

# The Centre News

Heart of the Peninsula



October 2019



## In This Issue

<u>October Events</u>	pg. 1
<u>Around the Centre</u>	pg. 2
<u>Up Coming Events</u>	pg. 6
<u>Up Coming Events</u>	pg. 4
<u>Weekly Schedule</u>	pg. 12

The Centre is closed  
October 14 for Thanksgiving

## October Events

### “New” Beginners

### Scottish Country Dance

- \* Every Monday 3:30 pm

### Bus Trippers

- \* Friday, October 4th
- \* Museum—Maya Exhibit

### Country Farmers Market

- \* Saturday, October 5th 9 am—1 pm
- \* Centre Information booth

### Ceilidh ~ Scottish Country Dance

- \* Sunday, October 6th 2 - 4 pm

### Thanksgiving BINGO

- \* Wednesday, October 9th 1—4 pm

### Pot Luck

- \* Thursday, October 17th noon

### “My Kids Don’t Want My Stuff

- \* Saturday, October 19th 9 am—3pm

### Lunch Bunch

- \* Thursday, October 24th
- \* The Roost

### Speakers Series

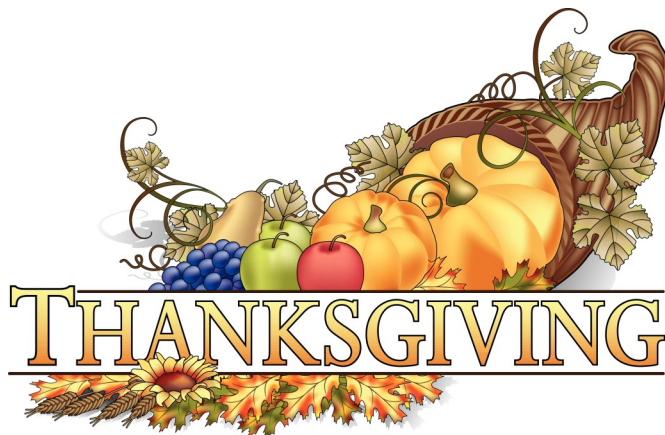
- \* Friday, October 25th 2:00 pm
- \* Dr Patricia Roy - BC Ferries

### Harvest Festival

- \* Sunday, October 27th 2:00 pm
- \* Entertainment -  
Victoria Accordion Band

### Bingo

- \* Wednesdays 1—4 pm
- Everyone 19 and over welcome
- Hot Dog Day Oct 30th 11:30 am—12:30 pm



## Presidents' Message

We are slowly getting back into a routine at the Centre after the summer break, it's good to see all of the activity again. If you haven't done so yet, please drop by and renew your membership for the coming year.

Sign up sheets are at the entrance for the Christmas Chemainus show which is Miracle of 34th Street , spots are going fast already.

In October the "My Kids Don't Want My Stuff" sale will be held, if this applies to you book a table.

If you haven't yet done so, check out the latest additions to the downstairs kitchen, we will soon be using it.

As usual I would like to end a thank you to all of our dedicated volunteers, we wouldn't survive without you.

Mike Bird  
President



It has been a challenge to get the volunteer board members together for a photo. From left to right are Elizabeth, Gerie, Margaret, Roger, Mike, Joanne, Margaret and Renee.

Missing from the photo are Dale, Robert and Vic.

For those who don't know who I am, photo below is me, Laureen Barr, the Program Coordinator for the Centre. If you have an idea for an event, or a new activity, bring it forward and let's give it a try.



# Around the Centre



Oct 2	Arlene	Smith
Oct 4	Jim	Drury
Oct 12	Margaret	McKelvie
	Walter	Monych
Oct 16	Krystina	Manning
Oct 18	Gillian	Lightbody
Oct 23	Christina	Morrill
Oct 25	Janet	Mitchell
Oct 27	Clare	Cochrane
Oct 28	Margaret	Sharples
Oct 31	Camille	Schroenn



## BOARD MEETING

Thursday November 7th , 9:30 am sharp



A special Thank you to our volunteer of the month, Lois Alberg. The lady with the contagious smile. Lois volunteers on the reception desk and goes that extra mile helping members.

## New Members WELCOME

Pat Randall	Joan Gilbert
Diane Elliott	Rick Haere
Anne Miller	Elaine Hansen
Elizabeth Prouss	Gordon Gallacher
Douglas Bracken	Joan Eales
Jeanette Duffell	





**The Art Appreciation Group** meets downstairs at 7P.M. on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays. Last Tuesday Gerie Turner brought her Allen Sapp picture and talked how back in 1990 she saw it at a gallery in Chemainus and had to have it! Allen Sapp was from the Cree nation in Northern Saskatchewan and blossomed as an artist when he painted scenes from his memory of his childhood on the Red Pheasant Reserve. Gerie connected with the peaceful quietness and child's point-of-view of her picture.



### CURIOSITY

by Lynda Miller

(A Member of the CSSCA Writing Circle)

One morning as I sat at my kitchen table sipping coffee, I saw something unusual through the glass door to my backyard. I often gaze contently outside at the greenery and colourful flower beds, and the comings and goings of birds and squirrels. But that day my contentment turned quickly into curiosity! Something *white* caught my attention. The busy birdfeeder had a *visitor* other than the usual collection of sparrows, juncos, nut hatches, and siskins. It was the size and shape of a *finch*, but its feathers were pure white! I carefully reached for my iphone, but before I could get its camera ready, the bird had flown away.

What to do now? Ask "SIRI," of course: "ARE THERE WHITE FINCHES?"

My curiosity led me link to link: [birdscanada.org](http://birdscanada.org) to [feederwatch.org](http://feederwatch.org). I found that my backyard visitor fit the description of a not uncommon type of finch, yet rare enough that few people have seen one. I learned that white feathers and pale legs and beak result from a genetic mutation preventing production of the melanin which gives animals their colouring. The black eyes in mine, however, mean it is a partial-albino "**leucistic finch.**" I found posted reports and photos from sightings in various places, but none from Canada.

What has happened since then? The white finch has continued to visit my backyard. I now have iphone photos and a video. The bird has a name: "*Ange*" (*Angel in French*). Birds Canada has a new member, and a sighting is now posted from Saanichton BC.

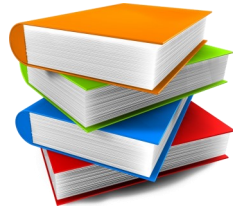
# Around The Centre

## Next Chapter Book Club

2nd Thursday of month

Noon until 2 ish

Bring a bagged lunch



The past year the book club has read some interesting books and some not so desirable books. Overall the book club has had some pretty interesting and lively discussions.

To change it up for the month of September, the group decided to reread their favorite childhood book. This had to be one of the best group meetings we have had to date. Myself, my favorite book was and still is "The Secret Garden" by Frances Hodgson Burnett, however my most precious books are the ones that were addressed to me. They had my name on the inside page. These books were not my sisters, they were mine making them very special to the little girl in me, "When We Were Very Young" by A. A. Milne and a 1942 edition of "The Night Before Christmas". The book that is closest to my heart is the bible my husband and I received on the day of our wedding in 1975.

October 10th we meet again, this time we are bringing our favorite author to the table. Come out and join in the lively discussions. Open up your mind to new authors.



## Scrabble anyone!!

Every Monday at 1 pm. Join the scrabble group.



## Cribbage we

have a few new members looking for crib players. They are willing to play anytime. If you are interested in playing crib and looking for partners, sign up sheet at the Centre reception.



**Wednesday, October 9th, 1 pm - 4 pm**

Special Prizes

Complimentary tea, coffee and sweets

Everyone Welcome over 19 years of age



## Hot Dog Day

Returns Wednesday

October 30th

The Last Wednesday of the month

11:30 am to 12:30 pm

\$3.00



# Around The Centre



The Centre For Active Living set up an information booth at the Country Farmers Market at the Saanich Fair grounds on September 14th. 9 am until 1 pm. This time we had the protection of a new canopy in case of rain. Dale, Gerie, Margaret, Bill, Mike, Pat and myself enjoyed the day of promoting the activities of the Centre. We are setting up again, Saturday, October 5th. If you enjoy meeting new people and are available to volunteer, please let the Centre reception know. Or stop by and say Hello

## Bridge

Our numbers are increasing for Bridge, but are still looking for more bridge players. Therefore on Saturday morning starting October 5th they will be holding "Brush Up on Your Bridge Skills" If you have not played in a while and looking forward to getting into the game of it. Sign up sheet at the centre reception.



### Save this Date

Saturday  
December 15th  
Open House and  
Bake Sale at the  
Centre

Save this date  
Tickets go on  
sale October  
28th



The Centre for Active Living 50+ Invites you to our  
**ANNUAL CHRISTMAS LUNCHEON**  
DECEMBER 12th DOORS OPEN 12:30 PM



# Upcoming Events

## The Centre for Active Living 50+

1229 Clarke Road Brentwood Bay 250 652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

### Presents



## Harvest Festival

October 27th, 2019 2 pm

Entertainment — Victoria Accordion Band



Doors open 1:30 pm

Entertainment 2:00 pm

Refreshments 3:00 pm

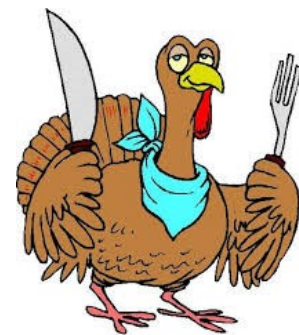
Admission by Donation



## POTLUCK Returns

October 18th - noon

Bring your favorite dish to share.



## Scottish Country Dance Ceilidh

October 6th, 2019 2 - 4 pm



### Regular Classes

Every Tuesday & Thursday  
10 am - 11:30 am

### Beginners Class

Every Monday  
3:30 - 4:30 pm  
First time class is free.

**Wear Soft soled flat shoes and comfy clothes**

Everyone Welcome

We always do some easy dances to allow visitors a chance to try them out.

No Partner needed.

## Chemainus Theatre Festival



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)



# Upcoming Events

## The Bus Trippers Busing for Fun



### Maya: The Great Jaguar Rises

Discover a powerful culture that rose in the tropical rainforests of Guatemala thousands of years ago, and learn how science and belief shaped the Maya identity from ancient times to present day.

The exhibition boasts the world's largest and most impressive display of Maya objects from Guatemala, and features more than 300 precious jade, ceramic, gold, stone and textile artifacts reflecting classic and contemporary Maya culture

**Friday, October 4th**

City Transit - \$5.00 /Day Pass

Museum — \$8.00 /Senior Rate

Sign up sheet and further details at Reception

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



**October 24th, 11:30 am**

9100 East Saanich Road

North Saanich

Maximum 20 people

Menu attached to sign up sheet. The Roost has asked us to pre-order our meal. Not to worry, if you can not make it, the group will not be charged for your order. However it is important that if you have to cancel, please do so as soon as possible.



**The Lunch Bunch.** Photos above were taken at the September lunch at the Sabhai Thai Restaurant. Food was delicious and service was wonderful.



### Art Appreciation

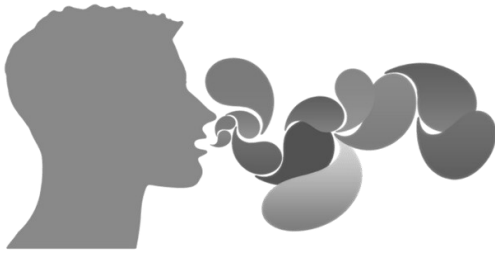
October 8th 7 pm downstairs hall - Play with Watercolour — lead by Gerie Turner

October 22nd

- Alex Colville - lead by Joan Boutilier

**ALL WELCOME**





**OCTOBER 25TH, 2019**

**2:00 PM**

**Stay for refreshments**



**Cartoonists at Sea: Some Views of BC Ferries and Their Predecessors - with Dr. Patricia Roy**

Transportation between Vancouver Island and the mainland of British Columbia has often been a source of amusement for local cartoonists. With cartoons going back to the early years of the 20th century and carrying through almost to today, this presentation examines not only the political issues around ferries but describes imaginative suggestions for travel—and perennial complaints about the service.

**Speaker For November 22nd - Dr Cazes**

**Paris: A Walk through the Ages: The Inspiration of Paris Songs**

# Upcoming Workshops

## Bridge Brush Up

If it's been awhile since you played and you want to get back into the game of Bridge, join us for **free** re-introductory sessions Saturday mornings for the month of October starting October 5th at 10:30 am  
Contact 250 652-4611 to sign up

## Let's Play Bridge!!

Every

**Monday 12:30 pm**

Welcome new experienced players.

**Saturday 12:30 pm**

New players welcome that are learning Bridge for our Saturday sessions

PLAY

In these sessions we will review the most recent bidding systems, how Bridge works at our Centre. We will have several members on hand to go over your current level of play and answer questions you may have. Then we will end with some practice hands to give you a better idea of how the game works.

Ken Weatherill      sign up sheet at Centre Reception or phone 250 652-4611



# Upcoming Events

Looking  
for volunteers to help with  
the tea and baked goods.

## MY KIDS DON'T WANT MY STUFF

### Antiques, Collectables & Memorabilia Sale

Coins, Stamps  
Toys, Art  
China  
Furniture  
Knick Knacks

October 19, 2019  
9 am to 3 pm  
Book Your Table Early

Refreshment  
&  
Goodies  
Available



Book Your Table Early \$25 for Members \$35 for Non Members

If you collect it, it's collectable. If your kids don't want it, someone will.

*Great News!!!! We have sold out of space for vendor tables. Please share the information about this sale to all your friends, family and coworkers. Let's help get the word out.*

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10 - 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10 - 11:30am	<b>Aerobics</b> 9 - 10 am	<b>NIA Dance</b> 9 am— 10 am
<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am	<b>Book Club</b> 2nd Thursday Noon - 2	<b>Mild Fitness</b> 10:15 - 11:15 am	<b>Jammin' Seniors</b> 9:30 am - Noon
<b>Bridge</b> 12:30 -3:30 pm	<b>Painting</b> 12:30 - 3 pm Sept - June	<b>Weaving</b> 11:00 am - 3:00 pm Until June 27 Resumes Sept 5	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday Noon Oct - May	<b>Chair Yoga</b> 12 - 1 pm	<b>Bridge Brush Workshop</b> 10:30 am October
	<b>Songbirds Choir</b> 1 - 2 pm Sept - June	<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> 1sr Friday Of each month Sign up sheet at reception	<b>Bridge Clinic</b> 12:30 - 3:30 pm
<b>Scrabble</b> 1:00 pm	<b>Poker</b> 1 - 3 pm	<b>Bingo</b> 1 - 4 pm <b>Hot Dog Day</b> October 30th 11:30 am-12:30pm			<b>Harvest Fest</b> Sunday October 27th 2—4 pm
<b>Beginners Scottish Country Dance</b> 3:30 pm		<b>Knitting</b> 1:30 - 3:30 pm Sept - June	<b>Writing Circle</b> 1st,3rd,4th,5th Thursdays 2 - 3:30 pm	<b>Speakers Series</b> 2:00-3:30 pm 3rd Friday of the month Sept - May	<b>"My Kids Don't Want My Stuff" Antique &amp; Collectable Sale</b> 9 am - 3 pm Saturday October 19th
	<b>Art Appreciation</b> 1st & 3rd Tuesday 7 pm Sept - May		<b>Board Meeting</b> 1st Thursday 9:30 am <b>General Meeting</b> 2nd Thursday 2:00 pm Sept, Nov, April, June		



# The Centre News

Heart of the Peninsula



Applesauce making day at the Centre. Thank you to the ladies who volunteered to peel and core the huge volume of apples donated to the cause. This was the first time we have officially turned on our new Centre stove. See below our new stove.



THE CENTRE FOR ACTIVE LIVING

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

**Vice President:** Dale Broad

**Past President/Treasurer:** Margaret McKelvie

**Recording Secretary:** Elizabeth Skaggs

## CSSCA Board of Directors

Robert Atkins

Vic Peters

Joanne McGowan

Gerie Turner

Renee Nicholls

Margaret Sharples

Shirley Monych

## The Centre News

**Editor:** Laureen Barr

**Support Team:** Bety Lou Verwolf

**Photos:** Laureen Barr/Corinne Marshall

**Advertising:** Tanga Blackburn

Joan & Roger Boutilier

**New Member Orientation,  
Friday October 5th 1:30 pm  
All Members Welcome.**