

CSVAC vision statement: “To provide a positive environment for enjoyment and personal growth through community interaction”

Welcome to the Program Guide for Fall 2021. In these pages, you will find the many regular offerings plus some completely new opportunities such as holiday events, social groups, opportunities to volunteer, and so much more.

We hope that you will read through this guide, mark up the things you are interested in, and put them in your calendar.

We hope you will be excited too. All the best, CSVAC Staff.

Our Staff



Carol

Executive Director



Jordan

Program Manager



Gerry

Cook



Maria

Marketing Assistant



Coral

Reception Liaison



Tina

Bookkeeper



X

Facility Assistant

CSVAC Fall Program Guide 2021

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Pricing Information

Member prices are listed with an M and general public prices are listed with a G throughout the guide.

Adults of all ages are welcome to participate in our programs, however, if you are 50 or older you can become a member (\$7 per month or \$50 per year) and reap the following benefits:

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

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 and show reception to receive member prices/benefits!

Refund Policy

For any course costing \$5 or less, there is no refund 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 provided. Full refunds will be given if a course is cancelled. *Course refund procedure:* Request for refunds must be in writing with a receipt and given to the Program Manager.

Special Events

Knowledge & Nibbles

Each month we will be learning more about important social issues while enjoying light refreshments. An event may feature a guest speaker, a documentary, or an interactive activity. Topics will be announced when we can resume this program. **Pre-registration required.**

Topics: September 29: The Edge of Democracy. If we want to live in a democracy, we must first ask what the word even means. The Edge of Democracy is a 2018 documentary film that is featuring a diverse cast including celebrated philosophers, trauma surgeons, factory workers, refugees, and politicians.

October 27: American Murder: Family Next Door. Using raw, firsthand footage, this documentary examines the disappearance 34-year-old Shanann Watts and her two young daughters. With the heartbreaking details emerging, the family's story made headlines around the world.

November 24: The Secret. An assembly of writers, philosophers and scientists share The Secret, which reputedly brought success to Plato, da Vinci, Einstein and other greats. Do you want to know the secret to leading a happy and successful life?

December 22: Dancing with the Birds. From ruffling their majestic feathers to nailing im-peck-able courtship routines, birds in paradise flaunt their best moves in hopes of landing a mate.

Day: Last Wednesday of the month **Time:** 1:00pm – 3:00pm

Cost: With refreshments: **M:\$7 G: \$10**

No refreshments: **M: \$2 G: \$4**

Saturday Movie Matinee

Bring your friends and family to our weekly Movie Matinee. Includes admission, beverage, and popcorn! **Pre-registration required.**

Movie Schedule:

September 11:
Holiday in the Wild

September 18:
Courageous

September 18:
Mustang

September 25:
The Intouchables

October 2:
I'll See You In My Dreams

October 9:
Penguin Bloom

October 16:
Larry Crowne

October 23:
Run

October 30:
Secrets of the Saqqara Tomb



November 6:
The Lost Husband

November 13:
Megan Leavey

November 20:
The Impossible

December 4:
Holidate

December 11:
A California Christmas

December 18:
Operation Christmas Drop

Day: Saturday
Cost: M/G: \$3

Time: 1:00pm – 3:00pm

Welcome Back Volunteer Appreciation

Welcome Back! We have missed seeing everyone and want to welcome you back in style. This is your chance to see friends and activity participants you haven't seen in a long time; perhaps since before the pandemic. This will not only be a chance to come to the centre for an event but also to celebrate all of the amazing things our volunteers do throughout the year. Order tickets through the website.

Date: September 17, Friday **Time:** 12:00pm-2:00pm
Cost: Volunteer: Free **M/G: \$10**

Community Bake Sale

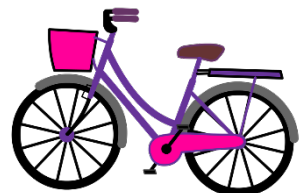
Come to the community bake sale where you will find delicious homemade goodies and pies. Items will be marked individually. It is a good way to enjoy the start of Fall.

Date: September 25, Saturday **Time:** 10:00am-2:00pm

GoByBikeWeek

Go By Bike Week is coming, and we are going to be a Celebration Station! This station will be staffed by the Greater Victoria Bike To Work Society, and they can't wait to see you and your bike. Come to the front half of our parking lot where you will find a tent promoting biking in our city, as well as a bike shop answering questions and doing repairs.

Date: October 2, Saturday **Time:** 11:00am-1:00pm
Cost: Free



Thanksgiving

Come and celebrate the harvest with our Thanksgiving event. This event will feature our traditional turkey feast. You are not going to want to miss out on this amazing time with friends.

Date: October 8, Friday

Time: 12:00pm – 2:00pm

Cost: M: \$15 G: \$18

Halloween Event: The Case of the Really Big Dog of the Baskervilles

Come and join us for a spooky good time at our Halloween event. This year we are solving a Justin Thyme murder mystery. Justin works with the FBI and needs your help to solve his latest mystery - The Case of the Really Big Dog of the Baskervilles. Can you solve the mystery before our detective?

Date: October 29, Friday

Time: 12:00pm – 2:30pm

Cost: M: \$10 G: \$12



Remembrance Day Event

This is our time to remember our wartime heroes. All veterans are encouraged to participate and wear your uniform.

This is a free event. Complimentary Coffee and Tea to follow the indoor service.

Date: November 5, Friday

Time: 12:00pm – 2:30pm

Cost: Free

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 that are working for the morning and afternoon. The more people that help the more fun we have!

Date: November 12, Friday

Time: 9:00am – 3:00pm

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 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.

Start Date: November 25

Start Time: 1:00pm

End Date: November 27

End Time: 1:30pm

Holiday Market

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

Date: November 27, Saturday

Time: 9:00am – 2:00pm

Cost: Free

Festive Dinner Event

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 favorite.

Date: December 17, Wednesday

Time: 12:00pm – 2:30pm

Cost: M: \$12 G: \$15



Courses/Workshops

Cookie Decorating

Come to this amazing course of cookie decorating. Amazing skill to learn from an experienced baked and decorator. Surprise your family and friends with homemade edible pieces of art.

Date: TBA

French: Total Beginner

New to French? Start speaking French from day one and experience an immersive introduction to all things French with a trained and qualified instructor. In these classes, you will progress quickly from basic communication situations to more complex interactions.

Textbook mandatory: Communication Progressive du Français A1.1 CLE International (Buy a copy in advance or 40\$ taxes included during the first class).

Day: Wednesday

Time: 6:15pm-7:45pm

Dates & Cost:

September 15 to December 1

M/G: \$198

French: Advanced

Our Conversational French workshops are not simple meet-ups, they are structured French classes complementing our classes, or for learners who already have a good level of French. You will work on your communication skills, your vocabulary, interact with others and learn to build an argument at the higher levels with a qualified and experienced instructor, in a relaxed atmosphere. (No textbook requested but 5\$ fee for copies)

Day: Wednesday

Time: 2:30pm-4:00pm

Dates & Cost:

September 15 to December 1

M/G: \$198



Medical Qi Gong (MS Society)

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

Hatha Yoga

This one-hour class will combine movement (yoga asanas) and breath (pranayama). The class is open to all levels, beginners are welcome!

Leader: Beth Miller

Register by the month and save or Drop-in: \$10

Day: Monday

Time: 5:00pm-6:00pm

Dates & Cost:

July 5 to 26

M: \$32 G: \$37

August 2 to 30

M: \$40 G: \$45

Yoga - Chair

A gentle seated yoga class suitable for people with health concerns or limited mobility. Focus is on breathing, stretching, accessible poses, and guided relaxation. Beginners welcome.

Leadership: Beth Miller

Register by the month and save or Drop-in: \$10

Day: Tuesday **Time:** 11:30am – 12:15pm

Dates & Cost:	July 6 to 27	M: \$32	G: \$37
	August 3 to 31	M: \$40	G: \$45



Yoga - Morning

Ease into your morning with this all levels yoga class. Energize and feel refreshed. Adults of all ages are welcome.

Leadership: Beth Miller

Register by the month and save or Drop-in: \$10

Day: Tuesday & Thursday **Time:** 10:30am – 11:15am

Dates & Cost:	July 6 to 27	M: \$32	G: \$37
	August 3 to 31	M: \$40	G: \$45

Tai Chi - Beginner: Yang Style 24 Form

Tai Chi Quan as a type of internal (Neijia) martial art combined existing martial art with Taoist and Chinese Traditional Medicine principles. It has been well known for its health benefits, such as improving balance, promoting circulation, building strength, enhancing immunity, and regulating systems. Yang-style Tai Chi, especially its Greater Form, enhances its function of strengthening the body and cultivating wellness from the date of creation.

Ning Zhang (Ph.D., R.TCMP) has been recognized as a 6th-generation successor of Yang Style Tai Chi and recorded in the Yang family pedigree with a given name of Yaying Yang. She is also a 4th-generation successor of Dabei Quan (Zen Quan). As a successor, Ning was trained strictly to master the different forms of Yang-style Tai Chi. Her training emphasizes not only the physical precision to the degree of angle, cooperation of body parts, and weight shift for each movement and transition but also the Yin-Yang principle and integrality of body, breath, and mind in each movement and the entire form. This strict training allows her teaching to focus on the details, making sure to do the movement right with the manifest of Yin-Yang from the beginning. She has been teaching Tai Chi Quan (traditional 103-style, contest forms of 24 and 42) and medical Qigong in China, the UK, Canada for many years.

Register by the month and save or Drop-in: \$10

Day: Thursday Time: 11:30am – 12:30pm



Guest Speakers

Speaker Series

We are happy to announce the Speaker Series. On the first Tuesday of every month, you can join us for the topic of the month. Enjoy great stories from experts with unique experiences who are ready to have a friendly discussion and answer any questions you might have.

Topics: **September 7: What is Health Co-op?** Presented by Vanessa.
October 5: Holistic Nutrition and Your Health. Presented by Erin, RN.
November 2: Understanding Dementia. Presented by Heather, RN.
December 7: Maintaining Brain Health and Your Memory. Presented by Heather, RN.

Day: First Tuesday of the month **Time:** 2:00pm
Cost: G/M: \$5

Note: If you are an expert in a unique field, feel free to contact our Program Manager to participate in Speaker Series.

Community Conversations with the Mayor

Attend a monthly chat with the Mayor about issues that matter to you and your community. It is a lively discussion with no formal agenda, everyone is welcome to stop by. Pre-register at the reception or by calling us at (250) 384-6542.

Date: November 16, Tuesday **Time:** 1:00pm-2:00pm



Health and Wellness

Book your appointment at the front desk or call 250-384-6542.

Service Provider: Keir Wyman

Keir Wyman graduated from the Canadian College of Massage and Hydrotherapy, Halifax, Nova Scotia in 2006, and has been practicing since. He is trained in Clinical Massage Therapy and is very well versed in orthopedic assessment and treatment-based massage. He also earned a specialization certificate in Sports Massage working with athletes at Dalhousie University in Halifax.



Therapeutic Massage

Keir offers relaxation and body work massage including deep tissue, trigger point, and myofascial release.

Reiki

This Japanese therapy uses hands-on or no-touch, with visualization techniques to help improve the flow of life force energy which can encourage emotional and physical healing. Treatments are designed to relieve pain, stiffness, and postural misalignments.

Day: Monday **Time:** 3:30pm – 7:30pm

Day: Tuesday **Time:** 8:00am – 4:00pm

Day: Wednesday **Time:** 8:00am – 6:30pm

Day: Thursday **Time:** 3:30pm – 7:30pm

Cost: \$40/30min, \$55/45min, \$70/60min, \$85/75 min, \$100/90min

Service Provider: Alpina Polotskaya

Meet our newest wellness practitioner, Alpina Polotskaya who has over 25 years of experience in massage therapy, working in Vancouver and Dublin. With a degree in Sports Injury Massage, she has worked extensively in Russian rehabilitation centers where she practiced Deep Tissue and Sports massage therapies.



In the past 20 years, she has been trained in various massage therapies in Ireland, New Zealand, Thailand, India, and Russia. Using the holistic approach, she offers a therapeutic massage that combines those practices for the best experience.

Therapeutic Massage

Full Body Massage includes Swedish massage for the back, neck, and shoulders; elements of Russian sport massage for the legs; elements of Thai reflexology for the feet and ends with Indian Head Massage elements. The therapist relaxes the muscles by applying various degrees of pressure and strokes in the direction of blood flow towards the heart to stimulate the circulatory function and promote the release of endorphins in the brain for an energizing treatment.

Day: Wednesday

Time: 4:00pm-7:30pm

Day: Saturday

Time: 8:30pm-4:00pm

Cost: \$40/30min, \$55/45min, \$70/60min, \$100/90min

Service provider: Lynn Harvey

Lynn Harvey has over 25 years of experience as a Holistic Health Professional working and teaching in England, Greece, and Canada. She specializes in Natural Healing modalities that are delivered fully clothed and specifically target the effects of stress, a major contributor to ill health today.



Reflexology

Reflexology accesses the whole body by stimulating reflex points on the feet that correspond to all organs and structures. It is a highly effective method of relieving the source of pain, discomfort, and tension by applying pressure and therapeutic massage techniques to each foot.

Indian Head Massage

Indian Head Massage is a healing approach that focuses on Therapeutic Touch. The Ayurveda element includes rebalancing the body's entire energy system. This highly effective, firm, and gentle massage works on the acupressure points of the shoulders, neck, and head using a range of rhythmical pressures and extends to include the upper back, arms, and hand; areas that accumulate high levels of stress and tension.

Reiki

Reiki is a highly efficient, gentle, and soothing energy healing practice that effectively promotes deep relaxation, pain reduction, and stress release by activating the body's natural healing response to a return of balance, vitality, health, and well-being.

Day: Thursday **Time:** 11:00am – 5:30pm

Day: Friday **Time:** 9:00am – 3:30pm

Cost: \$40/30min, \$60/1hr or combine 2 services: \$105/2hr

Service provider: Lorna Gail Proudfoot

Lorna Gail Proudfoot is a qualified Foot Care nurse with a lot of experience. Book an appointment for a full Foot Care service.



Foot Care

Come for an assessment, filing, clipping, debriding of nails, and foot massage. Please ask about our fee for veterans.

Day: Tuesday **Time:** 12:00pm – 4:00pm

Day: Wednesday **Time:** 9:00am – 2:00pm

Cost: \$60/1 hour

Registered Nurse Services

The Victoria Health Co-op is delighted to offer the services of two Registered Nurses. These experienced health professionals will be available several days a week.



To find out more about availability and register, please email vichealthcooprn@gmail.com or call one of the nurses, Erin (250) 857-1752 or Heather (250) 857-3572 (please do NOT provide any medical information over the email).

These services are covered under the BC Medical Services Plan.

Hearing Clinic

Sign up at the reception to have your hearing checked by NexGen Hearing.

Date: September 8, Wednesday

Time: 1:00pm-4:00pm

Cost: Free

Currently on hold:

Service provider: Owen Parnell

Owen Parnell is a Registered Acupuncturist raised and educated in Victoria, BC. He enrolled in Oshio College's Acupuncture Program in 2014 and is now an instructor at the school. Owen has studied Dong Han Korean Acupuncture, Qi Gong, and Martial Arts Since 2011.



Acupuncture Clinic

Come and enjoy a community-style acupuncture session. Acupuncture prevents and treats a variety of diseases such as chronic pain, depression, insomnia, digestive problems, and more. It's a green and compassionate treatment that focuses on promoting the body's self-healing ability.

Day: Wednesday

Time: 4:00pm - 7:00pm

Cost: \$20-\$40. Pay what you can – no questions asked!

Fun Fundraisers

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.

Thrifty's Smile Card

This is an ongoing fundraiser for the Centre that you can help out with, and benefit from. Get a Smile Card at the reception that you can take to any Thrifty Foods and put money on your card. The Centre will benefit from the money that you put on the card as a percentage is donated back to the Centre. Once you have used your card to purchase items put your name and phone number on your receipt and bring it to the Centre for a draw.

Bake Sale

Bring your friends and family to the Centre to get delicious freshly made pastries just for you. We will be selling muffins, cookies, brownies, and so much more! See what we have at the Rendezvous Café.

Day: Monday, Wednesday and Thursday 8am to 7:30pm

Day: Tuesday, Friday and Saturday 8:30am to 4pm

Tru Earth Fundraiser

Don't miss an opportunity to participate in our fundraiser in partnership with Tru Earth, an eco-friendly brand from British Columbia. They offer a range of hypoallergenic laundry detergents in the form of Eco-Strips. Use our special link - **<https://fundraising.tru.earth/CSVAC>** - to buy Tru Earth products, and the Centre will get a 20% commission on each sale.

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 outside of the kitchen.

Volunteer Request

If you have time to spare and wish to help us, please connect with our Program Manager. Some of the many area volunteers help us at the Centre: Reception, Kitchen, Gardening, Committees, Board of Directors, Decorating, Activity Leaders, Set-up, Phoning, Shredding, Baking, Poster Delivery, and the list is endless. With so many opportunities, you would be sure to find a task you would enjoy helping with.

Members Birthday Social

Every two months we gather to celebrate our Members' birthdays. If you are a member and are celebrating a birthday this fall, please join the staff to enjoy a piece of cake. Served with coffee or tea.

Come share some laughs, meet new friends, and participate in some ice-breaker activities. Please RSVP at reception.

Day: Thursday **Time:** 2:00pm – 3:00pm

Date: September 9 (September and October birthdays)
November 18 (November and December birthdays)

Cost: Free



It's your Birthday!

Food Distribution

Stop by every Friday and get a few groceries. Sometimes we get bonus days so check out the hallway every time you are here.

Day: Friday **Time:** 10:30am until it is gone

Cost: Free

Grab and Go Meals

This program offers delicious meals cooked by wonderful Centre volunteers and our cook Jerry twice a week – on Wednesdays and Saturdays. Just for \$9, you can take home a tasty delight (serves 1 person). Just come to the Centre on Wednesday/Saturday at 3:00pm to pick it up.

Pre-order your meals weekly at the Reception or by phone. Saturday meal should be ordered by the end of Wednesday, Wednesday meal by the end of Saturday.

Members-Only Free Coffee / Tea

Membership has its privileges!

We want to reward our members! Show your membership card on the last business day of the month to receive a free coffee/ tea between 10:00am and 1:00pm. We hope you enjoy this monthly wrap-up. Remember to pick up your card at reception and show it for the member pricing each time you use the Centre.

Day: Last business day of the month

Time: 10:00am – 1:00pm

Date: Thursday, September 30

Saturday, October 30

Tuesday, November 30

Friday, December 17

Cost: Free for members



Drop-ins

Art:

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

Busy Hands & Social Crafters

You are welcome to come in and work on a personal project, and join the fun social atmosphere created by Busy Hands (Drop-in fee applies). Or consider volunteering your time for the Centre as a Busy Hands member, creating items for the Centre to sell as a fundraiser. Our Busy Hands members are exempt from the drop-in fee.

Day: Tuesday

Time: 1:00pm – 3:30pm

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



Exploring Watercolors

This is a drop-in for people wanting to explore and exchange ideas regarding painting with watercolors. Supplies provided for the first class. Adults of all ages are welcome.

Day: Thursday

Time: 12:00pm – 2:30pm

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

The Joy of Art

Experience the art of painting and drawing among friends. This is an informal group for those interested in drawing and painting in oil, acrylics, watercolor, and pastel. Limited supplies for beginners are available. All levels welcomed.

Day: Thursday

Time: 9:30am – 12:00pm

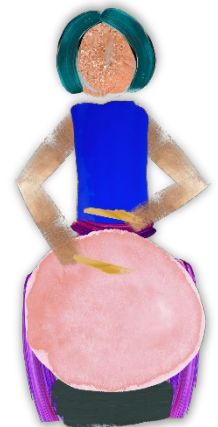
Drop-in: M: \$2 G: \$4



Fitness:

Ball Drumming

You don't have to be a drummer or have a strong sense of rhythm to enjoy this fun fitness course. Listen to the music and use your drumsticks to energize yourself and give your body nice cardio. Lots of laughter guaranteed. Suited for people with limited mobility.



Day: Monday

Time: 3:30pm – 4:15pm

Day: Friday

Time: 11:00am – 11:45am

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

Breath Class

A class for those interested in improving their health, fitness, and well-being. Focus on your body awareness, posture, breath, and vocalization. Learn how to improve your energy and sleep, while reducing your stress.

Day: Monday

Time: 4:30pm – 5:00pm

Drop-in: \$5

Fun & Fitness

Lightweights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class. Adults of all ages are welcome.



Day: Tuesday & Thursday

Time: 9:00am – 10:00am

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

Line Dancing

The line dance is a group activity where several lines of participants dance in unison. The driving force in line dancing varies from directions within the lyrics of a song to a professional line dance caller at a club. Once you learn a few basic steps, you can cultivate sound line dancing skills.

A great way to get your fitness in and have fun. Bring a friend or TWO!

Day: TBA

Time: TBA

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



Meditation

Join us for meditation to relax, quiet your mind, and develop perception. Adults of all ages are welcome. Please register in advance.

Day: Wednesday & Saturday

Time: 10:30am – 12:00pm

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

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. Lightweights and large elastic bands will be used. Adults of all ages are welcome.

Day: Monday, Wednesday, Friday

Time: 9:30am – 10:30am

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

Games:

Bingo!

Come enjoy an afternoon of Bingo. Pay the drop-in rate, then purchase the number of cards to play for the afternoon based on your play style. Cards are 50 cents each. PRIZES!

Drop-in fee applies in addition to the 50 Cent cards:

Day: Friday

Time: 1:00pm – 3:30pm

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

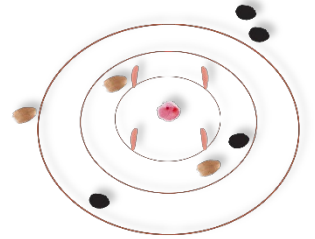
Come join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs. It's like shuffleboard but played on a table. Adults of all ages are welcome.

Day: Friday

Time: 10:30am – 12:00pm

Drop-in: M: \$2

G: \$4



Duplicate Bridge

One of our more challenging bridge games but not to worry, we have a knowledgeable and skilled activity leader that provides instruction before each session and guidance throughout the session.

In Duplicate Bridge, each player is given the same set of cards to play with, which heightens the element of skill and lowers the importance of chance. Our friendly bridge players will be happy to welcome new faces to the table, and informal coaching is available for those new to the game.

Day: Thursday

Time: 1:00pm – 3:45pm

Drop-in: M: \$2

G: \$4

Euchre

EUCHRE! The game that makes it fun to play with Half a Deck! Be part of the fun and join us for this trick-taking card game. Don't know how to play? We will show you; come join the fun. Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Day: Saturday

Time: 1:00pm – 3:30pm

Drop-in: M: \$2

G: \$4



Friendly Bridge

Are you returning to the game of bridge or looking for an opportunity to keep up on your knowledge and skills of the game? Join our group of friendly bridge players; all skill levels are welcome. A lesson is included as a part of the game. Everyone Welcome!

Day: Wednesday

Time: 9:30am – 11:45am

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

Games Night

We are happy to announce a Games Night for members of the Centre and the general public. Come to play board games, cards, and billiards. All ages are welcome. The Games Room will be a place for laughter, loud conversations, and a competitive spirit, but if you prefer the quiet atmosphere, the Craft Room will be available for you as well. Bring your friends, even if they are not members, it is the same price for everyone! Free popcorn for members is included.

Day: Wednesday

Time: 4:30pm-7:00pm

Cost: M: \$4 G:\$4

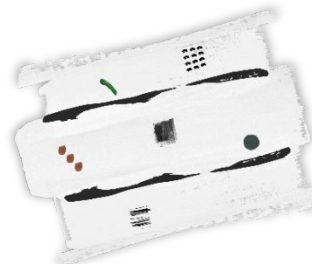
Mahjong

Come and learn how to play! Originating in China, Mahjong is a game that involves skill, strategy, and calculation as well as some luck! Similar to gin rummy, the object of the game is to build sets and earn the highest point value. 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



Mexican Train Dominoes

Mexican Train is a game played with a standard set of Double Twelve dominoes. 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". Come and join in the fun and learn this classic game! Adults of all ages are welcome!

Day: Thursday **Time:** 12:30pm – 3:00pm
Drop-in: M: \$2 G: \$4

Progressive Bridge

Progressively move and play with new partners. No partner required. We have a mixture of abilities, so if you have some experience with bridge come and join the fun. Adults of all ages are welcome.

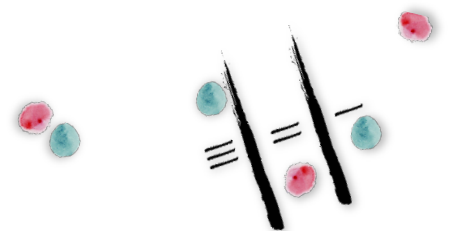
Day: Tuesday **Time:** 12:30pm – 3:45pm
Drop-in: M: \$2 G: \$4

Shuffleboard

Here is a classic just exploding with popularity, Shuffleboard! Have you ever wondered how to play?

Come and learn with others or share your expertise in our fun relaxed atmosphere! Adults of all ages are welcome.

Day: Monday **Time:** 1:00pm – 3:00pm
Drop-in: M: \$2 G: \$4



Texas Hold'em Poker

Learn and/or improve your Texas Hold'em Poker Game. Come and experience the fun and excitement of live poker with friends.

A drop-in fee applies in addition to the \$4 poker pot fee.

Day: Monday & Friday **Time:** 12:45pm – 3:30pm

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

Whist

Come and learn how to play this classic English trick-taking card game in a friendly welcoming atmosphere.

Day: Monday **Time:** 1:00pm – 3:00pm

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



Social:

Book Lovers Group

Do you enjoy reading? Do you enjoy company? Your favorite books are recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre Lounge.

Day: Last Thursday **Time:** 11:15am – 12:45pm

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

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 **Time:** 12:30pm – 2:00pm

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



Pens & Friends

A Journaling Social Club. Enjoy tea & coffee and make new connections. Journals are available for purchase or bring your own. New writing and discussion prompts every session. De-stress & Relax.

Day: Tuesday

Time: 10:00am – 11:30am

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



Saturday Movie Matinee

Bring your friends and family to our weekly Movie Matinee. Includes admission, beverage, and popcorn! Call or drop-in to the Centre to find out what we will be playing.

Day: Saturday **Time:** 1:00pm – 3:30pm

Drop-in: M/G: \$3

Sing-A-Long

Come join us for a lively Sing-A-Long doing classic songs and enjoy the company of others. Together you can appreciate the old tunes you know and love. A time to share memories with each other about the songs. Something special happens when a group sings together. It's a little more energized than just listening to it alone. Each session is engaging, fun, you will leave feeling energized and uplifted.

Day: Tuesday **Time:** 10:30am – 11:30am

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



Sports:

Billiards

Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter.

Day: Friday & Saturday **Time:** 9:00am – 12:00pm

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

Ladies' Snooker

Have fun with the ladies in a lighthearted game of snooker. Our friendly and fun group welcomes all skill levels. Adults of all ages are welcome.

Day: Monday

Time: 9:00am – 12:00pm

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

Pickleball & Ping Pong

Enjoy ping pong on the tables or take your game to the larger court and try pickleball with us. The aim of our games is to laugh, have fun and get moving!

Day: Wednesday

Time: 11:00am – 12:15pm

Day: Saturday

Time: 11:30am – 1:00pm

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



Rendezvous Café

Everyone is welcome at the Rendezvous Café, for a meal, a goodie or a drink from 9:30am to 3:00pm. Regular café service is suspended during special events and reopens at 2:00 pm.

We have a cashless kitchen; all purchases are made at reception. Just let them know what you'd like to purchase, and they will sell you the appropriate card/ticket.

Consider picking up a \$20 Kitchen Card that you can use directly at the Rendezvous Café which includes a bonus of \$2!

Rendezvous CAFÉ

Snacks

Scone	2.00
Muffin	2.00
Gluten Free Muffin	4.00
Cookie	1.00
Slice of Pie	3.00





Meals

Soup	4.00
Sandwich	4.00
Gluten Free Sandwich	5.00
Low Carb Sandwich	5.00
Tuesday Special	7.00
Wednesday Special	8.00

Drinks

Coffee	1.00
Tea	1.00
Hot Chocolate	1.00
Pop	1.00

Café Hours

Monday to Friday, 9.30am-3pm. For evening service see staff
Lunch is served 11am-1pm, unless there is a seasonal celebration when we are closed from 11am to 2pm

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Hospitality & Other Info

Volunteering at Cook Street Village Activity Centre

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
- Gardening
- Helping with marketing initiatives
- Phone calling to inform members of events
- Joining a committee and/or the Board
- Become an Activity Leader
- Office Support
- Set Up crew

If you are interested in being involved in any of the above, or have other skills you feel you can provide, please contact our Program Manager.

L.I.F.E Program

The L.I.F.E. Program provides a combination of annual credit and program savings to eligible individuals and families for use at recreation, activity, and community centers. For more information or an application form, contact the reception desk.

Calling All Artists!

We would like to feature an artist a month in our Art Gallery. If you would like to have your artistic creations featured on our auditorium walls, please connect with our program manager at programmer@csvac.ca or 250-384-6542.

Most of the art is available for sale.
Check the artist tag for pricing.

Facility Rental

The Centre has a variety of meeting rooms, an auditorium with a stage to accommodate 150 theatre style; audio-visual equipment and tea trolley service available. Visit our website www.cookstreetvillageactivitycentre.com to view photos or download a rental information form that lists rates, room sizes, and more. Ask about our half-day, full day and long-term rates.

Call 250-384-6542 or Email ExecutiveDir@csvac.ca for additional information.

Cook Street Village Activity Centre
Weekly Drop-in Schedule Fall 2021*

*Schedule subject to change, please call the Centre or check cookstreetvillageactivitycentre.com for updates.

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
Mahjong 12:30pm	Sing-A-Long 10:30am	Meditation 10:30am	Current Affairs 10am	Crokinole 10:30am	Pickle Ball & Ping Pong 11:30am
Texas Hold'em Poker 12:45pm	Yoga – Morning 10:30am	Pickle Ball & Ping Pong 11am	Yoga – Morning 10:30am	Ball Drumming 11:00am	Cribbage 1pm
Shuffleboard 1pm	Yoga - Chair 11:30am	Cribbage 1pm	Book Lovers Group (last Thursday of the month) 11:15am	Tai Chi – Beginner: Yang Style 24 Form 11:30am	Euchre 1pm
Whist 1pm	Progressive Bridge 12:30pm	Knowledge & Nibbles (last Wednesday of the month) 1pm	Exploring Watercolors 12pm	Non-Fiction Book Club (3rd Friday of the month) 12:30pm	Saturday Movie Matinee 1pm
Ball Drumming 3:30pm	Busy Hands and Social Crafters 1pm	French: Advanced 2:30pm	Canasta 12:30pm	Texas Hold'em Poker 12:45pm	Grab and Go (Pre-order by Wednesday) 3:00pm
Breath Class 4:30pm	Speaker Series 2pm	Grab and Go (Pre-order by Saturday) 3:00pm	Duplicate Bridge 1pm	Art & Wellness 1pm	
Hatha Yoga 5:00pm		Games Night 4:30pm		Bingo! 1pm	
		French: Total Beginner 6pm			