

The Centre News

Heart of the Peninsula



June Events

Ceilidh— Scottish Country Dance

- * Sunday , June 3rd, 2:00 pm

CSSCA Board Meeting

- * Thursday, June 7th, 9:30 sharp

Bus Trippers Inner Harbour

- * Friday, June 8th, for a tacky tourist day
- * Sign up sheet at Centre

Book Club

- * Thursday, June 14th noon
- * Bring a bagged lunch

P.E.M.O. Emergency Preparedness

- * Friday, June 15th, 2:00 pm
- * Open to the members and the community
- * Refreshments available

Strawberry Tea & Art Show

- * Sunday, June 24th, 2—4 pm
- * Entertainment by Barber Shop Quartet the “Killer Wails”
- * Everyone Welcome

Lunch Bunch

- * Thursday, June 28th, 11:30
- * Blue's Bayou Café, Brentwood Bay

Bingo

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

Canada Day - July 1st , Sunday

- * The Centre is closed - July 2nd

JUNE 2018

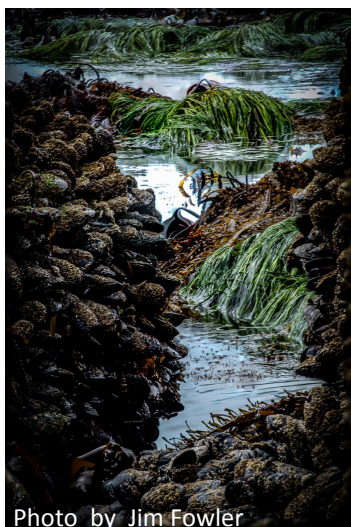


Photo by Jim Fowler

Foreshore scene at Sand Cut Beach, north of Sooke

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Photo by Jim Fowler

Bald eagle at the Pacific Northwest Raptor facility north of Duncan

President's Message

Well it looks as if summer has settled in and we can all look forward to a long hot one (according to the experts). With summer on the Peninsula we can take advantage of the marvellous selection of berries grown here, especially strawberries. Talking about strawberries, don't forget to purchase your ticket for the Strawberry Tea and Art Show, Sunday June 24th. The entertainment during the festivities, is the barbershop quartet, "The Killer Wails". Tickets available at the front desk.

Tickets are also available for the summer Chemainus trip to see "Grease", tickets include the cost of the bus, dinner, and the show.

The upgrade to the downstairs kitchen is underway with the 2018 phase to be completed during the summer.

Over the past few months a group has been working to find ways to increase attendance at our bingo games as they have been and continue to be an important source of income to the Centre. Over the past couple of years we have seen dwindling attendance along with dwindling income. Many thanks to the group working on this effort.

Finally, many thanks to all the volunteers who make our many programs a success, be it at the front desk, running programs, helping in the kitchen or at bingo. All your efforts are greatly appreciated.

Michael Bird
President

Don't forget to enter the "Volunteer of the month draw", for a beautiful arrangement of flowers and a gift card.



Volunteer for the month of May 2018
is

RENEE NICHOLLS

Thank you for everything you so for
the Centre

Photo will be in September issue of the
newsletter.

You don't have to be a member to Volunteer at The Centre. We have lots of opportunities to help out. Right now we are seeking volunteer receptionists for the summer shifts of 10 am to noon. Contact The Centre if you are interested.

Around The Centre

Hey!
WELCOME
 We're *very* **GLAD**
 you're here!

Pamela Brambel

Lois Alberg

Betty Mannerfeldt



June 1	Vivien	Bradley
June 2	Edna	Brown
June 5	Shelly	Dennis-Orr
June 7	Colin	Dower
	Joan	Johnson
June 9	Gladys	Otto
June 10	Mary	Colbert
	Diane	Polson
June 13	James	Strand
June 16	Barbara	Roberts
June 18	Paddi	Wood
June 19	Elaine	Drader
	Sandra	Henley
June 23	Roger	Tucker
	Brigitte	Ullrich
	Sandra	Walt
June 24	Robert	Atkins
	Don	Chambers
June 24	Marion	Vroom
June 24	Jill	Yonge
June 28	Barbara	Danbrook
June 28	Sue	Tribe
June 29	Lillian	Davidson
June 30	Elizabeth	Small

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

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

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

PLAY

Around The Centre



“Tea for Tu Tu” is Ballet Victoria's favourite seniors program for creating communities, delighting seniors and children with 45 minutes of free ballet performances with tea donated by sponsors. I had to get a photo of Tinkerbell (Andrea Bains), photo on the left, who was so excited to see Valda Kitching, our member and retired Ballet Victoria ballerina herself. Above photo if of some our members who joined the Tea for Tu Tu.



Wendy Wignall, our Speakers Series volunteer is with Dr. Mark Sherman, who spoke on the role of “Mindfulness in Waking Up In Our Lives” in May.

A special Thank you to Wendy for bringing us the wonderful speakers. We wish Wendy all the best in her future endeavours.



The Bus Trippers on the way to the Egyptian exhibit of the Pharaohs.

After a wonderful meal, one of our members took a serious tumble. (Broken shoulder) Upon the arrival of the ambulance, the group headed for home, less two. But the trip was not over yet. After a detour around an accident, missing 3 bus stops and then another delay due to a second accident, the bus ended up having engine problems. A short reboot of the bus computer system then we were off again for home but not quite, I missed my bus stop...

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.centralesaanichseniorscentre.org



Reception Hours

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

Summer Reception Hours July & August

- * **Monday - Friday 10 am - noon**

Centre Closures

- **Monday, May 21st**
- **Monday, July 2nd**
- **Monday, August 6th**

2018 Summer 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 2018 CSSCA Executive are:

President: Michael Bird

Vice President: Vacant

Past President: Margaret McKelvie

Treasurer: Margaret McKelvie

Correspondence: Secretary: Val Park

Recording Secretary: Elizabeth Skaggs

Your 2018 CSSCA Board Directors are:

Robert Atkins	Dale Broad
Braunda Gustafson	Joanne McGowan
Marilynn Murray	Shirley Monych
Renee Nicholls	Thea Revoy
Margaret Sharples	Gerie Turner
Vic Peters	Joyce Vezina

Your 2018 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



Come and join Certified Group Fitness Leader Barb Jefferies for a fun hour of aerobic exercise. The class is medium-paced with a movement component, a resistance component (weights) and a mat (stretching) component.

MILD FITNESS

Monday, Wednesday, Friday

10:15 am - 11:15 am

Members \$2.50

Non Members \$5.50



Come and participate in a laughter-filled hour of functional fitness exercise with Certified Group Fitness Leader Barb Jefferies. Most of the exercises are chair-based, using small balls, bands, foam noodles and weights. The focus is on maintaining muscle tone, flexibility and balance, promoting relief of painful joints and greater range of motion.

Research has shown that regular exercise can boost your energy, help manage symptoms of illnesses and pain, and elevate your mood. All are welcome

SCOTTISH COUNTRY DANCE

Tuesday, Thursday

10:00 am - 11:30 am

Members Free

Non members \$3.00



Anyone is welcome to attend a class. We always do some easy dances to allow visitors a chance to try them out. We will continue to dance both Tuesday & Thursday over the summer. No dancing July 5th. Why not come and visit a class? The group is friendly and helpful.

Our next Ceilidh will be Sunday, June 3rd, 2018 from 2—4, then a Ceilidh fundraiser, October 14th

Tuesday, June 19th class potluck lunch after dance

**Scottish Country Dance Workshop
Sunday September 9th 2:00 pm**

No Fun Fridays during the summer.

The Next Fun Friday Dance will be November 30th to celebrate St. Andrew's Day

(open to all family members including grandchildren)

Members are Free & Non Members \$3.00

These Fun Friday nights will be 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. Janet Mitchell Instructor

CHAIR YOGA

Join The Centre Chair Yoga every Friday 12:00 - 1:00 pm

Chair Yoga every Friday through out the summer except July 20th when there will be no Chair Yoga class.

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, ECT

gaildesigns@apparitionmusic.com
250-656-8880

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

KNITTING/CROCHET

Wednesday 2:00 pm

(Sept - June)

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.



Do You Play The Card Game 500?

**Join our group and we will teach you,
every Wednesday afternoon at 1:00 pm**

The Centre Activities

POT LUCK

3rd Thursday of each month 12:15 pm.

(September - May)

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

Sept - May)

Members and Non Members Welcome

Fee: At your own cost

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

we taste and tour Category 12 Brewing, on Keating Cross Roads.

Sign up sheet is at the Centre.
Please let us know if you are able to drive or need a ride.



BUS TRIPPERS

2nd Friday of each month

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

Sign up sheet is at the Centre



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!**

TABLE SHUFFLEBOARD

Tables available most days .

Members Free

Non Members \$3:00

Start up September 21st

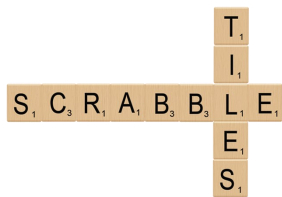
If you wish to join the shuffleboard team, please sign up at the centre reception or phone Anne at 250 652-0127



The Centre Activities

SCRABBLE

Monday 1:30 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

2nd & 4th 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, from Esquimalt Lagoon to take bird pictures to going to Rithets Bog to see what winter bringings to the bog.

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

Gerri Turner

SNOOKER

Saturday 1:00 - 4:00 pm

Table available most days &

Evenings.

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 3rd

Christmas Bingo - December 19th



WEAVERS

Wednesday 11:00 am - 3:00 pm resumes Sept 5

Members Free

Non Members \$3.00

We are a small group of weavers who work on projects in a cooperative environment where we help and learn from each other.

The Centre has provided a large space downstairs and a variety of equipment for our use. Our group weaves on 4 shaft looms to create beautiful items such as blankets, teas towels, table runners and scarves.

For more info drop by Wednesdays from Sept to June and meet the group.

Coordinator: Jan Ball



The Centre Activities

ARMCHAIR THEATRE

1st & 3rd Thursday of each month

1:00 pm - 3:00 pm

(Sept - April)

Members \$2.00

Non Members \$4.00

ALL ARE WELCOME

Join Jeff Shultis and fellow "wanna-be actors" for a SIT-DOWN and coffee, while we READ and possibly even ACT OUT (if you want to - no pressure!) short comedic and dramatic scripts from a by-gone era. Great fun, fellowship and conversation. [Maybe we can perform a READER'S THEATRE at The Centre. We have lots of radio, theatre, & TV scripts to enjoy and discuss. Absolutely no memorization needed, just a JOY for LIFE, and a LOVE for FUN!

New member and Armchair Theatre Director Jeff Shultis is an actor who has acted in productions all around the Saanich Peninsula. He grew up in Ontario where he had performed in dozens of amateur theatrical productions. He also was a professional ACTRA member, taking part in TV, movies and commercials. He has had his own theatre companies, such as "Muskoka Theatre for Young People", "Muskoka (and Victoria) Murder Mysteries, and "Random Acts of Theatre". He wishes to be in the 2018 Fringe Festival with "An Actor's Nightmare".

SONGBIRDS

Tuesday 1:00 pm - 2:00 pm

(Sept - June)

One time fee for book \$10.00

Members \$1.00

Non Members \$4.00

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.



The Art Appreciation Group

1st & 3rd Tuesday 7:00 pm

(Sept - April)

Members Free

Non Members \$3.00



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 \$2.00

Non-Members \$4.00

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.



Painting

Tuesday 12:30 am - 3:00 pm

(Sept - June)

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

During the winter months, many of our members leave for holidays, so Marilyn Murray currently has space available for a couple of immediate (experienced) artists to join her sessions.



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.

Up Coming Events

Family Ceilidh

SUNDAY, JUNE 3RD 2:00 PM



No need to bring a partner.

Refreshments after dance

Wear comfy clothes and light weight shoes

Hosted by the Scottish Country Dancers of Brentwood Bay

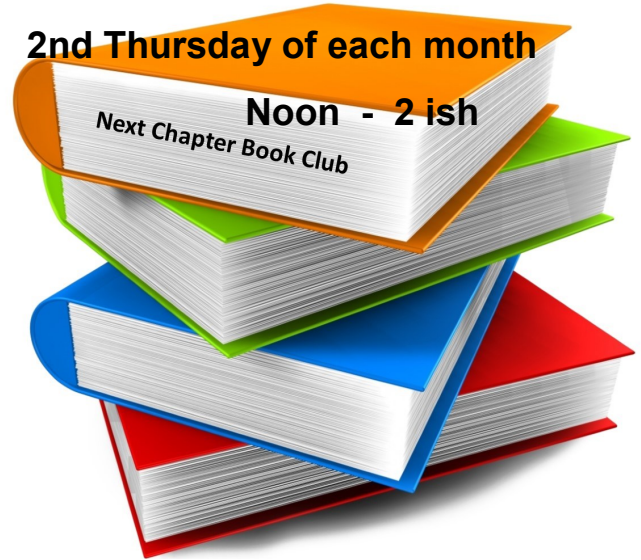
Bring the kids, grandkids, mom, dad and learn the easy fun dances called.

The dances are designed for anyone capable of walking with no dance experience required.

\$5 per person * \$10 per Family * Drop Ins Welcome

New activity at the Centre

2nd Thursday of each month



Noon - 2 ish

Next Chapter Book Club

New last month the Next Chapter Book Club. We have had to change our strategy based on the availability of Book Club books through the library system. Our first book is "Book of Negroes" and we meet June 14th at noon with a bagged lunch to discuss the book in the lounge. July 12th we meet with the book. "Girl on The Train". Both books

Grease

Book, Music & lyrics by
Jim JACOBS and
Warren CASEY

August 18th

Saturday

Matinee

Chemainus
Theatre Festival



Depart

9:30 am

Return

5:30 pm

Summer Road Trip to the Chemainus Theatre to see the production of
GREASE

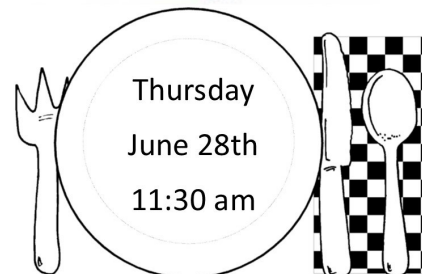
The CSSCA has purchased a block of 54 tickets, for the August 18th performance. At \$100, the price includes the meal and Transportation. Reserve your tickets as of May 1. Payment due upon sign up

LUNCH BUNCH

Blue's Bayou Café



Located
899 Marchant Rd
Brentwood Bay



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

Up Coming Events & Workshops

CSSCA invites members and the community to attend the PEMO presentation, Friday June 15th, 2 pm.

Invites you to attend the June 15th, 2 pm 2018 presentative.

“How to Get Prepared for an Emergency.”

- Neighbourhood Emergency Preparedness Program



Don't be Scared..... Get Prepared

Nia Dance Nights

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 the Summer nights away with Nia Dance

Monday evenings 6:30 pm starting July 16th through to August 27th (NO Class August 6th)

10 classes \$70.00

Drop In \$10



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



New this September, **Crafters Corner**.
Time and date to be determined.

Thank you to all who brought in old picture frames and old mismatched, broken jewelry that will be used for the fall projects. We have enough picture frames but are still looking for unwanted jewelry and watches.



SPEAKER SERIES



Friday, September 21st, 2018

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.

SUNDAY SOCIAL

CSSCA Invites you to a



June 24th, 2 pm

Strawberry Tea & Art Show

Tickets \$10



Entertainment by

The Killer Wails

"Vocal Orca-stration"



EVERY WEDNESDAY @ 1:00 PM

An afternoon of fun and entertainment at:

**The Centre
For Active Living 50+
1229 Clarke Road, Brentwood Bay**
(Adjoining the Brentwood Library Branch)

Lots of Free Parking!
Open to everyone 19 and over

Cash prizes, special games and a progressive jackpot.
Refreshments available.

Proceeds go to operating costs for
The Central Saanich Seniors Centre.
Come out and support this non-profit
facility which provides recreation and
support for all seniors on the peninsula.

BC Gaming Event Licence #67274
Know your limit, play within it. 19+
For Help: 1-888-795-6111 or
www.bcreponsiblegambling.ca

Central Saanich Senior Citizens Association, 1229 Clarke Road, Brentwood Bay, BC 250-602-4611

Tacky Tourist Day!

The Bus Trippers are going to play the Tacky Tourist thing in the Victoria Inner Harbour Friday, June 8th.



Summer Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dance 10 - 11:30 am	Aerobics 9 - 10 am	Scottish Country Dance 10 - 11:30am	Aerobics 9 - 10 am	NIA Dance 9:30 - 10:30 Sept - June
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	Book Club 2nd Thursday Noon - 2	Mild Fitness 10:15 - 11:15 am	
Bridge 12:30 -3:30 pm	Painting 12:30 - 3 pm Sept - June	Weaving 11:00 am - 3:00 pm Until June 27 Resumes Sept 5	Pot Luck Lunch 3 rd Thursday Noon Oct - May	Chair Yoga 12 - 1 pm	Jammin' Seniors 9:30am - Noon
Photography Club 2nd & 3rd Monday 1 pm	Songbirds Choir 1 - 2 pm Sept - June	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am Sign-up sheet in office	BUS TRIPPERS 2nd Friday Of each month Sign up sheet at reception	Bridge Clinic 12:30 - 3:30 pm
Scrabble 1:30 pm		Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	
		Knitting 2 - 3:30 pm June 27 resumes Sept 5th	Armchair Theatre 1st & 3rd Thursday 1:00 pm - 3:00 pm Sept - May	Speakers Series 1:30-3:00 PM 3rd Friday of the month	Snooker 1 - 4 pm Casual Table available Most days
NIA Summer Dance Night July 16 - Aug 27 6:30 pm			Craft Corner Thursday Afternoons TBA New September		
	Art Appreciation 1st & 3rd Tuesday 7 pm Sept - May		Board Meeting 1st Thursday 9:30 am General Meeting 2nd Thursday 2:00 pm Sept, Nov, April, June	Scottish Country Dance 2nd Friday 7pm - 8:30 pm Sept - June	

Thank You Community Partners



The District of Central Saanich has honoured a lease agreement of The



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 JJ'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+

Save these dates



Board Meeting: Thursday June 7th, 9:30 am

November 30th: Chemainus Theatre -
The Cornwells are back

December 14th: Annual Christmas Luncheon

Note from the Editor

I would like to wish everyone a lovely summer. It has been a wonderful second year as the coordinator for the Centre for Active Living 50+. As of June 22nd I join the many before me that have had a complete knee replacement. My biggest disappointment will be to miss the Strawberry Tea & Art Show. However I expect to get a good start to the hundreds of books I have stockpiled over the years. For those that know me, sitting for any length of time will be my greatest challenge. I just finished watching the video for knee replacements, you can only stand for no more than 5 minutes a hour for first couple of weeks. Ugh!. Yes I should get lots of reading done since there is nothing much on TV nowadays that doesn't involve Trump.

I am only an email or phone call away, so if you have any new ideas for workshops, activities or events, send them my way and let us get it done! I will be returning in time for the Chemainus trip to Grease

Laureen Barr - Coordinator laureen.barr@gmail.com

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