

The Centre News

Heart of the Peninsula



DECEMBER 2016



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December Events

Chemainus Theatre

- * A Christmas Story December 3rd
- * Bus leaves at 9:30 am sharp

Christmas Luncheon

- * Thursday December 8th noon
- * Tickets sold out

Busing For Fun

- * December 16th
- * Sign up sign at Reception

Potluck/Lunch Bunch

- * Resumes in January

Sunday Social

- * No Social for December

Bingo

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

Christmas Bingo

- * December 21st, Wednesday 1 pm

**The Centre will be closed
December 23rd at noon
Until January 2, 2017**

Presidents' Message

PRESIDENT'S MESSAGE December 2016

Right now there is more light in the early morning, less in the early evening. Some neighbours have put coloured lights and decorations outside their homes. Happy, enjoyable and memorable events—birthday cakes, firecrackers, candle lighting, camp fires, joy in the eye of a child are associated with light. We light the way to keep ourselves safe. We say, "There is light at the end of the tunnel" to express optimism. Knowledge, wisdom, and enlightenment are connected with images of light.

The dimming or extinguishing of light is associated with fear and anxiety. This year has been accompanied by news that has us wondering what the future holds personally, locally and throughout the world. Sometimes it is difficult to think positively. What can we do? Leonard Cohen wrote: "Ring the bells that still can ring. There is a crack in everything. That's how the light gets in."

In *The Merchant of Venice*, Shakespeare wrote: "How far that little candle throws his beams! So shines a good deed in a weary world." Let's shine light into our lives, the lives of others, and strive for a positive tomorrow. In the meantime may you enjoy this holiday season in ways that are meaningful for you and those who bring light to your life.

Namaste,
Margaret



The CSSCA is committed to providing accessible customer service to all persons with disabilities. We provide equal opportunities to ensure all benefit from programs and services.



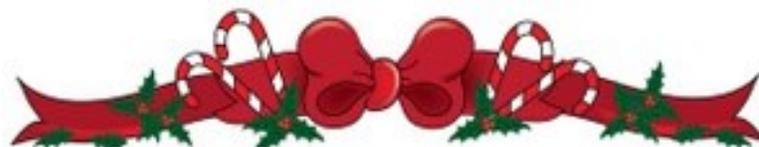
For those wishing to stay connected, we have WiFi for your convenience. Please visit our front reception for the password.



Hearing Aid loops are available for use in our Main Hall.



CSSCA offers a scent free environment.



Around The Centre

Christmas Crackers The History of



Pull Me!



Christmas crackers were first made in the mid 1800s and are a traditional Christmas favorite in the [UK](#). They were made by a London sweet maker called Tom Smith. He had seen the French 'bon bon' sweets (almonds wrapped in pretty paper). When he returned back to London he tried selling his sweets like that in England. He also included a small motto or riddle in with the sweet. But they didn't sell very well.

However, one night, while he was sitting in front of his log fire, he became very interested by the sparks and cracks coming from the fire. Suddenly, he thought what a fun idea it would be, if his sweets and toys could be opened with a crack when their fancy wrappers were pulled in half.

Crackers were originally called 'cosaques' and were thought to be named after the 'Cossack' soldiers who had a reputation for riding on their horses and firing guns into the air!



The 500 Club meets every Wednesday at 1 pm. Come on out and enjoy an afternoon of playing cards so Nona doesn't have to play solitaire.

There will be no **500** from December 14th to January 4th. Card playing resumes January 11th

Around The Centre

NEWS FROM THE SONGBIRDS.

The songbirds are singing their songs again. Our rendition of many oldies was very much appreciated by the Stroke Recovery Group where we sang last month. Thanks to Janet Mitchell, who created this song complete with words and melody, we now also have our own announcement song. If you are coming to the Christmas Luncheon we will sing it for you. Our new repertoire of course is Christmas songs, some with a different melody, some new ones that Larry Skaggs, our director, has found for us, but of course also many of the ones we know so well and love to hear again. If you feel like joining our choir, now is a good time. In January we will start to learn songs for our Spring Concert. That too is a good time to join us, and remember, singing is the best therapy for chasing those dark rainy-day blues away. See you Tuesday at 1 pm. at the Centre.



JOY Submitted by Ada Serson



The Lunch Bunch enjoying lunch at the Odyssea Restaurant in Sidney. The Lunch Bunch will meet again the 3rd Thursday in January, restaurant TBA.



Wendy Wignall with her brother Brent Cooke

November's Speakers Series at The Centre

There was a good crowd out for our November 4th Speakers Series guest, Brent Cooke. This was his second visit to The Centre over our last two seasons. For this event, Brent provided a beautiful slide show outlining the mission of a group known as, 'Artists for Conservation'. Brent's slides and background stories included images of artists' work, their travels to study the wildlife they portrayed and a wide range of artistic styles. Brent is promising to return to The Centre next fall to focus on wildlife photography. Until then, he is off with exhibitions for 'Artists for Conservation' to Arizona, New York, Whistler, BC and by July, China. His camera goes everywhere but it will be his main focus when he goes on a 'photography tour' in January on Kauai, Hawaii... photographing from a doorless helicopter and a kayak. If he comes back in one piece from his tours, we can look forward to his next visit to The Centre!



Wendy Wignall

Around The Centre



Thank you to the many volunteers who put together the Bake Sale. So many delicious goodies to choose from. I know the baking has added to my waist line this past week.



The beautiful colours and textures of the many knitted and woven items on display and sale. The hours spent to keep us warm on those along winter nights.

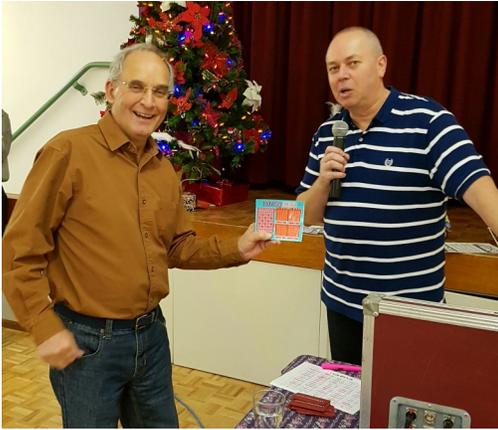


One of the hardest things about my job as the newsletter editor/photographer is to get a photo of the many volunteers at The Centre. For some reason they see my camera and disappear on me.

It takes many volunteers to put on events at The Centre. Without the volunteers there would be no events, activities and for that matter, a newsletter. We are currently looking for volunteers to help out at The Centre, if only for a couple of hours a month. Please contact Lauren at 250 812-6805



November Sunday Social



Music Bingo
Prize winners
At the November Sunday
Social. A special Thank you to
Darryl Markin our DJ for the
afternoon of musical fun and
Glen Sprague our
Entertainment Coordinator .



Activities



KARAOKE with some added fun, Roy joined in with his wooden spoons and is he good. With the up coming Christmas season, Karaoke is canceled the last Friday of December. If you enjoy Sing A Longs, come on out and enjoy the afternoon singing Christmas songs with the Songbirds and the Boys and Girls Club, December 13th, from 3 to 5 pm. Lets have some fun and pull out those Christmas Sweaters.



Christmas Quiz

- What famous actor was born Christmas day 1899 ?
- What British spacecraft was lost on Christmas day ?
- What is the title of the biggest selling Christmas single globally ?
- In what country is it traditional to hide all brooms in the house on Christmas Eve ?
- Which US President banned Christmas Trees from the White House ?
- How many gifts are given in total in the song **Twelve Days of Christmas** ?



Dec 4	Kathleen	Chiasson
Dec 5	Marg	Fink
	Betty-Jean	McDonald
Dec 6	Norma	Pepper
Dec 8	Kurt	Sommer
Dec 9	Terry	Cowie
Dec 15	Ann	Britney
Dec 18	Erma	Hatt
Dec 19	Jacqueline	Haigh
Dec 22	Ada	Serson
Dec 24	Wendy	Vandenbelt
Dec 28	Carol	McCartney
Dec 29	Trisha	House
Dec 30	Bill	Lipp
	Al	Szeliga
Dec 31	Ronald	Tranter

Art Appreciation Group will have our last meeting for the year on December 13th. We will gather around the table again on Tuesday, January 10th at 7:00 pm. Thank you
Joyce Wolfe

Photography Club will start up Monday , January 9th at 1:00 pm Thank you
Marilynn Murray



Stamp Club

Our beautiful, haunted Canada

(second of a three part series)

More ghostly tales told in pictures on Haunted Canada stamps

In 2015 Canada Post issued the second part of a three part series of haunted ghost stories on 5 postage stamps. These stamps with their short stories about each of them should result in a few spine-tingling chills. Here they are:

Gastown, Vancouver, BC. Legend has it the Waterfront Station in Vancouver, BC and several bars and restaurants in the neighbourhood are all haunted - making it home to more dearly departed but persistently present spirits than any neighbourhood in Canada.

Red River Valley, Man. In 1903, soldiers at Red River Valley's Fort Garry claimed to have seen phantoms driving a cart pulled by a team of oxen pass through their post at night.

Levis, Que. Marie-Josephte Corriveau in 1763 was executed on charges of murder. Her soul was said to walk the road at night, approaching travelers and grabbing anyone passing by with her claw-like hands as she opened her blood-red eyes.

Carcross, Yukon. The Caribou Hotel, built in the town of Bennett in 1898 at the start of the Klondike Gold Rush, is rumoured to be haunted by late hotel co-owner Bessie Gideon's ghost. She was supposedly buried in Carcross but a cemetery survey did not locate her grave.

Halifax, N.S. Legend has it that the spirit of the "Gray Lady" wanders the Halifax Citadel National Historic Site, mourning her lost love, strolling the second floor at night, smelling of roses and wearing a 19th century dress.

(part three in next month's newsletter)

Any question about stamp collecting, please call 778 426-2499, or email at kurtmartha@outlook.com



I wish you and your family a very Merry Christmas and a Happy New Year.

Sincerely Kurt Sommer

BUS TRIPPERS'



The **BUS TRIPPERS'** first outing was a successful. We found the bus connections and schedules worked well. Joan Vivien, Laureen, Thea and Shirley arrived at 5th & Beacon in Sidney then walked to the Shaw Ocean Discovery Centre where we were joined by Doreen. Exhibits were truly beautiful, the volunteers were helpful and informative. After our visit to the Discovery Centre we found time to enjoy a Chinese Buffet lunch before catching the bus back to the Saanichton Exchange for some and Brentwood Bay. We ran in to another member at the Sidney bus stop, Kareer who suggested an even quicker way home.



BUS TRIPPERS' next

excursion is planned for December 16th, to the 25th anniversary of The Festival of Trees at the Bay Centre where they have 65 Christmas trees on display, then depending on weather it's a 4 minute walk to the Empress to view another 20 trees.

We depart from the Saanichton Exchange at 8:45 am on the #75 heading downtown, that bus stops at 8:53 to pick up the rest of us at the W. Saanich & Wallace Dr Bus Stop. Sign up sheet at reception. Submitted by -Vivien



Nia continuing into 2017



A Body, Mind, Emotion and Spirit
Fitness and Lifestyle Program
designed to enhance
“Joy in Movement”

Always seeking pleasure and comfort
while moving to increase agility,
mobility, strength, stability & flexibility.

Nia encompasses many disciplines and energies fused into one FUN workout. The Dance Arts are creative, expressive and free-spirited. The Martial Arts are precise and powerful. The Healing Arts provide body alignment and self-healing. This combination creates a synergy that no isolated technique can match. Nia is adaptable to every level of fitness, every age and type of body, even those with special limitations. Nia is a cardiovascular program that uses whole body, expressive, grounded movement rather than repetitive jogging or lifting.



You will discover how to allow your unique body language to arise and play. You'll feel the power in claiming movement as your own. Using visual imagery, Nia will help you tap into your own creative self. If you are getting the idea that Nia is about play and loving movement, you are right.



Kick off your shoes and join us. Let your body move, your hearty sing and your spirits soar, to dance this most exquisite dance of life called **NIA**.

Saturday morning 9:30 —10:30 am

Contact Rhonda Kool

Black Belt Instructor 250 652-0815

keepitkool@telus.net

Nianow.com/phondak

Up Coming Events



Christmas BINGO

At The Centre

Wednesday

December 21st

1 pm—4 pm

Special Prizes

Lots of refreshments served

Everyone over 19 years old Welcome



Answers to the Christmas Quiz

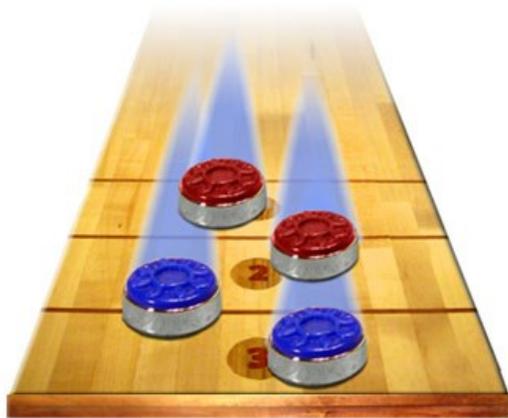
1. Humphrey Bogart
2. Beagle 2
3. White Christmas

4. Norway according to legend, witches would steal them otherwise
5. Theodore Roosevelt
6. 364

Up Coming Events

YOU ARE INVITED TO A
CHRISTMAS SING A LONG
WITH THE
SONGBIRDS
AND
THE BOYS AND GIRLS CLUB

DECEMBER 13th
3 PM - 5 PM



Floor Shuffleboard has changed to Table Shuffleboard downstairs at the Centre where we have two Shuffleboard tables all balanced and ready to play on Thursday afternoons at 2 pm.

Speakers Series at The Centre

Friday, January 6 * 1:30 pm * by donation at the door
1229 Clarke Road, Brentwood Bay

Guest Speaker : Pat Nichol

- Author and motivational speaker
- Writer for Inspired Senior Living Magazine

Topic: **Best Age To Be Alive**

Pat's public speaking has taken her through most of Canada, the US and other parts of the world for the past 26 years. As a speaker and a writer she has gained an appreciation for the beauty that surrounds us, the people that we have an opportunity to interact with and to that end, she has learned to share the knowledge that others have shared with her.



Living joyfully and courageously in her third act, she writes a monthly column in Inspired Senior Living Magazine. She walks her talk of living courageously as she sold her house and most of her possessions several years ago. She now travels and house/pet sits.

Best Age to Be Alive

If you didn't know how old you were, how old would you be? None of us are the age that our birth certificates state. Get used to the idea that you'll never be old, no matter what your passport says. Join Pat Nichol and learn that there are now more firsts in your life as in your childhood. Learn that change is happening all the time whether we want it or not. Become someone you haven't met yet. Learn about the E type personality and how to ban it from your life. Learn to live every moment of your life. Finish with how to live your life backwards.

SCOTTISH COUNTRY DANCE PARTY

Friday, December 9th, 7 pm

The Scottish Country Dancers are ending their 2016 dance season with a party on December 9th at 7 pm. This is not a fundraiser and will not be all easy dances. However, there will be some dances that everyone can join. Our dance parties celebrate new dances we have learned in class. Some of them are fairly difficult. All are welcome to come and watch and join in the easy dances. There is no charge, but we would appreciate everyone coming (which includes all of us regular dancers) bringing contributions of finger foods such as sandwiches, veggies, fruit, cookies, cake, etc or juice. We will dance for about an hour and a half then stop for refreshments.

-Janet Mitchell

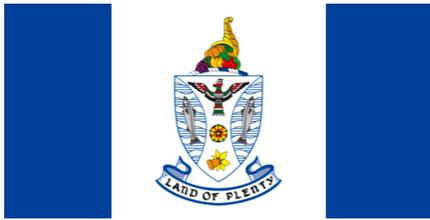


Let's Dance!

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country Dancing Walk Around 10 am	Aerobics 9 - 10 am	Scottish Country Dance 10 am—noon	Aerobics 9 - 10 am	NIA Dance 9:30 - 10:30
Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am		Mild Fitness 10:15 - 11:15 am	
Photography Club 1 pm	Painting 12:30 - 3 pm	Weaving 11:30am - 2:30pm	Pot Luck Lunch 3 rd Thursday 12:15 pm	Scrabble 10:15 am Casual	
	Songbirds Choir 1 - 2 pm	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Chair Yoga 12 - 1 pm	Snooker 1 - 4 pm Casual
Bridge 1 - 4 pm	Poker 1 pm	Bingo 1 - 4 pm	Table Shuffleboard 2 pm	Cribbage 1 pm	Bridge Clinic 1 - 4 pm
	Table Tennis Table Shuffleboard 2 pm	Knitting 2 - 3:30 pm	Armchair Theatre 2 - 3:30 pm	Speakers Series 1;30-3:00 PM First Friday of the month	
				Karaoke Last Friday of each month 2—4 pm	
	Art Appreciation 7 pm			Scottish Country Dance 7—9 pm	

Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



Co-op 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.



10% discount on purchases made on Wednesdays, when showing your 2016 CSSCA membership card



10% discount on the first Monday of every month to 2016 CSSCA cardholders



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



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.



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2016 cardholders



15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesday with your 2016 CSSCA membership



You're Invited

To join the planning committee

for the

Vintage Wedding Dress Show

To be held at the Centre

May 2017 Sunday Social

Sign up sheet at reception



Vintage Wedding Dress Show

When I first started my position as the Coordinator for the Centre, my step mother told me about the Fashion Show the Senior Centre had in London, Ontario. Their members pulled their wedding dresses out of storage and they had a wedding dress fashion show. After chatting to only a few members I have found at least 10 that still have their wedding dresses. I popped into a Vintage Clothing Store in Victoria out of curiosity, to see what they had in the way of Vintage Wedding Dresses. They did not take wedding dresses but took my business card in case someone showed up with one. I received our third wedding dress from a Mimi whose mother was married in 1940 along with her shoes and her wedding night, nightgown and wedding picture of her mother.

So if you have your wedding dress, veil, shoes or other wedding day memorabilia and would like to share, please contact Lauren at the Centre or on my cell- at 250 812-6805. If you would like to volunteer to help bring this memorable event to our wonderful community, the sign up sheet is at reception.

Lauren Barr



THE CENTRE FOR ACTIVE LIVING 50+

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: Lauren Barr

Distibution: Braunda Gustafson
Gwen Bentley / Tanga Blackburn

