



Friday Speakers Series At The Centre



Friday, September 12th - 1:30 pm to 3:00 pm

Guest Speaker: John Adams

Topic: *An Overview of Victoria's Past*

Friday, September 19th - 1:30 pm to 3:00 pm

Guest Speaker: Dawn Dompierre from Island Health

Topic: *Advance Care Planning*

Friday, September 26th - 1:30 pm to 3:00 pm

Guest Speaker: John Adams

Topic: *Victoria's Neighbourhood Histories*

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September Events

CSSCA General Meeting

* Thursday, September 4 - 2 pm

Board Meeting

* Thursday, September 11 - 9:30 am

Bussing for Fun

* Tuesday, September 16 - 9:45 am

Friday Speakers Series

* Fridays: September 12, 19, 26 - 1:30 pm - 3 pm

* More info on the left

Volunteer Luncheon

* Thursday, September 18

* Doors open at 12 noon - Lunch at 12:30 pm

* Jazzaniah Catering

* Honouring CSSCA Volunteers

* Tickets available at The Centre from August 25 to September 15 (no charge)

* More information on page 3

Lunch Bunch

* Thursday, September 25

* Oak Bay Beach Hotel 1175 Beach Drive

* 11:30 am (or earlier)

* Meet at the Snug Pub room

* Please use sign up sheet in The Centre office

* Indicate if you are able to offer transportation or if you need transportation

* For more information:

email: corinnemarshall@shaw.ca

or call: 250-652-7032 (Corinne)

Sunday Social

* Sunday, September 28 2 - 4 pm

* Entertainment: *The Boomers* Hits from the 50s to the 80s

* More information on page 3

Bingo

* Wednesdays 1 - 4 pm

* Everyone welcome!

President's Message *CSSCA President, Gerie Turner*

Welcome back to the routine of activities at The Centre after a relaxing, enjoyable, and interesting July and August. You may have noticed that the two heat pumps on our roof (well camouflaged behind a tasteful brown fence) have been keeping the two big halls cooler than last year. They bring in lots of fresh air so there is no need to have the windows open. A number of CSSCA members will be 'in the know' of how to activate our new system. Cooling a room takes much longer than heating, so be patient or arrange to have the 'start' process begin a little earlier than needed. I have appreciated the coolness, especially during the 26-28° C days we've had over the summer.

It is a shame that the bus trip to 'Les Mis' in Chemainus had to be cancelled as only 26 of the 40 members who signed up actually paid in time. Thanks to Sue Tribe of our Program Committee, for putting in many hours attempting to arrange the day for us. For our next adventure, we will ask that members pay when they sign up, then no one will be disappointed.

We had the opportunity to have a display table at the Brentwood Sunday afternoon market and on Saturday, September 6th. 9am to 1 pm we will be at the Peninsula Market at Saanich Fairgrounds. This is a great way to chat with potential members about our programs at The Centre and to meet your friends. Please drop by and say 'hello'.

September is, for most of us, a time when we look for

new ideas and experiences, harking back, I guess, to our schooldays. Listed in this newsletter is a full schedule of things to do, people to meet. Please note that there is a general meeting on September 4th, the Volunteer Luncheon on September 18th and the Sunday Social on September 28th. If you volunteer in some capacity at The Centre, this is your invitation to pick up your complimentary Volunteer Lunch ticket at the office.

I have had a wonderful summer. Do summers get more beautiful as we get older? Perhaps we just appreciate them more. At our house we've had three baby pileated woodpeckers hanging around. When you're a woodpecker, it's very difficult to know what to do with your tail when you're having a lovely refreshing bath in the birdbath. A robin has a much easier time! We've had lots of fun watching them all.

I will be away for a few weeks in September/October but our Vice President, Margaret McKelvie has kindly stepped up to the post. The spirit of our CSSCA shines through as ever!



A Note From Our CSSCA Executive

1. From The Corp. of the District of Central Saanich The following is quoted from their letter to CSSCA. *Construction of a new Boys and Girls Clubhouse is anticipated to be undertaken between July – October 2014. The new facility will be built at the west end of the existing parking lot. A construction fence will be erected. Minor delays / disruptions can be expected.*
2. Members who remember George Colussi may be interested to learn that George is now Community Development and Membership Coordinator at Volunteer Victoria an organization to which CSSCA subscribes.
3. We have received information from the Parliamentary Secretary to the Minister of Health for Seniors that Michelle Stilwell has been appointed to this position. For information about seniors services www.seniorsbc.ca

Upcoming Events

Sunday Social

- * Sunday, September 28 2 - 4 pm
- * Join friends and/or meet new friends for coffee/tea and wonderful treats
- * Entertainment: *The Boomers* with hits from the 50s to the 80s

Thrilling audiences all over Victoria, *The Boomers* bring their own brand and style of music to life for the young.... and the young at heart! From the Beatles to Patsy Cline, CCR, Elvis, Buddy Holly and classic country tunes you are sure to enjoy every moment.



Bussing For Fun

A few of us had a relaxed and pleasant trip on an air conditioned transit bus Monday, August 11. We took the #75 downtown, lunched at The James Bay Inn and returned on the #75. It was a good learning experience for some of us who have not taken local transit. It was also an eye opener as to the reasonable fares and the convenience of this experience.

We have set a date for our next transit bus trip:

- * Tuesday, September 16
- * Meet at The Centre at 9:45 am
- * Destination will be to either The Royal Jubilee Hospital or to Victoria General Hospital
- * Contact The Centre's office for more Information.

Everyone welcome, especially if you have not tried bussing but are curious.
Penny Furnes



Volunteer Luncheon

This has become The Centre's annual event to honour all the volunteers who make The Centre such a wonderful place within our community. If you have dedicated time in providing a service to our CSSCA family, please join this special event as a token of recognition and appreciation. Thank you to Glen Sprague and Sheila Viggers for organizing and overseeing this event on behalf of the CSSCA Board.

- * Thursday, September 18
- * Doors open at 12 noon - Lunch at 12:30 pm
- * Jazzaniah Catering
- * Honouring CSSCA Volunteers
- * Tickets available at The Centre from August 25 to September 15 (no charge)

As well as a great lunch, you will enjoy *Harp Music for Special Occasions* by Gwyneth Evans and you will have the chance to win a variety of super door prizes provided by our local businesses.

Special Note

Unfortunately, the trip to Chemainus for *Les Misérables* had to be cancelled. This was a disappointment to those who had signed up and paid for their tickets. We understand that circumstances change and some cancellations had to be made. Between cancellations and unpaid tickets we fell short of the minimum number to afford the bus.

For future trips we will ask that payment be made at the time of signing up.

Your CSSCA Program Planning Committee



Around The Centre



Carpet Bowling

Carpet bowling is a fun activity and we have excellent carpet bowling facilities in The Centre. Our group offers a great way to meet and socialize with new friends as well as stretch a few muscles.

Summer is ending and many Centre activities will be starting up again. This would be an ideal time to join us for a time or two and find out what we're all about.

Our first date is Tuesday, September 9 at 10am

We look forward to seeing a few new faces and, whether you have played before or never played at all, you will be most welcome. Should you miss our first date you can certainly join us any Tuesday at 10am.

Jessie Kelly

Scottish Country Dance

Our regular Tuesday and Friday nights of dancing begins on Sept. 2 and Sept. 5 at 7 pm.

Morning classes continued all summer and our first one in Sept. is Tuesday at 10 am - Sept. 2

There is no need to bring a partner or wear a kilt or be Scottish! We wear comfy clothes that allow for movement.

Dancing is excellent exercise for the mind and body. Dancers have less dementia! We have lots of fun, too. Why not come and give it a try?

Volunteer instructor, Janet Mitchell

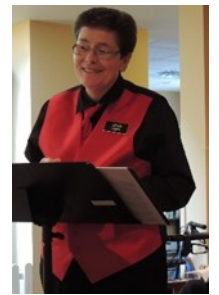
Songbirds



Songbirds warming up for their upcoming Broadway performance! Since this photo, we have grown and grown to over 30 singers and have expanded our repertoire to include some of the most beautiful music written like: *Love Changes Everything*; *I Dreamed a Dream*; *Climb Every Mountain*; *Bless This House*. As well, we sing lots of the good old standards.

Come join us on Tuesday, September 9th, 1:00 p.m. at The Centre to see if this might be an activity you would enjoy. All are welcome, there is no audition.

(Oh, about Broadway, I exaggerated a little!)



The Songbirds' Fearless Leader, Joan

Greater Victoria Public LIBRARY

Great programs are coming up at the Central Saanich library this fall! Talking about writing memoirs and reading from her book "Some Sort of Life," will be author Naomi Beth Wakan, Nanaimo's first poet laureate, Oct 16. Learn more about creating or preserving wealth with Peter Dolezal, author of "Smart Canadian Wealth Builder," Oct 28th. Knit a scarf in one hour without needles! Learn Arm Knitting November 13th. Register at gvpl.ca or call 250-940-GVPL (4875) for more information. Registration begins September 2.

Gwenyth Windsor
Branch Librarian
Greater Victoria Public Library



Around The Centre

Stamp Club

History and Stamps New France Strikes Root

Quebec, founded by Champlain in 1608, was destined to become the heart of France's New World Empire. Yet in its early years its existence was precarious. With the exception of Champlain, its governing officials looked upon Quebec not as a colony but as a trading post. By 1627 its population totaled only sixty-five.

A new era began in 1627 when Cardinal Richelieu formed the Company of New France, or the Company of One Hundred Associates, to manage the settlement. The Company, it was hoped, would exploit the fur trade and plant 4,000 colonists. But in terms of growth, the new rule was not much better than the old. Iroquois raids caused the fur trade to dwindle and in 1641 the estimated population was only 250.

In 1663, King Louis XIV, disturbed by the mismanagement of the colony, wished to make a valuable settlement. He rescinded the charter of the One Hundred Associates and proclaimed New France a Royal colony. The colony was early blessed with the leadership of three strong men: The intendent, Jean Talon, Bishop Laval, and Count Louis de Frontenac, who became governor in 1672.

The new administration strengthened outlying military posts, developed domestic industries, encouraged trade and stimulated immigration from the country. The colony grew rapidly, from Acadia, on the Atlantic, through the St. Lawrence valley to the Great Lakes and the heartland of North America. By 1672, as a result of Talon's policies, there were nearly 500 Frenchmen in Acadia and nearly 7,000 in Quebec, a population increase of more than ten times. At the end of his tenure, the foundations of a strong New France had been laid.

Hopefully everybody had a good summer so far. Our first meeting for this fall season will take place on the 3rd Thursday this month September 18, following the Volunteer Luncheon. I hope to see many of you there.
Activity Leader Kurt Sommer

Be A Part of The Action



Fall Season Start Up Dates

Aerobics	Ongoing
Aging & Saging	Thursday, Oct 23
Art Classes (2)	Thurs. Sept 25 / Tues. Oct 7
Art Appreciation	Tuesday, Oct 14
Bingo	Ongoing
Bridge	Ongoing
Bridge Clinic	Ongoing
No Fuss -Take the Bus	Tues., Sept 16 - 9:45
Carpet Bowling	Tuesday, Sept. 9
Choir (Songbirds)	Tuesday, Sept. 9
Cribbage	Ongoing
Dancing (line)	Thursday, Oct 9
Dancing (Scottish)	Tuesday, Sept.2 Friday, Sept. 5
Tues walk around	Ongoing
Tues. 7pm	Sept. 2
Fri. 7pm	Sept. 5
Knitting/Crafts	Wednesday, Sept. 17
Lunch Bunch	Thursday, Sept. 25
Mah Jong	Ongoing
500 Club	Ongoing
Poker	Ongoing
Pot Luck Lunch	Thursday, Oct. 16
Scrabble	Friday, Sept 26
Shuffleboard	Saturday, Sept. 13
Snooker (casual)	Sat 1-4pm
Stamp Club	Thursday, Sept 18
Weaving	Wednesday, Sept 3
Yoga (chair)	Ongoing

In Touch with Community At The Centre

The Centre provides many opportunities for people to participate and engage with community. Besides the wide range of weekly activity offerings, each month brings special events, guest speakers and get togethers.

Volunteerism is the cornerstone at The Centre and for those ready to share their talents and interests, there is always a place for you here within The Centre community. From leadership to everything teamwork, The Centre is a welcoming and active place of which to become a part.

Drop by the Saanich Market held at the Saanich Fair Grounds on Saturday, September 6 from 9 am - 1 pm and look for the station featuring The Centre for information or to just drop by and say 'hi'.

The Centre's Fee Policy

1. The annual membership fee is \$60.
2. If a person joins after June 30 the fee is \$30 until the end of December.
3. Membership becomes renewable the 1st of January.
4. Anyone is invited to attend an activity once, free of charge. If a person decides he or she wishes to continue that activity then we ask that person to pay \$3.00 to The Centre each time they attend or, become a member.
5. For people who wish to join The Centre and find the annual dues difficult to cover, you may qualify for free membership through application to Panorama Leisure Centre's **Life Program** (forms available at CSSCA desk).
6. This is the policy for **every** activity sponsored by The Centre. (Does not apply to events).

August 2014

Welcome New CSSCA Members

Lindy Cathryne Watson	Thomas Moore
Dale Broad	Ricko Gurney
Muriel Ackinclose	Shelagh McCormick
Janice Mercer	Hilda Shilliday

September Birthdays

03 John McLellan	18 Doreen Drayton
04 Myrna Francis	18 Colleen Frampton
06 Shirley Monych	18 Happy Smith
07 Patrick Shaw	19 Gail Palmer
09 Bill Francis	21 Don Farmer
11 Patricia Tranter	22 Mel Lightbody
15 Doreen Bateman	23 Arthur Pugh
15 Anne Burns	26 Lynda Poole
16 Hedi Basic	28 Janis Ball
16 Marney Ellis	29 Doug Ferguson
16 Fern Harrison	29 Anneliese Thomschke
17 Betty Schwartz	



Installation of The Centre's new heat pump was this summer's project. This new system will ensure that The Centre is comfortably cool over the very warm days and then cozy and warm over the chilly season.

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am Barb Jefferies	Scottish Country Dancing Walk Around 10 am Janet Mitchell	Aerobics 9 - 10 am Barb Jefferies		Aerobics 9 - 10 am Barb Jefferies	Floor Shuffleboard 10 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Jessie Kelly	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
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 Jessie Kelly	
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 Lynda Tucker Barb Roberts	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
		Knitting 2 - 3:30 pm Happy Smith	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 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. 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 2014 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.



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 to CSSCA 2014



10% discount on the first Monday of every month to 2014 CSSCA cardholders.



Leisure activities help combine physical and mental activity and social engagement.

Best way to maintain good health:

- ⇒ Stay active
- ⇒ Join groups
- ⇒ Volunteer
- ⇒ Travel

More information go to www.alz.org / remain socially active



We are looking for a team of members who would be ready to 'roll up their sleeves' to help keep The Centre in tip top shape. Every year we find time to check our inventory and clean out all the little nooks and crannies. The Centre is like our second home and we want to keep it clean and comfy for all. Please consider adding your name to our sign up team .

September's Housekeeping - Saturday, Sept. 13
Time - 10 am to 12:30 pm
Sign Up Sheet - The Centre Office
Team Leader - Shirley Monych

Creative License Is This Your Niche? From Wendy Wignall

The Centre is looking for someone who would be interested in putting their creative stamp on The Centre News. As current editor over the last few years, I can honestly say it has been a pleasure putting together the newsletters and being in touch with so many wonderful members of our active centre. However, the time has come for me to 'pass the torch' as my time is needed elsewhere. For anyone interested in assuming this editor position , I would be happy to work along side of you over any of the October to December's issues to share details of the monthly process. The position will be open beginning with the January 2015 issue. If you are interested in being involved as The Centre News editor, contact me at wwignall@shaw.ca



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

Braunda Gustafson Tanga Blackburn