

# The Centre News

Heart of the Peninsula



MARCH 2020



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Sunday  
March 8th

Time to  
Spring Ahead

## March Events

### CSSCA Board Meeting

\* Thursday, March 5th, 9:30 sharp

### Scottish Country Dance Fun Friday

\* Friday, March 6th 7—8:30 pm

### Book Club

\* Thursday, March 12th noon

### Now That's Funny

\* Thursday, March 12th 2:22 pm

### Writing Workshop ~ New

\* Glenna Mageau

\* Thursday, March 19th 12:30 pm

### POTLUCH

\* Thursday, March 19th noon

### Bus Tripper

\* Thursday, March 21st, 9 - 11 am

### Free Tax Prep— Beacon

\* Thursday, March 26h,

\* 10 am until 2 pm by appointment

### Lunch Bunch

\* Thursday March 26th, 11:30 am

\* Spitfire Grill—North Saanich

### Speaker Series

\* Friday, March 27th, 2 pm

\* Dr Val Schaefer. Restoration Walk

### Bingo

\* Wednesdays 1—4 pm

\* Everyone 19 and over welcome

### Blood Pressure Clinic

\* Wednesday, March 25, 11:30 - 12:30

### Hot Dog Day

\* Wednesday, March 25, 11:30-12:30

### Sunday Social

\* Sunday, March 29th 2 pm

# President's Message

## President's Message

I was really looking forward to flipping pancakes Tuesday but a heavy cold put me out of action I didn't think it prudent to attend. I hope everyone enjoyed the event. A big thank you to all of the volunteers

Driving around it makes u think that spring has arrived, with bulbs in bloom and blossoms on the trees.

It was good to see so many of you at the AGM last week, thank you for making the effort, it helps the board realize their efforts are appreciated

Michael Bird



New Members Are Joining

Paul Potvin      Sheila Mosher  
Joyce Jewitt      Bob Mathews  
Sandra Parker      Phyllis Krenz  
Connie Carlson

**WELCOME TO THE CENTRE!**

## Walking or Hiking Group.

We have a number of new members who would like to see either a walking or hiking group start up. If you are interested . Sign up sheet is at centre reception.



Mar 2	Shelly	Cadorin
Mar 3	Renee	Nicholls
Mar 5	Mario	Delliaviola
Mar 9	Sandra	Jaycox
Mar 11	Thea	Revoy
	Laureen	Barr
Mar 7	Rick	Haere
Mar 20	Lynda	Miller
Mar 23	Pat	Randazzo
Mar 25	William	Greig
Mar 27	Peggy	Copithorne
Mar 29	Betty	Board
	Nicholas	Woollard
	Hilda	Cook

Time to join the Centre! We are half way through our membership year of September 1st to August 31st. Membership fees are now \$30 from March 1st to August 31st

# Around The Centre



Happy Birthday Renee Nicholls, 90 years young. On Friday when a little birdie whispered in Gerie's ear that Renee was going to be 90, Gerie arranged an impromptu surprise birthday party the next night for our special friend Renee.



## Volunteer of the Month

Anyone who already knows Gerie Turner, our volunteer of the month, would agree she is one amazing lady. She brightens up any room she walks into with her heart felt hugs and smile. Gerie is the rental and membership coordinator, the leader of the Art Appreciation Group and a Bingo Caller. Those who have dined at our annual Strawberry Tea and Pancake Breakfast, you can thank Gerie. A lot of work goes into organizing the food and volunteers for events like this events. Thank you Gerie. It does not go unnoticed. I am proud to own two beautiful watercolours Gerie painted as a member of the art group. She also has the gift for the written word that was responsible for the centre receiving grant monies to build the commercial kitchen, plus to took on the 3 year project to build the kitchen. Gerie has been a member for over 11 years and was a past president. We are fortunate to have Gerie back as one of the board members. Thank you Gerie, You are the foundation of the Centre.

### A Message about the Food Bank

The Peninsula News is delivered twice weekly to our home. If you receive it, you will notice in the left hand corner of the front page, the Sidney Lions have a small ad. informing everyone what is needed. This week The Food Bank needs are: **Dry Cereals.**

The Food Bank depends much on donations by businesses and the generosity of individuals like us to keep this much needed service going. In the beginning I felt The Food Bank was a wonderful way of helping those who are unemployed, struggling single parents, young students endeavouring to make ends meet. But times have changed, its not just young families, etc. who are using this service. Its us mature folk too! More and more seniors are using the Food Bank, and taking advantage of such organisations like, Our Place, The Mustard Seed, and Rainbow Kitchen for a bowl of soup, or a meal. For some It has become a toss up, do I pay my rent, and what about my medications. If I pay my rent, will I be able to afford to eat!

So, if you could help the food bank by donating just one item, just think, if we all gave, then our lovely new container at the centre would be full and overflowing! We are not just helping younger folks, and families. We are Seniors, helping Seniors! There but for the Grace of God go ! Who knows someday that could be one of us?



Pat Bird



# Valentine Day Tour 2020



Valentine Day Tour at **Level Ground Trading**, photo above of the group enjoying the view before beginning the tour. We learned what made this local company so successful. Their mission is to trade fairly and directly with small-scale producers in developing countries, offering customers ethical choices. They stick to a 'zero to land-fill' mandate for their office & roasting facility. They compost over 20,000 lbs of organic matter and reclaim 24,000 empty coffee packages/year. They also pay their staff to bike, carpool, walk or bus to work, saving nearly 52,000 kms/year. After the coffee tour we crossed the parking lot to meet Ambur, founder of **Rock Coast Chocolate**, we were just in time for the Valentine chocolates. The samples were delicious. Rock Coast confections provide a high quality sweets using only natural ingredients that are gluten free and free of artificial flavouring and colours purchased from local businesses if possible. Watch out for the mouth watering toffee bark, its addictive.!!!





# Activities Bingo



Bingo is a major fundraiser for the centre. It also provides a fun, social activity for the players.



## BINGO

Every Wednesday except for the month of August when we give the many volunteers who give their time to support Bingo at the Centre a summer break.

Thank you to the many volunteer who make Bingo such a successful event. From the Team Leaders, Bingo Callers, cashiers and card sellers, bingo checkers, bingo recorders and the volunteers who come in early to prepare the coffee/tea and goodies and then clean up. Thank you



**Did You Know.** For most bingo players, a trip to the bingo hall requires packing in advance for the excursion. Daubers (bingo card markers), snacks, cash and, for many, good luck charms must be in tow before settling in for the multiple-hour experience. Troll dolls and rabbits' feet are the most common luck-bringing items, but bingo players find inspiration and hopefulness in a vast variety of baubles. Some bingo buffs bring a Beanie Baby or two; others set up elaborate shrines. Snacks lots of snacks.



# Activities



February, the Bus Trippers toured the One Tree Exhibit at the Robert Bateman Gallery on the Inner Harbour. Then we walked around the inner harbour to Milestone Restaurant where enjoyed a relaxing meal before catching the bus back to Brentwood Bay. March Bus Trippers trip TBA shortly.



**Hot Dog Day** the last Wednesday of the month was once again a resounding success. Thank you Don for grilling up the hot dogs. It has definitely been a sell out event at the centre



Wow.....This mouth water Valentine Tea spread was put together by Sue Tribe and Muriel de Greef. The lure of delicious food paired with the AGM was a huge success. Thank you Sue and Muriel ,your baking is always enticing.



# Activities



Shrove Tuesday. Pancake Day was again a success. This year the pancakes were grilled up on our new commercial stove with chef Bill as the chief pancake flipper. Above photos are of the Monday night set up crew, to the left the volunteers are serving up the accompanying ham and eggs. They served about 40 people between 9 and 11 am. Thank you Gerie for taking on the annual pancake breakfast again this year.



# Activities

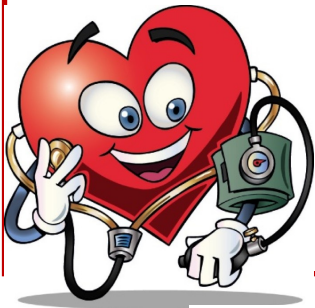
If you wish to receive the newsletter via email, please advise the centre reception.

The next **Blood Pressure Clinic** with Pam and Trudy will be the last Wednesday of the month,

**March 25th**

**11:30 am until 12:30 pm**

**By Donation**



**LINE DANCING...**  
*it's what I do best...*



## Beginners Line Dance

With Hilda Cook  
every Tuesday at from

2:30 until 3:30 pm

Only \$3 for members

## Art Appreciation.

**Tuesday March 10th**

Henri Fantin-Latour will be featured

**Tuesday, March 24th**

William Hogarth will be featured

Welcome one welcome.



## **Free Income Tax Preparation & Filing**

Beacon Community Services will host a Community Volunteer Income Tax Program (CVITP) at Central Saanich Seniors Centre on the following dates:

**Thursday, March 26th, 10 am until 2 pm**



This program is a free service for community members who are on a low to modest income. (Single person up to \$35,000, a couple up to \$45,000 and interest income less than \$1,000, and your tax situation must be simple)

Intakes will be on a first come, first served basis each date. All community members are welcome.

## **Now That's Funny!**



Thursday, March 12th, 2:22 pm

With Roger Boutilier

Featuring comedians "Bob & Ray"  
see you there.



**March 26th , 11:30 am**

9681 Willingdon Rd

North Saanich, by the Airport

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 at 250 652-4611.



# Scottish Country Dance

## Scottish Country Dancing

Scottish Country Dancing (SCD) was first derived from French Court Dancing. There are French terms used in the dancing such as Allemande, Promenade, Poussette and Tourbillion plus others that are still used today. SCD has always been social dancing. In a book called, "Traditional Dancing in Scotland" the authors J. P. Flett and T. M. Flett write about dancing in Scotland prior to the First World War. There are dances still danced today written in the seventeenth hundreds such as "White Cockade", "Dashing White Sergeant", "Flowers of Edinburgh", "Haymakers", "Petronella and many others. The Fletts mentioned the decline in social life following the First World War and the introduction of jazz. However, the tradition did survive with people gathering together in barns or grassy areas and even on flat roads on moon lit nights to dance together. Occasions such as balls, harvests and weddings brought people together to dance and have fun. There are over 12,000 dances written with more being written all the time. The new dances often have new formations.

Our group tries to have a Fun Friday or Fun Sunday afternoon each month. Our last Fun Friday was on Feb. 14<sup>th</sup> and the theme was Valentine's Day. We danced dances with the titles such as "C'est L'amour (The Flirt)", the "Happy Couple", "Happy to meet", "Happy Meeting" and "Love Spoon". Our theme for the March 6<sup>th</sup> Fun Friday is Irish to celebrate St. Patrick's Day a wee bit early. We have dances for that called: "City of Belfast", "Irish Rover", "Leprechaun" and others. On April the 3<sup>rd</sup> the theme will be spring and we have a dance we like called "The First Rain of Spring". These events are open to all ages and to visitors. We have had three generations from the same family.



SCD is very good for physical and mental well being. The goal is to learn a dance well enough to simply say the title and dance the patterns from memory. At Fun Fridays and Ceilidh Dances, I call almost all the dances except for the one or two that a small group demonstrates. Fun easy dances can be mastered quite quickly. The harder dances often have a more logical pattern, but may have new formations to learn. It is quite rewarding to master a new difficult dance. There is also satisfaction for beginners and participants at Fun dances to complete patterns with each other.

Everyone is welcome to come and watch or dance. Beginner's class is Mondays at 3:30 pm.

Janet Mitchell

## Scottish Country Family Dance



### FUN FRIDAY

**March 6th 7 – 8:30 pm**

**\$3 per person \* \$6 per family**



# SPEAKER SERIES

The Center For Active Living 50+

1229 Clarke Road, Brentwood Bay  
250 652-4611

Admission By Donation

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

Guest Speakers: **Dr. Val Schaefer**, PhD, RBio

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

Dr Schaefer is the former academic administrator for the Restoration of Natural Systems, School of Enviro Studies UVic. He explores urban ecosystems, urban agriculture, the impact of nature in the city of physical and emotional well-being and the role of invasive species and ecological memory in creating novel ecosystems. Most of his restoration projects involve enviro stewardship. Val is senior author of *Urban Biodiversity: Exploring Natural Habitat and its Value in Cities*. He has received the BC Ministry of Environment Award for Environmental Education, the Vancouver Natural History Society Davidson Award for Conservation and several community service awards for enviro stewardship in BC.



**Friday, April 24th 2:00pm**

Guest Speaker: Ann Nightingale

Topic: ***Local Bird species in Decline***

Ann Nightingale, of Ricky Point Bird Observatory, a Central Saanich resident, graduate of the UVic, award winning birder and author of two published scientific papers. Ann will give a slide illustrated talk on local bird species in decline and what we can do to turn things around. She'll give examples of success stories of how we have reversed the trends for species such as Bald Eagles, trumpeter Swans and Purple Martins.



**Friday, May 29th 2:00pm**

Guest Speaker: Dr Z. Schlensky

Topic: ***Israeli-Palestinian Conflict***

Dr Schlensky is an Associate Professor specializing in cultural and media studies, with a focus on the postcolonial Caribbean, diaspora and Jewish studies and film.







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.

There will be NO Sunday Socials in the months of February, April & May. The next social will be the Strawberry Tea in June, date depending on the Strawberries.

# SUNDAY SOCIAL

SUNDAY 3 SEPTEMBER

## **SKY MUNDELL & The VIP Singers**

Sunday, March 29th, 2020

**Admission By Donation**



**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.

# Up coming Events



October 17, 2020  
9 am to 3 pm

**My Kids Don't Want My Stuff**  
Antique & Collectable Sale  
1229 Clarke Road, Brentwood Bay

## My Kids Don't Want My Stuff

What to do with all your stuff, your treasures you have collected over the years and now it is time to downsize and you find your kids **don't want your stuff**. Your treasure are too valuable to give away and you certainly don't want to throw it away.

Book your table early.

Last year was so successful, we sold out of space. So many people approached us after the show to book a table for 2020 so book your table early to avoid disappointment..

Members \$25/per table

Non Members \$35/per table



Chemainus Theatre Festival's  
production of  
Disney  
**BEAUTY AND THE BEAST**  
THE BROADWAY MUSICAL  
©Disney

Music by Alan Menken  
Lyrics by Howard Ashman & Tim Rice  
Book by Linda Woolverton

The Centre has booked the best seats in the house for

**Beauty and the Beast** for the Saturday, June 20,

\$155 per person

Includes 2 pm performance & buffet plus transportation.

We leave at 9:30 am and return by 6 pm

**Chemainus**  
Theatre Festival



## 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](mailto:cssca@shaw.ca)**

# Up Coming Events

## COMPLIMENTARY HEARING SCREENING

**NexGen Hearing will be In-House!**



**✓ SIGN UP TODAY!**

**Wednesday, Apr. 22<sup>nd</sup>**

**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](http://nexgenhearing.com)



# 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 Every Wednesday <b>Hot Dog Day</b> Last Wed of mo.	<b>Now That's Funny</b> 2nd Thursday 2:22 pm	<b>Cribbage</b> <b>New</b> 1:15 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 March 27th, 2020 Dr Val Schaefer	<b>Sunday Socials</b> 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> March 5th, 2020 <b>General Meeting</b> 2nd Thursday 2:00 pm Sept, Nov, April, June		<b>Chemainus</b> June 20th <b>Beauty &amp; the Beast</b>

# The Centre News

Heart of the Peninsula



## Writing Circle

### HOPE

If there is any thread that runs through our lives from the cradle to the grave it is

HOPE.

In spite of disappointment and even disillusionment, we HOPE.

The baby hopes Mummy will come get him from his crib. The schoolchild hopes he will be picked for the team.

The teenager hopes he will get accepted into the college. The young man hopes that the one he loves, loves him.

The career person hopes to get that all-important promotion.

The mature person hopes that he finds his forever home, that he has a profitable retirement plan and that the prognosis is good.

In the course of a day we hope that the sun shines, that there is enough milk for the Cheerios, that there is a place to park, that our work day is satisfying, and that our child's soccer team wins tonight.

And so it goes.

### HOPE PLAYS THE BASE NOTES IN LIFE'S SONG

Mary Grant

Congratulations to the Writing Circle who are celebrating their 1 year anniversary on February 27th. Thank you Lynda Miller for you leadership.



THE CENTRE FOR ACTIVE LIVING 50+

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:** Margaret McKelvie

**Recording Secretary:** Elizabeth Skaggs

**Treasurer:** Margaret McKelvie

### CSSCA Board of Directors

Roger Boutilier Joanne McGowan

Shirley Monych Renee Nicholls

Margaret Sharples Gerie Turner

### The Centre News

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**Advertising:** Tanga Blackburn

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