

The Centre 50+ News

Heart of the Peninsula



November 2017



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November Events

CSSCA Board Meeting

- * Thursday, Nov. 2nd, 9:30 am sharp

Music Bingo

- * Friday, Nov. 3rd, 2:00 pm

General Meeting

- * Thursday, Nov. 9th, 2:00 pm

Bus Trippers

- * Friday, Nov. 10th
- * Museum - Family Bonds & Belonging
- * Sign up sheet at Centre reception

BB Boozing Buddies

- * Monday, November 13th
- * Category 12 Brewery
- * Sign up sheet at Centre reception

Pot Luck

- * Thursday, November 16th noon

Speakers Series

- * Friday, November 17th
- * Brent Cooke
- * **The China Experience**

Lunch Bunch

- * Thursday, November 23rd
- * Beacon Landing
- * Sign up sheet at Centre reception

Sunday Social /Bake&Craft

- * Sunday, November 26th
- * Bake & Craft Sale 9 am—1 pm
- * Fashion Show Victorian Vogue 2 pm

Bingo

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



Presidents' Message

President's Message

I love this time of the year with the arrival of fall, the colors of the leaves are spectacular. A drive along West Saanich Road will open an entire range of colors, reds, golds, and browns. It brings back memories of ploughing through the piles of leaves when I was young, come to think of it I still enjoy doing that when the opportunity presents itself.

The Centre is back into full swing now with a range of activities, try something you haven't tried before, you might be surprised how much you enjoy it.

This is the season when we get all manner of ghosts, ghouls, and goblins arriving at our doors, it's always a joy watching the little ones as they participate in this annual event.

Talking about annual events we are fast approaching the Christmas season when the needs of those less fortunate becomes greater. It would be nice to see our Food Bank bin overflowing, so please, please help by donating a tin or packet or two.

Enjoy this lovely Fall weather

President Mike Bird



Volunteer of the Month for September



Janice Mercer

Volunteer of the Month for October



Pam Trueman

Around the Centre

Volunteers?..

We have all heard the quote "Behind every successful man, is a great woman"

Well, whatever your thoughts, behind every successful organization, club or charity, there are volunteers working behind the scenes helping to make their corner of the world, the best it can be.

You may have just joined the Centre, and we say "Welcome!" We are very happy you're here! At the Centre for Active Living we hope you've found a place to enjoy and continue coming. As a new member there may be things you want to be part of because of a special interest in an activity. All activities are provided and made possible by the generous commitment of our volunteers who work tirelessly to provide activities for the enjoyment of our members. Some, who have volunteered for many years are now taking a much earned rest, and we are indebted to them.

Volunteering is a great way to contribute to your community and help others while enjoying the benefits of staying active and connected. Seniors who volunteer report better overall physical and emotional health, and well being much more than non-volunteers. Other benefits include feeling valued, meeting new people and having fun! Think about the things you enjoy and how much time you have to volunteer.

It's understood some of us have other commitments and don't have a lot of time to spare, however, there are many tasks which may only require an hour or two! Selling tickets at Bingo, volunteering to bake, make sandwiches or being a greeter at the door for the Sunday Social every month. Volunteering can be as little or as much as you want, every bit of your time, short or longer will be very much appreciated. We need you! So if you are interested in helping please see Laureen Barr, or anyone at the front desk. You will be glad you did!

To Laureen Barr our Centre Co-Ordinator, a Special Thank You! You go over and above the call of duty. We deeply appreciate everything you have done and continue to do for us all at The Centre.

In closing I'd just like to add this quote!

"VOLUNTEERS ARE JUST ORDINARY PEOPLE WHO REACH OUT".

"TAKE A HAND AND TOGETHER MAKE A DIFFERENCE WHICH LASTS A LIFETIME".

Submitted by Pat Bird



Around the Centre

WELCOME new members

Rosemary McClusky
Sharon Belfie
Eileen Elderton
Carolyn Peppiatt
Elizabeth Adams
Donna Jack
Shelly Dennis-Orr
Lorraine Patterson
Shirley Roberts
Nancy Veldhuis
Sandra Henley
Pauline Souza Murphy
Pat Simpson
Maureen Cox
Jeff Shultes
Jim Fowler

Happy Birthday

Nov 3	Margaret	Legare
Nov 8	Penny	Furnes
Nov 9	Sharon	Begg
Nov 16	Eunice	Webber
Nov 20	Leo	Vezina
Nov 21	Judy	Sollid
	Joan	Ormiston
Nov 23	Janice	Mercer
Nov 28	Tanga	Blackburn
Nov 30	Liz	Bulter



Board meeting—November 2nd 9:30 am sharp

General meeting—November 9th 2:00 pm

Around the Centre



To our delight the **Jammin' Seniors** entertained the vendors, volunteers and customers at the very successful **Hobby Supplies Sale** held at the Centre 50+ , September 16th. Grab you guitar, banjo, ukulele, etc and join the Jammin' group every Saturday morning 9:30.

A special Thank You to all the volunteers that showed up all through the day to assist with our first Hobby Supplies Sale.

Scottish Country Dancers

hosted the
September 29th
Ceilidh

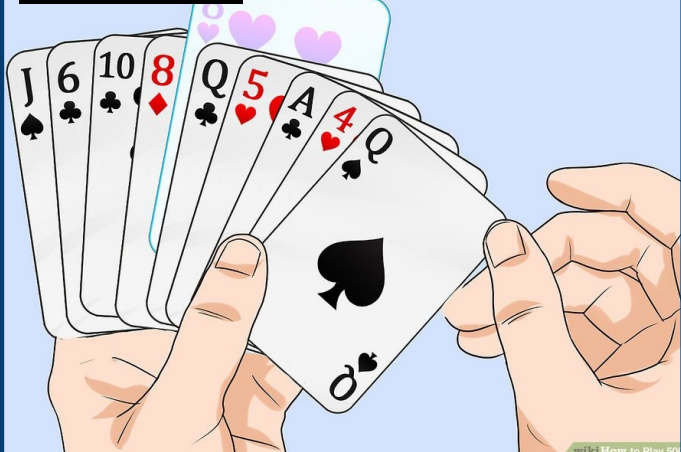


**Next
Ceilidh
tentive date is
Sunday June 3rd
2 - 4 pm**



Featured Activities Around the Centre

THE 500 CLUB



Wednesday 1:00 pm

Members \$2.00

Non Members \$3.00



**DO YOU PLAY 500?
DO YOU WANT TO PLAY IT BETTER?
DO YOU WANT TO LEARN THE GAME?**

Beginners Welcome

Photography Group

2nd & 4th Monday 1:00 pm

Date changed from weekly to bi-weekly commencing **November 13th** with a field trip to Esquimalt Lagoon to take photos of the birds.

November 27th we are going to Rithets Bog to see what winter brings to the bog.

Art Appreciation Group

1st & 3rd Tuesday 7:00 pm

Date changed from weekly to bi-weekly commencing **November 7th** when we will be learning about Paul Gauguin and then Edar Degas on **November 21st**.

See you there in the lower hall

CSSCA PRESENTS:

1st & 3rd Thursday (1:00pm-3:00pm)

"ARMCHAIR THEATRE"***ALL ARE



WELCOME***

Join Jeff Shultis and fellow "wanna-be actors" for a SIT-DOWN and coffee, while we READ - and possibly even ACT OUT (if you want to-- no pressure!) -- short comedic and dramatic scripts from a by-gone era. Great fun, fellowship, and conversation. [Maybe we can do a READER'S THEATRE for your friends at the Centre. For example, "A Christmas Carol"] We have lots of radio, theatre, & TV scripts to enjoy and discuss. Absolutely no memorization needed, just a JOY for LIFE, and a LOVE for FUN! Everyone is welcome!

New member and Armchair Theatre Director Jeff Shultis is an actor who has acted in productions all around the Saanich Peninsula. He grew up in Ontario where he had performed in dozens of amateur theatrical productions. He also was a professional ACTRA member, taking part in TV, movies and commercials. He has had his own theatre companies, such as "Muskoka Theatre for Young People", "Muskoka (and Victoria) Murder Mysteries", and "Random Acts of Theatre". He wishes to be in the 2018 Fringe Festival with "An Actor's Nightmare".

Welcome Back Sunday Social September 24th



Welcome Back Sunday Social
September 24th. Lots of door prize
winners.

Mark Davies took us back to the
sounds of the 50s with Elvis.
He had the ladies attention

Sunday Social October 29th with the Gypsy Rovers



Around the Centre



The Lunch Bunch Group sharing a tasty meal at The Lakes Restaurant at the Howard Johnson., October 26th. We are looking forward to November at the Beacons Landing Restaurant in Sidney.



Speakers Series, with Paul O'Reilly
Topic: Battle of Vimy Ridge 100 years
October 20th

Speakers Series



Speakers Series, with Pat Nichol
Topic: Aging Vibrantly
September 15th

Around the Centre with The Brentwood Boozing Buddies



October 14th the BBBBs hopped the ferry to the Salt Spring Vineyards for their annual Grape Stomp. It was a wee bit too cold so we let the young'uns get cold toes. We enjoyed a morning at the Saturday market and a sea-food lunch before returning home.



We stopped at the top of the Malahat to take in the view before continuing on to The Blue Grouse Estate Winery, September 11th. After the tasting the group enjoyed a lunch at the Cowichan Bay Pub.



Up Coming Events

 **Shopping Bus Program**
Starting October 30





We are excited to offer this pilot program offering Saanich Peninsula residents an opportunity to meet new friends, visit stores and be dropped back off at home with their purchases.

When: Weekly, every Monday
(except statutory holidays)

Time: Noon, returning by 3:15pm

Where: Uptown Shopping Centre

Cost: By donation

Talk to Deb!
250-656-5537, ext. 106
dgreenaway@beaconcs.ca

Friday
November 3rd 2:00 pm



Join us for Music Bingo at The Centre with Darryl Markin and test your memory of familiar



If you volunteer at the Centre handling food we are in the process of updating or obtaining our Food Safe Certificates. If you are interested in taking the Food Safe course, please sign up at the Centre reception. Date and time to be determined once we know how many we have registered

Table Shuffleboard

We are looking for more players. If you are interested in joining the team, please contact the Centre or sign up at Reception



Up Coming Events



The Bus Trippers

Friday, November 10th

City Transit - \$5.00 for a Day Pass
Some will catch the #75 bus at the Saanichton Exchange at 8:45 am, the rest of us at the W. Saanich/Wallace Road bus stop at 8:53 am
Then a nice lunch before hopping on the bus back home.

Sign up sheet at Reception

Family BONDS & BELONGING
It's NOT All Relative



Museum
Admission
Seniors \$16.00

Walk into a living interactive photo album and discover the truths and secrets of some of the First Nation families, early settler families and immigrants from all over the world who began their families here.

See how traditions have changed and stayed the same. Explore stories from early and contemporary families, appreciate the traditions brought to BC by immigrant families and discover more about your own family.



Brentwood Bay BOOZING BUDDIES

**Next Tour & Tasting
Monday, November 13th**



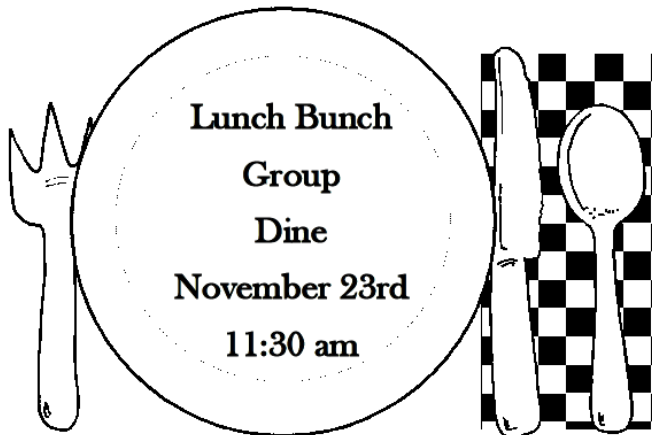
Located

2200 Keating Cross Rd C, Saanichton

Category 12's head brewer and founder, [Michael Kuzyk](#), has been brewing beer for nearly 20 years and has his doctorate in microbiology and biochemistry from UVic. But all work and no play makes... well, you know the rest. After leading the creation of several world-class research labs, he decided it was time to make his own - dedicated to the pursuit of exceptional beer.

Sign up sheet at the Centre Reception

Meet at the Centre at 11:45 am if you wish to carpool.



Beacon Landing Restaurant



We are located at the end of Beacon Avenue, just steps from the Pacific Ocean. Enjoy the view of snow covered Mount Baker, tugboats on Haro Strait, colorful sailboats, playful seals and maybe even a diver or two.

Sign up sheet at The Centre 50+ reception. Please advise if you can drive. Meet at the Centre at 11:00 am to carpool.



Potluck November 16th noon

Reception Meeting, November 16th, 1:00 pm

Hat Event Meeting, November 27th 11:15 am

Speaker Series at The Centre

Friday, November 17

1:30 - 3 pm * by donation at the door

Brent Cooke

Wildlife Sculptor / Photographer

The China Experience



‘Artists for Conservation’ is a renowned group of 500 artists representing 27 countries. In recent years, China has shown increased interest in the conservation of wildlife and developing a greener economy. China invited and hosted Brent and his team with the primary mission to represent ‘Artists for Conservation’ through a major wildlife art exhibition. While in China, Brent had an opportunity to do some sightseeing around Qingdao and Beijing.

Brent’s presentation at The Centre will bring you the sights of China through his lens and through his colourful and often humorous tales of his experiences.

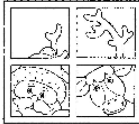
Artist/Owner - CastArt Studio Director - Deeley Motorcycle Exhibition

Board of Directors - Artists for Conservation

International Fellow - Explorers Club

Up Coming Sunday Social Craft & Bake Sale

NOVEMBER 26th



Christmas

Bake & Craft Sale

9 am to 1pm



Historical Fashion Show 2 pm

Admission by

Donation

Coffee, Tea &

Sweets

available



Hosted By



Sew & Stitch Club
in view of Greater Victoria



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



Victorian Vogue

Historical Fashion Shows

Presents

Admission By

Donation

A highly entertaining and informative Fashion Show of beautiful, authentic reproductions of fashions from the past, bringing to life vignettes of history and social customs from the 18th to the early 20th centuries. Many of the fashions are inspired by the stories of very real people who lived and worked and were influential to the society of their time.



November 26th The Centre 50+ presents a Vintage Fashion Show hosted by Victorian Vogue 2:00 pm



The CSSCA Knitters Group can get you started on your collection of **CRAZY SOCKS**.

It takes between \$20 to \$30 of yarn to knit a pair of socks. Wool socks keep you warm in the winter and cool in the summer.

Makes a great Christmas gift

All proceeds donated to The Centre 50+

People Who Wear Crazy Socks Are More Brilliant, Creative And Successful



Knitting Group

Tickets \$2.00 each
or
3 for \$5.00

Buy Your Raffle Tickets Here



A beautiful knitted evening shawl
Draw at the November 26th Sunday Social
All proceeds to the CSSCA

Up Coming Events

Chemainus Theatre Festival

Thursday, November 30th

Depart CSSCA 10:00 am

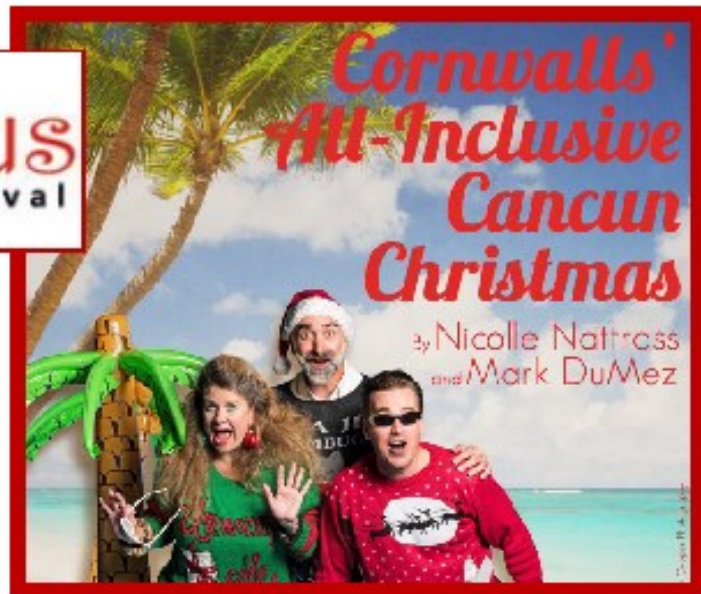
Arrive Chemainus 11:30 am

Buffet Reservations 11:30 am – noon

Play Starts 2:00 pm

Depart Chemainus 4:00 pm

Arrive Back to CSSCA 6:30 pm



A CHRISTMAS ROAD TRIP TO



Thursday, November 30th

\$90.00 Per Person

Includes

Transportation, Buffet, Theatre Ticket and gratuity

Sign up sheet at the Centre reception

Cheque or exact cash must accompany sign up

Members with Guests Welcome



Up Coming Christmas Luncheon

THE CENTRE 50+ PRESENTS

LOTS OF PRIZES !!

'tis the season...
FOR UGLY SWEATERS!

PLEASE JOIN US FOR OUR
UGLY SWEATER PARTY

December 14th
Doors open noon

Dinner
\$25 Members
\$30 Non Members

*Entertainment by the Songbirds
& Larry Skaggs with the string quartet*