

Texas Hold'em Poker

Learn and/or improve your Texas Hold'em Poker Game. Come and experience the fun and excitement of poker with friends. Drop in fee applies in addition to the \$4 poker pot fee.

Day: Monday & Friday **Time:** 12:45pm – 3:30pm
Drop-in: Members: \$2 General Public: \$4

Whist

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

Day: Monday **Time:** 1pm – 3:30pm
Drop-in: Members: \$2 General Public: \$4

Yoga - Chair

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.

Day: Tuesday **Time:** 11:30am – 12:15pm
Drop-in: Everyone \$10

Recently Retired Women's Social Group

A weekly activity/discussion/social group for recently retired women looking to enrich their lives. Discussion topics will be chosen by the participants. Guest speakers may be featured periodically. Activities may include outings and special events depending on the participants interests.

Day: Tuesday **Time:** 11:30am – 12:15pm
Drop-in: Everyone \$10

Yoga – Classic Hatha

You can expect precise individual alignment feedback and therapeutic adjustments based on your injuries and scar tissue. Classes include gentle breathing exercises and traditional postures.

Day: Monday **Time:** 6pm – 7:30pm
Drop-in: Everyone \$18

Yoga - Morning

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

Day: Tuesday **Time:** 11:30am – 12:15pm
Drop-in: Everyone \$10



CSVAC Fall Program Guide 2019

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Pricing Information

Member prices are listed with an M and Adults 18+ prices are listed with a G, throughout the guide, child and youth prices with Y. 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 benefits:

- Participation in Centre activities/events at a reduced fee
- A voice in the programming
- 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 10am – 1pm 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. Show reception to receive member prices/benefits!

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 card, 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.*

Welcome Back Variety Show

Whether you're joining us for the first time or reacquainting yourself, you will enjoy our "Welcome Back Variety Show." Enjoy an introduction to the fun programs we offer at the Centre. Bring your family and/or friends! Refreshments included.

Must purchase tickets in advance by Tue, Sep10.
Day: Friday **Time:** 1pm – 3pm
Date: Sep 13 **Cost:** Everyone: \$10

Free Drop-in Day!

The United Nations has declared October 1st the International Day of Older Persons. We are celebrating on Tuesday, October 1 with free drop-in activities all day. Come and enjoy Fun & Fitness, Sing-a-long, Progressive Bridge, Social Crafters, & Euchre on us, as well as a Busy Hands Boutique Pop-up sale. Friends and family welcome.

If you're not already a member, this is a great time to come check out the Centre and have some fun!

Day: Tuesday **Time:** 8:30am – 4pm
Date: Oct 1 **Cost:** Everyone: FREE

Thanksgiving Lunch

Bring your family and friends and join us for a traditional Thanksgiving three-course meal and entertainment! All ages welcome.

Must purchase tickets in advance by Tue, Oct 1.
Day: Friday **Time:** 12pm – 2:30pm
Date: Oct 4 **Cost:** \$15M / \$18 Adults 18+
 \$9 Youth / Entertainment only

Halloween Murder Mystery Party

There has been a murder at the Centre, but who did it? This Halloween event will be a fun filled afternoon of suspicion and investigation, where you will be given clues to try to determine who the killer is. Includes treats and refreshments.

Must purchase tickets in advance by Tue, Oct 22nd.
Day: Friday **Time:** 1pm – 3pm
Date: Oct 25th **Cost:** \$8M / \$10 Adults 18+



Shuffleboard

Here is a classic just exploding with popularity, Shuffleboard! Have you ever wondered how to play? Come and learn with others, or share your expertise in our fun relaxed atmosphere! Adults of all ages welcome.

Day: Monday **Time:** 1pm – 3pm
Drop-in: Members: \$2 **General Public:** \$4

Sing-A-Long with Live Music

Our sing-a-long features live music for toe tapping, hand clapping, sing-a-long fun! Join us for the months of September to June, every Tuesday morning. Adults of all ages welcome.



Day: Tuesday **Time:** 10:30am – 12pm
Drop-in: Members: \$2 **General Public:** \$4

Stretch & Strength

A specialized trainer will lead the group through various strength training exercises designed to increase ones range of motion, stability and capacity for exercise. Light weights and large elastic bands will be used. Adults of all ages welcome.

Day: Mon, Wed, Fri **Time:** 9:30am – 10:30am
Drop-in: Members: \$4 **General Public:** \$8

Tai Chi – Beginner: Yang Style 24 Form

This beginner Tai Chi 24 Form class will teach how to relax and cultivate a peaceful mind through the slow and gentle movements of Tai Chi. Adults of all ages welcome!

Day: Thursday **Time:** 11:30am – 12:30pm
Drop-in: Everyone \$10

Tai Chi Intermediate

This intermediate class, requiring at least 3 years recent experience with 24 Form, will teach how to relax and cultivate a peaceful mind through the slow and gentle movements of Tai Chi.

Day: Thursday **Time:** 10:15am – 11:15am
Drop-in: Everyone \$10

Mexican Train Dominoes

Mexican Train is a game played with number dominoes. The object of the game is for a player to use all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". Come and join in the fun and learn this classic game! Adults of all ages welcome!

Day: Thursday **Time:** 12:30pm – 3pm
Drop-in: Members: \$2 General Public: \$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 welcome.

Day: 3rd Friday of each month **Time:** 11:30am – 1pm
Drop-in: Members: \$2 General Public: \$4

Pickle Ball & Ping Pong

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

Day: Wednesday **Time:** 11am – 12:15pm
Day: Saturday **Time:** 11:30am – 1pm
Drop-in: Members: \$2 General Public: \$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 welcome.

Day: Tuesday **Time:** 12:30pm – 3:45pm
Drop-in: Members: \$2 General Public: \$4

Saturday Movie Matinee

Bring your friends and family to our weekly Movie Matinee.

Admission includes beverage and popcorn! On the last Saturday of each month we offer 2 movie choices. Showing at 1pm and 1:30pm.

Call or drop in to the Centre to find out what we will be playing.



Day: Saturday **Time:** 1pm & Last Saturday 1:30pm
Drop-in: Everyone \$3

Remembrance Day Service

Join us to pay tribute to all Canadian Forces personnel, from every service branch, and from every wartime period. Let us celebrate and pay respect to the brave men and women that have sacrificed to keep this nation free. Everyone is welcome.

Coffee and tea will follow the service.
Day: Friday **Time:** 11:30am – 12:30pm
Date: Nov 8th **Cost:** FREE



Silent Auction

Silent Auction starts Thursday, November 21, and closes at 1:30pm on Saturday, November 23rd. If you're the first one to bid and want it on Thursday/Friday, bid the full value to take it home that day.

Day: Thu, Fri, Sat **Time:** Thu afternnon – 1:30pm Sat
Date: Nov 21st, 22nd & 23rd **Cost:** Free Admission

Holiday Market & Silent Auction

Don't miss this great opportunity to shop for Holiday gifts. Come browse at over 25 vendor tables featuring handcrafted items on Saturday, November 23rd, 9am - 2pm. No Entry fee.

Register to be one of our vendors. Early bird price Members: \$25/ Public: \$30 plus one donated gift toward the silent auction (minimum value \$10) until Oct 31st. Contact the Centre for full details on vendor agreement.

Day: Saturday **Time:** 9am – 2pm (Auction closes 1:30pm)
Date: Nov 23rd **Cost:** Free Admission

Holiday Lunch

Share the spirit of the holiday season with us at our traditional festive meal. Caroling and entertainment to follow. Bring your family and friends. All ages welcome.



Must purchase meal tickets in advance by Tue, Dec 10th.
Day: Friday **Time:** 12pm – 2:30pm
Date: Dec 13th **Cost:** \$15M / \$18 Adults 18+ Youth/Entertainment Only: \$9

Fitness – Register early!

Courses with insufficient registrants may be cancelled.

Medical Qi Gong

Learn the fundamentals of Aung Medical Qi Gong. Become aware of the circulation of Qi (vital energy) throughout your whole being - body, mind, and spirit. This introductory class focuses on breathing patterns, and includes some gentle movement exercises.

Partnership: MS Society

Day: Friday **Time:** 11am – 12pm

Dates & Prices: Sept 13th – Dec 6th \$60M / \$65G 12wks
 Jan 3rd – Mar 20th \$60M / \$65G 12wks
 (No class Apr 10) Mar 27th – Jun 19th \$60M / \$65G 12wks

Tai Chi Beginner: Yang Style 24 Form

If you have never tried Tai Chi or have little experience and want to learn more, this course is for you. We will go over one or two movements in details and practice preparatory movements in each class. Adults of all ages welcome.



Leadership: Valerie Chu

Day: Thursday **Time:** 11:30am – 12:30pm

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

Dates & Prices: Sept 5th – Sep 26th \$32M / \$37G 4wks
 Oct 3rd – Oct 31st \$40M / \$45G 5wks
 Nov 7th – Nov 28th \$32M / \$37G 4wks
 Dec 5th – Dec 19th \$24M / \$29G 3wks

Tai Chi Intermediate: Yang Style 24 Form

Participants have at least three years of recent experience and are already familiar with the 24 forms. In each class we will practice the whole 24 forms, and then spend time to internalize the movements. 15 minutes of class is dedicated to BaDuanJin Health Qigong (Eight Pieces of Brocade). Adults of all ages welcome.

Leadership: Valerie Chu

Day: Thursday **Time:** 10:15am – 11:15am

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

Dates & Prices: Sep 5th – Sep 26th \$32M / \$37G 4wks
 Oct 3rd – Oct 31st \$40M / \$45G 5wks
 Nov 7th – Nov 28th \$32M / \$37G 4wks
 Dec 5th – Dec 19th \$24M / \$29G 3wks

Fun & Fitness

This class is more fun than 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 welcome.

Day: Tuesday & Thursday

Time: 9am – 10am

Drop-in: Members: \$4

General Public: \$8

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, watercolour and pastel. Limited supplies for beginners available. All levels welcome.

Day: Thursday

Time: 9:30am – 12pm

Drop-in: Members: \$2

General Public: \$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 welcome.

Day: Monday

Time: 9am – 12pm

Drop-in: Members: \$2

General Public: \$4

Line Dance

Our place is filled with people who like to dance for fun, fitness, and personal enjoyment. We welcome you to join us at any time and we guarantee that our friendly atmosphere is the fastest way to learn to dance in this town. No need for a partner! ~ All levels welcomed. Adults of all ages welcome.

Day: Monday

Time: 10:45am – 12pm

Drop-in: Members: \$2

General Public: \$4

Mahjong

Come and learn 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 before! Adults of all ages welcome!

Day: Monday

Time: 12:30pm – 3:30pm

Drop-in: Members: \$2

General Public: \$4

Duplicate Bridge

One of our more challenging bridge games but don't let that stop you from joining. Our knowledgeable and skilled activity leader provides instruction before each session and guidance throughout the afternoon.

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 bridge players are happy to welcome new faces to the table, and informal coaching is available for those new to the game.

Everyone Welcome!

Day: Thursday **Time:** 1pm – 3:45pm
Drop-in: Members: \$2 General Public: \$4

Euchre

EUCHRE! The game that makes it fun to play with Half a Deck!

Be part of the fun and join us for this trick-taking card game. Don't know how to play? We will show you; come join the fun.

Euchre is a card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Day: Tuesday & Friday **Time:** 1pm – 3:30pm
Drop-in: Members: \$2 General Public: \$4

Exploring Watercolours

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

Day: Thursday **Time:** 12pm – 2:30pm
Drop-in: Members: \$2 General Public: \$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 welcome. Lesson included as part of the game. Everyone Welcome!

Wednesday **Time:** 9:30am – 11:45am
Drop-in: Members: \$2 General Public: \$4



Yoga – Classic Hatha: Evening

Lara began practicing at age 16 and studies regularly with Yoga Therapists in both India and Victoria. She has over 10,000 hours of experience, teaching ages 5 to 105. You can expect precise individual alignment feedback and therapeutic adjustments based on your injuries and scar tissue. Classes include gentle breathing exercises and traditional postures. Adults of all ages welcome.

Leadership: Lara Love

Register by the month and save or Drop-in: \$18

Day: Monday **Time:** 6pm – 7:30pm
Dates & Prices: Sep 9th – Sep 30th \$55M / \$60G 4wks
 (No class Oct 14) Oct 7th – Oct 28th \$40M / \$45G 3wks
 (No class Nov 11) Nov 4th – Nov 25th \$40M / \$45G 3wks
 Dec 2nd – Dec 16th \$40M / \$45G 3wks

New Day: Wednesday **Time:** 4:30pm – 6pm

If successful in September check for Oct, Nov & Dec courses.

Dates & Prices: Sep 4th – Sep 25th \$55M / \$60G 4wks

Yoga - Morning

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

Leadership: Beth Miller

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

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

Dates & Prices:
 Sept 3rd – Sep 24 \$32M / \$37G 4wks
 Oct 1st – Oct 29th \$40M / \$45G 5wks
 Nov 5th – Nov 26th \$32M / \$37G 4wks
 Dec 3rd – Dec 17th \$24M / \$29G 3wks

Yoga - Chair

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. Adults of all ages welcome. Beginners welcome.

Leadership: Beth Miller

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

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

Dates & Prices:
 Sept 3rd – Sep 24 \$32M / \$37G 4wks
 Oct 1st – Oct 29th \$40M / \$45G 5wks
 Nov 5th – Nov 26th \$32M / \$37G 4wks
 Dec 3rd – Dec 17th \$24M / \$29G 3wks

Education – Register early!

Courses with insufficient registrants may be cancelled.

Japanese Class for Beginners or Intermediate

These adult Japanese courses focus on daily conversation skills, Japanese cultural knowledge and activities. We wish to have fun together through a variety of Japanese learning. In partnership with Victoria Nikkei Cultural Society, VNCS membership is available online at WWW.VNCS.ca for \$10. Both courses occur in separate rooms at the same time. Adults of all ages welcome.

Leadership: VNCS Japanese Society Instructor

Day: Monday **Time:** 7pm – 8:30pm \$ 85/10wks VNCS M

Dates & Prices: Sep 9th – Nov 25th \$105/10wks CSVAC M

No classes: Oct 14th or Nov 11th \$105/10wks G

Diabetes Self-Management Program

The Diabetes Self-Management Program Is a six-week workshop that helps people with diabetes better manage symptoms and tasks of daily living. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with diabetes.

To register online visit: www.selfmanagementbc.ca
or phone 1-866-902-3767

Leadership: UVIC Centre on Aging

Day: Tuesday **Time:** 10am – 12:30pm

Dates & Prices: Sep 10th – Oct 15th Free 6wks

Beginner Guitar

If you already know a few guitar chords and can play a song or two but need some tutoring, then this is the course for you. This course will explore the concept of rhythm, melody and harmony. Students will learn how to play different musical scales and how to work within a key signature.

Leadership: Ian Sirias

Day: Thursday **Time:** 6pm – 7pm

Dates: Sep 12th – Oct 17th 6wks

No classes: Oct 14th or Nov 11th

Prices: \$60/6 Members, \$65/6 General Public

Canasta

Let's play Canasta! This card game in the rummy family is fast moving and always exciting. Join this great group of people to socialize with and share some laughter.

Don't know the game but want to learn? Our players are always willing to teach someone new to this fun game.

All ages of adults welcome.

Day: Thursday

Time: 12:30pm – 3:30pm

Drop-in: Members: \$2

General Public: \$4

Chair Stretch & Strength

Come have a seat for accessible exercise that enhances bone density and posture. Improve co-ordination and circulation in this all levels class! All ages of adults welcome.

Day: Thursday

Time: 11am – 11:45am

Drop-in: Members: \$4

General Public: \$8

Cribbage

Join for all levels of play! Learn from experienced players if you don't know how to play this social game. All ages of adults welcome.

Join us just for the peg of it!

Day: Wednesday & Saturday

Time: 1pm – 3:30pm

Drop-in: Members: \$2

General Public: \$4

Crokinole

Come join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs.

Adults of all ages welcome.

Day: Friday

Time: 10:30am – 12pm

Drop-in: Members: \$2

General Public: \$4

Current Affairs

Come and discuss the week's events in the news with host Ken Roueche. Ken is a long time Fairfield resident, amateur historian and news junkie. Please come equipped with an active and curious mind and your current news topic suggestions.

Adults of all ages welcome.

Day: Thursday

Time: 10am – 11am

Drop-in: Members: \$2

General Public: \$4

Art & Wellness

Learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health.

Day: Friday **Time:** 1pm – 3:30pm
Drop-in: Members: \$2 **General Public: \$4**



Billiards/Snooker

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

Day: Friday & Saturday **Time:** 9am – 12pm
Drop-in: Members: \$2 **General Public: \$4**

Bingo!

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

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

Day: Monday **Time:** 1pm – 3:30pm
Drop-in: Members: \$2 **General Public: \$4**

Book Lovers Group

Enjoy reading? Enjoy people? Your favorite books recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Lounge.



Day: Last Thursday of each month **Time:** 11am – 12:30pm
Drop-in: Members: \$2 **General Public: \$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). Consider volunteering your time as a Busy Hands member, creating items for the Centre to sell as a fundraiser. All ages of adults welcome.

Our Busy Hands members are exempt from the drop-in fee.

Day: Tuesday **Time:** 1pm – 3:30pm
Drop-in: Members: \$2 **General Public: \$4**

French Beginner

This is a perfect class for students who have never studied French. A qualified teacher will help you to build confidence in communicating in French with a focus on speaking and listening. Classes are interactive with varied activities. Adults of all ages welcome.

Text books and DVD (\$75) and photocopy fees (\$5) not included. Please purchase directly from instructor at first class.

Leadership: Alliance Française

Day: Wednesday **Time:** 6pm – 7:30pm
Dates: Sep 25th – Nov 27th 10wks
Prices: \$150/Members, \$155/ General Public



French Intermediate

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. Classes are interactive with many opportunities to speak French and to use French material. All ages of adults welcome.

Text books and DVD (\$75) and photocopy fees (\$5) not included. Purchase direct from instructor at first class.

Leadership: Alliance Française

Day: Monday **Time:** 10am – 12pm
Dates: Sep 23rd – Dec 9th 10wks
No classes: Oct 14th or Nov 11th
Prices: \$190/Members, \$195/ General Public



The Storytelling Café

In partnership with Victoria Storytellers Guild, our Centre will be hosting storytelling concerts once-a-month beginning in September from 1:00 pm – 2:30 pm in The Lounge. As seating is limited we encourage you to purchase your tickets early.

Stories may range from tall tales, to historical/hysterical and personal/fantastical and more. As is traditional at storytelling events; tea service will be offered towards the end and is included in the price of admission

Leadership: Victoria Storytellers Guild

Day: Last Thursday of the month **Time:** 1pm – 2:30pm
Dates & Prices: Sep 26th – Dec 19th \$25M/ \$30G 4wks
1 Session Drop-in (if space available): Members: \$8,
 Sep 26th, Oct 31st, Nov 28th, Dec 19th General Public \$10

Cycling Without Age – By Appointment

Cycling Without Age Victoria is a volunteer-run program that takes people of all ages and abilities on rides using a Danish trishaw bicycle. For more information visit cyclingwithoutage.ca/victoria or contact our Centre.

In Partnership with: Cycling without Age

Day: Monday **Time:** 4:45pm & 5:45pm

Day: Wednesday **Time:** 1pm & 2pm

Day: Thursday **Time:** 10:30am, 11:30am,
1pm & 2pm

Day: Friday **Time:** 1pm & 2pm

Cost: Free

Tea for Tutu

Come and enjoy a sampling of the upcoming ballets featuring Ballet Victoria's talented dancers. Limited seating for registrations through CSVAC – Transportation seats 7 and will pick up from the Centre at 1:15 pm and return to Centre after performance.

If you miss registering through us you are still welcome to attend for free: Event is hosted at Kirk Hall, 680 Courtney Street. Doors open at 1:00 PM, performance at 2:00 PM. Fully wheelchair accessible with reserved space for easy drop off and pick up by car. Contact Ballet Victoria to reserve at attendance@balletvictoria.ca or 250-380-6063.



In Partnership with: Ballet Victoria

Ballet Rocks

Day: Tuesday, Oct date TBD **Time:** 1:15pm

Day: Wednesday, Oct date TBD **Time:** 1:15pm

Cost: Free

The Gift

Day: Tuesday, Dec date TBD **Time:** 1:15pm

Day: Wednesday, Dec date TBD **Time:** 1:15pm

Cost: Free

Monthly Bus Trips

In partnership with Silver Threads & James Bay New Horizons. Contact the Centre for upcoming trip locations and cost.

Date: 2nd Wednesday of each month **Time:** TBD

Cost: TBD based on trip.

**The Journey Speaker Series Program
in partnership with Silver Threads**

Every Third Monday, the Silver Threads Speaker Series offers wellness and health related topics. This is a free 1 hour presentation - please pre-register with reception

Topics:

Sep 16: Working to avoid Frailty: Understand how physical activity plays a critical role in our quality of life as our age progresses.

Oct 21: The Merchants of Immortality: The ethics of longevity is a hot topic amongst gerontologists. Learn how longevity may affect us as we age.

Nov 18: Living with Dying: Learn about The Ambiguous Dying Syndrome during the end-of-life journey. This educational opportunity will assist you in understanding this vital syndrome, which is often the elephant in the room.

No Session in December

Leadership: Wendy Campbell R.N.

Day: 3rd Monday **Time:** 10:30am – 11:30am

Cost: FREE

All Candidates Meet & Greet

Come meet and ask questions from the candidates for the upcoming Federal election.

Date: Friday, Sep 20th

Time: 1pm – 3pm

Cost: FREE

TOURNAMENTS:**Bridge Tournament**

All members and the general public welcome. WIN A CASH PRIZE for 1st place, 2nd place, consolation Prize and random draw. Purchase your tournament ticket at reception.

Date: Thursday, September 19th

Time: 1pm – 3:30pm

Cost: Everyone \$5

Members Only Birthday Social

Every two months we gather to celebrate our members birthdays. If you are a member and 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:** 2pm – 3pm
Dates: Sep 12 (Sep & Oct Birthdays)
Dates: Nov 14 (Nov & Dec Birthdays)
Cost: Free



Members Only Free Coffee / Tea

Membership has its privileges!

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

Day: Last business day of the month **Time:** 10am – 1pm
Dates: Sep 30
Dates: Oct 31
Dates: Nov 30
Dates: Dec 21
Cost: Free For Members only

Centre Decorating Day

Deck the Halls & Let's be Jolly! It's time for ornaments and holly!

Come join in the fun and help us decorate the Centre and trim the trees in festive attire for the holidays.

Everyone Welcome! Come and go as you please, no required time commitment. Volunteer for 3+ hours and lunch is provided. Please pre-register to let us know you're coming.

Day: Friday **Time:** 10:30am – until done
Dates: Nov 15th
Cost: Free

Haircuts

Pat Valks will cut your hair by appointment on the 2nd and 4th Tuesday afternoon of each month. Please be sure to have clean dry hair prior to arriving. Stop-in or call to book your appointment 250-384-6542.

Appointments are made for 1:30 pm, 2:30 pm or 3:30 pm.
Day: 2nd & 4th Tuesday of each month **Time:** 1:30pm – 3:30pm
Cost: **Ladies:** Members: \$25/ General Public: \$30
Men: Members: \$20 / General Public: \$25

Mending Café

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

Day: 1st Tuesday of each month **Time:** 11am – 2pm
Cost: By suggested donation

Mobility Aid Repair Clinic

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

This is a free service. Please sign up in advance at reception.

In Partnership with: Canada Scooters
Day: Wednesday **Time:** 11am – 12pm
Prospective Date: Oct 9th **Cost:** Free
Prospective Date: Dec 11th **Cost:** Free

Tech Talk with Trudy – By Appointment

Do you need help with using your iPhone, iPad, android phone or laptop? Drop in on Saturday mornings to see Trudy who will answer your questions so you can use your electronic device as you hoped to with ease.

Please sign up at the Front Desk..

Day: Last Saturday of the Month **Time:** 10:30am – 12pm
Drop-in: Members: \$2 General Public: \$4

Caring for the Caregiver

Join us for this Family Caregiver Support Group. Come share your experiences and concerns with others who understand. Get help navigating the healthcare system & get your questions answered. Lots of information and resources available. Being part of a support group can help caregivers feel less isolated and provide the opportunity for mutual support.

Day: 2nd Thursday of each month **Time:** 7pm – 8:30pm
Cost: FREE

Blood Pressure Clinic

Drop in and have your blood pressure checked by Linda McDonald, retired R.N. Linda will create a client card to help you track your health month to month.

Day: 2nd Thursday of each month **Time:** 1pm – 2pm
Cost: FREE



Flu Shot Clinic

Flu shots are provided by Heart Pharmacy. You must sign-up for this FREE clinic and complete a patient information form and bring it with you for your appointment time. Please call us to confirm date and time, as it may change due to vaccine availability.

In Partnership with: Heart Pharmacy

Day: Tuesday **Time:** 1pm – 4pm
Prospective Date: Oct 22nd **Cost:** Free

In Partnership with: Heart Pharmacy

Day: Tuesday **Time:** 1pm – 4pm
Prospective Date: Nov 12th **Cost:** Free

Hearing Clinic

So how well are you hearing? Sign up at reception to have your hearing checked.

In Partnership with: NexGen Hearing

Date: Tuesday, Oct 15th **Time:** 10am – 12:30pm
Cost: FREE

In Partnership with: Connect Hearing

Date: Thursday, Nov 14th **Time:** 10am – 12pm
Cost: FREE

Silent Auction

Silent Auction starts Thursday, November 21, and closes at 1:30pm on Saturday, November 23rd. If you're the first one to bid and want it on Thursday/Friday, bid the full value to take it home that day.

Day: Thu, Fri, Sat **Time:** Set up Thu – 1:30pm Sat
Date: Nov 21st, 22nd & 23rd **Cost:** Free Admission

Holiday Market & Silent Auction

Don't miss this great opportunity to shop for Holiday gifts. Come browse at over 25 vendor tables featuring handcrafted items on Saturday, November 23rd, 9am - 2pm. No Entry fee.

Register to be one of our vendors. Early bird price \$30 plus one donated gift toward the silent auction (minimum value \$10) until October 26th. Contact the Centre for full details on vendor contract.

Day: Saturday **Time:** 9am – 2pm (Auction closes 1:30pm)
Date: Nov 23rd **Cost:** Free Admission

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.

Busy Hands

Come check out the lovely handcrafted articles for sale from Busy Hands – Available year round in the display cases. If you enjoy crafting and wish to donate your projects to the Centre – come join the group for free.

Thrifty's Smile Card

This is an ongoing fundraiser for the Centre. Get a Smile Card at 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. Drop your receipts in a draw for a free Wednesday lunch.



Tastebuds Café

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

We have a cashless kitchen; all purchases are made at reception. Get your \$1 drink/cookie, \$1.50 goodie, or \$3 soup/sandwich card from our front desk.

Consider picking up a \$15 Kitchen Card that you can use directly at the Tastebuds Café which includes a bonus \$1.50!

Daily Menu 9:30am to 3pm – Monday to Saturday:

Soup of the day	\$3
Gluten Free Sandwich	\$3
Handcrafted Sandwich	\$3
Gluten Free Cookie	\$1
Baked Fresh Cookie	\$1
Home Baked Goodie	\$1.50
Gluten Free Muffin	\$1.50
Home Made Scone	\$1.50
Coffee/ Tea/ Pop	\$1

Wednesday Lunch Specials

11:30am to 1pm

(\$8, includes: Soup/Salad, Main course, Dessert & a coffee/tea)

Check out our Happenings Newsletter for menu details.



CALLING ALL ARTISTS!

We feature local artists each month in our Art Gallery.

If you would like to have your artistic creations featured on our auditorium walls, please connect with Ashley Olsen our Program Manager. programmer@csvgac.ca or 250-384-6542.

Many of the artists are offering their artwork for sale. Check the prices below the art.

Facility Rental

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

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