

# HAPPENINGS

CSVAWC Heart of Cook Street Village Where People Come for the Fun and Stay for the Friends



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# Cook Street Village

*A friendly, funky village where everyone is welcome!*

Cook Street Village is the largest of four commercial areas in Fairfield. Heritage homes dating back to Victorian and Edwardian periods typify the residential portion of the community. There is Wisteria, English Ivy, Clematis, draping verandas, fences, railings and shutters, lush greenery, parks, children's play areas, trails and 62-acre Beacon Hill Park.

The community combines an earthy, eclectic cozy Old-World European slower pace alongside modern conveniences such as outdoor fitness stations, take away or delivery food and drinks, retail and consumer goods, financial and legal services, transit, healthcare and modern cycling infrastructure.

The layout of the community is rare in a large urban center; very few streets run perpendicular to Cook Street. This I can personally attest to, having gotten lost on multiple occasions on my way to work! There have been frequent texts to our ever patient Executive Director "Carol, I'm lost again", 'Carol, I'm lost again....and I've fallen off my bike". I had been trying to avoid the main roads when riding my bike to work, having no idea that so few streets actually connect with Cook! There are so many little roads that just suddenly stop! It greatly adds to the area's ambiance and the feeling of almost being dropped into another time: one that has a slower pace, where you are not racing somewhere, continually feeling late for something.

Cook Street Village Activity and Wellness Centre is located in the heart of Cook Street Village. We are a non-profit organization offering social, educational, wellness and recreational activities. Please complete and return the survey on page 7 by July 15, 2022.

## Board Members

To reach any member of our Board of Directors email [info@csvac.ca](mailto:info@csvac.ca)

Joni, President

Eleanor, Past President

Bev, Vice President

Fran, Secretary

Claude, Treasurer

Marilyn, Director

Lorna, Director

Mary Lou, Director

## Staff Members

Carol, Executive Director

[executivedir@csvac.ca](mailto:executivedir@csvac.ca)

Lily, Program Manager

[programmer@csvac.ca](mailto:programmer@csvac.ca)

Kirsty, Marketing and Administrative Assistant

[marketing@csvac.ca](mailto:marketing@csvac.ca)

Kitchen Coordinator, Vacant

Tina, Bookkeeper

[bookkeeper@csvac.ca](mailto:bookkeeper@csvac.ca)

# Meet Our New Staff



Lily



Kirsty

Hi, I am Lily, I came from Mexico 2.6 years ago and I just finished my Diploma in Exercise and Wellness. Whenever I am not working at the Centre you can find me outside riding my bike, running or hiking. I believe that a healthy active lifestyle helps me feel good in my body and my mind. I am excited and looking forward to getting to know everyone at CSVAC!

Lily, Program and Volunteer Manager

Hi, I am Kirsty. I am interested in community building, environmental health and mental and physical fitness. I graduated with a Master's of Public Administration through the Dispute Resolution department at UVic. My main academic interest has been public participation in environmental decision-making. You will find me running with my puppy, "Eleanor Roosevelt" (aka Ellie), riding my bike, gardening, cooking, getting lost or tripping over something!

Kirsty, Marketing, Administration

## Message From The Board

June was another exciting month for the Centre. We welcomed new staff (Lily and Kirsty), new Board members (Mary Lou and Claude), new wellness services (acupuncture), and had a wonderful visit from our MLA, Grace Lore. She and her staff were very impressed by our new Wellness Centre and the various programs provided.

July will see even more excitement with new programs, additional wellness services, and the return of favourite events such as our Ice Cream Socials and Outdoor Barbecues. Keep an eye out for what interests you by following us on social media and reading our Weekly Happenings Newsletter in your email.

Enjoy your summer!

Joni



# July Programming Highlights

**Walkie Talkie Walking Group** – a weekly walking group led by Maria, followed by a drink at the centre, starts July 5, 2022 at 1:15pm gather at the Centre, walk starts 1:30pm.

**Volunteer Appreciation** – Find out who has earned a milestone award and enjoy the company of great folks. Friday, July 15, 12noon to 2pm. Free for volunteers and \$10 for supporters. RSVP by Tuesday, July 12.

**Speaker Series** – Kevin Doyle “Making a Will” presentation and discussion, Tuesday, July 5 at 2pm

**Summer Grills** – Our popular grills are returning on Friday, July 22 at noon. Order your meal by Tuesday, July 19

## Line Dance Jubilee

Come for fun, dancing, and festive food  
Wednesday, July 27  
1 to 3:30pm  
\$5

RSVP by Friday, July 22



Join us at  
the Cook  
Street  
Activity  
Centre for:

## Ice Cream Social

July 8, 2022  
1-2:30pm  
380 Cook Street  
\$5.00  
250-384-6542

## The Empty Penthouse

What: Mystery Afternoon

Where: Cook Street Village Activity Centre

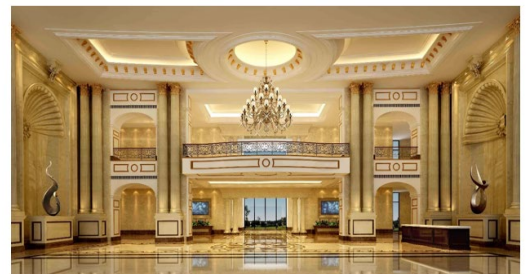
When: Wednesday, July 20th at 1:00 PM

Why: Why Not?

Who: You will Never Know Unless You Come!

\$5 includes drink and a goodie

RSVP 250-384-6542 or [programmer@csvac.ca](mailto:programmer@csvac.ca)



## Monthly Tea

Friday, July 29  
\$5

Join us for fun, friendship, and  
goodies  
RSVP by Tuesday, July 26



HAVE A LOVELY  
**SUMMER**



# Movie Matinee



**JULY 2: LADIES IN BLACK;** – PG rating – 104 mins

Ladies in Black is a 2018 Australian comedy-drama film starring Angourie Rice, Rachael Taylor, Julia Ormond, Ryan Corr and Shane Jacobson. The film is based on the 1993 novel *The Women in Black* by Madeleine St John, and tells the story of a group of department store employees in 1959 Sydney.



**JULY 9: JOYFUL NOISE;** PG-13 rating – 1 hour 57 mins

Joyful Noise is a 2012 American musical comedy-drama film, starring Queen Latifah, Dolly Parton, Keke Palmer, Jeremy Jordan, and Courtney B. Vance. Written and directed by Todd Graff, with gospel-infused music by Mervyn Warren. The film was released in U.S. theaters on January 13, 2012. In the film, two strong-minded women are forced to cooperate when budget cuts threaten to shut down a small-town choir.



**JULY 16: FALLING FOR FIGARO:** PG; 1 hour 44 mins.

A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer in the Scottish Highlands.



**JULY 23: DIANA, THE MUSICAL;** not rated 2hr 15mins;

Diana is a musical with music and lyrics by David Bryan and Joe DiPietro, and a book by DiPietro, based on the life of Diana, Princess of Wales



**JULY 30: THE LAST LAUGH** MA; 1hr 38 mins

When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

## Committee Reports

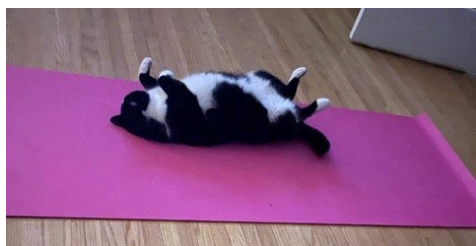
Our Centre has many committees which support the work of our organization. At this time, all of our committees are looking for new members to join them. If you are interested in any of the following committees connect with Lily – [programmer@csvac.ca](mailto:programmer@csvac.ca): Emergency Preparedness, Events and Decorating, Kitchen, Landscape/Gardening, Membership and Marketing, and Multicultural. There is also room for folks to join our set up/crash down crew.

## Fundraiser Update

We have a number of regular fundraising opportunities, which we hope you will participate in such as our bottle drive (located in the auditorium), eco-friendly laundry products with TruEarth (need to get link), and Fairways cards (get yours at reception). We are also thrilled to be able to participate in large community events like the Village Block Party, where we made a profit of approximately \$150 – great for our first year back since the pandemic began.

# Funny Pets

We are introducing a new section! Those of us who have pets know how much they add to our lives. We are going to hold a 'Funniest Pet Picture' contest every month, with the funniest pet picture earning a spot in our next Monthly calendar! Send us your funniest pet pictures! [marketing@csvgac.ca](mailto:marketing@csvgac.ca)



## July Grab and Go

**July 2:**

Kung Pao Chicken on Rice, Banana Pudding

**July 9:**

Turkey Bacon Wrap with Macaroni Salad, Summer Orange Biscotti

**July 16:**

Slow Roasted Chicken, Noodles, Veggies, Lemon Loaf

**July 23:**

Vegetarian Moussaka, Fruit Crisp

**July 30:**

Alfredo (with or without chicken), Cake



**Fairfield Gonzales  
Community Association**





**ZUMBA TONING**  
Wednesdays, 5:30 - 6:30pm  
Jul 6th - Aug 31st  
9 / \$81



**ZUMBA**  
Mondays, 5:30 - 6:30pm  
Jul 4th - Aug 29th  
8 / \$72



**Art at The Place**  
Sharon Lam began the "Our Favorite Places" Project when her Mom was transitioned into hospice care. In the final months of her Mom's life, Sharon scrambled to illustrate all of their favorite places they had shared throughout her life.  
**June & July 9:00 am - 5:00 pm**  
**1330 Fairfield Rd**



**SOMATIC YOGA**  
Wednesdays, 6:30-7:30 pm  
Jul 6th - Aug 29th  
9 / \$81

**IYENGAR**                      **SOQI**  
Tues, 5:30-7:00 pm              Mon, 6:30-7:30 pm  
Jul 5th - Aug 23rd              Jul 4th - Aug 29th  
8 / \$104                          8 / \$72

**VISIT [WWW.FAIRFIELDCOMMUNITY.CA](http://WWW.FAIRFIELDCOMMUNITY.CA) FOR MORE INFO OR  
CALL 250.382.4604 TO REGISTER**

## Transforming Lives with Practical Spirituality

No matter your age, ethnicity or lifestyle, welcome home!



**Sundays: Meditation 10:30 a.m.  
Celebration Service 11 a.m.  
Open and observing Covid protocols**

New Location! - Refreshments & fellowship follow -

**Cook Street Village Activity Centre  
at 380 Cook Street, Victoria**

If you like Wayne Dyer, Marianne Williamson, Neale Donald Walsch, Ellen and Oprah... you're going to LOVE us!

**[www.csylvictoria.org](http://www.csylvictoria.org)**



# Survey Cook Street Village Activity Centre

The purpose of this survey is to help the CSVAC management team and employees improve their service and effectiveness in order to facilitate a better life experience for our community

1. What kind of activities and programs interest you most?
2. How many programs do you attend each week?
3. Do you or members of your household currently use other recreational areas in Victoria?
4. Do you have the amount of social interaction in your life that you desire?
5. Are you interested in attending a Lunch program once a week at the Cook Street Village Activity Centre?
6. Are you interested in attending workshops/courses at the Cook Street Village Activity Centre? If yes, what kind of workshops/courses would you like to attend?
7. What kind of programs/drop-ins/events are you interested in attending at the Cook Street Village Activity Centre?
8. What are the biggest challenges you face as you age?
9. What primarily influences where you go for activities and events? Financial, mobility etc.
10. Are you interested in volunteering at the Cook Street Activity Centre?
  - a) Working Front Desk
  - b) Kitchen
  - c) Prepare for events/programs
  - d) Other area(s): \_\_\_\_\_

# Wellness Centre Update



We are very pleased to welcome Jenn Maddford to our Wellness Centre team. Jenn comes to us with many years of experience as an acupuncturist. She will be working every Tuesday morning from 10am to 12noon – book your appointment with our Wellness Centre reception. Her rates are on a sliding scale for this community treatment. Welcome Jenn to our wellness team.



Cook Street Village Activity Centre



@CSVAC1



@cook-street-village-activity-centre-78011a7a



@CSVAC



Cook Street Village Activity Centre

## Get your Membership!

\$50 Annually or \$7 Monthly

Get yours today so you get the best rates for your activities, events, and more.

# Spotted in June

