



January's Social Tea

TARTAN TEA AND TASTE OF SCOTLAND

The Tartan Tea and Taste of Scotland event held last year was a resounding success, so another one will be held on Sunday, January 26.

The afternoon social will feature piper Walter Muir, Ron Berod on the keyboard and John Davidson, singer and storyteller.

This Sunday Social will highlight some of the songs and poetry of Robert Burns, Scotland's National Bard, as well as some good old Scottish sing-alongs. There will be, of course, Haggis for the tasting along with the usual tea / coffee and treats of all our Sunday Socials.

Other participants in the program are not named as yet, but you can be sure it will be as exciting an afternoon as it was last year. Come and bring a friend and wear a wee bit of tartan.

John Davidson

Check It Out

| | |
|----------------------------|-------------|
| President's Message | pg. 2 |
| December Events | pg. 3, 4, 5 |
| Upcoming Events | pg. 6, 7 |
| Activity Highlights | pg. 8, 9 |
| Weekly Activities Schedule | pg.10 |
| Sponsors and Partnerships | pg.11 |
| Contact Information | pg.12 |

January Events

Board Meeting

* Thursday, January 9 - 9:30 am

Pot Luck Lunch

* Thursday, January 16 - 12:15 pm

Friday Speakers Series

- * January 17 - 1:30 - 3 pm
Financial Advisor, **Daniela Morrison** will be speaking on *Hazardous to Your Wealth*
- * January 24 - 1:30 - 3 pm
Downsizing Diva, **Cathy Haynes** - Overwhelmed by moving? Downsizing Diva can help
- * January 31 - 1:30 - 3 pm
The Journey Program
First topic in series - **Pensions**
(more details on p. 7)

Lunch Bunch

- * Thursday, January 23 - 11:45 am
- * For details watch for signs around The Centre
- * Check The Centre's website for posting as details are available

Sunday Social

Tartan Tea and Taste of Scotland

* Sunday, January 26 2 - 4 pm

Friday Speakers Forum

- * January 31 1:30 - 3 pm
- * Beginning of the 'Journey' series
- * Topic - Pensions
- * Details on page 7

Bingo

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

President's Message *CSSCA President, Gerie Turner*

Do you know where 2013 went? Me neither! December flew by with entertaining events thick and fast. Our trip to Chemainus Theatre to see "It's a Wonderful Life" was a great success, thanks to Sue Tribe who organized the entire affair. We 41 'partakers' had no responsibility other than to show up and to try to answer the questions in the special 'bus games'... and watch the show... and eat the lunch. Tough life!

Another bus with driver Doug took 29 of us on a tour of the Christmas lights. We learned that Brentwood can be proud of it's contribution to the Victoria area 'light-up'. Much work goes into the displays with lighted reindeer, snowmen (and women), trees galore, and even blue wreaths! We stopped at the Empress to take in the Christmas tree display. Leon was particularly interested in the menus displayed outside the Empress restaurants! Inspiring! Thanks to Sheila and Bob and elves Bety-Lou, Jan, and surprise elf, George Colussi, for a festive wind-up to the evening. We went home tired and happy, full of hot chocolate and homemade mince tarts.

The CSSCA Christmas Lunch had a capacity crowd who enjoyed scrumptious turkey catered by Jazzaniah. The din was terrific, except of course, when we were eating! Bernice Lambert even wore her special 'Ugly Christmas Sweater' complete with geese across the front wearing real tartan ribbons around their necks! Thanks to Glen Sprague who ar-

ranged the catering and the Victoria Village Squires Barbershop Chorus performance. The singers were so enthusiastic it was a shame that each of them couldn't be in the front row on our stage. Inspired singing and acting out the songs compelled us to sing along. As well, thanks to Peninsula Co-op who provided a substantial cash donation to the celebration.

On a more serious note, the 'Sage-ing' group with facilitator Lynda Miller met for three sessions. It promises to be a very worthwhile program as we learned that between us, we have 726 (!) years of life experience to share in getting the most out of the last third of our lives. We had our parents to guide us through childhood and we have each other to learn from in navigating aging! It is likely that the group will continue to meet in 2014.

This is an opportunity to thank all of the Activity Leaders who make the activities happen at The Centre. As well, thanks to the hard-working volunteers: Gwen (the office), Bety-Lou (membership and web-site), Wendy (newsletter), David (maintenance), and Margaret (rentals). Special thanks to Lillian Davidson who, for the past two years, has been our Board Recording Secretary, no easy task!

As I write this, the snow is falling off the branches but it's starting to rain so I guess our Victoria winter is almost over. On behalf of the Board, I wish you many exciting enjoyable moments in 2014!



Many members came out and helped with the decorating of The Centre for Christmas. Thank you to all the elves. Coffee/tea and goodies were much enjoyed and appreciated by everybody.

Lets do it again next year.
Gratefully yours, Senior Elf
(Kurt Sommer)



December Events

Christmas Light Up Tour

The Christmas Light Up Tour was held on the evening of Monday, December 16th. It was a very clear evening and great for looking at the lights.

All 29 member participants were at The Centre by 6:30 pm when the bus departed for an evening of lights sightseeing and a visit to the Fairmont Empress to view the *Festival of Trees*.

When everyone returned to The Centre at 9:00 pm, they were treated to hot chocolate, mince tarts, shortbread cookies, candy canes and an orange.

I have been coordinating the Christmas Light up Tour for quite a few years now and would like to take this opportunity to thank my helpers: Bob Viggers, Bety-Lou and Jan Verwolf and also George Colussi who volunteered to come out to help with the set up for the evening. All helpers were very much appreciated.

Sheila Viggers



Freda and Jack Reid enjoying the sights from the comfort and fun on the bus!



Ron Tranter pours another cup of steaming hot chocolate.



No one has more fun than the helpers! Bety-Lou, George, Bob, Jan and Sheila (behind the camera)!

Scottish Country Dancers News

We had a dance party on Friday, December 6th. Everyone had a good time!
Two of our dancers have recently become grandparents. Congratulations to Terry and Elizabeth!
Janet Mitchell Volunteer Instructor

December Events

Christmas Luncheon at The Centre

As soon as you stepped into The Centre, you knew it was the Christmas season. The hall was 'decked with holly', the table settings promised a top notch meal and the hum of chatter and laughter made everyone feel welcome. We all held tickets for door prizes, while a silent auction kept browsers interested. With the Meet and Greet opening activity, I discovered that Jessie worked in Ghana, Irene went to school in Ceylon (Ceylon, Saskatchewan that is!) and Bill has a collection of matchbooks...and of course I found many other connections between various people and activities.

The door prize announcements quieted the room with anticipation and congratulations went out to Sheila Hobbs with a prize from 'Hair We Are' and to Inge Kohls with a gift certificate to 'The Waddling Dog'. From the Silent Auction, Thea Revoy took home a donation from *Flying Fish Winery* and Larry Skaggs went away with free work from *Midas*.

By this time, the smells of a full Christmas dinner wafted through the air and everyone was ready for a fabulous meal. Random tables were called to dish up their dinners and thank goodness, Inge had on her Christmas socks which were credited for getting our table called. When it's about food...the competition is on! As expected, there was plenty of food and we were all invited to have 'seconds' if desired. The Christmas dinner fare was prepared by Jazzaniah Catering and all the dishes were fabulous. However, some of us judge a meal by the dessert and the sweet choices were incredible. There were many return visits to the dessert table...no names will be mentioned. With satisfied appetites, everyone settled down with their cups of tea or coffee.

As if all this wasn't enough to make for a great afternoon, Glen Sprague introduced the entertainment, *The Village Squires*. I for one, was expecting a group of five or six singers and traditional Christmas music. However, in paraded a group of about 15 gentlemen.

It was explained that they were an a cappella group and it was obvious from the 'get go' that they were here for fun and the love of music. Their opening songs were not of a Christmas theme but a variety of tunes that showcased the skills in singing a cappella where instruments are not even missed. Between humorous exchanges and antics amongst themselves, they encouraged the audience to participate in some singing challenges. Never underestimate the skill of singing '*My Bonny Lives Over The Ocean*' while performing arm and hand actions or singing '*Christmas is Coming and the Goose is Getting Fat*' in rounds. After reducing us to helpless laughter and head shaking, the Village Squares performed best loved children's Christmas songs and ended with those favourites like, 'Silent Night'. This was a very talented and entertaining group! They announced that they are always looking for others who would like to join them.

As is always the case, there were many volunteers who made this afternoon so enjoyable, from organizing ticket sales, bringing in donations from the community and in setting up and taking down the event. Thank you to each and everyone of you! A special thanks goes out to Glen for organizing the wonderful entertainment, *The Village Squires* and for bringing in a great meal with Jazzaniah Catering...both were tremendous hits. Also, a big thank you to Peninsula Co-op for donating funds to go towards this special annual event held at The Centre. Such corporate sponsorship helps build a strong community by bringing people together.



Wendy Wignall Editor of The Centre News

December Events

Peeling Away The Layers by Marianne Brackenridge

As a small group met downstairs at The Centre to explore ageing and sageing under the supervision / teaching of Lynda Miller, we began to feel a bonding within the group.

Much of the content was taken from Rabbi Zalman Schacter-Shalomi's book written two decades ago advising ways to view the ageing process as a unique opportunity and not to be bound or restricted to general concepts of the ageing process.

How does one view ageing? We have many thoughts, to some this period feels as though their past productive lives are over, so now time to relax. Others may view this period as a new beginning, with a sense of freedom, and time to explore other interests.

As was evident, we all have our own unique way of living through this period which I tend to refer to as 'the third trimester' in life. A time of 'opening', of 'a new beginning' and of reflection. Whichever way one chooses to describe this period in their lives, it is personal and unique.

It was so interesting to be a part of this Age-ing to Sage-ing group, as acquaintances, friends, or as

strangers, we were all there to be open, to participate and to support. As the weeks went by, one could sense the bonding and the sharing as we listened and supported each other. Rather like peeling away the many layers that we have stored within our minds over many years. A sense of freedom as one reflects upon the past, noting our attitudes towards various important events that have taken place over many years.

This program allowed one to focus and revisit those past ideas and to share with others our personal reasons for viewing these events the way we did and how they impacted our lives today. In some instances it may be a time to review and change one's ideas. Some issues that were discussed are end of life issues, family responsibilities at such times, pre-planning and health concerns.

The program allowed for freedom of expression within safe boundaries, supervised by Lynda Miller the coordinator of the Age-ing to Sage-ing program.

I look forward to revisiting with the group in January.

Holly Jolly Christmas at The Centre



Mary and daughter Elaine share in a good time at the Christmas Luncheon.



The Village Squires hit all the right notes providing wonderful entertainment.



Jazzaniah Catering served up a Christmas feast for the full house of 90 diners.

Upcoming Events



It's time to renew
your **CSSCA**
Membership.

A friendly reminder that CSSCA
Membership Fees are now due for 2014.

Fees for 2014 remain at a low \$60—that amounts to just \$5/month! What a bargain when you consider all the fellowship, fun and benefits received at The Centre.

This year, when you stop by the Office to renew your Membership, you will also receive a new, blue 2014 Membership Card. Your 2014 Membership Card may be used for discounts at Brentwood Bay Pharmasave, JJ's Coffee House, Breadstuffs Bakery, and Domino's Pizza. (Check the Community Partners / Supporters page of the Newsletter or Website for the details.)

Thank you for renewing promptly.



Fatima Ferreira BA, MLIS
Summer Reading Club Coordinator
Children and Family Literacy Librarian
Greater Victoria Public Library
Central Saanich &
Bruce Hutchison Branch

Introduction to Facebook, January 15 at 3-4:30pm

Curious about what Facebook is? Join us for a demonstration of how this popular social media site works. Learn how to get on, upload pictures, share stories, search for friends and, most importantly, safeguard your privacy. Register at gvpl.ca or call the library for more information. Registration begins January 2.

Feed the Birds at 10:30 to 11:30 (preschool program) Please register online or call your local branch

Ebooks with your eReader or Device, January 29 at 2-3:00pm

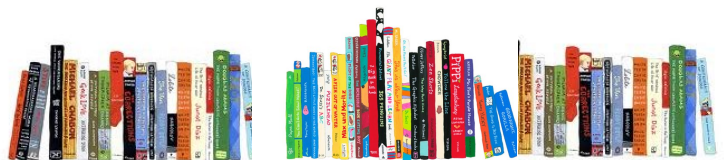
Bring your eReader, laptop, or mobile device for some hands-on help. Learn to download ebooks from our Library to Go collection! Suggested prerequisites: Introduction to Searching the Internet or equivalent training or experience. Register online or call your local branch for more information. Registration begins January 2.

For the birds, January 29 at 10:30-11:30

For young children and their families; children under 3 must be accompanied by an adult. Flock to the library for a "tweet" story time filled with stories, songs and rhymes about birds. Make your own bird-feeder and learn some bird-feeding tips too! Register at gvpl.ca or call the library for more information. Registration begins January 2.

January Birthdays

| | |
|--------------------------|------------------------|
| 03 Joan Ruskowski | 21 Marilyn Murray |
| 04 Doug Sly | 22 Lois Guest |
| 09 Ruth Coldwell | 25 Glen Sprague |
| 14 Marianne Brackenridge | 27 Mike Bird |
| 20 Shirley Webster | 27 Ginny Chadwick |
| 21 Marian Chomlack | 30 Jacquelyn MacKenzie |



Upcoming Events

Bateman Centre

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

Guided tour of the Bateman Centre

Sign up sheet in The Centre's reception area



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

January 31 – Pensions

Find out if you are getting what you are entitled to receive from Federal and Provincial governments.

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)

ADVANCE CARE PLANNING

Free At Panorama Rec Centre

Who will speak for you and make health care decisions for you if you are unable to communicate?

Tuesday, Jan. 14, 10:00 to noon

Thursday Feb. 20, 7:00-9:00 pm

Wednesday, Mar. 19, 1-3 pm

Tuesday, Apr. 22, 10:00 to noon

Offered by Island Health (VIHA) Advance Care Planning nurse.

Choose your date and register at 250-656-7271

Chinese New Year Friday, January 31

新年快樂

Happy New Year!
xīn nián kuài lè!

Year of the Horse



Activity Highlights at The Centre

Fun with Stamps

The variety of themes and topics on stamps is endless. Select one which is interesting and pleasing to you. Education and enjoyment can be yours in the magic world of stamps. Start an exciting voyage of exploration now.

Stamp Hobby Craft

Challenge your imagination and your skill as there are hundreds of things to do and make with stamps.

To add colour and excitement to a bookend, a bowl, or whatever, cover it with **inexpensive** stamps. The result will be distinctive and rewarding. Stamp hobby craft is easy and practically foolproof. Try it! You'll enjoy creating fun and decorative objects with stamps.

In our next few issues of The Centre News, let's talk a little about Canada and see how our history of people and events are used to honour our beautiful country as a tribute on stamps.

Notice our monthly meeting is changed to a different time. Our next meeting at The Centre is on the 3rd Thursday...January 16 at 1 pm.

Until then,
Kurt Sommer



Songbirds Return

January 7th, 12:45 to 2:00 pm

The choir had a great fall session and were warmly welcomed wherever they performed.

We have several new members, including "men". I cannot recall how many times we pleaded with guys to join us with no success; now from a woman's stand point, we risk being overtaken!?!?! Seriously, we are so pleased because we can add far more variety to our programs.

As some of you know, I ran into a health issue mid fall which meant my being absent. Many thanks to Don Turner for jumping right in to direct. Between Don and Louise, our pianist, they kept everything moving smoothly.

The Songbirds do more than sing, they care deeply about one another. At the last practice I attended before surgery, the group sensed how frightened I was so they stood and sang "*Love Changes Everything*" to me. This expression of their love and caring helped carry me through what was to come.

The Songbirds are like extended family, everyone cares for everyone else. So, if you would like to be part of this non-audition choir, be assured you will be welcomed with open arms. And, if you think you "can't sing", we'll prove you wrong!

Words fail to express how proud I am of these wonderful people.

Wishing everyone a happy, healthy and musical 2014.

Joan Lewin, Director
250 652-5746



Activity Highlights at The Centre



Line Dancing

Our 'Silver Line-ings' will start up again January 9th

Thursdays at 11:00 am - noon
Lead by Hilda Cook

Our name, **Silver Line-ings**, was proposed by long time member Mary Dorrان. At that time we were going out to various places to perform. We were always very well received and occasionally performed for the Sunday Tea.

Come join the fun, everyone welcome!

Watercolour For Beginner And Intermediate Painters

This course will cover drawing, composition, and watercolour techniques.

The class will be limited to ten participants to ensure lots of personal attention. Materials not provided.

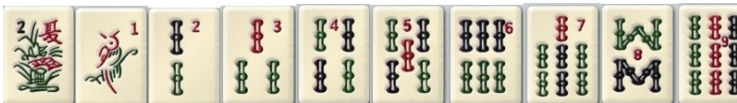
Starting Thursday, January 16, 2014
1:00 p.m. to 3:30 pm

10 sessions \$60.00
(Non-members \$90.00)

All proceeds go to The Centre.

Sign up sheet is in The Centre's reception area

For more information please call the instructor,
Marilynn Murray 250-652-4455

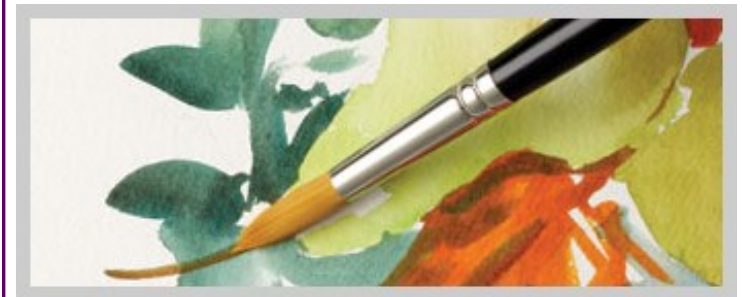


Mah Jong

Start up will be on Monday, January 6 at 1 pm

This is a fun game and can be as challenging as you want it to be or just a great way to share some social time. Beginners are encouraged to come and can begin playing right away with guidance from others.

Everyone welcome.



Art Appreciation Group

Start up session on January 7.

We meet Tuesdays at The Centre at 7 pm

Everyone Welcome!

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 Don Turner 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 Lynne Marotto | Table Tennis 2 pm Don Turner | 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.

December's Special Thanks To:



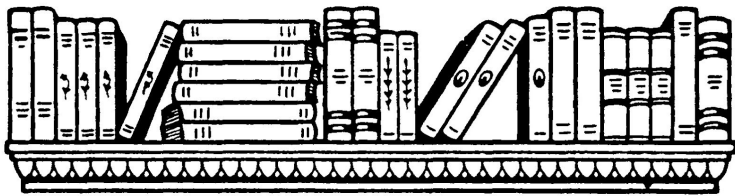
WADDLING DOG



Bulging with Books

Our librarians, Tim Parsons and Kathleen Chiasson, find that our library cannot handle the number of books coming in. Respectfully they are requesting, that for the present and until further notice, please do not drop any additional books off for our library.

Members are encouraged to come in and freely borrow books to enjoy especially over the dark months of winter!



Happy New Year



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

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