

HAPPENINGS

August 2021



We are Expanding!

Written by Carol Turnbull, Executive Director

For the last three years, we have been actively advocating for additional space so you wouldn't be eating in the hallways, playing games outside of staff offices, and have places to come together and enjoy conversations and laughter with friends. We worked closely with Aragon Properties (who owns Unit 2) and the City of Victoria to obtain an additional 2,508 square feet for our Centre. We went through several Committee of the Whole and Public Hearings, gathered over 200 letters of support, and worked with our partnering organizations (Aragon Properties, Victoria Health Co-op, and Creating Community Wellness Society) to work towards a successful conclusion. On Thursday, July 15, at approximately 9:30 pm, we were successful with 5 Councillors voting in favour of the Aragon Properties proposal, which included our request for Unit 2.

We would like to extend our grateful thanks to Mayor and Council for voting for the development next door and our Wellness Centre. We know that the construction phase will not be easy, but it will be worth it in the long run. Our thanks also go to Aragon Properties, who agreed to sell Unit 2 to the city for our use. None of this would have been possible without your letters of support, your advocacy every time the Mayor was here for Community Conversations, and your belief that this project could become a reality.

Our wellness services practitioners and programs are very excited to move into their new permanent spaces. Once the renovation of the new space is complete, we look forward to a grand opening celebration where everyone will be invited. We hope that many City Councillors will join us as well as representatives from Aragon Properties and each of our members and Centre users.

Summer Grill and Ice Cream Social

This August you can enjoy a wonderful time of socializing, talking, and laughing while eating delicious food.

Join us for some summer fun with a grilled hot lunch featuring hamburgers, a side dish, beverage, and dessert.

Stop in to check out the summer grill theme and scheduled activity.

Day & Time:

August 20, Friday
11:00am-1:30pm

Cost:

Members - \$7,
General - \$10



Written by Joni Hockert, Board President

It has been an exciting time for us since we found out that we are getting Unit 2 and can expand our Wellness Services. But, the real excitement has been from seeing so many familiar faces again. Walking down the hall and hearing all the chattering and laughing is truly a joy. Welcome back!

We have had some changes on the Board of Directors with the retirements of Diana Kozinuk and Lorna Lewis. Diana has not just been on the Board but has been on the Executive Committee as Treasurer, Secretary, and sometimes both for the past six years. Lorna had been a board member for four years. Each one contributed beyond measure to our Centre, and we will miss their wisdom and passion for our work here. But, we do look forward to seeing them both at activities and events.

Did you get your Membership?

With all the programming coming back, we want to make sure that you get the best experience with the lowest rates. So don't forget to renew your membership. It gives you amazing benefits such as:

- Participation in Centre activities and events at a reduced fee;
- A voice in the programming of the Centre;
- Rental of Centre facilities and services at a discounted rate;
- Eligible to purchase drop-in activity cards (\$20 and \$40) with value added;
- Members-only free coffee/tea 10:00 am – 1:00 pm on the last day of the month;
- Voting right at the Annual General Meeting.

Cook Street Village Activity Centre Weekly Drop-in Schedule Summer 2021					
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 10am	Stretch & Strength 9:30am	The Joy of Art 9:30am	Stretch & Strength 9:30am	Meditation 10:30am
Tai Chi 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	Yoga – Morning 10:30am	Pickle Ball & Ping Pong 11am	Yoga – Morning 10:30am	Ball Drumming 11:00am	Cribbage 1pm
Texas Hold’em Poker 12:45pm	Yoga - Chair 11:30am	Cribbage 1pm	Book Lovers Group (last Thursday of the month) 11:15am	Non-Fiction Book Club (3rd Friday of the month) 12:30pm	Euchre 1pm
Shuffleboard 1pm	Progressive Bridge 12:30pm	Knowledge & Nibbles (last Wednesday of the month) 1pm	Exploring Watercolors 12pm	Texas Hold’em Poker 12:45pm	Saturday Movie Matinee 1pm
Whist 1pm	Busy Hands and Social Crafters 1pm	Grab and Go (Pre order by Saturday) 3:00pm	Canasta 12:30pm	Art & Wellness 1pm	Grab and Go (Pre order by Wednesday) 3:00pm
Ball Drumming 3:30pm		Games Night 4:30pm	Duplicate Bridge 1pm	Bingo! 1pm	
Breath Class 4:30pm					
Hatha Yoga 5:00pm					

Meet Busy Hands & Social Crafters

Written by Nika Levchenko, Marketing Assistant

In July we visited our Busy Hands and Social Crafters group. These amazing ladies make wonderful knitted items that are sold at our Busy Hands Boutique. We asked them some questions about their activity, and here are their answers.



What do you like about Busy Hands?

- It gives me purpose. I come here, socialize and work on my knitting.
- Social connections. I love sharing a conversation and a cup of coffee!
- It keeps me focused. And it is more fun to knit in a group of people.

And what do you usually like to knit?

- Scarfs.
- Socks.
- Baby clothes. It is so nice to knit little clothes for your newborn grandkids.

Do you usually knit certain items by request?

- It depends. Sometimes I knit whatever I like. But often I get requests from family members and their friends or CSVAC members who want to buy certain items through our boutique. For example, dishcloths.

Do you knit home too?

- Oh yes, I knit all the time. Sometimes I would knit while watching TV and fall asleep on accident. And then I would wake up and realize I messed up the row *laughs*. Luckily I know how to fix it!
- I sometimes start projects at home just to keep up with other ladies. We have such fast knitters here!

If you enjoy knitting, come to us and join this wonderful Busy Hands group. They meet every Tuesday at 1 pm. Don't be afraid if you have zero experience in knitting. As long as you are willing to learn, those wonderful ladies will teach you how to do it starting from the basics.

Also, feel free to stop by our Busy Hands Boutique (located in the hall of CSVAC) if you are interested in a pair of cozy socks or a handmade baby cardigan.

August Movie Matinee

August 7: This Little Love of Mine

A workaholic lawyer returns to her island home to convince an old friend to take over his family's company - but rekindled feelings soon get in the way.



August 14: Skater Girl

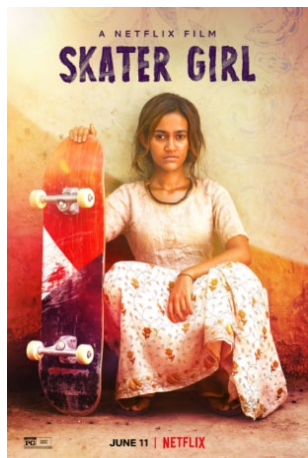
When a teen in rural India discovers a life-changing passion for skateboarding, she faces a rough road as she follows her dream to compete.

August 21: Sum of All Fears

CIA analyst Jack Ryan must stop the plans of a Neo-Nazi faction that threatens to induce a catastrophic conflict between the United States and Russia's President by detonating a nuclear weapon at a football game in Baltimore, Maryland.

August 28: Finding Ohana

A summer in rural O'ahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage.



Games Night

Come to play board games, cards, and billiard. All ages are welcome.

Wednesday
4:30pm-7:00pm



Entertainment



August Horoscopes

ARIES 03.21 – 04.20: Love life will be blooming for Aries this month. If you are single you will attract people with your charm and charisma. If you have a couple they will fall in love with you again finding new wonderful sides of your personality. You will feel healthy and full of energy as long as you don’t stress too much over work situations.

TAURUS 04.21 – 05.21: This August you will need to make compromises in order to keep good relationships with friends and colleagues. Your career will be rewarding, and any efforts you put into it will be noticed. Don’t forget to rest and enjoy summer while it lasts. Going on a trip will make you happy and energized.

GEMINI 05.22 – 06.21: This month Gemini should focus on building new social connections. Be open to meeting new people, and try to develop a skill of active listening. Learn from your mistakes at work as they will help you make progress.

CANCER 06.22 – 07.22: Cancer will feel a lot of creative energy this August. New ideas will come to your either as long as your spend some time brainstorming. This month will be good for journaling, taking pictures, drawing, and doing crafts. You will be able to share your inspiration with friends and family members and get needed support and encouragement.

LEO 07.23 – 08. 22: Try to work with your ego this month, Leo. Find happiness in simple things like a cup of coffee or an interesting book. Help people around you selflessly and be surprised with how much joy it brings you.

VIRGO 08.23 – 09.22: Whether you are married or single, you will feel a lot of love this month. Spend time with your family and pets. Laughter will make you feel more energized and healthy, so try to watch some old classic comedies or go to a stand-up show. You can also try writing jokes yourself and performing in front of your friends.

LIBRA 09.23 – 10.22: This August Libra will experience some changes. It might be something in the way you look – your hairstyle or the way your dress. It might be changes in your career path or relationship. Stars recommend you to be open-minded and grateful for whatever comes your way. Those changes are for the best.

SCORPIO 10.23 – 11.21: You will feel a lot of understanding and support in your relationship this month, Scorpio. Remember to clearly communicate your needs and be appreciative of the other person’s efforts. Your career will positively surprise you.

SAGITTARIUS 11.22 – 12.21: Are you in a romantic mood this August, Sagittarius? Love is in the air, just be yourself and you have all the chances to meet someone special. Don’t forget to take care of your health – breathe fresh air, do some yoga, or go for a swim.

CAPRICORN 12.22 – 01.19: This August you are finding harmony and balance within yourself. Try to journal, meditate, or draw your feelings. It would also be a good idea to spend some time with kids or pets and learn from them.

AQUARIUS 01.20 – 02.18: Your health prospects are wonderful this month – you will feel energized and inspired. Use those positive vibes to create art, socialize, exchange thoughts and ideas, make jokes, and support dear ones. Your energy will be greatly appreciated by your family and friends.

PISCES 02.19 – 03. 20: Pisces, you can enjoy August a lot as long as you don’t let anyone drag you into conflicts. Don’t allow other people to manipulate you. It will be more important to focus on your health and do more things that make you happy – whether it means spending time with friends, going for walks, or doing art.

Grab and Go

August Menu

Pick up:
at 3:00 pm
on Wednesday/Saturday

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

August 4 - Wed

Teriyaki Chicken with
Rice & Veggies

Gerry's Dessert of the Day

August 7 - Sat

Chicken Pot Pie
Casserole

Brownies

August 11 - Wed

Glazed Ham with Mashed
Potatoes & Veggies

Gerry's Dessert of the Day

August 14 - Sat

Coconut Lentil Curry with
Rice & Naan

Carrot Cake

August 18 - Wed

Mac & Cheese with Biscuit

Gerry's Dessert of the Day

August 21 - Sat

Beef Lo Mein

Fruit Salad

August 25 - Wed

Sweet & Sour Chicken with
Rice & Veggies

Gerry's Dessert of the Day

August 28 - Sat

Falafel with Lemon Couscous
& Cucumber Salad

Peach Cobbler

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



9am to 2pm
Saturday, November 27, 2021

Winter Market

Tables are open for Registration

Cook Street Village Activity Centre
380 Cook St

What does a vegan zombie eat?..

GRAAAIINS!

Why do you never see elephants hiding in trees?
Because they are so good at it.

