

**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



**Garry**  
Cook



**Maria**  
Marketing Assistant



**Coral**  
Reception Liaison



**Tina**  
Bookkeeper



**Sofia**  
Facility Assistant

# CSVAC Fall Program Guide 2021

<b>Special Events.....</b>	<b>4</b>
<b>Courses/Workshops.....</b>	<b>10</b>
<b>Guest Speakers.....</b>	<b>13</b>
<b>Health and Wellness.....</b>	<b>14</b>
<b>Fun Fundraisers.....</b>	<b>19</b>
<b>Building Community.....</b>	<b>21</b>
<b>Drop Inns.....</b>	<b>23</b>
<b>Hospitality &amp; Other Info.....</b>	<b>34</b>
<b>Calling All Artists!.....</b>	<b>35</b>
<b>Facility Rental.....</b>	<b>35</b>



## **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 drop-ins, courses, and workshops.**

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.

### **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 of 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**

### **Movie of the Week**

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

#### **Movie Schedule:**

September 4:  
**Holiday in the Wild**

September 11:  
**Courageous**

September 18:  
**Mustang**

September 25:  
**The Intouchables**

November 3 and 6:  
**The Lost Husband**

November 10 and 13:  
**Megan Leavey**

November 17 and 20:  
**The Impossible**

October 2:  
**I'll See You In My Dreams**

October 6 and 9:  
**Penguin Bloom**

October 13 and 16:  
**Larry Crowne**

October 20 and 23:  
**Run**

October 27 and 30:  
**Secrets of the Saqqara Tomb**



December 1 and 4:  
**Holidate**

December 8 and 11:  
**A California Christmas**

December 15 and 18:  
**Operation Christmas Drop**

**Day:** Wednesday

**Time:** 5:30pm – 7:30pm

**Day:** Saturday

**Time:** 1:00pm – 3:00pm

**Cost: M/G: \$3**

## Special Events

### **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

### **Orange Shirt Day**

Wear your orange to honour the healing journey of residential school survivors and bring awareness to the need for reconciliation.

**Date:** September 29, Wednesday

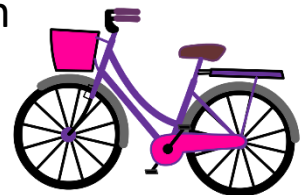
### **GoByBikeWeek**

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. **Pre-registration required.**

**Date:** October 8, Friday

**Time:** 12:00pm – 2:00pm

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

## Special Events

### **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?

**Pre-registration required.**

**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. **Pre-registration required.**

**Date:** November 10, Wednesday      **Time:** 1pm-2pm  
**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



## Special Events

### **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.

**Pre-registration required.**

**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.

**Pre-registration required.**

**Date:** December 17, Friday

**Time:** 12:00pm – 2:30pm

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







9am to 2pm

Saturday, November 27, 2021

# ***Winter Market***

Crafts | Food | Silent Auction

9am to 2pm

Cook Street Village Activity Centre

380 Cook St



## **Tai Chi – Mixed Levels**

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. 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. 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. **Pre-registration required.**

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

**Day:** Thursday

**Time:** 11:30am – 12:30pm

**Dates & Cost:**

November 4 to 25

**M: \$32    G: \$37**

December 2 to 23

**M: \$32    G: \$37**

## **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. **Pre-registration required.**

**Day:** Friday

**Time:** 11:00am – 12:00pm

### **Yoga - Morning**

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

**Leadership:** Beth Miller

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

**Day:** Thursday

**Time:** 10:30am – 11:15am

**Dates & Cost:**

November 2 to 30

**M: \$40**

**G: \$45**

December 7 to 21

**M: \$24**

**G: \$29**

### **Drumming Workshop**

Join Nick Stecz for this fun and free drumming class trial. We plan on running a 6 week program in January so if you would like to come and try it beforehand we would love to have you! **Pre-registration required.**

**Date:** Wednesday, November 24th

**Time:** 1pm-2pm

**Cost: Free**

### **Cookie Decorating**

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

**Pre-registration required.**

**Date:** Monday, December 6 **Time:** 1pm-3:30pm

**Cost: M\$60 G\$65**

### 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. **Pre-registration required.**

**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.

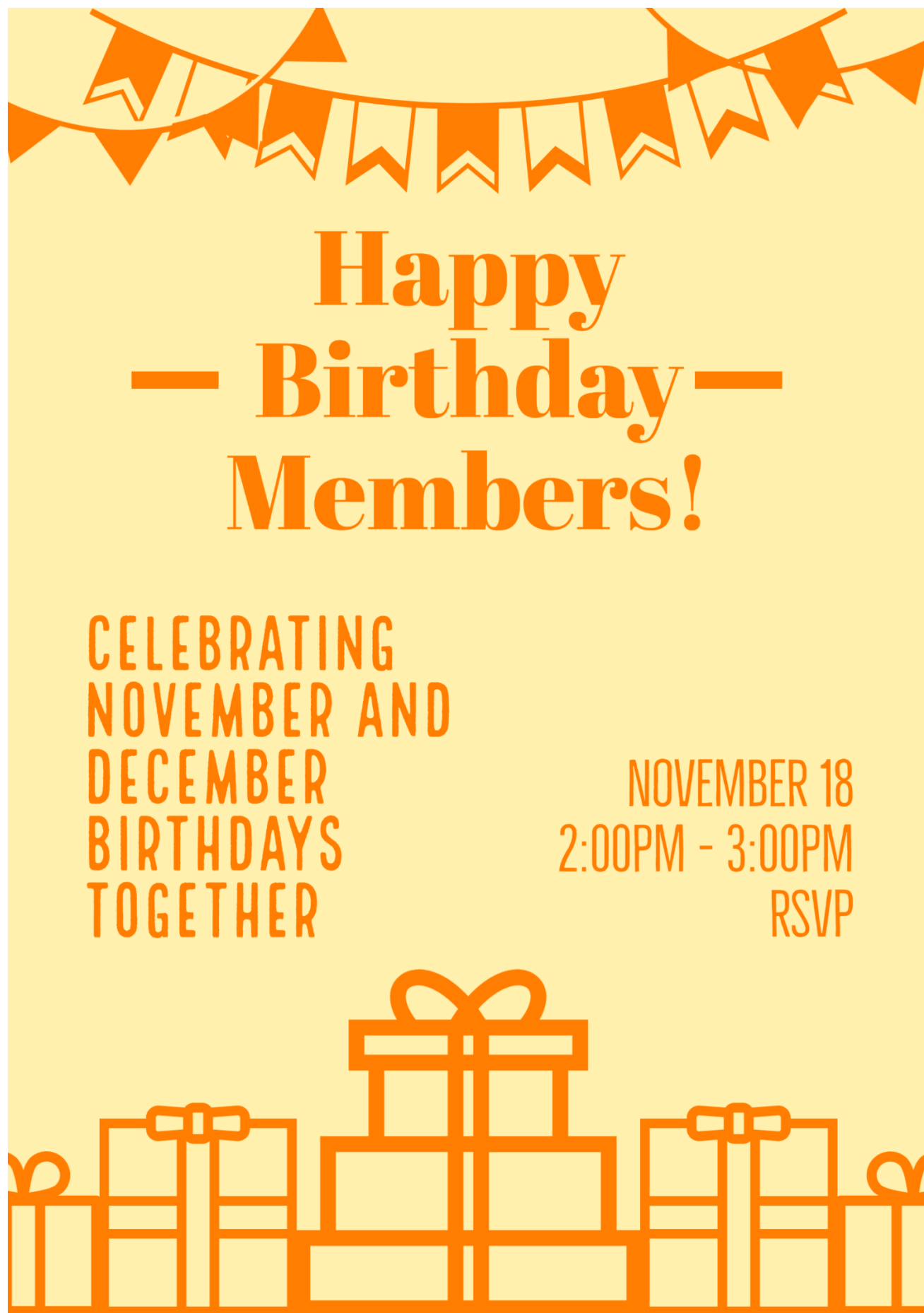
### Community Conversations with the Mayor

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







**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 – 4:30pm

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

**Cost:**    **\$40/30min,**    **\$55/45min,**    **\$70/60min,**    **\$85/75min,**  
**\$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. **Pre-registration required.**

### **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. **Pre-registration required.**



#### **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.

**Pre-registration required.**



### **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](mailto: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.

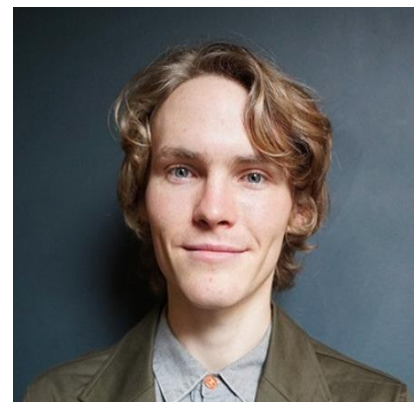
**Date:** September 28, Wednesday      **Time:** 1:00pm-4:00pm  
**Cost:** Free      **(FULL Call to be Waitlisted)**

---

### **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. **Pre-registration required.**



### **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

### **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

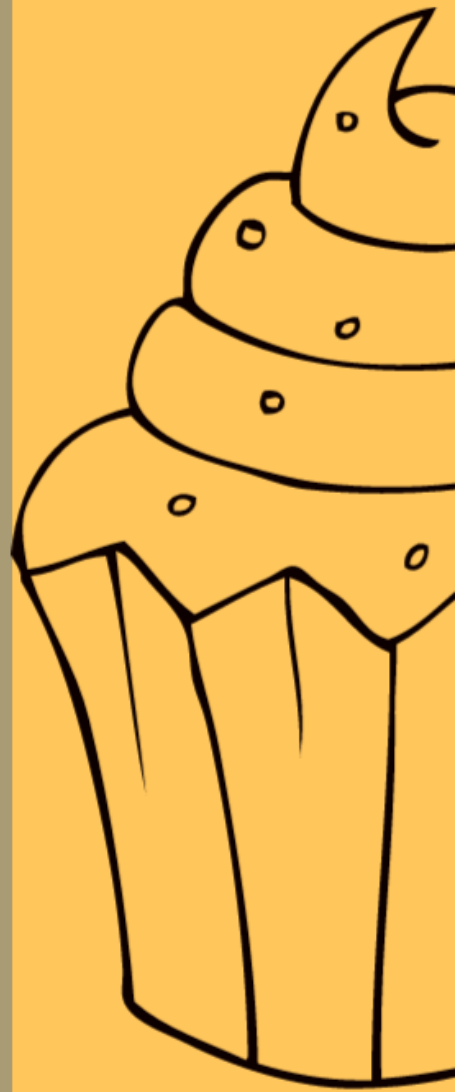
**Day:** Tuesday, Friday and Saturday 8:30am to 4pm

### **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.

# **CSVAC** **BAKE SALE** **FUNDRAISER**

**Mon, Wed, Thu 8am to 7:30pm**  
**Tue, Fri, Sat 8:30am to 4pm**



### **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.

### **Truck Parade Mustard Seed Drop Off Location**

All day **December 4<sup>th</sup>** we are one of three Cook Street Village Mustard Seed drop off locations. We will be accepting all non-perishable food items, and any new personal hygiene products in our Mustard Seed bin. Stop in and help us help others this holiday season. The bin will be located at our front door to allow for COVID social distancing.

### **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.

### **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

### **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:** November 18 (November and December birthdays)

**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**

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:** Tuesday, November 30

Thursday, December 23

**Cost:** Free for member







### 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. **Pre-registration required.**

**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.

**Pre-registration required.**

**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. **Pre-registration required.**

**Day:** Thursday

**Time:** 9:30am – 12:00pm

**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. **Pre-registration required.**

**Day:** Thursday

**Time:** 12:00pm – 2:30pm

**Drop-in: M: \$2      G: \$4**



### **Fitness:**

#### Fun & Fitness

Light weights 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.

**Pre-registration required.**



**Day:** Tuesday & Thursday

**Time:** 9:00am – 10:00am

**Drop-in: M: \$4    G: \$8**

#### Meditation

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

**Pre-registration required.**



**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. Light weights and large elastic bands will be used. Adults of all ages are welcome. **Pre-registration required.**

**Day:** Monday, Wednesday, Friday

**Time:** 9:30am – 10:30am

**Drop-in: M: \$4      G: \$8**

### **Line Dancing**

Do you like moving to music in a stress free environment? If so, join Jan for beginner to beginner plus line dance classes. Meet new people, get exercise, let's dance and have fun!

Jan has instructed line dancing for 25 years in a variety of venues, 22 of these with a dedicated group of dancers at North Park Manor.

**Day:** Wednesday

**Time:** 2:30pm-3:30pm

**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! **Pre-registration required.**

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

**Day:** Monday

**Time:** 1pm - 3pm

**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!

**Pre-registration required.**

**Day:** Thursday

**Time:** 12:30pm – 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.

**Pre-registration required.**

**Day:** Wednesday & Saturday

**Time:** 1:00pm – 3:30pm

**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. **Pre-registration required.**

**Day:** Thursday

**Time:** 1:00pm – 3:45pm

**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! **Pre-registration required.**

**Day:** Wednesday

**Time:** 9:30am – 11:45am

**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. **Pre-registration required.**

**Day:** Monday

**Time:** 1:00pm – 3:00pm

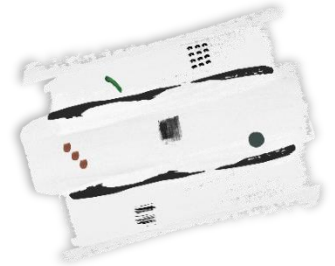
**Drop-in: M: \$2      G: \$4**



### 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! 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! **Pre-registration required.**

**Day:** Monday                      **Time:** 12:30pm – 3:30pm  
**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. **Pre-registration required.**

**Day:** Tuesday                      **Time:** 12:30pm – 3:45pm  
**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. **Pre-registration required.**

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

**Pre-registration required.**

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

**Drop-in: M: \$2      G: \$4**

#### **Movie of the Week**

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

**Pre-registration required.**

(A single movie will be shown throughout the week)

**Day:** Wednesday      **Time:** 5:30pm – 7:30pm

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

**Drop-in: M/G: \$3**

#### **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.

**Pre-registration required.**

**Day:** Tuesday (returning in October)      **Time:** 10:00am – 11:30am

**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.

**Pre-registration required.**

**Day:** Third Friday    **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.

**Pre-registration required.**

**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 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.

**Pre-registration required.**

**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.

**Pre-registration required.**

**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.

**Pre-registration required.**

**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!

**Pre-registration required.**

**Day:** Wednesday

**Time:** 11:00am – 12:15pm

**Day:** Saturday

**Time:** 11:30am – 1:00pm

**Drop-in: M: \$2      G: \$4**

**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



## **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](mailto: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](http://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](mailto: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](http://cookstreetvillageactivitycentre.com) for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ladies' Snooker</b> 9am	<b>Fun and Fitness</b> 9am	<b>Friendly Bridge</b> 9:30am	<b>Fun and Fitness</b> 9am	<b>Billiards/ Snooker</b> 9am	<b>Billiards/ Snooker</b> 9am
<b>Stretch &amp; Strength</b> 9:30am	<b>Pens &amp; Friends (returning in Oct)</b> 10am	<b>Stretch &amp; Strength</b> 9:30am	<b>Exploring Watercolors</b> 9:30am	<b>Stretch &amp; Strength</b> 9:30am	<b>Meditation</b> 10:30am
<b>Independent Yoga</b> 11:00am	<b>Sing-A-Long</b> 10:30am	<b>Meditation</b> 10:30am	<b>Current Affairs</b> 10am	<b>Crokinole</b> 10:30am	<b>Pickle Ball &amp; Ping Pong</b> 11:30am
<b>Mahjong</b> 12:30pm	<b>Progressive Bridge</b> 12:30pm	<b>Pickle Ball &amp; Ping Pong</b> 11am	<b>Yoga – Morning</b> 10:30am	<b>Medical Qi Gong</b> 11am	<b>Cribbage</b> 1pm
<b>Texas Hold'em Poker</b> 12:45pm	<b>Busy Hands and Social Crafters</b> 1pm	<b>Cribbage</b> 1pm	<b>Tai Chi – Mixed Levels</b> 11:30am	<b>Non-Fiction Book Club (3<sup>rd</sup> Friday of the month)</b> 12:30pm	<b>Movie of the Week</b> 1pm
<b>Whist</b> 1pm	<b>Speaker Series</b> 2pm	<b>Knowledge &amp; Nibbles (last Wed of the month)</b> 1pm	<b>Book Lovers Group (last Thu of the month)</b> 11:15am	<b>Texas Hold'em Poker</b> 12:45pm	<b>Grab and Go (Pre-order by Wednesday)</b> 3:00pm
<b>Bingo!</b> 1pm		<b>Line Dancing</b> 2:30pm	<b>The Joy or Art</b> 12pm	<b>Art &amp; Wellness</b> 1pm	
		<b>Grab and Go (Pre-order by Sat)</b> 3:00pm	<b>Canasta</b> 12:30pm		
		<b>Movie of the week</b> 5:30pm	<b>Duplicate Bridge</b> 1pm		