

The Centre News

Heart of the Peninsula



December 2019



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December Events

Board Meeting

- * Thursday, December 5th, 9:30 am

No Activities

- * Saturday, December 7th all day
- * The Centre has been rented out

Christmas Lunch

- * Thursday, December 12th 1 pm

Christmas Tour

- * Friday, December 13th 1 pm
- * Tour of Level Ground Coffee and Rock Coast Chocolate.

Christmas Bake Sale/Open House and Sing A Long

- * Sunday, December 15th noon to 3 pm
Sing A Long starts at 3 pm

Christmas BINGO

- * Thursday, December 18th 1 pm

Bingo

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

The Centre reception is closed from December 21st reopening January 6.

Although there is no reception service during this time, please check with the activity leaders for Chair Yoga, Bridge and the Jammin' Seniors as they expect to continue during this time if there is enough interest.

Around The Centre

The Presidents Message

I cannot believe that it is December already and preparing for the Christmas season, each day there appears to be more and more decorations on houses everywhere. I resisted putting up my lights last Saturday because it was too cold (about 10 degrees), my wife, Pat, pointed out I was a wimp because I used to put them out when it was minus 20, so they went up on Sunday.

Last Friday we had a speaker, Dr. Helene Cazes, gave a fascinating presentation about the history of Paris, and how it influenced music, poetry and art. During the presentation Dr. Cazes played songs by many well known French singers. It was a pity, though, that the presentation was so poorly supported.

I have asked if anyone would be prepared to take on the position of treasurer, it is important that we fill that role. If no one steps up we may have to consider alternative ways of maintaining our financial records.

Pat and I wish all our members all the best in the coming holiday season and a happy new year

Michael Bird



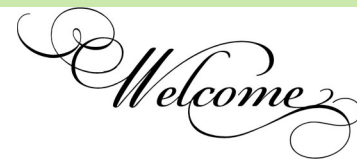
Congratulations Pam Trueman!

Our volunteer for the month of November.

Pam is one of our volunteers on the reception desk. She has a ready smile for all who walk in the door. Pam has a wonderful talent for decorating and has been on the decorating committee for Christmas not only this year but for many past years. She was also on committee for the very successful Vintage Wedding Dress Fashion Show and the "Where Did You Get That Hat" Show.



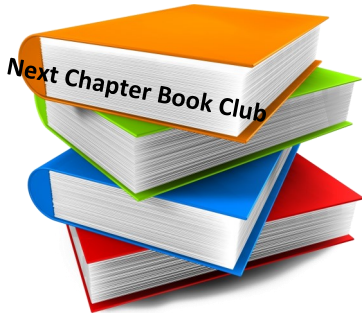
Dec 4	Kathleen	Chiasson
Dec 5	Betty-Jean	McDonald
Dec 8	Lorraine	Patterson
Dec 9	Terry	Cowie
Dec 10	Elizabeth	Adams
Dec 18	Erma	Hatt
Dec 19	Lilly	Botting
Dec 31	Ronald	Tranter



Barbara Swanson Sharon Bristow
Marion Irish Diana Evans
Shirley Hallett Nicholas Calliste
Charles Churches
Elaine Fell

Welcome to the Centre For Active Living !

Around The Centre



The Next Chapter Book Club usually meets the second Thursday of the month, however December 12th is the Centre's Christmas Luncheon, therefore we will meet on December 19th for a Potluck lunch before discussing the book "Flight Behaviour"

Merry Christmas

Laureen



Knitting group – last day Dec.11, Resume Jan. 15/20

Scrabble – last day Dec. 9, resume Jan. 13/20

Merry Christmas

Happy



Hot Dog Day

photo on the left, ladies enjoying hot dog day at the Centre. Since the Centre is closed the last Wednesday of the month. Don has agreed to grill up the hot dogs December 18th. Thank you Don.



Photo above the Lunch Bunch group are dining at Brewskys Pub and Grill. The yam fries were fantastic.

There is NO Lunch Bunch or Potluck for the month of December.



Aerobics and Mild Fitness with Barb Jefferies photo above

Last day is December 20st with classes resuming January 6th. .

Merry Christmas Barb

Dance Around The Centre



Scottish Country Dance

With Janet Mitchell

Photo on the left is of the Fun Friday, November 22nd with the SCD. It is so nice to see the traditional kilts swirl around the dance floor. So graceful.

Join the regularly scheduled classes every Tuesday and Thursday 10 to 11:30 am. Or join the beginners group Mondays at 3:30 pm

Don't miss the next workshop, Sunday, January 12th, 2020 from 2—3:30 pm.

Beginners Line Dance

With Hilda Cook

Photo on the right, first class of members and guests learning line dance steps to the toe tapping, hip swinging music that line dancers love so much. Good old country music and a bit of rock in there too.

We have had a great turn out for the first month of Line Dancing. We still have room for a few more. Hilda has to drive all the way to Brentwood Bay to teach the classes, so let's make it worth the trip to Brentwood Bay and keep the numbers growing.

Join us every Tuesday afternoon at 2:30 pm for a hour of fun



Nia Dance

With Rhonda Kool

Photo to the left, is of the Nia Dance group. They employ 52 basic movements and techniques. Each class includes mindful movement guidance and somatic education: class cycles include warm-up, sustained non-impact aerobic conditions, strength training, cool down and stretching.

Join us every Saturday morning at 9:30 am



Christmas Time At The Centre



A Special Thank you to Joanne M for creating and donating two beautiful chocolates/snacks/ liqueur baskets. Don't forget to buy your raffle ticket to win. Proceeds to go towards the January Robbie Burns Sunday Social entertainment provided by Knackers Yard.



Thank you to Lauren for creating and donating this beautiful vintage jewellery Christmas tree picture. Buy your raffle ticket at centre reception.



I can't wait to see who wins this beautiful Christmas quilt made and donated by Muriel for a door prize at the December 12th lunch. If you don't win this quilt Muriel has donated a second Christmas quilt so make sure you have a ticket to the lunch.

Thank you Muriel!.



Braunda, Margaret, Pat, Joanne, Pam, Joan, Lauren, Renee, Krystina and Vivian have Decked the Hall with Boughs of Christmas. Wow I must admit it is breathtaking. This ladies popped in on Sunday and Monday afternoons in November is complete this Christmas wonderland. Thank you ladies



The Knitting Group Raffle

This beautifully knitted and beaded shawl made by Sherry Nesbitt and modeled by Joan is being raffled as a fund raiser with proceeds going to the Centre For Active Living



Raffle Tickets
\$2 each or 3 for \$5

The Festival of Trees with the Bus Trippers



November 22nd the Bus Trippers made their way to the annual Festival of Trees at the Bay Centre. This trip we lost a small group as they got distracted by all the window displays and just to go shopping. Making for a fun game of hide and seek.

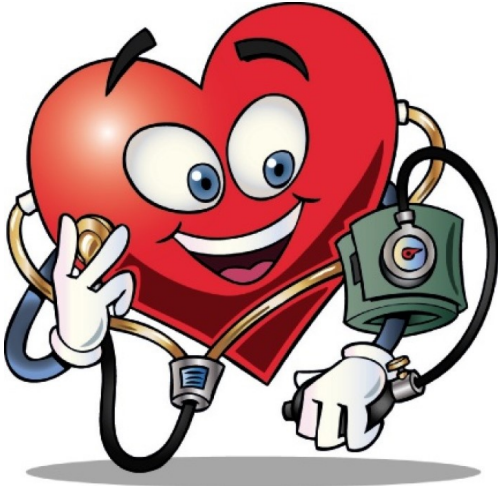
If you don't get a chance to view the FOT at the Bay Centre, then pop into the Centre as we have our own FOT, that we are quite proud of.

The Bus Trippers Busing for Fun



The Bus Trippers were planning on an excursion to Tsawwassen Mills on the main land Thursday December 5th, however we had to cancel due to the Board Meeting being the same day. A number of members were disappointed therefore we are rescheduling the trip to Tuesday December 17th to catch the last minute Christmas sales. New sign up sheet at centre reception.

Be Well Blood Pressure Clinic



We are happy to announce that the Be Well Blood Pressure Clinics has expanded into Brentwood Bay thanks to a partnership with Beacon Community Services . The first clinic was November 27th where we had brought in 9 members.

The next clinic will be Wednesday, January 29th, 2020 from 11:30 am until 12:30 pm. Drop in to say hi to volunteers Pam and Ruth and get your blood pressure checked.



Welcome
Be Well
Blood
Pressure
Nurses
Ruth
And
Pam



The internet is a wonderful source of information. I googled **How To Prepare For a Blood Pressure Test**, so here it is. Wear a short-sleeved shirt so that the nurse doing your blood pressure test has easy access to your arm. You should use the toilet before your test to empty your bladder, and avoid eating, drinking caffeinated beverages.

Relax in a quiet environment before the test.

Most of us know the reasons why we should monitor our blood pressure. **Tracking your blood pressure readings** can be helpful and gives you the option of sharing the data with your health care provider.

No appointments required, everyone Welcome



Joan, above the Be Well in- take volunteer

Up Coming Activities



The Art Appreciation Group

Tuesday December 10th at 7 pm in the lounge will watch the movie, Maudie, a 2016 biographical drama film. The movie was filmed in Ireland and Canada (Newfoundland and Labrador). It is about the life of folk artist Maud Lewis who painted in Nova Scotia.

Tuesday, January 14th, 2020 The artist of the evening will be Lorenzo Fracchetti: Born in a small town by the Italian Alps before his family moved to Switzerland. Lorenzo studied at the academy of Fine Arts in Milan Italy before relocating to Canada in 1967 where he worked as a book illustrator in the Canadian Arctic.

Everyone Welcome.

Cribbage

We recently had a few new members join the centre who wish to play cribbage. Last month we put out a sign up sheet for those interested in playing Friday afternoon at 1 pm. It seems there are a number of members who signed up, therefore as of January Cribbage will be returning to the centre. Please sign up if you wish to play.



Now That's Funny!

Now That's Funny! With Roger Boutilier

Starting Thursday , January 9th at 2:00 pm



Each one hour program will feature video clips of comedy sketches from a different classic Canadian, American or British comedian and a brief overview of their career.

All you need to do is show up, sit down and laugh at the right time. And that's no joke!

Decembers' Main Event



WE'VE DECKED
THE HALLS
WITH BOUGHS
OF HOLLY.
NOW IT'S TIME
FOR FUN
AND FOLLY!

Join us
December 15th, noon - 5pm
At The Centre For Active Living
(1229 Clarke Road, Brentwood Bay)
Bake Sale & Open House
Purchase last minute gifts created
by our talented members)
Christmas Treats & Hot drinks
Community Christmas
Sing-A-Long 3 - 5 pm
Everyone Welcome, Free Admission
Songbooks & jingle bells provided

Contact 250 652-4611 for more info

Noon until 3 pm, The Centre For Active Living will feature the many talents of the Knitting and Weaving groups along with the Art Group and the Christmas Crafters in the lower hall. Pick up last minute Christmas gifts. The Bake Sale and Tea will be on the main floor with the Jammin' Seniors performing in the lounge area.

At 3 pm Larry Skaggs, Louise Eldridge and the Songbirds will lead the Community Christmas Sing A Long with.

Christmas Bingo



**The Centre 50+
Invites you to**

Special Prizes

Refreshment

BINGO

Wednesday, December 18, 2019

1 - 4 pm

Everyone over 19 Welcome

BC Gaming Event Licence #97274

Know your limit, play with in it. 19+

1229 Clarke Road Brentwood Bay BC V8M 1E2 250-652-4611 cssca@shaw.ca www.centrialsaanichseniorscentre.org

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION

What's Coming In 2020



knacker's yard

Robbie Burns Celebration

Parade in and Salute to the Haggis with Bob Williamson

Scottish Country Dancers to demo a few dances

Sunday, **January 26th, 2020**

Doors open 1:30 pm



The Palestinian-Israeli Conflict

Dr. Lincoln Z. Shlensky,
BA.: Brown, MA. and PhD.: UC Berkeley

Lincoln Z. Shlensky is an Associate Professor in the English Department at UVIC, specializing in culture and media studies, with a focus on the post colonial Caribbean, diaspora and Jewish studies and film.

He chaired the Caribbean Studies Association's Presidential Task Force on Technology in 2010-11, for which he was awarded the President's Distinguished Service Award in 2011.

He has served as webmaster for the English Department since 2006 and represented the Faculty of Graduate Studies in UVIC's Senate Committee on Academic Standards 2010-13.

Dr. Shlensky's full cv, teaching materials, and other resources are available at shlensky.com

Join us January 24th, 2020 at 2 pm

Sunday Social

Sunday, March 29th, 2020

VIP Singers returning along with Sky Mundell

The VIP Singers is a small ensemble of a dozen mostly blind singers and musicians. The group started in December, 2015. Their repertoire includes inspirational tunes, old to new pop songs and show tunes often arranged with a jazz or blues slant by their director, Marcelina Stanton.



We closed the 2019 season with the performance of *Miracle on 34th Street*. Wonderful family entertainment but it is the meal in the theatre dining room that keeps bringing me back year after year.

Save the dates for 2020. Mark it in your calendars.

Saturday, June 20th I have reserved 55 tickets for the performance of *"Beauty and the Beast"* and for

Saturday, December 5th to see, *"Elf"* The Musical.

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 Changed back to 9:30 — 10:30 am
Mild Fitness 10:15 - 11:15 am	BUS TRIPPERS December 17 Tsawwassem Mills	Mild Fitness 10:15 - 11:15 am	Book Club December 19th Noon - 2	Mild Fitness 10:15 - 11:15 am	Jammin' Seniors 9:30 am - Noon
Bridge 12:30 -3:30 pm	Painting 12:30 - 3 pm Sept - June	Weaving 11:00 am - 3:00 pm	Pot Luck Lunch No potluck for December	Chair Yoga 12 - 1 pm	
Christmas Decorating/ Craft Committee 11:30 am	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am No LB in December	Christmas-Tour Level Ground & Rock Coast Chocolate December 13th	Bridge Clinic 12:30 - 3:30 pm
Scrabble 1:00 pm	Poker 1 - 3 pm	Bingo 1 - 4 pm Hot Dog Day Dec18 11:30 am-12:30pm	Christmas Luncheon December 12th 1pm	SCD Fun Friday November 22 7 - 8:30 pm	Sunday December 15th Bake Sale Open House Sing A Long
Beginners Scottish Country Dance 3:30pm	Beginners Line Dancing 2:30 - 3:30 pm NEW November 5th	Knitting 1:30 - 3:30 pm	Writing Circle 1st,3rd,4th,5th Thursdays 2 - 3:30 pm	Speakers Series 2:00-3:30 pm No speaker for December	
	Art Appreciation 1st & 3rd Tuesday 7 pm	Blood Pressure Clinic 11:30 am-12:30 pm January 29th	Board Meeting December 5th 9:30 am sharp		

The Centre News

Heart of the Peninsula



THE CENTRE FOR ACTIVE LIVING 50+



ABOUT SHOULDERS

I still hear my mother saying "Stand up Straight". Today when I catch a glimpse of myself, I say "Stand up Straight".

It's the shoulders! We don't realize how much tension we carry in our shoulders and how much it helps to relax and do a good shoulder roll.

Shoulders appear in many turns of phrase: A shoulder to cry on or lean on, to shoulder the load, to have broad shoulders, to shoulder our way through. Also we can express a great deal with a shoulder shrug like confusion or indifference.

The word appears in other instances. If you are driving when your smart phone beeps you would be wise to pull onto the shoulder of the road before "Hello". Also, if you have travel plans, to be economical, it is prudent to research the shoulder season rates for fares and accommodation.

We pay little attention to our shoulders until something goes amiss—bursitis or calcium deposits. So lift your head from your work or play and give your shoulders the respect they deserve.

- Mary Grant

The last day for the Writing Circle group before the Christmas break is December 19th at 2 pm.

Newcomers Welcome.

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www.centrialsaanichseniorscentre.org

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