

THE CENTRE FOR ACTIVE LIVING 50+



PROGRAM GUIDE

2026-2027



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



info@cssca.ca



cssca.ca



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 Association (CSSCA) 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 and wellness, games, arts and crafts, social groups and presentations. 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.

On November 5, 1982, the Central Saanich Senior Citizens Association (CSSCA) became a registered society under the B.C. Societies Act. 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. The 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 January 1, 1983, CSSCA became a registered charity. On the 20th 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 Municipality 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.

Active Living, Healthy Aging, Lifelong Learning, Community Involvement

MEMBERSHIP

Our Membership year is Sept 1—Aug 31

Membership is required to attend a regularly scheduled activity or program, except for Speakers' Series and Bingo. However, prospective new members are invited to attend one activity or one program before becoming a member.

Visit our website for the current Membership Dues Policy and Membership Application Form

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
- 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:	Dani Alldrick
Vice/Past President:	Dale Broad
Treasurer:	Linda Parry

Directors:

Barb Jeffries
Gerie Turner
Gillian Lightbody
Mike Bird
Krystina Manning
Lorraine Wilson



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. Proper footwear required.

Monday, Wednesday, Friday

9:00 – 10:00 am

Member fee: 10 tickets for \$40

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. Proper footwear required.

Monday, Wednesday, Friday

10:30- 11:30 am

Member fee: 10 tickets for \$40

Lead by Certified Group Fitness Instructor Barb Jefferies



Combined Hatha (mat) & Chair 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: 5 tickets for \$30

Lead by Janet Budden



FITNESS AND WELLNESS

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 fee: Free



Zumba Gold: A lower-intensity, modified version of the standard Zumba dance fitness program. If you love music, like to laugh and have fun this may be just what you are looking for.

Thursday

9:45 am & 6:00 pm

(please note no evening class on the 2nd Thursday of the month)

Member fee: 5 tickets for \$30

Lead by certified Zumba instructor Tamara Telford



GAMES

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

Tuesday

12:30 – 4:30 pm

Member fee: \$2.00



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.

Monday & Thursday

12:00 – 4:00 pm

Bridge Instruction: Supportive play for novice players.

Thursday

12:30 – 4:00 pm

Member fee: \$2.00

Bingo: An afternoon of fun and entertainment with cash prizes, special games and a progressive jackpot. Starting at noon, there are also Hot Dogs and Pop available for purchase before the games begin. Open to non-members. Must be 19+

1st and 3rd 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

Social Crafters: All knitters, spinners, quilters, crocheters and any other crafters are welcome. Bring your own mug and tea bag and we will put on the kettle.

Saturday

1:00–3:00 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



Quilting & Needlework: This group began with a fundraising project to make a quilt out of some donated fabric. They continue to come up with fresh ideas for more fundraising projects and welcome new members to join the group.

1st and 3rd Thursday

10:30–12:30

Member fee: Contribution to fundraising projects.



SOCIAL ACTIVITIES 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.

4th Thursday

11:30 am

Member fee: provide own transportation and purchase own meal



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

2nd 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.

Thursdays (except 2nd Thursday)

2:00 - 3:30 pm

Member fee: \$2.00



Jammers: 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 – Noon

Member fee: \$2.00



SPEAKERS AND PRESENTATIONS

Speaker's Series: CSSCA Speaker's Series provides 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.

3rd Friday

2:00 – 3:00 pm

Admission: By Donation Coffee/Tea \$1



Raconteur: Raconteurs is a drop-in program 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.

1st Friday

2:00 – 3:00 pm

Member \$2.00 Coffee/Tea \$1



Chat with Dr. Pat: With a focus on health and wellness, member and retired physician Dr. Patricia Gunton leads monthly discussion on a variety of health topics.

4th Friday

2:00 pm

Member fee: \$2.00/ Non-member: \$5.00 (one time trial)



Wellness Talks: This time has been set aside for Wellness Talks from professionals in our community. Speakers will present on a variety of topics throughout the year. Contact The Centre for more information as talks may not happen every month.

2nd Friday

2:00 – 3:00 pm

Member fee: \$2.00 / Non-member: \$5.00 (one time trial)



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. All are welcome, regardless of your experience or knowledge.

2nd and 4th 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 a maximum of 191 individuals in theatre seating and a maximum of 104 in table seating. 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 Centre by phone (250-652-4611) or email info@cssca.ca to arrange a visit and to fill out a Rental Application form.

Our Rental Policy and Application form are available on our website at cssca.ca



DONATIONS AND REVENUE



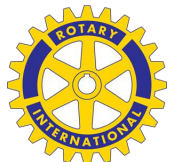
CSSCA is a volunteer based, independent, non-profit association with Canada Revenue Agency charitable designation. Ongoing operation of The Centre is costly. In addition to our annual dues of just \$60, we receive support from service clubs and businesses.

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 to make a donation.

COMMUNITY SUPPORTERS



Central Saanich Lions Club The Lions were involved in the initial construction of the CSSCA 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.



New
Horizons
for Seniors
Program

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



The District of Central Saanich provides ongoing support.

CENTRE FRIENDLY MERCHANTS



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



**PENINSULA
CO-OP**

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 / Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	ZUMBA GOLD 9:45 am	Aerobics 9 :00- 10:00 am	Jammers 9:30am - Noon
Mild Fitness 10:30 - 11:30 am	Spanish Lessons 10:00 - 11:00 Check for up-	Mild Fitness 10:30 - 11:30 am	Quilting 10:30 am—12:30 1st and 3rd Thurs	Mild Fitness 10:30 - 11:30 am	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm	Scottish Country Dance 11 :00am - Noon		Social Crafters 1-3 pm
	Mahjong 12:30- 4:30 pm	Blood Pressure Clinic 11:45—12:45 1st & 3rd Wed	Lunch Bunch 11:30 am 4th Thursday	Raconteur 2:00—3:00 pm 1st Friday	
	Combined Hatha (mat) & Chair Yoga 1-2 pm	Bingo & Hot Dog Days Doors open at noon for Hot Dog sales Bingo 1:-4 pm 1st and 3rd Wed	Social Bridge with instruction 12:30—4:00 pm	Wellness Talks 2:00—3:00 pm 2nd Friday	
			Book Club 2:00—3:30 pm 2nd Thursday	Speaker's Series 2:00-3:00 pm 3rd Friday	<u>SUNDAY</u>
Caregiver Support 2:30-4 pm 4th Monday		500 Club 1:00—3:30pm	Writing Circle 2:00—3:30 pm Thursdays (Except 2nd Thurs)	Chat with Dr Pat 2:00—3:00 pm 4th Friday	Walking Group 2:00 pm
	Art Appreciation 7:00 pm 2nd & 4th Tues	Knitting 1:30—3:30 pm	ZUMBA GOLD 6 PM (No class on 2nd Thurs)		

THE CENTRE FOR ACTIVE LIVING 50+



KEEP UP TO DATE

There are many 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



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>

For more information on Programs and Activities

Contact:

Activities & Program Coordinator

Lisa van Bommel

activities@cssca.ca

