

The Centre 50+ News

Heart of the Peninsula



November 2018



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November Events

CSSCA Board Meeting

- * Thursday, Nov 1st, 9:30 am sharp

Electoral Reform Information

- * With Ian Cameron
- * Friday November 2nd , 2:30 pm

Book Club

- * Thursday, November 8th Noon
- * Book "My Name is Lucy Barton"

General Meeting

- * Thursday, Nov. 8th, 2:00 pm

Bus Trippers

- * Friday, Nov. 9th, 9:45 am
- * Sidney Museum

CS Centaph Dedication & Remembrance Day Ceremony

- * Sunday, Nov 11th 10:30 am
- * Pioneer Park, Brentwood Bay

The Centre is closed am

- * Monday, November 12th

Pot Luck

- * Thursday, November 15th noon

Holiday Bake & Craft Sale

- * Saturday, November 17th 9 am—3 pm

Lunch Bunch

- * Thursday, November 22nd, 11:30 am
- * Sea Glass Restaurant in Sidney

Speakers Series

- * Friday, November 23rd
- * Kelly Insley RN
- * The Benefits of Medical Marijuana

Bingo

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

Presidents' Message

President's Message

I love this time of the year as the trees change and take one of my favourite drives, along West Saanich Road enjoying the different colours on show.

What a wonderful social on Sunday, the accordion band played many foot stomping tunes suitable for the audience to sing along as well. Thank you Joanne for arranging the entertainment, and thanks to the kitchen crew for the work they put in for the food and drink. Thanks also to those who supplied sandwiches and goodies.

There are many opportunities to volunteer at the Centre, but one area where we have difficulty finding volunteers is on the board. Being a member of the board is a chance to contribute to the operation and future of the Centre. My term as president is over in February 2019 and there is no one to take my place because of the lack of a vice-president. If, perhaps, you would like to be considered for the board please make yourself known to Margaret Sharples.

President



Don't forget to set your clock back one hour Sunday, November 4th, 2:00 am.

At the same time, if you have a cell phone, add to your contacts the address and phone number for

The Centre for Active Living 50+.

1229 Clarke Road, Brentwood Bay

V8M 1E2

Phone number 250 652-4611

The reason why I have asked this: since my arrival to the Centre there have been two separate incidents in the parking lot involving falls of seniors, in both cases they were not members, but members were there to assist. We all had cell phones but not one person could give the address to the Centre. An important fact when phoning 911.

VOLUNTEER OF THE MONTH



Kathy Chiasson Volunteer of the Month for October

Kathy volunteers on the reception desk and is our centre's librarian. The Centre has had a influx of donated books of late. Plus it is quite a busy mini library. Thank you to all the folks who drop of donated books and puzzles. Donated magazines are available in the main entrance. Thank you so very much Kathy. We appreciate all you do !

Around the Centre

WELCOME new members.....

Linda Vennberg
Judith Jenkins
Maria Pedro
William Greenhalgh
Alice Valiquette
Anne Waterhouse
Richard Walker

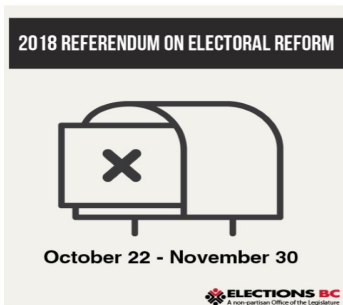
Happy Birthday

Nov 3	Margaret	Legare
Nov 8	Penny	Furnes
Nov 16	Eunice	Webber
Nov 20	Leo	Vezina
	Karen	Hamblett
Nov 21	Joan	Ormiston
Nov 23	Janice	Mercer
Nov 28	Tanga	Blackburn
Nov 30	Liz	Bulter

Confused???



Confused???



Do You Have More Questions than Answers?

Join Ian Cameron at
The Centre for Active Living 50+
1229 Clarke Road, Brentwood Bay
November 2nd, at 2:00 pm
This is a great opportunity to get informed before
casting your ballot.



Board meeting—November 1st 9:30 am sharp

General meeting—November 8th 2:00 pm

Around the Centre

Urban Pole Walking/Hiking Group



The urban pole walkers met at the trail head to Todd Inlet Monday morning at 8 am. Thank you Sharon Denney for leading the small group of walkers for the month of October through rain and shine. The autumn colours were worth the hike. Due to lack of interest, the hiking /pole walking activity on Monday mornings at 8 am and Thursday afternoons at 1 pm are cancelled.



The Bus Trippers always have interesting adventures. Our planned visit to the legislative buildings to listen to a parliamentary debate was delayed as it was Earthquake Day. At 10:13 am they had an earthquake drill and had to evacuate the buildings. Picture above is of our Premier, Ministers, MLAs and staff as they wait for security to ensure all were out of the building. If you zoom in, you can see Horgan. Below, the bus trippers on the left and a photo of the empty gallery on the right. After taking the photos we had to leave our cell phones and camera with security before entering the gallery .



Our guest speaker for the October Speakers Series was Lianne Macdonald, one of the senior partners with Beacon Law Centre.

She spoke on What is Estate Planning, BC Estate Planning Options. Choice of Executor and Trustee and Document Storage. It was followed by a very informative question & answer session.

With all the estate law changes it is important to stay on topic of your estate.

Scottish Country Dance



Scottish Country Dance at the October 14th Ceilidh. We had 37 including Geoff Orr who is the new mayor of North Saanich. He never did highland dancing himself, but watched his sister enough to pick up some of the footwork.



Photos by Heather Mitchell



Special thank you to Lynn for handling the music, to Ann M who efficiently worked the kitchen and to all the other volunteers who helped in the kitchen and decorated. All funds raised from the Ceilidh were donated to the Centre. The next Ceilidh is June 2nd, 2019, 2 - 4 pm



Photo by Janet Mitchell

This is a photo from the September 21st Fun Friday. We had 21 out for the evening and did have fun. The next Fun Friday is November 23rd.

Harvest Festival 2018



A picture is worth a thousand words. A picture speaks for its self. In words, our favorite accordion player and entertainer, Ron Sera returned with 9 members of the Victoria Accordion Society, accompanied by a Newfie with an ugly stick, to lead us in a foot stomping with sing a long songs all around wonderful afternoon.

A Special Thank you to Sluggett Farms for donating the pumpkins and to Joanne for arranging the pumpkin centre pieces and for decorating the centre.

Thank goodness for the over abundance of food our wonderful volunteers baked and prepared. No leftovers time as we fed 85 people this Harvest Fest. With large crowds comes piles of dishes and clean up our kitchen volunteers did an outstanding job . Thank you Thank you Thank you!

UPCOMING SOCIALS

Hope to see everyone out for the next Sunday Social , January 27th. Knackers Yard will be returning to help us celebrate Robbie Burns Day.

February 24th, Sky Mundell, Vancouver Island's Got Talent 2011 winner. An amazingly talented pianist who is both deaf and blind.



Not only did Ron Sera bring all the entertainers, he brought his mother in law Elsie who took home the winnings from the 50/50 draw. Now that is a happy winning face.



SPEAKER SERIES

THE CENTRE FOR ACTIVE LIVING 50+

1229 CLARKE ROAD, BRENTWOOD BAY
250 652-4611

ADMISSION BY DONATION

Friday, October 19th 2:00 pm (New Time)

Guest Speaker : Lianne Macdonald (Senior Partner)

Topic: Wills & Estates

A graduate from the University of Victoria Law School, Lianne moved to Sidney where she has enjoyed a local practice since 1991 with the Beacon Law Centre. Lianne has considerable experience with estates, wills, real estate, business law and construction law.



BEACON
LAW CENTRE

Friday, November 23rd 2:00 pm (New Time)

Guest Speaker : Kelly Insley RN

Topic: The Benefits of Medical Marijuana

Kelly Insley is a registered nurse with a diverse background in nursing practice. She is the Creator and Founder of the Canadian Cannabis Nurses Association, an emerging nurses' group focusing on the complexity of the cannabis realm.

Cannabis is to be legalized in Canada on October 17th. If you are curious about cannabis/marijuana and it's medical benefits, please join us.



Friday, January 11th 2:00 pm

Guest Speaker : Marlene Davie

Topic: The Value of Being a Volunteer

Marlene Davie is an Alumni Engagement Officer at the University of Victoria 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.



University
of Victoria

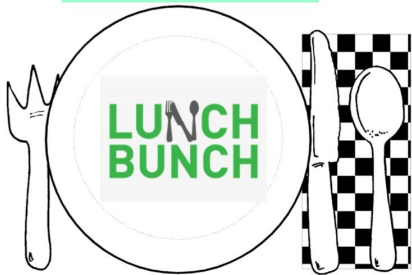
Up Coming Events



Thursday
November 22
11:30 am

Sea Glass
Restaurant

Located
Van Isle Marina
Sidney



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

The Bus Trippers

Busing for Fun



SIDNEY MUSEUM
AND ARCHIVES



The exhibit 'Lest We Forget' is up and running at the Sidney Museum and looks amazing. We have the feature exhibit titled 'WAR: A Personal Response' featuring work by the national artisans of the Articulation Textile Group.

About the exhibit: The collective has been working towards an exhibition based on each individual's experience with war. These works use artifacts which have become family heirlooms, in some cases from family members who saw active combat in the wars of the 20th century. Each display concentrates on family memories and stories often told by women who were left behind, as well some works explore the broader context of disruption on a social and psychological level which occurs during war time.

Open daily, 10am to 4pm, admission by donation.

Friday, November 9th

City Transit - \$5.00 /Day Pass

Sign up sheet and further details at Reception

We will meet at the Centre at 9:45 am to catch the bus #81 on W Saanich & Wallace to arrive in Sidney at 10:26 am. Before heading home we will enjoy a meal at one of the many Sidney restaurants.



SHARING FOOD + TELLING STORIES

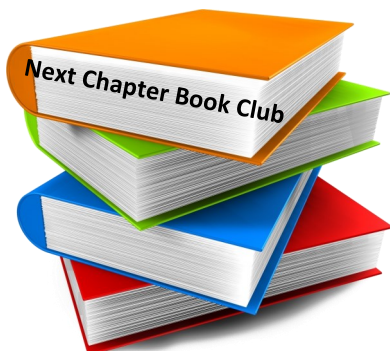
Bring your favorite dish to share the 3rd Thursday of each month. See you at noon November 15th.



Come out and join Claire Denney every Tuesday, 11:45 am—12:45 pm

Table or Floor Shuffleboard

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



The Next Chapter Book Club next meets noon, November 8th to discuss the book by Elizabeth Strout, "My Name is Lucy Barton". December's book has been ordered, "Station Eleven" by Emily St. John Mandel.

Up Coming Christmas Luncheon

Chemainus
Theatre Festival



Saturday
December 1st, 2018
Departure time 9:30 am
Cost \$125.00
(Price includes: meal, transportation & theatre tickets)

Reserve your ticket
October 1st.
Payment is due up-
on booking
Members with
guests welcome

Holiday
Craft & Bake Sale



Saturday,
November 17th
9 am to 3 pm

Support your local **Kaare Norgaard Boys & Girls Club** and the
Centre for Active Living 50+
2nd Annual Holiday Craft & Bake Sale, November 17, 2018

Located at 1229 Clarke Road in **Brentwood Bay**, next to the library

Christmas 2017, we had the Ugly Christmas Sweater Theme. This year the dress theme is...are you ready.... It's Pretty in Red. For the fellas, it's Handsome in Red.

With the upcoming Holiday Bake and Craft Sale, we are looking for volunteer greeters. The Boys & Girls Club will be greeting guests at the Bingo doors, so if we could have 3 volunteers for a 2 hour shifts each.

Thank you Margaret Sharples who has volunteered to supervise the Boys & Girls Club as they serve the coffee and tea for the craft and bake sale.



The Centre for Active Living 50+ Invites you to our

ANNUAL CHRISTMAS LUNCHEON

DECEMBER 13TH DOORS OPEN 12:30 PM

TICKETS \$30.00 MEMBERS \$35 NON-MEMBERS

Entertainment : Larry Skaggs and the Songbirds
accompanied by Louise Eldridge on piano

Volunteer Drives



Need assistance to get to a medical appointment? Seniors on the Saanich Peninsula can take advantage of this vital and much-needed service – get to appointments safely and on time, and return home without any sense of worry. Caring, compassionate volunteer drivers provide assurance, help foster independence and improve quality of life.

Friendly Visitors



A friendly visitor can be life-changing for seniors who are isolated. Sharing a hobby, going for a walk, playing a board game, reading or enjoying conversation – your visits are a gift that can make a world of difference to someone who is alone. The time spent together contributes immeasurably to health and well being.

Good Food Box



Quality, fresh, local, seasonal, organic and conventional produce is available to all Saanich Peninsula residents for reasonable prices – no grocery shopping necessary! Orders will be delivered to SHOAL on the last Wednesday of each month (home delivery may be available – call to inquire), and orders are due the Wednesday prior to delivery.

Lunch for Isolated Seniors



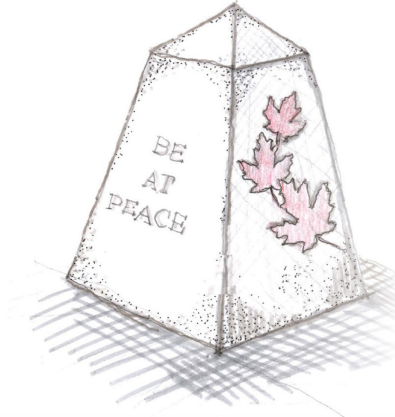
Thanks to funding from the Victoria Foundation, SHOAL offers a monthly luncheon reaching out to isolated seniors. It's a great opportunity to connect and get informed about local programs and services. Make new friends over a nutritious home cooked meal, and also be given a meal to take home for another day.

Phone: 250-656-5537 • www.beaconcs.ca

Up Coming Community Events

Lest We Forget REMEMBRANCE DAY

NOVEMBER 11, starting at 10:30am



Join us at the new War Memorial Cenotaph

March in, War Memorial Unveiling, and Remembrance Day Ceremony

Located at Pioneer Park, 1209 Clarke Road in Brentwood Bay



Order of Service:

10:30 – March in: Stelly's School Band, Police, Fire and other community groups

10:35 – Cenotaph unveiling and dedication ceremony

11:00 – Two minutes of silence

11:02-11:20 – Poems and remarks

11:20 – Wreath laying