 10:30 - 12 noon Lynda Miller 3 Sessions Nov. 21, 28 Dec. 5	Aerobics 9 - 10 am Barb Jefferies	Floor Shuffleboard 9:30 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	Pot Luck Lunch 3 rd Thursday 11:45 am	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	
Drop-In Art 12:30 - 3 pm Ruth Fowler	Songbirds Choir 12:45 - 2 pm Joan Lewin		Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Scrabble 10:15 am Casual Happy Smith	Snooker 1 - 4 pm Don Turner Casual
Bridge 1 - 4 pm June Baker Lynda Tucker	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm June Baker Lynda Tucker
Mah Jong 1 pm Lavana Kilborn		Knitting 2 - 3:30 pm Lynne Marotto	Table Tennis 2 pm Don Turner	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell	Darts 6:30 pm Harbhajan Kareer	Stamp Collecting 3 rd Thursday 2 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner	500 Club 7 pm		Scottish Country Dance 7 - 9 pm Janet Mitchell	SUNDAY Nov. 24 2 - 4 pm Social Tea With Jazz Group <i>Jolly Tars</i>

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 and labour for several projects around 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.



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.

Thank you to October's Corporate Sponsors



Welcome New CSSCA Members

Ingrid Huhn

Hazel Best

Donna Flood



Eunice and Marilyn
take in the music at
The Centre's Oktoberfest



Everyone is focused on the magic
stylings of Brad Rachuk



In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae (1872-1918)



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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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

Distribution Gwen Bentley



⇒ Thursday, December 16
⇒ Christmas Light Tour

⇒ Thursday, December 19 at 12 noon
⇒ Christmas Luncheon
⇒ Catered / Entertainment

Watch for details in the December issue of The Centre News or check online www.centralsaanichseniorscentre.org