

The Centre 50+ News

Heart of the Peninsula



SEPTEMBER 2019



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Fall Program attached

The Centre is closed
September 2nd



September Events

Scottish Country Dance For Beginners

* Tuesdays, Sept 3rd 2:30 pm

Soul To Sole Foot Care

* Tuesday, Sept 3rd 8:30 am 4 pm

Bingo Returns! September 4th

* Wednesdays 1— 4 pm

* Everyone Welcome over 19

* Refreshments available

* **Hotdog Day** September 25th

Scottish Country Dance ~ Workshop

* Sunday, September 8th , 2:00 pm

No Aerobic/Mild Fitness

* Barb on holidays from **Sept 9th - 18th**

Book Club Your Favorite Childhood Book

* Thursday, September 12th noon

CSSCA General Meeting

* Thursday, Sept 12th, 2:00 pm

Bus Trippers Sidney Museum

* Friday, Sept 13th—Chief Dan George

Nia Dance Returning

* Saturday, September 15th, 9:00 am

Speakers Series

* Vic Clive with The Old Attic

* Friday, September 20th, 2 pm

Songbirds

* Start up, Tuesday, Sept 24th 1:00 pm

Lunch Bunch

* Thursday, Sept 26th 11:30 am

* Shabhai Thai Restaurant– Sidney

President's Message

President's Message

As you enter the center you will notice improvements in the layout and the decorating. A huge vote of thanks goes out to those who carried out the work during the summer, these included Joyce and Leo Vezi-na, Dale Broad, Elizabeth Skaggs, Vivienne Bradley, Joanne McGowan, (I hope I haven't missed anyone).

The final phase of the downstairs kitchen is underway and you will note that the pool table has been moved into the games room to make space for new work surfaces.

Members have been busy during the summer months promoting the center and increasing its visibility in the community to increase membership.

September is the start of a new year at the center and annual fees are due on September 1st

Bingo will start up next Wednesday, September 3rd we look forward to seeing our players again.

Here's looking forward to an interesting and enjoyable year at the center.

Michael Bird



Did you know we have a **lending library** at the centre. A special Thank you to Kathy Chiasson, our librarian who keeps the donated books all in order. You will see also Kathy most Thursdays as a volunteer receptionist. Kathy travels by city transit all the way from Victoria to help us out and for that another big Thank you.



Kathy Chiasson

Volunteer for the summer months 2019



Don't forget, its membership renewal time. Our membership year is from September 1st, 2019 to August 31 , 2020

Around The Centre



Welcome
Glad you're here!

NEW MEMBERS

Changes around the Centre



The Pool Table has been moved from the kitchen into the games room on the lower floor. Lots of room. Bring a friend and have some fun. Other than the Saturday morning music jam, the pool table is available most days.

The kitchen is almost done!!!

Delivered this morning, commercial preparation tables, lots of commercial shelving along with two absolutely huge refrigerators. A commercial food processor and mixer, scale and cooking utensils. Its coming together.



Sept 1	Ken	Bull
Sept 6	Shirley	Monych
Sept 11	Pat	Tranter
Sept 13	Pam	White
Sept 15	Doreen	Bateman
Sept 16	Hedi	Basic
Sept 18	Happy	Smith
Sept 19	Richard	Walker
Sept 21	Barb	Mordaunt
	Joan	Raines
Sept 22	Mel	Lightbody
Sept 23	Linda	Vennberg
Sept 23	Arthur	Pugh
Sept 25	Maria	Pedro
Sept 26	Patricia	Ekland
Sept 28	Janis	Ball



Around The Centre



The Lunch Bunch gang enjoyed the summer months by dining at the Stonehouse Pub in Canoe Cove in July, then in August we traveled to Broadmead Mall and ate at Romeo's Pizza.

September 26th, the Lunch Bunch group will gather at 11:30 am at the Sabhai Thai Restaurant located at 2493 Beacon Ave in Sidney. Sign up sheet at centre reception

Sabhai  **Thai**





New This Fall!!



Scottish Country Dance for Beginners

Tuesday 1:00 pm- Sept 3rd to 17th

Regular Classes

Every Tuesday &
Thursday

10 am - 11:30 am



SCD Workshop

Sunday

September 8th

2:00 to 3:30 pm

Ceilidh

Sunday

October 6th

2 pm— 4pm

Wear Soft soled shoes and comfy clothes

Anyone Welcome To Attend Class.

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

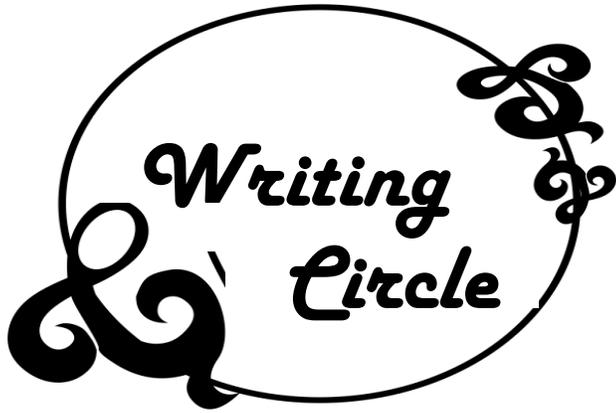
No Partner needed.

We dance in an airconditioned building!



The SCD group had a busy summer. Not only did Janet and the dancers continue through the summer, they performed at an 80th birthday party for our member Ann McMillan and a going away party for Makini. In her 20s, Makini is the youngest member of the SCD dance group. Makini is leaving for New Zealand for a year. We wish her luck in her travels and look forward to her return.

Around The Centre



REMEMBER WHEN

Those past memories seem so important to us as we move along the aging process. Not only a personal trail to oneself as to how far into the past one can remember specific events but also a good brain exercise.

Some might say it is more good luck than good management as to the length and depth of one's ability to retrieve past events.

How important is it to us on a personal level to be able to remember? No doubt we all have some beautiful memories which we can enjoy and relive the moment.

On the other hand, perhaps on some level we have those memories that we prefer to forget. Seems strange doesn't it that at times those difficult or sad events never seem to leave us; yet we can re-observe and re-assess those moments and examine them with a fresh outlook.

Time has a way of softening the edges, or on the other hand one can perhaps bring forth the fun times and memories with joy and be able to re-live those moments as a gift.

Remember when??? That question opens up the door of our memory box and allows us to choose which events to relive and/or enjoy.

As the years fly by so quickly these days, I promise myself to recoup those special times and hold on to them, they are mine and mine alone; yet by the same token, I do like to share some of those special memories with others.

Marianne Brackenridge

April 14, 2015



The Centre set up an information table at Music In The Park on Wednesday evenings. After scotch taping 'The Centre For Active Living' banner on to the back of our lawn chairs, we kicked back and enjoyed the wonderful entertainment and food from the various food booths.

August 10th, The Centre set up an information table at the Saturday Country Fair/farmers' market. Many wonderful folks popped by to say hello and learn about our Centre's programs. The mayor even stopped by for a chat.

If you enjoy meeting the public and would like to join our volunteers, the next time we set up at the Country Fair/ farmers' market is September 14th and October 5th from 9 am - 1 pm . Let the Centre reception know if you are available to help out.

Thank you Gerie for arranging this opportunity to profile the Centre.

“Where Did You Get That Hat” Show & Strawberry Tea



The Songbirds and the Jammin' Seniors performed to a sold out crowd. What a performance it was. They are still talking about it at the Centre. Thank you to Larry Skaggs , director of the Songbirds and Louise Eldridge for driving down from Fanny Bay to play the piano. Joanne McGowan and Allan Whitcombe were amazing hosts. It took over 30 people to bring the “Where Did You Get That Hat “ show to you. Those folks that donated or lent us hats for the show, they are on the stage ready to be picked up.



“Where Did You Get That Hat” Show & Strawberry Tea



Roger, winner of the craziest most original hat.

Sue won the best hat of the afternoon and to top that, it was her birthday. Happy birthday Sue.



A guest to the Strawberry Tea was the 50/50 winner.

Gerie Turner and Braunda Gustafson deserve an huge Thank you for arranging the Strawberry Tea again this year. It took over 20 volunteers to bake cakes. Then many volunteers to shuck strawberries, while the rest of us went to Mamma Mia in Chemainus. With the huge crowd this year it increased the work done by the volunteers, without you there would be no Strawberry Tea.

A yummy Thank you.



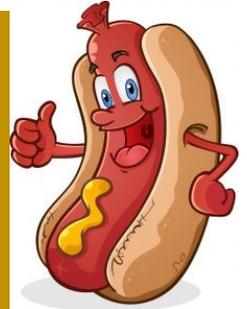
An added feature to the Strawberry Tea, my favorite, chocolate dipped strawberries. Thank you Pat Bird and Lauren Barr.



BINGO IS BACK

Returning
September 4th

HOT DOG DAY
COMING BACK
September 25th



BINGO

Wednesdays 1 - 4pm

Cultural Centre in Brentwood Bay ~ Centre 50+
1229 Clarke Rd. (next to the library) ~ Everyone Welcome 19+

BC Gaming License 97274 Know Your Limit Play within it

Upcoming Events

Glynis Miller LPN, Mobile Foot Care Nurse

Compassionate in-Home Service



Soul To Sole
Mobile Foot Care

Coming to The Centre For Active Living 50+

The first Tuesday of the month

9:00 am - 4:15 pm

Phone 250 858-7729 to make an appointment

While the duration of the appointments will vary, most will be approximately one hour

www.soultosolefootcare.com

250.858.7729



Chemainus Theatre Festival



Reservations have been made for 55 people for the performance of "Miracle on 34th Street", **Saturday, November 23rd.** Wilson Transport will again provide the transportation to Chemainus.

Tickets price will include transportation, the meal and the performance. **We will start taking reservations October 1st, 2019.** Heads up, I made the reservations last December 2018 and already the performances for December 7th, 2019 and November 30th, 2019 were sold out for groups. So if you aren't going with us and plan on going, you had better book your tickets now.. Good luck getting them.!

The Centre for Active Living 50+

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

Presents



Harvest Festival

October 27th, 2019 2 pm

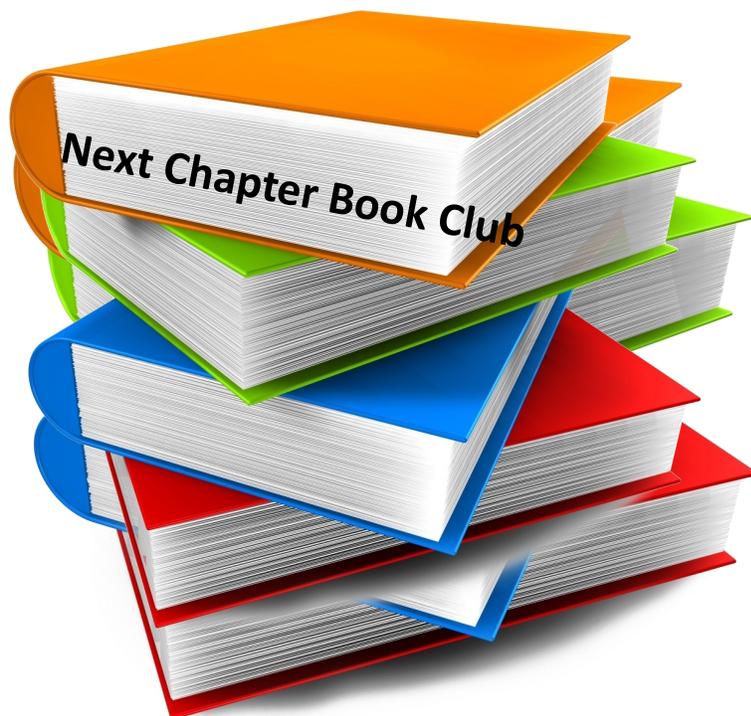
Entertainment – Victoria Accordion Band

Doors open 1:30 pm

Entertainment 2:00 pm

Refreshments 3:00 pm

Admission by Donation



The next book club meeting takes place September 12th at noon. It will be a little different, instead of selecting a book from the library book club, we are re-reading our favorite childhood book then giving a small 5 to 10 minute talk about that book. Should be interesting. Don't forget to bring your lunch.

Upcoming Events

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

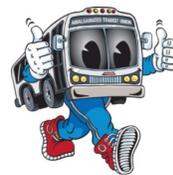
Let's Play Bridge!!

Every
Monday 12:30 pm
 Welcome new experienced players.

Saturday 12:30 pm
 New players welcome that are learning Bridge for our Saturday sessions

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.

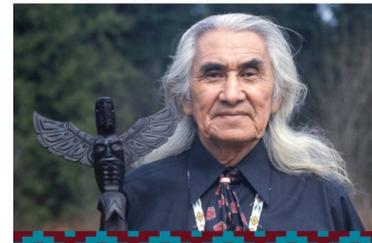
Ken Weatherill sign up sheet at Centre Reception or phone 250 652-4611



The Bus Trippers Busing for Fun

Tsleil-Waututh Chief Dan George (1899- 1981) was an Indigenous rights advocate and actor.

The exhibition was developed by the North Vancouver Museum, in close collaboration with the George family.



Sidney Museum's Chief Dan George Exhibition

Friday, September 13th, 2019

City Transit - \$5.00 /Day Pass

We will meet at the Centre at 9:45 am to catch the #81 bus at 9:59 am or you can catch the bus at the Saanichton Exchange with Vivien at 10:06 am. We will have lunch before returning between 2 and 3 pm

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



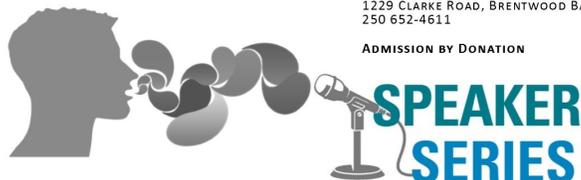
Book Your Table Early \$25 for Members \$35 for Non Members

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

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
 250 652-4611

ADMISSION BY DONATION



Islanders are well travelled and tend to have many unique pieces in their homes. When they are looking to move or downsize they turn to **The Old Attic**.

Join Vic Clive at the Centre For Active Living

September 20th, 2019 2:00 pm

and learn the value of Antiques, Collectables and Memorabilia .

Upcoming Events

Nia Dance

With Rhonda Kool



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**.

Dance your Saturday mornings away with Nia Dance

Saturday mornings 9 am, start up September 21st to October 12th, returning November 23rd to December 14th

10 classes \$70.00

Drop In \$10



KEEPING CSSCA FINANCIALLY AFLOAT

Fairway Market donates funds to us through their **Building Communities Together card**. In 2018 we received \$605.00. To help increase that amount this year, pick up one of these cards when you renew your membership. Take the card to any Fairway Market and load it with any amount you choose. Then when you purchase something from the Market, pay for it with your card. You can keep adding your dollars to the card as you need. The Centre gets 5% of what you spend.

Another method by which the Centre receives funds is via our **Peninsula Coop card number**. By using the Centre's number (**60747**) your points from the purchases made at the Peninsula Coop (food & fuel) will benefit us. Some members contribute in this manner.

-Margaret McKelvie, Treasurer

Climate Action - Footprints and First Steps

We've all heard it - Climate Emergency, Climate Action Climate Change! But what is it and what can we do to help make things better?

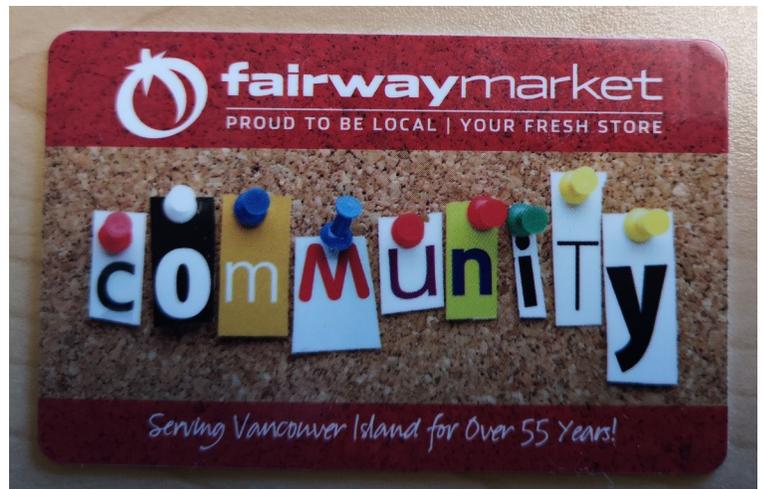
Everyday we make choices that impact our environment by eating, driving and even by the clothes we choose to wear! There are some basic things you can do to reduce our impact on the environment - like recycling and changing light bulbs. There are some bigger things we can do, like buying solar panels or an electric vehicle. Some things also reduce your costs—such as reducing gasoline consumption by walking or cycling, instead of taking your car for all of your errands.

Some members are working to plan an event for you this fall to help identify what are the right steps for you to take to help reduce your Carbon Footprint.

In the meantime look at how to **Calculate your carbon footprint** using the Calculator from Saanich's website and check out the information available at Central Saanich's website in the Climate Action section.

Keep Recycling

Written by Dora Stroud



Pick up your Fairway Market, Building Communities Together card today at the centre reception.