

The Centre News

Heart of the Peninsula



Summer 2019



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Summer Events

Brentwood Bay Festival/Parade

* Saturday, June 1st 8 am—3 pm

Ceilidh— Scottish Country Dance

* Sunday, June 2nd, 2:00 pm

CSSCA Board Meeting

* Thursday, June 6th, 9:30 sharp

Bus Trippers Inner Harbour

* Friday, June 7th, for a tacky tourist day
Sign up sheet at Centre

Chemainus Mamma Mia

* Saturday, June 22nd leaving 9:30 sharp

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

* Sunday, June 23rd 2—4 pm

* Entertainment by Songbirds & The Jamming Seniors

Lunch Bunch

* Thursday, June 27th, 11:30

* Med Grill, Saanich

Bingo

* Wednesdays 1—4 pm

* Everyone 19 and over welcome

* Refreshments available

Hot Dog Day

* Wednesday, June 26th,
11:30—12:30 pm

Canada Day -

* The Centre is closed -
Monday July 1st

President's Message

President's Message

Welcome to summer, and with the arrival of summer comes the abundance of various berries on the peninsula, especially strawberries. With the arrival of strawberries, we can look forward to our annual strawberry tea. Have you got your ticket? This year the tea is combined with the **Hat Show**, a history of hats with songs by the Songbirds and music by the Jammin' Seniors, it should be an enjoyable event. In keeping with the theme of the tea if you have a hat why not wear it.

Once again, I want to thank all the volunteers who contribute their time to making The Centre a welcoming place. This month two people need special recognition, Lauren and Krystina, who have spent hours planning the Hat Show.

No matter what you do during the summer please be safe.

Mike Bird
President

Don't forget to enter the "Volunteer of the month draw", for a \$25 Fairway gift card.



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.

Volunteer of the Month for May is Jan Ball. Thank you Jan.

Jan has had a very busy May. As the activity leader for the Weavers, she and her group hosted the Weavers' annual meeting with over 50 weavers and spinners from various group on the peninsula and Victoria.

Jan also helps out as a volunteer receptionist for the Centre. A Big Thank you Jan!!!!!!.



Congratulations to Donna Flood

Volunteer for the month of April

Birthdays June, July & August



Welcome new member

Averick (Rick) Haere

The membership year for the Centre For Active Living is from September 1st, 2019 to August 31st, 2020 for only \$60.

Special offer for New Members

Join now, and get June, July & August included in the annual membership fee.

June 1	Vivien	Bradley
June 2	Edna	Brown
June 4	Valerie	Leir
June 5	Shelly	Dennis-Orr
June 7	Colin	Dower
	Sheena	Heuman
	Joan	Johnson
June 8	Betty	Mannerfeldt
June 9	Gladys	Otto
June 10	Mary	Colbert
	Diane	Polson
June 12	Dani	Alldrick
June 13	James	Strand
June 16	Barbara	Roberts
	Lois	Alberg
June 18	Jim	Mitchell
June 19	Elaine	Drader
June 23	Roger	Tucker
	Brigitte	Ullrich
	Sandra	Walt
June 24	Robert	Atkins
	Don	Chambers
June 24	Marion	Vroom
June 24	Jill	Yonge
June 25	Carolyn	Greig
June 28	Barbara	Danbrook
June 28	Sue	Tribe
June 29	Lillian	Davidson
June 30	Elizabeth	Small



July 1	Sharon	Kleim
July 13	Phyllis	Thornton
July 15	Mary	Isitt
	Joyce	Vezina
July 17	Larry	Skaggs
July 20	Nicki	McAra
July 24	Rolf	Ullrich
	Ruth	Charlish
July 26	Eileen	Smith
June 16	Barbara	Roberts

August 1	Valda	Kitching
	Shelia	Hobbis
August 5	Christine	Doney
	Alice	Valiquette
	Janet	Beitz
August 10	Corinne	Marshall
August 11	Moyra	Thompson
	Chris	McCarthy
August 14	Ann	McMillan
August 16	Judith	Jenkins
August 17	Braunda	Gustafson
August 20	Pat	Simpson
August 21	Geoffrey	Cochrane
August 29	Valerie	Wishlow
August 31	Sally	Palmer

Around The Centre



May 5th, The Centre set up a table at the British Car Show at Heritage Acres. Thank you, Gerie, Margaret, Mike, Elizabeth and Lauren. Missing from photo are Robert and Dale



A tantalizing tease. A yummy Strawberry shortcake photo from 2017. I can't wait for June 23rd and the Strawberry Tea. The Songbirds and the Jammin' Seniors have been busy practicing our songs for the "Where Did You Get That Hat " Musical Show" .

It's also a "show off your hat day", wear your best, fanciest, craziest, cutest hat and you might just win a door prize.

SPEAKER SERIES



The May 24th speaker, Mary Conley, a local award winning artist/author visited our centre with many of her amazing works in paper mâché and many of her paintings in oil and water colours. The impressive posters and the book above are of homes around the Victoria area from the Art Deco period.



Around The Centre



Meeting of Deep Cove Weavers and Spinners and the Victoria Handweavers' & Spinners Guild
About 50 Weavers and Spinners gathered at The Centre May 16th for their annual get together. Our Wednesday Weavers were happy to host this group and enjoyed meeting old and new friends with like interests. The highlight of the evening was a Show & Tell of members work with lots of shared stories and laughter.



Bus Trippers Field Trip



The Bus Trippers could not have asked for a better day. Not a cloud in the sky and just a slight cool ocean breeze to remind you that summer is not quite here. We caught the bus in Brentwood Bay, a few catch the bus in Saanichton then it was off to Swartz Bay where we hopped on the Gulf Island ferry for a day of sailing the Salish Sea. We sailed to Saturna Island, Galiano, and Mayne twice for returning to Swartz Bay. On the way back six of the group stopped at the Prairie Inn for an early dinner.

Join the Bus Tripper June 7th for a trip to the inner harbour where we will walk to Fisherman's Wharf then take the water taxis back to the inner harbour. Then it is back on the bus back home.



CSSCA



Active Living
Healthy Aging
Lifelong Learning
Community Involved

THE CENTRE FOR ACTIVE LIVING

1229 Clarke Road, Brentwood Bay, BC V8M 1E2

Phone 250 652-4611

cssca@shaw.ca

www.centrialsaanichseniorscentre.org



Reception Hours

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

Summer Reception Hours July & August

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

Centre Closures

- **Monday, July 1st**
- **Monday, August 5th**
- **Monday, September 2nd**

2019 Summer Program Guide

WELCOME

Welcome to The Centre For Active Living (CSSCA) 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 For Active Living' 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.



CSSCA offers a scent free environment.



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



LENDING
LIBRARY



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

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.

Fee Policy – 2019/2020

1. September 1, 2019 is our new membership year that takes effect and all members and new members are to pay an annual fee of \$60 which covers their membership from September 1 to August 31.
2. Effective March 1 the member fee will be \$30 which covers the period from March 1 to August 31.
3. 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 each time they attend and are in addition to any other fees.
4. For people who wish to join The Centre 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).
5. New members joining June, July and/or August will pay \$60 which will cover the membership from June 1st, 2019 to August 31, 2020.

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 Fairway Community 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 2019 CSSCA Executive are:

President: Michael Bird

Vice President: Dale Broad

Past President: Margaret McKelvie

Treasurer: Margaret McKelvie

Correspondence: Secretary: Val Park

Recording Secretary: Elizabeth Skaggs

Your 2019 CSSCA Board Directors are:

Robert Atkins

Gerie Turner

Val Park

Joanne McGowan

Vic Peters

Shirley Monych

Renee Nicholls

Thea Revoy

Margaret Sharples

Your 2019 Program Coordinator is:

Lauren Barr

Office Manager

Vivien Bradley

The Centre Physical Activities

AEROBICS FITNESS

Monday, Wednesday, Friday

9:00 am - 10:00 am

Members \$3.00

Non Members \$6.00



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 \$3.00

Non Members \$6.00



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.

Ceilidh, Sunday, June 2nd, 2019 from 2—4,

Scottish Country Dance Workshop

Sunday September 8th 2:00 - 4 pm

(open to all family members including grandchildren)

(Members are Free & Non Members \$3.00)

Fun Fridays, 2nd Friday of the month 7—8:30 pm

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.

(open to all family members including grandchildren)

No Fun Fridays during the summer.

Janet Mitchell Instructor

CHAIR YOGA ALL SUMMER

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

Yoga practice improves body awareness, focus, flexibility and strength—whatever shape or condition you are in.

Our bodies change daily, so our individual practice begins wherever we are on any given day.

NO EXPERIENCE REQUIRED - EVERYONE WELCOME

See you on the mat.

Members \$5.00 Non Members \$5.00 + (\$3.00 Drop In)

Membership year September 1st to August 31st. Join now and get 3 month Bonus.



YOGA
YIN
FLOW
HATHA
GENTLE
RESTORATIVE

Gail Bradshaw, MEd, ECYT
PRIVATE SESSIONS AVAILABLE \$60/hr
gaildesigns@apparitionmusic.com
250-656-8880

The Centre Activities



Do You Play The Card Game 500?

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

POKER

Every Tuesday 1:00 pm

Members Free Non Members \$3 drop In fee



Did You Know. The Centre is available for rentals. We have great rates for members and non members. Photo above, our first wedding reception, May 25th.

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.

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.

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 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.

The Lunch Bunch Group will continue over the summer months.



BRENTWOOD BAY BOOZING BUDDIES

2nd Monday of each month 11:30 am

(May, August, September)

Members and Non Members Welcome

Fee: At your own cost

The BBBBs visited Symphony Vineyard in May.

I will be away July so no wine tasting until August, destination TBA.



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!**

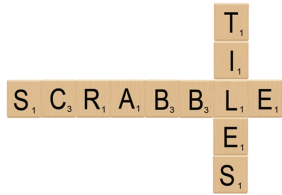
It has been suggest that we get **Mah-jong** going again. Do we have any players amongst our members who may be interested in playing . Let us know at reception and we will see about getting it going again.



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.

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



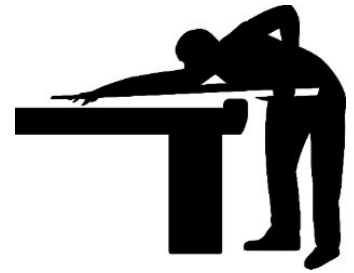
Pool

Friday 11:30 am

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

No Bingo for the month of August

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



HOTDOG DAY, The last Wednesday of the month, except August. See you between 11:30 am and 12:30 pm for a delicious hotdog

The Centre Activities



The Songbirds and their music director ,Larry Skaggs are seeking a pianist to join them every Tuesday at 1 pm for one hour, September to June. They also enjoy performing at local care centres and other venues throughout the year.

Contact

250 652-4611 if you are interested in playing for our choir.



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 (moved) our pianist. Enjoy performing at our Centre and other venues.



The Art Appreciation Group

1st & 3rd Tuesday 7:00 pm
(Sept - June)
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 & Workshops



June 27th, 11:30 am
Med Grill Royal Oak
 4512 W. Saanich Rd

July 25th, 11:30 am
Stonehouse Pub
 2215 Canoe Cove Rd

August 22nd, 11:30 am
Romeo's Pizza
 Broadmead Mall, 777 Royal Oak Dr

September 26th, 11:30 am
Sabhai Thai
 2493 Beacon Ave, Sidney

Sign up sheet at Centre reception. (20 people Maximum)
 Carpooling is a good idea.

Glynis Miller LPN, Mobile Foot Care Nurse
Compassionate in-Home Service



Coming to The Centre For Active Living 50+
The first Tuesday of the month

June 4th, July 2nd, August 6th

9:00 am - 4:15 pm

Phone to make an Appointment

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

www.soultosolefootcare.com

250.858.7729



Let's Play cards



Bridge

Every Monday & Saturday 12:30 pm To 3:30 pm Experienced players Welcome



We play all summer, in an airconditioned building.

500

Every Wednesday 1 pm Beginners Welcome We will Teach you **Poker** Every Tuesday 1:00 pm

Family Ceilidh



Wear comfy clothes and light weight soft souled shoes

No need to bring a partner.

Sunday June 2 2 - 4 pm

Refreshments after dance

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.

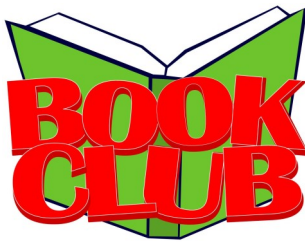
\$5 per person * \$10 per Family * Drop Ins Welcome



SPEAKER SERIES

The 3rd Friday 2 pm

September, October, November, January, February, March & April



BOOK CLUB

The Next Chapter Book Club meets the second Thursday of the month. June 13th, we meet to discuss the book "Truly Madly Guilty by author Liane Moriarty. After a summer break we will return September 12th with a bit of a change. We are to find our favorite book we read as a youngest, reread it and see if we enjoyed it as much as we did then and give a brief 10 minute summary of the book. Then the October reading will be our favourite author



SUNDAY SOCIAL

SUNDAY 3 SEPTEMBER



"Where Did You Get That Hat"

That Hat"

Musical Hat Show

&

Strawberry

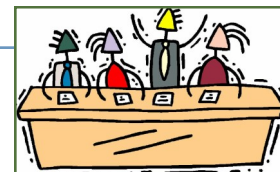
Tea

Sunday, June 23rd, 2 pm—4 pm

Featuring The Songbirds & The Jammin' Seniors

And the best Strawberry Shortcake ever!

Tickets \$10 Members \$15 Non Members



Board Meeting June 6th, 9:30 am sharp

Take care of your cue ball and it will take care of you.



Would You Like To Play A Friendly Game of Pool?

Every Friday at 11:30

(New Time)

Let one finger stay and the other will point the way

Tacky Tourist Day!

The Bus Trippers are going to play the Tacky Tourist thing in the Victoria Inner Harbour hike to Fisherman Wharf and take the water taxi back Friday, June 7th.



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	
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
	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 No Bingo in August		Cribbage 1 pm	
	Soul To Sole Foot Care 9 am - 4:15 pm first Tuesday of the month	Knitting 2 - 3:30 pm Sept - June	Writing Circle 1st,3rd,4th,5th Thursdays 2 - 3:30 pm	Speakers Series 2:00-3:30 pm 3rd Friday of the month Oct - May	
				Pool 11:30 am	
	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 Centre building to CSSCA



10% discount on the first Monday of every month to 2019 CSSCA cardholders



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



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.

DID YOU KNOW

For the month of January Fairway donated \$72.50

February they donated \$32.66

March it was \$75.00

Not bad, 5% adds up. Come into the Centre reception and pick up a Fairway community card, load up with as much money as you wish.

They make great gift cards as well.



15% off on your purchases at JJ's Coffee House on Tuesdays and Wednesdays with your 2019 CSSCA membership

The Centre 50+ News

Heart of the Peninsula



THE CENTRE FOR ACTIVE LIVING

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

250-652-4611 cssca@shaw.ca

www.centrialsaanichseniorscentre.org

CSSCA Executive

President: Mike Bird

Vice President: Dale Broad

Past President/Treasurer: Margaret McKelvie

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Do you write, have written or want to write? Are you looking for inspiration, support and time for regular writing practice?

Join us at the Centre the 1st, 3rd and 4th Thursday of the month at 2 pm.

Sand

Sand everywhere.

Sand in the desert where fervid winds bake it into drifts that tower over passing caravans.

Sand, rising in gritty clouds with each footfall and wedging itself between sandal-clad toes.

Sand, a coarse blanket over the wares in the market stalls.

Sand woven into the fabric of the merchants' clothing and insinuating itself through the mesh of the women's burkas.

Sand in every orifice; inhaled with every breath; consumed with every mouthful; expelled with every defecation.

Sand, as omnipresent as the air itself.

