



TARTAN TEA TRIBUTE TO ROBERT BURNS

January 25th, 2015 marks the 256th anniversary of the birth of Scotland's National Bard, Robert Burns. The Tartan Tea at The Centre this year will have a little more focus on Burns, his life and works. Some new faces will appear on the program, one being that of Mary Ross an accomplished accordionist and entertainer. Mary was part of the accordion duo who thrilled us at last year's 'Oktoberfest'. Other participants have yet to be confirmed.

John Davidson will MC the program and will no doubt have some songs and stories to share including a rousing Scottish sing-along. Some of the works of Burns will be featured and the Address to the Haggis will be given before tea is served.

So, let us all gather at the Centre on Sunday, January 25, from 2 until 4 pm for the Third Annual Tartan Tea, and if possible, please wear a wee bit of Tartan.

John Davidson

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January Events

CSSCA Board Meeting

- * Thursday, January 8 - 9:30 am

Friday Speakers Series

- * Friday, January 9 - 1:30-3 pm
- * Guest Speaker: Gilles Lacroix - Area Manager of St. Elizabeth Non-Profit Society
- * Topic: Home Health Services

Pot Luck Lunch

- * Thursday, January 15 - 12:15 pm

Lunch Bunch

- * Thursday, January 22 - 11:30 am
- * Sassy's Family Restaurant - 6719 West Saanich
- * Sign up sheet in The Centre's reception
- * For transportation needs contact Corinne at 250-652-7032 or email at corinnemarshall@shaw.ca

Sunday Social 'Tartan Tea'

- * Sunday, January 25 - 2 pm
- * Coffee / Tea and refreshments
- * Entertainment: Accordionist, Mary Ross
- * Guests with members welcome
- * Donation accepted at door

Bingo

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



President's Message *CSSCA President, Gerie Turner*

Today was a good day. How many times have you said that to yourself in 2014? For me, a 'good day' seems to be partly 'getting things done', partly having a good talk with someone, perhaps sometimes seeing/hearing/smelling something special in nature (like maybe all these - seeing our deer friend resting and chewing up her lunch while I'm making supper, thinking about the life she leads fraught with coldness and dangerous cars). On the whole, 'we' humans have it pretty easy!

The celebration of St. Andrews Day at the November Sunday Social was amazing. It's always inspiring to me how many members can each make a contribution and the whole event becomes stupendous. We had about 80 people come to the baking, knitting weaving sale, put on by our knitters, weavers and aerobics groups. I'm always amazed at how someone can wander around knitting and chat at the same time. Those are the people who can make a sock in a couple of hours. Our weavers had an impressive display and sale. Even gorgeous alpaca wool and items which used various yarns, that when washed, shrunk and made very interesting puckered-on-purpose designs. The aerobics bakers' table was piled high with every Christmas treat you can imagine with Happy, Barb, Cathy, Thea and Margaret 'manning' the sales. After the sale we had Scottish Country Dancers with guest children (they're still too young to be members) lead by Janet Mitchell, with Larry Skaggs playing the piano for the Scottish sing-along. Jan Verwolf & Leon Rosynski each won door prizes – certificates to get their hair done! Serendipity happened as one of the younger dancers won a ticket to the Shaw Ocean Discovery Centre. Thanks to all the members who brought sandwiches and cakes for the tea – they were obviously very much appreciated! Pat and her kitchen elves, Ilene, Maureen and Margaret, kept everything 'flowing' during the tea.

We then had the raffle draw for the afghan made by Shirley Webster. She says that it took her all of the September 2014 evenings to make it. I know it would have taken me all of the evenings in the entire year!! Thank you to Shirley for this beautiful raffle

prize, won by Judy Curran. All of these contributions go towards The Centre and its up-keep. Next time you admire the state of our Centre, think to yourself that we each helped to make it that way.

The New Year brings with it opportunities to think about new ways of doing things, new things to learn and to think about plans for 2015. It is my hope that this year brings a 'men's club' to our Centre, where the men can get together and, as our November speaker David Docherty said, "...eat chips and drink beer without getting any 'looks'." I also hope that the 'retiring from driving' group, Bussing for Fun, takes off, members becoming as comfortable on the buses as they are in their cars. Wouldn't it be great to give up driving so gradually that you never noticed it happening?

Speaking of driving, if you need a ride to The Centre anytime, there is a list of members willing to drive to The Centre activities. You only have to ask! Make sure you get to the Sunday Social on January 25th. Robbie Burns will be much in evidence (he won't need a ride!). And don't forget to hum a few bars of 'Jailhouse Rock' on January 8th, Elvis' birthday.

Happy 2015 everyone!



Crows 'waiting for the lights' at the intersection of Sayward Rd and the Pat Bay Hwy. (Photo: Gerie Turner)



Around The Centre



November's Sunday Social Tea

St. Andrew's Day

The Scottish Country Dancers performed for the tea on St. Andrew's Day, Nov. 30th. Lively music and dancing had the audience tapping their toes. Several brave souls 'volunteered' to learn a dance and did very well. The audience members also sang Scottish tunes while Larry Skaggs played the piano. Don Turner showed his actions for *My Bonnie Lies over the Ocean* and we tried those as well. The children who danced were delightful and the adults did a very good job of doing some intricate dances. It was a well attended tea and afterwards many said that they had had a wonderful time.

Janet Mitchell (Scottish Country Dance instructor)

Christmas Light Tour

Monday, Dec 15th saw 24 members gather at 6:30 pm to board a very comfortable bus to go on a tour of the Christmas lights. This year we concentrated on the High Quadra/Gordon Head area and then headed to the Empress to take in the Christmas tree display (and the jewels for sale in the windows of the little stores – luckily for Bill they were all closed – a \$10,000 emerald is all I need!). On the light tour we saw hundreds of snowmen, reindeer, shepherds and Santas, lit up with thousands of lights. One display on Tuxedo Avenue goes up into the huge second story of the front lawn oak tree. There was a particularly beautiful display made entirely of transparent bulbs so it was extra sparkly! We even saw huge pampas grass plants dressed up in lighted blue skirts for Christmas. It felt like we were seeing downtown Victoria in the dark for the first time as the bus gives you a higher point of view. We could even see lights on in higher apartments which you don't notice in the daytime. We felt like we were in the 'big city'!

A bonus on our trip was seeing the legislative buildings decked out with sparking red and green highlights. We also enjoyed a peek at the skaters on the skating rink at the Empress. Next year plan to go there – its \$10.00 for a two hour skate.

It was a crisp clear night, perfect for enjoying the tour and to top it off, after the tour, thanks to Sheila Viggers and her 'elf helpers', we were treated to scrumptious mince tarts and treats back at The Centre. There is nothing like a good mince tart to conjure up visions of sugarplums dancing in our heads. It was a very enjoyable evening. By Gerie Turner

Annual Bake and Crafts Sale



Bill Turner walks away with his purchases of tasty treats.
Shirley Webster donates her handiwork for the Afghan Raffle.
Proceeds went to The Centre.



Around The Centre

CSSCA Christmas Lunch: A Big Hit

Thank you to Glen Sprague, Inge Kohls, Larry Skaggs, The Songbirds and Jazzaniah Catering for a wonderful afternoon. Additional thank yous go to the 'behind the scenes' group who always ensure that things are set up and put away with care. The full house crowd had a chance to mingle with friends and neighbours while enjoying 'all things' Christmas. What a wonderful way to wrap up The Centre's 2014 season!



Larry Skaggs leads The Songbirds, and at times, the audience, through many of the Christmas favourites. A special treat for all was when Larry played his cello.



With beautiful table settings and the smells of a full roast turkey dinner, The Centre was the perfect place to be to enjoy Christmas in community!



Musical Talent Abounds



As if it isn't enough that we have such musical talent in Larry Skaggs, the Songbirds leader; and the beautiful choir voices of the Songbirds, but for all those at the Christmas Lunch, it was apparent that The Centre is blessed with musical talent. Louise Eldridge, the choir's pianist, led Elizabeth Adams and our very own, Janet Mitchell through an original piece, *A Baby is Born, Alleluia!*

In Louise's words, this is the story behind our guest singer Elizabeth, the song and herself:

"Elizabeth Adams lives in Brentwood but was on stage on Broadway for 27 years singing opera. She heard me performing about three years ago and asked if I accompanied. Yes...I have been accompanying since I was 11 years old when I accompanied for an operetta: *Aunt Drucilla's Garden* in Yarmouth, Nova Scotia.

Elizabeth wanted to learn the old standards and Broadway songs from the 20's to the 50's so she comes to me every week and we do a lot of Rogers and Hart, etc. It is fun and I love playing for her.

The song that Janet and Elizabeth sang is called, *A Baby is Born, Alleluia*. I have written all the music and the lyrics as well. It comes from a musical that both Gini Foley and I have written. Both of us with the dia-

logue and I have written one hour of music. We are now looking for an agent who would be willing to take it on and send it to a publisher. A smaller version of this musical namely, *The Magical Voices of Christmas*, was produced by us at Stelly's Secondary in 1995 and 1996. In the latter year, we took the production to Hawaii with all the Stelly's students.

The story is about young children, who live in a foster home on Old West Saanich Road in Brentwood Bay. They are left alone by their mistress two days before Christmas with little to eat and they have to bring about a project where they can have a Christmas dinner. Lots of things happen in this little village and they are protected by the Angel, Sephora, who oversees them. She remains in the background so the children are not aware of her presence. The protagonist is a man trying to unload a burden he has carried his whole life. The children are able to help the whole village in ways they never thought could happen. This musical is called, **Sephora's Song**.

I just recently directed and accompanied our Christmas Service and Concert for the Positive Living Centre. This is the last performance of the season so I can now relax."



Activity Notes

Stamp Club: Canada's First French Prime Minister Sir Wilfred Laurier

Sir Wilfrid Laurier, Prime Minister for fifteen years (1896 - 1911), was Canada's first French Canadian Prime Minister after Confederation. During his tenure in office, and as a leader of the Liberal party, he worked to unify French and English elements into a new Canadian-ism. The Laurier years, a time of economic growth and great prosperity, started Canada on the road to dominion status within the British Empire.

Early in his career, Laurier set forth the Canadian position. At the Imperial Conference of 1897 he asked for and received freedom from British commercial treaties. During his ministry he continued to demand greater autonomy from Great Britain, mainly in the area of defence.

Although the Liberals were defeated in the general election of 1911, the great statesman led his party until 1919, when he died. His death was mourned by all Canadians of every background and belief.

Our meeting for the Stamp Club in January will be cancelled since it falls on January 1st. So our next meeting will be in February, Thursday 5th at 1:00 pm. I hope you all have a good New Year and we will see each other at the meeting.

Kurt Sommer.



Stamps issued for the 60th Anniversary of the Canadian Confederation

144 Sir Wilfrid Laurier

147 Sir Wilfrid Laurier and Sir John A. Macdonald

Art Appreciation Group

Art Appreciation Group's next meeting will be Tuesday, January 6th. Gerie will tell us about the art of glass blowing.

See you in our downstairs corner at 7 pm.

Lunch Bunch at The Blue's Bayou Cafe



Come join the Lunch Bunch gang every fourth Thursday of the month. Watch for locations listed in The Centre News or on The Centre's website.

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.

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.

Upcoming Events

Greater Victoria Public
LIBRARY

Gwenyth Windsor
Branch Librarian
Greater Victoria
Public Library

Anyone get an eReader for Christmas? Greater Victoria Public Library has downloadable eBooks and audiobooks for all ages. To find out more, see our website, phone or drop into the library. You can sign up for a half-hour session of one-on-one learning: 1-on-1: Getting Started with computers & eReaders at the Central Saanich Branch starting January 28th. Register at gvpl.ca or call 250-940-GVPL (4875) for more information.

Family Storytimes will be back at the Central Saanich Branch in 2015 starting Wednesday mornings at 10:30 and running January 14 to May 13.

A New Year Time to Join the Fun

The Centre is the perfect place to try something new or join an activity you have always enjoyed in the past. From a wide range of volunteer positions to engaging with group activities, The Centre opens its doors with a welcome to all those 50+ interested in Active Living! Be sure to check our Weekly Activity Schedule in The Centre News or check online at : www.centrialsaanichseniorscentre.org

Here are some of the activity start up dates:

- Mah Jong - Monday, January 5 at 1 pm
- Bingo - Wednesday, January 7 at 1 pm
- Knitting - Wednesday, January 7 at 2 pm
- Scrabble - Friday, January 9 at 10:15 am
- Shuffle Board - Saturday, January 10 at 10 am
- Line Dancing - Thursday, January 8 at 11 am

Welcome New CSSCA Members

Wendy Buchanan

Valda Kitching

January Birthdays

- | | |
|--------------------------|------------------------|
| 03 Joan Ruskowski | 21 Marilyn Murray |
| 06 Lynn Lineham | 22 Lois Guest |
| 09 Dale Broad | 23 Shelagh McCormick |
| 09 Ruth Coldwell | 25 Glen Sprague |
| 12 Iris Tappin | 27 Muriel Ackincklose |
| 14 Marianne Brackenridge | 27 Michael Bird |
| 15 Gwen Horrocks | 28 Betty Hodgson |
| 20 Shirley Webster | 30 Jacquelyn MacKenzie |
| 21 Marian Chomlack | |

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 CFX'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.

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 10 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Jessie Kelly	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	
	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 Happy Smith	Songbirds Choir 1 - 2 pm Larry Skaggs		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	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
		Knitting 2 - 3:30 pm Happy Smith		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 each month	
	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 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 2015 CSSCA membership card.



15% off on your purchases on Tuesdays and Wednesdays, with your 2015 CSSCA membership card.



10% off selected items on the 2nd Tuesday of each month when showing your 2015 CSSCA membership card.



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2015 cardholders.



10% discount on the first Monday of every month to 2015 CSSCA cardholders.

Thank you to last month's CSSCA Event Sponsors:



Hair We Are



Just a Reminder

**IT'S 2015 ALREADY!
PLEASE RENEW YOUR
CSSCA MEMBERSHIP TODAY**

Thank you for being a part of this great association in 2014, we hope you will make the decision to renew your membership for 2015.

WE WANT YOU BACK!

The Centre office is open Monday to Friday from 9:00 am until 1:00 pm to accept payment of your 2015 fees — still just \$60 (cash or cheque) for a year of varied and interesting programs.

Thank you!
The Membership Director



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 : Gerie Turner

Vice President: Margaret McKelvie

Past President : Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

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