

## Annual Christmas Lunch

The Centre's Christmas Lunch is a wonderful way to get together with friends and neighbours as the festive season of Christmas really 'kicks in'.

Catering by Jazzaniah will prepare a menu that will satisfy all those who love the classic, traditional Christmas dinner, from slow roasted turkey and cranberry stuffing to holiday sweets. The Centre's Songbirds choir, lead by Larry Skaggs, will definitely have you humming holiday favourites when you leave.



Don't miss out, come join in on this annual event.  
More information on the right.

## December Events

### Christmas Lights Tour

- \* Monday, December 15
- \* Leaves The Centre at 6:30 pm - Returns by 9
- \* \$17
- \* Please sign up in The Centre's reception area
- \* More info on page 5

### Christmas Luncheon

- \* Thursday, December 18th
- \* Doors open - 12 noon Meal - 12:30 pm
- \* Christmas dinner style menu will be catered by Jazzaniah
- \* Entertainment from The Centre's Songbirds
- \* Tickets: \$20 members \$23 non-members
- \* Tickets on sale in The Centre's reception area

### Bingo

- \* Wednesdays 1 - 4 pm
- \* December 3, 10, 17
- \* Christmas Bingo - December 17th with special prizes and complimentary sweets
- \* Everyone welcome!
- \* Bingo start up in new year, January 7th

### The Centre's Holiday Schedule

- \* Closed for holidays from Monday, December 22nd to Sunday, January 4th
- \* Re-opened on Monday, January 5th



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# President's Message *CSSCA President, Gerie Turner*

The Christmas crunch is almost upon us. The concerts that we can't miss, the parcels that must be mailed on time, the cards to let friends know we still love them. At The Centre the carefree (the bus driver drives the bus) Christmas Light Tour on December 15<sup>th</sup> and our special Christmas Lunch on December 18<sup>th</sup> are just two of the celebrations that are coming our way. We are grateful to the Co-op for its substantial contribution towards the cost of our turkey and all the trimmings.

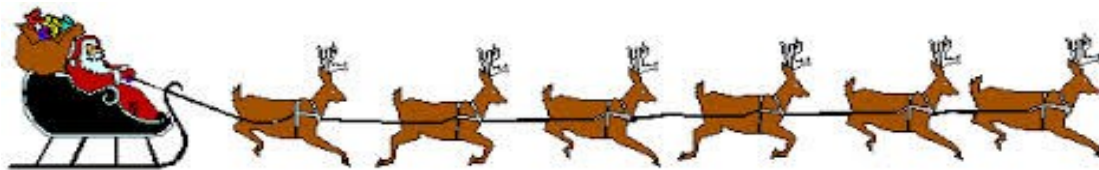
One of the highlights of November for me was the Friday talk by retired UVic professor, David Docherty, on 'getting stronger'. His main point was that just standing up gives your bones the weight-bearing that they need to retain calcium. He told the story of a person who couldn't get her dentures to fit over a period of 25 years and ate pureed food for almost three decades. Because she was not using her jaw to chew, her jawbone almost disappeared and she had to have bone grafts. It's the same with your legs and arms if you don't use them. Even if you take calcium pills, the calcium will not be absorbed in your bones if you do not ask them to weight-bear by standing up/walking/using resistance type exercises. David's talk was extremely inspirational. He is a role model of fitness and simple solutions to getting stronger.

Another November highlight was our "Coffee with the Candidates" on November 7<sup>th</sup>. Several of

the potential Central Saanich councilors told us that it was the most satisfactory all-candidates forum that they attended as they were able to hear ideas and discuss various options with members on the challenges facing Central Saanich. Fortright exchanges on topics such as amalgamation, the deer population on the peninsula, Woodwyn Farm, and the future of the ALR made for a lively and thoughtful morning. I am sure that those councilors are looking forward to the time that they are old enough to join The Centre!

One of our unsung heroes at our Centre is David McVey, our maintenance guru. David spends countless hours on the ocean teaching people how to get from here to there in boats safely. He also finds time to fix things here and organize plumbers, electricians, and door technicians. We very much appreciate all his efforts in keeping things shipshape!

On behalf of the Board, we wish everyone at CSSCA a very happy Christmas and hope that 2015 brings times that make you proud and content.



## Office Memo: (Just for fun by M. Robertson and submitted by Wendy Wignall)

The recent announcement that Donner and Blitzen have elected to take the early reindeer retirement package has triggered a good deal of concern about whether they will be replaced, and about other restructuring decisions at the North Pole. Streamlining was necessary due to the North Pole's loss of dominance of the season's gift distribution business.

Home shopping channels and mail order catalogues have diminished Santa's market share. He could not sit idly by and permit further erosion of the profit picture.

The reindeer downsizing was made possible through the purchase of a late model Japanese sled for the CEO's annual trip. Improved productivity from Dasher and Dancer, who summered at the Harvard Business

School, is anticipated. Reduction in reindeer will also lessen airborne environmental emissions for which the North Pole has received unfavorable press.

I am pleased to inform you that Rudolph's role will not be disturbed. Tradition still counts for something at the North Pole. Management denies, in the strongest possible language, the earlier leak that Rudolph's nose got that way, not from the cold, but from substance abuse. Calling Rudolph "a lush who was into the sauce and never did pull his share of the load" was an unfortunate comment, made by one of Santa's helpers and taken out of context at a time of year when he is known to be under executive stress.

# Around The Centre

## Me? Exercise? You Have to be Kidding !

From Joyce Wolfe

That is often the answer we get. So we suggest playing shuffleboard.

Each Saturday morning at 10 a.m. a small group of players are usually the only ones in the building. We get the coffee going and set out treats from home, or cookies from the fridge left over from Friday. Then we set up the floor for playing. This involves mopping and spreading tiny wax particles to make the discs travel. Soon we have 2 courts ready for 8 players and the fun begins.



It looks easy, and often is, but the floor itself presents challenges. One thinks it is level, but it varies and well-aimed discs often respond to the invisible grades. There are cheers when a disc smoothly turns to the plus 10 position. Groans come when it travels through to the minus 10 spot. But, all in all, much laughter. In two games players switch positions and courts. We are all winners from the good time we have had. We end by helping to clean the floor, tidy the kitchen and ready the tables for the bridge players later on.

What about exercise? That is happening as we play. It improves our balance and general muscle health. Our brains are challenged and our minds relaxed in the friendly atmosphere.

We welcome new players. Ann McMillan 250-652-0127, Braunda Gustafson 250-652-6463, Joyce Wolfe 250-652-5289, and John Belsky 250-652-1266 will be pleased to answer any inquiries.

### Update on Editor Search

We have an eager team who have stepped forward and are just waiting for a volunteer member with the computer skills required to put The Centre News together. As current editor, I am available to assist with this position transfer through to the March issue and then must step aside. Experience with the Publisher program would be an asset.

The Centre News Editor, Wendy Wignall

## December Birthdays

04 Kathleen Chiasson	18 Ricko Gurney
06 Norma Pepper	18 Erma Hatt
08 Les Hall	19 Jacqueline Haigh
08 Kurt Sommer	19 Tom Hall
09 Terry Cowie	21 Lillie Cornwallis-Bate
12 Hilda Shilliday	22 Ada Serson
14 Jeanne Purvis	28 Carol McCartney
15 Ann Britney	31 Ronald Tranter

# Around The Centre

## Stamp Club: Sir John A. Macdonald

One of the *Fathers of Confederation* and the first Prime Minister of Canada, Sir John A. Macdonald was a nation builder. In 1864 Macdonald was at Charlottetown when Confederation was proposed. One month later he was at Quebec, where he assisted in the drafting of the Quebec or *Seventy - Two Resolutions*.

In 1866, John A. Macdonald was in London. This time, he was the head of the delegation to the London Conference. The result was the federal union of the provinces of Ontario, New Brunswick, Nova Scotia, and Quebec in 1867.

After Confederation was achieved, Macdonald led his country through its crucial early years of nationhood. During his two ministries of 1867 - 73 and 1878 - 91, the Dominion grew from four clustered eastern provinces to seven provinces and the Northwest Territories.

Under his shrewd leadership, Canada bought Rupert's Land from the Hudson's Bay Company and in 1870 the province of Manitoba was created. In 1871, with the promise of a transcontinental railroad, British Columbia entered Confederation. In 1873 Prince Edward Island followed suit. From east to west, Canada now spanned the continent.

Our regular meeting time on the 3rd Thursday in the month often conflicts with other activities at The Centre. From now on we will hold our meeting on the **1st Thursday of each month**, starting in December.

Our next meeting will be Thursday December 4, at 1:00 pm at The Centre. I am looking forward to seeing many of you at our next get together.

Activity Leader, Kurt Sommer



Stamp issued by Canada Post in 1927 to celebrate the 60th Anniversary of Canadian Confederation, showing a picture of Sir John A. Macdonald.

## *Fond Farewell: Note to The Centre's Songbirds*

On December 16th, I will be on a jet plane headed for Ottawa only this time the ticket is "one way." After a wonderful seven years as Director of the Songbirds, kind and loving souls, I have vacated my post. However, not to worry, as Larry Skaggs, a truly talented musician, has come on board to carry on directing the choir. This is a great relief for me as I have been very anxious for the choir to continue singing their hearts out and bringing joy to many. All of the singers and our special accompanist will stay in my heart. I will miss each and every one of "my choir family" and wish them many more years of sharing their gift of music with others. I send my sincere thanks for the beautiful photo which I will hang with great pride in my new home.

All of the fine people I've come to admire and respect for their determination to make The Centre a wonderful resource for the seniors in our community, are outstanding men and women. Congratulations for your accomplishments.

While I must leave, tears will surely flow as the plane accelerates down the runway and the reality of my situation will no longer be denied, I will take wonderful memories with me. My sincere thanks to those who embraced me seven years ago and made me feel I was one of the "clan." Your departure gift will bring much joy, thank you.



May God bless all who made my time at The Centre so gratifying.

Joan (Lewin)

# Upcoming Events

## Christmas Bingo

Wednesday, December 17<sup>th</sup>

1:00 - 4:00 pm

Join us at:

**The Centre**

**1229 Clarke Road**

**Brentwood Bay**

for fun, cash prizes, special games, a progressive jackpot, surprises and complimentary refreshments to celebrate Christmas.

must be 19+ to play



## Christmas Light Tour

Monday December 15<sup>th</sup>

6:30 to 9:00 pm

Back to The Centre for Mince Tarts and Hot Chocolate.

Bus Tour cost: \$17

Sign up sheet in the front office

Payment is due when signing up.

We can only take 29 people so if you are interested in going please sign up early.



## Friday Speakers Series

Friday, January 9

**Guest Speaker:** Gilles Lacroix, Area Manager of St. Elizabeth Non-Profit Society

**Topic:** Home Health Services



Friday, February 6

**Guest Speaker:** Jennifer Cairns and Alan Perry of eGurus, also known from CFA's show, Tech Talk

**Topic:** Seniors Technology (latest helpful hints)

Friday Speakers Series will continue with various guest speakers and topics. Please note that the **Friday Speakers Series** will be held on the **first Friday of the month** for January to March and in the Fall of 2015, from September to November. Also, future sessions will be open to all by donation. A donation basket will be located at the entrance to The Centre's hall.

Thank you to Marney Ellis and Sue Tribe for arranging these informative and interesting sessions for The Centre.

just a reminder:

**2015 membership fees will soon be due.**

Please stop by the CSSC Office to pay your membership for 2015 and receive a new membership card. Cheques post-dated to January 1<sup>st</sup> are always welcome. Membership is still just \$60 for a year of interesting and varied programs at The Centre. Don't forget to use your up-to-date membership card for discounts at merchants in the area. These merchants are listed in *The Centre News* each month.

## Adult Fiction

**All the Light We Cannot See:** *novel by Anthony Doerr*  
**The Back of the Turtle:** *novel by Thomas King (Canadian)*  
**Frog Music:** *novel by Emma Donoghue (Canadian)*  
**The Good Luck of Right Now:** *novel by Matthew Quick*  
**Juliet Was a Surprise:** *stories by Bill Gaston (local author)*  
**Life or Death :** *by Michael Robotham*  
**A Man Came Out of a Door in the Mountain:** *novel by Adri-  
anne Harun*  
**The Martian:** *novel by Andy Weir*  
**One More Thing: Stories and Other Stories:** *B. J. Novak*  
**The Pearl that Broke Its Shell:** *novel by Nadia Hashimi*

## Adult Non-Fiction

**And the River Still Sings: A Wilderness Dweller's Journey** *by  
Chris Czajkowski (BC author)*  
**Food Artisans of Vancouver Island and the Gulf Islands:** *by  
Don Genova (BC author)*  
**Great Bear Wild: Dispatches from a Northern Rainforest:** *by  
Ian McAllister (BC author)*  
**In the Kingdom of Ice: The Grand and Terrible Polar Voyage  
of the USS Jeannette:** *by Hampton Sides*  
**The Morning After: The 1995 Quebec Referendum and the  
Day That Almost Was:** *by Chantal Hebert with Jean Lapierre  
(Canadian)*  
**Mother Nature Is Trying to Kill You: A Lively Tour Through  
the Dark Side of the Natural World :** *by Dan Riskin  
(Canadian )*  
**Not My Father's Son:** *a memoir by Alan Cumming*  
**Olive Odyssey: Searching for the Secrets of the Fruit that  
Seduced the World:** *by Julie Angus (Local author)*  
**A Rock Fell on the Moon: Dad and the Great Yukon Silver  
Ore Heist :** *by Alicia Priest (Local author)*  
**Sweet Paul: Eat and Make: Charming Recipes and Kitchen  
Crafts You Will Love:** *by Paul Lowe*

## Teen Fiction

**Belzhar:** *novel by Meg Wolitzer*  
**Grasshopper Jungle:** *a history by Andrew Smith*  
**The Impossible Knife of Memory :***by Laurie Halse Anderson*  
**My True Love Gave to Me: Twelve Holiday Stories:** *by  
twelve YA authors*  
**Noggin :** *by John Corey Whaley*  
**The Seven Sequels:** *series by Canadian authors*  
**The Story of Owen: Dragon Slayer of Trondheim:** *by E. K.  
Johnston (Canadian)*  
**Threatened :** *by Eliot Schrefer*  
**We Were Liars:** *by E. Lockhart*  
**This Star Won't Go Out: The Life and Words of Esther Grace  
Earl:** *memoir by Esther Earl*

## Children

**Board Book: Lots of Kisses** *by Lorna Crozier (Local author)*  
**Picture Books:**  
**Dojo Daycare:** *by Chris Tougas (Local author)*  
**Here Comes Destructosaurus!:** *by Aaron Reynolds & Jeremy  
Tankard (BC illustrator)*  
**Kid Sheriff and the Terrible Toads:** *by Bob Shea & Lane Smith*  
**Uni the Unicorn:** *Amy Krouse Rosenthal & Brigitte Barrager*

## Middle Grade Books:

**The Boundless:** *by Kenneth Oppel (Canadian)*  
**The Cat at the Wall:** *by Deborah Ellis (Canadian)*  
**The Fourteenth Goldfish:** *by Jennifer Holm*  
**The Witch's Boy:** *by Kelly Barnhill*

## Information Book:

**Dinosaur! Dinosaurs and Other Amazing Prehistoric Crea-  
tures as You've Never Seen Them Before:** *by  
John Woodward*

Greater Victoria Public Library can help you get ready for Christmas. For Staff Picks for Holiday Gifts go to [http://gvpl.bibliocommons.com/explore/featured/staff\\_picks](http://gvpl.bibliocommons.com/explore/featured/staff_picks). Happy Holidays to all, Gwenyth Windsor  
GVPL Branch Librarian



# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Scottish Country Dancing</b> <b>Walk Around</b> 10 am Janet Mitchell	<b>Aerobics</b> 9 - 10 am Barb Jefferies		<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Floor Shuffleboard</b> 10 am John Belsky
<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	<b>Carpet Bowling</b> 10 - 11:15 am Jessie Kelly	<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	<b>Line Dancing</b> 11 am - noon Hilda Cook	<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	
	<b>Painting</b> 12:30 - 3 pm Marilynn Murray	<b>Weaving</b> 11:30 am - 2:30 pm Janis Ball Thea Revoy	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm		
<b>Mah Jong</b> 1 pm Happy Smith	<b>Songbirds Choir</b> 1 - 2 pm Larry Skaggs		<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:45 am Sign-up sheet in office	<b>Scrabble</b> 10:15 am Casual Happy Smith	<b>Snooker</b> 1 - 4 pm Art Pugh Casual
<b>Bridge</b> 1 - 4 pm Lynda Tucker Barb Roberts	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm Braunda Gustafson	<b>Watercolour</b> For Beginners 10 sessions 1 pm Marilynn Murray	<b>Chair Yoga</b> 12 - 1 pm Gail Bradshaw	<b>Bridge Clinic</b> 1 - 4 pm Lynda Tucker Barb Roberts
		<b>Knitting</b> 2 - 3:30 pm Happy Smith		<b>Cribbage</b> 1 pm Norm Gustafson	
	<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell		<b>Stamp Collecting</b> 1st Thursday 1 pm Kurt Sommer	<b>Speakers Series</b> 1:30 - 3:00 pm First Friday of each month	
	<b>Art Appreciation</b> 7 pm Joyce Wolfe Gerie Turner	<b>500 Club</b> 7 pm		<b>Scottish Country Dance</b> 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.



Level Ground Fair Trade Coffee is available for sale at The Centre. We offer ground or beans in many flavours at just \$8.00 per 300g bag. A portion of the purchase price goes to The Centre.



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.



# Membership Cardholder Benefits



10% discount on purchases made on Wednesdays, when showing your 2014 CSSCA membership card.



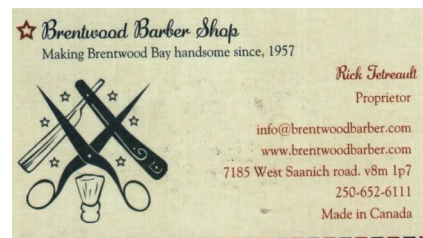
15% off on your purchases on Tuesdays and Wednesdays, with your 2014 CSSCA membership card.



10% off selected items on the 2<sup>nd</sup> Tuesday of each month when showing your 2014 CSSCA membership card.



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2014 cardholders



10% discount on the first Monday of every month to 2014 CSSCA cardholders. 2014 CSSCA membership card is required.

## Thank you to our CSSCA Event Sponsor



# CHRISTMAS IS COMING!

Come help in the preparation for The Centre's Christmas Lunch. You will enjoy sharing the spirit of the season and as a bonus...learn to make Christmas Crackers!



Bring only your imagination and patience. We need to make ninety crackers, so the more helper elves the merrier! By the end of this session you will be a very skilled Christmas Cracker maker.

**Friday, December 12th**

**1:30 pm**

**The Centre**

# Merry Christmas



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

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

### CSSCA Executive

**President :** Gerie Turner

**Vice President:** Margaret McKelvie

**Past President :** Braunda Gustafson

**Corresponding Secretary:** Penny Furnes

**Recording Secretary:** Elizabeth Skaggs

**Treasurer:** Thea Revoy

### CSSCA Board Directors

Michael Bird

Marney Ellis

David McVey

Shirley Monych

Marilynn Murray

Margaret Sharples

Kurt Sommer

Wendy Wignall

### The Centre News

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