

The Centre News

Heart of the Peninsula

Newsletter of the Central Saanich Senior Citizens Association (Centre for Active Living)



APRIL 2016



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April Events

CSSCA General Meeting

- * Thursday, April 7th 2:00pm sharp

CSSCA Board Meeting

- * Thursday, April 14th 9:30 sharp

Pot Luck Lunch

- * Thursday, April 21st - noon

Sunday Social

- * Sunday, April 24th 2 pm
- * Victoria Mandolin Orchestra
- * Coffee/Tea –Sandwiches and sweets
- * Admission by donation

Lunch Bunch

- * Thursday April 28 - 11:30 am
- * Sassy's Restaurant
- * 6719 West Saanich Road Brentwood Bay
- * Sign up sheet at The Centre or email corinnemarshall@shaw.ca or phone 250 652-7032
- * Advise if you need a ride or can drive others

Centre Spring Cleaning

- * April 28th

BINGO

- * Wednesday 1 - 4 pm
- * Everyone Welcome

Presidents Message

Presidents message

Recently I was reminiscing about when and how I got interested in issues of aging. It began in the early 1970's when I was living in Ithaca, New York. At that time I was the mother of two boys, the wife of a doctoral student at Cornell University, and taking courses at the university in Child Development. Needing some variety in my program, I learned about a new and well received course in the Rural Sociology Department called the Sociology of Aging. That was a new beginning for me. The focus at that time was on hospital care and end of life issues.

After moving back to BC in 1975, I was hired by the Vancouver Health Department to conduct assessments on individuals who might qualify for the new Long Term Care Program that was about to be launched. That was an eye opener. Some of the living conditions for seniors in homes and care facilities were deplorable. It was obvious that there needed to be new licensing regulations, the development of standards of care, and an increase in the non-profit sector for facility care.

Although much progress has been made, challenges remain. Care at home is a particular issue due to frequent changes in available personnel, scheduling of visits, and costs associated with providing this service. Care of individuals with dementia is an increasing challenge in both home and institutional care.

There is growing evidence that staying active, interacting socially, eating a good diet, addressing safety issues, and maintaining healthy habits promote independence. Your involvement in this Centre contributes to your wellbeing and that of our members. I look forward to your continued attendance and participation.

Namaste,
Margaret



Around The Centre



Don't forget to
pick up your
coffee

Coffee sales are once
more back at
The Centre.

The bags are bigger,
1 lb weight for the price
of \$12.

Bring Cheque or exact
change.

Welcome New Members

Robert Savage

Roger Tucker

Sheila Protz



Floor Shuffleboard- come out and join in the fun!!



Thursday afternoons at 2:00 pm
unless a special event is taking
place.

Sign up sheet at reception.

Mary Law	April 04
Lynda Tucker	05
Rosemary Nyren	06
Inge Kohls	07
Donna Flood	12
Caroline McVey	13
Trudy Exton	16
William Cole	17
Joyce Wolfe	18
Berniece Lambert	21
Muriel de Greef	27
Ingrid Schmidt-Ostrander	30

**MAH JONG,
ANYONE?**

Every Monday 1:00 pm
Beginners Welcome

BINGO

Bingo
Every Wednesday
1 pm - 4 pm
Everyone Welcome
Must be 19 to play

Sunday Social



Coastline Fiddle Band provided the entertainment for St Patrick's Dinner at The Centre March 24.

Wonderful meal of Irish Stew catered by Jazzaniah

Door prize winner of a Fairways Gift Certificate
Anne McMillan

Caroline McVey won the CD of the Coastline Fiddle Band

Valda Kitching received the StarBucks Gift Card



Activities

STAMP CORNER



Law comes to the west.

The RCMP always get their man.

Maintiens le droit. *Motto of the Royal Canadian Mounted Police.* Maintain the Law.

In 1873 a tragic event occurred on the western plains which led to the creation of the North West Mounted Police.

At the Cypress Hills Massacre a party of Americans shot down eighty Assiniboine Indians (now First Nations) accused of stealing horses. Faced with threats of an Indian uprising, the government organized the Royal North West Mounted Police to bring law and order to the then unprotected prairies.

The new police force of 300 mounted riflemen moved on a 1,959-mile journey through the West, visiting the Indians and

setting up their forts. They negotiated treaties with the tribes of the plains and assisted them in building a new life on reservations. The peaceful settlement of the Canadian West is a tribute to these Mounties, who in 1920 became the Royal Canadian Mounted Police.

We will have our next meeting for the Stamp Corner Group April 7th 2016 at 1:00 PM at the Centre.

Sincerely Kurt Sommer.

The inserts are:

A.) 1998 Canada Post issued a souvenir sheet to honor the RCMP.

B.) #1 a 1935 issued Canadian Postage Stamp showing an RCMP officer on a horse.

#2 a 1973 issue from Canada Post, showing an RCMP on a musical ride.

#3 in 1982 Canada Post had issued a stamp on a stamp, showing the 1935 issued



#1



#2



#3



New Board Game Group

Dates and time to be determined.

Any Board Games people choose to play.

Sign up sheet at reception.

Activities



Back by popular demand, Printable Colouring Pages for Adults, www.everythingetsy.com

March Events



St Paddy's Day Pot Luck Luncheon. A great time, great food, great people. I am looking forward to April's Pot Luck Luncheon April 21.

On behalf of the Photography Group, I would like to thank Brent Cooke for the wonderful talk and slide show presentation to over 60 of our patrons on March 11th.

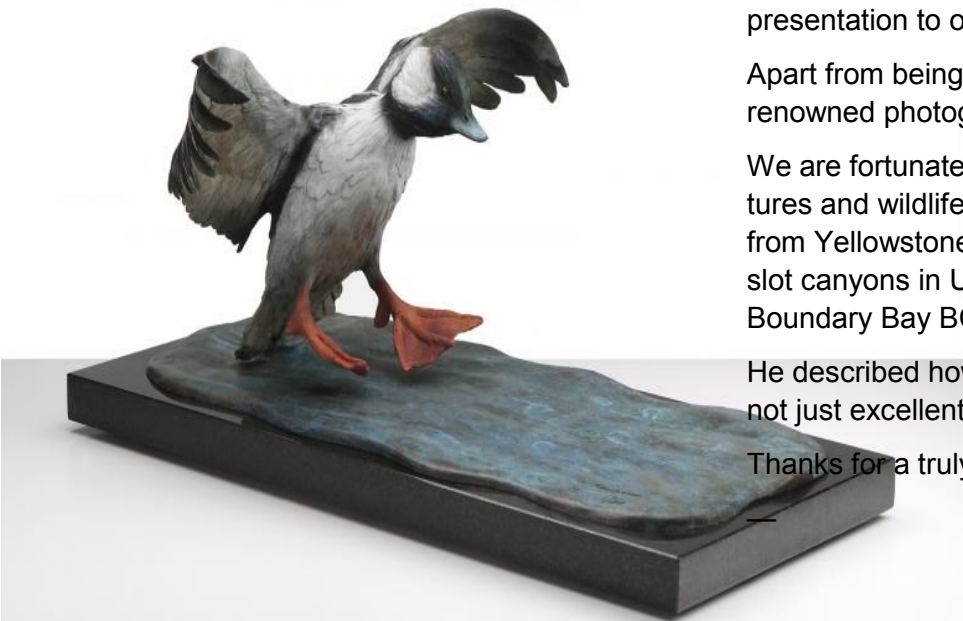
Apart from being Wendy Wignall's brother, Brent is a renowned photographer and artist.

We are fortunate to have him share his photos, sculptures and wildlife experiences. The photographs took us from Yellowstone National Park, Wyoming through the slot canyons in Utah, beneath the Pacific Ocean, to Boundary Bay BC.

He described how a slight change of focus could result in not just excellent photography, but outstanding pictures.

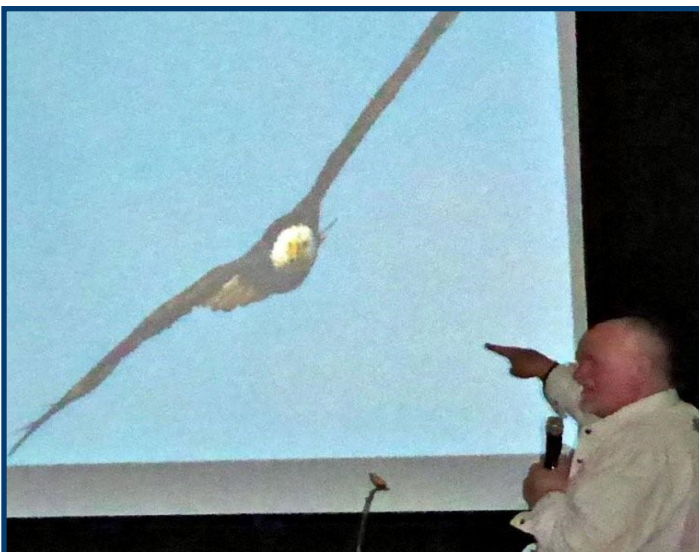
Thanks for a truly entertaining and informative afternoon

Kathy Chiasson



Gerie Turner of the Photography Group, with Brent Cooke .

Brent Cooke's website www.castartstudio.com



Member Volunteers

FROM THE PRAIRIES TO BC. (FROM SASKATCHEWAN TO VICTORIA)

Volunteers at CSSC are a dedicated reliable group of people from all walks of life ready to devote their time to assist in the running and organization of The Center. Many are familiar, others are behind the scenes, yet all are a vital part of every day and special events.

Let me introduce you to a couple, namely Shirley and Walter Monych, members for over the past 12 years. They are involved in Bingo, Shirley also assists in the reception office. A reliable and dedicated pair, with Shirley now into her third term as a Centre director.

This couple, both born in Saskatchewan moved to Victoria after their marriage. Two years later the children began to fill the home, three daughters and one son to be exact. Finding it too cramped, it was time to build their family home in Central Saanich where they still reside after 46 years.

Shirley and Walter were beginning to plan for their 50th wedding anniversary. While searching for a venue suitable to hold a large group of people they discovered the CSSC, examined the facilities and thus became members. How fortunate we are to have found them (or should I say they found us). Since then they have become active and reliable members of the volunteer family at CSSC.

A special occasion in their life was celebrated in November 2015, their 60th wedding anniversary.

Another memorable occasion was acknowledged at Shirley's mother's 97th birthday, with many family members assembled; in fact there were five generations to celebrate. As you can see from the photo, new mother Melissa Bourdon with baby Everly Bourdon, Shirley's daughter Janice Lee, Shirley Monych and finally Shirley's mother, Mary Haw in the seat of honor. How often does this happen these days!!!

Shirley and Walter now have 17 immediate family members, including eight grandchildren and one great grandchild. What a party that must have been, now we have pictures to prove it. We wish Shirley and Walter many more special anniversaries and many more Bingo occasions at CSSC. Thank you to two special volunteers.

Submitted by Marianne Brackenridge
(with permission of Shirley and Walter).



Upcoming Events

VICTORIA MANDOLIN ORCHESTRA



The orchestra's repertoire encompasses baroque, classical, ethnic and popular music as well as pieces from the Mandolin orchestra tradition.

**Sunday, April 24 at 2:00 p.m.
The Centre, 1229 Clarke Road,
Brentwood Bay BC**

**Join us for entertainment from 2:00 to 3:00 p.m.
Followed by coffee/tea, sandwiches and sweets
Admission by Donation**

Glen Sprague, Entertainment Coordinator – 250-217-0144



Boys & Girls Club
Services of Greater Victoria
A good place to be



Cyber Seniors

*An exchange of information between
seniors and youth*

6 Week Program
At The Center for Active Living
1299 Clarke Road, Brentwood Bay

**The Rogers Raising the Grade youth will be paired up
with a senior, teaching
them how to use social media and how to keep safe.
The senior will then teach the youth a new skill.**

SIGN UP SHEET IS AT THE CENTRE OFFICE FRONT RECEPTION

Upcoming Events



Mark your calendar for April 28th at 11:30 am to join the **LUNCH BUNCH** for great conversation and food with friends and members at Sassy's Restaurant .

Sign up sheet at the Centre or email corinnemarshall@shaw.ca or phone 250 652-4611.



The Scottish Country Dancers host a Ceilidh Friday, May 6 at 7:00 pm.

Come and enjoy an evening of fun. Very easy dances are called. Many dances have dancers changing partners. Wear comfy clothes that allow for movement and light weight soft soled shoes. Come watch or dance. All ages welcome. Bring your children and grandchildren. Refreshments, too. \$5. per person or \$10 for a family. All funds donated to the Centre.

Contact Janet Mitchell

janet.mitchell@shaw.ca for more information



Come have fun with the "Songbirds".

If you have an hour left in your, no doubt, very busy schedule, give singing with the "Songbirds" at the Centre a try. We have appr. 34 members (sopranos, altos, tenors and basses) and get together every Tuesday afternoon at 1 pm. for an hour of good fun. At this time of the year a new repertoire is being tried out for the performances we will give at different venues locally, before we break up for the summer. Songs from "Show Boat" are being considered,

as well as songs from other shows. Larry Skaggs, our very patient director keeps us on the straight (well, not that straight) and narrow. We are also accompanied by the well known pianist Louise Eldridge. These two donate their time and talent to help us sing. Just hearing Louise "tickle the ivories" is a joy. For members this is a free program with a voluntary donation for costs such as paper and small gifts. Non-members pay \$ 3.00 + the donation. First time is free. Come try us out. Apart from socializing, singing is very good for our health.

Ada Serson

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am Barb Jefferies	Scottish Country Dancing Walk Around 10 am Janet Mitchell	Aerobics 9 - 10 am Barb Jefferies		Aerobics 9 - 10 am Barb Jefferies	Walking Group 9:30 - 10:30 am Centennial Park Vivien Bradley
Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Photography Club 1 pm Marilyn Murray	Painting 12:30 - 3 pm Marilyn Murray	Weaving 11:30am - 2:30pm Janis Ball Thea Revoy	Pot Luck Lunch 3 rd Thursday 12:15 pm		
Mah Jong 1 pm Braunda Gustafson	Songbirds Choir 1 - 2 pm Larry Skaggs	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Scrabble 10:15 am Casual Happy Smith	Snooker 1 - 4 pm Art Pugh Casual
Bridge 1 - 4 pm Lynda Tucker Barb Roberts	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson		Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
	Table Tennis 2 pm Don Turner	Knitting 2 - 3:30 pm Happy Smith	Floor Shuffleboard 2 - 4 pm	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell		Stamp Collecting 1st Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm 1st Friday of Jan., Feb., March	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner			Scottish Country Dance 7 - 9 pm Janet Mitchell	

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our lounge area furniture and our media centre. We also partner with the Brentwood Bay Rotary Club for the event ***Antiques Re-Visited***.



The Central Saanich Lions Club were involved in the initial construction of the CSSC building. Recently they have provided funds and labour for several projects around The Centre such as upgrading washrooms and installing hand railings.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. Recently, the district provided a 'grant in aid' for the installation of The Centre's new acoustic ceiling in the main hall.



Upon application, The CSSCA received a grant that provided The Centre with the funding necessary to purchase and install two heat pumps. This system now handles the heating and cooling needs in our building.



Provides an annual donation to be used towards supplies for annual events at The Centre. Also, the Peninsula Co-op annually reimburses dividend funds to The Centre accumulated as members quote The Centre's number **60747**, when purchasing groceries or fuel.



Fairway Market ***Shopper Cards*** are available at The Centre to members and non-members for your shopping convenience and to benefit CSSCA. Fairway Market will donate 5% of your purchases to The Centre.



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

CSSCA Executive

President: Margaret McKelvie

Vice President: Mike Bird

Past President: Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Marney Ellis Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall Renee Nicholls

The Centre News

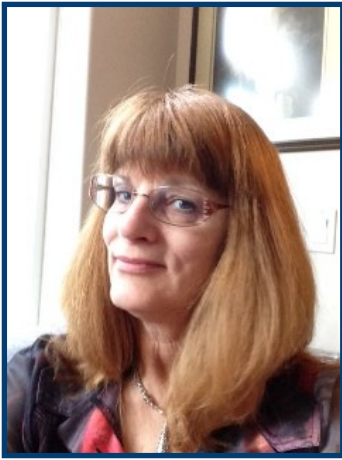
Editor: Lauren Barr

Support Team: Margaret McKelvie

Bety-Lou Verwolf

Photos: Wendy Wignall/Lauren Barr

Distibution: Barb Novak / Braunda Gustafson
Gwen Bentley / Tanga Blackburn



We would like to introduce **Lauren Barr**, our new editor for The Centre newsletter. Lauren was born in Saskatoon, grew up in Calgary. She earned her Bachelor of Commerce with the University of Calgary and Olds College, specializing in Agriculture Finance. After a 21 year

career in the banking industry, with 17 branches in 5 different cities, she finally settled down in the Peace Country on a mixed farm operation. The past 13 years Lauren has been managing a law firm of 15 lawyers and 25 employees in Grande Prairie before semi-retiring last year to Brentwood Bay to be closer to her mother. Lauren is a strong believer in giving back to the community through volunteering with many different organizations, from working with Dan Aykroyd for the dinosaur museum in Grande Prairie as the volunteer coordinator, Festival of Trees with the Hospital Foundation for 8 years, the Program Director for the Peace Country Agriculture Exhibition/Farm Family of the year, for 6 years. Even as a counsellor with the RCMP Victim Assistance Program.

If you don't see Lauren walking the trails of Vancouver Island with her dog, Toby, you will find her hitting the yard sales, treasure hunting.

With the move Lauren left a daughter behind in Edmonton and a son and grand daughter in Calgary. Now that she is living on the island, she is expecting a lot of visitors, more so than in living in the Great White North.

Welcome to The Centre, Lauren

There is always a need for grocery and health care items. The Centre has a box in the reception area to drop off items for the Food Bank. Thank you Kurt Sommer for taking care of the deliveries.

