

The Centre 50+ News

Heart of the Peninsula



SEPTEMBER 2017



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The Centre is closed
September 4th

September Events

CSSCA General Meeting

- * Thursday, Sept 7th 2:00 am

Bus Trippers

- * Friday, Sept 8th
- * South Gulf Islands Tour BC Ferries
- * Sign up sheet at Centre reception

BB Boozing Buddies

- * Monday, Sept 11th
- * Blue Grouse Estate Vineyard
- * Sign up sheet at Centre reception

CSSCA Board Meeting

- * Thursday, Sept 14th, 9:30 am sharp

Speakers Series

- * Friday, Sept 15th 1:30 pm
- * Pat Nichol Author/motivational speaker

Hobby Supplies Sale

- * Saturday, Sept 16th 9 am—3 pm
- * Free Admission
- * refreshments/entertainment

Pot Luck

- * Thursday, Sept 21st

Sunday Social /Welcome Back

- * Sunday, Sept 24th 2:00 pm
- * Entertainment - - Eh Train

Lunch Bunch

- * Thursday, Sept 28
- * Location TBA

Ceilidh

- * Friday, Sept 29th 7:00 pm

Bingo

- * Wednesdays 1—4 pm
- * Everyone 19 and over welcome
- * Refreshments available



President's Message

President's Message

I never thought that I would say this, "Let it rain, let it rain, let it rain", everything is so dry and the risk of fires exists everywhere. I, along with all British Columbians, appreciate the dedication and challenging work of all the firefighters who have been battling the wild fires on the mainland and those that have flared up on the Island.

The Centre has been open during July and August with most programs being enjoyed by our members. The new Lease Agreement with Central Saanich has been signed, with Central Saanich now taking on the responsibility for maintenance at the Centre.

You will note that the first stage of the work to upgrade the downstairs kitchen has commenced with contractors being there, on and off, for the next few weeks.

Don't forget to renew your membership which will now run from September 1st, 2017 until August 31st, 2018.

Finally, a word of warning to members. If you receive an e-mail like ones I have received lately, which allegedly comes from the CRA (Canada Revenue Agency), just delete it. The e-mail will advise you that the CRA wishes to make an e-transfer of money to you but is having trouble completing the transaction, it's a complete hoax.

Stay safe and enjoy the final days of summer.

Michael



Isabelle Poinier with President Mike Bird
Thank you Isabelle for all your help!!



June 9, 2017 we helped Gladys Otto celebrate her 95th birthday with cake and tea after the CSSCA general meeting. I found this picture of Gladys in the Centre archives, this amazing lady was not only the first CSSCA president in 1980, she continues her volunteer work by phoning our members and wishing them a Happy Birthday. A very special Thank You goes out to Gladys.

Around The Centre



The Wednesday Weavers wrapping things up for summer, a very productive summer indeed.



Lindsey Richier, a UBC medical undergrad student, volunteered her time to assist our members with iPad, cell phone and laptop questions. A special thank you to Lindsey for being on site and taking over during a medical situation.



Sept 6	Shirley	Monych
	James	Squire
Sept 7	Patrick	Shaw
Sept 8	Darlene	Phillips
Sept 9	Greg	Nowakowski
Sept 13	Pam	White
Sept 15	Doreen	Bateman
Sept 16	Hedi	Basic
	Marney	Ellis
Sept 18	Doreen	Drayton
	Happy	Smith
Sept 21	Barb	Mordaunt
	Don	Farmer
	Joan	Raines
Sept 22	Mel	Lightbody
	Rheal	Henri
Sept 23	Arthur	Pugh
Sept 28	Janis	Ball
Sept 29	Doug	Ferguson



Strawberry Tea



The ladies are working hard on shucking strawberries for the most delicious strawberry shortcake I have ever had. The strawberries were very late this year but worth the wait.

A special Thank You to all the volunteers who brought another successful Strawberry Tea to the Centre.

Entertainment was provided by our very own Songbirds and Larry Skaggs playing a lovely piece on the cello.



Bus Trippers



July 14th the Bus Trippers enjoyed an outing to the Victoria Buskers Festival in the inner harbour.



Photo of the Bus Trippers visiting the legislative building. The two fellows are actors giving us the history of the government buildings. June 9th.



An absolutely perfect day for a trip to Sidney Spit.

Here we are following the shade while waiting for the passenger ferry back to Sidney. This is a trip we will do again.



Brentwood Bay Boozing Buddies



The BBBBs (Brentwood Bay Boozing Buddies) visited DeVine Vineyards June 5th. The View was worth the trip. The presenter for the Wine Tasting was very knowledgeable and entertaining.



In July we visited Church & State and had the best pizza I have ever tasted. Who would have thought you could get pizza at a winery. This photo was taken in August at the Symphony Vineyards. The gardens were beautiful.

CSSCA



Active Living
Healthy Aging
Lifelong Learning
Community Involved

THE CENTRE FOR ACTIVE LIVING 50+

1229 Clarke Road, Brentwood Bay, BC V8M 1E2

Phone 250 652-4611

cssca@shaw.ca

www.centralsaanichseniorscentre.org



Reception Hours

- **Monday - Friday 9 am - 1 pm**

Centre Closures

- **Monday, September 4th**
- **Monday, October 9th**
- **Monday, December 25th until
Tuesday, January 2nd 2018**

2017

Fall

Program

Guide

WELCOME

Welcome to the Central Saanich Seniors Centre (CSSC) in Brentwood Bay. We are a comfortable, friendly place where active seniors meet to socialize, exercise mind and body and enjoy coffee or meals together.

The CSSC Association established 'The Centre 50+' in the 1980's and now provides many recreational activities, social gatherings and educational workshops for over 200 members. Our diverse membership is mainly from the Saanich Peninsula, from Royal Oak to Sidney. CSSCA is an independent Society, solely operated by volunteers.

Our purpose is to provide friendship and healthy programs to all those aged 50 plus. Check out our Activities page to see all the programs we provide--we're certain you will find something here to pique your interest.

We would love to have you come for a visit. Our office hours are Monday to Friday from 9:00 am to 1:00 pm. Stop by for a coffee and a tour of our premises any day during office hours.

Active Living, Healthy Aging, Lifelong Learning, Community Involvement



The CSSCA is committed to providing accessible customer service to all persons with disabilities. We provide equal opportunities to ensure all benefit from programs and services.



Hearing Aid loops are available for use in our Main Hall.



For those wishing to stay connected, we have Wi-Fi for your convenience. Please visit our front reception for the password.



CSSCA offers a scent free environment.



LENDING
LIBRARY

All books, and puzzles may be borrowed for your enjoyment. Items are made available on an honour system.

Benefits of Membership

Your membership entitles you to:

- Participate in all programs, services and special events at our Centre.
- Vote to elect representatives to the board of directors.
- Hold office on our Centre's Board of Directors Committee.
- Become involved in meaningful and rewarding volunteer work.
- Several of Central Saanich businesses are offering discounts to our members on purchases and services.
- Meet new friends.

Society's Code of Conduct

Members are required to:

- Respect themselves by:
 - a) Choosing a positive attitude as they participate in the life of CSSCA.
 - b) Demonstrating good manners at all times.
 - c) Meeting expectations of appropriate language and behaviour.
- Respect the person, safety, property and rights of all other members.
- Demonstrate respect for all staff and volunteers through cooperation and compliance with the CSSCA policies and procedures.

When paying your membership dues, please pay by cheque or exact cash. Thank you.

Membership Fee Policy – 2017 - 2018

1. The annual membership fee is \$60 per person.
2. If a person joins after February 28th, the fee is \$30 to August 31st.
3. Membership becomes renewable each September 1st.
4. Anyone is invited to attend an activity once, free of charge. If a person decides to continue participating in that activity, without becoming a member, they are required to pay \$3 to The Centre 50+ each time they attend. This \$3 fee goes toward the upkeep of The Centre 50+ and is in addition to any other fees required by the Leader or activity. It applies to every activity sponsored by The Centre 50+.
5. For people who wish to join The Centre 50+ and cannot afford the fees, you may qualify for free membership by applying through Panorama Leisure Centre's Life Program (forms available at CSSCA desk).

Our rental facilities are suitable for many occasions

.....and are available to the community with reasonable rates and conditions.....

We have two halls available for rent, each is wheelchair accessible and has electric doors.

Our Upper Hall measures 40' x 50' and can accommodate 120+ people for various events. This hall has a vaulted ceiling, parquet flooring, an 18' x 20' stage, a large drop-down screen, microphone system and WiFi. Adjacent to the hall is a reception area, large lounge, washrooms and kitchen. Long tables, small tables, chairs, plates, cups and cutlery are also available .

Our Lower Hall measures 35' x 50', can accommodate approximately 80 people for events like strata meetings, arts and crafts, club events, debates, etc. It is set up with long tables and chairs, has tile flooring and multiple washrooms. Adjoining this hall is a large kitchen with sinks, fridge, coffee makers, cups, microwave oven, small convection oven and dish sanitizer.

For more information about the facilities, rental rates and conditions of rental please visit our website at www.centralesaanichseniorscentre.org to download the Rental Policy/Information. To complete the rental process, contact the Rental Coordinator, Gerie Turner, by phone (250-479-8023) to arrange a visit and to fill out an Application For Rental form.

BECOME A VOLUNTEER

Have fun, make new friends and get involved at The Centre 50+.

With more than 200 members, numerous positions are available. We will work with you to find the best fit for your strengths and your schedule.

Opportunities include the reception desk, special events, kitchen, entertainment coordinator or become a board member.

For more information on how to get involved, contact Laureen Barr at the Centre.

Volunteers - don't forget to enter our "Volunteer of the Month" draw for your chance to win a Thrifty Foods Smile Card.

A winner is selected monthly at the Sunday Social.

DONATIONS ARE TAX DEDUCTIBLE

CSSCA, Central Saanich Senior Citizens Association is a registered charity, as such when you donate to our Centre, the amount you donate is tax deductible

Report your charitable donations and claim a tax credit when you file your 2017 income tax return.

STAY INFORMED AND CONNECTED

Weekly Bulletins are available at the front desk as well as emailed Mondays. If you wish to have it emailed, please advise reception. Stay connected to ongoing events.

Monthly calendars are also available at reception.

Central Saanich Senior Citizens Association Board of Directors



The responsibility of the Board of Directors is to act as a liaison between the members and the staff, as well as the municipality of Central Saanich and its citizens. The committee provides advice based on input received to improve the programs, policies and services.

Minutes of the monthly meeting are available at the reception desk.

Members are welcome to read minutes of the meetings.

Your 2017 CSSCA Executive are:

President: Michael Bird

Vice President: Vacant

Past President: Margaret McKelvie

Treasurer: Thea Revoy

Corresponding Secretary: Val Park

Recording Secretary: Elizabeth Skaggs

Your 2017 CSSCA Board Directors are:

Marilynn Murray

Shirley Monych

Braunda Gustafson

Margaret Sharples

Wendy Wignall

Dale Broad

Renee Nicholls

Vic Peters

Your 2017 Centre Coordinator is:

Lauren Barr

The Centre Physical Activities

AEROBICS FITNESS

Monday, Wednesday,
Friday

9:00 am - 10:00 am

Members \$2.50

Non Members \$5.50



MILD FITNESS

Monday, Wednesday,
Friday

10:15 am - 11:15 am

Members \$2.50

Non Members \$5.50

Come out and join Barb Jefferies for Aerobics Fitness and Mild Fitness. Regular exercise can help boost your energy, maintain independence and manage symptoms of illness and pain. It's not only good for your body but it's also good for your mind, mood and memory. Both men and women welcome.

CHAIR YOGA

Join The Centre Chair Yoga every

Friday 12:00 - 1:00 pm

Remember, yoga is not about judging your performance, but about noticing and feeling the physical sensations of the poses in your body. It's about starting where you are on any given day. Since our bodies change daily, that starting point may change daily.

See you on the mat.

Members \$5.00

Non Members \$5.00 + \$3.00



YOGA
YIN
FLOW
HATHA
GENTLE
RESTORATIVE
Gail Bradshaw. MEd. ECYT

SCOTTISH COUNTRY DANCE

Tuesday, Thursday

10:00 am - 11:30 am

Members Free

Non members \$3.00



Fun Friday second of each month

7:00 pm - 9:30 pm

Non member Family \$6.00

Non Members \$3.00

We are trying something new this season by offering a once monthly Friday (the second Friday of the month) called a Fun Friday. These Friday nights will be called easy dances for all levels of ability and for all ages. We will also dance one or two dances that the group has worked hard to learn. These will give some dancers a rest time to watch and enjoy before resuming more participation dances. The first Fun Friday, Sept. 8th is free. Thereafter families will pay \$6 and individuals \$3 if they are not members. The dates for the fall/winter for Fun Fridays are: Sept. 8, Oct. 13, Nov. 10 and Dec. 8 from 7-8:30 pm. On Sept. 29th we will have our Ceilidh from 7-9:30 pm. This will include refreshments and demo dances. It will be all fun easy dances for all ages to participate. Cost is \$5 per person and families \$10. All proceeds to the Centre.

Anyone is welcome to attend a class. We always do some easy dances to allow visitors a chance to try them out. The difference this season will be that once a month Fridays will be all easy dances except for a couple of demo dances done by the experienced dancers of the group. Why not come and visit a class? The group is friendly and helpful.

Janet Mitchell Instructor

CHANGE OF ADDRESS

Have you moved or changed your address, phone number, contact information or set up an email address. If you don't currently get the monthly newsletter via email and wish to, please advise our volunteer receptionist.

The Centre Activities

NIA FITNESS AND DANCE

Joy of Movement

Saturday

9:30 am

Starting September 30

To December 16th

10 classes \$70.00

Drop In \$10

Instructor Rhonda Kool

keepitkool@telus.net 250 652-0815

Nia is a dynamic blend of Dance, Martial and Healing Arts energized with inspiring, festive music. **Nia** empowers people to dance with purpose, mindfulness and playfulness. **Nia** practice allows conditioning, creativity and self-healing through barefoot movement - guided by the sensation of **Pleasure**.

Love your Body ~ Love your Life ~
Through Movement We Find Health



BRIDGE

Saturday 12:30 pm - 3:30 pm
(for novice and advanced players)

Monday 12:30 pm - 3:30 pm
(for advanced players)

Members \$.50

Non-Members \$3.50

We have an average of 8 to 12 players a session. No need to come with a partner as we rotate after 4 hands of play. The winners move to another table and play with different partners. We all take turns sitting out if we have an uneven number of players so no one is left sitting out for long. There is a good mix of men and women. Coffee or tea is available for \$1.00 and some members occasionally bring in cookies or we buy some using our bridge fund. With our fee money we also buy new cards and donate to The Centre 50+. Last year we donated \$500.

Bridge Tip: Any player can claim the honours (A/K/Q/J/10) if they have 4 or 5 honours in the suit played or the 4 aces in no trump.

New Members are always welcome.

Lynda Tucker



500 CLUB

Wednesday 1:00 pm

Members Free

Non Members \$3.00



500 or Five Hundred is the variant of Rummy

It is a trick taking game with some ideas taken from Bridge. **No** - it is not an investment club, but one full of fun and not as serious as Bridge.

Beginners Welcome!!!

POKER

Tuesday 1:00 pm

Members Free

Non Members \$3.00



Know when to hold them know when to fold them

The Centre Activities

POT LUCK

3rd Thursday of each month 12:15 pm.

Members and Non Members Welcome

Fee: Food

Bring your favorite dish to share or get creative and try a new recipe.



Come on out and enjoy a meal and great conversation with friends and members of the Centre.

Did you know: From the time when people would only eat stew, each person would bring a bit of food to put in the stew.

THE LUNCH BUNCH

4th Thursday each month 11:30 am

Members and Non Members Welcome

Fee: At your own cost

Each month we average 15 to 20 people for a luncheon at various restaurants on the peninsula

Sign up sheet is at the Centre or email corinnemarshall@shaw.ca or phone 250 652-7032.

Please let us know if you are able to drive or need a ride.



BRENTWOOD BAY BOOZING BUDDIES

2nd Monday of each month 11:30 am

(Unless there is a special event we wish to attend.)

Members and Non Members Welcome

Fee: At your own cost

The BBBBs have an exciting fall of tastings planned. Monday, September 11th we visit the Blue Grouse Estate Winery in the Cowichan Valley. Saturday, October 14th the Salt Spring Vineyard for their annual Grape Stomp.

Sign up sheet is at the Centre.

Please let us know if you are able to drive or need a ride.



TABLE SHUFFLEBOARD

Thursday 2:00 pm

Members Free

Non Members \$3:00

Start up September 21st

If you wish to join the shuffleboard team, please sign up at the centre reception or phone Anne at 250 652-0127



BUS TRIPPERS

2nd Friday of each month

(Unless there is a special event happening that the group wishes to travel to.)

Member and Non Member Fee: At your own cost

The main goal of the bus trippers is to familiarize our members with the transit system in order to maintain independence.



Examples of some of the trips the group has taken; the legislative buildings, Buskers Festival, Imax theatre, and Sidney Spit. September 12th, due to senior discounts on BC ferries the bus trippers plan a trip to Swartz Bay to take a round trip ferry ride to Galliano and Mayne Island. Friday, October 13th we head to UVic, Phillip T Young Hall, for a music concert.

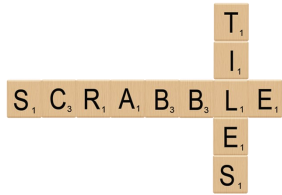
Do You Have An Idea? We Are Listening

We are looking for your ideas on what programs you would like to see at The Centre. Let us know!

The Centre Activities

SCRABBLE

Monday 1:00 pm



Members Free

Non-Members \$3.00

Challenge your word/spelling skills. There are lots of benefits of playing scrabble in addition to the obvious fun. The more you play this board game the better you get at it including improving you mentally, socially and emotionally.

CRIBBAGE

Friday 1:00 pm

Members Free

Non-Members \$3.00



Cribbage was invented in the early 1600s by Sir John Suckling, an English courtier, poet, gamester and gambler.

Cribbage is a game of numbers

PHOTOGRAPHY

Monday 1:00 pm

Members Free

Non Members \$3.00



We are a group of photography enthusiasts with all levels of skills from beginners wanting to know more about all the buttons on their camera to seasoned veterans who love their hobby. Plan for lots of field trips.

Please advise reception at the Centre if you are interested in joining.

SNOOKER

Saturday 1:00 - 4:00 pm

Members Free

Non Members \$3.00



BINGO

Every Wednesday

1:00 - 4:00 pm

Everyone Welcome

Must be 19 years of age

Refreshments available

Special Events Bingo

Thanksgiving Bingo - October 4th

Christmas Bingo - December 20th



MUSIC BINGO

1st Friday of each month

Members and Non Members

Welcome

Join Darryl Markin for a fun afternoon of singing along with the popular hits of the 50s, 60s and 70s. Lots of prizes and fun to be had. Refreshments available.

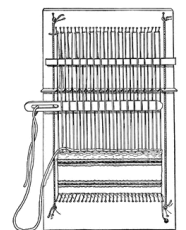


WEAVERS

Wednesday 11:30 am - 2:30 pm

Members Free

Non Members \$3.00



Weaving is an ancient textile art and craft in which two distinct sets of yarns or threads are interlaced to form a fabric or cloth.

The Centre Activities

ARMCHAIR THEATRE

1st Thursday of each month

2:00 pm - 3:30 pm

Members \$2.00

Non Members \$4.00

Resumes October 5th

Calling all would-be actors and theatre buffs - from novice to old pros. This is a play reading group, we read scenes from one act plays to full-length plays, modern to radio plays and the old classics. No lines to learn only reading together, laugh together, meet new and old friends. Stretch those facial muscles. Come on out and join our new group for a fun afternoon and be your own entertainment.

SONGBIRDS

Tuesday 1:00 pm - 2:00 pm

One time fee for book \$10.00

Members \$1.00

Non Members \$4.00

Begins September 12th

No Auditions required.

Everyone is welcome to explore a musical journey with our director Larry Skaggs and Louise Eldridge our pianist. Enjoy performing at our Centre and other venues.



Painting

Tuesday 12:30 am - 3:00 pm

The class meets for lunch at 12:30 pm before class at 1:00 pm

Unfortunately Marilyn Murray is in high demand and her sessions are presently full.



The Art Appreciation Group

Tuesday 7:00 pm

Members Free

Non Members \$3.00



Holidays are over and our Art Appreciation Group returns Tuesday, October 3rd at 7 p.m. Come join us as we gather around the table in the lower hall. The aim of our art appreciation group is to explore any and all aspects of ART, as agreed upon by the group and to exchange information, experience and opinions in order to enable each member of the group to learn and contribute equally. We like to attend several art auctions and art shows throughout the season.

Jammin' Seniors

Saturday 9:30 am - noon

Members \$2.50

Non-Members \$5.00



A place for musicians who play for their own enjoyment in an informal impromptu unrehearsed group. Bring your favorite song sheets, your instruments and voice. Let's have some Saturday morning fun.

KNITTING/CROCHET

Wednesday 2:00 pm

Members Free

Non-Members \$3.00

This group with different levels of expertise from beginners to accomplished participants, meet every Wednesday from 2 to 3:30 pm in the lounge.



Many work on their own projects plus articles to donate. Many are sold at our annual craft and bake sale. What isn't sold is donated to 1-UP (Single parents' Resources Centre). We have also sent knitted dolls and washcloths to Uganda.

Yarn has been donated from members and the community, some has been purchased. Come and join us.

Speaker Series at The Centre

* 1:30 - 3 pm * by donation at the door



Friday, September 15

Guest Speaker : Pat Nichol

- Author and motivational speaker
- Writer for Inspired Senior Living Magazine

Topic : Aging Vibrantly

From her beginning words, "If you didn't know how old you were, how old would you be?" Pat Nichol moves between humour and pathos to share ideas on how to live every day courageously, outrageously and vibrantly.

Her talk is based on life experience, stories heard, and ideas from her audiences. Her mentors are people like Dr. Bernie Segal, George Carlin.

We need to know that we can age, but we don't ever have to grow old.

Friday, October 20

Guest Speaker : Paul O'Reilly

Topic : Vimy Ridge 2017

Brief history of the Vimy battle and the use of air power. A description of our local group and how they were formed 6 years ago. The training they've had to undergo and the commemorative event itself in France this year.



Friday, November 17

Guest Speaker : Brent Cooke

- Artists for Conservation
- Bronze Artist and Wildlife Photographer

Sunday Social at The Centre

2:00 - 4 pm

Sunday, September 24

WELCOME BACK SOCIAL

We are celebrating the end of summer and welcoming back all our members, new and old. This is a great opportunity to reacquaint yourselves with our programs and activities, as well as each other.

Entertainment : The Eh Train

- Jazz from the 50s and 60s

Coffee, Tea, Sandwiches & Goodies available

Sunday, October 29

Entertainment: TBD

Sunday, November 26

BAKE & CRAFT SALE/FASHION SHOW

Entertainment : Victorian Vogue



Save these dates

December 2: Chemainus Theatre -
The Cornwells are back

December 14th: Annual Christmas Luncheon

Upcoming Events

The Bus Trippers

Busing for Fun



Tuesday, September 5

meet at Centre at 8:50 am to carpool to the Saanichon Exchange Bus Stop to catch #72 to Swartz Bay.

Catch the ferry to South Gulf Islands, Galliano and Mayne at 10:25 am returning 12:48 pm fee is \$6.75 for seniors. Bus Fare \$5/day pass.

Bring your own picnic lunch.



BCFerries
Experience the difference™



Brentwood Bay Boozing Buddies

Next Tour & Tasting
Monday September 11



Blue Grouse
ESTATE WINERY and VINEYARD

Located in the beautiful Cowichan Valley
2182 Lakeside Road
Duncan, BC



Sign up sheet at the Centre Reception

Meet at the Centre at 9:30 am if you wish to carpool.

Welcome Back

Sunday Social

September 24th Doors open 1:30 pm

Entertainment 2:00 pm Tea/Coffee Munchies 3:00pm

Welcome New Members Welcome Back Old Members!

Meet & Greet Get Reacquainted



Entertainment by
Eh Train



50s & 60s Jazz



Fable Fabric
acquired beyond
Life Expectancy!



HOBBY SUPPLIES SALE

Attention artists, crafters,
weavers, knitters, jewelers, quilters, etc.
Are you downsizing, moving, or retiring and
don't know what to do with all the years of
accumulated art & craft supplies, fabric, wool,
beads, card making & jewellery supplies?

On **September 16th** from **9am to 3pm** the **CSSCA**
is holding a special sale to help you downsize.

\$10 / table ~ or share with a friend

Contact **Lauren Barr @ 250-652-4611**
to inquire about renting a table.



Awesome rates!

**UNBEATABLE
UNREPEATABLE
BARGAINS**

The response to the Hobby Supplies Sale has been amazing. The main hall is full and the bingo hall has only two venter tables left. This is an excellent opportunity for crafters just starting up to purchase supplies at a reasonable cost. Members who don't have enough hobby supplies to rent a table and wish to donate the items to the CSSCA table, please drop off at the centre reception. We are seeking volunteers to help in the kitchen, greeters and to man the 2 tables for the Centre. Sign up sheet at the Centre.

The Jammin' Seniors will be providing the morning entertainment.

Refreshments available.

Admission - Free

Ceilidh



DANCE

FRIDAY, September 29th 7:00 pm

**Refreshments
available**

Wear comfy clothes and lightweight flat soft soled shoes

**Fun easy dances called
No need to bring a partner**

\$5 per person

\$10 for families

All Ages Welcome

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

NEW GROUP : CHRISTMAS HANDICRAFT GROUP

Thursday 10:30 am start date October 5th

Join us for a cup of tea or coffee and enjoy baked goodies, as we share a good laugh and funny stories as we make things to sell. We will be raising money to benefit our programs, services and activities. Please feel free to come and join us and see what we are up to. Even if you don't think you are crafty, we will help you make something. We are a friendly bunch and such a nice way to meet new people. The projects planned for October and November are Christmas craft projects to sell at the November 26th Sunday Social, bake and craft sale. Over the past 6 months, as members have been downsizing, they have dropped off an amazing amount of Christmas ornaments and such for us to re-create into Christmas festive trims.

If you have a few hours to spare come out and join the creative fun.

New ideas are always welcome.

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dancing Walk Around 10 am -	Aerobics 9 - 10 am	Scottish Country Dance 10 am	Aerobics 9 - 10 am	NIA Dance 9:30 - 10:30
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	
Bridge 12:30 - 3:30 pm	Painting 12:30 - 3 pm	Weaving 11:30am - 2:30pm	Pot Luck Lunch 3 rd Thursday 12:15 pm	Chair Yoga 12 - 1 pm	Jammin' Seniors 9:30am - Noon New
Photography Club 1 pm	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am Sign-up sheet in office	BUS TRIPPERS 3rd Friday Of each month Sign up sheet at reception	Bridge Clinic 12:30 - 3:30 pm
Scrabble 1 pm	Poker 1 pm	Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	
Brentwood Bay Boozing Buddies 11:30 am 2nd Monday of the month Sign up sheet at Centre		Knitting 2 - 3:30 pm	Armchair Theatre 1st Thursday 2 pm - 3:30 pm	Speakers Series 1:30-3:00 PM 3rd Friday of the month	Snooker 1 - 4 pm Casual
				Music Bingo 1st Friday of each month 2—4 pm	
	Art Appreciation 7 pm			Scottish Country Dance 2nd Friday 7—9 pm	

Thank You Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



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.



10% discount on purchases made on Wednesdays, when showing your 2018 CSSCA membership card



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2018 cardholders



10% discount on the first Monday of every month to 2018 CSSCA cardholders



15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesdays with your 2018 CSSCA membership



Provides an annual donation to be used towards supplies for annual events. Also, the Peninsula Co-op annually reimburses dividend funds to The Centre, accumulated as members quote The Centre's number 60747 when purchasing groceries and fuel

The Centre 50+ News

Heart of the Peninsula



THE CENTRE FOR ACTIVE LIVING 50+

Welcome back returning Members and new Members.

The summer just went by way too fast and here we are with fall just around the corner.

After the Vintage Wedding Dress Event, I was asked to set up a display at Parks Canada, Fort Rod Hill, for the "150 Years of Women in the Frontier" celebration. The cadets modeled 8 of the dresses. They were a real hit.

Now it is time to start planning for the 2018 Hat Event. The committee will be meeting Monday, September 18th at 11:15 am in the lounge. New committee members and ideas are always welcome.

A few new changes to the newsletter are coming. Due to the time involved to produce the newsletter, we will be issuing the newsletter every second month, but will continue with the weekly Centre bulletins. To ensure you receive a copy via email, please advise reception of your email address. We will no longer be featuring the monthly Stamp Club article. Thank You Kurt Sommer for contributing to the newsletter all these years. Our readers always looked forward to reading your informative stamp articles.

We must thank another person for all the wonderful entertainment he has brought to the Sunday Socials and the special events at the Centre. Thank You so much Glen Sprague, you will be missed. Enjoy your retirement.

Laureen Barr



GENERAL MEETING Sept 7th 2 pm
BOARD MEETING Sept 14th 9:30 am

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

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www.centrialsaanichseniorscentre.org

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