

HAPPENINGS

January 2022

Wellness Centre

January Events



Written by Maria Makarenko, Marketing Assistant

Opening of the wellness centre is very important to our community. After more than three years, we have successfully added 2500 square feet to our centre. This new space is our Wellness Centre which is located in unit 2. Before we closed for our winter break we were able to work with all of our practitioners to help them feel comfortable in their new spaces. To find your way to the new Wellness Centre you will find it hidden at the end of the parking lot behind the gate. Follow the

brick path to the door behind our patio to find this hidden gem. Once inside, Coral, our Reception Liason, will be the friendly face to greet you there and help you out. Not only will our practitioners be there but also some of our drop-in activities, and the Victoria Community Health Co-op's programs and services. Watch for our grand open and more information in January.

Message from the Board

Written by Joni Hockert, Board President

Welcome to 2022 and all the exciting new and continuing events and activities at the Centre! We hope you had a fabulous holiday season and are ready to spend lots of time with us in the new year.

January is a perfect time to try something new. For the first two weeks in January many of our drop in activities will have a "try it free" opportunity. Have you ever wondered about the mysteries of Mah Jong? Wanted to know the Joy of Art? Experience Fun and Fitness? Now is your chance!

Thanks to the generosity of time and donations of so very many people, our long awaited Wellness Centre is finally open! Stay tuned for our official opening celebration date.

As we enter our third year of living with the pandemic, we are even more grateful for your ongoing support, understanding, and kindness. I thank each and every one of you for continuing to be a true "community" centre!

Joni

Try it Free Period:

Try a new activity each day the first 2 weeks of January for free. Check the schedule to see what activity will be free of charge each day.

Day & Time:

January 4th to 15th

Grand Opening of Wellness Centre:

Come and celebrate with us the opening of our Wellness Centre at the 2-380 in the back. Look out for posters for more information.

Day & Time:

TBA

Birthday Social:

Come and celebrate your birthday and birthdays of other Members who were born in the months of January and February.

Day & Time:

Thursday, January 13th
2:00pm-3:00pm

Robbie Burns:

Come and enjoy the festive season with us. We will be serving a delicious meal: turkey, veggies, and seasonal dessert; and singing a few carols. You aren't going to want to miss out on this holiday favourite.

Day & Time:

Friday, January 21
12:00pm-2:00pm

Knowledge & Nibbles:

Bob Ross: Happy Accidents, Betrayal & Greed.

Beyond the iconic hair, soothing voice and nostalgic paintings lies a mystery that many have yet to discover.

Day & Time:

Wednesday,
January 26
1:00pm-3:00pm

Cookie Decorating:

Learn how to make decorated cookies. Intro to decorating basics, baking tips, piping & flooding, icing accents

Day & Time:

Friday, January 29

Members-Only Free Coffee/Tea:

We want to reward our members! Show your membership card and enjoy a beverage of your choice on us.

Day & Time:

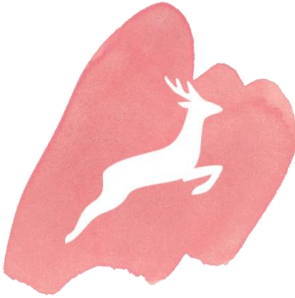
Monday, January 31

Welcome to

2022

Stay safe

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



Happy New Year

Written by Maria Makarenko, Marketing Assistant

This past year we had so many changes at the centre so we would like to re-introduce our selves.



Carol, Executive Director: It has been great working with everyone for the last 8 ½ years. Throughout this time we have been through many changes and challenges such as getting unit 2 and expanding my family. I look forward to many more years of working with you as our centre continues to grow and flourish.



Megan, Program Manager: I grew up in Calgary, Alberta where I spent a lot of my time playing hockey and enjoying the crisp mountain air. These days, I continue to live an active lifestyle and I find joy in volunteering as a hockey coach in my spare time. Coral and I have a secret competition about who wears the best plaid.



Gerry, Cook: I am a very private person and do not like talking about myself. I speak sarcasm as a second language and only accept and gift presents in form of Baked Goods.



Maria, Marketing Assistant: I am a Co-op Student From Camosun college studying Marketing. I am responsible for all of the signage you see around the centre. I love to paint, dance, and sing. Fashion is another way of my self-expression, and I am secretly also in the plaid game.



Coral, Reception Liaison: I am the main receptionist at the centre. When I am not dedicating my time to the centre I enjoy painting and avian husbandry with my green cheek conure Roger. Megan thinks she has a chance to compete with me over plaid.



Tina, Bookkeeper: I am the bookkeeper here (10 years in January). I am a single mom of two teens, one in college and one graduating high school this June. I also work full time as an admin assistant during the week. I like to walk my adorable puppy every day and read when I can; I am a big Jane Austen fan. I also enjoy binge watching Netflix with my girls.



Sofia, Facility Assistant: I am a recent graduate of the Business in Hospitality and Tourism Management bachelor’s degree. I grew up in a foreign service family. I have a passion for fitness, hiking, camping, and the great outdoors. I would also like to be part of the plaid game but I only have one plaid item in my closet.

Movie of the Week

January 5 and 8:
I, Tonya: Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

January 12 & 15:
Judy: Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

January 19 & 22:
The Dig: On the eve of World War II, a British widow hires a self-taught archaeologist to dig up mysterious formations on her land, leading to a staggering find.

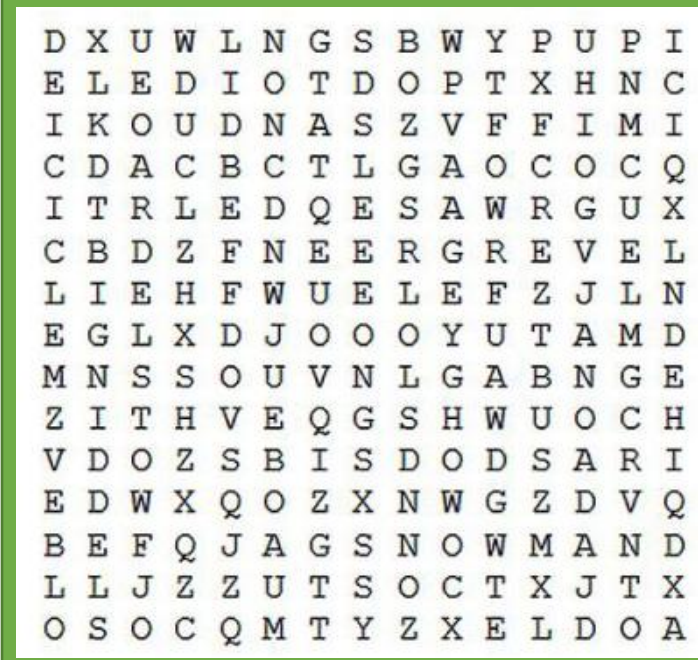
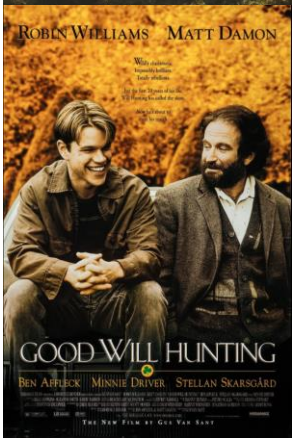
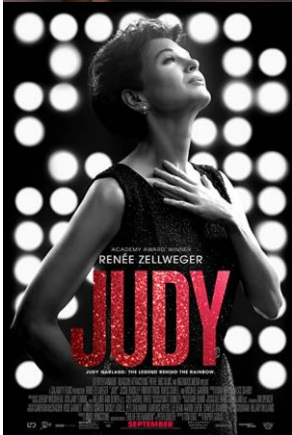
January 26 & 29:
Good Will Hunting: Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.

*** What is an "ig"? A snow house without a loo!

*** What do you get when you cross a snowman and a vampire? Frostbite!

*** What do you call a cat on ice? One cool cat!

***Why do arctic seals and penguins not get along? They are polar opposites!



- COCOA
- SLED
- COLD
- SLEDDING
- EVERGREEN
- SNOWBALL
- GLOVES
- SNOWFLAKE
- HAT
- SNOWMAN
- ICICLE
- WINTER



Cook Street Village Activity Centre



@cook-street-village-activity-centre-78011a7a



@CSVAC



@CSVAC1

Entertainment

January Horoscopes

ARIES 03.21 – 04.20: The desire for a fundamental change in life will awaken in Aries, and therefore they will be primarily focused on themselves. Therefore, avoid extensive monologues about your own life and try to show interest in the life of your loved ones as well.

TAURUS 04.21 – 05.21: The ability of Taurus to listen to others will come to the fore, so they will be very successful in communication. This will give you confidence, and you will become a favourite among your friends, and even your superiors will notice your new creative energy.

GEMINI 05.22 – 06.21: During this period you will feel the need to revive your relationship. You will also be very determined about what you want to achieve this year, and it will not be a problem for you to get your priorities straight. However, you will not be very patient. Find a buddy who will motivate and encourage you.

CANCER 06.22 – 07.22: January will be a month of personal development for Cancer. This will bring a lot of new people to your life who will show you the right direction. In your job, you will feel unbalanced. Your superiors will start to pick on you, giving you too much extra work that you will not be able to refuse. Try to say no.

LEO 07.23 – 08. 22: January prepares a lot of work success for Leo. Your supervisors will notice your high work commitment. Your ability to argue will make you a professional negotiator, which you will use at work and in everyday life situations. But when it comes to relationships with your friends, think ahead.

VIRGO 08.23 – 09.22: January will awaken motivation for sports performances. Thanks to exercising, you will meet a new friend. When it comes to love relationships, you will have scattered feelings, which will be reflected in your behaviour. Therefore, do not avoid communication and talk about things that bother you.

LIBRA 09.23 – 10.22: You will experience significant mood swings. It may seem that you do not know what you really want to do with your life, and it will bother you, and you will start drowning in it. Let it go, and do not make any hasty decisions during this period. Rather, focus on your family and go together somewhere in nature, where you will find peace and harmony.

SCORPIO 10.23 – 11.21: Scorpions will enter the new year with drive and enthusiasm. January will be the month when you will have a lot of motivation and self-esteem, and nothing will throw you off balance. Your mental stability will be the key to success both at work and in your private life. At this time, you might experience some tiredness, so respect it and rest.

SAGITTARIUS 11.22 – 12.21: January will bring out to the surface some unsolved situations from the past, and Sagittarians will be forced to open them and solve them so they can move on. You will have difficulties focusing and be quite impulsive this month, so try to control your emotions and let your past be your past.

CAPRICORN 12.22 – 01.19: Do not fear any big changes in your live. Everything will fit in well because you will arrange your priorities, set goals, and try to achieve them. In this month, you will find leading abilities, and you will use them, especially at work. You will become a great team leader, and lead your team to great results.

AQUARIUS 01.20 – 02.18: Aquarians will regain some new energy which will move them forward. Decision-making will be your strength this month. You will use that new setting at work, where you no longer be stressed and will not have to bring your work home with you. So now you will have more time for your family and partner, who cannot wait to spend a free weekend with you.

PISCES 02.19 – 03. 20: Pisces will go after an achievement in their careers. This month will bring out a lot of creative energy in you, and you will be full of new ideas. Do not be afraid to share your opinion with your boss and bring some innovative ideas to the work projects. However, you will tend to forget about your partner, which will be the reason for his/her grumpiness.

Grab and GO

January Menu

January 5 - Wed

No Grab and Go

January 8 - Sat

Cobb Salad (ham, can be excluded upon request)
Chocolate Covered Strawberries

January 12 - Wed

Chicken Breast stuffed with Ham & Cheese with Mashed Potato & Vegies;
Gerry's Dessert of the Day

January 15 - Sat

Gnocci and Eggplant in Tomato Sauce;
Blueberry Coffee Cake

January 19 - Wed

Mac & Cheese with Ground Beef and Cheese Scone;
Gerry's Dessert of the Day

January 22 - Sat

Korean Beef Bowl;
Chocolate Mousse

January 26 - Wed

Chicken Burger with Lettuce - Tomato - Bacon on Portuguese bun;
Gerry's Dessert of the Day

January 29 - Sat

Vegetarian Flatbread Pizza
Gingersnaps

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.

Try it for Free

Try a new activity each day the first 2 weeks of January for free

Tue. Jan 4:	Fun & Fitness 9 am
Wed. Jan 5:	Stretch & Strength 9:30 am
Thu. Jan 6:	The Joy of Art 12 pm
Fri. Jan 7:	Billiards/Snooker 9 am
Sat. Jan 8:	Cribbage 1 pm
Mon. Jan 10:	Mahjong 12:30 pm
Tue. Jan 11:	Pens & Friends 10 am
Wed. Jan 12:	Meditation 10:30 am
Thu. Jan 13:	Tai Chi 11:30 am
Fri. Jan 14:	Texas Hold'em Poker 12:45 pm
Sat. Jan 15:	Movie of the week 1 pm

Spots are limited register in advance
For your safety we are following all current Covid requirements

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