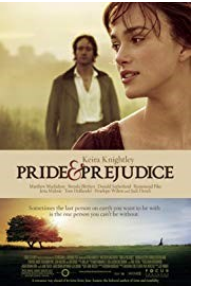

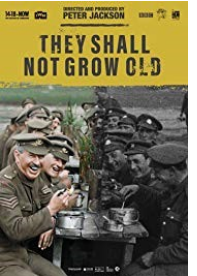


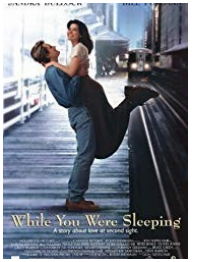





# Special Events | Courses | Workshops | Guest Speakers | Lunch Specials | Movies



# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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>Consider volunteering!</p> <p>This is a great place to provide a valued service and connect with your community.</p>	<p>Drop by and become inspired! Our Art Gallery is available to be viewed daily in our Café.</p>	<p>Our café is open to everyone</p> <p>Mon—Sat 9:30 am—3pm</p> <p>Serving light meals, snacks and refreshments.</p> <p>Service is suspended during special events and will reopen at 2pm.</p>		1	<p>2</p> <p>1 pm <b>Movie</b> "Pride &amp; Prejudice"</p> 
<p>3</p> <p>Centre closed on Sundays</p>	<p>4</p> <p><b>Course Starts!</b> (3 weeks) Yoga - Hatha 6 pm</p>	<p>5</p> <p><b>Mending Café 11 am</b> </p> <p><b>Course Starts!</b> (5 weeks) Yoga - Morning 10:30 am Yoga - Chair 11:30 am</p>	<p>6 <b>Wednesday Lunch Special</b> Lunch Special 11:30 - 1pm Meat Ball Stew</p> <p><b>NEW Course Starts!</b> (4 weeks) Yoga - Hatha 4:30 pm</p>	<p>7 <b>Course Starts!</b> (4 weeks)</p> <p>Yoga Morning 9:45 am Tai Chi Intermediate 10:15 am Tai Chi Beginner 11:30 am</p> <p><b>Course Starts!</b> (6 weeks) Guitar for beginners 6:00 pm</p>	<p>8 <b>Special Event</b> Remembrance Day Service 11:30am Free</p>	<p>9</p> <p>1 pm <b>Movie</b> "They Shall Not Grow Old"</p> 
<p>10 Advance Polling Station</p> <p>Centre closed on Sundays</p>	<p>11</p>  <p>We are closed on Remembrance Day</p>	<p>12</p> <p><b>Free Flu Shot Clinic 1pm—4pm</b></p> <p>By appointment, register early to secure a spot. Provided by Heart Pharmacy.</p>	<p>13 <b>Wednesday Lunch Special</b> Lunch Special 11:30 - 1pm Breaded Chicken Strips</p> <p><b>Bus Trip! - Sidney Museum &amp; Shop</b> 12:30pm—3:30pm \$2</p>	<p>14  <b>Blood Pressure Clinic 1 pm</b></p> <p><b>Birthday Social 2pm</b></p> <p><b>Hearing Clinic 10am—12pm</b></p>	<p>15 <b>Special Event</b> Centre Decorating Day Starts at 10:30 am—Finished Sign up encouraged — Free</p>	<p>16</p> <p>No Meditation today</p> <p>1 pm <b>Movie</b> "While you were sleeping"</p> 
<p>17 Night of Lights at Hillside Mall</p> <p>Centre closed on Sundays</p>	<p>18</p> <p><b>Guest Speaker</b> </p> <p>Journey Speaker Series 10:30 am Topic: Living with Dying</p>	<p>19</p>	<p>20 <b>Wednesday Lunch Special</b> Lunch Special 11:30 - 1pm Shipwreck Dinner</p>	<p>21</p> <p>Silent Auction Opens Today!</p>	<p>22</p>	<p>23 <b>Drop-ins Cancelled today.</b></p> <p><b>Holiday Market &amp; Silent Auction</b> Over 30 craft vendors</p> 
<p>24</p> <p>Centre closed on Sundays</p>	<p>25</p>	<p>26</p>	<p>27 <b>Wednesday Lunch Special</b> Lunch Special 11:30 - 1pm Stuffed Chicken Breast</p>	<p>28</p> <p><b>Registered Presentation</b> The Storytelling Café 1 pm</p>	<p>29</p>	<p>30 <b>Members Only</b> (Must show member card) Free Coffee/Tea 10am-1pm</p> <p>1 pm <b>Movie</b> "Colette"</p> 

# Regular Drop-ins



**Come for the Fun, Stay for the Friends!**

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

250-384-6542 | [executivedir@csvg.ca](mailto:executivedir@csvg.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	<b>New! Morning Yoga 9:45am</b>	Crokinole 10:30 am	<b>No Meditation November 16th</b>
	Mahjong 12:30 pm	Yoga - Chair 11:30 am	Lunch Special 11:30 am	Current Affairs 10 am	Non-Fiction (3rd Friday)	Tech Talk w/Trudy (last Sat)
	Texas Hold'em 12:45 pm	Progressive Bridge 12:30 pm	Meditation 12:30 pm	Tai Chi Intermediate 10:15am	Book Group 11:30 am	10:30 am
	Bingo 1 pm	Busy Hands 1 pm	Cribbage 1 pm	Book Group (last Thurs) 11am	Texas Hold'em 12:45 pm	Ping Pong/Pickleball 11:30 am
	Shuffleboard 1 pm	Social Crafters 1 pm	Yoga—Hatha 4:30 pm	Chair Stretch & Strength 11 am	Art & Wellness 1 pm	Cribbage 1 pm
	Whist 1 pm	Euchre 1 pm		Tai Chi Beginner 11:30 am	Euchre 1 pm	Movie Matinee 1 pm
	Yoga—Hatha 6 pm			Exploring Watercolour 12 pm		
				Mexican Train Dominoes 12:30 pm		
			Duplicate Bridge 1 pm			<ul style="list-style-type: none"> <li>• See event calendar (over) for Title of movie showing.</li> </ul> <p><b>All Drop-ins Cancelled Nov. 23</b>  <b>Come join us at our Holiday Market and Silent Auction!</b></p>

# 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		No Meditation November 16th
	<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				
		<b>Mending Café</b> 11 am (1st Tuesday)				