

# Happenings

November  
2022

Cook St. Village Activity and Wellness Centre



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# NEW Fitness Instructor Staff Member



Meet our new Stretch and Strength Instructor Jonah. Jonah has a Bachelor's Degree in Athletic Therapy, he is a certified Strength and Conditioning Specialist, and did I mention this young man is also a first responder?

Originally from Port Alberni, Jonah has spent his whole life exploring ways to be active, move, and enjoy the natural beauty of Vancouver Island. His favorite activities are surfing, camping, and hiking. Jonah became involved in coaching through his time competing in track and field

This led him to study Athletic and Exercise Therapy, graduating from Camosun in 2022. Jonah combines his love of movement with his knowledge of exercise therapy to help clients live healthy active lives without feeling held back by their level of fitness or their past injuries

To learn more about this amazing instructor and get a great workout come check out one of his classes at the Centre!

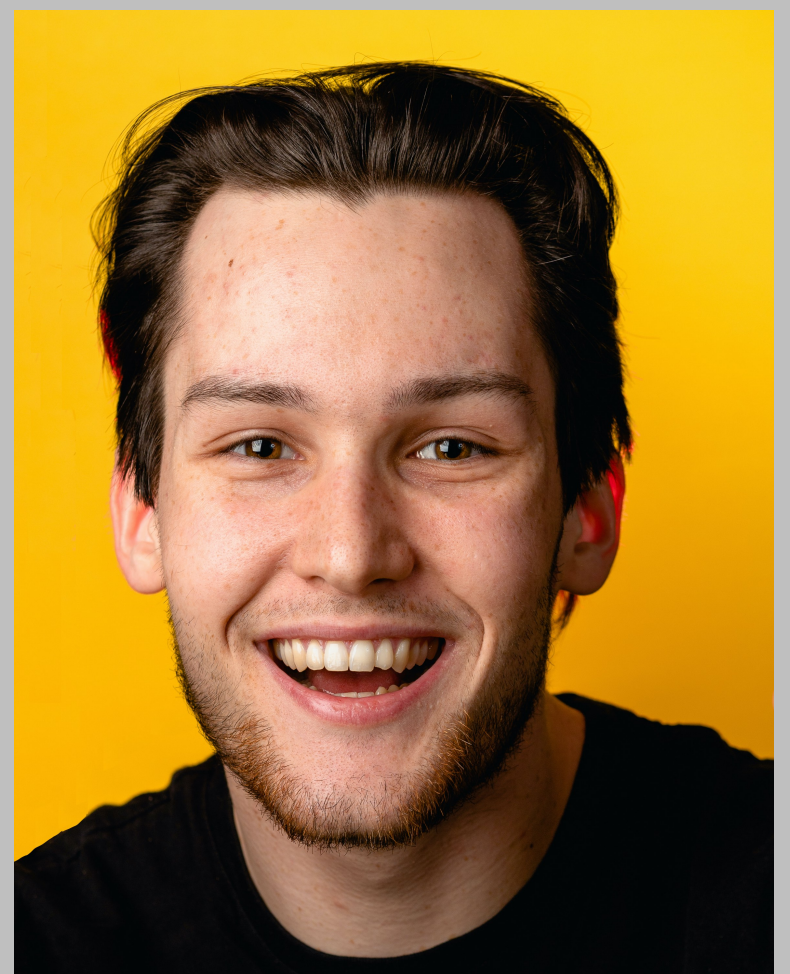
We are happy to introduce Travis as the latest member of our staff! Travis will be supporting our volunteers and members as the Volunteer Coordinator and Administration Assistant.

Originally from Chester, Nova Scotia, Travis has spent a great part of his life along the water. While travelling across Canada in 2021, he fell in love with Victoria's close-knit and diverse community.

A graduate of the University of King's College four-year Bachelor of Journalism (honors) and Masters of Investigative Journalism program. Travis has spent the last few years as a journalist reporting on human interest stories, all while pursuing his passion for photography and videography.

Travis is excited to bring a fresh sense of energy to CSVAC, helping support our current volunteers while working to introduce new faces to our community.

If you have any questions or interest in volunteering with us, you can contact Travis via email at [marketing@csvac.ca](mailto:marketing@csvac.ca).



# Volunteer of the Month Bill L.

## Message From the Board By Fran Rapaport



Bill Logan has been volunteering at our Centre for 8 years now. He is currently the Pickleball Co-ordinator and helps teach beginners. He has played Saxophone with the sing-a-long group and at church services.

Born and raised in Vancouver, Bill was a Draftsman for a Land Survey & Engineering Co. for 31 years. He also studied Theology and was Ordained at his Church. His primary work at the church was in the music dept. with Choral & musical groups. He conducted 3 Wedding Services over the years, one of which was on a chartered boat. During semi-retirement he worked part-time with a Property Management Co. owned by a friend.

Bill had a small dance band in Vancouver; they played for Senior's dances, celebrations, and at Care homes, Hospitals, etc.

Bill has 2 sons, 2 daughters, 5 grandchildren and 2 great grandchildren. He moved to Victoria in 2013 and invested in a home with one of his sons where he is living today. This active, young 87-year-old loves anything to do with music: singing, dancing and occasionally still playing Saxophone. The only thing he misses now is singing in the church choir.

It's so good to be back after summer and find everything at the Centre in full swing.

Stretch and Strength is going strong, as are Pickle Ball, our Bridge players, pool players Texas Hold-em and our many other activities that you enjoy with us.

We are pleased to have several new staff members enthusiastically preparing for the year ahead. Come by and meet Dana cooking up a storm in the kitchen, and Jonah working hard with you to get fit. If you're interested in an activity that isn't currently on our roster, please let Lily know and we'll do our best to see that it can happen.

We are thrilled to say that our membership is up to pre-Covid numbers, and everyone is having a good time. We would love to welcome you on board as a volunteer in many capacities. You will find that volunteering with us, will enrich your experience with the Centre and provide many more opportunities to meet up with old and new friends. Please contact Lily to find out the many ways there are to participate as a volunteer.

Welcome back! Looking forward to seeing you all!

# November Programming

## Highlights

### **DAY OF THE DEAD**

Presentation by Uvic Speakers Bureau : Dia de los Muertos is the day where families welcome back the souls of their deceased loved ones. According to traditions the gates of heaven are opened, and spirits can rejoin their families for 24 hours. Learn more about this holiday on November 2 at 2:00pm. Cost is \$5, and it includes a drink and a goodie

### **HEALTH AND WELLNESS SPEAKER SERIES**

On Wednesday 9 at 2:00 pm a variety of health & wellness related topics will be discussed during this conversation hosted by a retired nurse. Your \$5 ticket includes tea and a goodie.

### **REMEMBRANCE DAY**

On November 10 at 10:30am we will host a short service followed by tea and coffee to honour the sacrifice of those who have fallen in the service of our country, and to acknowledge the courage of those who still serve.

### **ARMCHAIR TRAVEL LOG ADVENTURES**

Come sit with us and enjoy a cup of coffee or tea while you learn about life in Bangladesh. See you on November 16 at 1:00pm

### **DECORATING DAY**

Its that time of year to deck the halls and be jolly, everyone is welcome to decorate our Centre for the season on November 18 at 9:00am. Lunch will be provided

### **HOLIDAY MARKET AND SILVER BELLS SILENT AUCTION**

Looking for the perfect gift? We got your back, come take a look at what over 30 craft vendors and a silent auction have to offer on November 26 at 9:00am. Holiday goodies will be for sale at Rendezvous Café.

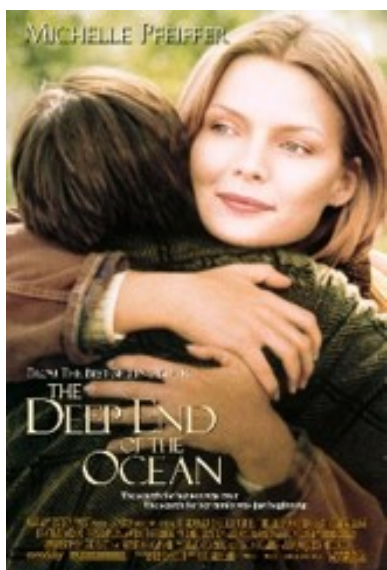
# MOVIE MATINEE

Saturdays at 1 PM



## NOVEMBER 5: THE UPSIDE

In need of a caregiver, a wealthy man with quadriplegia hires the last person anyone expects: an ex-con with no experience. Based on a true story. Starring: Kevin Hart, Bryan Cranston, Nicole Kidman



## NOVEMBER 12: THE DEEP END OF THE OCEAN

A mother grows desperate when her 3-year-old son disappears, but he turns up -- nine years later in the town where the family has just relocated.

Starring: Michelle Pfeiffer, Treat Williams, Whoopi Goldberg



## NOVEMBER 19: HOME AGAIN

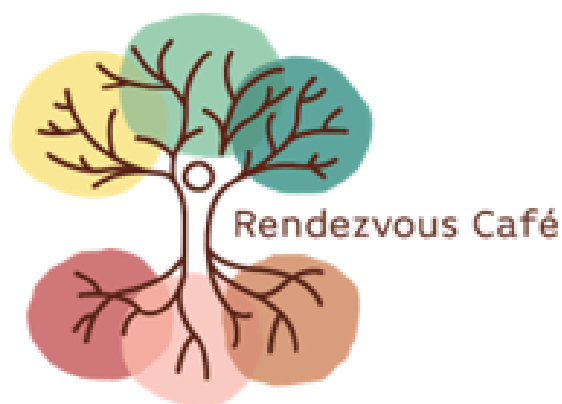
After a newly single mom of two moves from New York to LA, she impulsively invites three younger men with Hollywood dreams to stay in her guest house.

Starring: Reese Witherspoon, Michael Sheen, Candice Bergen

## NOVEMBER 26: CANCELLED-HOLIDAY MARKET

Suggestions for future movies are always welcome. Leave your ideas on the sign outside of the lounge or in the suggestion box between the Craft Room and the Games Room.





Did you know we now offer a delicious variety of sandwiches? Stop by Rendezvous Cafe and try a meatball sandwich, or perhaps a grill cheese? Dana will be glad to you!

# Grab & Go Menu

## WEDNESDAY GRAB & GO

Order by Saturday each week

*November 2*

**CREAMY CLAM LINGUINE + CHOCOLATE CAKE**

*November 9*

**BBQ CHICKEN AND POTATOES + VANILLA PUDDING**

*November 16*

**VEGETARIAN STIR FRY ON NOODLES + VANILLA COCONUT CAKE**

*November 23*

**STEW DUMPLING+ BUTTERSCOTCH PUDDING**

*November 30*

**ITALIAN CHICKEN AND PASTA + CHERRY TART**

## SATURDAY GRAB & GO

Order by Wednesday each week

*November 5*

**CHEF JAKE'S SPECIAL**

*November 12*

**CHEF JAKE'S SPECIAL**

*November 19*

**VEGETARIAN QUESADILLA + CHOCOLATE COCONUT COOKIE**

*November 26*

**SPAGHETTI MEATBALLS + CUSTARD CAKE**

## Transforming Lives with Practical Spirituality

No matter your age, ethnicity or lifestyle, welcome home!



**Sundays: Meditation 10:30 a.m.  
Celebration Service 11 a.m.  
Open and observing Covid protocols**

New Location! - Refreshments & fellowship follow -

**Cook Street Village Activity Centre  
at 380 Cook Street, Victoria**

If you like Wayne Dyer, Marianne Williamson, Neale Donald Walsch, Ellen and Oprah... you're going to LOVE us!

[www.cslvictoria.org](http://www.cslvictoria.org)

## IN RAIN OR SHINE



persons with disabilities  
libraries  
learning  
addictions  
food security  
coaching  
youth  
arts  
nature  
schools  
gardens  
mental health  
children  
tourism  
environment  
seniors  
culture  
newcomers  
healing  
housing  
animals

## Volunteers Help

Volunteer Victoria wants to hear from volunteers about your interest and needs. Call 250.386.2269 for more information

# Drop-in Activity

# Highlights

It's all fun & games until someone yells BINGO! Come join the fun every Wednesday from 11:00am to 12:30pm

If you are looking for something fun to occupy your time give shuffleboard a try! This goofy and fun game takes place every Tuesday at 12:30pm. New participants are welcome.

Having trouble setting your email account? Want to create a social media profile and don't know where to start? No problem! Meet our Technology Hub expert who will gladly help you solve any technology related issues. Monday and Friday at 2:00pm

Don't forget to take a look at what

**FAIRFIELD  
GONZALEZ**

Has to offer!

## Rentals

Did you know both the Activity and Wellness Centres have rental opportunities?

We have great rentals with great rates!

There are discounts for half day, full day, long term, and non-profits.

For details or to book email [executivedir@csvac.ca](mailto:executivedir@csvac.ca)

-  Cook Street Village Activity Centre
-  @CSVAC1
-  @cook-street-village-activity-centre-78011a7a
-  @CSVAC
-  Cook Street Village Activity Centre

Get your Membership!  
\$50 Annually or \$7 Monthly  
Get yours today so you get the best rates  
for your activities, events, and more.

## WE WILL BE CLOSED ON REMEMBRANCE DAY

FRIDAY, NOVEMBER, 11



### Suggestions Welcome

If you have suggestions and ideas  
for programing leave a note for staff  
in the suggestion box between the  
Craft Room and the Games Room.



Did you know that we have community computers in our Wellness Centre? These computers are used for our annual income tax program as well as general use. If you work from home and need a space to concentrate away from your abode ask to book space with us! You can also use our space and bring your own laptop to connect with our Wi-Fi if you prefer. Email [executivedir@csvac.ca](mailto:executivedir@csvac.ca) for rates and availability.

## SPOTTED IN OCTOBER

