








**Special Events | Courses | Workshops |
Guest Speakers | Lunch Specials | Movies**



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Become a member and save!</p> <p>Membership is \$7 per month or \$50 for 365 days (1 year)</p> <p>Or simply come and enjoy the fun!</p> <p>Everyone is welcome to participate in our programming!</p>	<p>2 Course Starts! (3 weeks)</p> <p>Yoga - Hatha 6 pm</p>	<p>3 Mending Café 11 am </p> <p>Course Starts! (3 weeks)</p> <p>Yoga - Morning 10:30 am</p> <p>Yoga - Chair 11:30 am</p> <p>Tea for Tutu 1pm—4pm</p>	<p>4 Wednesday Lunch Special</p> <p>Lunch Special 11:30 - 1pm</p> <p>Hamburger Pie</p> <p>Course Starts! (3 weeks)</p> <p>Yoga - Hatha 4:30 pm</p> <p>Tea for Tutu 1pm—4pm</p>	<p>5 Course Starts! (3 weeks)</p> <p>Yoga Morning 9:45am</p> <p>Tai Chi Intermediate 10:15 am</p> <p>Tai Chi Beginner 11:30 am</p>	<p>6</p>	<p>7</p> <p>1 pm Movie</p> <p>- Holiday Movie</p> <p>To be determined</p> 
<p>8</p> <p>Centre closed on Sundays</p>	<p>9</p>	<p>10</p> <p>Last day to purchase tickets for our Holiday Luncheon.</p> 	<p>11 Wednesday Lunch Special</p> <p>Lunch Special 11:30 - 1pm</p> <p>Breaded Chicken Strips</p> <p>Mobility Aid Repair Clinic</p> <p>Canada Scooters 11am</p> <p>Bus Trip</p> <p>Gingerbread Exhibit & Festival of Trees 12:30pm—3:30pm \$2</p>	<p>12</p> <p>Blood Pressure Clinic 1 pm</p> 	<p>13 Special Event </p> <p>Holiday Luncheon 12 pm</p> <p>Members: \$15 Adults 18+: \$18</p> <p>Youth or Entertainment Only: \$9</p> <p>Tickets available until Dec. 10th</p> <p>Entertainment only tickets available at the door. (Entertainment 1pm).</p>	<p>14</p> <p>1 pm Movie</p> <p>- Holiday Movie</p> <p>To be determined</p> 
<p>15 Advance Polling Station</p> <p>Centre closed on Sundays</p>	<p>16</p>	<p>17</p>	<p>18 Wednesday Lunch Special</p> <p>Lunch Special 11:30 - 1pm</p> <p>Meat Ball Stew</p>	<p>19 Registered Presentation</p> <p>The Storytelling Café 1 pm</p> <p>Bus Trip</p> <p>Christmas Lights Drive & Centennial Square Light Show 6pm—8pm \$2</p>	<p>20</p>	<p>21</p> <p>1 pm Movie</p> <p>- Holiday Movie</p> <p>To be determined</p> <p>Members Only</p> <p>(Must show member card)</p> <p>Free Coffee/Tea 10am-1pm</p> 
22	23	24	25	26	27	28



Happy Holidays

Centre closed for the holidays.

We will reopen on Thursday, January 2nd.

Regular Drop-ins



Come for the Fun, Stay for the Friends!

380 Cook Street | Victoria, B.C | V8V 3X7

250-384-6542 | executivedir@csvac.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Centre closed on Sundays	Ladies Snooker 9 am	Fun & Fitness 9 am	Friendly Bridge 9:30 am	Fun & Fitness 9 am	Open Billiards 9 am	Open Billiards /Snooker 9 am
	Stretch & Strength 9:30 am	Sing-Along 10:30 am	Stretch & Strength 9:30 am	Joy of Art 9:30am	Stretch & Strength 9:30 am	Meditation 10:30 am
	Line Dance 10:45 am	Yoga - Morning 10:30 am	Pickle Ball & Ping Pong 11 am	New! Morning Yoga 9:45am	Crokinole 10:30 am	Tech Talk w/Trudy (last Sat) 10:30 am
	Mahjong 12:30 pm	Yoga - Chair 11:30 am	Lunch Special 11:30 am	Current Affairs 10 am	Non-Fiction (3rd Friday) 11:30 am	Ping Pong/Pickleball 11:30 am
	Texas Hold'em 12:45 pm	Progressive Bridge 12:30 pm	Meditation 12:30 pm	Tai Chi Intermediate 10:15am	Book Group 12:45 pm	Cribbage 1 pm
	Bingo 1 pm	Busy Hands 1 pm	Cribbage 1 pm	Book Group (last Thurs) 11am	Texas Hold'em 12:45 pm	Movie Matinee 1 pm
	Shuffleboard 1 pm	Social Crafters 1 pm	Yoga—Hatha 4:30 pm	Chair Stretch & Strength 11 am	Art & Wellness 1 pm	<ul style="list-style-type: none"> See event calendar (over) for Title of movie showing.
	Whist 1 pm	Euchre 1 pm		Tai Chi Beginner 11:30 am	Euchre 1 pm	
	Yoga—Hatha 6 pm			Exploring Watercolour 12 pm		
				Mexican Train Dominoes 12:30 pm		
			Duplicate Bridge 1 pm			

Wellness Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Centre closed on Sundays	Journey Speaker Series	Massage –by Appt 8am - 11am	By Appointment unless otherwise noted	Blood Pressure Clinic - Drop in (2nd Thursday) 1 pm		Meditation - drop-in 10:30am
	<i>Advance registration preferred.</i>	Haircutting - by appointment	Foot Care 9am - 2pm	Family Care Giver Support Group - Free drop in (2nd Thursday) 7 pm		
	<i>Drop-in registrations accepted.</i>	2nd & 4th Tuesday	Massage 8am - 12:30pm and 2pm - 4:30pm			
	3rd Mon. 10:30 am	1:30pm, 2:30 pm or 3:30 pm	Meditation - drop in 12:30 pm			
		Ladies: \$25 M \$30 G	Reflexology 1:30pm - 4pm			
		Men: \$20 M \$25 G				
		Mending Café 11 am (1st Tuesday)				