

# The Centre News

Heart of the Peninsula



NOVEMBER 2016



## In This Issue

<u>November Events</u>	pg. 1
<u>Presidents' Message</u>	pg. 2
<u>Around The Centre</u>	pg. 3
<u>Activities</u>	pg. 7
<u>Upcoming Events</u>	pg. 8
<u>Upcoming Community Events</u>	12
<u>Weekly Activity Schedule</u>	pg. 13
<u>Community Partners</u>	pg. 14
<u>Contact Information</u>	pg. 15

## November Events

### CSSCA General Meeting

- \* Thursday November 3rd, 2:00 pm

### Speakers Series

- \* Friday November 4th 1:30 pm
- \* Brent Cooke Artist of the Year Canadian Wildlife Federation

### CSSCA Board Meeting

- \* Thursday November 10th 9:30 sharp

### Remembrance Day

- \* Friday November 11th closed

### Potluck Lunch

- \* Thursday November 17th noon
- \* Bring your favorite dish

### Card Making Drop In

- \* Monday starting November 7th 1—3 pm
- \* In lower hall

### Busing For Fun

- \* November 18th 9:00 am
- \* Sign up sign at Reception

### Lunch Bunch

- \* November 24th 11:30 am
- \* Odysia Restaurant in Sidney
- \* Sign up sheet at the Centre

### Karaoke Sing-A-Long

- \* November 25th 2:00 pm
- \* Hosted by Darryl Markin

### Sunday Social & Bake Sale

- \* November 27th 1:00 pm Bake Sale
- \* Entertainment Music Bingo 2:00 pm
- \* Refreshment 3:00 pm

### Bingo

- \* Wednesdays 1—4 pm
- \* Everyone 19 and over welcome
- \* Refreshments served



# Presidents' Message

Presidents' Message for November 2016

November is a month for planning and remembering. Where to put the new bulbs I could not resist buying. Digging out warm winter clothing and boots. Where to spend the upcoming holidays and with whom. Preparing meals to warm chilled bodies. Hunkering down with the books gathered in anticipation of time to read them when the days got shorter. Turning on the heat in the house once again.

Remembrance Day brings back memories of my father's Uncle Bob, or R. W. Stewart as was his official name. He was a kind gentle man who loved chocolate. Uncle Bob was gassed in WWI and declared disabled. After returning to my grandmother's home in Winnipeg, he went to live at Fulford Harbour on Salt Spring Island. I visited him there once. His cottage was spotless and he had a little garden where he grew vegetables. He remained a bachelor. Near the end of his life my father went to gather up Uncle Bob's possessions. Among them was a tiny engagement ring. Who was it for? What happened? We will never know.

Whatever your plans or your remembrances, I hope you all remain safe, warm, healthy and in good company. Now where did I put my glasses and warm sweater?

Namaste,  
Margaret



## The Lunch Bunch

enjoying their monthly outing at the Spitfire in North Saanich. Come out and join us the 4th Thursday of each month



## BINGO



Every Wednesday

1:00 - 4:00 pm

Everyone Welcome

Must be 19 years of age

Refreshments



# Around The Centre



October 30th Sunday Social we were entertained by the Craig Henderson Trio, with Bill Kent on bass and Gordon Henderson on guitar. They received a standing ovation from the audience. Thank you to Glen Sprague, our Entertainment Coordinator for making our Sunday Socials so successful each month.



Ceilidh September 30th, Thank you to the Demo Team who practised the Spring Reel many times. A special thanks to Larry for being such a good sport and filling in for Patrick.



Nov 8	Penny	Furnes
Nov 12	John	Davidson
	Lionel	Evans
Nov 13	Merv	Novak
Nov 16	Eunice	Webber
Nov 20	Leo	Vezina
Nov 21	Judy	Sollid
	Joan	Ormiston
Nov 23	Janice	Mercer
Nov 24	Harbhajan	Kareer
Nov 28	Tanga	Blackburn
	Dean	Wilson
Nov 30	Liz	Bulter

The September Ceilidh was a wonderful success with approximately 40 people attending. It takes a group of dedicated volunteers to put on these events. Thank you to all involved.

The next CEILIDH is December 9th. See you there.



# Around The Centre



Community Arts Council of Saanich Peninsula

## Fall Studio Art Tour

On October 22nd and 23rd, The Centre's Art Group and Weavers transformed our hall into a gallery exhibiting the creative work of many of our talented CSSCA members. The Centre was included in the Fall Studio Art Tour, a popular annual event put on by the Community Arts Council of Saanich Peninsula. Although The Centre was not crowded with throngs of people over the two day event, the art lovers who came through the doors were treated to a warm welcome and the chance to peruse the many beautiful pieces that were up for display and for sale. Many comments were made regarding the high caliber of the show. Sales were made and several enquires were made about The Centre. Perhaps we'll see new members participate in the future.

Thank you to Marilyn Murray, the participating artists, the volunteers for the hard work of setting up and taking down the displays, to those greeting our visitors and helping with the concession stand. We can all be proud of The Centre's place in the community as an active venue with some very talented people!



### Card Making

We ran our first Card Making Workshop led by Christina Haggart, October 21st, where we made 4 Cards. Christina left behind over \$4000 worth of card making supplies for our use. With Christmas around the corner, for the month of November we will be holding drop in Card Making on Monday afternoon from 1:00 to 3:00 pm .

If you have card making supplies you are no longer using, please drop off at the Centre.







THANK YOU TO  
OUR GENEROUS  
SPONSORS!



Cast Art Studio



**ROSELAND**  
Family Dental  
Dr. Nik Tchouchev  
Suite 101-7135 W.Saanich Rd.  
Brentwood Bay, BC



Renee Nichols      Kurt Sommer      Lauren Barr  
Braunda Gustafson



A special thank you goes out to the Sommer family for their past and continued success of the Oktoberfest. Island Culinary Services who served a delicious meal and we were entertained first by the Sommer Boys, Oliver (the auctioneer and Udo the Schuhplatter, his older brother then by Ron Sera and Mary Ross-Klektau on accordions. Thank you to all the volunteers who worked so hard to bring the Oktoberfest to The Centre.



# Stamp Club

## Our beautiful, haunted Canada

(first of a three part series)

As beautiful as our Canada is, it is haunted in many places. In every region across Canada, there are reports of apparitions, eerie sounds, phantom lights and spirits trapped between this world and the next.

In 2014 Canada Post had started an issue of ghostly story stamps, with 5 stamps a year, for the next 3 years. Those stories are most inexplicable and may raise the hairs on the back of your neck.

**1.) Fort George:** Due to battles of the war of 1812 and their aftermath, spirits are said to still be seen or heard wandering within its' stone walls. Cold spots, crying, moaning and the sound of footsteps have all been reported. Tales are told of people having been poked or having their hair pulled, only to turn around and find no one there.

**2.) St. Louis Ghost Train:** There are tales of ghostly glowing lights, known as the "St. Louis Light," in the Saskatchewan River Valley. Those who believe in the ghost train claim it's the long-dead CNR conductor who literally lost his head back in the 1920s to a passing train while examining the track with his lantern.

**3.) Ghost Bride of the Fairmont Banff Springs Hotel:** Employees and guests have reported seeing a figure in a long, flowing dress descending the stairs. She is believed to be a bride who tripped and fell to her death on her wedding day.

**4.) The Northumberland Strait:** The tale has been told by residents for at least 200 years of a burning ship on the waters between New Brunswick, Nova Scotia and Prince Edward Island. On several occasions, onlookers have tried to rescue the ship but as soon as rescuers come close, the ship disappears into the mist.

**5.) Fairmont Le Chateau Frontenac:** Legend has it that Count of Frontenac, for whom the hotel is named, has been spotted wandering the hotel halls, sitting on windowsills or floating through the ballroom, dressed in his 17th century garb.

To be continued in next months' News Letter

For any questions on stamps, please call me at 778 426-2499 or email at [kurtmartha@outlook.com](mailto:kurtmartha@outlook.com)

Sincerely Kurt Sommer



5.

1.

2.

4.

3.



## British Columbia Places Quiz - Cities

1. Cat's Rug
2. Fishy Appendage
3. Overcook a Honeymaker
4. Shelter for a Panel Truck

Answers on page 9

# Up Coming Events



## Bus Trippers

Join Busing for Fun

November 18 meet at

The Centre 9:00 am

Destination

The Shaw Ocean Discovery Centre

### Tour your own City.

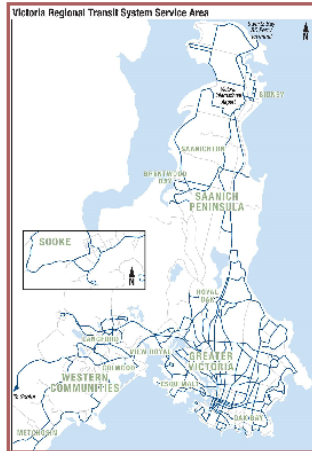
Learn the BC Transit system in the Greater Victoria area with the **Bus Trippers**.

### Busing for Fun.

Our first trip will be to the Shaw Ocean Discovery Centre in Sidney. We will catch the #75 bus at W. Saanich & Wallace at 9:21 am. For those that want to catch the bus in Saanichton, we arrive at the Saanichton Exchange at 9:29 am. From there we hop on the #72 bus to Sidney at 9:42 am, arriving at 5th and Beacon at 9:58 am

After a tour of the Discovery Centre and a bite to eat, we depart Sidney at 1:44 pm, arriving at W. Saanich and Wallace bus stop at 2:23 pm

Sign up sheet at reception or phone Vivien at 778 677-9540 for more information.



## KARAOKE

with Darryl Markin

SING-A-LONG At The Centre

The Last Friday of each month

November 25th

2:00 pm to 4:00 pm

Come on out and Sing (On or Off Key). Does it really matter what you sound like, if it improves your health you are the winner. Fill those lungs up with air and bellop out the Tunes. It is suppose to relieve stress, boosts self esteem and confidence, reduce blood pressure at the same time you are building a social network of like minded songsters.



## AEROBICS FITNESS

Monday, Wednesday, Friday

9:00 am - 10:00 am

## MILD FITNESS

Monday, Wednesday, Friday

10:15 am - 11:15 am

Come out and join Barb Jefferies for Aerobics Fitness and Mild Fitness. Regular exercise can help boost your energy, maintain independence and manage symptoms of illness and pain. It's not only good for your body but it's also good for your mind, mood and memory. Both men and women welcome

Come out November

27th for the bake sale

Hosted by the

Aerobics Fitness Group

At 1 pm before the Sunday Social



BAKE SALE

## HOLIDAY CRAFTS

D.I.Y Cards



### Monday Drop In Card Making

Starting November 7th The Centre will be running a Christmas Card Making drop-in, in the Bingo Hall. We have over \$4000. in card making supplies donated, so come in a join in the fun. If you are a card crafter or former card crafter please come out and share your craft skills and idea



Members \$4  
Non members \$5

Drop in is from  
1 pm to 3 pm





# Speakers Series

at The Centre

Friday, November 4 \* 1:30 pm \* by donation at the door

## Guest Speaker : Brent Cooke

- Robert Bateman Award – Artist of the Year 2015 from Canadian Wildlife Federation
- Medal of Excellence and Best in Show from Artists for Conservation

## Topic: Artists for Conservation

- Artists for Conservation (AFC) is the world's leading group of artists supporting the environment. Founded in 1997, the non-profit organization comprises a membership of 500 of the world's most gifted nature artists from 27 countries, across five continents. They are dedicated in promoting and leveraging a world-class community of artists in support of our natural world.
- Brent will be speaking on this group's mission and presenting images of the work from various artists and the stories behind their wildlife paintings, collages and sculptures.



### Answers to British Columbia Places Quiz

1. Kitimat
2. Salmon Arm
3. Burnaby
4. Vancouver

**Mistakes are the portals of discovery**





# *Sunday Social*

**Sunday, November 27, 2016**

**Entertainment 2:00 – Social 3:00 p.m.**



Join us for Music Bingo at The Centre with Darryl Markin and test your memory of familiar tunes and win prizes.

Come early for the Bake Sale at 1:00 pm

**Admission by Donation**

**Glen Sprague, Entertainment Coordinator – 250-217-0144**

# Up Coming Events



**Chemainus**  
Theatre Festival

**A CHRISTMAS STORY**  
by Philip Grecian

**A CHARMING  
WISTFUL  
REMEMBRANCE OF  
SIMPLER TIMES  
WITH LOVED-ONES.  
BASED ON THE  
POPULAR HOLIDAY  
FILM**

Depart CCSA 9:30 am  
Arrive 11:30 am  
Lunch noon  
Play 2:00 pm  
Arrive CCSA 6:30 pm

If you wish to join the trip to the Chemainus Theatre to see

“A Christmas Story “  
December 3rd, you must have your tickets reserved and paid for by November 14th.

Price includes transportation and the Buffet

See reception to sign up.

**DECEMBER 3RD, 2016**  
**CHRISTMAS ROAD TRIP TO**  
**Chemainus**  
Theatre Festival

**\$85.00 PER PERSON**

Includes  
Transportation , Buffet and Theatre ticket  
Sign Up Sheet at the Reception Desk  
Cheque or cash must accompany sign up.



## POT LUCK

**3rd Thursday of each month 12:15 pm.** Come on out **November 17th** and enjoy a meal and great conversation with friends and members of the Centre. Just maybe you will discover a new recipe.

### Broccoli & Grape Salad

4 cups Broccoli                      3 cups of green grapes  
1/2 cups salad crunchies              8 strips of bacon  
3 green onions chopped

### Dressing

1 cup mayonnaise add 3 tbsp. vinegar and  
1/4 cup sugar. Shake well and pour over salad.



**LUNCH  
BUNCH**

**THE LUNCH BUNCH meets the**  
**4th Thursday of each month at 11:30 am**  
**November 24th** the Lunch Bunch will dine at the Odyssia Restaurant located at 9785 5th St Sidney. The sign up sheet is at the Centre or you can email [corinnemshall@shaw.ca](mailto:corinnemshall@shaw.ca) or phone 250 652-7032.

# Up Coming Community Events



**GREATER VICTORIA  
PUBLIC LIBRARY**

## **Cookies and Crafts Open House**

At all branches, of the Greater Victoria Public Library. Everyone is Welcome.

To Celebrate the holidays and to thank you for supporting your library, each branch will have free, festive refreshments for all and crafts for the kids. December 10th from 2 - 4 pm

**eBOOKS  
AUDIOBOOKS**

## **1- on - 1 : Getting Started with Computers & E-readers**

Our 1 on 1 user education sessions at Central Saanich Branch continue in the fall and take place on Wednesdays at 2:00 pm to 3:30 pm. Sign up for a half hour session and cover topics like mouse and keyboard basics, computer and email basics; searching the internet; Microsoft Word; using our eResources; or getting started using our digital collections of ebooks, audiobooks and more. Register at [gvpl.ca](http://gvpl.ca) or call 250- 940-GVPL(4875) for more information.

## **NIA DANCE & FITNESS**



**OCT 1 - DEC 17, 2016**

**SATURDAYS**

**9:30 AM**

### **The Nia Technique**

Nia is a high energy, low impact, barefoot cardio-dance workout combining 52 simple moves with dance arts, martial arts and healing arts; set to soul-stirring music adaptable for every Body.



**Holistic Movement  
on the Dance  
Floor**

**Music, Movement  
and Magic**

**Barefoot Dancing**

**Dance Arts,  
Martial Arts and  
Healing Arts**

**FUN, FUN, FUN  
Fusion Fitness**

**NATURALLY NIA  
Central Saanich Senior  
Centre  
1229 Clarke Road  
Brentwood Bay**

**Rhonda Kool  
[keepitkool@telus.net](mailto:keepitkool@telus.net)**

250-652-0815



**Boys & Girls Club  
Services of Greater Victoria  
A good place to be**



## **Cyber Seniors**

**Connecting Generations  
October 28<sup>th</sup> - November 25<sup>th</sup>  
(Excluding November 11<sup>th</sup>)  
3:00p.m. - 4:00p.m.**

**Location: Kaare Norgaard Boys and Girls Club  
1233 Clarke Road, Brentwood Bay**

It is a 4 week program running from 3:00 - 4:00 p.m.  
Friday October 28<sup>th</sup> - Friday November 25<sup>th</sup>  
\*No Program on Remembrance Day\*

Police check forms will be done together at the information session. There is no cost for police checks but it is a requirement for participating in the program with youth.

Contact Sarah: 250-686-9117 or [shofing@bgcvc.org](mailto:shofing@bgcvc.org)

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am	<b>Scottish Country Dancing</b> Walk Around 10 am	<b>Aerobics</b> 9 - 10 am		<b>Aerobics</b> 9 - 10 am	<b>Walking Group</b> 9:30 - 10:30 am Centennial Park <b>CANCELLED</b>
<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am		<b>Mild Fitness</b> 10:15 - 11:15 am	
<b>Photography Club</b> 1 pm	<b>Painting</b> 12:30 - 3 pm	<b>Weaving</b> 11:30am - 2:30pm	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm	<b>Scrabble</b> 10:15 am Casual	
<b>Mah Jong</b> 1 pm	<b>Songbirds Choir</b> 1 - 2 pm	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:45 am Sign-up sheet in office	<b>Chair Yoga</b> 12 - 1 pm	<b>Snooker</b> 1 - 4 pm Casual
<b>Bridge</b> 1 - 4 pm	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm	<b>Table Tennis</b> <b>Table Shuffleboard</b> 2 pm	<b>Cribbage</b> 1 pm	<b>Bridge Clinic</b> 1 - 4 pm
<b>Card Making Drop In</b> 1 - 3 pm	<b>Table Tennis</b> <b>Table Shuffleboard</b> 2 pm	<b>Knitting</b> 2 - 3:30 pm	<b>Armchair Theatre</b> 2 - 4 pm	<b>Speakers Series</b> 1;30-3:00 PM First Friday of the month	
				<b>Karaoke</b> Last Friday of each month 2—4 pm	
	<b>Art Appreciation</b> 7 pm	<b>Scottish Country Dance</b> 7—9 pm		<b>Scottish Country Dance</b> 7—9 pm	

# Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



Co-op 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.



10% discount on purchases made on Wednesdays, when showing your 2016 CSSCA membership card



10% discount on the first Monday of every month to 2016 CSSCA cardholders



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



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.



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2016 cardholders



15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesday with your 2016 CSSCA membership



# WELCOME New Members

Marlene Gordon

## MEMBERSHIP

Central Saanich Senior Citizen Association

The Centre for Active Living 50+ is dedicated to keeping our senior community engaged!!

Consider joining a rich and vibrant social community and explore the endless possibilities of maintain an active and healthy lifestyle.

### **Annual Membership Rates**

January 1 to December 31 \$60.00

August to December \$30.00

Anyone is invited to attend an activity once, free of charge. If a person decides to continue participating in that activity, without becoming a member, they are required to pay \$3 to The Centre each time they attend. This \$3 fee goes toward the upkeep of The Centre and is in addition to any other fees required by the Leader or activity. It applies to every activity sponsored by The Centre.

For people who wish to join The Centre and cannot afford the fees, you may qualify for free membership by applying through Panorama Leisure Centre's Life Program (forms available at CSSCA desk).

### CHANGE OF ADDRESS

Have you moved or changed your address, phone number, contact information or set up an email address. If you don't currently get the monthly newsletter via email and wish to, please advise our volunteer receptionist.



THE CENTRE FOR ACTIVE LIVING 50+

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 Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall Renee Nicholls

## **The Centre News**

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