

The Centre 50+ News

Heart of the Peninsula



SEPTEMBER 2018



Photo by Jim Fowler

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Fall Program attached

The Centre is closed
September 3rd



Photo by Jim Fowler

September Events

New... Line Dancing

* Tuesday, Sept 4th 11:45 am

Bingo Returns! September 5th

* Wednesdays 1— 4 pm

CSSCA Board Meeting

* Thursday, Sept 6th 9:30 am sharp

Bus Trippers Dominion Park

* Friday, Sept 7th

Scottish Country Dance Workshop

* Sunday, Sept 9th 2:00 pm

Book Club The Light Between Ocean's

* Thursday, September 13th noon

CSSCA General Meeting

* Thursday, Sept 13th, 2:00 pm

Nia Dance Returning

* Saturday, September 15th, 9:30 am

Songbirds

* Start up, Tuesday, Sept 18th 1:00 pm

Meet & Greet—New Members

* Thursday, Sept 20th 2 pm

Urban Pole Workshop

* Thursday, Sept 20th, 1 pm

Speakers Series

* Ann Nightingale -

* Friday, September 21st,

Fun Friday— Scottish Country Dance

* Friday, Sept 21st 7:00 pm

Lunch Bunch

* Thursday, Sept 27th 11:30 am

* Maple Palace Restaurant

Brentwood Bay Boozing Buddies

* Devine Friday, Sept 28th 11:30 am

President's Message

President's Message

Well this has certainly been a summer to remember with the heat and fires burning on the island and the mainland. The "experts" predict that this will be the "norm" for many years, I hope not as more and more of our beautiful scenery gets destroyed by these wildfires.

A big thank you to the volunteers who painted the bingo room, especially the volunteers from the Royal Bank who gave up a Sunday to paint the walls. The intent was to make the room more welcoming for the players. Additionally, the Royal Bank will be donating to the Center in recognition of their volunteers, it is proposed to use some of the donation to purchase new blinds for the room.

Work on the kitchen is in its final stages and it looks impressive. On Monday, August 20th we were visited by Filomena Tassi, The Federal Minister for Seniors, who also has a responsibility for New Horizon Grants. We had the opportunity to show how the grants we have received have been used to benefit both our members and the community at large.

Vivien is desperate for volunteers to man the front desk, if you can contribute a couple of hours for this work let Vivien know, training will be provided.

Don't forget annual dues are payable September 1st.

Michael



Volunteer for the month of
May

Renee Nichols with President Mike Bird

Renee was the volunteer for the month of May but we didn't get a photo as she was recovering. Welcome back Renee.



Volunteer for the summer months is Shirley Monych. Photo to follow.



Around The Centre



Welcome
Glad you're here!

NEW MEMBERS

Anne Miller	Diane Taylor
Naome Soliel	Claire Denney
Kathy Stromkins	Dorene Palm
Lynda Sorensen	
Joan & Roger Boutilier	



June 15th,
Jackie Goodwin with
PEMO gave an
Informative
presentation on
"How to Get Prepared
for an Emergency".
Jackie is showing us
items suggested to
build an emergency kit.



Sept 6	Shirley	Monych
	James	Squire
Sept 9	Greg	Nowakowski
Sept 11	Pat	Tranter
Sept 13	Pam	White
Sept 15	Doreen	Bateman
Sept 16	Hedi	Basic
Sept 18	Doreen	Drayton
	Happy	Smith
Sept 21	Barb	Mordaunt
	Joan	Raines
Sept 22	Mel	Lightbody
Sept 23	Arthur	Pugh
Sept 24	Suzanne	Labreche
Sept 26	Patricia	Ekland
Sept 28	Janis	Ball
Sept 29	Doug	Ferguson



Around The Centre



To the left is the Scottish Country Dance workshop grads with Janet Mitchell their instructor receiving their certificates in June



To the left are Jeffrey Cochrane, of the Song-birds saying goodbye to our pianist of many years, Louise Eldridge who will be greatly missed by the choir.



Corinne Marshall with her lunch bunch group at the Sabhai Thai Restaurant in Sidney.. September 27th join us at the Maple Palace.



We are off to see the production of "Grease" at the Chemainus Theatre August 18th. Our next trip

Strawberry Tea



Another successful Strawberry Tea with entertainment provided by the barbershop quartet, the "Killer Whales" and paintings from Marilyn Murray



It takes many volunteers to bring the Strawberry Tea Art Show to the Centre. We must acknowledge one of the main organizers of the Tea. Thank you Gerie Turner for very another successful Strawberry Tea.



Strawberry Tea photos taken by Braunda Gustafson s' daughter, Diane, Thank you.

Brentwood Days Festival

Fun was had by all that came out to man the CSSCA information booth.



Kitchen renos



The Federal Minister for Seniors, Filomena Tassi along with the Mayor, Ryan Windsor came for a visit, August 20 to check out the kitchen upgrades.

For an update on the kitchen renovations, our next general meeting, Thursday September 13, at 2 pm. Everyone is Welcome.

Photo to the right is MP Filomena Tassi discussing issues of concern to our members.



BINGO IS BACK

Grand Opening
September 5th



Bingo is returning to Brentwood Bay
With a new face lift

Wednesdays 1 - 4pm

Cultural Centre in Brentwood Bay ~ Centre 50+
1229 Clarke Rd. (next to the library) ~ Everyone Welcome 19+
BC Gaming License 107605 Know Your Limit Play within it

The Bingo Room revitalization Group consisted of many volunteers. They started the first of August removing everything from the walls before scrubbing them down. Then came the filling of holes and painting of the trim before the Brentwood Bay branch of the RBC Financial Group came in and painted the walls. Thank you RBC for a great job!!



A special Thank You to the Cleaning Group

Ann Britney Dale Broad
Val Parks Mike Bird
Jan Mercer
Elizabeth Skaggs

A special Thank You to the Painting Group

Shelley Cadorin Dale Broad
Vivian Bradley Mike Bird
Leo Vezina Pat Bird
Elizabeth Skaggs

Thank you to all the volunteers who worked so hard on the Bingo Hall, facelift. It is so bright and fresh looking. What a Difference!



The Weavers, to the left, are busy cleaning up after the bathroom and kitchen renovations left a layer of construction dust on everything.



SPEAKER SERIES



Friday, September 21st, 2018 2:00 pm

Guest Speaker : Ann Nightingale

Topic: Birding

Ann Nightingale, a local resident and committed birder and naturalist recently earned the Governor General's Award for Caring Canadians for her volunteer work mostly done in connection with local conservation and birding. Plus the American Birding Association award for her outreach, education and liaison work on behalf of birds and birding.

Save these dates

December 1: Chemainus Theatre
Little Women

December 13th: Annual Christmas Luncheon

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

*Learn the right technique & improve your balance,
Lose weight & manage your glucose levels,
Take pressure off your hips & knees
Fun, friendly & social atmosphere*

Central Saanich Seniors Center -Active Living
Thursday Sept 20/18 1pm-2pm

Demo of Urban Walking Poles
Instructor Sharon Denny,
BORPA cert Personal Trainer



urbanpoling.com

Rsvp sharonkdenny@gmail.com



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 for more information at cssca@shaw.ca or 250 652-4611

Upcoming Events

Scottish Country Dance
Fun Friday
September 21st, 2018

7 pm -
8:30 pm

Wear comfy clothes
and
lightweight flat soft
soled shoes



All ages
Welcome

No Partner
Needed

Experience an evening of Scottish Country Dance at the Centre 50+
 Bring the kids, grandkids, mom, dad and learn the easy fun dances called.
 The dances are designed for anyone capable of walking with no dance experience required.
\$3 per person * \$6 per Family * Members Free

A NEW BRIDGE COMING THIS SUMMER

September 1- 8, 2018
 Watch stone masons hand-build a
 footbridge across Dominion Brook
 at Dominion Brook Park - 8801 East Saanich Road



Drawing by: John-Shaw Rimmington

Dedication ceremony
 2 p.m., Saturday, September 8

Further information at www.dominionbrookpark.ca



Funding provided by Friends of Dominion Brook Park Society
 Bridge building led by Dry Stone Walling Across Canada



Join us
Thursday
September 27rd
 11:30 am
 At the Maple Palace

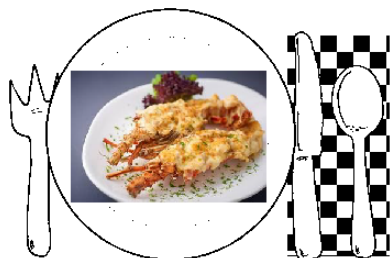
LUNCH BUNCH

Located
 Unit 202, 9800
 MacDonald Park Road
 Sidney

The Maple Palace Chinese Restaurant puts a unique twist on Chinese. With their infusion of the sweet and savory, you are sure to find a dish that you will love.


Watch the planes take off and land while enjoying a meal with friends.

Take a glimpse of China through their hall of murals.



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

It's all about
LINE DANCING



Join Claire Denney every Tuesday morning
11:45 am-12:45 pm for a hour of social line dancing.
For Basic Beginners, no experience required
All adults welcome
Great for memory, balance, mobility
in a great social environment