

September
2015



THE
CENTRE
NEWS

Friday Speakers



Friday, September 11

Upstairs hall at The Centre

1:30 - 3 pm

Get Connected: Empower Yourself Through Technology

**Guest Speakers: Jennifer Cairns of eGurus
Ron Fraser of 'London Drugs Computers'**

Join Jennifer & Ron for an exciting look at the world of tablets and other popular gadgets.

Learn what features would best suit your needs.

These experts will simplify the maze of technology.

Jennifer & Ron are frequent guests on Alan Perry's **TechTalk** on CFAV 1070.

**Admission is by donation. Refreshments served.
Everyone welcome**

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September Events

CSSCA Board Meeting

- * Thursday, September 10 - 9:30 am

CSSCA General Meeting

- * Thursday, September 10 - 2pm
- * Come and be an active member of The Centre

Friday Speakers Series

- * Friday, September 11 - 1:30 pm - 3 pm
- * More info on the left

Labour Day

- * Monday, September 7 -The Centre office closed

Pot Luck Lunch

- * Thursday, September 17 - 12:15 pm

Volunteer Luncheon

- * Friday, September 18
- * Doors open at 12 noon - Lunch at 12:30 pm
- * Jazzaniah Catering
- * Honouring CSSCA Volunteers
- * Tickets available at The Centre on August 25
- * More information on page 5

Lunch Bunch

- * Thursday, September 24
- * Meet at **The Prairie Inn** by 11:30 am
- * Mt. Newton X Rd. and E. Saanich Rd.
- * Sign up sheet in The Centre's reception
- * For transportation needs contact Corinne at 250-652-7032 or email at corinnemarshall@shaw.ca
- * Please advise if you can provide transportation

Sunday Social

- * Sunday, September 27 - 2 pm
- * Coffee / Tea and refreshments
- * Entertainment: Sarah Tradewell an award winning fiddler - more on pg. 5
- * Everyone welcome
- * Donations accepted at the door

Bingo

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

President's Message *CSSCA President, Margaret McKelvie*

September is a time of anticipation at The Centre; re-connecting with friends; continuing with familiar programs; joining programs that are new to us; volunteering; attending the Speakers' Series and the Sunday Socials; and coming to special events. So many choices to be with others, have fun, and learn a few things. Aren't we lucky?

CELEBRATING VOLUNTEERS: On September 18, a luncheon for *volunteers only*, will be held at 12 noon. To keep the Centre thriving our members are dependent on the contributions of time and energy of dedicated volunteers. Thank you to all of them. Sign in and get a ticket at the front desk.

Speaking of volunteers, we need a new person who will keep track of our membership. These records are kept on our computer. It's interesting to do and you get to work with Board members.

CHEMAINUS TRIP NOVEMBER 28: It will soon be time to sign up and pay. The Centre is sponsoring this event so we need to know how many will be going. There will be no refunds, so plan ahead. The bus and tickets have been reserved already.

BOARD ACTIVITIES: Over the summer the Executive and Board have been active. Valerie Park and I attended a session at Volunteer Victoria in preparation

for applying for a New Horizons Grant. George Colussi was there too, and sends his regards to everyone.

In addition we applied to Central Saanich for property tax exemption and for a Grant-in-Aide so we can replace the window coverings on the south side of the building.

CONNECTIONS: At a recent meeting of Central Saanich Council, Isabel Mackenzie, BC's Seniors Advocate made a presentation emphasizing this area's need for more choices for housing for seniors. Also in attendance was Buncy Pagely, our regional member of the Seniors' Advocate Council. I was able to speak with her about activities at The Centre and our plans to reach out to new residents in Central Saanich and to have more programs that appeal to people who are newly retired.

In spite of the hot dry summer, I continue to enjoy trips to evening programs at Butchart Gardens and the challenge of my own garden, particularly the flowers. All the raspberries, peas, beans, zucchini, potatoes, tomatoes and apples were ready much earlier than usual. Even so, they were a treat while they lasted.

Margaret



Welcome New CSSCA Members

Rosemary Nyren
Wendy Vandenbelt
Jude Grey

Dean Wilson
Lorna Wilson
Theresa Wilson

Welcome Back CSSCA Members

Geoffrey Corry

Ivan Marotto

Around The Centre



Painting Classes Luncheon

On Tuesday, July 7th, Marilyn Murray's painting classes enjoyed lunch together at Glen Meadows Golf Club. Lots of good food and good company on a beautiful summer day.



Popular Afghan Raffle

Thank you to Shirley Webster for making this beautiful afghan throw. Also, thanks goes out to Happy Smith for coordinating the ticket sales for the raffle. Congratulations to Sandra Cox for having the winning ticket purchased at The Centre's booth during the Brentwood Day celebrations.



Strawberry Tea

The annual Strawberry Tea was another great success in welcoming the summer! Loads of berries, whipped cream and Marilyn's recipe for shortcake satisfied all those dessert lovers! Thank you to The Centre volunteers and Oldfield Orchards for making this event so sweet!



*Don't forget that we have a wide selection of great books in **The Centre Library.** Come on in and check it out.*



Around The Centre



For all chocolate lovers in time for Christmas. Purdy's is offering 25% off on all orders to members of CSSCA and their families and friends. The order forms will be available in October. Please check out The Centre at that time.

Thanks, Happy

Membership Drive at Peninsula Country Market



Hope you got the chance to come by and say "Hi!" to David McVey at The Centre's booth on Saturday, August 22nd.

New Members Social

We enjoyed our third annual 'New Members Social' on July 9. This was an opportunity for all members who have joined during the past year to enjoy a relaxed couple of hours with some of our active members. This year, Gladys Otto was able to join us and, as one of our founding members, gave us a most interesting account of how a few dedicated people decided we needed a senior centre and made it happen.



CSSCA President, Margaret McKelvie, described how The Centre operates; how we get some of our funding and talked about the many pluses our members enjoy with the events and activities we sponsor. Margaret then took new members on a tour of our premises.

Following the tour we chatted over a cup of tea.

by Penny Furnes

A Birthday Party at The Centre

Braunda Gustafson celebrated a special birthday with family and friends at The Centre on August 16th. Toe tapping music by Ron and Mary got the happy crowd on the dance floor. Jazzaniah brought along high tea goodies. A good time was had by all in the 'full house'!

Level Ground Direct Fair Trade Coffee



Don't forget to pick up your coffee

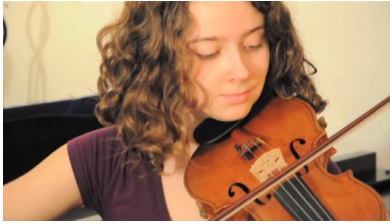
at The Centre

\$8 per package

Cash or cheques payable to CSSCA



Upcoming Events



Sunday Social - September 27th

Award winning fiddler Sarah Tradewell is a Victoria-based musician whose middle name should be versatility. She is well known to fiddlers and folkies as a fixture in the fiddle community: equally comfortable playing old time, country and Celtic music. Born in Saskatchewan, Sarah grew up in a musical household, learning music from her family, friends, and old-fashioned community music making. Sarah is a two-time BC Fiddle Champion and has been invited four times to compete at the Canadian Grand Masters Fiddle Championships. Come and enjoy fiddle tunes and songs from the old time and Celtic traditions.



Community Arts Council of the Saanich Peninsula Studio Tour

This year The Centre will be one of the 'stops' for the Studio Tour. Plan to come by The Centre to see the collection of work from local artists and the work of many of the CSSCA members attending the painting classes under the guidance of Marilynn Murray.

Saturday, October 24 and Sunday, October 25



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 for our CSSCA family, please join this special event as a token of recognition and appreciation. Thank you to Glen Sprague for organizing and overseeing this event on behalf of the CSSCA Board.

- * Friday, September 18
- * Doors open at 12 noon - Lunch at 12:30 pm
- * Jazzaniah Catering
- * Honouring CSSCA Volunteers
- * To assist in the preparation for this luncheon, please pick tickets up early from The Centre office. Tickets will be available August 25th (no charge)

As well as a great lunch, you will have the chance to win a variety of super door prizes provided by our local businesses.



Watch for the rest of this fall's, Friday Speakers Series:

Friday, October 2 - Laughter Is Really Good Medicine
Presented by: Dr. Clem Persaud

Friday, November 6 - Estate Planning
Presented by: Del Elgersma
of Beacon Law Centre

Upcoming Events

Greater Victoria Public
LIBRARY

June Sinclair Smith,
Public Services
Librarian,
Greater Victoria
Public Library,

Walking the Offa's Dyke Path in Wales:

Join us for a visual tour of travels along the Offa's Dyke Path National Trail, a 177 mile long footpath along the English-Welsh border. Register at gvpl.ca or call 250-940-GVPL (4875) for more information. Registration begins September 8.

1-on-1: Getting Started with Computers & eReaders:

Our 1 on 1 user education sessions at Central Saanich Branch continue in the fall and take place on Wednesdays at 2:00 pm or 3:30 pm. Sign up for a half-hour session. Topics that we can cover in a one-on-one session include: mouse and keyboard basics; computer and email basics; searching the internet; Microsoft Word ; using our eResources; or getting started using our digital collections (ebooks, audiobooks and more !). Register at gvpl.ca or call 250-940-GVPL (4875) for more information. Registration begins September 8.



Come join the fun at The Centre. Jazzaniah Catering is promising an authentic German dinner with all the trimmings. There will be lots of fabulous prizes. Mary and Ron will fill the hall with toe tapping music and there will be an opportunity to sing-a-long and, for any dancers, to get out on the dance floor!

We are looking forward to the best Oktoberfest yet. Do invite friends and buy your tickets early. Tickets will be available at the Volunteer Luncheon and during The Centre's office hours.



TRIP TO CHEMAINUS THEATRE SATURDAY, NOVEMBER 28, 2015

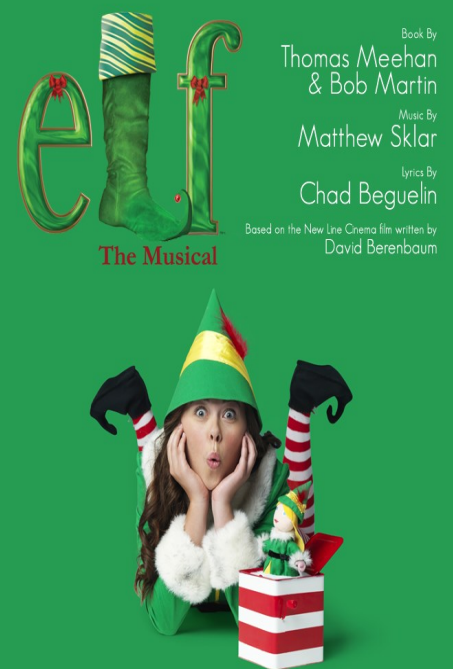
To see the holiday production: *Elf—The Musical*

Premium Seats	\$51.00	Buffet \$15	Bus \$20	Total	\$86.00
Standard Seats	\$41.00	Buffet \$18	Bus \$20	Total	\$79.00

There will be options for those who do not want to have the Buffet.

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

A signup sheet will be in the office in early September. Because this trip is subsidized by The Centre, we must know exactly how many members and friends will be attending. Thus, payment is required at the time you sign up. Wherever possible please provide a cheque.



Activity Notes

Stamp Club

Sir George - Etienne Cartier (1814 - 1873)

In 1931 Canada Post issued this stamp to honor Sir George - Etienne Cartier.



Now, the question is,
Who was Sir George - Etienne Cartier ?

As a young lawyer in Montreal, Sir George - Etienne Cartier supported the patriot cause and was a member of the *Fils de la Liberte*. This was a militant reform group of French Canadians. Like many others who joined the Rebellion of 1837, George believed in a representative government and later entered politics.

In 1848, Cartier was elected to the Legislative Assembly. Ten years later, as the leader of French Canada, he formed a coalition ministry with Sir John A Macdonald. As a popular and respected leader, he played a major role in the creation of the Dominion and carried French Canada into Confederation.

Many thanks to everyone for helping us collect stamps by so freely donating stamps to a worthwhile cause. Please keep up the good work, it is much appreciated.

Now that we had a beautiful summer, let's look forward to a good start in our new fall season.

Our first meeting will be Thursday, September 3rd at 1 pm . I hope to see many of you.

Sincerely, Kurt Sommer



Photography Group

Whether getting out and about together as a group or meeting for discussions about photography, this group offers a relaxed social setting. First meeting will be Monday, October 5th at 1 pm. Come join us!

Scottish Country Dance

We are now starting our 14th season of dancing at the Centre. The group continued dancing throughout the summer on Tuesday mornings. We have been dancing Tuesday mornings from 10-11:30 pm and Tuesday and Friday nights from 7-9 pm.

We will start our dancing on Tuesday, Sept. 1 for morning class only at 10 am - 11:30 (no evening dancing for Sept. 1) and Friday, Sept. 4 evening from 7-9 pm.

Everyone is very welcome to attend a class. All you need is a pair of light weight soft soled shoes and an outfit that allows you to move easily. There is no need to bring a partner. Why not come and give it a try? It is great exercise for the body and mind. It is also fun! Volunteer instructor: Janet Mitchell

Songbirds



The Centre's Songbirds are up and singing! This thriving choir performs at events around the community and at The Centre. Welcoming new members, check it out!

Tuesdays 1 - 2 pm The Centre Hall
Start Up - September 15

Activity Notes

Table Tennis

Are there some who enjoy a game of table tennis among our members?

If so you will be very welcome to meet:

Tuesday, September 8th at 2:00 pm

The Centre's downstairs games room

If this time is unsuitable then perhaps we can arrange another time or day. I am hoping that we can get going again.

Table Tennis Coordinator: Don Turner



Fall Season Start Up Dates

Aerobics	Ongoing
Art Classes	Tuesday, October 6
Art Appreciation	Tuesday, October 6
Bingo	Wednesday, September 2
Bridge	Monday, Sept. 14
Bridge Clinic	Saturday, September 12
Choir (Songbirds)	Tuesday, September 15
Cribbage	Ongoing
Dancing (line)	Thursday, September 10
Dancing (Scottish)	Tuesday, Sept. 1 (refer to pg 7)
Dancing (Scottish)	Friday, September 4 (evenings)
Knitting/Crafts	Wednesday, September 16
Lunch Bunch	Thursday, September 24
Mah Jong	Monday, September 14
500 Club	Wednesday, September 9
Photography Group	Monday, October 5
Poker	Ongoing
Pot Luck Lunch	Thursday, September 24
Scrabble	Ongoing
Shuffleboard	Thursday, September 3
Snooker (casual)	Saturdays, Ongoing
Stamp Club	Thursday, September 3
Table Tennis	Tuesday, September 8
Weaving	Wednesday, September 9
Yoga (chair)	Ongoing

Art Appreciation Group

The Art Appreciation Group enjoyed getting together several times this summer.

On one occasion eight of us had a picnic supper and celebration of Kathy Rose's special birthday. After which, several went to enjoy a movie at U.Vic.

On another beautiful evening six of us sat on our wall-lets at the Fine Art Auction at Lund's, opening them up for ice cream treats in James Bay.

Our regular summer highlight was the Sooke Art Show and lunch by the sea.

We will start our regular Tuesday night meetings around the table in the lower hall at The Centre, October 6, at 7 p.m. We have a dozen or more in our group. We welcome all who enjoy learning about various artists and their art forms.

Joyce Wolfe, 250-652-5289.

September Birthdays

05 Theresa Wilson	18 Happy Smith
06 Shirley Monych	19 Gail Palmer
07 Patrick Shaw	21 Don Farmer
11 Patricia Tranter	21 Barb Mordaunt
15 Doreen Bateman	22 Mel Lightbody
16 Hedi Basic	23 Arthur Pugh
16 Marney Ellis	24 Julie Smith
18 Doreen Drayton	28 Janis Ball
	29 Doug Ferguson

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	
Mild Fitness 10:15 - 11:15 am Barb Jefferies		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	
Photography Club 1 pm Marilynn Murray Start Up- Oct. 5	Painting 12:30 - 3 pm Marilynn Murray Start Up - Sept. 15	Weaving 11:30 am - 2:30 pm Janis Ball Thea Revoy Start Up - Sept. 9	Pot Luck Lunch 3 rd Thursday 12:15 pm		
Mah Jong 1 pm Happy Smith Start Up- Sept. 14	Songbirds Choir 1 - 2 pm Larry Skaggs Start Up - Sept. 15	500 Club 1 pm	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 Start Up - Sept. 14	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson Start Up - Sept. 2	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 Start Up - Sept. 12
	Table Tennis 2 pm Don Turner Start Up - Sept.8	Knitting 2 - 3:30 pm Happy Smith Start Up - Sept.16	Floor Shuffleboard 2 pm Start Up - Sept. 3	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell		Stamp Collecting 1st Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm First Friday of Sept. Oct. & Nov.	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner Start Up - Oct. 6			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 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 \$8.00 per 300g 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.



Editor's Note

As The Centre News editor's position is still in a transitional state, I was happy to return to my desk and laptop to prepare this September issue.

As you can see, many 'get togethers' continued to occur over the summer months. Now plans are in place for activities and events over this upcoming fall season. I hope you are marking your calendars and looking forward to joining others in our CSSCA family at The Centre.

In addition to activities and events, remember that the cornerstone of The Centre is *Volunteerism*. This provides everyone with an opportunity to give appreciated service while at the same time, rewards them with enjoyable time with others in our great facility.

I hope to see you around The Centre soon,

Wendy Wignall

The Centre's Website

For ongoing information regarding activities and events at The Centre be sure to check out our website!

www.centrialsaanichseniorscentre.org



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.centrialsaanichseniorscentre.org

CSSCA Executive

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Vice President: Mike Bird

Past President : Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

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Marilynn Murray

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Braunda Gustafson Tanga Blackburn