

# COOK STREET VILLAGE ACTIVITY CENTRE

## Summer Program Guide | July – September



Call us  
250-384-6542



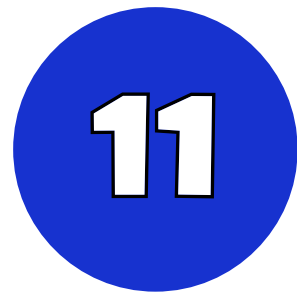
Visit us  
1-380 Cook Street

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

## Summer 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 we know when we will be closed this season.

|                     |                      |
|---------------------|----------------------|
| Monday, July 1      | Canada Day           |
| Monday, August 5    | BC Day               |
| Wednesday, August 7 | Closed (maintenance) |
| Monday, September 2 | Labour Day           |

**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



Carla Rebelo  
Volunteer & Rental Coordinator  
she/her



Linda Bradley  
Reception Liaison  
she/her



Alyana Gutierrez  
Reception Liaison  
she/her



Tina Twinn  
Bookkeeper  
she/her

## **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  
AND  
WORKSHOPS**

## **BEGINNERS SOAP MAKING WORKSHOP**

Learn to make your own soap in an interactive and friendly guided technique. We are going to learn together the techniques and the exciting experience of "Cold Process Soapmaking".

Soapmaking by hand is an artisanal skill and is considered a therapeutic and mesmerizing experience by most soap makers. This workshop will help develop your artisanal skills in crafting your first soap batch with your passion and newly acquired skill.

Day: First and third Friday of each month

Time: 5:00pm – 7:00pm

Cost: \$50\*

\*Includes materials and your own batch to take home with you.

## **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

Cost:

July: (4 sessions)

M: \$32 G: \$37

Drop in: \$10

September: (4 sessions)

M: \$32 G: \$37

Drop in: \$10

August: (5 sessions)

M: \$40 G: \$45

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. Discover the joy of meeting new people, staying active, dancing, and having a blast! We welcome everyone, starting from Beginners, and as soon as Jan sees you're ready to take on more challenges, she'll gladly invite you to our intermediate class. With 25 years of experience teaching line dancing in diverse venues, Jan is a seasoned instructor you can trust.

## BEGINNER PLUS

Day: Wednesday  
Time: 2:30pm – 3:45pm  
Drop-in: \$10

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

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



**3 week long courses in August**

## INTERMEDIATE

Day: Wednesday  
Time: 1:00pm – 2:15pm  
Drop-in: \$10

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

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



# 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.

*No classes in July & August* 

## BEGINNERS

Day: Thursday  
Time: 10:15am – 11:15am  
Cost:

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

## INTERMEDIATE

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

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



# **BUILDING COMMUNITY**

## **BOTTLE DRIVE**

Donate to our ongoing bottle drive. Bring your **clean**, empty, returnable containers to the Centre and we will take them to the Bottle Depot. Put them in the designated containers at the side door.

## **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

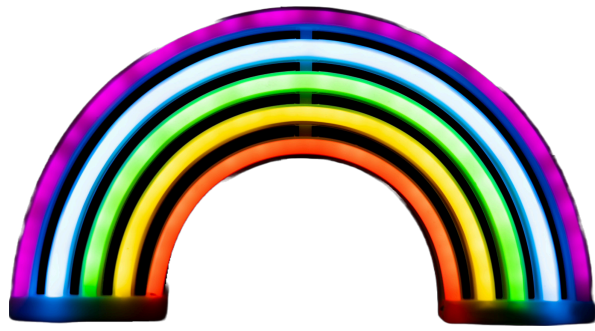
### **Community Centres in City of Victoria:**

- 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: Every Second Monday of each month  
at 10:00am

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 created by busy hands.

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 are happy to teach you what they know.

Day: Tuesday

Time: 1:00pm – 3:00pm

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

## THE JOY OF ART

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

Day: Thursday

Time: 12:00pm – 2:30pm

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

## EXPLORING WATERCOLOURS

How about starting off the New Year by creating fun watercolour paintings? 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

# 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: Tuesday & Thursday

Time: 9:00am – 10:00am

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: \$4 | G: \$8

## YOGA

**Refreshing 45-Minute Yoga Class**  
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 to conquer the rest of the week.

Day: Tuesday

Time: 10:15am – 11:00am

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

## STRETCH & STRENGTH

A specialized trainer will lead the group through various strength training exercises designed to increase one's range of motion, stability and capacity for exercise. Light weights, steps and large elastic bands will be used. 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

## 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. We'll also practice some gentle movement exercises.

Day: Friday

Time: 11:00am – 12:00pm

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

## ZUMBA

Ready to spice up your fitness routine and dance your way to a healthier you? We've got just the thing for you – Zumba! Join us at the Centre and experience the ultimate fusion of dance, fitness, and fun like never before.

Day: Monday

Time: 11:00am – 12:00pm

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

# 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  
Time: 1:00pm – 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

## 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 and Thursday  
Time: 12:30pm – 3:30pm  
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

## DARTS

Beginners and seasoned dart enthusiasts welcome! This program promises an afternoon of fun, competition, and camaraderie.

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

## MEXICAN TRAIN DOMINOES

Come and join in the fun and learn this classic game! The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station".

Day: Friday  
Time: 1:00pm – 3:00pm  
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 of each month

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

### **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

### **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: 10:30am – 11:30am  
Drop-in: M: \$2 | G: \$4

### **WRITERS GROUP**

Writers Group 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

### **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

## **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**

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

Day: Wednesday  
Time: 11:00am – 12:45pm  
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: Thursday and Friday  
Time: 9:00am – 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.

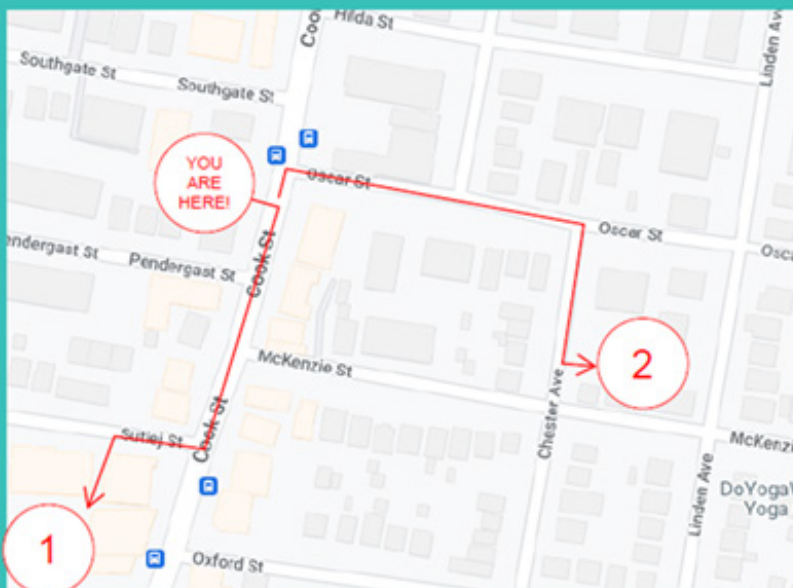
All entrances to the Centre remain accessible for the duration of the construction.

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 Carla at 250-590-1336 or [coordinator@csvac.ca](mailto:coordinator@csvac.ca) for more details.



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



# MAMA NADIA'S KITCHEN

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



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



## 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 Fatteh            | \$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     | \$9.00 |
| 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**

