

THE CENTRE FOR ACTIVE LIVING 50+



# PROGRAM GUIDE

## 2024-2025



### CENTRE HOURS

The Centre is open for activities most days.  
Check the calendar for days and times of activities

Office Administrative Hours –  
Monday, Wednesday Friday  
9am – 12pm

closed stat holidays



250-652-4611



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



[cssca.ca](https://cssca.ca)



[https://  
www.facebook.com/  
thecentreforactiveliving](https://www.facebook.com/thecentreforactiveliving)

Central Saanich Senior Citizen Association (CSSCA)  
1229 Clarke Road, Brentwood Bay, BC V8M 1E2

# WELCOME

Welcome to the Central Saanich Seniors' Centre in Brentwood Bay next to the library. We are a comfortable, friendly place where active seniors meet to socialize, exercise mind and body, and enjoy coffee together.

The CSSC Association established 'The Centre' in the 1980's. We have many recreational activities, social events and educational workshops. We also have rental facilities. The Centre is an independent Society, operated by volunteers.

Our purpose is to provide friendship and healthy programs to all those aged 50 plus. Our activities include fitness, cards, book club and dancing. Check out our Activities and Programs –we're certain you will find something here to pique your interest.

We welcome new members and invite you to explore our website. Give us a call or come for a visit. Our office hours are Monday, Wednesday and Friday from 9 am to 12 pm. Closed on statutory holidays. Stop by for a coffee and a tour of our premises during office hours.

## HISTORY OF THE CENTRE

The story of The Centre began in January 1979 when twelve seniors began meeting in a private residence. When membership increased, the group moved to the Central Saanich Lions' Hall where the first regular meeting was held in January 1980.

Membership and activities continued to grow necessitating a larger facility. In 1982, a 3-bedroom house owned by the Municipality of Central Saanich was slated to be moved to create space for a new library. CSSCA requested use of the house as a seniors' facility where they could meet and enjoy various programs. The municipal council approved the request and agreed to move the house to a new location, which is where the Centre currently sits. CSSCA formed a building committee to undertake the building of a foundation and the renovation of the house. On November 5, 1982, the Central Saanich Senior Citizens Association (CSSCA) became a registered society under the B.C. Societies Act.

On January 1, 1983, CSSCA became a registered charity. On the 20<sup>th</sup> of the same month, the house was placed on its' new foundation and renovations began. With considerable support from the members, Central Saanich Municipality and Lions Club, grants, contributions from local trades and many hours of volunteer labour, the transformation was completed. On November 7, 1983, the new Centre, complete with a newly constructed basement, was officially opened. Central Saanich retained ownership of the building and leased it to CSSCA as they continue to do today.

By 1987, an expansion was needed to accommodate the Centre's growing membership. The Municipality was planning to expand the library, so discussions were held with them and an addition to the Centre was approved. After 4 years of fundraising and donations, the expanded Centre was opened in 1992. This expansion includes the main hall and the lower hall areas.

It has been over 40 years since the house was opened and over 30 years since the addition was added. Since then, membership has continued to grow, and activities have evolved and increased. The facility that we affectionately refer to as "The Centre" has a proud history of offering seniors a place of their own where they can enjoy activities, a cup of coffee and, most importantly, friendship.

# BENEFITS OF MEMBERSHIP

**Participate in all programs, activities, and special events at our Centre.**

**Vote to elect representatives to the board of directors.**

**Become involved in meaningful and rewarding volunteer work.**

**Meet new friends.**

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*Active Living, Healthy Aging, Lifelong Learning, Community Involvement*

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## MEMBERSHIP FEE POLICY

The Centre's Membership Dues policy is as follows:

1. The annual membership fee is \$60 – September 1st to August 31st of the following year.
2. Membership fees are renewable each September 1st.
3. A prospective new member is invited to attend one regularly scheduled activity once free of charge. If a person decides to continue participating in activities or programs, he or she is required to become a member.
4. 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 Centre Reception).
5. Membership is required to attend regularly scheduled activity/programs, except for Speakers' Series.

Our association is governed by an elected board of directors. We are somewhat unique as we function on volunteer help. This enables us to keep our annual fees low.

# BECOME A VOLUNTEER

The Centre is operated by volunteers and we appreciate any time you can give.

Some of our volunteer functions include:

- Special Events
- Front Desk Receptionist
- Social Events Kitchen Helpers
- Baking
- Bingo

You can choose what you would like to do and how much time you would like to commit: monthly, bi-weekly, weekly or ad hoc. You will be trained by an experienced volunteer until you feel comfortable with the tasks.

Please stop by and speak to us at the office or call 250-652-4611.

## THE CSSCA BOARD

### **Executive:**

President:	Dale Broad
Past President:	Mike Bird
Vice President:	Dani Alldrick
Treasurer:	Linda Parry

### **Directors:**

Roger Boutilier (recording secretary)
Gill Lightbody
Krystina Manning
Geri Turner
Robert Saar (missing in photo)



# ACTIVITIES & PROGRAM DESCRIPTIONS

## FITNESS AND WELLNESS

**Aerobics:** This is a fun hour of medium paced, low impact aerobic exercise. Includes movement component, resistance component (weights) and a stretching component.

Monday, Wednesday, Friday

9:00 – 10:00 am

Member fee: \$3.50

Lead by certified group fitness instructor Barb Jefferies



**Mild Fitness:** This is a functional fitness class. The focus is on maintaining muscle tone, flexibility and balance, promoting relief of painful joints and greater range of motion. Most exercises are chair-based, using small balls, bands, foam noodles and weights.

Monday, Wednesday, Friday

10:30- 11:30 am

Member fee: \$3.50

Lead by certified group fitness instructor Barb Jefferies.

**Hatha (mat) Yoga:** This class is a beginner level and focuses on the basics as we take our time getting into each pose. These poses, combined with the breath, will help to strengthen the body, reduce stress and calm the mind. Whether you are new to yoga or are familiar with the practice, Hatha Yoga will help you develop balance, strength and flexibility.

Tuesday

1:00-2:00 pm

Member fee: \$6.00

Lead by Janet Budden



# FITNESS AND WELLNESS

**Chair Yoga:** Chair yoga is an effective and accessible exercise for everyone (a chair is always used as a prop and you do not need to get down on the floor). This practice can instill a sense of ease and relaxation in your body, it helps with balance and, over time, you may notice the tension you used to feel in your muscles and joints, begin to release and basic tasks of daily life become possible again.



Tuesdays

2:30—3:30 pm

Member fee: \$6:00

Lead by Janet Budden

**Scottish Country Dance:** This is a friendly and social class that is open to all levels with a mixture of dances. Beginners are welcome.

Thursday

11:00 – Noon

Member fee: \$2.00

Instructed by Janet Mitchell



**Walking Group:** This group meets at The Centre for a group walk around the neighbourhood. A great way to meet new people.

Sunday

2:00 pm

Member: Free



# GAMES

**Bridge:** For novice to advanced players. No need to come with a partner as games rotate and players will take turns sitting out if uneven numbers. Coffee and Tea available.

Monday

12:00—4:00 pm

**Bridge Instruction:** Supportive play for novice players.

Monday & Thursday

12:00—4:00 pm

Member fee: \$2.00



**Mahjong (Hong Kong style):** All levels of experience are welcome to participate. This activity provides social connection, stress relief and cognitive stimulation.

Tuesday

1:00—3:00 pm

Member fee: \$2.00



**Bingo:** An afternoon of fun and entertainment with cash prizes, special games and a progressive jackpot. On the 3<sup>rd</sup> Wednesday of the month there is also Hot Dogs and Pop available for purchase before the games begin starting at noon. Open to non members.

1<sup>st</sup> and 3<sup>rd</sup> Wednesday

1:00 – 4:00 pm doors open at noon.

Member / Non member fee: cash only purchase of bingo cards at door.



**500 Club:** 500 is a partnership trick-taking card game where players bid to set trumps and the number of tricks to be taken. At the centre 20 rounds are played and the player with the most points wins for that day.

Beginners Welcome.

Wednesday

1:00 – 3:30 pm

Member fee: \$2.00



# ARTS AND CRAFTS

**Art Group:** The Art Group meets at noon with our lunches and then we spend the afternoon doing art. We have no instructor but encourage each other in whatever art form we practice. Working on our different projects in a mutually supportive environment is a quietly enjoyable and productive few hours every week.

Tuesday

12:00 – 3:00 pm

Member fee: \$3.00 (includes coffee /tea)



**Knitting:** Open to all levels. Knitting in a social space for own projects or articles for donation to The Centre annual craft sale. All methods of needle work welcome.

Wednesday

1:30 – 3:30 pm

Member fee: Contribution to annual Craft Sale.

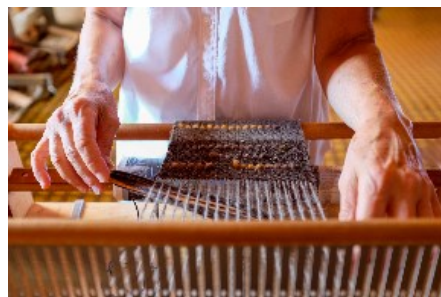


**Weaving:** Learn to weave on a four shaft loom in a small group setting. Equipment and some materials provided. Currently waitlisted.

Wednesday

11:00 – 3:00 pm

Member fee: \$10 per month



# SOCIAL CLUBS AND GROUPS

**Lunch Bunch:** Participants meet at various restaurants on the peninsula. Coordinator will advertise destination and sign up sheet will be at The Centre prior to the date.

4<sup>th</sup> Thursday

11:30 am

Member fee: provide own transportation and purchase own meal



**Centre Sing Along:** Sing along to well known songs with the aid of our overhead sound system and projection system. No need to read music, just bring your best “shower” voice and be prepared to have fun.

3<sup>rd</sup> Tuesday

10:00 – 11:30 pm

Member fee: \$2.00



**Book Club:** A wide range of books are selected, from auto biographies, biographies, historical fiction, mystery, and novels, a couple of months in advance. The member who selects the book usually leads the discussion.

2<sup>nd</sup> Thursday

2:00 – 3:30 pm

Member fee: \$2.00



**Writing Circle:** Do you have a novel or a poem tucked away in your imagination? Whether you're interested in writing a thoughtful essay or your memoirs, you'll benefit from the Writing Circle. We support and encourage writers ranging from novices to published authors, offering companionship and the pleasure of creative expression with like-minded people.

1st, 3rd, 4th and 5th Thursday

2:00 - 3:30 pm

Member fee: \$2.00



**Jammin Seniors:** This is an informal unrehearsed group. A place for musicians who play for their own enjoyment. Bring your favorite song sheets, your instruments and voice.

Saturday

9:30 am – Noon

Member fee: \$2.00



## SPEAKERS AND PRESENTATIONS

**Speaker's Series:** The purpose of the CSSCA Speaker's Series is to provide life-long learning opportunities to enhance intellectual stimulation, health and general well-being for CSSCA members and their guests. The Speaker's Series is held each month throughout the calendar year except for the months of July, August and December. Open to non-members.

3<sup>rd</sup> Friday

2:00 – 3:00 pm

Member / Non-member: \$2.00

Coffee/Tea \$1



**Raconteur:** Raconteurs is a drop-in program primarily intended for members to get to know one another a little better. Each month features a member of "The Centre" who offers an informal presentation on something which interests them and then fields questions from the audience, followed by a discussion over coffee/tea.

1<sup>st</sup> Friday

2:00 – 3:00 pm

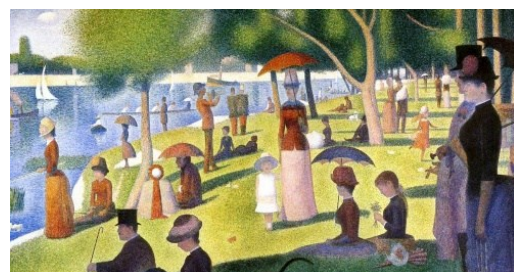
Member Fee: \$2.00      Coffee / Tea \$1

**Art Appreciation:** Our Art Appreciation group at the Centre meets at 7pm on the second and fourth Tuesday downstairs in the Bingo Hall. At each session, one of our members volunteers to present information on an artist of their choice to the group. Books from the library, the internet resources and sometimes even personal experiences all contribute to a lively and enjoyable hour or so. All are welcome, regardless of your experience or knowledge.

2<sup>nd</sup> and 4<sup>th</sup> Tuesday

7:00 pm

Member Fee: \$2.00



# FACILITIES RENTAL

## OUR RENTAL FACILITIES ARE SUITABLE FOR MANY OCCASIONS . . .

. . . and are available to the community with reasonable rates and conditions.

We have two halls available for rent, each is wheelchair accessible and has electric doors.

Our Upper Hall measures 40' x 50' and can accommodate 120+ people for various events. This hall has a vaulted ceiling, parquet flooring, an 18' x 20' stage, a large drop-down screen, microphone system and WiFi. Adjacent to the hall is a reception area, large lounge, washrooms and kitchen. Long tables, small tables, chairs, plates, cups and cutlery are also available .

Our Lower Hall measures 35' x 50', can accommodate approximately 80 people for events like strata meetings, arts and crafts, club events, debates, etc. It is set up with long tables and chairs, has tile flooring and multiple washrooms. Adjoining this hall is a large kitchen with sinks, fridge, coffee makers, cups, microwave oven, small convection oven and dish sanitizer.

To complete the rental process, contact the Rental Coordinator, Gerie Turner, by phone (250-479-8023) or email [cssca@outlook.com](mailto:cssca@outlook.com) to arrange a visit and to fill out an Application For Rental form.

Our Rental Policy and Application form are available on our website at [cssca.ca](http://cssca.ca)



## DONATIONS AND REVENUE



CSSCA is a volunteer based, independent, non-profit association with Canada Revenue Agency charitable designation. Ongoing operation of The Centre is costly. In addition to our annual dues of just \$60, we receive support from service clubs and businesses.

We have partnered with CanadaHelps.org to allow for easy, secure on-line donations and tax receipts. Please visit CanadaHelps.org or our website at [cssca.ca](http://cssca.ca) to make a donation.

## COMMUNITY SUPPORTERS



**Central Saanich Lions Club** The Lions were involved in the initial construction of the CSSC building and continue to provide funds for various projects.



**Rotary Club of Brentwood Bay** has donated funds to support our activities and for new lounge furniture and our media centre.



Upon application, the CSSCA has received numerous funding grants over the past years to enhance the Centre.

## CENTRE FRIENDLY MERCHANTS



Fairway will donate 5% of your purchases to The Centre. Pick up your Fairway Card at The Centre office today.



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 and fuel.**

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Scottish Country Dance</b> 11 :00am - Noon	<b>Aerobics</b> 9 :00- 10:00 am	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Mild Fitness</b> 10:30 - 11:30 am	<b>Centre Sing Along</b> 10:00 - 11:30 am 3rd Tuesday	<b>Mild Fitness</b> 10:30 - 11:30 am		<b>Mild Fitness</b> 10:30 - 11:30 am	
<b>Bridge</b> 12:00 -4:00 pm	<b>Art Group</b> 12:00 - 3:00 pm	<b>Weaving</b> 11:00am - 3:00pm			
<b>Bridge Instruction</b> 12:00 -4:00 pm	<b>Mahjong</b> 1 -3 pm	<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 am 4th Thursday		
	<b>Hatha (mat) Yoga</b> 1 -2 pm	<b>Hot Dog Days</b> Noon 3rd Wed Before Bingo	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Raconteur</b> 2:00—3:00 pm 1st Friday	
<b>Caregiver Support</b> 2:30- 4pm 3rd Monday	<b>Chair Yoga</b> 2:30—3:30pm	<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<b>Writing Circle</b> 2:00—3:30 pm 1sy,3rd, 4th, and 5th Thursday	<b>Speaker's Series</b> 2:00-3:00 pm 3rd Friday	<b><u>SUNDAY</u></b> <b>Walking Group</b> 2:00 pm
		<b>Knitting</b> 1:30—3:30 pm	<b>Bridge Instruction</b> 12:00—4:00 pm		
	<b>Art Appreciation</b>  7:00 pm 2nd & 4th Tuesday				

Check website for updates on  
programs or to view new activities  
schedule

## THE CENTRE FOR ACTIVE LIVING 50+



## KEEP UP TO DATE

There are a few ways to keep up to date with what is happening at the Centre.



Check out our website for current activity and program descriptions, upcoming events, and quick access to our newsletters.

[cssca.ca](http://cssca.ca)



You can also follow our Facebook page. Our Facebook page is great a place to advertise events happening at the Centre that are open to the public. Follow and share public events with friends and family.

<https://www.facebook.com/thecentreforactiveliving>

