

# The Centre 50+ News

Heart of the Peninsula



January 2019



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## January Events

### Scottish Country Dance (Free workshop)

\* Sunday, January 6th 2 pm

### Line Dance (Free Class)

\* Tuesday, January 8th 11:45 am

### CSSCA Board Meeting

\* Thursday, January 10th 9:30 am sharp

### Book Club

\* Thursday, January 10th noon

### Speakers Series

\* **Friday, January 11th, 2:00 pm**

\* **Marlene Davie of the UVic**

\* **The Value of Volunteering**

### Bus Trippers

\* Friday, January 18th

\* Sidney Museum - Lego Exhibit

\* Sign up sheet at Centre reception

### Pot Luck

\* Thursday, January 17th noon

### Lunch Bunch

\* Thursday, January 24th 11:30 am

\* Sassy's Restraunt

\* Sign up sheet at Centre reception

### Robbie Burns/Sunday Social

\* Sunday, January 24th, 2 pm

\* With the band, Knackers Yard

\* Bob Williamson Toast to the Haggis

### Bingo

\* Wednesdays 1— 4 pm

\* Everyone 19 and over welcome

\* Refreshments available



# Around The Centre



Time to pack up the Festival of Trees tree for another year. We had so much fun we are going to do it again in 2019.

The Festival of Trees theme will be Santa Claus. If you have any lightly used Santa Claus decorations and wish to donate them, please drop them off at the Centre.



January 3	Joanne McGowan
3	Joan Ruskowski
January 6	Lynn Lineham
6	Dorothy Pearce
January 7	Pat Browett
January 9	Dale Broad
9	Ruth Coldwell
January 10	Bill Greenhaigh
January 14	Marianna Brackenridge
January 17	Valerie Park
January 20	Shirley Webster
January 21	Marilynn Murray
January 22	Lois Guest
January 27	Michael Bird
January 28	Anne Shack
January 30	Marian Davies



The Songbirds had a busy December. Above, is a photo of the choir performing at the San Pen Hospital.

Always a favorite when Larry and Louise play a duet together. So beautiful.





# Christmas Lunch for Mild Fitness & Aerobics



Barb Jefferies with her Aerobics and Mild Fitness groups have a Christmas/Year End celebration luncheon.

Photos of the members enjoying a spot of tea and goodies.





# Christmas Lunch December 13th



Louise and Larry (hiding behind picture) accepting a gift of appreciation for all their hard work with the Songbirds.



Santa Claus came to town, Thank you Michael Denton who plays a wonderful Santa.



Thank you Muriel de Greef, who made and donated another beautiful quilt for the Christmas Raffle. This year the quilt was won by, none other than her friend, Maureen, visiting from PEI. Someone went home very happy.



And the winner of the raffles for the beautiful shawl knit and donated by Sherry Nesbitt of the knitting group is, Shelly D. Congratulations



Congratulations Clare on taking home the winnings from the 50/50 draw.



Christmas centrepieces, 44 gnomes made by Vivien Bradly, Krystina Manning and Laureen Barr, thank you ladies for your imagination and creativity. Next years' centre pieces are in the planning stage.





# Around the Centre



The Bus Trippers enjoyed a day at the Bay Centre taking in the 2018 Festival of Trees. This year we were all pleasantly surprised at the creativity of the decorators. After a bit of shopping and lunch at the food court it was back home.

The goal of the Bus Trippers is to experience and learn the city transit system in a fun environment so when the day comes when we are not able to, or it makes better sense to take a bus as opposed to drive, then it is not so intimidating when we do.

Our next trip is to Sidney to view the Lego Exhibit at the museum, Friday, January 18th.



December 21st, the Rotary Club of Brentwood Bay presented The Centre for Active Living 50+ with a generous cheque of \$8,102.71. The proceeds will be going towards the new industrial kitchen.

Funds were raised during their annual Lobster fest at the Mary Winspear Centre. Thank you Rotary Club Brentwood Bay for the very generous donation.



Seeking a volunteer with a bit of computer skills or a wish to develop their computer skills, to scan our large collection of photographs. The plan is to set up a power point presentation of the History of the Central Saanich Senior Centre.

Contact Lauren if you are interested .



# Around the Centre

The first class in  
the New Year,  
January 8th  
is free to all

## It's all about **LINE DANCING**



Join Claire Denney every Tuesday morning  
11:45 am–12:45 pm for a hour of social line dancing.

**For Basic Beginners, no experience required**

**All adults welcome**

**Great for memory, balance, mobility  
in a great social environment**

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

**CENTRE FOR ACTIVE LIVING 50+**

niatechnique  
inc



### **NIA FITNESS AND DANCE WITH RHONDA KOOL KICK OFF YOUR SHOES AND DANCE FOR JOY!**



#### **Joyful Movement for Every Body**

Nia is a movement, lifestyle practice to condition your body, expand your mind, express your emotions and release your playful spirit. Nia is danced to festive, world music that opens your heart and allows you to dance for yourself with Joy, comfort and pleasure. Nia is like chocolate, you cannot describe it...you just have to taste it!

**Joyful Nia  
Movement**

**Dance with  
Rhonda**

**Fusion Fitness  
with Martial Arts,  
Dance Arts and  
Healing Arts**

**The Centre 50+**

**1229 Clarke Road  
Brentwood Bay**

**Saturday 9:30 am**

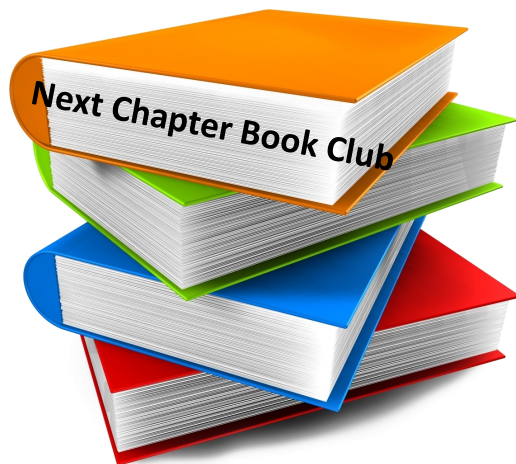
**\$7 per class for  
CSCSA members**

**\$12 for non-members**

**RHONDA KOOL**  
keepitkool@telus.net

250-652-0815

Come dance with me!



**The Next Chapter Book Club** meets noon,  
Thursday January 10th to discuss the book, "The In-  
convenient Indian" by author Thomas King. The book  
is available at the Centre.

A special  
Thank you to  
Larry Skaggs  
our choir director  
who is also  
doubling as our  
pianist since the  
the move of  
Louise Eldridge.

*Songbirds*



If you are a pianist and are  
available Tuesdays after-  
noons at 1 pm , why not join  
our fun loving choir.

If you enjoy singing, No au-  
ditions necessary just a love  
of singing.

Men and Women Welcome.





## Scottish Country Dance Group

invites you to a

# FREE BASIC FOOTWORK-

## Workshop

**Sunday, January 6th**

**2:00 - 3:30 pm**



### All Ages Welcome

Learn basic footwork, formations & some easy dances  
For more information contact [janet.mitchell@shaw.ca](mailto:janet.mitchell@shaw.ca)  
or at 250 656-1869.

The Centre For Active Living 50+

1229 Clarke Road, Brentwood Bay, next to the library

You're Invited

to

# The Lunch Bunch

Sassys'  
Restraunt

Thursday

January 24th

Noon

Sign up sheet

At the Centre

Reception

## WELCOME new members

Justina Savage

Ken Bull



## MEETING NOTICE!

Board Meeting

Thursday, January 10th

9:30 am sharp



**Thursday, January 17th at noon**

Come and enjoy great conversation and share a meal with other members of the Centre.

Bring your favorite dish to share the 3rd Thursday of each month.



# SPEAKER SERIES

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY  
250 652-4611

ADMISSION BY DONATION

## Friday, January 11th 2:00 pm

Guest Speaker : Marlene Davie

Topic: The Value of Being a Volunteer

Marlene Davie, a resident of over 29 years here in Victoria, is an Alumni Engagement Officer at the UVic and a volunteer member of the UVic Speaker's Bureau.

An active volunteer herself, Marlene is President of the Mt Tolmie Community Assoc; a volunteer at the Shelbourne Community Kitchen; is on the Municipality of Saanich Healthy Saanich Advisory Committee and yes, a volunteer speaker with the UVic Speakers' Bureau. Marlene has also earned three awards from Toastmasters International.



## Friday, February 15th 2:00 pm

Guest Speaker : Alan Perry of eGurus and Ron Johnson from London Drugs

Topic: Technology for Seniors

Alan and Ron will be back fresh from their trip to the CES Tradeshow in Las Vegas. They will bring us up to date on the latest in the technology world.

Maximizing on the relevant technology for seniors



## Friday, March 15th 2:00 pm

Guest Speaker : Dr. Elaine Gallagher

Topic: Fall Prevention

Dr. Gallagher will be speaking to us on the topic of "Fall Prevention". Dr. Gallagher is currently the Director of the Centre on Aging and a professor with the School of Nursing at the University of Victoria. She is a nurse scientist with a primary interest in how people interact with their environment as they age. In particular, she has focused on falls among seniors in the community

### SLIPS, TRIPS, & FALLS

You notice that with a **Slip**, your body goes backwards.



You notice with a **Trip**, you fall forward.



And of course a **Fall** is a Fall, either at the same level or from one level to another.





# Up Coming Sunday Socials



Robbie Burns Celebration  
Sunday, **January 27th, 2019**  
Doors open 1:30 pm



**knacker's yard**



Admission: \$15 members \$20 for guests

Tickets available at Centre reception.

Parade in and Salute to the Haggis with Bob Williamson

The Scottish Country Dancers will perform.

Refreshments, sandwiches and goodies available

**THE CENTRE FOR ACTIVE LIVING 50+**

1229 CLARKE ROAD, BRENTWOOD BAY  
250 652-4611

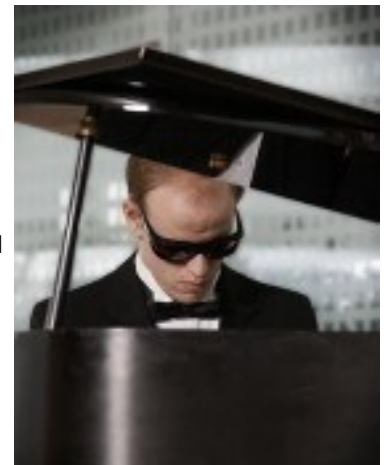
## Sunday Social      Sunday, February 24th

**Sky Mundell** totally blind, the 2011 Vancouver Island's Got Talent winner also has hearing loss, cerebral palsy and autism.

He has performed with Michael Bolton at River Rock Casino in Richmond, has opened shows in Vegas and many other venues.

Sky will be accompanied by the **VIP Singers**

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. They practice at the James Bay New Horizons Centre Mondays 10-12. New members are always welcome.



# Chemainus Theatre Trips are Reserved

BENNY ANDERSSON & BJÖRN ULVÆLUS'  
**MAMMA  
MIA!**

On a Greek island paradise where the sun always shines, ABBA's enchanting, timeless hits propel this beautiful and funny tale of love, friendship, and identity. Sophie is about to be married and is determined to find the father she's never known, to give her away at the wedding. The problem? She has peeked in her mother's diary and discovered her father could be any one of three men! Sophie brings her three potential birth fathers to the island, bringing her mother face-to-face with her distant past, as they all prepare for a wedding they'll never forget!



Save the date of **June 22nd**.

We have reserved 55 seats for the showing of "Mamma Mia".

Tickets will go on sale April 1st, 2019.

Ticket price will include the performance, meal and transportation.



## MIRACLE *on 34<sup>th</sup> Street*

This is the Christmas story that we all want to believe in! Kris Kringle, a retired old man, is hired as Macy's Santa in New York, and begins to spread Christmas cheer by directing parents to other stores, where they can find the exact special gift on their child's Christmas list. As he threatens their commercialization of Christmas, those in charge try to have Kris committed. The stakes are raised with a court competency hearing, and the risk of one little girl's belief in Santa. When the court confirms Kris the true Santa, both children and adults alike experience the delight of childhood fantasy.

We were very lucky to get a date for "Miracle on 34th Street". November 30th and December 7th dates were sold out for group bookings. The only date available is

**November 23rd**, so mark your calendars, tickets will go on sale September 3rd.

Price will include show, meal & transportation.