



cookstreetvillage
ACTIVITY CENTRE

Program Guide Winter 2018
January 2 to March 31

380 Cook St
250-384-6542

www.cookstreetvillageactivitycentre.com

Pricing Information

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

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
- Free Wifi & computer lab. Printing (fee applies per sheet)
- Voting rights at the Annual General Meeting
- Eligible to purchase drop-in activity cards (\$20 or \$40) with value added.

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.

Payment Options

Pre-registration is required for all programs except those specified as drop-in. We accept payment in person by cash, cheque, debit, gift certificate, LIFE Credit, 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. *Official receipts are provided by email, or printed upon request.*

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 centres. For more information, or an application form, contact the reception desk.

Refund Policy

Any course costing \$5 or less – no refund given. Course fee (-) minus a \$5 administration fee will be refunded up to 1 week prior to course start date. Less than 1 week of course start – no refunds, unless we can fill from wait-list. 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 receipt and given to Program/Volunteer Co-ordinator.

Recreation Integration

Cook Street Village Activity Centre is now accepting Recreation Assistant Passes. These passes allow someone with a disability to bring a support person with them for no additional charge by showing their Recreation Integration Access Card. Anyone wishing further information on this program or how to obtain an access card please contact Recreation Integration at: www.rivonline.org.

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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





Try It Free Week

During the first two weeks of January, fulfill your New Year's resolution by trying out a new activity at the Centre. With so much variety, you're sure to find something you'd like to try!

Progressive Bridge

Tu Jan 2 12:30pm to 3:45pm FREE

Stretch & Strength Fitness

W Jan 3 9:30am to 10:30am FREE

Canasta

Th Jan 4 12:30pm to 3:30pm FREE

Euchre

F Jan 5 1pm to 3:30pm FREE

Ping Pong

Sa Jan 6 11:30am to 1pm FREE

Line Dance

M Jan 8 10:45am to 12pm FREE

Groove Fit

Tu Jan 9 11:30am to 12:15pm FREE

Friendly Bridge

W Jan 10 9:15am to 11:30am FREE

Fun & Fitness

Th Jan 11 9am to 10am FREE

Crokinole

F Jan 12 11am to 12:30pm FREE

Cribbage

Sa Jan 13 1pm to 3:30pm FREE



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	Jan	10:30am to 11:20am	\$48M \$52G
Tu	Feb	10:30am to 11:20am	\$48M \$52G
Tu	Mar	10:30am to 11:20am	\$48M \$52G

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	Jan 5 to Mar 23	1pm to 2pm	\$60M \$65G
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Chair Yoga

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

Drop-ins welcome \$10 a class.

Tu	Jan 2 to 30	11:30am to 12:15pm	\$40M \$45G
Th	Jan 4 to 25	11:30am to 12:15pm	\$32M \$37G
Tu	Feb 6 to 27	11:30am to 12:15pm	\$32M \$37G
Th	Feb 1 to 22	11:30am to 12:15pm	\$32M \$37G
Tu	Mar 6 to 27	11:30am to 12:15pm	\$32M \$37G
Th	Mar 1 to 22	11:30am to 12:15pm	\$32M \$37G

Morning Yoga

Ease into your morning with this all levels yoga class. Energize and feel refreshed.

Beginners welcome.

Tu	Jan 2 to 30	10:30am to 11:15am	\$40M \$45G
Th	Jan 4 to 25	10:30am to 11:15am	\$32M \$37G
Tu	Feb 6 to 27	10:30am to 11:15am	\$32M \$37G
Th	Feb 1 to 22	10:30am to 11:15am	\$32M \$37G
Tu	Mar 6 to 27	10:30am to 11:15am	\$32M \$37G
Th	Mar 1 to 22	10:30am to 11:15am	\$32M \$37G

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	Jan 8 to 29	5:30pm to 6:30pm	\$48M \$52G
M	Feb 5 to 26	5:30pm to 6:30pm	\$36M \$41G
	No class Feb 12		
M	Mar 5 to 26	5:30pm to 6:30pm	\$48M \$52G

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	Jan 4 to 25	11:30am to 12:30pm	\$32M \$37G
Th	Feb 1 to 22	11:30am to 12:30pm	\$32M \$37G
Th	Mar 1 to 29	11:30am to 12:30pm	\$40M \$45G

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	Jan 4 to 25	10:15am to 11:15am	\$32M \$37G
Th	Feb 1 to 22	10:15am to 11:15am	\$32M \$37G
Th	Mar 1 to 29	10:15am to 11:15am	\$40M \$45G

TC10K Official Training Clinic 2018

This gradual 14-week program is for both runners and walkers. Run or walk, we want you to be part of this year's event!

To register for the Official TC10K Training Clinic at Cook Street Village Activity Centre go to <https://raceroster.com/events/2018/14768/runsport-training-clinics-for-the-tc10k>

Please note that our clinic starts Jan 22 from 6 – 7:30pm the registration site was limiting as it required a single date which may be confusing. Then get ready to start running or walking your way to the 29th Annual TC10K finish line on April 29, 2018!

M	Jan 22	6pm to	\$150.08
	to Apr 23	7:30pm	

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	Jan 4 to 25	5:30pm	\$32 M
		to	\$37 G
		6:30pm	

Th	Feb 1 to 22	5:30pm	\$32M
		to	\$37G
		6:30pm	

Th	Mar 1 to 29	5:30pm	\$40 M
		to	\$45 G
		6:30pm	



Courses

Act Your Age

Have you ever thought of getting involved in theatre? Then why not take part in a four-week play reading workshop. The participants will read aloud from age appropriate scripts for mature adults with the emphasis on comedy. Instructors: Greg Finnegan and Dana Baecker

Tu	Jan 9 to	10am to	\$10M
	Jan 30	11:30am	\$15G

Chronic Pain Self-Management

A free six week 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	Feb 6 to	10am to	FREE
	Mar 13	12:30pm	

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.

Sa	Mar 24	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 Jan 13 to 1:30pm to 3pm \$80M
Mar 10 \$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 Jan 16 to 1pm to 3pm \$20M
Feb 6 \$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 Jan 15 to Mar 12 6:30pm \$80M
No class Feb 12 to 8pm \$85G



Languages

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 Jan 11 6pm to \$150M
to Mar 15 7:30pm \$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 Jan 8 to Mar 19 10am to \$190M
No class Feb 12 12pm \$195G

Fun and French with Preschoolers

Introduce your child to French in a fun and informal setting with a qualified coordinator, preschoolers and adults will interact in French through songs, games and stories. No experience in French required. Fee includes both adult and child.

Tu Jan 9 to Feb 27 9am to \$68M
10am \$73G



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	Jan 15 to Feb 26	6pm to	\$60M
	No class Feb 12	7pm	\$65G
M	Mar 12 to Apr 23	6pm to	\$60M
	No class Apr 2	7pm	\$65G

Ensemble Singing Lessons

Professional singer and teacher, Carol Elson-Brown is building a choir in Cook Street Village and is looking for people who want to advance their vocal ability. Learn to sing correctly in a relaxed atmosphere with an experienced vocal instructor. If you have previously sung in school, church or community choirs we want you.

Th	Feb 1 to Mar 29	4pm to	\$45M
		5pm	\$50G

One Stroke Painting

This is a fun class for beginners. You will learn about acrylic paint, brush control and composition. You will take home your own hand painted rose after the first class.

Instructor: June Slack

Sa	Feb 3 to Feb 10	1pm to	\$15M
		3pm	\$20G

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	Jan 11 to Mar 1	12:30pm	\$80M
		to 2pm	\$85G



Workshops

Community Kitchen

Join us in making treats! These treats will be shared among the participants as well as the Centre for our upcoming bake sale at our Open House. Sign up for one session or all three!

Sa	Jan 6	1pm to 3:30	\$5M
			\$5G
Sa	Jan 13	1pm to 3:30	\$5M
			\$5G
Sa	Jan 20	1pm to 3:30	\$5M
			\$5G

Japanese Cuisine & Table Manners

Join us for this special workshop by Hitomi Harama, a Kimono and Japanese culture specialist, and learn some basic Japanese culture protocols and table manners as you savour a delicious traditional Japanese cuisine.

Fee includes meal.

Th	Feb 22	6:30pm to	\$20M
		8pm	\$25G



Computers

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	Jan 22	10:40am to 12:10pm	\$37M \$42G
M	Mar 5	10:40am to 12:10pm	\$37M \$42G

Apple TV Workshop

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

M	Feb 26	9am to 10:30am	\$37M \$42G
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Intro to iPad

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

Sa	Jan 13	9am to 10:30am	\$37M \$42G
Sa	Feb 10	9am to 10:30am	\$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	Jan 15	9am to 10:30am	\$37M \$42G
M	Feb 19	9am to 10:30am	\$37M \$42G

iPhone

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

Sa	Jan 13	10:40am to 12:10pm	\$37M \$42G
Sa	Feb 10	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	Jan 15	10:40am to 12:10pm	\$37M \$42G
M	Feb 19	10:40am to 12:10pm	\$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	Jan 22	9am to 10:30am	\$37M \$42G
M	Mar 5	9am to 10:30am	\$37M \$42G



Speakers

We hate to cancel presentations due to lack of interest, please register in advance. Drop-ins welcome.

Amica – Retirement Residence

Come learn about the benefits of Retirement Living and what Amica Retirement Residences has to offer: Services, support services, amenities, and more.

W Jan 24 10:30am to 11:30am FREE

Birth of the English Detective Novel

Learn how the detective novel got started in England. Dr. Simon Deveraux of UVic’s Speakers Bureau will be our guest speaker.

W Jan 31 11am to 12pm 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 Mar 20 12:30pm to 2pm FREE

Death Doula

Approaching one’s death or the death of a loved one can give rise to a variety of intense feelings and questions. Learn how a death doula can help navigate the process leading to death.

W Mar 14 10:30am to 11:30am FREE

Sa Mar 17 10:30am to 11:30am FREE

Heart Pharmacy Presents “Matters of the Heart”

"Matters of the Heart" - what is heart disease, and how is it different in men and women.

Th Jan 18 1pm to 2pm 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.

Topic: I’m Tired!

Is fatigue normal as we age?

Education and discussion on recognizing normal tiredness vs. abnormal fatigue.

M Jan 15 10:30am to 11:30am FREE

Topic: Later Life Awakening

Education and discussion on how you can use your years of experience and wisdom to assist others.

What role can you play now?

M Feb 19 10:30am to 11:30am FREE

Topic: Don't lie to your Doctor!

Admit it. We have not all always been truthful with our doctors.

Education and discussion on how vital it is to have an honest relationship with our health care providers.

M Mar 19 10:30am to 11:30am FREE



Services

Haircuts

This is on vacation while Pat is away until April, unless we find a substitute.

Second Tu 2:30pm Ladies: \$25M \$30G
Fourth or 3:30pm Men: \$20M \$25G

Income Tax Preparation

Beginning March 1 through to the end of April we will have volunteers on hand to prepare basic tax returns for low-income citizens. Please call to verify you meet requirements and make an appointment. Donations gratefully accepted.

Tu 12pm to 4pm FREE
Th 12pm to 7:30pm FREE
Sa 12pm to 4pm FREE

Mending Café

Drop off your clean and pressed clothing before 12:30 pm for minor repairs (sorry no tailoring). Time to return based on demand. Suggested donation based on work required.

First Tu 11am to 2pm By Donation

Mobility Aid Repair

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

W Feb 14 11am to 12pm FREE
W Apr 11 11am to 12pm FREE



Wellness

All of our wellness services are offered at reasonable rates. Call 250-384-6542 or stop by to book your appointment.

Acupuncture

Acupuncture, is used to prevent and treat illness by harmonizing the physical, energetic and mental aspects of a human being.

New Patient Assessments:

\$10 for 15 min

Treatments Cost: \$18 to \$40 Members or \$20 - \$40 General Public

Every W 2pm to 4pm Drop in welcome

Foot Care

Come and meet our Foot Care Nurse, Lorna Gail Proudfoot, who provides an assessment, filing, clipping, debriding of nails & soothing foot rub. Please inform Lorna if you are a veteran, you may be entitled to veteran benefits for foot care. By appointment only.

Every W	9am to 2pm	\$50 for 1hour
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Reflexology for Health

Reflexology is a gentle foot massage that works through stimulating reflex points. Experience the benefits throughout the whole body from the feet up while you relax in one of our comfortable chairs.

Every W	12:15pm to 4pm	\$77 for 1hr or \$44 for ½ hr
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Meditation

Meditation is used to quiet the mind and body. It helps with stress, relaxation, sleep, clarity, and developing your consciousness.

Every W	12:30pm to 1:30pm	M:\$2 G:\$4
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Blood Pressure Clinic

A free drop-in service provided by volunteer Linda McDonald, a retired R.N. who will be on site to take your blood pressure reading.

Second Th	1pm to 2pm	FREE
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Hearing Clinics

Sign up at reception to have your hearing checked.

W	Mar 14	10am to 12pm	FREE
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New Drop-Ins This Winter

*Check out the drop in schedule on the back page for a full list of drop in activities!

Scrabble

Scrabble, the classic crossword game, is full-on fun for friends and family. You can feel the excitement begin as soon as you rack up your letters, choose a great word, and hope to land on a triple-word score. Players of all skill levels are welcome.

Begins Jan 8.

M	Ongoing	1pm to 3pm	\$2M \$4G
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Song Circle with Patrick Smith

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

Fri	Jan 12 to Mar 23	10am to 11:30am	\$2M \$4G
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Whist

Come and learn to play this game in a friendly welcoming atmosphere. In this classic trick-taking card game, you and your partner attempt to win more tricks than your opponents. This group has just started and are learning together so it is the perfect time to join!

M	Ongoing	1pm to 3:30pm	\$2M \$4G
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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	Feb 14	1pm to 3:30pm	\$5
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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	Mar 15	1pm to 3:30pm	\$5
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Trips/Outings

Tea for Tutu

This event provides a special preview of Ballet Victoria's performance of Steps in Cedar.

Limousine Pick Up Service at the Centre at 1:15pm. Refreshments to follow the performance. Limited seating.

Tu	Feb 27	1:15pm to 3:30 pm	FREE
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W	Feb 28	1:15pm to 3:30 pm	FREE
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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. Please note event ticket cut off dates to avoid disappointment.

Coffee Morning

Everyone is invited to join us on the first Wednesday of the month for complimentary coffee or tea and conversation.

First	W	10:30am to 11:30am	FREE
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Member's Birthday Social

FREE Members Only Event! Members are you celebrating a birthday in the months of January/ February or March/April, then please join the staff to enjoy a piece of cake, and a fun social. Served with coffee or tea.

RSVP by Signing up at reception.

Th Jan 11 2pm to 3pm FREE

Th Mar 8 2pm to 3pm FREE

Saturday Movie Matinee

Join us each Saturday at 1 pm for a movie, beverage and popcorn for only \$3! Sponsored by Pic-a-Flic. Featuring Academy Award winning New Releases and Classic movies. Check the Monthly Happenings for details on upcoming Movies!

Sa ongoing 1pm to 3:30pm \$3

Robbie Burns Day

Join us for our Scottish theme dinner recognizing Scotland's national poet, Robbie Burns: Cock-a-leekie Soup with Oat Cakes, Rutabaga & Carrot Mix, Mashed Potatoes, Haggis and Ham, Scottish Short Bread, Tea or Coffee. The program will include a Piper, address to the haggis and entertainment. All ages welcome, ask about child and youth pricing.

Please purchase tickets in advance by Tuesday, January 16, 2018.

F Jan 19 12:30pm to 2:30pm \$12 M \$15 G

Cook Street Village Activity Centre 40th Anniversary Open House

You are invited to celebrate our Centre with live music, a fashion show, a talk on travelling through the North West Passage, square dance and more.

Visit our wellness lounge and see our art show. Our staff and members look forward to meeting you.

Sa Jan 27 11:30am to 2:30pm FREE

Alia N Tanjay Fashion Show & Trunk Sale

Enjoy a fashion show featuring new fashions from Alia N Tanjay. Please pick up tickets in advance so we can be sure to have enough seating. Drop-ins welcome. A "Trunk Sale" will follow the fashion show until 2pm.

Sa Jan 27 12pm to 12:45pm FREE

Valentine's Day Luncheon & Dance

Bring your family, friends and sweethearts to our dinner and dance. Choose your songs and dance if you want to or just listen to some fabulous music. All ages welcome.

Please purchase tickets in advance by Tuesday, February 6, 2018.

F Feb 9 12:30pm to 2:30pm \$12 M \$15 G



Chinese Lunar New Year

Celebrate the "Year of the Dog" with a delicious Chinese lunch.

All ages welcome.

Menu: Chicken Chow Mein, Beef & Broccoli, Sweet & Sour Pork, White Rice, and Fortune Cookie. Served with Tea or Coffee.

Entertainment to follow lunch.

Please purchase your ticket in advance by Tuesday, February 13th, 2018.

F	Feb 16	12:30pm to	\$12 M
		2:30pm	\$15 G

St. Patrick's Day Event

Prepare for a fun-filled St. Patrick's Day celebration. Don't forget to wear your best green outfit and enjoy a festive menu of Scotch Broth Soup, Shepherd's Pie, Lemon Pound Cake with Lemon Sauce. Served with Tea or Coffee. All ages welcome.

Entertainment to follow lunch.

Please purchase your ticket in advance by Tuesday, March 13th, 2018.

F	Mar	12:30pm to	\$12 M
	16	2:30pm	\$15 G

Easter Luncheon

Join us for a traditional Easter Lunch of Green Salad Starter, Baked ham with Honey Mustard Glaze, Scalloped Potatoes, Mixed Vegetables and Dessert. Served with coffee and/or Tea. All ages welcome.

Entertainment to follow lunch.

Please purchase tickets in advance by Tuesday, March 20th, 2018.

F	Mar	12:30pm to	\$12 M
	23	2:30pm	\$15 G



Tastebuds Café

Everyone is welcome at the Tastebuds Café, which is a great place to stop in for a meal, a goodie or a drink. Regular café service is suspended during special events. The kitchen will reopen at 2pm on event days.

Wednesday Lunch Specials 11:30am to 1pm (\$8, includes Soup, Main course, Dessert & a coffee/tea):

January 3	Portobello Mushroom Ravioli
January 10	Spaghetti with Meat Sauce
January 17	Stuffed Chicken Breast
January 24	Beef Stroganoff
January 31	Mac & Cheese with Ground Beef
February 7	Meatballs on Rice
February 14	Breaded Veal Cutlets
February 21	Burgers
February 28	Stuffed Chicken Breast
March 7	Mac & Cheese
March 14	Meatballs with Spaghetti
March 21	Beef Stroganoff
March 28	Portobello Mushroom Ravioli

Daily Menu 9:30am to 3pm:

Soup of the Day	\$3
Gluten Free Sandwich	\$4
Handcrafted Sandwich	\$3
Gluten Free Cookie	\$1
Baked Fresh Cookie	\$1
Gluten Free Muffin	\$3
Home Baked Goodie	\$1.50
Home Made Scone	\$1.50
Coffee/Tea/Pop	\$1
Juice Box	50 cents



Fundraising

Busy Hands Boutique

Come check out the Lovely handcrafted articles for sale from Busy Hands - Available year Round!

If you enjoy crafting and wish to donate your projects to the Centre - come join the group for free.

Mending Café – See services for more details of this once a month opportunity. By donation.

Purse, Scarf and Shoe Sale

We are accepting donations of gently used purses, scarves and shoes, during the first half of January, for our sale happening January 27 to February 10. This is a great opportunity to pick up an accessory for the outfit you find at our Alia N Tan Jay Fashion show on January 27 during our Open House.

Spring Book & Puzzle Sale

Bring in your gently used books and puzzles during the first 2 weeks of March. Pick up a new great book from March 19 to 31.

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@csvg.ca

Bottle Drive

Join our ongoing bottle drive. Bring your clean, empty, returnable containers to the Centre and we will take them to the Bottle Depot. If you would like to take them to the Bottle Depot ask that the money is added to the Cook Street Village Activity Centre account.

Thrifty's Smile Card

This is an ongoing fundraiser for the Centre that you can help out with, and benefit from. The first step is to get a Smile Card at reception. You will need to take your Smile Card to any Thrifty Foods and put money on your card. The Centre will benefit by the money that you put on your card. Once you have used your card to purchase items put your name and phone number on it, and bring it to the Centre. Drop your receipt(s) in the draw bin for the potential for a free hot lunch.



Jan 10 - Is



How To Support Our Centre

Volunteering

One of the largest forms of support is volunteering your time to the Centre. Our Centre is run primarily by our volunteers. Many of our activity leaders are volunteers, our reception staff, kitchen (besides our cook), committee members, maintenance, Board of Directors are all volunteers. Our garden is maintained by our volunteer gardeners.

If you are interested in volunteering either occasionally or regularly – please pick up a volunteer form at reception fill it in, and Cherie, our program/volunteer coordinator, will connect with you. Alternatively, connect directly with her by emailing Cherie at Programmer@csvac.ca

Donations

The Centre benefits from donations for special projects from our members. The Centre has purchased Lounge Chairs and made improvements to the auditorium thanks largely in part to the generous donations of our members. Remember that any donation \$20 or more is eligible for a tax receipt.

In-Honorariums

Honour your friends and family by contributing in their name to the Centre. This could be in lieu of a birthday or anniversary gift, in-memory of someone who has passed, an in lieu of flowers for any celebration or a planned gift! Celebrate your friends and family with a lasting legacy; donate in their name a minimum of \$20 to receive their name on the wall of benefactors. We will make every effort to inform the individual or the family of your generosity.

Planned Giving

Planned giving is a wonderful way to give a gift to the Centre. A planned gift can take many forms such as a gift in your will, naming the Centre as your life insurance or annuity beneficiary, charitable remainder trust, gift of residual interest, as well as personal assets and real estate. For more information about planned giving pick up one of our brochures or speak with our Executive Director, Carol.

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Thank you for your on-going support!

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Monday	Drop-In Activities Schedule	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 3:30pm	Bingo	\$2	\$4
1pm to 3pm	Scrabble - NEW!	\$2	\$4
1pm to 2:30pm	Shuffleboard	\$2	\$4
1pm to 3:30pm	Whist - NEW!	\$2	\$4
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	
10:30am to 11:15am	Morning Yoga - NEW!	\$10 Everyone	
11:30am to 12:15pm	Chair Yoga (prev. 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
11:30am - 1:00pm	Wednesday Lunch Special	Everyone \$8	
12:30pm to 1:30pm	Meditation	\$2	\$4
1pm to 3:30pm	Cribbage	\$2	\$4
3pm to 4pm	Friends of all Ages	Free Drop In	
Thursday			
9am to 10am	Fun and Fitness	\$4	\$8
10am to 11am	Current Affairs	\$2	\$4
10am to 12noon	Joy of Art	\$2	\$4
10:15am to 11:15am	Tai Chi - Intermediate	\$10 Everyone	
10:30am to 11:15am	Morning Yoga - NEW!	\$10 Everyone	
11am to 12noon	Book Group (last week of the month)	\$2	\$4
11:30am to 12:15pm	Chair Yoga - NEW additional Day!	\$10 Everyone	
11:30am to 12:30pm	Tai Chi - Beginner	\$10 Everyone	
12:30pm to 2pm	Open Art Studio	\$12 Everyone	
12:30pm to 3:30pm	Canasta	\$2	\$4
1pm to 3:45pm	Duplicate Bridge	\$2	\$4
5:30pm to 6:30pm	Yoga Fit - Stress Release	\$10 Everyone	
Friday			
9am to 12noon	Open Billiards	\$2	\$4
9:30am to 10:30am	Stretch and Strength	\$4	\$8
10am to 11:30am	Song Circle with Patrick Smith - NEW!	\$2	\$4
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
11:30am to 1pm	Ping Pong	\$2	\$4
1pm to 3pm	Movie Matinee	\$3 Everyone	
1pm to 3:30pm	Cribbage	\$2	\$4