

# Cook Street Village Activity Centre HAPPENINGS

November 2021

## Farewell Jordan

*Written by Jordan Glowicki, Program Manager*



It is a bittersweet decision to have to make, but as of November I will be moving on to another position within the Recreation field. I would like to thank everyone for their support during my time with you at The Cook Street Village Activity Centre. Every day I have had the privilege of being a part of your community and have thoroughly enjoyed getting to know everyone. My fellow staff members, Board of Directors, and volunteers have been an absolute joy to work with. I would like to thank them for sharing all of their experience and expertise with me. The heart of this center really is the members, so thank you to each and every one of you for making this place the special place that it is.

## Message from the Board

*Written by Joni Hockert, Board President*

It is already November and we are preparing for the holiday season. It seems to come around faster each year. On November 12 our talented decorators will be creating our festive environment so please stop by and help out or just say hello!

This past month has seen some of our favourite events, such as Thanksgiving, return. Everyone had a fabulous time and we discovered several very talented dancers amongst our members and staff. We also had our annual murder here at the Centre, with lots of laughing involved. Next year it is YOUR turn to come find out Who Dunit?

Our indoor Remembrance Day event will be held Wednesday, November 10 starting at 1:00pm. Get a head start on all your holiday shopping at our Silver Bells Silent Auction (November 25-27) and our Holiday Market (November 27). We have some special goodies planned so you will not want to miss out.

Again, I want to thank you all for your incredible patience and support as we continue to navigate our way through Covid.

Stay well!

## November Events

### Remembrance Day:

This is our time to remember our war time heroes. All veterans are encouraged to participate and wear your uniform. This is a free event with Complimentary Coffee and Tea to follow the indoor service

### Day & Time:

Wednesday, November 10  
1:00pm-2:00pm



### Decorating Day:

Come and lend a hand for part or all of the day as we put up all of our holiday decorations. It is lots of fun. Lunch provided for those who are working for the morning and afternoon. The more people that help the more fun we have!

### Day & Time:

Friday, November 12  
9:00am-Until we're done

### Silver Bells Silent Auction

A great place to shop and support local businesses. Your guests will be thrilled with all of the amazing things you will have waiting for them: from a delicious meal to the gifts under the tree.

If you want an item, you are the first bid, and you want to take it on Thursday afternoon or Friday, all you have to do is bid the full value. If not try your luck through the auction, which ends on Saturday at 1:30pm.

### Day & Time:

Start: November 25 at 1:00pm  
End: November 27 at 1:30pm



### Holiday Market:

This is the place to be to get your holiday shopping done. This market is full of handmade items by the local artisans. Come and check it out.

**Day & Time:** Saturday November 27 9am to 2pm



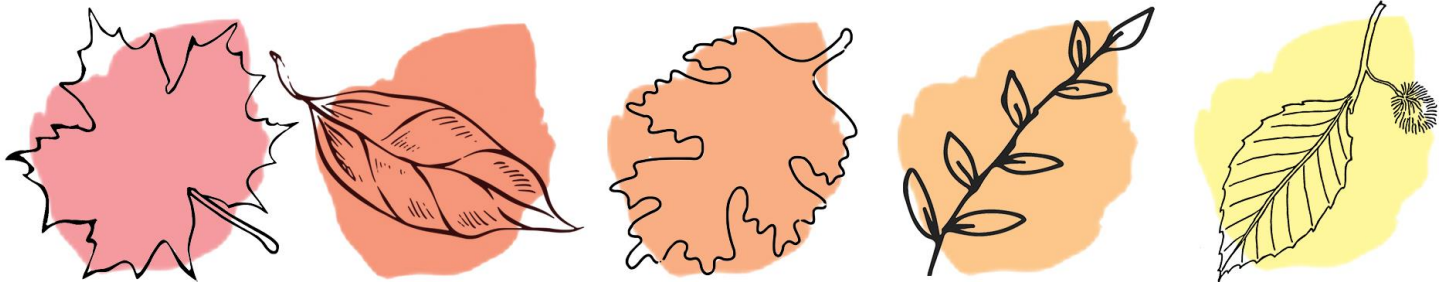
9am to 2pm  
Saturday, November 27, 2021

# Winter Market

Crafts | Food | Silent Auction

9am to 2pm  
Cook Street Village Activity Centre  
380 Cook St

| Cook Street Village Activity Centre<br>Weekly Drop-in |  |   |  |  |   |
|---|--|---|--|--|---|
| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
| <b>Ladies’ Snooker</b><br><br>9am                     | <b>Fun and Fitness</b><br><br>9am  | <b>Friendly Bridge</b><br><br>9:30am                                    | <b>Fun and Fitness</b><br><br>9am                                    | <b>Billiards/ Snooker</b><br><br>9am   | <b>Billiards/ Snooker</b><br><br>9am                      |
| <b>Stretch &amp; Strength</b><br><br>9:30am           | <b>Pens &amp; Friends (1<sup>st</sup> &amp; 4<sup>th</sup> Tuesday of the month)</b><br><br>10am | <b>Stretch &amp; Strength</b><br><br>9:30am                             | <b>Exploring Watercolors</b><br><br>9:30am                           | <b>Stretch &amp; Strength</b><br><br>9:30am                                      | <b>Meditation</b><br><br>10:30am                          |
| <b>Independent Yoga</b><br><br>11:00am                | <b>Sing-A-Long</b><br><br>10:30am  | <b>Meditation</b><br><br>10:30am  | <b>Current Affairs</b><br><br>10am                                   | <b>Crokinole</b><br><br>10:30am  | <b>Pickle Ball &amp; Ping Pong</b><br><br>11:30am         |
| <b>Mahjong</b><br><br>12:30pm                         | <b>Progressive Bridge</b><br><br>12:30pm   | <b>Pickle Ball &amp; Ping Pong</b><br><br>11am                          | <b>Yoga – Morning</b><br><br>10:30am                                 | <b>Non-Fiction Book Club (3<sup>rd</sup> Friday of the month)</b><br><br>12:30pm | <b>Cribbage</b><br><br>1pm                                |
| <b>Texas Hold’em Poker</b><br><br>12:45pm             | <b>Busy Hands and Social Crafters</b><br><br>1pm   | <b>Cribbage</b><br><br>1pm  | <b>Tai Chi – Mixed Levels</b><br><br>11:30am                         | <b>Texas Hold’em Poker</b><br><br>12:45pm  | <b>Movie of the Week</b><br><br>1pm                       |
| <b>Whist</b><br><br>1pm                               | <b>Speaker Series (1<sup>st</sup> Tuesday of the month)</b><br><br>2pm                           | <b>Knowledge &amp; Nibbles (last Wednesday of the month)</b><br><br>1pm | <b>Book Lovers Group (last Thursday of the month)</b><br><br>11:15am | <b>Art &amp; Wellness</b><br><br>1pm   | <b>Grab and Go (Pre order by Wednesday)</b><br><br>3:00pm |
| <b>Bingo (From Nov. 8)</b><br><br>1pm                 |  | <b>Grab and Go (Pre order by Saturday)</b><br><br>3:00pm                | <b>The Joy of Art</b><br><br>12pm                                    |  |   |
|   |  | <b>Movie of the Week:</b><br><br>5:30pm                                 | <b>Canasta</b><br><br>12:30pm  |  |   |
|   |  |   | <b>Duplicate Bridge</b><br><br>1pm                                   |  |   |





# Interview with Vinny

Written by Maria Makarenko, Marketing Assistant



You have probably seen Vinny at the front desk, she is one of our volunteers here at CSVAC.

Vinny, short for Vanshika, was born in Delhi, India, and later moved to Oman, a Monarch country in the Middle East. With the growing political unrest due to the aging king, and not having any

offspring or siblings, the tension of who is going to be the next Monarch was rising. Two years ago Vinny’s family felt it was unsafe for them and made a difficult decision to move to Canada.

When Vinny moved, the pandemic hit and she could not make friends due to school being online. Vinny noticed that she was no longer the outgoing, social, and active person that she was. She decided to get into volunteering, first with the Victoria Community Health Co-op, and then with Cook Street village Activity Centre. While Jordan, our Program Manager, was away, Vinny stepped into the position. She really liked that it gave her the opportunity to organize activities and do program managing which is close to what she wants to get into as a career. She remembers her first day being Friday one of the most hectic days with the food distribution and lots of activities happening, she felt so supported by other volunteers accepting her and making Vinny part of the team.

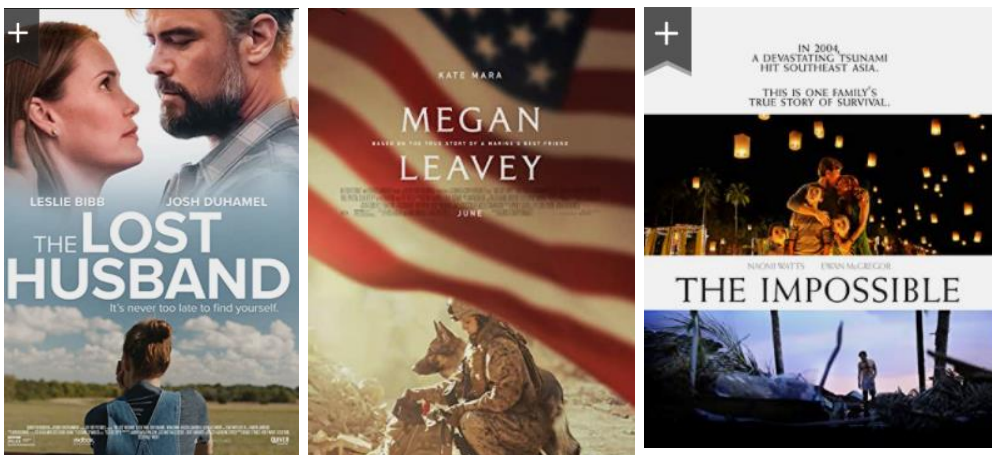
Vinny’s favorite thing to see is the smiles on peoples’ faces when they come in whether to pick up food or to go to a fitness class, every one so energized that you can’t help but want to join them too, it’s “so motivating to see people in the morning ready to exercise” Vinny said.

Today, Vinny is not able to work due to her status in Canada, but once she is able to she would like to be part of a nonprofit organization. Vinny is so grateful for meeting so many people while volunteering. This gave her the insider information for what classes to take. “I met so many people with such a vast experience.”

Vinny learned how to crochet from Inga, one of our volunteers, an experience which she cherishes so much. Vinny then taught her own mother how to crochet and now there is a connection formed between Inga and her mother although they have never met. Vinny sees the beauty in these connections and so many of these connections happen every day at the Cook Street Village Activity Centre.

# November Movie of the Week

- November 3 and 6: The Lost Husband:** Trying to put her life back together after her husband's death, Libby and her children move to her estranged aunt's goat farm in central Texas. \*2hr long movie
- November 10 & 13: Megan Leavey:** Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.
- November 17 & 20: The Impossible:** The story of a tourist family in Thailand caught in the destruction and chaotic aftermath of the 2004 Indian Ocean tsunami. \*2hr long movie



# 11.11



Written by Maria Makarenko, Marketing Assistant

The 11th hour of the 11th day of the 11th month of 1918, the guns on the Western Front fell silent after more than four years of continuous warfare ending World War I. This day became associated with the remembrance of those who had fought and died in the war. This first modern world conflict had brought about the mobilization of over 70 million people and left between 9 and 13 million dead. Remembrance Day honors the soldiers, nurses, and support personnel who fought for their countries, not only in WW I, but in all conflicts. Remembrance day is symbolized by a Flanders poppy which was the first flower that bloomed on the battlefields drenched with blood once the battle was over.

Thank you to thousands of brave men and women who sacrificed their youth, their life, so we can have ours.

Quick Facts: 118,000 – about the number of Canadians who made the ultimate sacrifice during the times of war and conflict.



Entertainment

November Horoscopes

**ARIES 03.21 – 04.20:** You will try to develop ways to achieve a higher income and set aside some money. You may underestimate the situation and act hastily, so do not hesitate to ask for advice from someone you trust.

**TAURUS 04.21 – 05.21:** In November, Tauruses will tend to escape their duties and change their lifestyle. This automatically does not have to be negative nor positive. Consider all the pros and cons and the people who could be affected. If you're trying to get out of trouble, think about whether running away really helps or just puts the problem off.

**GEMINI 05.22 – 06.21:** You will be very reserved, responsible, and financially careful about what you will spend money on at this time, which can add to your financial stability. However, you should not skimp on the quality of food that your body deserves and mental development, for example, in the form of educational courses.

**CANCER 06.22 – 07.22:** Cancers will be full of energy during November. You will pursue your goals persistently and energetically, you will be able to plan your time well, and you will not lack artfulness. Your partner might not be able to keep up with you, and that could bother you. In addition, you will be prone to excessive jealousy and possessive behavior, which could cause pointless disagreements.

**LEO 07.23 – 08. 22:** November will make you feel very tired, even though there might not be an evident reason for that. Every Leo should live through this period at a slowed down pace and not worry too much. It is a time of integration. Before you are able to shine again, it's necessary to recharge a bit.

**VIRGO 08.23 – 09.22:** Your opinion will have a far-reaching impact in November. Others will listen to you and take you very seriously. For many, you will even become a role model and gain recognition for your long-term achievements. Your creativity will come to light, thanks to which you will continuously come up with ways to amaze others.

**LIBRA 09.23 – 10.22:** Libras will be affected the most by Mercury so that they will feel completely calm and peaceful. You will be able to settle all the conflicts, and everyone included be extremely grateful. Thanks to that, your authority will be stronger, and they will consider you to be the mentor who can advise them.

**SCORPIO 10.23 – 11.21:** Mercury will elevate your speaking skills, and you will communicate well. On the other hand, in some situations, you might be too sincere and cynical. In any case, this period will be perfect for studying and gaining knowledge. You will be very concentrated, and your mind will be tireless.

**SAGITTARIUS 11.22 – 12.21:** You should try to limit the use of electronic devices as much as possible, as it could negatively affect your psyche. Although it may seem unlikely, social networking can dramatically disrupt your concentration and productivity. If you have an important project to finish, try to relax by taking walks.

**CAPRICORN 12.22 – 01.19:** Although this year has been challenging, you will start thinking about the little things that make you happy. Your life should be in absolute balance. Venus will probably give you the urge to treat yourself, and you will tend to spend more money than usual. Once in a while, it is not a bad thing at all. But if it means spending your savings, you should think twice.

**AQUARIUS 01.20 – 02.18:** Watch out for excessively impulsive behavior that November brings! Aquarius will feel a strong desire to spend too much - if you can't control this urge, you could get into trouble. Before you buy something, stop and ask yourself if you really need it.

**PISCES 02.19 – 03. 20:** You will be closer to your family in November. However, don't forget about the relatives outside of your intimate family circle as you haven't seen them in a long time. You will be in an ideal mood to rebuild relationships, and you would all love to remember the old days.



Come check out what is going on at  
The Place in November



# Community Dinners

November 26 4-6 pm

No registration required, drop by to pick-up a meal to go  
suggested donation  
\$5.00 per person / \$10.00 per family





## CLOTHING Swap IS BACK!

November 1st

10:00 AM – 1:00 PM



## Join Book Club

NOV 29TH

7:15 - 9:00 PM

Via Zoom

Fairfield Community Place  
1330 Fairfield Road

250.382.4604  
www.fairfieldcommunity.ca

Grab and GO  
November Menu

November 3 - Wed

Beef Stroganoff  
on Bed of Noodles  
Gerry's Dessert of the Day

November 6 - Sat

Homemade  
Mac N' Cheese  
Banana Cake

November 10 - Wed

Stuffed Chicken Breast  
Mashed Potato & Vegies  
Gerry's Dessert of the Day

November 13 - Sat

Korean Beef Bowl  
Peach Cobbler

November 27 - Wed

Sweet & Sour Chicken  
Rice & Vegies  
Gerry's Dessert of the Day

November 20 - Sat

Meatloaf and Mashed  
Potatoes with Gravy  
Oatmeal Brownie

November 24 - Wed

Ginger Beef & Broccoli  
on Bed of Rice  
Gerry's Dessert of the Day

November 27 - Sat

No Grab & Go  
due to  
Winter Market

Pick up:

at 3:00 pm on  
Wednesday/Saturday

Cost:

\$9 per 1 regular serving,  
\$12 for a special lunch

Order your Wednesday meal by the end of Saturday;  
order your Saturday meal by the end of Wednesday.

- Being an adult is just walking around wondering what you're forgetting.
- I'm at an age when my back goes out more than I do.
- You know you're getting old when the candles cost more than the cake.