

November  
2015



The  
Centre  
News

## The Centre for Active Living As the saying goes, "Use it or Lose it"

The Centre provides great activities for its members. Recently some activities dropped from our schedule as participation by members wanes. Most activity groups are coordinated by volunteer members who bring an enthusiasm and/or expertise to provide an enjoyable focus to a group of members. All The Centre's activity groups bring people together to build friendships and healthy lifestyles. This is an invitation to all our CSSCA members to consider stepping out and joining something new or joining something you already enjoy! If you are interested in offering leadership in a new activity, please contact The Centre's office for help in organizing an interest group. For all our other members, consider taking up the challenge and participating in The Centre's Active Living!



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## November Events

### Sunday Social

- \* Sunday, November 1
- \* Entertainment: Mark Davies with golden oldies from the 30s to 50s (see pg. )
- \* Coffee / Tea and refreshments
- \* Everyone welcome
- \* Donations accepted at the door

### CSSCA General Meeting

- \* Thursday, November 5
- \* 2 pm - The Centre Hall

### Friday Speakers Series

- \* Friday, November 6 - 1:30 pm - 3 pm
- \* Topic: Estate Planning
- \* Presenter: Del Elgersma of Beacon Law Centre
- \* Donations accepted at the door

### CSSCA Board Meeting

- \* Thursday, November 12 - 9:30 am

### Remembrance Day

- \* Wednesday, November 11
- \* The Centre Office is closed



### Potluck Lunch

- \* Thursday, November 19 - 12:15 pm

### Lunch Bunch

- \* Thursday, November 26
- \* Stonehouse Pub at 2215 Canoe Cove Rd.
- \* Sign up sheet in The Centre's reception or call Corinne at The Centre at 250-652-4611 or email corinnemarshall@shaw.ca
- \* For transportation needs contact a driver from someone on the list or contact Corinne
- \* Great opportunity to get to know one another

### Sunday Social

- \* Sunday, November 29 - 2 pm
- \* Coffee / Tea and refreshments
- \* **Baking & Crafts Sale** begins at 1pm
- \* Donations accepted at the door

### Bingo

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

# President's Message *CSSCA President, Margaret McKelvie*

How time flies! Events such as turning back the clock one hour and decisions about flu shots remind us that winter is coming soon. Putting on an extra sweater, adding a warmer blanket to the bed, lighting the fire-place and planting bulbs for next spring, are all cues to the changing of the season. Be sure to prepare yourself for colder nights and shorter hours of daylight.

The Executive and Board continue to be busy. A ditch is to be dug along the south inside wall to allow drainage to flow away from the building. This will reduce pressure on the heat pumps and reduce our electric bill.

An environmental audit of the building required by the Municipality will confirm whether or not we are 'eco-friendly'. The new audio system with the hearing loop is complete and installed both upstairs and down.

There are new floor coverings on the inside stairs and

in the bingo hall.

Along with site maintenance and upgrades, we continue to apply for various grants that will support our programs. Social events, speakers and outings, meetings and record keeping, all take time to plan and execute. We are fortunate to have committed members working to keep The Centre an interesting place to be.

Some members may find that transportation to The Centre is a challenge in the wet, dark days and evenings ahead. Please call the front desk and leave a message so that plans can be made to get you there and back. We want everyone to share in any activity they wish to attend.

Stay warm and keep dry. Or is it keep warm and stay dry? Whatever it is, I wish you well.

Margaret



## Program Notes

**Potluck Lunch:** Thursday, November 19  
Third Thursday of each month  
Everyone is welcome to join these lunches with friends.

**Floor Shuffleboard:** 2 - 4 on Thursdays  
Hope to see more members out for this fun and active afternoon.

**Line Dancing:** Cancelled at this time

**Carpet Bowling:** Cancelled at this time

To keep our programs active, consider joining and participating in something new for you at The Centre this season!

## Welcome to New CSSCA Members

Al Szeliga

Darlyn Hardy

Norma Greig

Valerie Leir

# Around The Centre

## Celebrating Oktoberfest

by Gerie Turner

A capacity crowd of members and their guests celebrated Oktoberfest on October 22<sup>nd</sup> at The Centre. Thanks to the organizers Kurt, Martha, Glen, Inge, Annaliese and Hedi as well as helpers Shell and Sylvia.

We enthusiastically lined up for the traditional German dinner, then emotions ran high as we tried to outbid our competition for colourful auction items. Kurt and Martha's son Oliver was our talented auctioneer who led us through a donated selection of blankets, quilts, crystal, and gift certificates. He was so skilled that some items sold for more than their value! A beautifully handmade blanket will keep its new owner warm through this winter, with 'all those icebergs coming down the coast'.

Music by Ron Sera and Mary Ross inspired Oliver and Glen to dance the "Schuhplattler" (slapping your shoes). The Anniversary Waltz was danced by Shirley and Walter Monych, celebrating their 60<sup>th</sup> wedding anniversary!

We all enjoyed a wonderful evening of singing and dancing and look forward to next year's Oktoberfest.



Ron and Mary filled the hall with toe tapping music.



Oliver and Glen demonstrated fancy footwork!

**Thank you** goes out to all our community sponsors and individuals that helped make our Oktoberfest such a success. We appreciated their generous support of The Centre through donations for door prizes and event decorations.



Panorama Recreation Centre  
Sue Tribe  
Sylvia Rachak  
Peninsula Home Brew  
Kurt Sommer  
Anneliesa Thomson  
Sassy's Family Restaurant  
Brentwood Bay Village Emporium  
Hair We Are Hair Stylist

Thrifty Foods  
Eurosa Florist  
Black Press  
Sluggett Farms  
Roger Comartin  
Rodco Interiors  
Adrienne's Tea Garden  
Blue's Bayou Cafe  
Fairway Market  
Elizabeth Skaggs

# Around The Centre

The September Speaker Series with Jennifer Cairns, of e-gurus Technology Tutors, and Ron Fraser of London Drugs was a great success with approximately 80 in attendance. Donations from this Series was \$175.00 (approx).

The October Speaker Series with Dr. Clem Persaud and his wife, Donna –“Laughter is Really Good Medicine!” was also a success with approximately 60 people in attendance. Donations from this series were \$160.00 (approx).

We had a second “Speaker Series” this month. It was held on October 30<sup>th</sup>, 2015.



Donna Stewart, Audiologist, of *Hear in Brentwood Bay*, presented “Are You in the Loop?” A Loop System for use with hearing aids has been installed at the Centre. This was an information session to learn about this system.

Sue Tribe has reported on the Trip held on October 5<sup>th</sup> as follows:-

We were invited to join the Shoal Centre’s trip to the ballet “Tea for Tutu” on October 5<sup>th</sup>. The bus from Coastal Companion Services picked up nine of our members at no cost to us for the transportation. We were taken to St. Andrew’s church in town. Everyone enjoyed the ballet. How fortunate we are to have such talent here in Victoria. Coffee, tea and cookies were served. We were able to talk with the performers and take pictures as well.

Sue also reported that we have 39 people signed up for the Chemainus Trip – *Elf* to be held on November 28<sup>th</sup>, 2015.

The November Speaker Series will be presented by Del Elgersma, of the Beacon Law Centre – “Estate Planning” to be held on Friday, November 6<sup>th</sup>, 2015.

Respectively submitted,  
Marney Ellis

## Please Note



Coffee sales will change. The bag will now hold **454 grams** instead of **300 g**. Each bag is biodegradable. New cost for these larger bags will be \$11.00

## Walking Group



- \*Saturdays - 9:30 am
- \*Meet at Centennial Park in the main covered picnic area
- \*Everyone welcome to join for a refreshing morning walk together
- \*Great way to enjoy the outdoors and meet new friends
- \*For information call Vivien Bradley at 778-677-9540

## Let’s Get Cracking! Christmas Cracker Making Friday, November 20 12:30 - 4 pm

This workshop will be set up in The Centre’s downstairs hall. Refreshments will be provided. The plan is to create Christmas crackers for The Centre’s Christmas Lunch.

Bring your creative genes and all your decorative bits and pieces! Last year we made 100 Christmas crackers for our Christmas Lunch at the Centre. I recall they were a hit!

Thanks, Gerie Turner



# Around The Centre

## Stamp Club

### Jacques Cartier (1491 - 1557) - A Name to Remember

In 1534, King Francis I of France sent Jacques Cartier to North America *to discover certain islands and countries where it was said that he should find a great quantity of gold*. Cartier, a skilled and daring seaman, found no gold, but claimed the land of Canada for France. In late May, he landed on Gaspé Peninsula, where he erected a thirty-foot cross marked with the fleur-de-lis.

After visiting the Iroquois, Cartier returned to France to escape the winter storms. One year later he again set sail for Canada, this time to become the first European to traverse the St. Lawrence River.

In 1541, Cartier embarked upon his third and last New World expedition. This final enterprise, which included colonists, proved a dismal failure. Cartier found what appeared to be rough diamonds and returned to France, where the diamonds were identified as quartz.

The plans for a colony did not materialize, and a disillusioned France turned to other things. Sixty-five years would pass before the true wealth found by Cartier would become apparent. Not until the 1600's would New France take root by the St. Lawrence and the riches of the fur trade start to yield a profit.

Cartier was recognized on postage stamps by Canada Post issued in 1934 as a special stamp to memorialize Jacques Cartier on this 400th anniversary.

Our next meeting for the Stamp Club will be November 5th at 1 pm at The Centre. Until then have fun collecting stamps.

Sincerely, Kurt Sommer



## Fitness Groups' Bake Sale & Crafts from our Knitters and Weavers

**Raffle Tickets - \$2**  
**Sunday, November 30 at 1 pm**  
**The Centre's Sunday Social follows at 2 pm**  
**Coordinator: Barb Roberts**



## Keep Warm This Winter

The Knitting / Crochet Group is selling tickets for a beautiful throw, 'In Love With Colour'.

The throw was made and donated by Shirley and all proceeds will go to The Centre.

Tickets available at The Centre. The draw for the throw will be at the Sunday Social on November 29th.

Get your winning ticket now!



# Upcoming Events

Greater Victoria Public  
**LIBRARY**

June Sinclair Smith,  
Public Services  
Librarian,  
Greater Victoria  
Public Library  
250-940-GVPL  
(4875) Ext. 821

Join us at Central Saanich Branch Library for a free blood pressure clinic sponsored by the Heart and Stroke Foundation and Beacon Community Services. At the clinic participants will complete risk assessment forms, have their blood pressure taken and discuss the results with trained volunteers. No registration required.

**Tuesday November 24, 10:30-12:30 pm**

## Chemainus Theatre Trip Reminder

For those who have purchased tickets for this trip to Chemainus to see the theatre production of 'Elf', the date is:

Saturday, November 28th.

Bus leaves The Centre at 11:00 am & returns at approx. 7:00 pm.



## Sunday Social

**November 1**

Mark Davies

Victoria Singer and Songwriter  
An afternoon of golden oldies  
from the 30s to 70s.

## November Birthdays

08 Penny Furnes	21 Cathy Thompson
12 John Davidson	23 Norm Gustafson
12 Lionel Evans	23 Janice Mercer
13 Merv Novak	28 Tanga Blackburn
16 Hazel Best	28 Dean Wilson
16 Eunice Webber	30 Liz Butler
20 Leo Vezina	
21 Joan Ormiston	



## Christmas Light Tour

Monday December 14th

6:30 to 9:00 pm

Bus leaves from The Centre

Return to The Centre for Tarts and Hot Chocolate.

Bus Tour cost: \$18

Sign up sheet in the front office

Payment is due when signing up.

29 seats available

Sign up early to ensure a seat on the bus!

Event Coordinator: Sheila Viggers



## Christmas Lunch

One of The Centre's most popular annual events, the Christmas Lunch, is not far off. Mark your calendars for **Thursday, December 17th**. Ticket sales begin in November, \$22 for members and \$25 for guests. You will find more details posted around The Centre or on our website [www.centralsaanichseniorscentre.org](http://www.centralsaanichseniorscentre.org) and in December's issue of The Centre News.

# Laughter is Good Medicine

## Lexophile ?

Lexophile" is a word used to describe those who have a love for words, such as, "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless."

A competition to see who can come up with the best lexophiles is held every year in an undisclosed location.

This year's winning submission is posted at the very end.

... When fish are in schools, they sometimes take debate.

... A thief who stole a calendar got twelve months.

... When the smog lifts in Los Angeles U.C.L.A.

... The batteries were given out free of charge.

... A dentist and a manicurist married. They fought tooth and nail.

... A will is a dead giveaway.

... With her marriage, she got a new name and a dress.

... A boiled egg is hard to beat.

... When you've seen one shopping center you've seen a mall.

... Police were summoned to a daycare center where a three-year-old was resisting a rest.

... Did you hear about the fellow whose entire left side was cut off? He's all right now.

.. A bicycle can't stand alone; it's just two tired.

... When a clock is hungry it goes back four seconds.

... The guy who fell onto an upholstery machine is now fully recovered.

... He had a photographic memory which was never developed.

... When she saw her first strands of grey hair she thought she'd dye.

... Acupuncture is a jab well done. That's the point of it.

**And the cream of the twisted crop:**

.. Those who get too big for their pants will be totally exposed in the end.

ALWAYS LAUGH WHEN YOU CAN;

IT'S CHEAP MEDICINE!

Thanks to Elizabeth Skaggs for this contribution .



# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Scottish Country Dancing</b> <b>Walk Around</b> 10 am Janet Mitchell	<b>Aerobics</b> 9 - 10 am Barb Jefferies		<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Walking Group</b> 9:30 - 10:30 am Centennial Park Vivien Bradley
<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies		<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies		<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	
<b>Photography Club</b> 1 pm Marilynn Murray Start Up- Oct. 5	<b>Painting</b> 12:30 - 3 pm Marilynn Murray	<b>Weaving</b> 11:30 am - 2:30 pm Janis Ball Thea Revoy	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm		
<b>Mah Jong</b> 1 pm Braunda Gustafson	<b>Songbirds Choir</b> 1 - 2 pm Larry Skaggs	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:45 am Sign-up sheet in office	<b>Scrabble</b> 10:15 am Casual Happy Smith	<b>Snooker</b> 1 - 4 pm Art Pugh Casual
<b>Bridge</b> 1 - 4 pm Lynda Tucker Barb Roberts	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm Braunda Gustafson		<b>Chair Yoga</b> 12 - 1 pm Gail Bradshaw	<b>Bridge Clinic</b> 1 - 4 pm Lynda Tucker Barb Roberts
	<b>Table Tennis</b> 2 pm Don Turner	<b>Knitting</b> 2 - 3:30 pm Happy Smith	<b>Floor Shuffleboard</b> 2 - 4 pm	<b>Cribbage</b> 1 pm Norm Gustafson	
	<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell		<b>Stamp Collecting</b> 1st Thursday 1 pm Kurt Sommer	<b>Speakers Series</b> 1:30 - 3:00 pm First Friday of Sept. Oct. & Nov.	
	<b>Art Appreciation</b> 7 pm Joyce Wolfe Gerie Turner Start Up - Oct. 6			<b>Scottish Country Dance</b> 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 \$11 per 454 g. 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.



## 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](mailto:cssca@shaw.ca)

[www.centralsaanichseniorscentre.org](http://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

Braunda Gustafson

David McVey

Shirley Monych

Marilynn Murray

Margaret Sharples

Kurt Sommer

Wendy Wignall

### **The Centre News**

**Editor / Layout:** Wendy Wignall

**Support Team:** Margaret McKelvie Bety-Lou Verwolf

**Photos:** Gerie Turner

**Distribution:** Gwen Bentley

Braunda Gustafson

Tanga Blackburn



Reminder to all chocolate lovers that the orders and payment are due by NOON, Friday, November 6. Please make the cheques out to Happy Smith not Purdys. Thank you, Happy

