

December
2015



The
Centre
News

Have You Heard?

Donna Stewart, the audiologist/owner of *Hear Central Saanich*, explained The Centre's "hearing loop", the special feature of our new sound system available in the upstairs hall. If you have a "T-coil" on your hearing aid, turn it on with the switch on your hearing aid and the microphone at the front of the room will be broadcast to your ear.



Donna's childhood experience with her mother's audiologist at age 14, made her determined to have a career helping people to hear. The Centre audience asked many questions regarding hearing loss and our 'hearing loop'.

This device is becoming increasingly available in public buildings in our area, including banks! Watch for the 'ear' logo.

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December Events

CSSCA Board Meeting

- * Tuesday, December 1 - 9:30 am
- * Special Board meeting with guest speaker, Peter Dolezal, financial consultant
- * Topic: Means to Best Steward The Centre's Funds

Christmas Light Tour

- * Monday December 14th
- * 6:30 to 9:00 pm
- * Bus leaves from The Centre
- * More information - pg. 5

Christmas Lunch

- * Thursday, December 17th
- * Traditional turkey dinner fare by Jazzaniah
- * Ticket Sales: The Centre reception
- * Members \$22 - Non-members \$25
- * More information - pg. 5

Lunch Bunch

- * No Lunch Bunch for December

The Centre Office

- * The Centre office will be closed
- * Thursday, December 24 to January 3

Sunday Social

- * No Sunday Social in December

Bingo

- * Wednesdays 1 - 4 pm
- * Christmas Bingo Special - December 16
- * Everyone Welcome
- * **No Bingo - December 23 or 30**

President's Message *CSSCA President, Margaret McKelvie*

CHRISTMAS, THE HOLIDAYS AND THE NEW YEAR

As we enter the last month of 2015, it is an opportunity for me to send holiday greetings to each member in the hope that you will experience some special times during the days ahead. The following song I first heard on a recording by John Denver and the Muppets. The words convey best how I feel and think about Christmas. I play this CD every year to enjoy once again its warmth and sincerity. Here are a few of the verses:

THE CHRISTMAS WISH

I don't know if you believe in Christmas
Or if you have presents underneath a Christmas tree
But if you believe in love that will be more than enough
For you to come and celebrate with me.

For I have seen the precious gift that love brings
Even though I never saw a Christmas star
I know there is a light
I have felt it burn inside
And I have seen it shining from afar...

For the truth that binds us all together
I would like to say a simple prayer
That at this special time
You will have true peace of mind
And joy to last throughout the coming year.



I look forward to being with you all in 2016.

Namaste, Margaret



Reminder

CSSCA membership fees are due January 2016. The annual fee is \$60. The Centre is a warm and friendly place to meet new friends, participate in social events, find a physical activity that fits your abilities and to check out the many opportunities to volunteer! Renew your membership and maintain

Around The Centre



CSSCA Board of Directors

Nominations are now being accepted by Margaret Sharples for new and/or continuing CSSCA board directors for the 2016 - 2018 term. For nominations or for more information, please contact Margaret through The Centre's office, 250-652-4611.

In Case You Were Wondering

Our CSSCA Membership

14 born before 1925	5.8%	(age 91 and over)
77 born from 1925-1934	32%	(age 81 -90)
72 born from 1935-1944	30%	(age 71-80)
57 born from 1945-1954	23.8%	(age 61-70)
10 born since 1955	4%	(age 51-60)
9 without this information	4%	

Total 239 62 % are 71-90 years of age

Congratulations

November 1st Sunday Social - the winner of the door prize was Erma Hatt. She won a gift certificate to Blue's Bayou Café (\$25.00).

Program Committee Report

Submitted by Marney Ellis

The Friday Speaker Series with Del Elgersma, on Estate Planning was well attended. Approximately 40 people were in attendance. The Speaker Series for January 8th will be information regarding *Coastal Companion Services*. BC Transit will have a variety of buses. They can take small or larger groups up to 20 people. All the buses are equipped to take walkers and wheelchairs.

The February and March Speaker Series are in the process of planning at the present time.

As discussed at the General Meeting, a session for updating CPR and AED (Automated External Defibrillator) procedures was requested by members. Tanzyn Bradley, a Cardiac Instructor, has offered to provide instruction on January 10th, at 1:30 pm.

We were contacted by Sarah Hofing from the Boys and Girls Club of Greater Victoria.



Sarah is presenting a program to involve The Centre and the Boys and

Girls Club called *Cyber Seniors*.

Look for more information in the new year regarding this interactive program.

Around The Centre

Coffee Sales

Coffee sales at The Centre will be put 'on hold' for the next few months in order to assess the benefits of carrying the number of coffee varieties offered by **Level Ground Trading**, a local business. The Centre kitchen will continue to provide *Level Ground Trading* coffee by the cup for people in The Centre as usual.

The current Level Ground Trading coffee stock displayed in The Centre's reception area will be sold at \$7 per bag while stock lasts.



Flash from the Past



October's Sunday Social featured Mark Davies, a Victoria singer and guitarist, had The Centre audience singing along with loved songs from our *flaming youths*. We were transported back to Margaritaville, with Mark's Karaoke machine accompanying his voice and guitar. Roy Orbison, Neil Young and the Beatles were only a few of the stars brought back to us during this most enjoyable afternoon.

Looking for Help



Gwen Bentley, The Centre's office manager, is looking for more help in the front office of The Centre. Computer knowledge is not required. Volunteer time would only be for two hours once or twice a month. The Office is open from 9am until 1pm, Mondays to Fridays. To help by being a 'spare' when needed, would also be so much appreciated.

Contact Gwen in person at the 10:15 - 11:15 aerobics class or by her home phone: (250) 652-5059.



Let's keep this simple message in mind for those who suffer from the scents of perfumes and colognes.

Upcoming Events



June Sinclair Smith,
Public Services
Librarian,
Greater Victoria
Public Library

Choirs in the Courtyard

If you are in downtown Victoria during the holiday season, stop in by our Main Branch Library at 735 Broughton Street for our annual **Choirs in the Courtyard**. Treat yourself to an afternoon seasonal sampling of Victoria's choirs in the Central Branch courtyard -- one of the city's sweetest acoustic spots. Runs from Dec 1 to Dec 12 every day 12:00 noon- 1 p.m. No registration required.

Library Open House

All Branches: Saturday December 12th: To celebrate the holidays, and to say "thank you" for using & supporting your library this year, we'll have free festive refreshments at all branches from 2:00-4:00pm. Drop

Christmas Lunch

One of The Centre's most popular annual events, the Christmas Lunch, is not far off. Mark your calendars!

- * Thursday, December 17th
- * Traditional turkey fare catered by Jazzaniah
- * Doors - 12 noon Lunch - 12:30 pm
- * Tickets: The Centre reception
- * Members \$22 - Non-members \$25
- * Entertainment - The Centre's Songbirds

December Birthdays

04	Kathleen Chiasson	19	Tom Hall
05	Marg Fink	21	Lillie Cornwallis-Bate
06	Norma Pepper	22	Ada Serson
08	Kurt Sommer	24	Wendy Vandenbelt
09	Terry Cowie	28	Carol McCartney
13	Sheila Dench	29	Trisha House
15	Ann Britney	30	Bill Lipp
18	Erma Hatt	30	Al Szelinga
19	Lilly Botting	31	Ron Tranter
19	Jacqueline Haigh		

Christmas Light Tour

Monday December 14th

6:30 to 9:00 pm

Bus leaves from The Centre

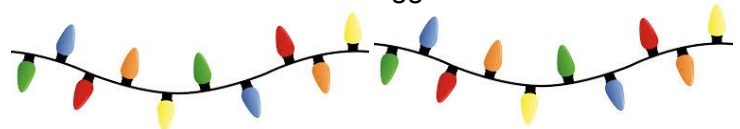
Return to The Centre for Tarts and Hot Chocolate.

For people who wish to join the tour but cannot drive to the Centre if you let the office have your name we will arrange for pick up and return service to your home.

- *Bus Tour: CSSCA members \$18 Non-members \$20
- *Payment is due when signing up
- *Tickets sales end December 7
- *Sign up sheet in the front office
- *29 seats available

Sign up early to ensure a seat on the bus!

Event Coordinator: Sheila Viggers



Activities

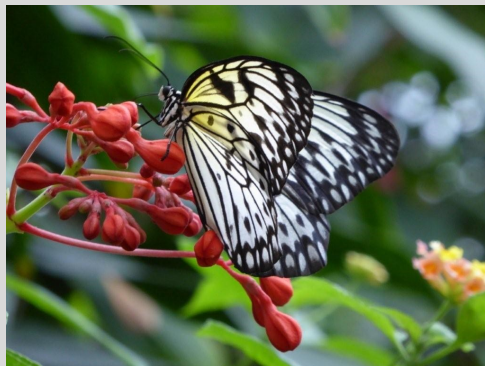
The Centre's **Photography Group** by Marilyn Murray

This fall we welcomed Merv Novak to our group as we set off on our first photo shoot of the season to Butterfly Gardens. We felt like we were in a tropical rain forest in this hot and humid location amongst butterflies, birds, animals, plants and flowers.

Our second outing took us a step back in time as we wandered about *The Old Attic* on East Saanich Road. If you haven't been there and feel like a taste of nostalgia, you should go. We were warmly welcomed and want to thank Lynne Parker and her staff for a very pleasant afternoon.

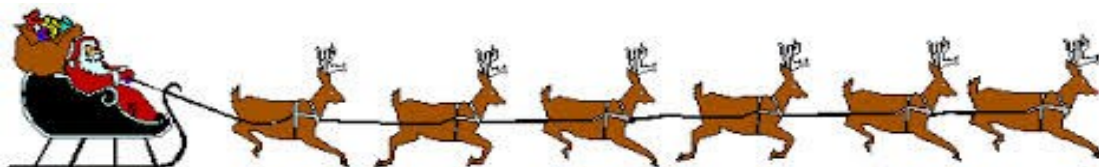
The third photo shoot was to Durrance Lake on an absolutely beautiful sunny, warm afternoon. The fall foliage, fishermen and their dogs, and the canoe on the lake were a photographer's delight. Thanks Merv for suggesting it. We enjoyed it so much.

If you would like to join us, please phone Marilyn Murray at 250-652-4455.



Art Appreciation Group

The Art Appreciation Group will have the last meeting around the table downstairs on December 1st. Back again on January 12th. Have a Merry one !



Activities

Scottish Country Dance Group

Our Ceilidh, put on by the Scottish Country Dance group was a very special event at The Centre. Besides three 'demonstrations' by the more expert Scottish Country dancers of our group, the approximately 50 people attending danced almost every dance. The donations collected at the door were donated to The Centre. Ceilidh is a great way to pass a Friday night – lovely music, great exercise and wonderful refreshments. But most of all they are fun!

Those who are unsure of the next part of a dance are happily "carried along" by the rest of the group. Because we "Walked through" every dance we all felt we were true Scottish Country Dancers by the end of the evening. Thanks to Janet Mitchell and her crew for organizing this very enjoyable event.

By Gerie Turner



Welcome

I am pleased to announce that The Centre is welcoming, Laureen Barr to our 'much appreciated' list of volunteers.

Laureen will be taking over as the new editor of The Centre News. She resides in our Central Saanich community and brings with her a wealth of career experience which will make Laureen the perfect fit for this position.

I will remain active at The Centre and will see you around the community, often with a young grandchild 'in tow'. Time flies and it may not be too many years before you'll see my grandchildren around the community with me 'in tow'!

Best of the Season, Wendy Wignall

Thank You

What is the season without the carefully placed decorations or the strings of lights?

Thank you to all the Christmas Elves who helped decorate The Centre making it really feel homey, warm and festive for the season! We all know it's the thought and effort put into such a project that brings the joy to all of us!



Stamp Club: The Great Airships

There has never been a sight to match it, silently, gracefully, the huge, majestic airships glided overhead. The Age of the Zeppelin was brief, but it was glorious ... and some say it will soon return.

It began when Graf (Count) Ferdinand von Zeppelin took a balloon ride in St. Paul, shortly after the Civil War. Upon returning to Europe, he began to draw up plans for a dirigible - a rigid, steerable, lighter-than air aircraft, far superior to the traditional 'pressure' airships known as blimps.

Perhaps the most successful airship of them all was the **Graf Zeppelin**, built in Germany in 1924. Almost 800 feet in diameter, the Graf was beautifully designed, reliable and probably the greatest mail carrier ever known. On its first flight to the United States, in 1928, it carried 65,714 pieces of mail; on its return it brought 101,683 letters and post cards.

The Graf was also a fine passenger ship, with accommodations far more spacious and luxurious than those of today's jumbo jets. Passengers cruising around the world in the Graf felt almost no motion and had unparalleled, close-range views of the terrain below.

New heights in airship luxury, size and speed were reached with the construction of the **Hindenburg** in

1936. It could fly 9,000 miles without refueling, at a speed up to 90 miles an hour, while passengers ate first-class meals and danced to tunes played on a light-weight aluminum piano.

But it was also the Hindenburg which brought a dramatic end to the Age of the Zeppelin. While trying to land at Lakehurst, New Jersey, in 1937, the hydrogen-filled airship went up in flames. Although the 36 people who died in this accident were the only passengers ever killed in airship history, the tragedy effectively put an end to the development of lighter-than-air crafts.

Will their day return? The Zeppelin does seem well suited to the 2000s: fuel-efficient, relatively non-polluting, almost noiseless and able to take off and land in a small area. Maybe it's time to take a new look at the great whales of the sky.

The stamps below:

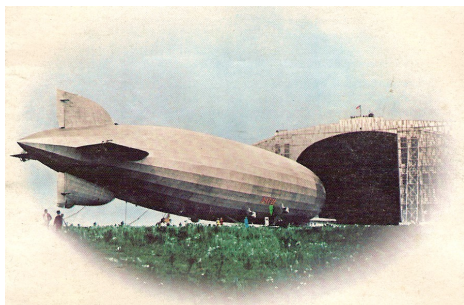
The Graf Zeppelin in Lakehurst, New Jersey, after its epoch making flight around the world.

A set of postage stamps from the USA, issued 1930, just for airmail transported by the Graf Zeppelin.

Our next Stamp Club meeting will be December 3rd.

I hope to see many of you.

Sincerely Kurt Sommer



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 Marilynn Murray Start Up- Oct. 5	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm 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 First Friday of January, February, 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



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.



BINGO

EVERY WEDNESDAY @ 1:00 PM

An afternoon of fun and entertainment at:

**The Centre
For Active Living 50+
1229 Clarke Road, Brentwood Bay
(Adjoining the Brentwood Library Branch)**

Lots of Free Parking!
Open to everyone 19 and over

Cash prizes, special games and a progressive jackpot.
Refreshments available.

Proceeds go to operating costs for
The Central Saanich Seniors Centre.
Come out and support this non-profit
facility which provides recreation and
support for all seniors on the peninsula.



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

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 Marilyn Murray

Penny Furnes Margaret Sharples

Braunda Gustafson Kurt Sommer

David McVey Wendy Wignall

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