



# **Cook Street Village Activity Centre**

## **Fall 2017 Program Guide**

**380 Cook St  
250-384-6542**

**[www.cookstreetvillageactivitycentre.com](http://www.cookstreetvillageactivitycentre.com)**

# Centre Hours

Monday	8:30am to 7:30pm
Tuesday	8:30am to 4pm
Wednesday	8:30am to 4pm
Thursday	8:30am to 7:30pm
Friday	8:30am to 4pm
Saturday	8:30am to 4pm
Sunday & Stats	Closed



\* Member prices are listed with an M and general prices are listed with a G throughout the guide. Become a member and reap the benefits; \$7 per month or \$50 for 365 days (per year) gives you savings on all programming, rentals and more!



Everyone is welcome at the Tastebuds Café which is a great place to stop in for a meal, a goodie or a drink. You are not going to want to miss out on the great things our Cook is creating. Every Wednesday we have a delicious three course meal for only \$8. Your meal comes with a coffee or tea.

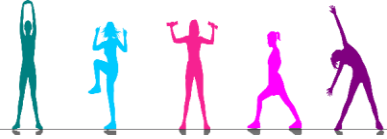
## Wednesday Lunch Specials

September 6	Battered Ginger Chicken	October 4	Breaded Chicken Breast
September 13	Souvlaki Kabob	October 11	Meatloaf
September 20	Sliced Chicken Breast with Rotini	October 18	Souvlaki Kabob
September 27	Mac & Cheese on Burger	October 25	Spaghetti with Meat Sauce

November and December Wednesday Lunch Specials published soon.

## Daily Menu:

Soup of the Day	\$3	Gluten Free Muffin	\$3
Handcrafted Sandwich	\$3	Gluten Free Cookie	\$1.00
Home Baked Goodie	\$1.50	Coffee/Tea/Pop	\$1
Home Made Scone	\$1.50	Juice Box	50 Cent
Baked Fresh Cookie	\$1		



## Fitness

### Aging Backwards

When daily habits & injuries create imbalance within the body we begin to compensate, which causes chronic pain. Reduce pain while regaining mobility with exercises that improve your joints, muscles, and posture. Drop-in \$15 a class.

Tu	Sep 12 to 26	10:30 to 11:20am	\$35M \$41G
Tu	Oct 3 to 31	10:30 to 11:20am	\$60M \$65G
Tu	Nov 7 to 28	10:30 to 11:20am	\$48M \$52G
Tu	Dec 5 to 19	10:30 to 11:20am	\$36M \$41G

### Broga: Yoga for Men

All levels and ages welcome. Broga will improve your balance, strength, flexibility and range of mobility to help to alleviate stress and restore calm. Drop-in \$10 class.

Sa	Sep 9 to Nov 4	9:30 to 10:30am	\$72M \$77G
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No class Oct 7



### Chair Qi Gong

Learn the fundamentals of Aung Medical Qi Gong. This introductory class focuses on breathing patterns as well as practicing some gentle movement exercises. This program is in partnership with the MS Society.

F	Oct 6 to Dec 22	1 to 2pm	\$60M \$65G
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### Rediscover Painless Mobility

This all ages and levels class focuses on whole body strengthening and reconditioning. Through a combination of standing movements and mat work you will discover painless mobility and joyful exercise. Drop-in \$15 a class.

M	Sep 11 to 25	5:30 to 6:30pm	\$36M \$41G
M	Oct 2 to 30	5:30 to 6:30pm	\$48M \$52G

No class Oct 9

M	Nov 6 to 27	5:30 to 6:30pm	\$48M \$52G
M	Dec 4 to 18	5:30 to 6:30pm	\$36M \$41G

### Tai Chi Beginner

If you have never tried Tai Chi or have little experience and want to learn, this course is for you. Drop-in \$10 a class.

Th	Sep 7 to 28	11:30am to 12:30pm	\$32M \$37G
Th	Oct 5 to 26	11:30am to 12:30pm	\$32M \$37G
Th	Nov 2 to 30	11:30am to 12:30pm	\$32M \$37G
Th	Dec 7 to 21	11:30am to 12:30pm	\$24M \$27G

### Tai Chi Intermediate

Participants have at least three years of recent experience and are already familiar with the 24 forms. 15 minutes of class is dedicated to BaDuanJin Health Qigong (Eight pieces of Brocade). Drop-in \$10 a class.

Th	Sep 7 to 28	10:15 to 11:15am	\$32M \$37G
Th	Oct 5 to 26	10:15 to 11:15am	\$32M \$37G
Th	Nov 2 to 30	10:15 to 11:15am	\$32M \$37G
Th	Dec 7 to 21	10:15 to 11:15am	\$24M \$27G

### Yoga Fit Stress Release

Take an hour to come back into balance after a busy day with a slow yoga flow that will leave you feeling both rejuvenated and relaxed. Sign up for this course or drop in \$10 a class.

Th	Sep 7 to 28	5 to 6pm	\$32M \$37G
M	Sep 11 to 25	5 to 6pm	\$24M \$29G
M	Oct 2 to 30	5 to 6pm	\$32M \$37G
	No class Oct 9		
Th	Oct 5 to 26	5 to 6pm	\$32M \$37G
Th	Nov 2 to 30	5 to 6pm	\$40M \$45G
M	Nov 6 to 27	5 to 6pm	\$32M \$37G
M	Dec 4 to 18	5 to 6pm	\$24M \$27G
Th	Dec 7 to 21	5 to 6pm	\$24M \$27G

### Yoga for Everybody

This inclusive class is suitable for every BODY, including people with health concerns or limited mobility. The entire class can be done seated. Drop-ins welcome \$10 a class.

Tu	Sep 5 to 26	11:30am to 12:15pm	\$32M \$37G
Tu	Oct 3 to 31	11:30am to 12:15pm	\$40M \$45G
Tu	Nov 7 to 28	11:30am to 12:15pm	\$32M \$37G
Tu	Dec 5 to 19	11:30am to 12:15pm	\$24M \$27G



### Languages

#### Fun and French with Preschoolers

Introduce your child to French in a fun and informal setting. Under the supervision of a qualified coordinator, preschoolers and parents or grandparents will interact in French through songs, games and stories. No experience in French required. Fee includes both adult and child.

Tu	Sep 12 to Oct 31	9 to 10am	\$68M \$73G
Tu	Nov 7 to Dec 19	9 to 10am	\$60M \$65G

### **French Beginner Level A1**

The perfect class for students who have never studied French. A qualified teacher will help you build confidence in communicating with a focus on speaking and listening. Text book or photocopy fees not included. In partnership with Alliance Francaise.

Th Sep 21 to Nov 23 6 to 7:30pm \$150M \$155G

### **French Intermediate Level B2**

This interactive class is designed for students with basic French. A qualified teacher will help you extend your vocabulary, polish your skills in reading, writing, speaking and listening. Text book or photocopy fees not included. In partnership with Alliance Francaise.

M Sept 18 to Nov 27 10am to 12pm \$190M \$195G

No class Oct 9



## **Courses**

### **Chronic Pain Self-Management**

A free six session workshop that helps people live with chronic pain and their caregivers learn to better manage symptoms and activities of daily life. Register by phone: 1-866-902-3767.

Tu Oct 17 to Nov 21 10am to 12:30pm Free

### **FoodSafe Level 1**

Foodsafe level 1 is a basic one day course taken by any person involved in the safe delivery, storage, preparation and service of foods and beverages intended for public consumption. Upon completion, a certificate is issued to meet the requirements of the provincial regulations, employers and/or community organization.

Tu Sep 19 9am to 4:30pm \$70M \$75G

### **Laugh More, Stress Less**

Comedian, Diana Kuch offers an easy, hilarious and powerful program that can improve the quality of your life. She combines breakthroughs in neuro-humour and secrets from stand-up comedy into an easy, playful and uplifting experience that will leave you revitalized, refreshed and focused.

Sa Sep 16 to Nov 4 1:30 to 3pm \$80M \$85G

### **OH Cards**

OH Cards are a playful way to stimulate creativity. There are two decks of cards; one with paintings and one with words, which played together, as a set, increase intuition, imagination and communication. It's a fun way to put you in touch with yourself and those around you.

Tu Oct 17 to Nov 7 1 to 3pm \$20M \$25G

## Stand Up Comedy Course

Comedian, Diana Kuch, reveals 10 secrets that comedians use to spin life experiences into comedy gold. Laugh and learn as you create your own five minute comedy performance and deliver it for the class on the last day.

M Oct 16 to Dec 4 6:30 to 8pm \$80M  
\$85G



### Workshops

#### Discover Your Dream Purpose

In this visioning workshop you will learn two essential keys for tuning in to your purpose and simple thinking strategies that will guard you from fear, doubt and worry. This workshop is followed up with a complimentary 1/2 hour phone session to help clarify your dream.

Sa Oct 14 1 to 4pm \$20M  
\$25G

#### Japanese Culture and Kimono Workshop

Hitomi Harama, a Kimono and Japanese culture specialist, presents a workshop on the history of Kimonos and Japanese culture. Hitomi will also demonstrate Kimono dressing.

Th Oct 12 6:30 to 8pm \$5M  
\$7G

## Pain Is My Messenger

In this workshop, you will discover what may be causing your pain and what your body may be trying to tell you. Find out what you can do to ease and eradicate the pain without medications and their side effects.

Sa Oct 14 11am to 12noon \$10M  
\$15G

## Paper Beads Workshop

Many African children are orphaned and grandmothers care for them. These grandmothers make paper bead necklaces to help sustain the family. In our workshop you will learn how to make enough beads for a necklace or bracelet. Presented by Victoria Grandmothers for Africa.

Tu Sep 26 10am to 12noon \$2M  
\$4G



### Music and Art

#### Beginner Guitar

You will learn chords, melodies and rhythms using classical and folk techniques. Music theory, sight reading, how chords/harmonies function and how to play simple songs are also covered. Instructor: Ian Sirias

M Sept 11 to Oct 23 6 to 7pm \$60M  
\$65G

No class Oct 9

M Nov 6 to Dec 11 6 to 7pm \$60M  
\$65G

## Open Art Studio

Enjoy art making and exploration in our open studio! Explore by using different mediums, colours, objects and materials. Art materials supplied. No art experience necessary.

Facilitated by Vahini Govender, an art therapist/registered clinical counsellor.

Drop-in's \$12 a class.

Th	Sep 14 to Oct 26	12:30 to 2pm	\$70M \$75G
Th	Nov 2 to Dec 14	12:30 to 2pm	\$70M \$75G

## Song Circle

Patrick Smith will arrive with a truckload of instruments and a suitcase full of songs. Come sing, play, or just listen. Guitars, ukuleles and other chordal instruments are welcome. Enjoy music in a lively, fun and relaxed atmosphere.

Th	Sep 14 to Oct 26	2:30 to 3:30pm	\$70M \$75G
Th	Nov 2 to Dec 14	2:30 to 3:30pm	\$70M \$75G



## New Drop-Ins This Fall

### Community Board Games

We have a cupboard of games just waiting to be played. Bring your friends and/or family for an evening of fun and entertainment.

Th	Sep 7 to Dec 14	6 to 8pm	\$2M \$4G
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## Cook Street Village Song Circle

Come to sing in an informal setting and bring an instrument to strum along if you like. Bring your friends and family. Children under 12 are free.

Th	Beginning Sep 7	6:30 to 8pm	\$2M \$4G
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## Joy of Painting

Experience the art of painting among friends. This is an informal group for those interested in painting in oil, acrylics, watercolour and pastel. Limited supplies for beginners available. All levels welcomed. This new drop in starts September 7.

Th	Beginning Sept 7	10am to 12noon	\$2M \$4G
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## Groove Fit

Groovin' is a dance workout that celebrates everybody's unique way of moving. The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary.

T	Beginning Sept 19	11:30am to 12:15pm	\$4M \$8G
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## Tech Talk with Emily

Do you need help with using your iPhone, iPad, android phone or laptop?

Drop in to see Emily who will answer your questions so you can use your electronic device as you hoped to.

Th	Beginning Sept 7	3pm to 5pm	\$2+ By donation
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**Speakers**

**African Grandmothers and the AIDS Pandemic**

Grandmothers bury their children, then turn around and bring up their orphaned grandchildren. These remarkable women hold together family and community. Collectively, they form a grassroots network of support that holds together a country, a whole continent ravaged by the AIDS pandemic. Presented by Victoria Grandmothers for Africa.

M Sep 18 6:30 to 8pm Free

**Community Conversations with the Mayor**

City of Victoria Mayor will be at our Centre to have an open forum with our community. She is looking forward to discuss your hopes, ideas and concerns for our city.

Tu Sep 12 12 to 1:30pm Free

Tu Dec 19 12 to 1:30pm Free

**Free Draft Proofing Kits**

Join our city in a new conservation initiative to pledge to decrease household drafts in exchange for a free FortisBC draft proofing kit. These kits contain weather stripping, window film and foam gaskets.

Th Sep 21 1 to 2pm Free

**Eat Well Feel Good**

Learn how to manage your chronic disease symptoms with nutrition with Registered Dietitian Jenneke van Hemert. She has developed meals that support a variety of medical conditions. Samples provided.

Th Oct 5 2 to 3pm Free

**Estate Planning**

Everyone should have an Estate Plan that includes a Will, a Power of Attorney and a Representation Agreement. These documents ensure you have people able to help through all stages of life and death.

M Nov 6 10 to 11:30am Free

**Journey Speaker Series**

Join us for a lively discussion and the latest information about how older adults can remain proactive and motivated in the various stages of aging. In partnership with the Silver Threads Outreach Program.

M Sep 18 10:30 to 11:30am Free

We don't know what we don't know about aging

M Oct 16 10:30 to 11:30am Free

When to retire from driving

M Nov 20 10:30 to 11:30am Free

I'm so tired

M Dec 18 10:30 to 11:30am Free

Mood boosting strategies



## Mile Zero Travel Presentation

Join us and learn about exciting upcoming tours! Mile Zero Tours is a small Victoria-based tour company specializing in fully guided deluxe tours from Vancouver Island to destinations across North America.

M Sep 25 11am to 12noon Free

## What Is Immunity?

Learn about your immune system and how you can boost it. Find out the difference between the Flu and common cold as well as different vaccines. In partnership with Heart Pharmacy

Tu Sep 26 1 to 2pm Free



## Computers

### Apple TV Workshop

Connecting your iPad/iPhone/Mac/PC to your TV wirelessly. Netflix, Airplay and other features explained including set up requirements.

M Oct 16 10:40am to 12:10pm \$37M  
\$42G

## Android Tablets and Smart Phones

Bring your fully charged tablet/smart phone and learn the essentials and the great potential in this action packed hands-on workshop. Photos, videos, browsing, downloading apps and more.

M Oct 2 10:40am to 12:10pm \$37M  
\$42G

M Dec 4 10:40am to 12:10pm \$37M  
\$42G

## iPad/iPhone Photos, Music, and Podcasts

Learn how to take and organize photos and transfer them to and from the iPad/ iPhone, discover practical photo apps, transfer songs to your iPad/ iPhone, and transfer podcasts to your iPad/ iPhone.

M Dec 18 9 to 10:30am \$37M  
\$42G

## iPhone

Bring in your fully charged iPhone to learn the basics and more in a friendly and interactive workshop.

M Sep 25 10:40am to 12:10pm \$37M  
\$42G

M Dec 11 10:40am to 12:10pm \$37M  
\$42G



### iPhone/iPad for Travellers

Going on a trip and want to use your iPad or iPhone to help you plan it? Discover great travelling, translating, touring, GPS, and mapping apps.

M	Oct 2	9 to 10:30am	\$37M \$42G
M	Dec 18	10:40am to 12:10pm	\$37M \$42G

### Intro to iPad

Bring in your iPad and learn the basics and more in a friendly and interactive workshop.

M	Sep 25	9 to 10:30am	\$37M \$42G
M	Dec 11	9 to 10:30am	\$37M \$42G

### Windows File Management

Learn how to organize your files and folders. Learn backups and how to create shortcuts or aliases, rename and delete files, and what different file types there are.

M	Oct 16	9:30 to 10:30am	\$37M \$42G
M	Dec 4	9:30 to 10:30am	\$37M \$42G



### Wellness

Did you know that we have regular Wellness Services? Meet our friendly, professional service providers.

Foot Care	Every Wednesday
Reflexology	Every Wednesday
Acupuncture	Every Wednesday
Hair Cuts	Second and Fourth Tuesdays
Blood Pressure	Second Thursday
Indian Head Massage	First and Third Wednesdays and Last Saturday

All of our wellness services are offered at reasonable rates.

Call 250-384-6542 or stop by to book your appointment.

### Hearing Clinics

Sign up at reception to have your hearing checked.

W	Sep 13	10am to 12noon	Free
T	Oct 31	10am to 12noon	Free

### Hearing Loss Prevention

Find out more about what you can and can't do about hearing loss with Miracle Ear's Lana Binks.

W	Nov 29	10am to 12noon	Free
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### Flu Shot Clinic

Sign-up for this free clinic. Pick-up a patient information form to bring with you at your appointment time. In partnership with Heart Pharmacy.

Tu Nov 7 1 to 4pm Free

### Mobility Aid Repair

Canada Scooters will be servicing and doing light repairs for scooters, walkers and wheelchairs.

W Oct 11 11am to 12noon Free  
W Dec 13 11am to 12noon Free



### Tournaments

#### Cribbage Tournament

Everyone welcome to this social tournament. Win a cash prize! For 1st place, 2nd place, and random draw(s). Sign up at reception to get your ticket.

W Sep 13 1 to 3:30pm \$5  
W Dec 6 1 to 3:30pm \$5

#### Duplicate Bridge Tournament

Everyone welcome. Cash prizes for 1st place, 2nd place, second last and random draw(s). Sign up at reception to receive your ticket. No Partner Required!

Th Nov 16 1 to 3:30pm \$5



### Special Events

Our events often include a meal. If you have dietary restrictions, contact staff and we will do our best to accommodate your needs.

#### Welcome Back To Fall

New and seasoned friends are welcome to our Fall kick off. Come to learn about new programs, events and activities. Enjoy a delicious meal with Syrian flavours and a play about Emily Carr. All ages welcome! Bring your family or friends Please purchase tickets in advance by September 8 2017.

F Sep 15 12:30 to 2:30pm \$10M \$12G \$6 Children

#### International Day of Older Persons

We are celebrating the United Nations International Day of Older Persons with free activities. All ages of friends and family welcome.

Sa Sep 30 8:30am to 4pm Free

### **Thanksgiving With German Music**

Bring your family and friends and join us for a traditional Thanksgiving meal. German ensemble of accordion, guitar, percussion and singers will begin about 1:30 pm. All ages welcome. Please purchase tickets in advance by Tuesday Oct 3rd, 2017.

F	Oct 6	12:30 to 2:30pm	\$15M \$18G \$9 Children
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### **Diwali – Festival of Lights**

Enjoy an Indian Celebration at our Centre in partnership with our local Hindu Community. We will celebrate Diwali with an authentic Indian food and music and dance. Bring your family or friends. All ages welcome. Please purchase tickets in advance by October 17 2017.

F	Oct 20	12:30 to 2:30pm	\$10M \$12G \$6 Children
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### **Halloween Dinner and Dance**

Come join the fun of dressing up in your favourite Hallowe'en costume and enjoy a spooktacular lunch. Our annual Monster Mash Theme dance will be sure to have you rattling your bones and shrieking with laughter on or off our dance floor. All ages welcome. Please purchase tickets in advance by Tuesday, October 24th, 2017.

F	Oct 27	12:30 to 2:30pm	\$10 M \$15G \$7.50 Children
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### **Rocky Horror Picture Show**

Come and watch this 1975 musical comedy horror film with us in our Auditorium. Note this is a 14A rated show. Enjoy the movie, popcorn and a beverage included with admission. What props to bring to the Rocky Horror Picture Show! Newspapers, Flashlights, Rubber gloves, Noisemakers, Bubbles, Toilet paper, Toast, Party hat, Bell, Cards. (Ask at reception for a list on when to use).

S	Oct 28	1:30pm	\$5M \$7G
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### **Tribute to Our Wartime Heroes**

Join us for a morning of singing and music. Every year our Sing-A-Long group dedicates songs and stories in celebration of Remembrance Day and in recognition of our war time veterans. Refreshments of coffee, tea and cake will be served.

T	Nov 7	10:30 to 12noon	Free
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### **Little Owl Designer Fair**

The Little Owl Children's fair brings together the best designers and artists who pour their talent into creating high quality handmade items for babies, kids and youth. Toys, clothing, accessories and more all in one spot! Shop locally this holiday season and support your friends and neighbours in their craft. The Centre's Busy Hands Boutique will be selling beautiful handmade gifts for children.

Sa	Nov 18	10am to 5pm	\$3
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**Christmas Craft Sale and Silver Bells Silent Auction**

A great opportunity to shop for Gifts. Come find one of a kind gifts at over 25 craft vendor tables and bid at our Silent Auction. No Entry fee!

Early bird vendor table fee until October 27 is \$30 plus one donated gift toward the silent auction (minimum value \$10). If tables are still available after October 27 the vendor table fee is \$35 plus one donated gift toward the silent auction (minimum value \$10). \*ask about our special rates for members.

**Christmas Craft Fair**

Sa Nov 25 9:00am to 3pm Free

**Silver Bells Silent Auction**

Th Nov 23 4pm to 7:30pm Free

Fri Nov 24 8:30am to 4pm Free

Sat Nov 25 9am to 2:30pm Free

**Volunteer Milestone Awards**

We wish to celebrate our wonderful volunteers at our Milestones Awards Brunch. We encourage you to invite guests as well to join in the celebration of our volunteers.

Volunteers: Free / Guests: \$10

F Dec 8 10am to 12noon \$10

**Christmas Dinner**

Share the spirit of Christmas with us at our traditional festive meal. After lunch sing seasonal songs with the Esquimalt Ukulele Band. Bring your family and friends. All ages welcome. Please purchase tickets in advance by Tuesday, December 12th.

F Dec 15 12:30 to 2:30pm \$15M \$18G \$9 Children





# Did You Know?

## **Volunteers: The Heart of Our Centre**

Join our volunteer team. There are so many wonderful opportunities such as gardening, reception, kitchen, Board of Directors, speaker, program leader, set up crew, committees, and more. If you have another talent that you would like to share, let our Program Volunteer Coordinator know and she will work with you to find a way to share your skills with our folks and the community. Email Cherie at Programmer@csvac.ca

## **Membership: It Has Many Benefits**

Membership has its privileges at our Centre. It means discounted rates on courses, workshops, events, and daily drop-ins. We have some member only events that you will be able to access because you have chosen to become part of one of the best activity centres in town.

## **Gift Certificates: Treat Your Friends to Fun**

We have gift certificates in any amount. This is the perfect way to get ready for the fall season. Treat someone you know to hours of fun and friendship. Don't let them miss out. Stop by the Centre to get your gift certificate(s) today.

## **Find Us Online**

We can be found on social media and full details of our programs and services can be found on our website. Come and check us out: Facebook and LinkedIn– Cook Street Village Activity Centre, Twitter - @CSVAC1, and Website - [www.cookstreetvillageactivitycentre.com](http://www.cookstreetvillageactivitycentre.com)

## **Payment Options**

We accept payment in person by cash, cheque, debit, MasterCard and Visa. We also take credit card payment over the phone so you never miss out on the course, workshop, or special event that you want to attend.

## **Rental Opportunities**

Did you know that we have great rental space at low rates? Contact Carol to talk about your group, space requirements, and to find out about our one time and long term rates. We have discounts for non-profits. Rentals can be during or after regular business hours. Ask Carol for more details at ExecutiveDir@csvac.ca

## **Advertise with Us**

Let everyone know about your wonderful organization, event, or opportunity. Contact Carol to find out about our low one time and multi-month advertising opportunities at ExecutiveDir@csvac.ca

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# Drop-In Activities

## Monday

		Member	General
9am to 12noon	Ladies Snooker	\$2	\$4
9:30am to 10:30am	Stretch and Strength Fitness	\$4	\$8
10:45am to 12noon	Line Dance	\$2	\$4
12:30pm to 3:30pm	Mahjong	\$2	\$4
12:45pm to 3:30pm	Texas Hold'em Poker	\$2	\$4
1pm to 2:30pm	Shuffleboard	\$2	\$4
1pm to 3:30pm	Bingo	\$2	\$4
5pm to 6pm	Yoga Stress and Release	\$10	Everyone
5:30pm to 6:30pm	Rediscover Painless Mobility	\$10	Everyone

## Tuesday

9am to 10am	Fun and Fitness	\$4	\$8
10:30am to 11:20am	Aging Backwards	\$15	Everyone
11:30am to 12:15pm	Groove Fit	\$4	\$8
11:30am to 12:15pm	Yoga for EveryBody	\$10	Everyone
12:30pm to 3:45pm	Progressive Bridge	\$2	\$4
1pm to 3:30pm	Euchre	\$2	\$4
1pm to 3:30pm	Social Crafters	\$2	\$4
	Busy Hands Crafters	Free	

## Wednesday

9:15am to 11:30am	Friendly Bridge	\$2	\$4
9:30am to 10:30am	Stretch and Strength Fitness	\$4	\$8
11am to 12:15pm	Pickle Ball/Ping Pong	\$2	\$4
1pm to 2pm	Meditation	\$2	\$4
1pm to 3:30pm	Cribbage	\$2	\$4

## Thursday

9am to 10am	Fun and Fitness	\$4	\$8
9am to 12noon	Open Billiards	\$2	\$4
10am to 11am	Current Affairs	\$2	\$4
10am to 12noon	Joy of Painting	\$2	\$4
10:15am to 11:15am	Tai Chi – Intermediate	\$10	Everyone
11am to 12noon	Book Group (last week of the month)	\$2	\$4
11:30am to 12:30pm	Tai Chi – Beginner	\$10	Everyone
12:30pm to 2pm	Open Art Studio	\$12	Everyone
1pm to 3:30pm	Canasta	\$2	\$4
1pm to 3:45pm	Duplicate Bridge	\$2	\$4
3pm to 5pm	Tech Talk w/Emily	\$2 min.	Donation
5pm to 6pm	Yoga Stress and Release	\$10	Everyone
6pm to 8pm	Community Board Games	\$2	\$4
		Children	Free
6:30pm to 8pm	Cook Street Village Song Circle	\$2	\$4
		Children	Free

## Friday

9am to 12noon	Open Billiards	\$2	\$4
9:30am to 10:30am	Stretch and Strength	\$4	\$8
11am to 12:30pm	Crokinole	\$2	\$4
12:45pm to 3:30pm	Texas Hold'em Poker	\$2	\$4
1pm to 3:30pm	Euchre	\$2	\$4

## Saturday

9am to 12noon	Open Billiards	\$2	\$4
9:30am to 10:30am	Broga – Yoga for Men	\$10	Everyone
11:30am to 1pm	Ping Pong	\$2	\$4
1pm to 3pm	Movie Matinee	\$3	Everyone

*Cook Street Village Activity Centre's*  
*Christmas Craft Sale &*  
*Silver Bells Silent Auction*  
*380 Cook St*

**Saturday, November 25**

**9am to 3pm**

Auction closes at 2:30pm

**25 vendors**  
**Visit with Santa**

