

# The Centre 50+ News

Heart of the Peninsula



## January Events

### Board Meeting

\* Thursday, January 9th 9:30 am

### “Now That’s Funny”

\* Thursday, January 9th 2:22 pm

### Scottish Country Dance (Free workshop)

\* Sunday, January 12th 2 pm

### Art Appreciation

\* Tuesday, January 14th 7 pm

### Pot Luck

\* Thursday, January 16th noon

### NIA Dance

\* **Start up Saturday January 18th at 9:30 am**

### Lunch Bunch

\* Thursday, January 23rd 11:30 am

\* Rum Runner Restaurant Sidney

### Speakers Series

\* Allan Perry/Ron Fraser

\* Friday, January 24th, 2 pm

\* Technology for Seniors

### Robbie Burns/Sunday Social

\* Sunday, January 26th, 2 pm

\* With Knackers Yard

\* Bob Williamson Toast to the Haggis

### Bingo

\* Wednesdays 1— 4 pm

\* Everyone 19 and over welcome

\* Refreshments available

### Blood Pressure Clinic

\* **Wednesday, January 29th 11:30 am**

January 2020



### In This Issue

January Events pg. 1

President’s Message pg. 2

Around The Centre pg. 3

Christmas Luncheon pg. 7

New and upcoming pg. 8

Speakers Series pg. 9

Sunday Socials pg. 10

Activity Schedule pg. 11

pg. 12



# Around The Centre

## President's Message

Welcome to 2020 and the start of another exciting year at the Centre, the place to continue old friendships or make new friendships. Pat and I send a warm Happy New Year to each of you.

I hope all of you had an enjoyable festive season, which for me started with the annual Christmas lunch followed by the bake sale.

An important event to put on your calendar is **February 13th**, which will be our **AGM**. As we did last year, the AGM will be followed by a Valentine Tea, so I look forward to seeing you there.

The past year would not have been successful without the efforts of all of our marvelous volunteers, so here's a big **THANK YOU** to each and everyone of you.

Mike Bird  
President



## Congratulations Pam Trueman!

Our volunteer for the month of November. I caught up with this busy lady and finally got a photo of her with one of her many Christmas creations that decked the halls of the Centre. Thank you Pam for all the help and creative ideas.



January 1	Sharon Wright
	Vernon McConnell
January 3	Joanne McGowan
3	Joan Ruskowski
January 6	Lynn Lineham
6	Dorothy Pearce
January 7	Pat Browett
January 8	Raymond White
January 9	Dale Broad
9	Ruth Coldwell
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 29	Joan Eales
January 30	Marian Davies

# Around The Centre



The **Songbirds**, took a break from practicing to pose for a photo, to the left. Our choir director, on the cello, Larry Skaggs and accompanying Larry, on the piano, Louise Eldridge, who traveled from Fanny Bay to perform at the Christmas luncheon and the Christmas Sing A Long. A special Thank you to Doug with **Beauregard Café** for making the best Hot Chocolate I have ever tasted for the Sing A Long.



The **Songbirds** are working on old Broadway Hits, that we plan on performing at the Strawberry Tea in June, When in June, will depend on the growing season and after a winter we are having, it's anyone's guess. **The Songbirds resume February 4th, 2020**



The **Christmas Crafting Group** has gathered to make sock snowmen centre pieces for the Christmas lunch. Each snowman came with a unique personality and brought a lot of joy to their creators. The snowmen that did not sell at the luncheon were sold at the Centres annual bake sale and tea, December 15th, 2019.

On December 15th, prior to the Sing A Long we had an open house where our knitting and weaving groups along with the crafters and artists set up wonderful displays of their artistic talents. Unfortunately I got so busy on the 15th I forgot to take any photos. This day was one of the busiest days at the Centre, we had approximately forty, yes (40) volunteers on hand to make this event a success. From the volunteer choir, to the ladies who worked the kitchen and tea to the volunteers who were on hand as ambassadors for the Centre. Then there are the volunteers who came in to set up and take down. Wow, we have such an impressive group of volunteers.

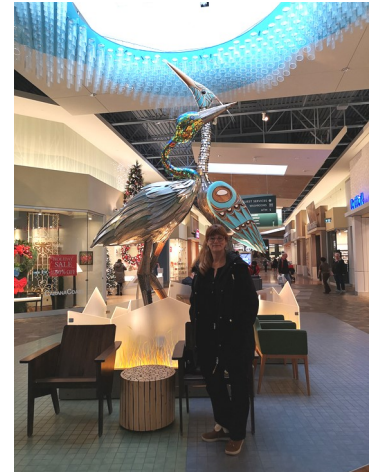
The **Christmas Crafters** will **resume September** to work on the 2020 Christmas lunch theme, Christmas Fascinators!!! Now this should be fun..



# Around the Centre



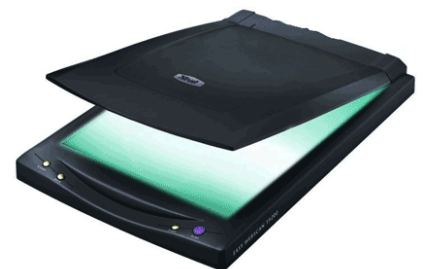
Photos above are of **The Book Club** who finished off 2019 with a potluck lunch prior to discussing the book *Flight Behaviour*. Some felt this was the best book since we started the book club last year. Helen is smiling as she won the fancy humming bird book mark.



**The Bus Trippers** excursion to Tsawwassen Mills via BC ferries was quite eventful. On the trip over we were fortunate enough to watch 3 groups of Orcas feeding along the tide line. An exciting time for most as it's been awhile since they have been on the ferry. Considering it was December 17th, we were surprised to have the mall to ourselves. Definitely no crowds to deal with and the sales were well worth the trip. The weather was kind to us with the rain holding off until we were all back safe and sound. The Bus Trippers January excursion is to the BC Aviation Museum then lunch at Marys' Blue Moon Café. Details to follow.

We are still 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

**Scottish Country Dance Group**  
invites you to a  
**FREE BASIC FOOTWORK-  
Workshop**

**Sunday, January 12th**

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



*All Ages Welcome*

Learn basic footwork, formations & some easy dances

## The Scottish Country Dancers

dance every Tuesday and Thursday morning at 10 am. Or you can join the Beginner SC dancers on Mondays at 3:30 pm.

Come out January 12th to learn basic footwork or join Valentine Fun Friday on February 14th at 7 pm.

Drop Ins Welcome!  
Wear comfy clothes and soft soled shoes.



### The Lunch Bunch

will dine at the Rum Runner Restaurant in Sidney on the waterfront, Thursday, January 23rd 11:30 am. Sign up sheet at Centre reception



**WELCOME**  
*new members*  
.....

Welcome Elaine Beyer



**MEETING  
NOTICE!**

**Board Meeting**

**Thursday, January 9th**

**9:30 am sharp**



**PotLuck Lunch** the 3rd Thursday of each month. Bring your favorite dish enough to share, Thursday January 16th at noon



**Beginners Line Dance Classes**

Tuesday, January 7th start up With Hilda Cook

**Every Tuesday 2:30 pm until 3:30 pm**

**\$3 Members and \$6 Non Members**

# Around the Centre

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!

**NIA DANCE Resumes January 18th at 9:30 am**

**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  
CSSCA members**

**\$12 for non-members**

**RHONDA KOOL**  
keepitkool@telus.net

250-652-0815

**Come dance with me!**

# Christmas Lunch December 12th



Another delicious meal catered by Island Culinary Services. Entertainment provided by the Songbirds. Below are the winners of the door prize quilts donated by Muriel de Greef, & the 50 50 winner. Plus the raffle winners of the 2 gift baskets donated by Joanne McGowan and the framed jewelry tree donated by Lauren Barr. The shawl raffle was won by Happy's daughter. Thank you to the folks who donated items. It is very much appreciated.



# Upcoming activities

## Now That's Funny!

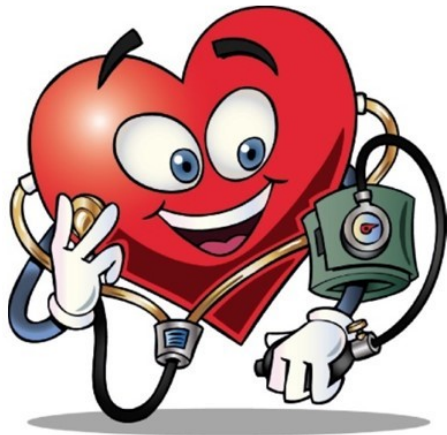


**Now That's Funny!** With Roger Boutilier

Starting Thursday ,  
January 9th at 2:22 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 is no joke!



The next **Blood Pressure Clinic** will be Wednesday, January 29th from 11:30 am until 12:30 pm.

Come out and say Hi to nurses Pam and Ruth and get your blood pressure checked. Everyone welcome

The 29th, the last Wednesday is also **HOT DOG DAY**, same time 11:30 am until 12:30 pm.

Then stay for a fun afternoon of **BINGO**.!!! Bring a friend.



### Art Appreciation Group

Our small group has been growing to over 10 of us now. At our last gathering we watch the movie, "Maudie" about a folk artist who painted in NS. Our next meeting is Tuesday January 14th at 7 pm in the Bingo Hall to learn about Italian born Canadian Artistic Artist. No fee, All Welcome.



### Cribbage

We have enough folks who have expressed interest in getting Cribbage going again. Therefore, Friday, January 10th at 1 pm we will start Cribbage. Hope to see all the

crib  
players  
there.





# Speaker Series

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY  
250 652-4611

ADMISSION BY DONATION



**Friday, January 24th, 2020 2:00 pm**

Guest Speakers: **Alan Perry** of eGurus and Tech Talk (C-Fax 1070 Radio and **Ron Fraser** Co Host of Tech Talk and retired manager from London Drugs Technology Dept .

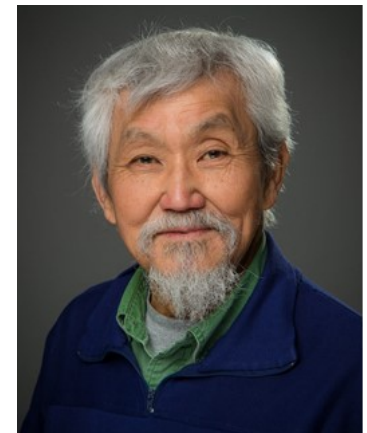
Topic: ***Technology For Seniors***



**Friday, February 28th, 2020 2:00 pm**

Guest Speaker: **Dr. Ed Ishiguro** prof of Emeritus, Depart of Bio-chemistry 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.

Topic: ***Human Diet & Nutrition: The Influence of Gut Bacteria***



**Friday, March 27th, 2020 2:00 pm**

Guest Speaker: **Dr. Val Schaefer**, PhD, RPBio

Topic: ***Restoration Walks in Greater Victoria***

Val Schaefer, PhD, RPBio, is the former academic administrator for the Restoration of Natural Systems Program, School of Environmental Studies, UVic. He explores urban ecosystems, urban agriculture, the impact of nature in the city on physical and emotional well-being and the role of invasive species and ecological memory in creating novel ecosystems.



# Up Coming Sunday Socials

Robbie Burns Celebration  
Sunday, **January 26th, 2020**  
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

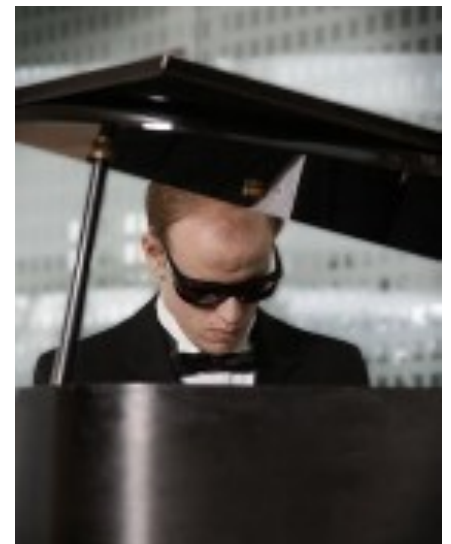
THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY  
250 652-4611

## Sunday Social      Sunday, March 29th, 2020

The **VIP Singers** are returning, accompanied by  
**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. They practice at the James Bay New Horizons Centre Mondays 10-12. New members are always welcome.



# Winter/Spring Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10 - 11:30 am	<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dance</b> 10 - 11:30am	<b>Aerobics</b> 9 - 10 am	
<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am	<b>Book Club</b> 2nd Thursday Noon - 2	<b>Mild Fitness</b> 10:15 - 11:15 am	<b>NIA Dance</b> 9:30 — 10:30 am
<b>Bridge</b> 12:30 -3:30 pm	<b>Painting</b> 12:30 - 3 pm Sept - June	<b>Weaving</b> 11:00 am - 3:00 pm	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday Noon	<b>Chair Yoga</b> 12 - 1 pm	<b>Jammin' Seniors</b> 9:30am - Noon
	<b>Songbirds Choir</b> 1 - 2 pm	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:30 am	<b>BUS TRIPPERS</b> 2nd Friday Of each month	<b>Bridge Clinic</b> 12:30 - 3:30 pm
<b>Scrabble</b> 1:30 pm		<b>Bingo</b> 1 - 4 pm Hot Dog Day Last Wed of mo.	<b>Now That's Funny</b> 2nd Thursday 2:22 pm	<b>Cribbage</b> <b>New</b> 1 pm	
<b>Beginners Scottish Country Dance</b> 3:30 pm	<b>Beginners Line Dance</b> 2:30 - 3:30 pm	<b>Blood Pressure Clinic</b> 11:30—12:30 pm Last Wednesday of the month	<b>Writing Circle</b> 1st, 3rd, 4th, 5th Thursdays 2- 3:30 pm <b>POOL</b> 1:00 PM	<b>Speakers Series</b> 2:00-3:30 pm 3rd Friday of the month	<b>Sunday Socials</b> January 26th Knackers Yard March 29th VIP Choir with Sky Mundel
	<b>Art Appreciation</b> 2nd & 4th Tuesday 7 pm Sept - May	<b>Knitting</b> 2 - 3:30 pm	<b>Board Meeting</b> 1st Thursday 9:30 am <b>General Meeting</b> 2nd Thursday 2:00 pm Sept, Nov, April, June		<b>Chemainus June 20th</b> <b>Beauty &amp; the Beast</b>

# The Centre News

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THE CENTRE FOR ACTIVE LIVING 50+

## **The Writing Circle** with Lynda Miller resumes January 16th.

I am looking forward to sharing the two books I picked up over the Christmas break, "Writing From the Senses" by Laura Deutsch. It has 59 exercises to ignite creativity and revitalize your writings. The second book is by Jorjeana Marie about improv writing and generating infinite ideas to get you started.



Prior to joining the writing group my only writing involved filling in the blanks of legal and banking templates and the annual Christmas card mail outs. The writing tips from the other members have been invaluable in my confidence in putting pen to paper, hence the Centre newsletters have more than just photos. Thank you Lynda for the suggested group and your leadership.

Lauren Barr

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The **Writing Group** and the **Book Club** will be hosting their first writer.

Join us Thursday, February 27th to meet **Glenna Mageau**.

The award winner local author, speaker and writing coach who goes by the penname of Maggie Thom.

Her books include,

Do You Know Your Dad's Story

Do You Know Your Mom's Story

Don't Laugh

Deadly Ties, and Tainted Water

Are just a few of her books.

Everyone Welcome to join us

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

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

[www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

### **CSSCA Executive**

**President:** Mike Bird

**Vice President:** Dale Broad

**Past President/Treasurer:** Margaret McKelvie

**Recording Secretary:** Elizabeth Skaggs

### **CSSCA Board of Directors**

Robert Atkins

Vic Peters

Joanne McGowan

Gerie Turner

Renee Nicholls

Margaret Sharples

Roger Boutilier

Shirley Monych

### **The Centre News**

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Joan & Roger Boutilier