

The Centre News

Heart of the Peninsula



FEBRUARY 2020



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The Centre will be closed February 17th for Family Day.

February Events

Board Meeting

- * Thursday, February 6th 9:30 am sharp

Hearing Clinic **NEW**

- * Wednesday, February 12th 9 am– noon

AGM/Valentine Tea

- * Thursday, February 13th , 2:00pm

Coffee/Chocolate Tour

- * Friday, February 14th noon

Fun Friday~Scottish Country Dance

- * Friday, February 14th 7—8:30 pm

Potluck

- * Thursday, February 20th noon

Bus Trippers

- * Friday, February 21st
- * Robert Bateman Gallery—One Tree

Pan Cake Breakfast

- * Tuesday, February 25th 9—11 am

Lunch Bunch

- * Thursday, February 27th 11:30
- Blood Pressure Clinic & Hot Dog Day**
- * **Wednesday, Feb 26th 11:30 am**

Lunch Bunch

- * Thursday, February 27th 11:30
- Waddling Dog, CS

Book Club Guest Speaker

- * Thursday, Feb 27th Glenna Mageau 2 pm

Speakers Series

- * Friday 28th, February 28th 2 pm
- * Dr Ed Ishiguru—Gut Bacteria

Bingo

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

Around The Centre

President's Message

With the combination of snow and constant rain I've decided to cut trees and build an ark, because we will need one soon if the rain doesn't stop.

What a wonderful Robbie Burns Tea on Sunday, great music, delicious goodies, and good friends, what more could you ask for? It wouldn't happen without the contributions of our marvelous volunteers, those who supplied the goodies and those who got things ready in the kitchen, THANK YOU all.

The Friday talk by the Tech Guys was as interesting as ever and was attended by over 70 people, members and non members.

Be sure to mark February 13th on your calendars as that is the day of our AGM, your attendance would be appreciated.

Michael Bird
President



Volunteer of the month goes to Edna Brown.

Edna is one classy lady who enjoys many activities at the Centre, from the 500 club, cribbage and exercises classes. Her welcoming smile makes all feel at home and a valuable member of the centre

Edna is well known for her famous pinwheel sandwiches at the Sunday Socials and special events. Not only are they time consuming to make she always makes a selection to pick from. All so delicious and perfect.

Thank you Edna!



Barry and Louise Culham

Durell Bennett

Gini Foley

Ellen Guttormson



Feb 1	Gerie	Turner
Feb 2	Dorothy	Sly
	Pamela	Trueman
Feb 3	Barbara	Swanson
Feb 5	Cathy	Langdon
Feb 6	Margaret	Caron
Feb 8	Joan	Boutillier
Feb 13	Wendy	Loistrup
Feb 14	David	Wilson
Feb 15	Pamela	Brambell
Feb 17	Ruth	Christian
Feb 20	Allan	Witcombe

Volunteering Around The Centre

The Centre would like to introduce you to two wonderful volunteers, Renee Nichols and Vivien Bradley. (photo on the right). These ladies share the office manager position. They do the recruiting, scheduling and training of the volunteer receptionists, as well as performing the reception duties themselves. They also ensure we have enough office supplies to keep things running smoothly. Renee is a board members, plus the activity leader for the 500 card club, Vivien is the activity leader for the Bus Trippers. Both participate in several of the centres' programs as well as volunteer at most of our special events.

These lovely ladies are seeking members and/or non members (you don't have to be a member to volunteer) who wish to help out on the front desk, answering phones, greeting members as they arrive for their activities. Sell tickets to special events. Pick up the mail. The shifts are only 2 hours long. Please pop in and chat to Renee or Vivien if you are interested in giving us a hand.

("Volunteering saves lives, both the lives of the people you help and yours. When you invest the time and energy to volunteer, you are investing in yourself just as much as in the causes you support.")



One of the main reasons I started volunteering is for a social life. Widowed at 21 with a baby, my life's goals took a drastic turn. I was busy raising my kids and building a career while working fulltime and attending university in the evenings, leaving little time for a social life. As I watched the lawyers and bankers I worked for attend all the high falutin galas and special events in their fancy expensive gowns and tux's, thinking I want to go too but not at \$500 a ticket. What better way to get in the door to these events than to volunteer in my \$25 thrift store gown. The photo on the left is of me, Lauren with Matthew Gray Gublar from the TV series Criminal Minds, at the Dan Aykroyd Dinosaur Museum Ball.. At the same function I even got a hug from Robert Kennedy JR and a dance with Dr Phil Currie. I have to admit that lack of social life was not the only reason for volunteering, I was bored and lonely too.

("Did you Know.....Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. ")* These points were taken from goggle. With myself, I enjoy being around other volunteers in the non profit environment where people are there because they want to be not because they have to be.

("Participating in volunteer opportunities may help alleviate loneliness and its related health impact for several reasons. The first and most obvious is that it's a meaningful way to connect with others and make new friends. ... Third, loneliness and isolation can lead to cognitive decline, such as memory loss ")

I have to add another point, that during my research into the benefits of volunteering as a senior I didn't see mentioned, 'One is never too old to learn something new or to change ones mind or opinion'. Life in itself is a continuous learning experience. I don't think a day has gone by that I have not learned something new from members of the centre while enjoying a cup of tea/coffee, or attending one of our many activities or listening to one of our many speakers. Life is full of decisions and without the information and environment provided by places such as senior centres, your world is limited to what you watch and read on the TV, Computer and newspapers. Now a days it is pretty depressing with all the negativity and not necessarily true. So get out of the house and come and see us at The Centre and we will bring some joy to your life and a smile on your face!

Robbie Burns Celebration



Knackers Yard a local Celtic band returned to provide the foot stomping entertainment for the Robbie Burns Celebration and of course pipe in the Haggis.



A special thank you to Bob Williamson . This is the 3rd year he has paraded in the Haggis or should I say, danced in the Haggis. Always entertaining, he captivated his audience again. I managed to video tape the Address to the Haggis so it is available to view at the Centre along with the Scottish Country Dancers.



You can't put on a social without the help of the many volunteers. Photo above is of the hard working volunteers who came in early to set up, served up food, and stayed to clean up. They are an important part of our group, for that we are very thankful.

Photos below THE JANUARY SUNDAY SOCIAL DOOR PRIZE WINNERS - congratulations



Around The Centre



Now That's Funny

Roger Boutillier, (left) the host of "Now That's Funny" with the help of Gil and Elizabeth (right), entertained a good sized crowd with the humor of "The Two Ronnies". After a brief history about the comedian's, we enjoyed a number of the best of their you tube clips.

The next NTF comedy hour will be Thursday, March 13th at 2:22 pm, featuring comedians "Bob and Ray".



The Lunch Bunch group enjoying a meal and one of the best dining views on the island and my favorite restaurant, the Rum Runner. Join us February 27th for a dining experience at the Waddling Dog Pub and Grill.



The Speakers Series were proud to have Alan Perry & Ron Fraser of Tech Talk (C-Fax 1070 Radio). They packed the hall with their 1 and a half hour presentation and were here until 5 pm answering questions. Thank you Al and Ron.



The Bus Trippers, bussed it to the BC Aviation Museum in Sidney , Friday January 31st. The weather held out for us, but boy oh boy we got home just in time before the heavens open up and dumped the most rain I have ever seen in one day. It was a tab bit scary listening and watching the winds ripping through the trees overhead, fortunately from the comfort of home.

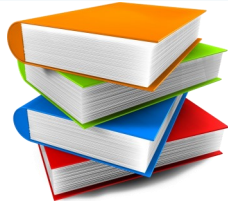
We had to cut our visit short as the #87 bus only ran every 2 hours, however we all will be returning to one of the most interesting historical tours on the island.



Up Coming Events

New Chapter Book Club

The book club will be hosting, author Glenna Mageau, Thursday, February 27th, 2020 at 2 pm, therefore there will no book club meeting Thursday February 13th. Instead come out for the Valentine tea and the AGM at 2 pm.



Cribbage

Time change for the new Cribbage group, from 1 pm to 1:15 pm. We could use some more crib player.

Beginners Line Dance

Attendance for line dance, Tuesday afternoons at 2:30 pm has been so low it is hard to justify continuing as Hilda has a ways to drive to Brentwood Bay. We are in the process of deciding weather to change the timing or to cancel all together. Therefore if you want Line Dance to continue, please show your support and come out and learn a few more new steps and have fun at the same time.

Potluck Lunch

Thursday, February 20st, 2020

NOON

Bring your favorite dish with
enough to share

Come for good food and conversation



The food banks sees lots of donated food during the Christmas season, however the need is always there. Please continue donate. You will notice a new food bank donation bin.



February 26th is Hot Dog Day and all its fixins

11:30 am until 12:30 pm

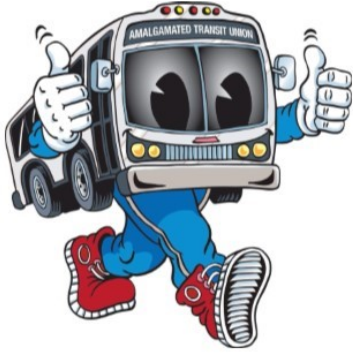
Pancakes, fruit toppings, syrup, ham, scrambled eggs, tea and coffee



TICKETS \$10 Everyone Welcome

Lets
Do
Pancakes!!
Tuesday
February 25th
9 am to 11 am

Bus Trippers



The Bus Trippers



The Tree's History

Around 1815, an indigenous Big Leaf Maple tree began to grow in the Chemainus Valley, in the traditional territory of the Halalt First Nation. The river was full of steelhead, trapped in weirs to provide a rich food source to the inhabitants of the land. Chemainus was settled by Europeans starting in 1858 as a logging town, and by 1865 a house was built near the tree. At this point the one Tree was around 50 years old and touched the lives of great adventurers, naval heroes and after 200 years of bearing witness to the history of Vancouver Island, the tree's life is now entrusted to our community to create new stories and memories.

This year is the biggest portfolio yet, with more than 80 individual and original works. Each is unique in its interpretation and style, with artworks varying dramatically in scale and design – from furniture to musical instruments, wooden creatures to performance-based art and poetry – with a unifying theme of honouring the tree's remarkable heritage.

Friday, February 21st, 2020

City Transit - \$5.00 /Day Pass

We will meet at the Centre at 9:30 am to catch the #75 bus at 9:49 am or you can catch the bus at the Saanichton Exchange with Vivien at 9:41 am. . We will have lunch before returning at approximately 3pm

It's Heart Month

February 14th 12:30 pm



Let's Do Coffee

& Chocolate

Non Members Welcome

Valentine Tour



LEVEL GROUND TRADING at 12:30 pm

Then to

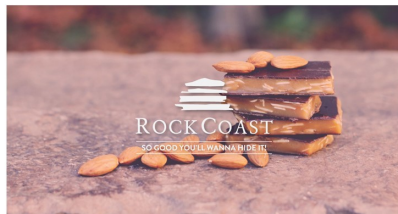
ROCK COAST CHOCOLATES at 2:00 pm

Sign up Sheet at Centre Reception

Maximum of 25 people on the tour

Meet at the Centre at noon to car pool

**LEVEL
GROUND**
trading



SCOTTISH COUNTRY DANCE



FUN FRIDAY, FEBRUARY 14TH 7 PM



No partner
needed

Wear soft
soled shoes
& comfy
clothes

Experience an evening of Scottish Country Dance at the Centre 50+

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

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

\$3 per person * \$6 per Family * First visit free * Members Free

The Centre For Active Living 50+ and
Beacon Community Services
are hosting a monthly
Blood Pressure Clinic



Blood Pressure Clinic

February 26th, 2020

11:30 am until 12:30 pm

Why is it important to monitor your blood pressure

- Helps with early diagnosis, helps your doctor diagnose problems earlier
- Helps track your treatment—regular monitoring is the only way to tell if lifestyle changes or medications are working.
- Encourages better control
- Check if your blood pressure differs outside the doctor's office

Unfortunately only 1 person showed up at the Blood Pressure Clinic in January. In order to continue this service we need more folks to use it to justify the time our volunteers RNs put in.

You're Invited **The LUNCH BUNCH**
The WADDLING DOG
Bar & Grill
Victoria • Canada

February 27th , 11:30 am

2476 Mt Newton X Roads & Pat Bay Hwy

Maximum 20 people

Sign up sheet at centre reception.

Carpooling available.

It is important that if you have to cancel, please do so as soon as possible.

Up Coming Hearing Screening

COMPLIMENTARY HEARING SCREENING

NexGen Hearing will be In-House!



 **SIGN UP TODAY!**

Wednesday, Feb. 12th
9:00 am – 12:00 noon

must be 18+ for screenings

***Please call 778.679.6342**

**At: Central Saanich
Senior Citizens
Centre**

NEXGEN HEARING
nexgenhearing.com

1. Hearing tests
2. Clean & checks of any hearing aids used by your membership to ensure they are operating optimally.
3. Publications & brochures

Ignite Your Idea

Get the Words and the Story to Flow



Discover a New
Approach
And
Explore Your
Writing Talent

**You have an idea, a story you want to tell ...
But you're unsure how to get started? Where to go with it?
How to grow your idea into a book?**

Transform your Writing!

Date: Thursday, March 19th

Time: 12:30 to 4:30 p.m.

**Location: 1229 Clarke Road, Brentwood Bay
The Centre for Active Living**

Instructor: Glenna Mageau (Award-Winning Author, Speaker, Coach)

Price: \$70 for Members

\$75 for Nonmembers

Register at: The Centre for Active Living (1229 Clarke Road, Brentwood Bay)

Phone: 250 652 - 4611

Email: cssca@shaw.ca

Book Club hosting author

Finding the Words

My Journey

Reading to Writing to Publishing

- Where my inspiration comes from
- What got me started & what kept me going
- Overcoming the hurdles
- Why I write fiction & nonfiction

Date: February 27th

Time: 2:00 - 3:00 p.m.

Location: Centre for Active Living 50+
(1229 Clark Rd, Brentwood Bay)



Award Winning Author
Speaker
Coach



Award-Winning Author Glenna Mageau
(aka Maggie Thom)

Writes heart-touching nonfiction and
page-turning suspense/thrillers

Learn more:

glennamageau.com

Glenna Mageau, is an award-winning author, speaker, and coach

Having been a lifelong reader, her love for words started at a young age.

She has written short stories, poems, fiction, nonfiction, technical writing, and 20+ books, of which 9 books —5 suspense/thrillers and 4 heart-touching, humorous nonfiction—are currently published.

She has written most of her life. She wrote her first novel at the age of 9. It eventually ended up in the garbage can as she was too embarrassed that someone might actually read it.

You'd think from that early start she might have jumped on the writing wagon and started doing something with her writing at a young age. But she didn't. She went to university, started her career and a family. In her free moments, she wrote off and on for years but never really got the nerve to share it.

She believed her writing wasn't good enough. That didn't stop her from writing, but it did stop her from showing anyone what she'd written. In the late 90s, the compelling power to write was nudging her constantly, so she started taking writing courses and reaching out to other writers and authors.

It totally transformed her writing--how she wrote, and how she approached writing.

From there, she finally got the nerve to spread her wings and write more stories and do something with them.

It has been a bumpy road to publication but an empowering one.

Her ideas for her stories come from many things, she loves to play 'what if'. It allows her to find that one idea that she truly wants and knows she can write a compelling story for.

Being able to write, and to share what she writes, and to empower others is the best gift.

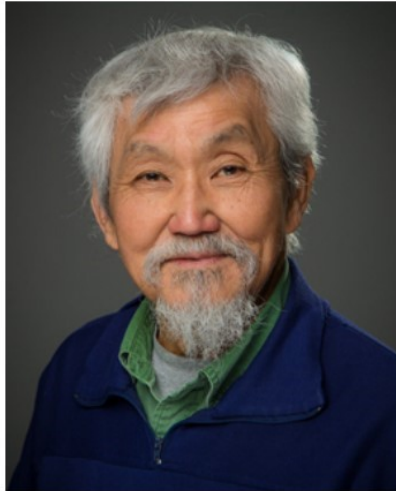
Her Motto

Read to Escape...Escape to Read.....and Write for the Freedom!

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
250 652-4611

ADMISSION BY DONATION



Dr. Ed Ishiguro

Friday, February 28th at 2 pm

Dr. Ishiguro PhD, is Professor Emeritus, Department of Biochemistry and Microbiology at UVic. In 2006 he was awarded the UVic Alumni Association Harry Hickman Teaching Excellence Award and in 2005, the UVic Faculty of Science Teaching Excellence Award.

Human Diet and Nutrition: The Influence of Gut Bacteria

Most of us know something about basic human nutrition. This presentation focuses on an aspect not as well known: the role of our gut bacteria in the digestive process. The presentation includes new research approaches to determine the impact of nutrition on cultivating a healthy gut bacterial population, and what we're learning about the contributions made by these bacteria on our overall health.

Dr. Ishiguro says that he didn't spend much time focused on building a legacy for much of his career, but now he sees that inspiring others to learn about science is the main thing that he will leave behind. It is something that he's passionate about and the reason why he continues to work at UVic seven years after his retirement: "I'm hoping that I can leave a few people really excited about what I do. I want people to follow in my footsteps. I don't know how many will, exactly, but as long as there's two, that's two more than when I started."

The March 27th Speakers Series will present

Dr Val Schaefer — PhD, RPBio, of the School of Environmental Studies UVic

Topic: Restoration Walks In Greater Victoria

An overview of a number of ecological restoration projects including rain gardens, invasive species removal and stream enhancement that occur in the city.



Sky Mundell VIGT winner 2010-11

Sky Mundell was Vancouver Island's Got Talent winner of 2011. Sky is an amazing local young man who is a totally blind musician, partially deaf recording artist and a recording engineer.

He has performed with Michael Bolton and opened shows in Vegas and many other venues.

Other than March, there will be NO Sunday Socials in the months of February, April & May.

The June social will be the Strawberry Tea, date depending on the Strawberries.

SUNDAY SOCIAL

SUNDAY 3 SEPTEMBER

SKY MUNDELL & The VIP Singers

Sunday, **March 29th, 2020**

Doors open 1:30 pm



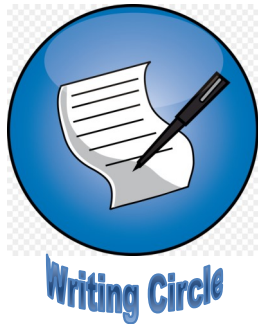
VIP Singers is a small ensemble of a dozen mostly blind singers and musicians. The group started in 2015. Their repertoire includes inspirational tunes, old to new pop songs and show tunes often arranged with a jazz or blues slant by their director, Marcelina Stanton. They practice at the James Bay New Horizons Centre Mondays. New members are always welcome.

Winter/Spring 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	NIA Dance 9:30 — 10:30 am
Bridge 12:30 -3:30 pm	Painting 12:30 - 3 pm Sept - June	Weaving 11:00 am - 3:00 pm	Pot Luck Lunch 3 rd Thursday Noon	Chair Yoga 12 - 1 pm	Jammin' Seniors 9:30am - Noon
	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:30 am	BUS TRIPPERS 2nd Friday Of each month	Bridge Clinic 12:30 - 3:30 pm
Scrabble 1:30 pm		Bingo 1 - 4 pm Hot Dog Day Last Wed of mo.	Now That's Funny 2nd Thursday 2:22 pm	Cribbage New 1:15 pm	
Beginners Scottish Country Dance 3:30 pm	Beginners Line Dance 2:30 - 3:30 pm	Blood Pressure Clinic 11:30—12:30 pm Last Wednesday of the month	Writing Circle 1st, 3rd, 4th, 5th Thursdays 2- 3:30 pm POOL 1:00 PM	Speakers Series 2:00-3:30 pm February 28th Dr Ed Ishiguro	Sunday Socials March 29th VIP Choir with Sky Mundel
	Art Appreciation 2nd & 4th Tuesday 7 pm Sept - May	Knitting 2 - 3:30 pm	Board Meeting 1st Thursday 9:30 am General Meeting 2nd Thursday 2:00 pm Sept, Nov, April, June		Chemainus June 20th Beauty & the Beast

The Centre News

Heart of the Peninsula



The other day I found myself self correcting Prince Harry's language. Presumptuous of me, considering that his grandmother has the franchise. At least, since as a child I was taught The King's English, I presume that folks today

speak The Queen's English. Harry said that he was telling the world "the decision for my wife and I". Conditioned by raising five children, as well as toiling for 18 years in the junior high classroom, I automatically replied to the radio "for my wife and me."

That led me to reflect upon the entire matter of grammar/syntax. Which came first, the language or the rules? The language, of course. How much later did budding grammarians detect the music of language patterns, and then posit the rules? Who knows? Their strategy worked, however, to the extent that people like me cringe when we hear the accepted patterns broken.

Yet language is fluid; the rules evolve. For example, split infinitives were forbidden until Star Wars declared its intention to boldly go where no man has gone before. Nevertheless, some of us resist change. My current bugbear is the use of like as a conjunction. The latest two novels I've read have been replete with it, to the extent that my personal notes on these two were reduced to complaints about the murder of language.

Google to the rescue! There is a variety of notes on like, mostly sticking to the old line of which I approved, but one entry allowing that like is, among other things, a conjunction.

I have some catching up to do. That Google entry struck me like I am pathetically out of date.

- Dorothy Sly



THE CENTRE FOR ACTIVE LIVING 50+

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www.centrialsaanichseniorscentre.org

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