



COOK STREET VILLAGE ACTIVITY CENTRE

Fall Program Guide | September – December

CALL US
250-384-6542

VISIT US 1-380 COOK ST

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

Fall 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 when we will be closed this season:

Monday, September 2

Labour Day

Monday, September 30

Truth & Reconciliation

Monday, October 14

Thanksgiving

Monday, November 11

Remembrance Day

Office Closed: December 24 at Noon until January 2 at 8am



**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



Jenny Zee
Executive Director



Diana Teal
Program Manager



Alyana Gutierrez
Reception Liaison



Sophie Ruhl
Activity Assistant



Tina Twinn
Bookkeeper

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: M: \$45* G: \$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

October: (5 sessions)

M: \$40 G: \$45

Drop in: \$10

November: (4 sessions)

M: \$32 G: \$37

Drop in: \$10

September: (2 sessions)

M: \$16 G: \$21

Drop in: \$10

December: (3 sessions)

M: \$24 G: \$29

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 Beginner Plus/Intermediate class. With 25 years of experience teaching line dancing in diverse venues, Jan is a seasoned instructor you can trust.

BEGINNER PLUS / INTERMEDIATE

Day: Wednesday
Time: 2:15pm– 3:30pm
Drop-in: \$10

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

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

October (5-week course)
M: \$20 G: \$40

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

BEGINNER

Day: Wednesday
Time: 12:45pm – 2:00pm
Drop-in: \$10

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

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

October (5-week course)
M: \$20 G: \$40

December (4-week course)
M: \$12 G: \$24

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.

BEGINNERS

Day: Thursday
Time: 10:15am – 11:15am
Drop In: \$10

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

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

October (5 sessions)
M: \$40 G: \$45

December (3 sessions)
M: \$24 G: \$29

INTERMEDIATE

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

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

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

October (5 sessions)
M: \$40 G: \$45

December: (3sessions)
M: \$24 G: \$29



BUILDING COMMUNITY

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

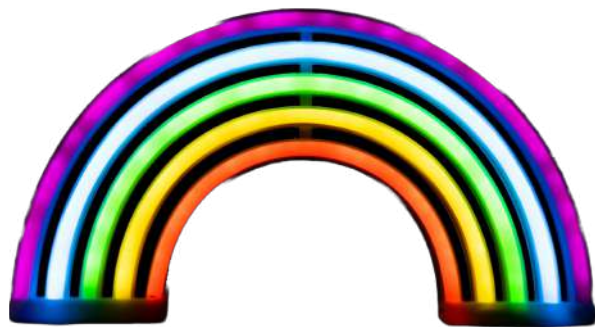
Community Centres in City of Victoria:

- 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.



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: Sept 16, Oct 21, Nov 18, Dec 19 at 10am

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

WRITERS CIRCLE

Writers Circle 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

THE JOY OF ART

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

Day: Thursday
Time: 12:00pm – 2:30pm
Drop-in: M: \$2 | G: \$4

EXPLORING WATERCOLOURS

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

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: 10:00am – 10:30am
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: 9:15am – 10:15am (Tuesdays)

9:15am – 10:15am (Thursdays)

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: \$2 | G: \$4

GENTLE YOGA

A refreshing 45-Minute Gentle Yoga class with Jaela. 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: Friday

Time: 1:30pm – 2:15pm

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 and gentle movement exercises.

Day: Friday

Time: 11:00am – 12:00pm

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

ZUMBA GOLD

Ready to spice up your fitness routine and dance your way to a healthier you? Try Zumba Gold! This modified Zumba class that recreates the original moves you love at a lower-intensity. Join us for the ultimate fusion of dance, fitness, and fun!

Day: Monday (starting October 7)

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 & Saturday
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 & 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

CARPET BOWLING

Just like regular bowling but with smaller balls, but on carpet! Come in and join us for the fun!

Day: Friday
Time: 10:45am – 11:45am
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 in
Oct & Nov
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

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

NON-FICTION BOOK CLUB

If you enjoy reading biographies, history, and real-life adventure stories, this is the book group for you! Adults of all ages are welcome.

Day: Third Friday of each
month
Time: 12:30pm – 2:00pm
Drop-in: M: \$2 | G: \$4

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

MOVIE OF THE WEEK

Bring friends and family to our Movie of the Week! Includes admission, beverage, and popcorn.

Day: Saturday

Time: 12:30–3:00pm

Cost: M:\$3 | G:\$3

October 5: Fried Green Tomatoes

October 12: Bank of Dave

October 19: Titanic

October 26: Ghostbusters

Stay tuned for November and December titles.

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: 10:45am – 12:30pm
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: Friday
Time: 9:30am – 12:00pm
Drop-in: M: \$2 | G: \$4

PICKLEBALL INTERMEDIATE

Pickleball is back on Saturdays! Join us!

Day: Saturday
Time: 10:00am – 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.

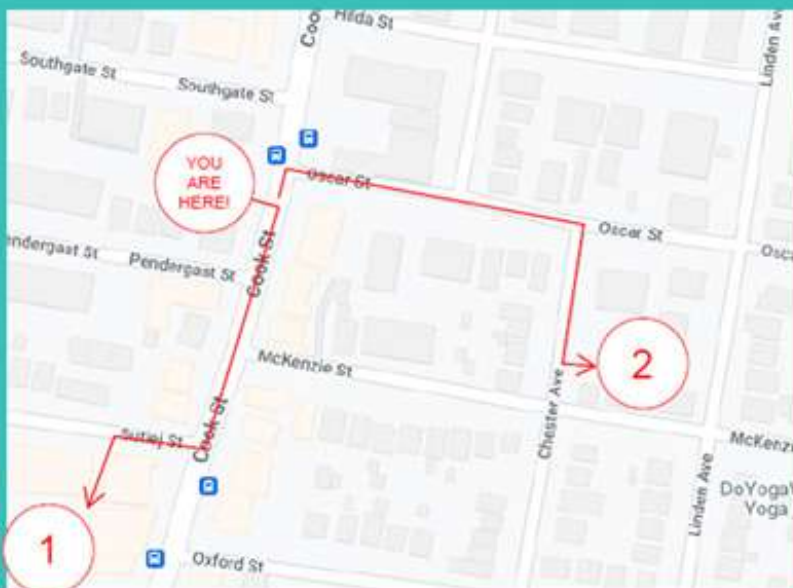
All entrances to the Centre remain accessible for the duration of the construction.

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 Jenny at 250-590-1336 or executivedir@csvac.ca for more details.



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



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

MAMA NADIA'S KITCHEN

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

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 Fattah	\$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

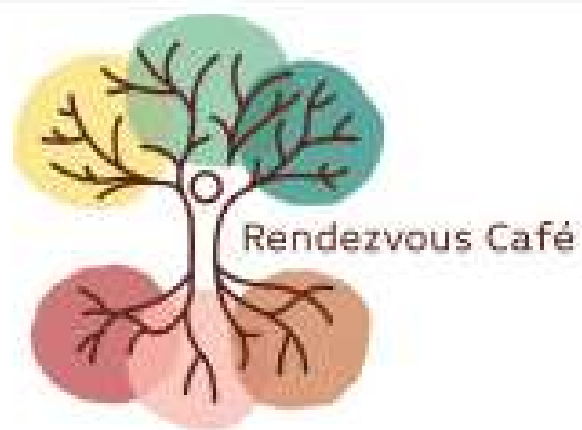
Valid Until December 2024

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**



Follow us



Like us