



Sunday Social Sunday, March 30

Mile Zero Band was formed in 2001 consisting of piano, trumpet, saxophone, trombone, bass and drums. Mile Zero band members, mostly in their 60's or beyond, play for the love of making music. Their set list includes recognizable tunes from the 20's, 30's, 40's and 50's.

It is our pleasure to play for charity events and non-profit societies at no charge with any proceeds going to the society. We look forward to providing an entertaining afternoon at The Centre.

Ken Marriette



Check It Out

President's Message	pg. 2
February Highlights	pg. 3
Upcoming Events	pg. 4 / 5
Activity Highlights	pg. 6 / 7
International Women's Day	pg. 8
Weekly Activities Schedule	pg. 9
Sponsors and Partnerships	pg. 10 / 11
Notes / Contact Information	pg. 12

March Events

Robert Bateman Centre Tour

- * Tuesday, March 11
- * Leaves The Centre - 10:15 am
- * Returns at 1 pm
- * Tickets \$15 at The Centre reception area

Board Meeting

- * Thursday, March 13 - 9:30 am

Friday Speakers Series

- * 1:30- 3 pm in The Centre Hall
- * March 7 - How to Sleep Better
- * March 14 - Life Stories
- * March 21 - Canadian Diabetes Assoc.
- * March 28 - 'The Peninsula' and 'The Norgarden'

Irish Night at The Centre

- * Thursday, March 13
- * Doors open - 5 pm Dinner - 5:30 pm
- * Catered by Jazzaniah - Irish themed menu
- * Entertainment - Music duo 'Black Angus'
- * Cost: Members \$20 / Non-member guests \$23
- * Tickets available at The Centre reception

Pot Luck Lunch

- * Thursday, March 20 - 12:15 pm

Sunday Social

- * Sunday, March 30 2 - 4 pm
- * Entertainment - '**Mile Zero**' band
- * Tea / Coffee and Goodies
- * Guests with members welcome
- * By donation at door

Lunch Bunch

- * Thursday, March 27 12 noon
- * 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*



First of all, thank you to all who came out for the A.G.M. and to all who had their agenda items well-prepared. It is wonderful, in my opinion, that more time is spent with fellow members after the meeting than in the actual business meeting.

Special thanks to Lillian Davidson who is leaving the Board of Directors after serving as our reliable and extremely accurate Recording Secretary for the past three years.

Congratulations to the three new board members elected: Mike Bird, Dave McVey and Elizabeth Skaggs, our new Recording Secretary. I know we will have a productive and enjoyable year.



Keeping your fingers crossed last month paid off! We did get approval for the \$21,000 federal New Horizon's grant for The Centre's heat pumps!

The Pancake Breakfast on February 11th was a great success, if you measure it by the tiny amount of strawberry sauce that

was leftover! Thanks to Sassy's Restaurant for again giving us the pancake supplies, as they have for the past many years. We certainly appreciate their support. Thanks as well to Carnivore Meat Market for their substantial discount on the cost of the ham. It was an enjoyable morning, especially for the 'stirrers' and 'flippers' in the kitchen.



No doubt you've noticed the friendly greeting you've received when you walk through the door at The Centre. There is a mighty team of 20+ volunteers who 'man' the reception desk and who ensure members and visitors alike that they are welcomed. These receptionists are the 'public face' of our membership and we all appreciate their warm welcomes. Thanks to Gwen Bentley for 'coordinating, scheduling, educating, and encouraging' our receptionist volunteers! Perhaps you could tell them, the next time you come in, how much you appreciate their work. Keep in mind, as well, that Gwen is always looking for new 'office personnel'!

March promises to be filled with interesting 'anchors' to the days. Hope to see you at ***Irish Night at The Centre***, remember to wear something green. Hope to see you many other times at our 'active lifestyle' activities at The Centre.

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

A portion of the sales comes to The Centre

Sign up for orders in The Centre Reception area

Delivery to The Centre will be mid - May



February Highlights

Pancake Breakfast



It was a great way to start a cold, February morning. The carpet bowlers and shuffleboard players put on a wonderful breakfast event for all those who enjoy a hearty breakfast with all the trimmings!



February's Sunday Social

The snow is beautiful to look at but sometimes falls at inconvenient times. We're sorry that the Ocean Rain Chinese Dancers Sunday Social had to be cancelled due to snow. Thanks to all who prepared to help and especially to Cathy Gillis-Crooks who walked to The Centre Sunday morning and answered the phone. We hope to reschedule this event sometime soon.

Gerie Turner

AGM Brings Out Members



CSSCA Executive

President

Gerie Turner

Vice President

Margaret McKelvie

Recording Secretary

Elizabeth Skaggs

Corresponding Secretary

Penny Furnes

Treasurer

Thea Revoy

Past President

Braunda Gustafson

CSSCA Board Directors

Michael Bird

Marney Ellis

David McVey

Shirley Monych

Marilynn Murray

Margaret Sharples

Kurt Sommer

Wendy Wignall



Robert Bateman Centre Tour

Just to let you know, this tour, originally arranged for Tuesday, Feb. 25 had to be postponed thanks to the weather and will now happen on Tuesday, March 11 leaving The Centre at 10:15 am, returning at 1pm. Due to the change of dates some people had to drop out so there are now a few spots available. The trip is with Handy Dart bus and the total cost is \$15. A sign up sheet will be in the main office at The Centre.

Gerie Turner

Upcoming Events

Friday Speakers Series

At The Centre
1:30 - 3 pm



March 7 - Last of the Journey Program Series
Topic: How to sleep better

March 14 - Life Stories -
Speaker: member of the Association
Of Personal Historians,
Pattie Whitehouse

March 21 - Canadian Diabetes Association
Speaker to be announced

March 28 - 'The Peninsula' and 'The Norgarden'
Introduction to Two Retirement
Homes in Sidney
Speaker: Denise Tidman



AT THE LIBRARY IN MARCH

Join us for the following programs:

Build Your Own Website for Free
March 5, 2:30-4:00

Join us for an introductory class and learn how to use freely available software to create your own website. Register at gvpl.ca or call the library for more information.

A Teddy Bear's Picnic
March 26, 10:30-11:30

For young children and their families; children under 3 must be accompanied by an adult. If you go down to the library today, you're in for a big surprise! Bring your favorite teddy along to the library for some beary fun stories. Register at gvpl.ca or call the library for more information.

eBooks with your eReader or Device
March 26, 2:00-3:00

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 at gvpl.ca or call the library for more information.



March Birthdays

02 Jessie Kelly	17 Gwenth Ames
02 Sheila Mosher	18 Jane Carroll
03 Renée Nicholls	18 Grace Laberge
03 Rosemary Wellman	20 Bette Kinch
03 Helen West	20 Lynda Miller
07 Barbara Wilson	22 Jill Keri
10 Esther Farr	29 Betty Board

Don't miss out

A few bus seats are available for the
Robert Bateman Centre Tour.
Tuesday, March 11 - 10:15 am - 1pm
Check page 3 for more details

Upcoming Events



We love our 'home away from home' here at The Centre. Here is a great project for all those who like to 'roll up their sleeves' to sort, toss and clean in anticipation of a fresh start to the spring season. 'Many hands make light the load' and also make the job way more fun!

If you are interested in lending a hand, let the receptionist at the front desk know and you will be contacted later as a date and time will be arranged that best suits the 'crew'.



Sunday Social

March 30 2 - 4 pm

Don't miss the music by local group **Mile Zero Band**. The Centre hall will be alive with favourite tunes. Bring along a guest and join your friends for tea / coffee and delectable treats. Donation box at the doors. See you there!

More information on cover page.

IRISH NIGHT AT THE CENTRE

Thursday, March 13

Doors open - 5 pm

Dinner - 5:30 pm

Tickets - members / \$20

Non-member guests / \$23



BlackAngus Duo joins us at The Centre for stew and song on March 13 in a musical celebration of St. Patrick's Day.

BlackAngus is Brentwood one-time son Gareth Hurwood, and Saanich resident Alexander MacCuaig. Hurwood leads the way with passion, humour, a powerful voice, and his beloved guitars. MacCuaig expands their music one-hundred-fold with his complimentary vocals and effortless skill on the upright bass.

The BlackAngus partnership overlapped the last season of Kitangus performances on the South Island, and it is from that popular West Coast Celtic ensemble that BlackAngus was born. Since then the perfect combination of public house, concert hall, wedding and wake has kept the boys busy and blessed with the reception they get wherever they go.

These days Gareth and Alex continue to explore the best of song and story with an expanding ear for contemporary original to blues and old-time while the Celtic heart continues to shine through.

Activity Highlights at The Centre

Stamp Club



These stamps are part of the *Queen Victoria Series* from 1868-1897.

The Young Queen Victoria

In the year of 1859, when Canada was known as *The Province of Canada*, the values for the current stamps changed from pence to cents.

In 1868, for economic and security reasons, Canada became *The Dominion of Canada*. With this, a new set of stamps was issued to become known as the *Queen Victoria Issue*. The head of the young Queen Victoria was on all values of the set. The only difference was colour, paper, perforation, direction of face and the size of the stamps.

The *Queen Victoria Issue* was in circulation for 29 years until 1897. But...hold a minute...not so fast...long before this time...

(to be continued next month)

Until then, have a nice time. The Centre's Stamp Club will meet again on Thursday, March 20 at 1 pm at The Centre.

Kurt Sommer



Art Appreciation Group

By Gillian Lightbody

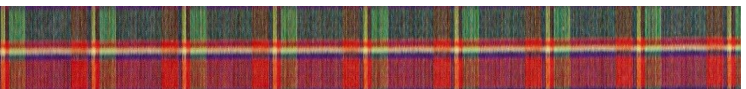
Have you ever been curious about certain artists, what sort of life they led, what influenced their style of art, or if they became famous before or after their death? Well wonder no more! Come to the informal Art Appreciation Group meetings at which we research and discuss a variety of artists and genres.

Occasionally we have local artists join us to share their stories and show off some of their work. We also attend Lund's Fine Art Auctions and have visited both the Victoria and Vancouver Art Galleries as well as some smaller galleries.

As a person very ignorant of the art world, I have learned a great deal and have had fun since attending this group. I hope many of you will join us on Tuesday evenings at 7 pm in the downstairs hall of The Centre.

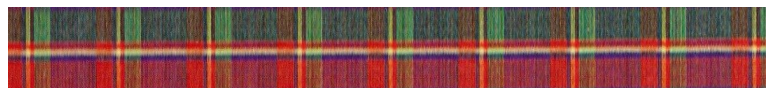


At a recent meeting we had a 'Show and Tell', which was very interesting and great fun when we all emulated a pipe smoker with Gerie's antique, beautifully carved, Meerchaum pipe (photo: Gillian takes her turn with this special pipe.)



Scottish Country Dancers

The Scottish Country Dancers will be having a fundraiser for The Centre in the spring. We will do a fun Ceilidh. Look for more information to come!



Activity Highlights at The Centre

What is CHAIR YOGA?

By Gail Bradshaw

Chair Yoga is yoga practiced sitting down or using a chair for support. A participant for the past year, Vicki Caldwell says it is, "Relaxing, especially the breathing which I use daily." Maybelle Hutchison describes Chair Yoga as, "A discipline that teaches you to breathe properly and stretch your body to your own limits."

Instructor Gail Bradshaw emphasizes those last four words, "...to your own limits". Yoga is a practice of increasing awareness of your body, breath and mind, by exploring your body's range of motion and tailoring the practice to your particular body and how it feels on any given day. Gail stresses the importance of listening to your body – rather than your mind - and allowing your body to be your teacher. Says Maybelle, "I am learning to pace myself during any activity and not lose patience when some activities become difficult [for me]."

Long-time yoga practitioner, Marianne Brackenridge, defines Chair Yoga as, "A gentle method of performing yoga moves yet allowing the body to become energized and relaxed from a sitting position without excessive movements." Adds Iris Tappin, "It's an easy way to keep my body parts movable."

"Chair Yoga is a wonderful way for those of us whose strength and mobility are compromised in some way to become more flexible, more aware of what we are doing to our bodies in our daily lives, to learn to use our breathing to relax body and mind, and to become aware of how our minds work for or against us." says Gail.

Asked who might benefit from Chair Yoga, Marianne replied, "Anyone, especially those who are unable to participate in floor exercises/ stretches, also those who are hampered by a disability of some type as yoga can be applied in some way to achieve results, to keep body circulation energized. I find that practicing chair yoga has allowed me the ability to really understand my body and the connection between body and mind. I practice daily to keep the body and mind in a relaxed balanced state."

Asked if she found they could apply anything they learned in Chair Yoga to their day-to-day life, Marianne answered, "Yes, I am more aware of wrong moves that

I make, (out of habit), also I find with any stress that I am able to practice the yoga breathing in order to calm my mind and body."

Asked if they noticed any benefit from practicing Chair Yoga: "Yes most certainly, a flexibility that allows me to continue with various movements and to be most aware of breathing techniques" said Marianne. "I am learning to stay within my individual limits," replied Maybelle.

Vicki says "I have osteoporosis, and my posture was terrible when I started." A year later she says "I have noticed how little back pain I now have, and my posture has definitely improved." Do you practice any Chair Yoga at home between classes? "Yes, especially when I awaken with stiff joints and also I am reminded of my posture when sitting at the computer." Asked why she practices Chair Yoga, Iris answered: "I find I feel better after I have done it." Marianne says, "to avoid RUSTY joints." "It makes me feel better mentally and physical," adds Maybelle, furthermore "It's fun."

Would you recommend Chair Yoga? "Most definitely, to all ages," says Marianne. "I think everyone can benefit from chair yoga in their own way." adds Iris.

Yoga instructor, Gail Bradshaw, first brought Chair Yoga to the Centre in 2011 and offered the class until Spring 2012. Chair Yoga resumed at CSSCA in February 2013 after a member contacted Gail to ask about classes which led to contact with President, Gerie Turner, a regular participant at Chair Yoga for the past year.



YOGA
YIN
FLOW
HATHA
GENTLE
RESTORATIVE
Gail Bradshaw, M.Ed., E-CYT
PRIVATE SESSIONS AVAILABLE
gaildesigns@apparitionmusic.com
250-656-8880

International Women's Day

by Marianne Brackenridge



International Women's Day

Congratulations once again to all women as we mark the date of March 8, 2014 as International Women's Day or, as it is also known as United Nations (UN) Day for Women's rights and International Peace.

This day has been celebrated since early the 1900's, when more than a million men and women marched in Europe for women's rights to work, vote, hold public office and to become educated citizens. Oppression and inequality encouraged women to become more vocal and to push for change. In 1908, thousands of women marched in the streets of New York demanding equality in the work force, with regard to salaries and voting rights.

Events are held world wide representing every aspect of women's employment /rights to inspire all women and to celebrate the first National Women's Day across the United States in 1909, February 28th, this date was observed until 1913. Messages delivered at these events often focus on various themes such as innovations, the portrayal of women in the media, or the importance of education and career opportunities. The International Women's Day logo is colored purple and white and features the symbol of Venus, which is also the symbol of being female. The faces of women of all backgrounds, ages and nations are also seen in various promotions, such as posters, postcards and information booklets on International Women's Day. Various messages and slogans that promote the day are also publicized during this time of the year.

Although much progress has been made to protect and to promote women's rights in recent times, the fact remains that nowhere in the world can women

claim to have all the same rights and opportunities as men; (quote UN). A large percentage of the 1.3 billion absolutely poor people are women. After a disaster (fire) in New York City that took the lives of 140 working women, this became a focus for major changes in working conditions and labor legislation in US.

In 1975, in order to draw attention to women's concerns, the United Nations called for an international Women's Year. The UN General Assembly then proclaimed March 8 as the UN day for Women's Rights and International Peace in 1977. The day aimed to help nations worldwide eliminate discrimination against women and focused on helping women gain full and equal participation in global development. This is obvious today as we note many women in high powered global positions and more than 15% of parliamentary positions are held by women.

We have come a long way, progress is evident in many areas including a huge step forward in the sports arena. This year, finally women were allowed to compete in the ski jump event of the Olympics. This was celebrated and considered a major step forward for women athletes.



No Scents Makes Sense

It has become apparent that many of our members find that perfumes, strong aftershaves, and various scented sprays and lotions create a mix in the air that makes breathing difficult. In consideration of others by insuring The Centre is a comfortable place for all, please avoid using these products at The Centre activities and events. Thank you so much.

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 1 - 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 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 June Baker Barb Roberts
		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		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	

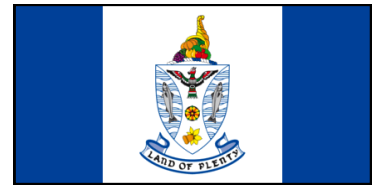
Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our 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 new windows, upgrading washrooms, installing hand railings and foundation work for new sump pump.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. The district has provided funding for various capital projects such as our new roof and more recently for upgrades to The Centre's sump pump.



Upon application, The CSSCA received a grant that will provide The Centre the funding necessary to install a new heat pump. This system will handle the heating and cooling needs in our building to ensure comfortable conditions for all CSSCA activities.



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



10% discount on purchases made on Wednesdays, 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.

Thank You to Our Community Partners

LIVE WELL WITH

PHARMASAVE

10% off selected items on the 2nd Tuesday of each month when showing your 2014 CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office. Must show your 2014 CSSCA membership card at time of purchase.

JJ's Coffee House

15% off on your purchases on Tuesdays and Wednesdays, with your 2014 CSSCA membership card.



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.

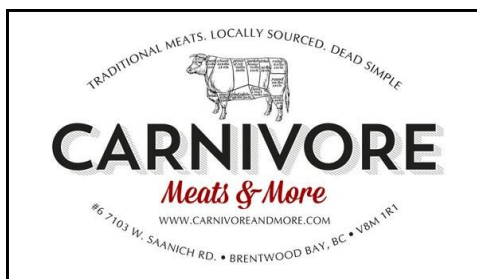


Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month.



10% discount on the first Monday of every month. 2014 CSSCA membership card is required.

The Centre extends a *thank you* to last month's contributors:



C & C GROWERS

Welcome New CSSCA Members

Sheila Mosher	Jane Carroll
Sandra Walt	Gini Foley
Rosalind Coleman	Dianna Coumont
Michael Simmons	Ingrid Schmidt-Ostrander
Marion Elliott	Pamela Brambell



Recognition of Dedicated Service



Lillian Davidson (right), our Recording Secretary, was thanked by all at the AGM for her meticulous meeting minutes over the past three years. She comes by this skill honestly as, early in her post-college years, she worked in a busy freight office in Hay River, Alberta, as the personal secretary for a boss who was away from the office for weeks at a time. We are very fortunate that she caught the eye of a certain John Davidson at Alberta College. After moves throughout Alberta and B.C., and a year spent in New Zealand, she is now in Brentwood Bay. Thank you Lillian (and John) for your commitment to The Centre.



St. Patrick's
Day

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

Michael Bird

Marney Ellis

David McVey

Shirley Monych

Marilynn Murray

Margaret Sharples

Kurt Sommer

Wendy Wignall

The Centre News

Editor / Layout: Wendy Wignall

Support Team: Gerie Turner Bety-Lou Verwolf

Photos: Wendy Wignall Gerie Turner

Distribution Gwen Bentley