



At The Centre

Sunday, February 23 - 1 pm

Ocean Rain Chinese dancers are students at the Ocean Rain Chinese Arts Academy. As Chinese, we take great pride in our rich culture and performing arts. It is such a privilege to be able to be part of Central Saanich Senior Citizens Association (The Centre) for this Chinese New Year Celebration. We will be performing five different Chinese dances.

Ocean Fan Lu, Founder/Director



Check It Out

President's Message	pg. 2
January Highlights	pg. 3
Upcoming Events	pg. 4
Activity Highlights	pg. 5
Notes of Interest	pg. 6
Weekly Activities Schedule	pg.7
Sponsors and Partnerships	pg. 8
Contact Information	pg. 9

February Events

Board Meeting

- * Thursday, February 6 - 9:30 am

Friday Speakers Series

- * 1:30- 3 pm in The Centre Hall
- * February 7 - Estates and Trusts
- * February 14 - Hearing Loss and Deafness
- * February 21 - Elder Abuse
- * February 28 - Arthritis and Stress (1:30 - 3:30)

Pancake Breakfast

- * Tuesday, February 11 - 8:30 - 10:30 am
- * Menu includes: Pancakes, fruit toppings, ham, scrambled eggs, juice, coffee and tea
- * Cost: Members -\$10 Non-members - \$13

Annual General Meeting

- * Thursday, February 13 - 2 pm
- * Come and support The Centre

Pot Luck Lunch

- * Thursday, February 20 12:15 pm

Sunday Social

- * Sunday, February 23 **Please note - 1 pm**
- * ***Ocean Rain Chinese Dancers***
- * Tea / Coffee and Goodies
- * Guests with members welcome
- * By donation at door

Robert Bateman Centre

- * Tuesday, February 25
- * Guided Tour \$15 - 10:30- 11:30 am
- * Bus leaves The Centre at 9:30 am
- * Sign up sheet in reception area

Lunch Bunch

- * For details watch for signs around The Centre
- * Check The Centre's website for posting as details are available

Bingo

- * Wednesdays 1 - 4 pm
- * Everyone welcome!

President's Message *CSSCA President, Gerie Turner*

Good news! The District of Central Saanich has again supported us this year with an \$8000 grant to be used for furnace foundation repairs and a new sump pump (which keeps our basement dry!). Also funding will go towards an acoustic foam coating on the ceiling in our upstairs hall. We will be able to hear each other better when there's a big crowd and when everyone is talking at once. We are very appreciative of this support from Central Saanich.

Regarding the heat pump plan, we expect to hear any day whether we've been given the New Horizon's \$21,000 grant. Keep your fingers crossed!

We've received a beautiful Hammond organ from Lann Copeland, a long-time local business person, primarily selling pianos and organs. Lann kindly donated it and is eager to assist us in supporting those interested in feeling comfortable playing it. There is a sign-up sheet for group lessons in the office. If you've always wanted to make music on an organ, this is your chance.

Lann's enthusiasm is catching!

Spring turns our thoughts to gardens. *C & C Growers* has offered us flower baskets as a fundraiser for The Centre. You have a choice of a beautiful 10" fuchsia basket for a shady spot for \$25 or a lush 12" mixed annual basket which needs sun for \$30. Sign up for these in the office. They'll be delivered mid-May but Cyril needs to know numbers soon so he can plant them.

The Boys & Girls Club has found their new home at the end of our parking lot where the garbage bins presently sit. Central Saanich Council looked at many options and decided this was the best location. We hope the children of the area enjoy this new location for many, many years to come.

I look forward to seeing you around The Centre and especially at the Shrove Tuesday pancake breakfast. And may your Valentines bring all good things to you!

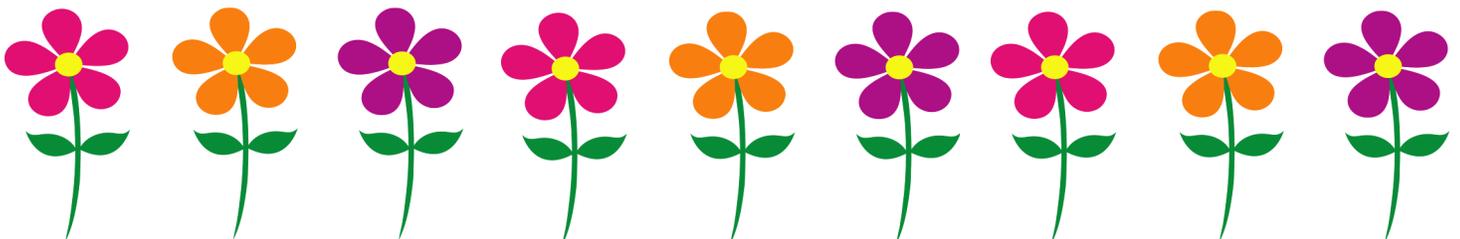
Flower Basket Orders at The Centre from C & C Growers

10" Fuchsia Basket for a shady spot - \$25

12" Mixed Annual Basket for a sunny spot - \$30

Sign up for orders in The Centre Reception area

Delivery to The Centre will be mid - May



January Highlights

John Davidson led the proceedings with flair.



TARTAN TEA AND TASTE OF SCOTLAND

Over 100 Scots and would-be Scots, many bearing plates of Scottish fare, flocked into our 'Tartan Tea' on January 26th. John Davidson and Glen Sprague organized the show with the help of countless others. The program opened with a variety of well-known Scottish songs, including *Stop Yer Tickling Jock*, followed by a performance by our Songbirds. Joan Lewin even sported tartan for the occasion. Accompanied by Ron Berod on the keyboard, John and the choir (including the choir's remarkable pianist, Louise Eldridge) sang *A Scottish Soldier*, reminding the audience of the wars around the world where soldiers from Scotland fought and died. Piper Len Jenks then played *The Lament*. The piping in of the Haggis brought everyone to their feet. John's *Address to the Haggis* by Burns made us all laugh as John put much drama and emotion into the reciting of the poem. Many Centre members brought their families to this memorable afternoon enjoyed by all. Thank you to everyone who made it all happen, especially John, who even lost sleep over thinking about how to make it the best Tartan Tea ever. He succeeded again in making this a wonderful event at The Centre! By Gerie Turner



Training Session Draws Good Response from CSSCA Members

Heart attacks can happen anywhere and at any time. A defibrillator is a most useful instrument to aid the victim and is an additional resource used in conjunction with CPR. Last Thursday a fireman (John) demonstrated the use of the defibrillator to 10 members. We learned how the instrument immediately and clearly tells the person attending the victim what to do. A defibrillator is on all airplanes and its presence has increased the survival rate of fliers having a heart attack by up to 40%. One was used at our Airport recently with success. We learned where defibrillators are located in our community.

You will find CSSCA's defibrillator on a shelf at the back of the upstairs main hall, right beside the First Aid Kit.

If you are interested in another demonstration, or if you want an update on CPR, please let me know.

Thanks, Margaret McKelvie CSSCA Board Member



Upcoming Events

Bateman Centre

Tuesday, February 25 10:30 - 11:30 am

Bus leaves The Centre at 9:30 am

Guided tour of the Bateman Centre

Cost: \$15

Sign up sheet in The Centre's reception area



Tuesday, February 11- 8:30 - 10:30 am

Pancake Breakfast

- * Hosted by the Shuffleboard and Carpet Bowling Groups
- * Bring along an item for the Food Bank
- * Menu includes: Pancakes, fruit toppings, ham, scrambled eggs, juice, coffee and tea
- * Cost: Members - \$10 Non-members - \$13



THE JOURNEY

**Friday Speakers Series at The Centre
January 31 - March 7 1:30 - 3 pm**

"THE BEST TIME TO LOOK FOR HELP IS BEFORE YOU NEED IT." A. Brilliant

February 7 – Estates and Trusts

What you and your family should know.

February 14 – Hearing Loss and Deafness

Learn about ways to recognize and what to do.

February 21– Elder Abuse

Learn how to prevent, recognize and respond to many kinds of elder abuse.

February 28* – Arthritis and Stress

Learn about stress and some techniques to help you manage it along with your arthritis. *2 hr session
1:30 – 3:30 pm

March 7– How to Sleep Better

Find out why insomnia or sleeping problems are not a part of the normal aging process.

For more info call: Bridey
Silver Threads - Victoria – (250) 388-4268

(Funded by Island Health Authority)

February Birthdays

01 Gerie Turner	11 Janet MacDonald
02 Dorothy Sly	14 Donald Williams
03 Doreen Martin	15 Sheila Viggers
03 Martha Sommer	20 Ruth Fowler
03 Angie Swift	25 Lorna Blackwell
04 Deep Bharaj	27 Helen Clayton
07 Isabel Sinclair	

Activity Highlights at The Centre

Scottish Country Dancing

We have entertained seniors twice this past month. On January 2, we went to Extended Care at Saanich Peninsula Hospital where 15 adults were joined with 7 children and 2 moms to dance. We also had the folks join us in singing songs from Scotland and Ireland.

On January 9, we went to Rest Haven Lodge and had 9 adults, 7 children and 3 moms. We dressed in colourful kilts/skirts and tops. The residents were very appreciative of our performances.

Please consider coming out to a class and giving it a try. We are in need of more dancers on Tuesday mornings from 10 until 11:30 am. This class is lower impact.

Dancing has been shown to be the best exercise to prevent dementia. No other form of exercise does as well. Scottish Country Dancing is especially good because the dance patterns are memorized. It is social, fun and good physical exercise, too.

Our evening classes are on Tuesday and Friday nights from 7 until 9 pm. Everyone is always welcome to come!

Janet Mitchell (volunteer instructor)

A little History and Stamps.

In 1867, Quebec, Ontario, Nova Scotia and New Brunswick joined to form the Dominion of Canada. The Statute of Westminster in 1931 made Canada a completely self-governing member of the British Commonwealth of Nations.

Canada is a confederation and a constitutional monarchy. The head of state is represented in Canada by a Governor-General. The head of government is the Prime Minister.

As we will see in the next issues of The Centre News, Canadian history is well represented on Canadian stamps.

Canada

Capital: Ottawa

Area: 3,851,309 square miles

Population: 35,158,300 (2013 est)

Monetary Unit: Canadian dollar

First Issue of Canadian Postage Stamps:

Under the Province of Canada in 1851 were:
3pence red, 6pence slate violet, 12pence black



We will meet again this month, Thursday 20th.
Activity Leader - Kurt Sommer

Marilynn Keeps Popular Painting Classes On The Go



A few of the 'students' of the Thursday beginner and intermediate watercolour class. Another acrylic and watercolour painting group, lead by Marilyn, meets on Tuesdays.

Darwin Day by Marianne Brackenridge

DARWIN DAY is a recently instituted celebration intended to celebrate the anniversary of the birth of Charles Darwin on February 12, 1809. This day is also an opportunity to highlight Darwin's contribution to science and to promote science in general.

Victoria Mayor Dean Fortin proclaimed February 12th as *Darwin Day in Victoria*. This now marks the eighth year that Victoria has officially recognized Darwin Day.

A recent publication titled *Darwin and his Children* by Tim Berra, allows one a glimpse into the life of his large family showing also Darwin's involvement in raising his children. It has been suggested that Darwin felt that by marrying Emma, his first cousin, he may have created weakened offspring. I thought the poem titled, *Twelve Days of Darwin*, was clever.

THE TWELVE DAYS OF DARWIN

On the Twelfth day of Darwin

My true love gave to me

Twelve speciations,

Eleven clades converging,

Ten branches diverging

Nine variations

Eight ancient fossils,

Seven atolls forming,

Six males displaying,

Five finch beaks,

Four mockingbirds,

Three breeds of doves,

Two tortoise shells,

AND A GRANDEUR IN THIS VIEW OF LIFE.

Words by Thomas R. Holtz, Jr. (2009)

FYI "CLADES" A biological classification in which organisms are grouped together based on whether or not they have one or more shared unique characteristics that come from the group's last common ancestor and are not present in more distant ancestors. Therefore, members of the same group are thought to share a common history and are considered to be more closely related.

"SPECIATION" (noun) Formation of a new species as a result of geographic, physiological, anatomical or behavioral factors that prevent previously interbreeding populations from breeding with each other.

Submitted by Marianne Brackenridge



Saanich Peninsula Hospital
FOUNDATION
your community, your health

Do you have a family physician?

We want to hear from you!
Everyone is welcome!

Join us at **A GP for Me** Community Forum that is being held in Sidney at the

Mary Winspear Centre, February 15th, from 12-3pm.

Help us assess the current need for family physicians in Sidney, North Saanich and Central Saanich. Work with the South Island Division of Family Practice and local community leaders to plan for the future.

Let's improve our health care system to ensure it is responsive to the people living on the Saanich Peninsula.

Is it easy for people in your community to find a local doctor?

To help us organize the Community Forum, please let us know you plan to be there by emailing info@sidfp.com or by calling the South Island Division of Family Practice **250-658-3303**.



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	Floor Shuffleboard 9:30 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	Pot Luck Lunch 3 rd Thursday 12:15 pm	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	
Mah Jong 1 pm Happy Smith	Songbirds Choir 12:45 - 2 pm Joan Lewin		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 June Baker Lynda Tucker	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm June Baker Lynda Tucker
		Knitting 2 - 3:30 pm Happy Smith	Table Tennis 2 pm Audrey Boyd	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell	Darts 6:30 pm Harbhajan Kareer	Stamp Collecting 3 rd Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner	500 Club 7 pm		Scottish Country Dance 7 - 9 pm Janet Mitchell	

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our new 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.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA and provided funding for various capital projects such as our new roof.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Centre's Peninsula Co-op annually provides dividend funds to The Centre when members quote The Centre's number **60747**, when purchasing groceries or fuel.



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



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.



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



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



35% off all regular prices with promo code available from the CSSCA Office, when showing your CSSCA membership card at time of purchase.



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.

Thank you to all the CSSCA members who make The Centre a welcoming and vibrant place in our community.

Welcome New CSSCA Members

Deborah Ainsworth
Jim & Terry Cowie
Elaine Drader

Doug Hamilton
Carol James
Anne Burns

Valentine's Day



All you need is love.
But a little chocolate now
and then doesn't hurt.

Quote by **Charles M. Schulz**



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

President: Gerie Turner

Vice President: Margaret Sharples

Past President: Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Thea Revoy

Assistant Treasurer: Ian Cameron

Directors: Marney Ellis Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

The Centre NEWS

Editor / Layout: Wendy Wignall

Photos: Wendy Wignall Gerie Turner

Distribution Gwen Bentley

Family Day - Monday, February 17

