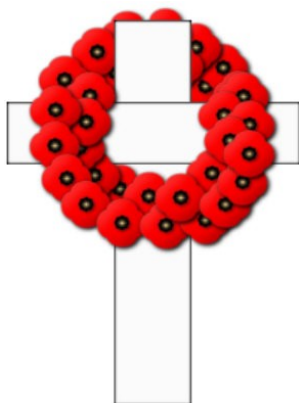


The Centre News

Heart of the Peninsula



November 2019



Remembrance Day Ceremony

Monday, November 11th 10:45 am
Pioneer Park, Brentwood Bay

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*Daylight-Saving
Time Ends 2:00 am Sunday
November 3rd*

November Events

Christmas Committee Meet

* Monday, Nov.4th, 11:30 am

Beginners Line Dance (New)

* Tuesday, November 5th , 2:30 pm

CSSCA Board Meeting

* Thursday, Nov 7th, 9:30 am sharp

The Centre is closed am

* Monday, November 11th morning

Book Club

* Thursday, November 14th Noon

* Book "All The Light We Can Not See"

Pot Luck

* Thursday, November 21st noon

Bus Trippers

* Friday, Nov. 22nd,

* Festival of Trees

Speakers Series

* Friday, November 22nd

* Dr Helene Cazes

* Paris: As Inspiration In Songs

Chemainus Miracle 34th

* Saturday, November 23rd

Lunch Bunch

* Thursday, November 28th, 11:30 am

* Brewery Brentwood Bay

Bingo

* Wednesdays 1— 4 pm

Everyone 19 and over welcome

Blood Pressure Clinic (New)

& Hot Dog Day

Wednesday November 27th

11:30 am until 12:30

Presidents' Message

President's Message

These heavy morning frosts are not welcome at all, it reminds me too much about where I used to live.

Well, the last month has been busy at The Centre. The "My Kids don't Want My Stuff" sale was a huge success and is likely to be repeated next year. Many thanks to all who contributed to the event. Last Sunday was the Harvest Festival social with music provided by the Victoria Accordion Band, it was lively and fun.

We are entering the busy Christmas season and tickets will soon be on sale for our annual Christmas Lunch.

Corinne Marshal who has organized the monthly Lunch Bunch outings has stepped down from that position, and if members wish this to continue into the future we need someone to step forward and make the arrangements. I would like to express my thanks to Corinne, on behalf of the Lunch Bunchers, for all the work she has put into this over the years.

President

Mike Bird



VOLUNTEER OF THE MONTH

Some of you have never met Bill Turner. He comes in quietly to fix any technical issues we have with our computers, laptops, phone systems, internet, sound systems, projectors to name a few. He calms my panicked nerves when I can't get equipment working and newsletters out. Thank you Bill.

Photo on the left is of Bill Turner teaching a group of volunteers willing to learn how to operate the sound systems, projectors and microphones. It was a great day, everything that could go wrong did. Great way to how to fix problems is when they actually need to be fixed.



Around the Centre

WELCOME new members

Lynda Bond
Rita Cooney
Susan Langlois
Brenda Lewis
Candace Porter
Dorothy Harrower
Nancy Jacobson



Nov 3	Margaret	Legare
Nov 14	Doug	Slater
Nov 16	Eunice	Webber
Nov 20	Leo	Vezina
Nov 21	Joan	Ormiston
Nov 23	Janice	Mercer
Nov 28	Tanga	Blackburn
Nov 30	Liz	Bulter



Board meeting—November 7th 9:30 am sharp

Photos from the Volunteer Thank you Lunch



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Photos from the Volunteer Thank you Lunch



ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME

#VOLUNTEER



My Kids Don't Want My Stuff Memories



The **Jammin' Seniors** provided the morning entertainment for our first very successful antique and collectable sale. The Jammin' Seniors jam together every Saturday morning whether it's raining, snowing or a long weekend or not. They meet in the lower games room.

Everyone welcome. Drop Ins Welcome too.



We would not be able to do it without the working hands of our wonderful volunteers.

If it looks like our volunteers are having fun, they are.

Thank you to all the members who assisted with the set up and take down of the sale. To those who were greeters and ambassadors for the Centre or those who just showed up to help out. We thank you!



The photo to the right is of folks enjoying the Jammin' Senior and high tea at the "My Kids Don't Want My Stuff" Antique and Collectable Sale.



My Kids Don't Want My Stuff Memories



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What a wonderful array of collectables and antiques.



No two items were the same, from peanut toys, to record collections.



My Kids Don't Want My Stuff Memories



October was a busy month with special events , the Volunteer Lunch, the “My Kids Don’t Want My Stuff” Antique and Collectable Sale and Tea. The Harvest Festival, Speakers Series and the new Scottish Country Dance Beginners group every Monday afternoons from 3:30 to 4:30 pm.

If you think October was busy, you had better be ready for November. Two new activities are being introduced. Beginners Line Dancing, Tuesdays afternoons from 3:30 until 4:30 pm. On Wednesday, November 27th, will be our first Blood Pressure Clinic from 11:30 am until 12:30. The same time and day as the monthly Hot Dog Day.

Don’t forget Chemainus, Miracle on 34th Street November 23rd.

Around The Centre



Every Wednesday I enjoy popping in to watch the weavers busy on the looms weaving the most amazing creations. One of our talented members, Sharon above, is weaving a lot of TLC into this Black Watch Tartan.

According to the Heritage Scotland website, the Black Watch Tartan was alternatively known as Grant Hunting or Government Tartan. It was worn first by the six “watch” companies that once patrolled the Highlands. The Black Watch, as they would come to be known, were employed to rid the Highlands of criminals, rebels and to deter fighting between rival clans.

Here's Why.

Some folks have asked why the parking lot at the Centre is so full the 4th Saturday of the month. Did you know the Woodturners meet then. They come from all over Vancouver Island.



Photo above is of Joyce, on the left, our Speakers Series volunteer. Thank you Joyce for arranging another wonderful speaker, Dr Roy, (on the right) who spoke about the cartoonist who have targeted BC Ferries over the decades. It was quite entertaining.



Another delicious lunch with the LUNCH BUNCH GANG at the Roost Grill.

We would like to thank Corinne Marshall (the lady in red on the left side of the photo) who has led the group over the years. We all appreciate what she has done for the Lunch Bunch group but also as a volunteer not only at our Centre but the other groups she is involved with. Corinne wears many hats and its time to hang one up. So as we say thank you Corinne, we say hello to our 3 new lunch bunch ladies, Margaret, Renee and Krystina.

Around The Centre



The Bus Trippers, photo on the right we are arriving at our destination, on the left we are leaving the Royal BC Museum where we were amazed by the Maya, The Great Jaguar Rises exhibit. The exhibit was well worth a return trip. There were so many impressive displays and information it was hard to absorb all in one trip. The exhibit ends December 31, 2019, yes it is time to get a seasons pass.



Above, Ron Sera and the Victoria Accordion Society returned to entertain our members at our annual Harvest Festival with good old toe tapping oom-pah-pah music.

If you are wondering where all the beautiful creative harvest decorations and centre pieces came from, we can thank Joanne on the right. She has a wonderful flair of design, brightening it up the Centre for the seasons.



Coming to the Centre

The Knitting Group Raffle

This beautifully knitted and beaded shawl made by Sherry Nesbitt and modeled by Joan is being raffled as a fund raiser with proceeds going to the Centre For Active Living



Raffle Tickets
\$2 each or 3 for \$5

All unsold tickets have to be returned
Chermainus Theatre Festival November 6th!!



Reserved your tickets now.

Payment is due upon booking.

Members and Non Members welcome

Cash or cheque

Saturday

November 23rd

Departure time 9:30 am

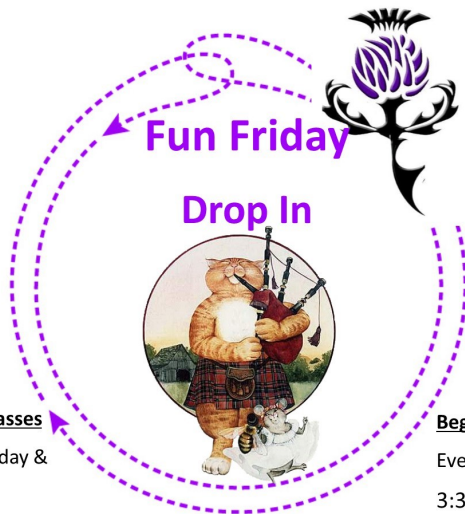
Cost \$125.00 members

\$135.00 non members

(Price includes: meal, transportation & theatre tickets)

Scottish Country Dance Group

November 22, 2019 7 - 8:30 pm



Regular Classes

Every Tuesday & Thursday
10 am - 11:30 am

Beginners Class

Every Monday
3:30 - 4:30 pm

Wear Soft soled shoes and comfy clothes

Everyone Welcome

We always do some easy dances to allow visitors a chance to try them out.
No Partner needed.

Join us at The Centre For Active Living, 1229 Clarke Rd, Brentwood Bay

Its Line Dance Time



Beginners Line Dance Classes

Starting November 5th

With Hilda Cook

Every Tuesday 2:30 pm until 3:30 pm

\$3 Members and \$6 Non Members

At the Centre For Active Living

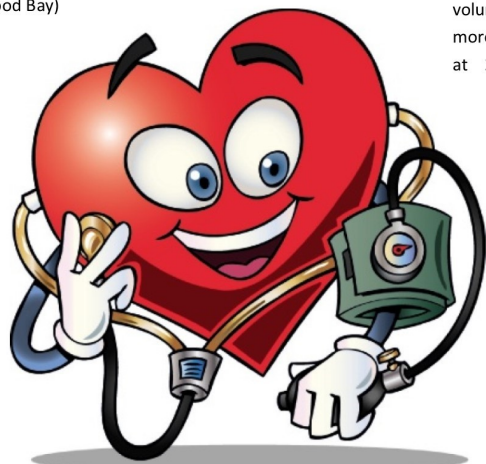
1229 Clarke Road, Brentwood Bay (next to the library)

Coming to the Centre

The Centre For Active Living and
Beacon Community Services
Will be holding their first

Blood Pressure Clinic

At 1229 Clarke Road
(next to the library in
Brentwood Bay)



Blood Pressure Clinic

November 27th, 2019

11:30 am until 12:30 pm

Volunteers needed
to assist with
registration and
set up.

Please contact
Lauren to
volunteer or for
more information
at 250 652-4611

Volunteer needed

If you enjoy working with numbers we are seeking an assistant bookkeeper at the Centre For Active Living. See Centre reception if you are interested.

Art Appreciation Group

Tuesday, November 12th, 7 pm

Victor Cicansky: A Canadian sculptor known for his witty narrative ceramics and bronze fruits and vegetables. A founder of the Regina Clay Movement.

Tuesday, November 26th, 7 pm

Banksy: is an England based street artist, political activist and film director. His satirical street art and subversive epigrams combine dark humour with graffiti.

Tuesday, December 9th, 7 pm

Movie: Maudie - is a 2016 biographical drama film. Filmed in Ireland and Canada (Newfoundland and Labrador), it is about the life of folk artist Maud Lewis who painted in Nova Scotia.

Tuesday, January 14th, 2020, 7 pm

Lorenzo Fracchetti: Born in a small town by the Italian Alps before his family moved to Switzerland. Lorenzo studied at the academy of Fine Arts in Milan, Italy before relocating to Canada in 1967 where he worked as a book illustrator in the Canadian Arctic.

Join the Art Appreciation Group and learn more about various artists and their works.



THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
250 652-4611

ADMISSION BY DONATION



**Paris As Inspiration In Songs
with**

Dr. H el ene Cazes

November 22, 2019

2 pm



Dr. Cazes is coming to the Centre on November 22nd to present "**Paris as inspiration in songs**". This topic is the final talk in a series of three, entitled "**A Walk Through the Ages**" and this presentation reflects on the modern era with songs from the period 1920 – 1970.

Dr. Cazes is a Professor at UVic, Department of French and earned her PhD in Paris. She is also Associate Editor for *Renaissance et R eforme/Renaissance and Reformation*, was the recipient of the Faculty of Humanities Award for Research Excellence for 2013 and received the UVic Community Leadership Award in 2014.

Up Coming Events



Christmas Decorating Committee

**First meeting will be
November 4th at 11:30 am.**

We have a lot of Christmas functions at the Centre this year starting November 28th, therefore the Christmas decorating committee needs to meet fairly soon to get things going. We are always looking for members who want to give us a helping hand, from fluffing trees to making centre pieces.

Our Christmas Craft Corner is accepting old Christmas decorations and old and broken jewelry.



**BREWSKYS
TAPHOUSE**

November 28th 11:30 am

7100 Wallace Dr, Brentwood Bay

Maximum 20 people

Sign up sheet at Centre Reception with Menu attached. Brewskys TapHouse does NOT require us to pre-order.



SHARING FOOD + TELLING STORIES

Bring your favorite dish to share the 3rd Thursday of each month. See you at noon November 21th.

The Bus

Trippers

Busing for Fun

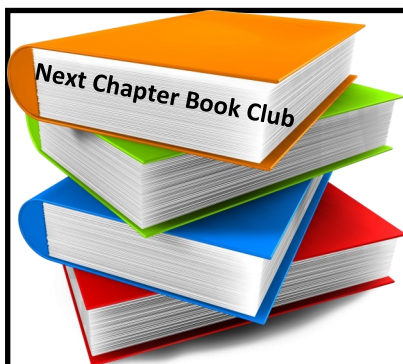


Friday, November 22nd.

City Transit - \$5.00 /Day Pass

We will meet at the Centre at 9:30 am to catch the #75 bus at 9:49 am or you can catch the bus at the Saanichton Exchange with Vivien at 9:41 am. . We will have lunch before returning at approximately 3pm

The next Bus Trippers will be a Christmas shopping trip via BC Ferries to Tsawwassen Mills on the transit shuttle bus on December



The Next Chapter Book Club

meets noon, November 14th to chat about the book written by Anthony Doerr "All The Light We Cannot See". We receive 10 books from the Greater Victoria Li-

brary Book Club each month. I just started the book but the others found it an excellent read and could not put it down until they finished it. If you enjoy reading and would like to join in our discussions, the books can be signed out at the coordinator office.

Up Coming Community Events

November 11, 2019 - 10:45am



Join the community at the cenotaph in Brentwood's Pioneer Park, 1209 Clarke Road, for a service to remember all that was lost and honour all who fought.

The service includes a march in, two minutes of silence, poems and remarks, and wreath laying.



The Centre for Active Living 50+ Invites you to our

ANNUAL CHRISTMAS LUNCHEON

DECEMBER 12th DOORS OPEN 12:30 PM

TICKETS \$30.00 MEMBERS \$35 NON-MEMBERS

Purchase your tickets at Centre Reception

Island Culinary Service returning as caterer



WE'VE DECKED
THE HALLS
WITH BOUGHS
OF HOLLY.
NOW IT'S TIME
FOR FUN
AND FOLLY!

Join us
December 15th, noon - 5pm
At The Centre For Active Living
(1229 Clarke Road, Brentwood Bay)
Bake Sale & Open House
Purchase last minute gifts created
by our talented members)
Christmas Treats & Hot drinks
Community Christmas
Sing-A-Long 3 - 5 pm
Everyone Welcome, Free Admission
Songbooks & jingle bells provided

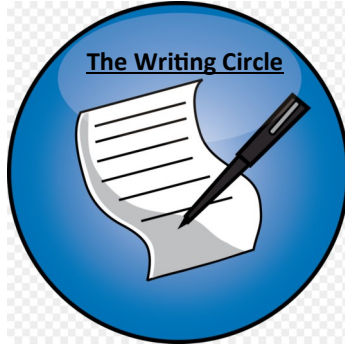
Contact 250 652-4611 for more info

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dance 10 - 11:30 am	Aerobics 9 - 10 am	Scottish Country Dance 10 - 11:30am	Aerobics 9 - 10 am	NIA Dance 9 am— 10 am
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	Book Club 2nd Thursday Noon - 2	Mild Fitness 10:15 - 11:15 am	Jammin' Seniors 9:30 am - Noon
Bridge 12:30 -3:30 pm	Painting 12:30 - 3 pm Sept - June	Weaving 11:00 am - 3:00 pm	Pot Luck Lunch 3 rd Thursday Noon November 21st	Chair Yoga 12 - 1 pm	
Christmas Decorating/ Craft Committee 11:30 am	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am Sign-up sheet November 28th	BUS TRIPPERS November 22nd Festival of Trees Victoria Sign up sheet	Bridge Clinic 12:30 - 3:30 pm
Scrabble 1:00 pm	Poker 1 - 3 pm	Bingo 1 - 4 pm Hot Dog Day November 27th 11:30 am-12:30pm		SCD Fun Friday November 22 7 - 8:30 pm	Chemainus Miracle on 34 Street November 23rd
Beginners Scottish Country Dance 3:30 pm	Beginners Line Dancing 2:30 - 3:30 pm NEW November 5th	Knitting 1:30 - 3:30 pm	Writing Circle 1st,3rd,4th,5th Thursdays 2 - 3:30 pm	Speakers Series 2:00-3:30 pm November 22nd Dr Cazes	
	Art Appreciation 1st & 3rd Tuesday 7 pm	Blood Pressure Clinic 2:30 - 3:30 pm	Board Meeting November 7th 9:30 am sharp		

The Centre News

Heart of the Peninsula



SOUNDS

Sounds are our daily background, subliminal in our lives. We seldom give them conscious thought. And yet, the sounds that surround us every waking moment affect us in many ways.

There are the sounds we love: the purring cat, the warm "Hello", the rain on the roof when you are in your warm and cozy bed, the chirping bird, the laughter of a child, the smooth running of your car engine. They all add to our sense of well-being and we smile.

There are sounds that serve us well: warnings to keep us safe, timers that tell us the cake is baked and the coffee ready, doorbells to get our attention. We welcome these helpers.

Then there are those dissonant noises such as heavy traffic, loud cell phone chatter and disagreements that cause us to feel annoyed, frustrated and even angry. For these distractions we need to intentionally minimize their effect on us; tune them out, go to center and take deep breaths.

- Mary Grant



THE CENTRE FOR ACTIVE LIVING 50+

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

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

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Vice President: Dale Broad

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Recording Secretary: Elizabeth Skaggs

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Vic Peters

Joanne McGowan

Gerie Turner

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