

The Centre News

Heart of the Peninsula



OCTOBER 2016



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October Events

CSSCA Board Meeting

- * Thursday October 6th, 9:30 am

Speakers Series

- * Friday October 7th 1:30 pm
- * Dr. Ted Venema of NexGen Hearing

Thanksgiving

- * Monday October 10th closed

Oktoberfest

- * Thursday, October 13th , 5:00 pm
- * Entertainment Ron Sera and Mary Ross-Klektau

Potluck Lunch

- * Thursday October 20th noon
- * Bring your favorite dish

Crafters Corner

- * Friday October 21st 1:00 pm
- * Greeting Cards with Christina Haggart

Studio Art Tour

- * October 22—23 10 am—4 pm

Lunch Bunch

- * **October 27th** 11:30 am
- * Spitfire Grill in North Saanich
- * Sign up sheet at the Centre

Karaoke Sing-A-Long

- * October 28th 1:30 pm

Sunday Social

- * October 30th 2:00 pm
- * Entertainment Craig Henderson

Bingo

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



Presidents' Message

PRESIDENT'S MESSAGE October 2016

TO BE A VOLUNTEER

A Volunteer is someone who willingly gives of their time, talent and enthusiasm to undertake a task or project, and does this for free. This involvement can be long term or short term. Sometimes the rewards are immediate, sometimes long term. Sometimes the results may not be as anticipated.

However, Harvard Health Publications research indicates there are significant benefits to volunteering, particularly for retired persons. People who volunteer are healthier, happier, have reduced stress, make friends and develop support systems, have fun, gain a sense of purpose, connect with the community, and develop new skills. Volunteering can improve physical and mental health, thereby increasing the quality of life.

Sometimes people who do not volunteer feel entitled to criticize the efforts of those who do. When invited to join the volunteer group, they decline for a variety of reasons - too busy offered frequently as an excuse. Not only do they squelch the efforts of those who are making an effort, they generate an impression of ungratefulness.

There are many Volunteers at the Centre, and their efforts are valued and appreciated. We could not do what we do without them. Thank you for the gifts you bring to share with others. They are a blessing to us all.

Barak Obama said, "The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good thing happen, you will fill the world with hope, and you will fill yourself with hope."

Namaste,

Margaret

We Share The Air
Please keep it healthy and fragrance-free

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other respiratory ailments.

Please

- DO NOT wear perfume, cologne, lotion, aftershave and other fragrances.
- USE unscented personal care products.

Be Sensitive to Others



ATTENTION!

Please wipe the lipstick off your cups, glasses and utensils before rinsing them off in the bleach solution.

All food must be rinsed off your plates and utensils so they can be properly sanitized.

**Thank you,
The Kitchen Elves**



Around The Centre

SUNDAY SOCIAL



The Victoria Target Theatre Society Presented the play *I'm Still Here* for the September 25th Sunday Social. The play is dedicated to those who live with dementia. The intent of the play is to help others understand and to diminish unnecessary suffering for persons and families living with dementia— especially suffering due to misunderstanding and stigma.



Oct 4	Karin	Johnston
Oct 6	Cynthia	Tandy
Oct 7	Sandra	Sherman
Oct 11	Jean	Leech
	Keith	Taylor
Oct 12	Margaret	McKelvie
	Walter	Monych
Oct 13	Sherry	Nesbitt
Oct 15	Lou	Reid
	Diane	Morrissey
Oct 18	Gillian	Lightbody
Oct 19	Joan	Fisher
	Jean	Farmer
Oct 22	Ellen	Nielsen
	Patricia	Williams
Oct 23	Christina	Morrill
Oct 25	Janet	Mitchell
Oct 27	Clare	Cochrane
	Isabelle	Poinier
Oct 28	Margaret	Sharples



Vicky Caldwell: Daughter, Sister, Woman, Aunt, Wife, Mother and Grandmother.



Vicky was born in 1930 at 745 Redwood Ave. in Winnipeg. She was the 7th out of a family of 12 and seven has always been her lucky number. There were 6 boys and 6 girls in the family. Her father, John Rostkowski, had immigrated to Canada from Poland with his three sisters, and was given a tract of land North of Winnipeg. Vicky remembers having to work on the land, picking rocks out of the soil. She said there were enough rocks to make a wall around the property. After a while Dad got a job at the C&N Railway in the shop as a Car Man, servicing the wheels of trains. One evening in the Sokol dance hall, John spoke with a Polish accountant about papers he had received from the government. He could not read English very well and asked the accountant what these letters were about. Vicky told me her Dad was very surprised to hear that he had to pay taxes on his land. He said: "But the land was given to me"! The accountant had a lovely daughter named Mary, and introduced Mary to John. Dad paid the taxes and proposed to Mary, who at the time was only 15 years old and 16 when first pregnant.

When Vicky was 2 ½ years old her Dad bought a five-plex and converted two apartments into one home, by building a staircase from the top apartment to the bottom apartment. He then converted all the rooms of the top apartment into bedrooms. The other apartments gave the family extra income. However there was only one bath tub in the top apartment so a schedule was made where all the 7 kids could reserve a time to use the tub. In the basement was the coal boiler which heated all apartments. Vicky fondly remembers the times she and her siblings roller skated down there. Outside they played a game called "tippy", involving a broom handle and a piece of wood to cover the dug hole.

The Roman Catholic Church was faithfully attended. Early in the morning on Sundays at 7 o'clock, scrubbed and in their Sunday Best, the family went to the basement of the church for "Low Mass". In those days, Low Mass was for the poor people, Vicky said. The pews were hard and the kneelers were of bare wood. Once she was allowed to peek into the nave of the church and was struck by the opulence there, the pews with cushions and the kneelers all covered with soft material. Doctors and Lawyers even had their names on the pews and no one was allowed to sit there.

The family may have been poor, but Vicky had two very wise parents. Father John did not have time to read the newspaper, so every day the older kids had to discuss an occurrence that happened during the day, be it local or from what they had read or heard worldwide. Who would have the most interesting story to tell made for competition so everyone at the table learned from these discussions. A rule Mother Mary made was that on Dad's day off when he listened to some sports event on the radio one of the older kids had to sit with him, so Dad would have someone to talk to about that program. When Vicky was 16 she fell in love with a 9 year older man who wanted to marry her. Mother Mary suggested that if Vicky would go and stay with her Polish Grandmother (who could not speak English) for 5 days and did not change her mind about getting married, Mother Mary would not stand in Vicky's way. After 5 days of gesturing and trying to be made understood by Grandmother, Vicky decided that she was too young and should not get married. I'm guessing Mother Mary heaved a sigh of relief. Con't

Con't

Vicky attended Aberdeen Elementary School and Isaac Newton High school where she also took a Secretarial course. In 1946 she started working at Golden and Sons, a Clearing House for Notions where she typed the invoices. She then went to work for Manitoba Medical Services. Tom Caldwell was her boss and later her boyfriend. Tom asked her to go to a movie with him and after the movie took her to Boston Pizza, which had just opened in Winnipeg. She had no idea what pizza was about. At home they did not eat pizza. She was very proud to be able to boast to her friends about that. Her colleagues gossiped that she always got the easy jobs because of Tom, so she left and started working for Ford Motor Parts.

In 1952 Vicky and Tom got married. Only one sister attended the ceremony. Tom was Protestant and none of Vicky's relatives wanted to go to a Protestant Church. They moved to a home they had bought at 408 Oakview Ave. in Winnipeg. In 1956 daughter Wendy made her appearance and in 1959 son Wayne was born. They grew up to be well educated. Wendy is Chief Accountant for 3 Saw Mills in Wyoming. Wayne has a Pharmaceutical Degree and works in New Jersey. Vicky has three grandchildren who are doing equally well. In 1970 Tom was transferred to Montreal, where he passed away in 1983. Vicky came to Brentwood in 1984 and found a condo on 7070 West Saanich Rd. suite Nr.304. She loves her home and obviously nr. 7 is still her lucky number.



Submitted by Ada Sersen



Kareer	Harbhajan
Wendy	Lojstrup
Judy	Johnston
Tom	Johnston

MEMBERSHIP

Central Saanich Senior Citizen Association

The Centre for Activity 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

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.



Volunteer Luncheon



Approximately 70 volunteers attended the annual volunteer appreciation luncheon at The Centre.
For more information on how to become involved, contact The Centre at 250 652-4611



Heartfelt 
THANKS
TO OUR VOLUNTEERS!



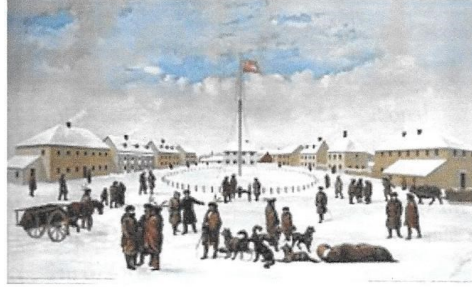
BECOME A VOLUNTEER
Have Fun
Make new friends
Get involved
at
The Centre

**We often take for granted
the very things that most
deserve our gratitude.**



Stamp Corner

From HBC to Fort Garry to Winnipeg



Fort Garry in 1884



Upper Fort Garry Provincial Heritage Park (2015)

The **Hudson's Bay Company** was chartered by King Charles 11 of England in 1670. The Bay, as it is commonly called, was granted a trading monopoly along with the vast lands of the Hudson Bay drainage basin. This area, called Rupert's Land, included about 38% of Canada, that is 1,486,000 square miles.

During its first two hundred years, The Bay Company successfully withstood competition from rival French and English fur traders. The settlers who followed in the wake of the traders, however, came to stay. In the 19th century the demand for new lands in the West forced the company to give up Rupert's Land. Canada annexed the area officially on July 15, 1870. The province of Manitoba was immediately created, the rest of Rupert's Land became the Northwest Territories.

Fort Garry, also known as **Upper Fort Garry**, was a Hudson's Bay Company trading post at the confluence of the Red and Assiniboine rivers in what is now downtown Winnipeg. It was established in 1822 on or near the site of the North West Company's Fort Gibraltar. Fort Garry was named after Nicholas Garry, deputy governor of the HBC. It served as the centre of the fur trade within the Red River Colony. In 1826, a severe flood destroyed the fort. It was rebuilt in 1835 by the HBC and named Upper Fort Garry to differentiate it from "the Lower Fort", or the "Lower Fort Garry", 32 km downriver, which was established in 1831. Throughout the mid-to-late 19th century, Upper Fort Garry played a minor role in the actual trading of furs, but was central to the administration of the HBC and the surrounding settlement. The Council of Assiniboia, the administrative and judicial body of the Red River Colony mainly run by Hudson's Bay Company officials, met at Upper Fort Garry.

In 1869, the HBC agreed to surrender its monopoly in the North-West, including Upper Fort Garry. In late 1869 and early 1870, the fort was seized by Louis Riel and his Metis followers during the Red River Rebellion. After the Rebellion, the area around the fort continued to grow. In 1873, the city of **Winnipeg** was established and the name Fort Garry was no longer used. In 1881—1884 the majority of the fort was demolished to straighten Main Street (it was Main Street and Assiniboine Avenue).

Although only the main gate of the fort remains today, the name "Fort Garry" lives on through various institutions and businesses. The area or division of Winnipeg running along the Red River south of the original fort is called Fort Garry. The hotel beside the fort is called Fort Garry Hotel, which was originally constructed for the Grand Trunk Pacific Railway Company. The two streets on either side of the hotel are Fort Street and Garry Street. Many companies have adopted the name, such as Fort Garry Industries and Fort Garry Brewing Company. The Fort Garry Horse has been a component of the Winnipeg military garrison throughout the 20th and into the 21st centuries.

The inserts are 1. Fort Garry in 1884 2. Upper Fort Garry in 2015
3. A 20 cent stamp issued by Canada Post in 1938, showing the Fort Garry Main Gate

For any questions about stamps, please call me at 778-426-2499, or
e-mail at kurtmartha@outlook.com

Sincerely Kurt Sommer



Activities

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



SCOTTISH COUNTRY DANCE

Janet Mitchell leads our

Walk Around Dancers Tuesday 10:00am

Scottish Country Dance Wednesday 7:00pm

Beginner Scottish Country Dance Friday 7:00 pm

Everyone is Welcome to dance or watch. We accommodate both beginners and experienced dancers. Do come out and give it a try.



CHAIR YOGA

Join The Centre Chair Yoga every

Friday 12:00 - 1:00 pm

With Gail Bradshaw



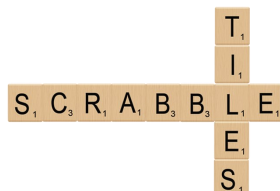
MAH JONG

Monday 1:00 pm



SCRABBLE

Friday 10:00 am



POT LUCK

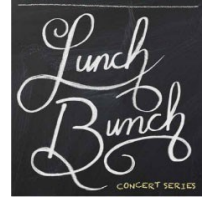
**3rd Thursday of each month
12:15 pm.** Come on out and enjoy a meal and great conversation with friends and members of the Centre.



THE LUNCH BUNCH

4th Thursday each month 11:30 am

October 27th the Lunch Bunch will dine at the Spitfire Grill in North Saanich—9681 Willingdon Rd. Sign up sheet is at the Centre or email corinnemarshall@shaw.ca or phone 250 652-7032.



BRIDGE

Monday 1:00 pm

Saturday (Clinic) 1:00 pm

This month's Bridge Tip

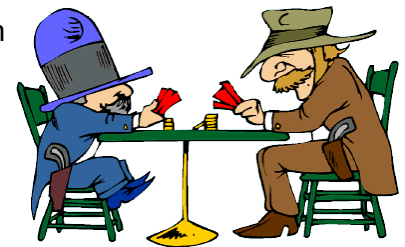
1. When partner bids two suits and you have an equal number of cards in each suit, take partner back to the first suit even if it means increasing the level. Just do it



POKER

Tuesday 1:00 pm

Know when to hold them
know when to fold them



500 CLUB

Wednesday 1:00 pm

500 or Five Hundred is the variant of Rummy



It is a trick taking game with some ideas taken from Bridge. **No-** it is not an investment club. But one full of fun and not as serious as Bridge. Beginners Welcome!!!

Activities

WALKING GROUP

Saturday 9:00 am

Our small walking group is a pleasant way to explore our community and parks with new and old friends. We have added interest by changing our route from week to week and along the way we hope to discover new and interesting byways. Our time to meet has moved up by half an hour to 9:00 am

So far this year we have explored Centennial, Dominion Brook and Quarry Parks as well as various neighbourhood walks and Heritage Acres.

Walks last approximately one hour but vary in intensity according to the route and participants.

I shall continue to post the next week's plan in the hall-way at the Centre entrance.

Call Vivien at 778 677-9540 for more information and weekly updates.



Do You Have An Idea? We Are Listening

We are looking for your ideas on what programs you would like to see at The Centre. Let us know!

SNOOKER

Saturday 1:-00 - 4:00 pm



CRIBBAGE

Friday 1:00 pm



BINGO

Every Wednesday

1:00 - 4:00 pm

Everyone Welcome

Must be 19 years of age

Refreshments



PHOTOGRAPHY

Monday 1:00 pm

We are a group of photography enthusiasts with all levels of skills from beginners wanting to know more about all the buttons on their camera to seasoned veterans who love their hobby



Our Creative Side

WEAVING

Wednesday 11:30 - 2:30 pm

Our Wednesday Weavers invite you to visit the Sidney Museum Gallery throughout October with the Deep Cove Weavers and the Spinners Guild. This exhibit highlights creative use of yarns and fleece for celebrating special occasion. Join us in honouring the Quarter Century Club, a display featuring work from members with 25 or more years in the Guild. Also see, the Prize Winners' cabinet showing a variety of ribboned entries from the Saanich Fair. Other displays present woven and sewn articles, knitting from hand-spun yarns and unusual felted items .



Join us in honouring the Quarter Century Club, a display featuring work from members with 25 or more years in the Guild. Also see, the Prize Winners' cabinet showing a variety of ribboned entries from the Saanich Fair. Other displays present woven and sewn articles, knitting from hand-spun yarns and unusual felted items .

-submitted by Elaine Drader

KNITTING/ CROCHET

Wednesday 2:00 pm

Donations of yarn muchly appreciated for our charity projects we sell in November

Pick up your raffle ticket for the beautiful Afghan on display at The Centre

Draw in November



SONGBIRDS

Tuesday 1:00 - 2:00 pm

COME SING WITH THE SONGBIRDS AT THE CENTRE.

The Songbirds are at it again. We have had our first practices and have decided on our repertoire. We are traveling the world this fall by singing about different cities and areas. We have chosen songs like "I left my heart in San Francisco", "I love Paris", "New York, New York", "Seattle", "Shenandoah", "Tulips from Amsterdam" and several others.

There is still plenty of time to join us. You will find us a very happy bunch. Larry Skaggs, our director and Louise Eldridge are the best people to lead and accompany us. There is no pressure. Larry always says "This is your choir. You tell me what you want", and we do. So, the door is open. Walk through it and feel yourself become happier when you sing. It is such good therapy. And when we perform in various places on the Peninsula we make our audiences happy too. See you soon

-Submitted by Ada Serson



Our Creative Side



ARMCHAIR THEATRE

Calling all would-be actors and theatre buffs- from novice to old pros. This is a play reading group, we read scenes from one act plays to full-length plays, modern to radio plays and the old classics. No lines to learn only reading together, laugh together, meet new and old friends. Stretch those facial muscles.

Come on out and join our new group for a fun afternoon and be your own entertainment.

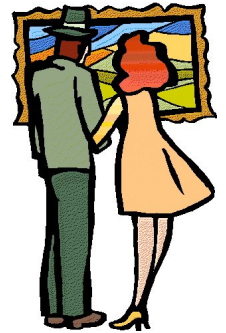
\$2 for members \$4 for non members

Thursday 2—4 pm

The Art Appreciation Group


Tuesday 7:00 pm

Holidays are over and our Art Appreciation Group returns Tuesday, October 11 at 7 p.m. We got together during the summer to visit the Sooke Fine Arts Show and enjoyed the day, especially lunchtime overlooking the sea. Now we look forward to Tuesday evenings learning about artists from all ages and from all art forms. Each time Ada Serson goes travelling she discovers an artist that intrigues her. This summer it was Albrecht Durer. Our first Fall meeting will feature this artist and we look forward to Ada's impressions. The following week Gerie Turner will tell us about Arthur Pitts, an artist who lived in Central Saanich. And so we are off on another season of enjoyment around our table in the Lower Hall. Come join us.




Joyce Wolfe, 250-652-5289.

Introducing



KARAOKE
SING- A - LONG At The Centre
Last Friday of each month
Starting October 28th
1:30 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 bellow 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.



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 keepitcool@telus.net
 250-652-0815

CRAFTER CORNER

When my best friend found out I was the new Coordinator for the Centre, she donated over \$3000 worth of new scrapbooking and stamping supplies. To get us started, Christina is coming from Parksville to run a greeting card class **Friday October 21st. 1:00 pm**. She has room for 8 members to attend. 4 greeting cards will be assembled from kits she has prepared just for our class. Sign up sheet and samples for viewing at the Centre. Limited space available.

\$25 members

\$28.00

Non members

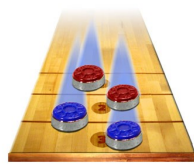


TABLE TENNIS

TABLE SHUFFLE-BOARD

SNOOKER

BOARDGAMES



Tuesday & Thursday 2:00 pm

We have changed the time for our games activities in hopes we have more members utilize the facilities we have.

We have the 2 Shuffleboard Tables balanced and ready to play , a couple of Table Tennis tables just waiting for some competitive players, a Pool table and lots of board games. Come out and join in an afternoon of some competitive fun.

Speakers Series

The Centre's Speakers Series

1221 Clarke Road, Brentwood Bay

For our September 9th session of our Speakers Series, a good crowd was on hand to hear David Rose's presentation on popular destination vacations near and far. In his session, he showcased three popular, guided tours that his company, *Mile Zero Tours*, offers. David's 'virtual tour' took us on the Rocky Mountain Winter Train Tour; the Tofino Escape; and the New York, New York Tour. Wonderful photos for each of these tours made for interesting thoughts for travel...whether through a tour company or for our own adventures. Wendy Wignall



MILE ZERO TOURS
Victoria, BC

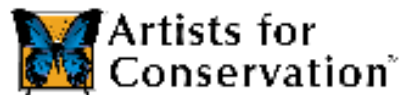


Friday, October 7th - The Centre - 1:30 pm

Guest Speaker: Dr. Ted Venema - NexGen Hearing

Topic: Our Amazing Sense of Hearing

Over three million Canadians are affected by hearing loss and it is the third most prevalent chronic disability in North America. Presenter Dr. Ted Venema from NexGen Hearing, will speak on the ears' function in hearing through ageing. You will not only leave with a better understanding of hearing but also you will be able to compare and contrast some of the main features of today's digital hearing aids. This will be an informative presentation for those who suffer from hearing loss as well as for those who may have someone in their life coping with hearing loss.



Friday, November 4th - The Centre - 1:30 pm

Guest Speaker: Brent Cooke - 2015 Canadian Artist of the Year from Canadian Wildlife Federation

Topic: Artists for Conservation

Brent has utilized his position as a Director of the *Artists for Conservation Foundation* to support art and science collaboration with field studies of species and habitats deserving of greater attention. This group of artists focus their projects in places like the Great Bear Rainforest in northern BC; China to promote wildlife and habitat conservation; and the seas around the Grand Cayman islands to highlight the plight sea turtles. Brent's presentation will include spectacular images of a variety of art forms from artists around the world and a short video of Artists for Conservation at work on a project.



Up Coming Events

PENINSULA STUDIO TOUR

October 22 & 23
10 :00 a.m. to 4:00 p.m.

The Centre's painters, weavers, and photographers are happy to be included in this year's studio tour sponsored by the Community Arts Council of the Saanich Peninsula.

This is an opportunity to not only show the work of our artists, but to open our doors and show the public what The Centre is, and what it offers to the community.

The artists will be demonstrating throughout the day and work will be for sale. Light refreshments will be served.

Come, bring your family and friends to enjoy the show. Your support for this two-day event will be appreciated.



The Centre presents

Thursday, October 13, 2016

Doors Open 5:00 – Buffet Dinner 5:30 p.m.

Entertainment by Ron Sera and Mary Ross-Klektau



Live Auction, 50/50 Draw and More

Tickets: Members \$25.00 Guests \$28.00

Catered by:

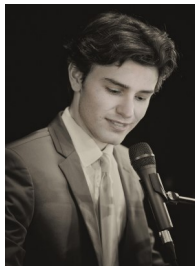
Island Culinary Service

Catering and Food Service Excellence for 30 Years

Sunday Social

October 30, 2016

Entertainment 2:00 – Social 3:00 p.m.



Craig Henderson is a 21 year old singer/pianist from Victoria, B. C.

With Bill Kent on bass and Gordon Henderson on guitar, they perform music reflected by the songs of timeless artists such as Frank Sinatra, Dean Martin,

Tony Bennett and others.

Admission by Donation

Glen Sprague, Entertainment Coordinator – 250-217-0144



**CONNECTING GENERATIONS
INFORMATION SESSION
FRIDAY SEPTEMBER 30TH, 2016
3:00P.M. – 4:00P.M.**

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

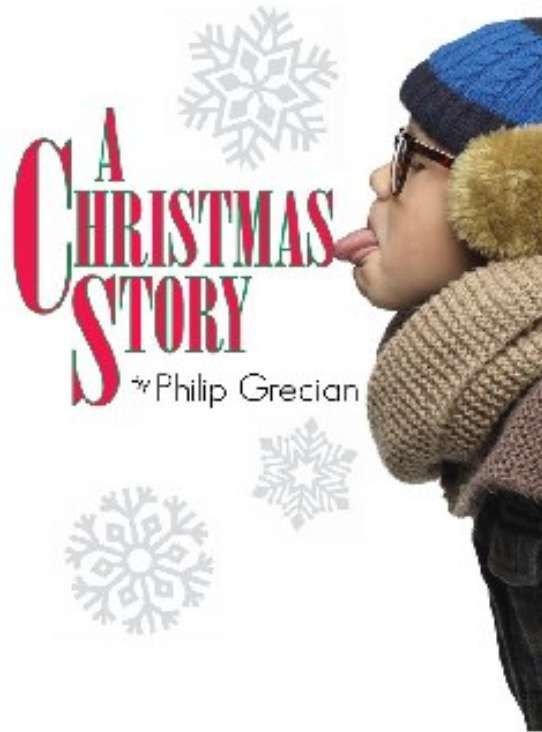
It is a 4 week program running from 3:00 – 4:00 p.m.
Friday October 28th – Friday November 25th

*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.

Up Coming Events



Chemainus
Theatre Festival



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

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

DECEMBER 3RD, 2016

CHRISTMAS ROAD TRIP TO

Chemainus
Theatre Festival

\$85.00 PER PERSON

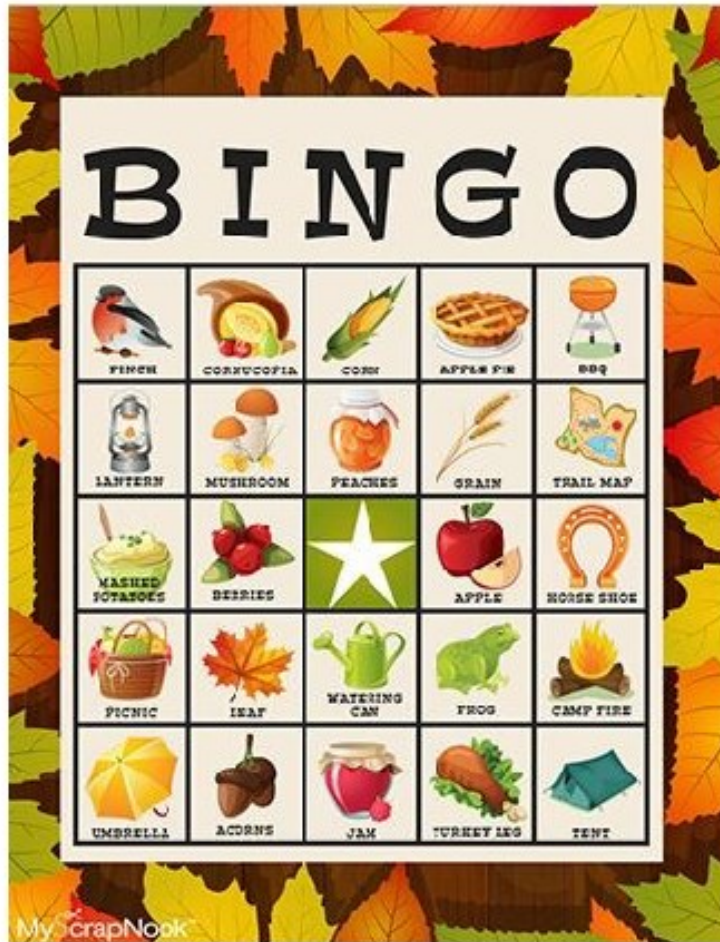
Includes

Transportation , Buffet and Theatre ticket

Sign Up Sheet at the Reception Desk

Cheque or cash must accompany signup.

Up Coming Events



THANKSGIVING BINGO



Wednesday
October 5th
1:00 pm— 4:00 pm
Special Prizes
Complimentary tea, coffee and sweets
Everyone Welcome over 19 years of age



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	Walking Group 9:30 - 10:30 am Centennial Park Vivien Bradley
Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Photography Club 1 pm Marilyn Murray	Painting 12:30 - 3 pm Marilyn Murray	Weaving 11:30am - 2:30pm Janis Ball Thea Revoy	Pot Luck Lunch 3 rd Thursday 12:15 pm	Scrabble 10:15 am Casual Happy Smith	
Mah Jong 1 pm Braunda Gustafson	Songbirds Choir 1 - 2 pm Larry Skaggs	500 Club 1 pm	Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Chair Yoga 12 - 1 pm Gail Bradshaw	Snooker 1 - 4 pm Art Pugh Casual
Bridge 1 - 4 pm Lynda Tucker Barb Roberts	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Table Tennis Table Shuffleboard 2 pm	Cribbage 1 pm Norm Gustafson	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
	Table Tennis Table Shuffleboard 2 pm Don Turner	Knitting 2 - 3:30 pm Happy Smith	Floor Shuffleboard 2 - 4 pm	Speakers Series 1;30-3:00 PM First Friday of the month	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner	Scottish Country Dance 7 - 9 pm Janet Mitchell		Scottish Country Dance 7 - 9 pm Janet Mitchell	



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 JJ's Coffee House on Tuesdays and Wednesday with your 2016 CSSCA membership





Floor Shuffleboard

Comments from the Coordinator

It has been one busy month since I took over the new position of the Coordinator for the Centre

The month has been full of meetings with the activity leaders , board members and interviewing as many members as possible. Everyone has been wonderful and willing to share their ideas.

Over the years, people's interests and needs change. Technology has had a large impact on our fast paced lifestyles. For example many Senior Centres have identified a need in this area and have introduced Computer Clubs. Over the next couple of months I will continue to track how many folks are participating in the Centre activities. What is working and what needs to be either changed to a different time or dropped all together. Another example, we have a number of members who really enjoy floor shuffleboard on Thursday afternoons at 2:00 pm, but find not enough people show up to play. This is an activity that many do not wish to see disappear from the weekly schedule. So if you are interested in participating in Floor Shuffleboard, please contact the Centre.

Armchair Theatre was introduced in September on Thursday afternoons at 2 pm. October, Karaoke will be coming on the last Friday of each month at 1:30 pm. NIA Dance starts on Saturday morning at 9:30 pm and my friend is coming to lead a crafters workshop on Friday October 21st at 1:00 pm. The Road Trip to the Chemainus Theatre is booked for December 3rd. Now to look for auction items for the Octoberfest on October 13th. If anyone has any items they wish to donate to the auction, please drop off at the Centre

My door is always open, please pop in and share your ideas and I will see what I can do.

Thank you for an awesome first month

Laureen



THE CENTRE FOR ACTIVE LIVING 50+

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