

HAPPENINGS

Vol. 11
& 12
No. 1

November
&
December
2019

OUR VISION

“To provide a positive environment
for enjoyment and personal growth
through community interaction”



cookstreetvillage
ACTIVITY CENTRE

1-380 Cook Street, Victoria V8V 3X7

Tel: 250-384-6542

info@cookstreetvillageactivitycentre.com

www.cookstreetvillageactivitycentre.com



See pages 10, 11 & 12
for more details on our special events.

Operating Hours

Mon./ Wed. and Thu 8:30am-7:30pm

Tue./Fri. and Sat. 8:30am-4:00pm

Closed Sunday & all statutory holidays

Holiday Closure: Closed Monday, December 23, 2019
and reopening January 2nd, 2020



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General Information

Welcome to Sue Bingham , our new Reception Assistant. She will be working with Reception to streamline systems and to provide support and training for our overworked Reception volunteers. See more information elsewhere in the newsletter.

Your Board has approved price increases for our kitchen. These are the first increases in 5 years. Groceries and various kitchen supplies have increased so we need to make these adjustments at times. However, coffee remains at \$1.00! Look for more information elsewhere in this newsletter.

On November 12 PIPA (Personal Information and Privacy Act) Staff will provide another session on the Act. We've made some significant improvements in our systems after previous sessions with them. We look forward to their updates.

I hope you all enjoyed the Murder Mystery event. Members enjoyed presenting the mystery and participants were challenged to solve the mystery based on the clues from the actors. In a recent survey, members wanted different types of events. Staff are following through with this recommendation. So...come out and enjoy future events!

Another activity was our Trick or Treat Halloween day for all ages. Several of the Village businesses joined us in this activity. We hope to make this an annual Village event.

Looking ahead our Remembrance Day service will be held on Friday, November 8th at 11:30am. The Centre will then be closed on Monday, November 11th in observance of Remembrance Day.

We hope you will consider signing up and joining us to decorate the Centre on November 15th. This is the day where we turn the Centre into a holiday wonderland. Many hands make light work and it's the best way to get into the holiday spirit - surrounded by friends!

Our silent auction kicks off on Thursday, November 21 and concludes at 1:30pm during our Holiday Market which occurs on Saturday, November 23rd. This is an event not to be missed!

Plan on attending our Christmas Luncheon. Tickets are available now until Tuesday, December 10th. The luncheon takes place on Friday, December 13th. Invite your family and friends and celebrate with us.

~Eleanor Ward, President

Funded by:



We acknowledge the financial support of the
Province of British Columbia
*Thank you City of Victoria
for your on-going support!*



@CSVAC1



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info@cookstreetvillageactivitycentre.ca

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Gerry
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Tina
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Night of Lights tickets

Includes: appetizers, beverages, entertainment, door prizes, retail specials...

All proceeds from the tickets sold through the Centre stays to benefit the Centre. If you would like to help sell tickets please connect with Ashley, our Programmer.

Just \$5 - Event will be Sunday, November 17 @ Hillside Mall. 6pm - 9:30pm.

Just a few Holiday Market Vendor Tables are still available

Book your table! \$10 item + \$30 M | \$35 G

Gift Cards

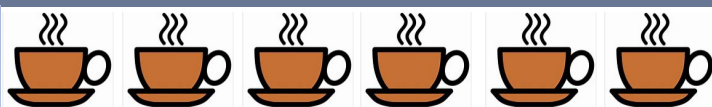
With our cash system we are now able to process gift cards! These come in two unique designs - a perfect gift for any celebration or "Just Because". Consider surprising a friend or family member with one of the new gift cards in any denomination!

2019 Membership Referral Incentive

Refer a new annual member to the Centre and receive a \$15 Kitchen Card as soon as they join! Previous incentives honoured but no longer offered.

Sue Bingham

Welcome Sue, our new Reception Assistant staff member. We are excited to be able to offer this new position and are hopeful that this role will alleviate the challenges faced by our reception volunteers by providing them with dedicated support and training. To learn more about Sue, check out her bio on the Centre business board, or better yet say hi and get to know her.



Membership has its privileges!

We want to reward our members! Show your membership card on the last business day of the month at front desk to receive a free ticket for coffee / tea between 10 am and 1 pm that same day.

Please show your membership card

Our receptionists pride themselves on processing your purchases as quickly as possible.

With so many friendly faces it is hard to keep track of who is a member and who isn't - yet!

In order to help them, please present your membership card at time of purchase to receive member-only pricing for courses, activity cards, drop-ins and events. Without a valid membership card, non-member pricing will apply.

If you require a new membership card to be printed please inform staff.

When you first purchase your \$50 Annual / \$7 Month membership - your till receipt will be accepted until your membership card is printed for you.

We encourage you to display your membership card as a name tag so others can get to know you, and it is easy to display at reception. (Ask receptionists for a nametag holder)

Centre Closed

Monday, November 11th for Remembrance Day. Closed from Dec. 23 - reopening Jan. 2, 2020.

Check out our Puzzle Lending Library in the Lounge!

Fundraising - Thank you for your continued support!

Did you fall in love with one of the volunteer appreciation awards?

**Don't want to wait to earn it?
Show your pride for your centre!**



Water bottles \$15

Cheese Boards \$15

Utensils \$20

Packable Picnic Blanket \$25

All for purchase from front desk.

Cook Street Village Activity Centre T-Shirts

Are available to order through front desk.

Select your size and pay \$20 and we will place an order.

Our Holiday Market Vendor Tables are almost fully booked. Book your table!
Members: \$30 | General Public: \$35 as well as a \$10 item donation to the Silent Auction.

Ask reception about other fundraising opportunities:

Thrifty Smile Card, Busy Hands craft sales, Mending Cafe, bottle drive, book sales, etc.

Money raised from our fundraisers goes back to programs, services, & events. Thank you for your continued support.



Community



On Saturday, December 7th we encourage you to come down to the Village, donate to the food drive, and enjoy the Truck Light Parade along Dallas Road, featuring 80 vehicles decked out in holiday splendor.

The Truck Light Convoy starts at Ogden point at 5:45pm and will meander through many Victoria communities. Enjoy many holiday features within Cook Street Village. We will be offering free hot chocolate in front of the Centre beginning at 5pm.

Membership Drive - How you can help

Our Membership and Marketing Committee is hosting a membership drive from Monday, January 6th to Friday, January 10th. If your membership is up for renewal this winter, we encourage you to renew during this week while we have additional volunteers available to expedite your membership renewal process. Prize draw for those who show an active membership card.

We are also trying to increase our membership base. We encourage you to invite your friends and neighbours to the Centre during this week to try it free. You can help spread the word by putting up our events posters monthly at your grocery store and other locations you visit, or if you're in a condo/apartment and are able to put up a monthly events poster - please request one from staff. Laundry rooms are a great spot to drop off a newsletter or program guide.

Events and Decorating

Throughout the year, we decorate our Centre for different holidays and occasions. This is seasonal, and always a good time for our volunteers! There are numerous events that require a wide range of skill sets. From putting up holiday décor throughout the building, as well as taking them down at the end of the season, there are opportunities for everyone.



Those interested would be put on a decorating committee, and it would be this team's responsibility to meet a few times throughout the year, plan decorating sessions, and then physically go in, decorate, and eventually, take down the decorations.

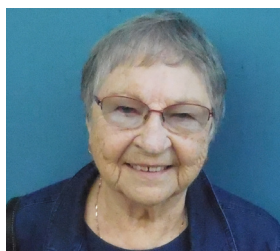
Come join in the fun and let your inner Martha sparkle!

As we like to go all out for the holidays, the Decorating Committee extends a welcome to all those interested to join in decorating on Friday, November 15th. Sign up online at <https://volunteersignup.org/9QQQC>



Featured Volunteer

Diana Kozniuk



This lively lady is a real go-getter. Diana ran her own welding and fabrication business in Cranbrook and spent most of her life there. She moved to Victoria in 2007 when she first started coming to our Cook Street Village Activity Centre. In 2014 she volunteered on the Multicultural Committee. The following year she went on the Board. In 2017 she joined the Financial Committee and as if that wasn't enough to keep her busy, last year she joined our Events and Decorating Committee and is still on all 3 of the

latter.

Diana's hobbies include sewing and doing jigsaw puzzles, but her real love is travelling. Some of her highlights are seeing the Terracotta soldiers in China and the Iguazu Falls in Argentina. Next year she plans to see the Autumn colours on the eastern coast of North America and to go to Mazatlan, Mexico.

Thank you for the wonderful jobs and the amount of time you give to our Centre, Diana. It is greatly appreciated.

Special Request for Help:



Centre Holiday Decorating - We need a crew of folks to help us decorate the Centre for the holiday season on November 15th. Drop-in help is welcomed, however if you sign up in advance we will offer a light lunch. Connect with us or sign up online at: <https://volunteersignup.org/9QQQC>



& **SILENT AUCTION**

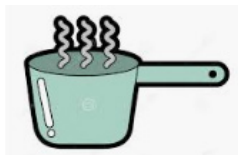
Holiday Market and Silent Auction - November 23rd. This is our largest fundraising event of the year, and as such it will take a lot of volunteers to be a success. There are many roles to fill, in advance, during the event and afterwards. If you have any availability, and any of these roles interest you please connect with Ashley, our Program Manager or sign up online:

<https://volunteersignup.org/BK4YF>

Gift wrappers, bakers (in advance), kitchen help, auction security (Nov 21 - Nov 23), auction closers, raffle Sales, set up and take down (choice between light auction set up or market set up), outdoor promotion serving a hot beverage, vendor check in, bake sale table, attendance counter...



Christmas Truck Light Parade - Hot Chocolate Give Away - On December 7th the Christmas Truck Light Parade will be travelling down Cook Street. As an offering of good will we would love to offer Hot Chocolate to those attending in the Village. If you are available to serve Hot Chocolate during the evening of December 7th please let us know /sign up online: <https://volunteersignup.org/HQWP7>



Cooking Activity Leader- We would love to offer a cooking class at the Centre and in order to do that we need a cooking instructor. If you enjoy cooking and have Food Safe and feel you could lead, please let us know.



Membership Drive support - January 6th - January 10th, shifts are from 10am - 1pm. Check membership expiry/ provide members with their draw entry. If member attends without a membership card, ensure membership card has been picked up or request for reprint. Assist with registration process. Provide information about Centre programming. Provide tours as needed.

Connect with Laura or sign up online: <https://volunteersignup.org/RTLRL>

Fill out a CSVAC Volunteer Application Form today, available at Reception or download from our website: www.cookstreetvillageactivitycentre.com.

This is not a complete list of volunteer opportunities. Please drop in and see our Program Manager to find out about all our opportunities.

We are excited to be able to offer online sign-ups for some of our volunteer offerings, and hope you will consider signing up.



Wellness Services - Please book through reception: 250-384-6542

Our Wellness Services are priced right and provide quality care.

Services offered are:

Blood Pressure Clinics, Flu Clinics, Foot Care, Haircuts, Hearing Clinics, The Journey Speaker Series, Keir's Mobile Massage, Meditation, Mobility Device Repair Clinics, Qi Gong, Reflexology for Health, Tai Chi, & Yoga. Check our program guide for full details.



Blood Pressure Clinic
Thu, Nov 14 & Dec 12
1pm - 2pm - Free



Family Caregiver Support Group
Thu, Nov 14 & Dec 12
7pm - 8:30pm - Free



Canada Scooters
Mobility Aid Repair
Wed, Dec 11th
11am - Free

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.



Hearing Clinic
Thu, Nov 14
10am - 12pm - Free

How well are you hearing? Please sign up in advance at reception to have your hearing checked. Offered by Connect Hearing.



Heart Pharmacy
Flu Shot Clinic
Tue, Nov 12
1pm - 4pm

Flu shots are provided by Heart Pharmacy. You must sign-up for this FREE clinic and we will provide you with an appointment time slot. Please bring your carecard for patient info form. Register early to secure an appointment.

Featured Wellness Service Provider



Keir Wyman - Massage

Due to the demand for Keir's massage, throughout November and December Keir has extended his hours. Keir focuses on relaxation and body work massage including deep tissue, Trigger point and myofascial release. Keir's treatments are designed to relieve pain, stiffness and postural misalignments. 30min/ \$40, 45min/ \$50, 1hr/ \$65, 90min/\$95.

Tuesday: 8am - 11am, Wednesday: 8am - 12:30pm / 2pm - 4:30pm
Last appointment ends by times stated.

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Featured Activities - Change



New Bus Program

In partnership with Silver Threads and James Bay New Horizons, we are now able to offer monthly bus tours. These will be held on the second Wednesday of each month. Connect with the Centre for upcoming destinations, trip meet times and costs.

2nd Wednesday of each month & bonus trips!
Check for full details under special events.



The Storytelling Cafe

Be prepared to be surprised and entertained by three of VSG's finest tellers. Stories may range from tall tales, to historical/hysterical and personal/fantastical and more. Tea service will be offered towards the end and is included in the price of admission. Limited seating.

Last Thursday: Oct. 31, Nov 28, Dec 19
Time: 1pm - 2:30pm
Cost: Members: \$8 | Adults 18+: \$10

Yoga Morning



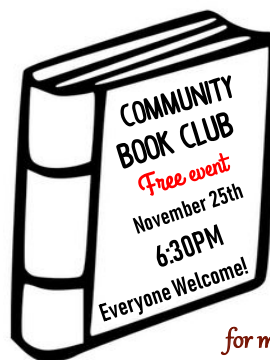
Now offered on Tuesday and Thursday!
Ease into your morning with this all levels yoga class. Energize and feel refreshed. Beginners welcome. Register for the month and save or

drop-in for \$10 a class. Courses begin the first week of each month. All ages of adults welcome.

Tuesday 10:30 am - 11:15am or
Thursday 9:45am - 10:30am
November: 4/\$32 Members and 4/\$37 Public
December: 3/ \$24 Members and 3/\$27 Public



Come checkout what is going on at The Place in November



for more information
please call
250-382-4604
www.fairfieldcommunity.ca

Program updates

Meditation: No Saturday drop in -
November 16th or November 23rd.
Cancelled: Retired Women's Group & Canasta

New programs added after our program guide release:

New additional Day for Yoga Morning:
Thursday 9:45am - 10:30am.

Guitar for beginners - Nov 7 - Dec 12th 6pm
Christmas in Cook Street Village

Saturday, December 7th.
Truck Light Parade will be travelling past on Dallas Road about 5:45pm. The Village will be aglow with Christmas Lights and Decor. Look for Santa in the Village and drop by the Centre between 4 - 6 for some free Hot Chocolate. (Confirm time)

Courses/ Workshops, Bouquets & Movie Matinees

Courses/ workshops must meet minimum registration requirements in advance. Register early to avoid disappointment.

Guitar for Beginners

Starts: thursday, Nov 7th

Members: \$60 | Adults 18+: \$65/ 6 sessions

Yoga

Yoga Morning Tuesday 10:30 am - 11:15am

Yoga Chair Tuesday 11:30am - 12:15pm

Starts: Tuesday, Nov 5th

Members: \$32 | Adults 18+: \$37/ 4 sessions

Starts: Tuesday, Dec 3rd

Members: \$24 | Adults 18+: \$29/ 3 sessions

Yoga Morning Thursday 9:45 am - 10:30 am

Starts: Thursday, Nov 7th

Members: \$32 | Adults 18+: \$37/ 4 sessions

Starts: Thursday, Dec 5th

Members: \$24 | Adults 18+: \$29/ 3 sessions

Or drop-in for \$10

Yoga - Classic Hatha

Starts: **Monday**, Nov 4th 6pm-7:30pm

Members: \$40 | Adults 18+: \$45/ 3 sessions

Starts: **Wednesday**, Nov 6th 4:30pm-6pm

Members: \$55 | Adults 18+: \$60/ 4 sessions

Starts: **Monday**, Dec 2nd 6pm-7:30pm

Members: \$40 | Adults 18+: \$45/ 3 sessions

Starts: **Wednesday**, Dec 4th 4:30pm-6pm

Members: \$40 | Adults 18+: \$45/ 3 sessions

Or Drop-in \$18

Tai Chi: Yang Style 24 Form

Beginner 11:30 am - 12:30pm

Intermediate 10:15am - 11:15am

Starts: Thursday, Nov 7

Members: \$32 | Adults 18+: \$37/4 Sessions

Starts: Thursday, Dec 5th

Members: \$24 | Adults 18+: \$29/ 3 sessions

Or Drop-in \$10

The Storytelling Cafe

Last Thursday of Each month 1pm - 2:30pm

Oct 31, Nov 28, Dec 19

Or Drop-in: Members: \$8 | Adults 18+: \$10

November Saturday Movie Matinees

Begin at 1 pm.

\$3 admission

Includes popcorn and choice of hot or cold beverage.

November 2

- Pride & Prejudice

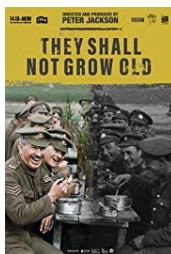
Starring: Keira Knightley, Matthew MacFadyen, Brenda Blethyn



November 9

- They Shall Not Grow Old

A riveting documentary about World War 1.



November 16

- While you were sleeping

Starring: Sandra Bullock, Bill Pullman, Peter Gallagher



November 30

- Colette

Starring: Keira Knightley, Fiona Shaw, Dominic West



**Thank you Pic-a-Flic
for providing the DVDs**



Special Events

Remembrance Day Service



Join us to pay tribute to all military 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.

Friday, November 8th 11:30 am - 12:30 pm

Cost: Free

Flu Clinic

Flu shots are provided by Heart Pharmacy. You must sign-up for this FREE clinic and pick-up a patient information form and bring it with you for your appointment time. Register early to secure an appointment.



Tentatively booking for Oct 22nd & Nov. 12th

Bus Program

Working in partnership with Silver Threads and James Bay New Horizons, we now have a monthly Bus Program that offers offsite trips the second Wednesday of every month.

Contact the Centre for upcoming destinations and associated cost. Limited seating so reserve your spot early.

Wednesday, Nov. 13th Time: 12:30pm

Destination: Sidney Museum & Shop Cost: \$2



Hearing Clinic



So how well are you hearing? Sign up at reception to have your hearing checked. Register early to secure an appointment. *Provided by Connect Hearing*

Thursday, November 14 10am - 12pm

Birthday Social

Happy Birthday



Members celebrating a birthday in the months of NOVEMBER or DECEMBER, please join the staff to enjoy a piece of cake donated by the Wellesley Retirement Residence. Served with coffee or tea.

Come share some laughs, meet new friends, and participate in some ice-breaker activities.

Thursday, November 14th 2pm - 3 pm

Cost: Free

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! - Please pre-register to let us know you're coming.

(there may be a few surprises for those that come!)

Friday, November 15th Starting at 10:30am

Cost: Free

Night of Lights *Holiday Shopping* @ Hillside Shopping Centre

Night of Lights is a one-night only shopping event at Hillside Shopping Centre that helps to raise much-needed funds for CSVAC. The evening includes fabulous in-store discounts, tasty treats, live entertainment - and a chance to win great prizes. Buy your ticket here and 100% of the proceeds will support our Centre programs and services.

If you are unable to attend, you still have a chance to win great prizes. Purchase a ticket, inform our staff and we will ensure your ticket is entered into the draws. **6pm - 9:30pm.**

Sunday, November 17th Tickets \$5

Special Events

Journey speaker

Topic: Living with

Dying

In partnership with Silver Threads Service.

Education and discussion on “The Ambiguous Dying Syndrome” during our end-of-life journey. This education opportunity will assist you in understanding this vital syndrome, which is often the “elephant in the room” for seniors and their families.

Every Third Monday, the Silver Threads Speaker Series offers wellness and health related topics to seniors to help them remain independent in their community

Please RSVP in advance through reception.
Everyone Welcome.

Monday, November 18 10:30 am Free



The Storytelling Cafe

Be prepared to be surprised and entertained by three of VSG’s finest tellers. Stories may range from tall tales, to historical/hysterical and personal/fantastical and more. Tea service will be offered towards the end and is included in the price of admission. Limited seating.

Last Thursday: Oct. 31, Nov 28, Dec 19

Time: 1pm - 2:30pm

Cost: Members: \$8 | Adults 18+: \$10/ Session

Thank you to our Auction Donators

%2 Jazz, Abra-Kid-Abra, Anonymous, Art Gallery of Greater Victoria, Bee Hive Wool Shop, Belfry Theatre, Big Wheel Burger, Bolen Books, Bootleggers – Hillside Mall, Brown’s the Florist, Busy Hands Boutique, Café Fantastico, Cinecenta, Cook Street Liquor Store, Cook Street Village Activity Centre Members, Craigdarroch Castle, Cup of Joe, Elite Promotional Marketing, Empire Donuts, Fairfield Auto Repair and Car Wash, Fairfield Bicycles, Fernwood Inn, Fernwood Pizza, First Choice Books & Victoria Binery, Il Terrazzo, IMAX, James Bay Inn, John’s Place, Just Matcha Tea, Maritime Museum, Mayfair Optometric Clinic, Munro’s Books, My Sister’s Closet, Ohh La La Cupcakes, Old Town Strings, Patryka Designs, Poppies Floral Art, Prima Strada, Royal McPherson Theatre Society, Russell Books, Sawyers Sewing Centre, Simple Remedies Herbal Solutions, Silk Road Tea Company, Starbucks – Fairfield Plaza, - James Bay & - Fot St., Super Chance, Theatre Inconnu, The Hot and Cold Café, The Market Stores, The Old Spaghetti Factory, Ukranian Cultural Society, Victoria Symphony, Vegan Hippy Chick, Westcoast College of Massage Therapy, Wildwood Outdoor Living Centre, ...many more to come

Holiday Market & Silver Bells Silent Auction

Don’t miss this great opportunity to shop for Holiday gifts. Come browse at over 30 vendor tables featuring handcrafted items.

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.

Silent Auction begins on

Thursday, November 21st and closes

Saturday, November 23rd at 1:30pm

Holiday Market occurs on

Saturday, November 23 9am - 2pm

Free Admission



Special Events Continued



Tea for Tutu The Gift

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.

Tuesday, December 3 & Wednesday Dec 4th
(dates are tentative) 1:15pm - 4pm
Everyone Welcome - FREE

Bus Program



Working in partnership with Silver Threads and James Bay New Horizons, we now have a monthly Bus Program that offers offsite trips the second Wednesday of every month, and occasional bonus trips.

Contact the Centre for upcoming destinations and associated cost. Limited seating so reserve your spot early.

Wed, Dec 11th Time: 12:30pm - 3:30pm
Destination: Gingerbread exhibit & Festival of Trees Cost: \$2

Thu, Dec 19th Time: 6pm - 8pm
Destination: Christmas Light Drive & Centennial Square Light Show Cost: \$2



Holiday Lunch

Bring your family and friends and join us for a traditional holiday three-course meal and entertainment! 50/50 draw. All ages welcome.

Please purchase tickets by Tue, Dec 10th.

Friday, Dec 13th 12 pm - 2:30 pm

Members: \$15 | Adults 18+: \$18 | Youth: \$9

Entertainment only tickets: \$9 available @ door

December Saturday Movie Matinees

Begin at 1 pm.

\$3 admission

Includes popcorn and choice of hot or cold beverage.



• **December 7 - Join us for a holiday themed movie. Title to be determined.**



• **December 14 - Join us for a holiday themed movie. Title to be determined.**



• **December 21 - Join us for a holiday themed movie. Title to be determined.**

Thank you Pic-a-Flic
for providing the DVDs



Try it Free Week & Membership Drive

We invite everyone to come down and start the year off with a new activity. With over 40 drop-ins to choose from, you are sure to find something new!

All non-course drop-ins are offered free from Monday, January 6th to Friday, January 10th.

We will also have volunteers on hand to help you register or renew your membership from 10am-1pm each day.

Monday, January 6th - Friday, January 10th

Bus Program



Working in partnership with Silver Threads and James Bay New Horizons, we now have a monthly Bus Program that offers offsite trips the second Wednesday of every month.

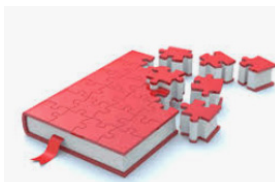
Contact the Centre for upcoming destinations and associated cost. Limited seating so reserve your spot early.

Wednesday, January 8th Time: TBD

Destination: TBD Cost: TBD

Winter Book & Puzzle Sale

Start gathering your book and puzzle donations. We will start accepting them on Jan 2nd! The sale will follow from Jan 15th to Jan 31st.



Book and Puzzle Drop off Jan 2nd - Jan 14th
Sale occurs Jan 15th - 31st.

NexGen Hearing Clinic

Tuesday, January 7 9am Free

Birthday Social

Happy Birthday

Members celebrating a birthday in the months of JANUARY & FEBRUARY, please join the staff to enjoy a piece of cake donated by the Wellesley Retirement Residence. Served with coffee or tea.



Come share some laughs, meet new friends, and participate in some ice-breaker activities.

Thursday, January 9th 2pm - 3 pm

Cost: Free

Journey speaker



In partnership with Silver Threads Service.

Every Third Monday, the Silver Threads Speaker Series offers wellness and health related topics to seniors to help them remain independent in their community

Please RSVP in advance through reception. Everyone Welcome.

Monday, January 20th 10:30 am Free



Save the Date Robbie Burns Day



Friday, January 24th 12pm - 2:30pm

Members: \$12 | Adults 18+: \$15 | Youth: \$7.50

Entertainment only tickets:

\$7.50 available @ door or in advance

Cafe Update and Wednesday Lunch Specials



Rendezvous Cafe

Now that we have a new name for our café, and a new logo, a refreshed menu will be introduced. (See menu insert).

New menu items will include a Tuesday Special of a hot or grilled sandwich & soup, starting in November. Check the new Kitchen Menu board for details.

Wednesday Lunch Specials

Includes Tea or Coffee as well as a Soup and Dessert. All for \$8!

November

Wednesday Lunch Specials

- Nov 6 - Meat Ball Stew
- Nov 13 - Breaded Chicken Strips
- Nov 20 - Shipwreck Dinner
- Nov 27 - Stuffed Chicken Breast

December

Wednesday Lunch Specials

- Dec 4 - Hamburger Pie
- Dec 11 - Breaded Chicken Strips
- Dec 18 - Meat Ball Stew

Everyone is welcome to drop by and enjoy our offerings at **Rendezvous Cafe!**

Daily soup and sandwiches
& fresh baked goodies
(ask about our gluten free options)
as well as coffee, tea and pop.



Please be kind and return your dishes to the kitchen trolley prior to 3pm. Remember to tuck in your chairs at the tables as well. This helps our volunteers to keep the kitchen and cafe tidy and ready to be enjoyed by all.

Upcoming January Courses

Register now! Details will be in our Winter Program Guide releasing in December.

- **Tai Chi: Yang Style 24 Form**
Starts: **Thursday, January 2nd**
- **Yoga Morning Thursday**
Starts: **Thursday, January 2nd**
 - **Medical Qi Gong**
Starts: **Friday, January 3rd**
- **Yoga Evening - Classic Hatha**
Starts: **Monday, January 6th**
 - **Yoga Morning Tuesday**
 - **Yoga Chair Tuesday**
Starts: **Tuesday, January 7th**
- **Yoga Evening - Classic Hatha**
Starts: **Wednesday, January 8th**
 - **French Intermediate**
Starts: **Monday, January 13th**
- **Chronic Pain Self-Management**
Starts: **Tuesday, January 14th**
 - **French Beginner**
Starts: **Wednesday, January 15th**

THIS IS SENIOR LIVING IN JAMES BAY



When you're ready, let us get to know you. Together we can create a personalized senior living experience to support your unique needs, even as those needs change.

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SENIOR LIFESTYLES

Weekly Drop in Schedule - Subject to change

	Morning		Afternoon		Evening
Monday	9am Ladies Snooker	9:30am Stretch & Strength	12:30pm Mahjong	12:45pm Texas Hold'em Poker	6pm Hatha Yoga
	3rd Monday 10:30am Journey Speaker	10:45am Line Dance	1pm Bingo	1pm Whist	
			1pm Shuffleboard		
Tuesday	8am - 11am Massage	9am Fun & Fitness	12:30pm Progressive Bridge	1pm Euchre	
	10:30am Yoga Morning	10:30am Sing-a-long	1pm Busy Hands & Social Crafters	2nd & 4th Tue. Haircuts By appointment: 1:30, 2:30 or 3:30	
	1st Tue. 11am Mending Cafe	11:30am Yoga - Chair			
Wednesday	9am - 2pm Foot Care	9am - 1pm Massage	12:30pm Meditation	1pm Cribbage	4:30pm Hatha Yoga
	9:30am Friendly Social Bridge	9:30am Stretch & Strength	1:30pm- 4pm Reflexology		
		11:30am Pickleball & Ping Pong			
Thursday	9am Fun & Fitness	9:30am Joy of Art	12pm Exploring Watercolours	12:30pm Mexican Train Dominoes	2nd Thur. 7pm Caregiver Support Group
	9:45am Yoga Morning	10am Current Affairs			
	10:15am Tai Chi Intermediate	11am Chair Stretch & Strength	1pm Duplicate Bridge	2nd Thur. 1pm Blood Pressure Clinic	
	Last Thur. 11am Book Group	11:30am Tai Chi Beg.			
Friday	9am Billiards	9:30am Stretch & Strength	12:45pm Art & Wellness	12:45pm Texas Hold'em Poker	
	10:30am Crokinole	3rd Fri 11:30am Non-Fiction Book Group	1pm Euchre		
Saturday	9am Billiards	10:30am Meditation	1pm Cribbage	1pm Movie Matinee	
	Last Sat - 10:30am Tech Talk by appointment	11:30am Pickleball & Ping Pong			