

The Centre 50+ News

Heart of the Peninsula



October 2018



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The Centre is closed
October 8th

October Events

Thanksgiving Bingo

* Wednesday, October 3th 1 — 4 pm

CSSCA Board Meeting

* Thursday, October 4th 9:30 am sharp

Readers Theatre Start up

* Thursday, October 4th 1 - 3 pm

Book Club

* Thursday, October 11th noon—2pm

Ceilidh ~ Scottish Country Dance

* Sunday, October 14th 2 - 4 pm

Bus Trippers

* Thursday, October 18th
* Legislation session

Pot Luck

* Thursday, October 18th noon

Speakers Series

* Friday, October 19th 1:30 pm
* Beacon Law—Lianne MacDonald
* Wills & Estates

Lunch Bunch

* Thursday, October 25th
* Waddling Dog Restaurant

Fun Friday ~ Scottish Country Dance

* Friday, October 26th 7 - 8:30pm

Harvest Festival

* Sunday, October 28th 2:00 pm
* Entertainment - Victoria Accordian-Band

Bingo

* Wednesdays 1— 4 pm
* Everyone 19 and over welcome



THANKSGIVING

Around the Centre



Oct 4	Jim	Drury
Oct 9	Claire	Denney
Oct 11	Keith	Taylor
Oct 12	Margaret	McKelvie
	Walter	Monych
Oct 13	Sherry	Nesbitt
Oct 16	Krystina	Manning
Oct 18	Gillian	Lightbody
Oct 23	Christina	Morrill
Oct 25	Janet	Mitchell
Oct 27	Clare	Cochrane
	Gayle	Oliver
Oct 28	Margaret	Sharples



BOARD MEETING

Thursday October 4th , 9:30 am sharp



We finally caught up with Shirley Monych for a photo op. This very busy lady was our volunteer of the summer months. Thank you Shirley.

The September Volunteer of the Month is Muriel deGreef. Thank you Muriel.

New Members WELCOME

Brenda Morris	Julie Moroney
Lois Alberg	Jim Mitchell
Karen Hamblett	Joan Mitchell
Gayle Oliver	Pauline Merites
Anne Shack	Marian Davis

New Around the Centre

Line Dance

New this September

Basic Beginner Line Dancing Classes with Claire Denney

Join us every Tuesday from 11:45 am to 12:45 pm

Sign up for Shuffle Board

We will get a Shuffle Board going again if we get enough people interested.

Sign up sheet at Centre Reception



Walk Your Way to Better Health -with- Urban Poling Classes



We had an Urban Poling workshop September 20 with our instructor Sharon Denny a BCRPA certified personal trainer. For the month of October every Monday at 8:00 am Sharon is going to lead a walking group (with poles or without poles). We will meet at the Todd Inlet at 8 sharp.

Every Thursday for the month of October the walking group will depart from the Centre at 1 pm.

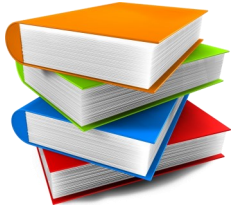
Cost is Free

Upcoming Events

Next Chapter Book Club

2nd Thursday of month

Noon until 2 ish



We just finished our September 13th reading of "The Light Between Ocean's" by M L Stedman. Some of us found the October book "H is for Hawk" a difficult read, therefore we have selected a second book "The Life of Pi" by author Yann Martel. On order for the month of November is "My Name is Lucy Barton" by Elizabeth Stout.

We are a new, well attended group at The Centre. Discussions have been lively, funny, serious and very informative as we all share our opinions of the books and similar life experiences.

Let's Play Bridge!!

Come Rain or Shine every
Monday 1:00 pm
Welcome new experienced players.
Saturday 12:30 pm
New players welcome who are less experienced players for our Saturday sessions

Thank you to Lynda Tucker and Barb Roberts for the past 25 plus years of running the Bridge Group
Welcome Ken Weatherill, Tom Hall and Norm Alton who will be taking over Bridge as of September

If you are interested in learning to play Bridge, we will run a Bridge Workshop in the new year if we have enough folks interested.

Sign up sheet at
The Centre for Active Living 50+
Reception desk.

Thanksgiving Bingo

Wednesday
October 3rd
1 pm - 4 pm
Special Prizes
Complimentary tea, coffee and sweets
Everyone Welcome over 19 years of age

Upcoming Events

Ceilidh DANCE



Sunday, October 14th, 2:00 - 4:00 pm

**Refreshments
available**

Wear comfy clothes and lightweight soft soled shoes

Fun easy dances called

**\$5 per person
\$10 for families**

Contact Janet for more information at janet.mitchell@shaw.ca

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

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION



**The Scottish Country Dance Group invite
you to join our**

Family Fun Friday

October 26th 7 pm - 8:30 pm

Members free \$3 per person \$6 for Families



The Scottish Country Dancers practice every
Tuesday and Thursday 10 am - 11:30 am

Upcoming Events

The Centre for Active Living 50+

1229 Clarke Road Brentwood Bay 250 652-4611 cssca@shaw.ca

Presents



Harvest Festival

Sunday, October 28th 2 pm

Entertainment — Victoria Accordion Band



Doors open 1:30 pm

Entertainment 2:00 pm

Refreshments 3:00 pm

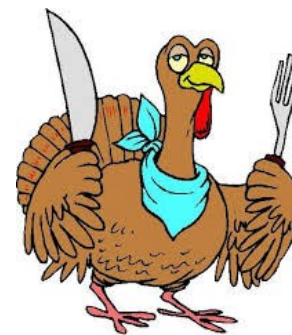
Admission by Donation



POTLUCK Returns

October 18th - noon

Bring your favorite dish to share.



The Bus Trippers

Busing for Fun



LEGISLATIVE ASSEMBLY of BRITISH COLUMBIA

The Bus Trippers are heading to the Public Gallery of the Parliament Buildings. Gallery seats are available on a first-come, first-served basis. Visitors must pass through a security scanning station before entering the Public Galleries. Bags, backpacks, cameras, notepads, cell phones and all other electronic devices are not permitted and must be checked at the security station before entering.

Question Period is held each day that the Legislative Assembly is sitting. As it is the most popular observed proceedings, visitors are encouraged to arrive early in order to secure a seat. On Thursday, Question Period is shortly after the start of the morning sitting at 10:00 am. In order to arrive in a timely manner, we will meet at the Centre 50+ at 8:15 am to catch the #75 bus at 8:27 am or you can catch the #75 at the Saanichton exchange at 8:19 am with Vivien. We will have lunch at a local restaurant before hopping back on the bus for the return trip home.

Thursday, October 18th

City Transit - \$5.00 /Day Pass

Sign up sheet and further details at Reception

The WADDLING DOG Bar & Grill

Join us

Thursday

October 25th

11:30 am

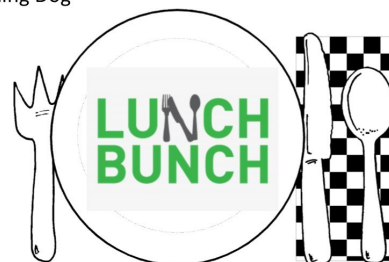
At The Waddling Dog

Located

2476 Mt Newton

Cross Roads

Saanichton



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

Upcoming Events

Holiday Craft & Bake Sale

**Crafters
Book Your
Table Early!**



**Vendor
Book Your
Table Early**

**Saturday,
November 17th
9 am to 3 pm**

Support your local **Kaare Norgaard Boys & Girls Club** and the **Centre for Active Living 50+** and book your table for our **2nd Annual Holiday Craft & Bake Sale, November 17, 2018**

Located at 1229 Clarke Road in **Brentwood Bay**, next to the library
Vendors!!, Beat the rush, book your table now, only \$15

Contact Lauren Barr at cssca@shaw.ca or at 250 812-6805 or Brook Elliott at bellott@bgcvc.org for more information



Craft Corner
Monday afternoon
12:30pm

Everything is set up on the stage ready to start up
October 1st

See attached sample projects



**Save this date
Tickets go on
sale October
28th**



The Centre for Active Living 50+ Invites you to our

ANNUAL CHRISTMAS LUNCHEON

DECEMBER 13TH

DOORS OPEN 12:30 PM

TICKETS \$30.00 MEMBERS \$35 NON-MEMBERS

Cheminus Theatre Festival



Reserve your ticket
October 1st.

Payment is due up-
on booking

Members with
guests welcome

Saturday

December 1st, 2018

Departure time 9:30 am

Cost \$125.00

**(Price includes: meal, transportation
& theatre tickets)**

Upcoming Speakers Series



THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
250 652-4611

ADMISSION BY DONATION

Friday, October 19th 2:00 pm (New Time)

Guest Speaker : Lianne Macdonald (Senior Partner)

Topic: Wills & Estates

A graduate from the University of Victoria Law School, Lianne moved to Sidney where she has enjoyed a local practice since 1991 with the Beacon Law Centre. Lianne has considerable experience with estates, wills, real estate, business law and construction law.



BEACON
LAW CENTRE

Friday, November 16th 2:00 pm (New Time)

Guest Speaker : Kelly Insley RN

Topic: The Benefits of Medical Marijuana

Kelly Insley is a registered nurse with a diverse background in nursing practice. She is the Creator and Founder of the Canadian Cannabis Nurses Association, an emerging nurses' group focusing on the complexity of the cannabis realm.

Cannabis is to be legalized in Canada on October 17th. If you are curious about cannabis/marijuana and it's medical benefits, please join us.



Friday, January 11th 2:00 pm

Guest Speaker : Marlene Davie

Topic: The Value of Being a Volunteer

Marlene Davie is an Alumni Engagement Officer at the University of Victoria and a volunteer member of the UVic Speaker's Bureau.

An active volunteer herself, Marlene is President of the Mt Tolmie Community Assoc; a volunteer at the Shelbourne Community Kitchen; is on the Municipality of Saanich Healthy Saanich Advisory Committee and yes, a volunteer speaker with the UVic Speakers' Bureau. Marlene has also earned three awards from Toastmasters International.

