

# **COOK STREET VILLAGE ACTIVITY CENTRE**

## **Fall Program Guide | September – December**



**CALL US**  
**250-384-6542**

**VISIT US 1-380 COOK ST**



WELCOME TO THE HEART OF COOK STREET VILLAGE  
WHERE PEOPLE COME FOR THE FUN AND STAY FOR THE  
FRIENDS

## Fall Program Guide 2024



Courses and  
Workshops



Building  
Community



Drop-in  
Activities



Our  
Facilities



Rendezvous  
Café

### **CSVAC Vision Statement:**

"To provide a positive environment for enjoyment and  
personal growth through community interaction"

## IMPORTANT DATES

Sometimes our Centre needs to close for a wide variety of reasons such as weather, rentals, and holidays. We try, as much as possible, to get this information to Centre users as early as possible.

Here is the list of dates when we will be closed this season:

Monday, September 2

Labour Day

Monday, September 30

Truth & Reconciliation

Monday, October 14

Thanksgiving

Monday, November 11

Remembrance Day

Office Closed: December 24 at Noon until January 2 at 8am



**DON'T  
FORGET**

To sign up for all of our programming and special events as soon as possible. If we don't get the required minimum number of participants, we have to cancel activities.

## MEET THE STAFF



Jenny Zee  
Executive Director



Diana Teal  
Program Manager



Alyana Gutierrez  
Reception Liaison



Sophie Ruhl  
Activity Assistant



Tina Twinn  
Bookkeeper

## PRICING INFORMATION

Member prices are listed with an "M" and general public prices are listed with a "G" throughout the guide. Pre-registration is required for courses, workshops and special events

## MEMBERSHIP BENEFITS

Adults of all ages are welcome to participate in our programs. If you are 50 years or older you can become a member (\$7 per month or \$50 per year) and obtain the following benefits:

- Participation in Centre activities/events at a reduced fee
- Rental of Centre facilities and services at a discounted rate
- Voting rights at the Annual General Meeting (AGM)
- Easy to use Activity Cards for \$20 and \$40 allow you to mix-and-match programs!
- Kitchen Cards available for lots of price-points -- guaranteeing you great drinks and snacks. Filled cards earn you an extra bonus treat. Just inquire at the front desk.

Once you become a member, please be sure to pick up your membership card (also acts as a nametag with lanyard) at our front desk. Show reception your card to receive member prices/benefits!

## VOLUNTEERING

Volunteering is often an easy way to be involved within the community in a small-time commitment way. Ways that you can volunteer are:

- Front Desk/Reception
- Food services/support at Special Events
- Helping serve coffee, tea, and goodies from the Kitchen
- Baking
- Gardening
- Helping with marketing initiatives
- Phone calling to inform members of events

## REFUND POLICY

For any courses costing \$5 or less, no refund is given. Course fee minus a \$7 administration fee will be refunded up to 1 week prior to the course start date. There are no refunds less than a week from the course start date, unless we can fill the spot from the waitlist. Full refunds will be given at any time with a doctor's certificate. Full refunds will be given if a course is cancelled.

Course refund procedure: Request for refunds must be in writing with the receipt and given to the Program Manager.



**COURSES**

## CHAIR SOMATIC YOGA

Discover the captivating world of yoga with Isabel Arias Santos. Unlike traditional yoga, this experience embraces a unique approach, guiding you through a mesmerizing journey of slow and delicate movements. By delving into these gentle motions, you will unlock the hidden tension within your muscles, alleviating any discomfort or pain that may be present in your body.

In this exceptional class, flexibility is not a prerequisite; instead, all that is required is an open heart and a willingness to embark on this transformative adventure. Come and explore the beauty of yoga in a way you've never encountered.

Day: Thursday  
Time: 9:30am – 10:30am

October: (5 sessions)  
M: \$40 G: \$45  
Drop in: \$10

November: (4 sessions)  
M: \$32 G: \$37  
Drop in: \$10

September: (2 sessions)  
M: \$16 G: \$21  
Drop in: \$10

December: (3 sessions)  
M: \$24 G: \$29  
Drop in: \$10

## LINE DANCING COURSES

Are you fond of grooving to music in a relaxed and stress-free setting? If your answer is yes, then come and be a part of Jan's line dance classes. With 25 years of experience teaching line dancing in diverse venues, Jan is a seasoned instructor you can trust. Discover the joy of meeting new people, staying active, dancing, and having a blast!

There are no drop-ins for this class. If you are an absolute beginner at line dancing, you are welcome to join the Beginner class in September. If you are an experienced line dancer and you'd like to join the class mid-session, please meet with Jan before or the Beginner class so she can assess your level of skill.

### BEGINNER

Day: Wednesday  
Time: 2:15pm– 3:30pm

September (4-week course)  
M: \$16 G: \$32

November (4-week course)  
M: \$16 G: \$32

October (5-week course)  
M: \$20 G: \$40

December (3-week course)  
M: \$12 G: \$24

### BEGINNER PLUS / INTERMEDIATE

Day: Wednesday  
Time: 12:45pm – 2:00pm

September (4-week course)  
M: \$16 G: \$32

November (4-week course)  
M: \$16 G: \$32

October (5-week course)  
M: \$20 G: \$40

December (3-week course)  
M: \$12 G: \$24



# TAI-CHI

Ning Zhang (Ph.D., R.TCMP) is a 6th generation successor of Yang Style Tai Chi, offering instruction in this ancient skill.

Yang Style Tai Chi is renowned for its numerous health benefits, including improving balance, promoting circulation, building strength, enhancing immunity, and regulating bodily systems.

The Greater Form of Yang-style Tai Chi is particularly effective in strengthening the body and cultivating overall wellness.

## BEGINNERS

Day: Thursday  
Time: 10:15am – 11:15am  
Drop In: \$10

September (4 sessions):  
M: \$32 G: \$37

November (4 sessions)  
M: \$32 G: \$37

October (5 sessions)  
M: \$40 G: \$45

December (3 sessions)  
M: \$24 G: \$29

## INTERMEDIATE

Day: Thursday  
Time: 11:30am – 12:30pm  
Cost:

September (4 sessions):  
M: \$32 G: \$37

November (4 sessions)  
M: \$32 G: \$37

October (5 sessions)  
M: \$40 G: \$45

December: (3sessions)  
M: \$24 G: \$29



# **BUILDING COMMUNITY**

## MUSTARD SEED DROP-OFF LOCATION

Being hungry doesn't just happen once a year. As you are able please bring non-perishable food items and personal hygiene items for our Mustard Seed bin. We accept donations anytime we are open. The donation bin is by the front entrance.

## FOOD DISTRIBUTION

Stop by every Tuesday and Friday and get a few groceries. Sometimes we get bonus days so check out the hallway every time you are here.

Day: Tuesday and Friday

Time: 10:00am until it is gone

Cost: Free

## LIFE PROGRAM

The Leisure Involvement for Everyone (LIFE) program provides a combination of unlimited access to the Crystal Pool and Fitness Centre, credit every two years and 52 drop-in visits to participating municipal recreation centres annually.

Additionally, LIFE cardholders can access benefits at these Regional Recreation Centres in place of the unlimited access to the Crystal Pool and Fitness Centre:

### Recreation Facilities in City of Victoria:

- Crystal Pool and Fitness Centre
- Save On Foods Memorial Arena

### Community Centres in City of Victoria:

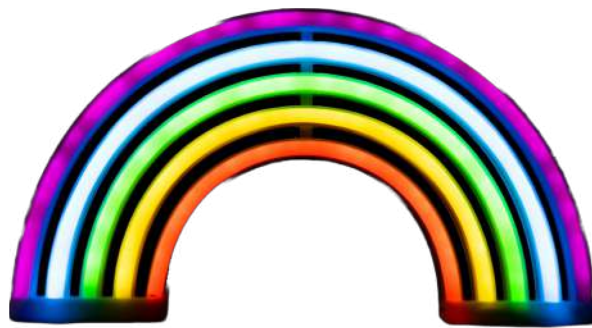
- Quadra Village Community Centre
- Burnside Gorge Community Centre
- Fairfield Gonzales Community Association
- Fernwood Community Centre
- James Bay Community School Centre
- Oaklands Community Centre
- Victoria West Community Centre

### Seniors Centres in City of Victoria:

- James Bay New Horizons Activity Centre
- Victoria Silver Threads
- Cook Street Village Activity Centre

For more information or an application form, contact the CSVAC reception desk or visit [www.victoria.ca/recreation/accessibility-inclusion](http://www.victoria.ca/recreation/accessibility-inclusion).





## RAINBOW CAFÉ



A space for folks over 50 in the 2SLGTBQIA+ community to gather, connect and engage in meaningful conversations. The group will involve games, informal fun and occasional guest speakers.

Date & Time: Sept 16, Oct 21, Nov 18, Dec 19 at 10am

Cost: FREE

Where: Centre's Lounge



# **DROP-IN ACTIVITIES**

# ART AND CREATIVITY

## KNIT & CROCHET CLUB

You are welcome to come in and work on a personal project, and join the fun social atmosphere. Consider volunteering as a Knit & Crochet Club member, creating items for the Centre to sell as a fundraiser. Our Knit & Crochet Club members are exempt from the drop-in fee. If you don't know how to knit or crochet the members can teach you.

Day: Tuesday  
Time: 1:00pm – 3:00pm  
Drop-in: M: \$2 | G: \$4

## WRITERS CIRCLE

Writers Circle is a lively weekly session of discussion, writing and friendship. At the core of our process, we encourage journal writing, but we also engage in story writing, memoirs, and writing about topics of interest. The group chooses the topics together.

Day: Tuesday  
Time: 1:00pm – 3:00pm  
Drop-in: M: \$2 | G: \$4

## THE JOY OF ART

Come join fellow painting enthusiasts on Thursday. Bring your watercolour, pastel, acrylic, oil etc. projects and ideas to discuss and work with others in our bright workroom at the Centre.

Day: Thursday  
Time: 12:00pm – 2:30pm  
Drop-in: M: \$2 | G: \$4

## SING-A-LONG

Come join us for a lively sing-a-long with classic songs. Together you can appreciate the old tunes you know and love. Each session is engaging, fun, and you will leave feeling energized and uplifted.

Day: Tuesday  
Time: 10:00am – 10:30am  
Drop-in: M: \$2 | G: \$4

## EXPLORING WATERCOLOURS

Bring your ideas and watercolour supplies and join the fellowship of like-minded artists. Develop painting skills through practice by learning together.

Day: Thursday  
Time: 9:30am – 12:00pm  
Drop-in: M: \$2 | G: \$4

## ART & WELLNESS

If you want to learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health, this is the class for you.

Day: Friday  
Time: 1:00pm – 3:30pm  
Drop-in: M: \$2 | G: \$4



# FITNESS

## FUN AND FITNESS

Stretch bands and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this class. Adults of all ages are welcome.

Day/Time: Tuesday 9:15am – 10:15am

Thursday 9:15am – 10:15am

Drop-in: M: \$4 | G: \$8

## INDEPENDENT YOGA

We provide the space and atmosphere for self-led yoga. Energize and feel refreshed. Adults of all ages are welcome.

Day: Monday and Thursday

Time: 11:00am – 11:45am

Drop-in: M: \$2 | G: \$4

## GENTLE YOGA

A refreshing 45-Minute Gentle Yoga class with Jaela. Whether you're an experienced yogi or new to the practice, this class promises to invigorate your body and rejuvenate your mind, leaving you ready for the weekend!

Day: Friday

Time: 1:30pm – 2:15pm

Drop-in: M: \$4 | G: \$8

## STRETCH & STRENGTH

A specialized trainer will lead the group through exercises designed to increase strength, range of motion, balance and endurance. Adults of all ages welcome.

Day/Time: Monday 9:30am – 10:00am

Wednesday 9:30am – 10:30am

Friday 9:30am – 10:30am

Drop-in: M: \$4 | G: \$8

## ZUMBA GOLD

Ready to spice up your fitness routine and dance your way to a healthier you? Try Zumba Gold! This modified Zumba class that recreates the original moves you love at a lower-intensity. Join us for the ultimate fusion of dance, fitness, and fun!

Day: Monday

Time: 11:00am – 12:00pm

Drop-in: M: \$4 | G: \$8

## QI GONG

Learn the fundamentals of Aung Medical Qi Gong. Become aware of the circulation of Qi throughout your whole being – body, mind, and spirit. This introductory class focuses on breathing patterns and gentle movement exercises.

Day: Friday

Time: 11:00am – 12:00pm

Drop-in: M: \$2 | G: \$4

# GAMES

## BINGO

Don't miss out on the fun of this social game full of laughter and enjoyment.

Day: Wednesday

Time: 11:00am – 12:30pm

Drop-in: M: \$2 | G: \$4

## CRIBBAGE

For all levels of play! Learn from an experienced player if you don't know how to play this social game.

Day: Wednesday & Saturday

Time: 1:00pm – 3:30pm

Drop-in: M: \$2 | G: \$4

## MAHJONG

Come and learn how to play! Originating in China, Mahjong is a game that involves skill, strategy, and calculation as well as some luck! Play this fascinating tile game even if you have never played it before! Adults of all ages are welcome!

Day: Monday

Time: 12:30pm – 3:30pm

Drop-in: M: \$2 | G: \$4

## CANASTA

Canasta is the most recent card game to have achieved worldwide status as a classic. Come to learn from experienced players and have fun!

Day: Wednesday & Thursday

Time: 12:30pm – 3:30pm

Drop-in: M: \$2 | G: \$4

## CROKINOLE

Come and learn the laughter filled game of Crokinole!

Day: Tuesday

Time: 10:00am – 12:00pm

Drop-in: M: \$2 | G: \$4

## FRIENDLY BRIDGE

Are you returning to the game of bridge or looking for an opportunity to brush up on your knowledge and skills of the game? Do you enjoy the game but don't have a partner? Then this is the group for you. Join our group of friendly bridge players; all skill levels are welcome. Everyone Welcome!

Day: Wednesday

Time: 9:30am – 12:00pm

Drop-in: M: \$2 | G: \$4

# SOCIAL

## BOOK LOVERS GROUP

Do you enjoy reading? Do you enjoy company? Your favourite books are recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre's Lounge.

Day: Last Thursday in Oct & Nov  
Time: 11:15am – 12:45pm  
Drop-in: M: \$2 | G: \$4

## ENGLISH CORNER

An informal Conversational English Class given as a free community service. English Corner allows newcomers to practice communicating in English, make new friends, and together find opportunities to contribute to the well-being of the community.

Day: Friday  
Time: 10:00am–11:00am  
Cost: Free

## TECHNOLOGY HUB

Meet with an expert to learn about and solve your laptop and cell phone issues. Mitchel will also help you set up email and learn a bit about social media. Your family will be impressed with your acquired skills.

Day: Thursday  
Time: 2:00pm – 3:30pm  
Cost: M: \$2 | G: \$4

## NON-FICTION BOOK CLUB

If you enjoy reading biographies, history, and real-life adventure stories, this is the book group for you! Adults of all ages are welcome.

Day: Third Friday of each month  
Time: 12:30pm – 2:00pm  
Drop-in: M: \$2 | G: \$4

## CURRENT AFFAIRS

Come and discuss the week's events in the news. Please come equipped with an active and curious mind and your current news topic suggestions. Adults of all ages are welcome.

Day: Thursday  
Time: 10:00am – 11:00am  
Drop-in: M: \$2 | G: \$4



# SPORTS

## BEGINNER PICKLEBALL

Brand new to pickleball and would like to try it out? Come in and learn the game in a fun environment.

Day: Monday  
Time: 1:00pm – 2:45pm  
Drop-in: M: \$2 | G: \$4

## PICKLEBALL INTERMEDIATE

Pickleball is back on Saturdays! Join us!

Day: Saturday  
Time: 10:30am – 12:30pm  
Drop-in: M: \$2 | G: \$4

## PICKLEBALL

Try pickleball with us! The aim of our games is to laugh, have fun and get moving!

Day: Wednesday  
Time: 10:45am – 12:30pm  
Drop-in: M: \$2 | G: \$4

## BILLIARDS

Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter.

Day: Friday  
Time: 9:30am – 12:00pm  
Drop-in: M: \$2 | G: \$4



# OUR FACILITIES



## PARKING

As you may know, developers have begun excavating the lot adjacent to the Cook Street Village Activity Centre parking lot. This work is for the development to access the full extent of their property line, significantly impacting the parking available to the Centre.

All entrances to the Centre remain accessible for the duration of the construction.

As the Centre parking will be impacted, the developer has allocated parking in the Cook Street neighbourhood (see map below).

These parking spots in the area will require a parking pass system for the users of Cook Street Village Activity Centre. Stay tuned on the registration process as the developer awaits final approval from the city.

# NEED ADDITIONAL PARKING?

## THERE ARE ADDITIONAL STALLS PROVIDED AT 2 LOCATIONS:

LOCATION 1:  
PARKING  
INDIGO LOT  
714, LOCATED  
IN LOT OF





LOCATION 2:  
AT 350  
LINDEN AVE.  
ACCESS THE  
LOT OFF  
CHESTER  
AVE

# FACILITY RENTAL

Consider Cook Street Village Activity Centre (CSVAC) for your next conference, recital, or workshop. The Centre welcomes individuals, non-profit, and for-profit organizations, groups, and businesses the opportunity to rent space.

Select from multiple meeting rooms, a cozy lounge, or a spacious auditorium with a stage. We also have a games room, and computer lab are also available upon request. There are opportunities to rent space on a long-term basis for your business in the Annex (formerly known as the Wellness Centre). Call us today for more information.

Please note that all who wish to book space at CSVAC will need to have liability insurance. Bookings are available on weekdays and weekends.

CSVAC offers flexible rates to non-profit organizations and regular long-term rentals.

CSVAC is in the heart of the Cook Street Village. The Centre can be easily accessed by public transit with frequent service. It is only steps away from local eateries and boutique shops. Around the corner is Beacon Hill Park and the Dallas Road waterfront, the facility is away from the hustle and bustle of the downtown scene -- yet only a short five-minute drive from downtown.

Please note that rentals are subject to availability. For further inquiries and/or bookings please contact Jenny at 250-384-6542 or email [executivedir@csvac.ca](mailto:executivedir@csvac.ca) for more details.





**DID YOU  
KNOW THAT AN  
AMAZING RESTAURANT  
RENTS OUR KITCHEN WHILE  
WE ARE CLOSED ?**



**PICK-UP & DELIVERY  
MEAL PLANS & CATERING**

# MAMA NADIA'S KITCHEN

**DID YOU KNOW THAT A RESTAURANT  
RENTS OUR KITCHEN WHILE WE ARE CLOSED?**

## MAMA'S BOWLS

Kofta Dawood Basha Bowl	\$18.85
Mama's Kofta Bowl	\$18.45
Tasty Ful Bowl	\$10.95
Mama's Signature Chicken Bowl	\$18.25
Homemade Baba Ghanuj Bowl	\$12.75
Juicy Lamb Shank	\$29.95
Hearty Falafel Bowl	\$15.25
Delicious Chicken Fattah	\$18.95
Heavenly Lamb Okra Stew	\$20.75
Smoky Baba Ghanuj & Spinach Fatayer	\$19.95

## MAMA'S SPECIALS

Yummy Creamy Macaroni Bechamel	\$18.65
Mama's Chicken Wrap	\$14.65
Hearty Falafel Wrap	\$13.45

## DESSERT

Yummy Om Ali	\$8.75
Mama's Kunafa	\$7.25
Mango Kunafa	\$8.45
Nuttela Kunafa	\$8.95

## SIDES

Mama's Mix Salad Side	\$6.95
Fresh Balady Bread	\$1.45
Mixed Pickles Side	\$5.45
Bowl of Olives Side	\$6.95
Jasmine White Rice Side	\$4.95
Homemade Pickled Eggplant Side	\$8.95
Fluffy Roasted Potatoes	\$5.25
Crispy Cheesy Spinach Fatayer	\$8.95
Egyptian Lentil Soup (Shorbet Ads Masri)	\$6.95

**Hours: Tue-Sat: 4:30pm – 8:00pm Sun-Mon: closed**  
**Contact: 250-986-1915 / mamanadia044@gmail.com**

**380 Cook Street, Opposite of Oscar Street**  
**Side door of Cook Street Village Activity Centre**



# MAMA NADIA'S KITCHEN

## HOURS

Tues to Sat  
4:30–8:00pm

Sun to Mon  
Closed



**CUT OUT  
THIS VOUCHER  
AND  
BRING TO  
MAMA NADIA'S  
KITCHEN AT THE  
COOK STREET  
VILLAGE  
ACTIVITY CENTRE!**



TO:



Mama Nadia's Kitchen

*Gift*

**VOUCHER**

Get discount 10% Off \$20 spend  
With this voucher

Valid Until December 2024

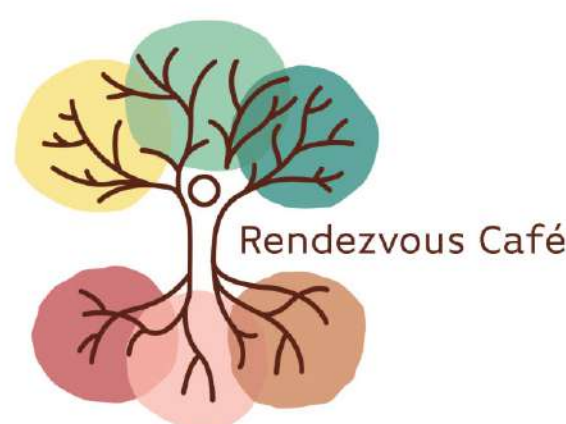
WWW.MAMANADIAKITCHEN.COM



Uber



# RENDEZVOUS CAFE



## MENU

Snacks	Scone	\$3.00
	Muffin	\$3.00
	Cookie	\$2.00
	Sandwich	\$6.00
	Grab & Go	\$10.00
Drinks	Coffee	\$2.00
	Tea	\$2.00
	Hot Chocolate	\$2.00
	Pop	\$2.00

9:00 am – 2:30 pm ~ Mon to Fri

## Food Distribution

Join us every Tuesday & Friday morning at 10 am to get free groceries. The group starts gathering early, and guests get their food in the order in which they arrive.

**We hope to see you!**

## Grab & Go

Our new and improved Grab & Go program offers frozen homemade meals to-go at any time we are open. Come in and try our new offerings!

@CSVAC

@CSVAC1

COOK STREET VILLAGE ACTIVITY CENTRE

@COOK-STREET-VILLAGE-ACTIVITY-CENTRE-78011A7A



**380 Cook Street**

**Cook Street Village  
Activity Centre  
(250) 384-6542**



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