

HAPPENINGS

Vol. 10
No. 1

October
2019



cookstreetvillage

ACTIVITY CENTRE

Operating Hours

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

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

Closed Sunday & all statutory holidays

OUR VISION

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

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October Highlights

CELEBRATING NATIONAL OLDER PERSONS DAY
TUESDAY, OCTOBER 1ST
FREE DROP-INS AND POP UP SHOP!

Fall Book & Puzzle Sale

Cook Street Village Activity Centre
Accepting Donations
Oct 1-13
Sale occurs
Oct 15 - 31

THANKSGIVING LUNCHEON

FRIDAY, OCTOBER 4TH
12PM - 2:30PM

HALLOWEEN MURDER MYSTERY PARTY!
OCT. 25TH 1PM - 3PM

Tickets available until Oct 22nd
Members: \$8
Adults 18+: \$10

Can you deduce who is the murderer?
Light refreshments included.

TICKETS AVAILABLE UNTIL OCT 1ST
\$15 MEMBERS
\$18 ADULTS 18+
\$9 CHILD/ YOUTH/ ENTERTAINMENT ONLY

See pages 9 & 10 for more details on our special events.

1-380 Cook Street, Victoria V8V 3X7

Tel: 250-384-6542

info@cookstreetvillageactivitycentre.com

www.cookstreetvillageactivitycentre.com

SAFE HARBOUR
RESPECT FOR ALL

General Information

A Message from the Board

Wayne and Carol made a presentation on “Understanding our Financial Statements”. Thanks to both of them for answering Board members’ questions and thanks to Board members for raising such good questions. Financial diligence is one of the many tasks of a Board member so understanding these statements is essential. In addition, Wayne and Carol presented a review of our insurance coverage. Fran had reviewed the huge insurance documents and raised some valuable points, after some discussion we agreed to increase our coverage to the industry standard.

The Kitchen Committee will be reviewing and updating this service. Look for announcements of some changes over the next few months.

The Gardening Committee has changed it’s name to The Landscaping Committee. This will reflect their increased responsibility for our outside look! You will have noticed the umbrella tables and chairs out front and the fresh, overturned flower beds. The tables are to invite people to enjoy a rest or their coffee. The plan for the flower beds is to plant mostly perennials so we will have year-round greenery. Fran will continue to be a member of the Committee and Robin will now be the Chair. Thanks to Jason, all the committee and workers for their creativity. Thanks to Fran for her stewardship and to Robin for assuming the Chair to see the project through (and maintain it after that).

The revisions to our Policy and Procedure Manual were approved for another year.

Unit 2 is still under discussion so no news yet on that topic.

Enjoy an early Thanksgiving on October 4. Get your tickets by October 1. We know it’s early but the next Friday is Advanced Polling for the Federal Election.

Remember to Vote!

~ Eleanor Ward, Board President

Board

info@cookstreetvillageactivitycentre.ca

Eleanor Ward
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Bev Ruhl
Vice-President
Diana Kozinuk
Secretary
Wayne Handley
Treasurer
Kate Day
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Robin Hall
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Joni Hockert
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Marilyn Owen
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Maggie
Activity Assistant/Janitor
Gerry
Cook
Tina
Bookkeeper

Funded by:



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



@CSVAC1



Like us on Facebook!

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.

Our Holiday Market Vendor Table

Early Bird ends Oct 31st.

Book your table! \$10 item + \$25 M | \$30 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

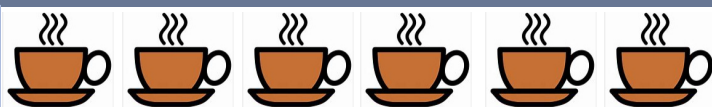
Refer a new annual member to the Centre and receive a \$15 Kitchen Card as soon as they join! Previous incentives honoured but no longer offered.

Art Gallery

Our Art Gallery is looking for new artists each month to display. Connect with Ashley, our Programmer, to inquire about displaying your art.

The Gallery is located in the Auditorium and is open during regular business hours unless there is a rental or course occupying this space.

Most of the artwork is offered for sale - please check the price listed with the title of the work.



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, October 14th for Thanksgiving.

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 Table Early Bird ends Oct 31st. Book your table!
Members: \$25 | General Public: \$30 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



We are a Federal Election Voting Location

Our Centre will be used again as a Federal Election voting location. Please be aware that activity locations may change/or be cancelled to accommodate this. Parking will be a challenge. We apologize for the disruption.

Friday, October 11th to Monday, October 14th for Advance Poll as well as Monday, October 21st.

Membership Drive - How you can help

Our Membership and Marketing Committee is hosting a membership drive from Monday, September 30th through to Friday, October 4th. If your membership is up for renewal this Fall, we encourage you to renew during this week while we have additional volunteers available to expedite your membership renewal process.

We are also trying to increase our membership base. We encourage you to invite your friends and neighbours to our Free Drop-in Day - Oct 1st. 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.

SET-UP CREW

Did you ever wonder how our auditorium is transformed from being a large empty room into a dining room fit for any occasion?

This involves several dedicated members of our set-up crew, who arrange for all the tables to be placed and set up with chairs, putting tablecloths and cutlery in place settings that follow the theme of the event, be it St. Patrick's Day or Thanksgiving.

And of course, all those tables and chairs then need to go back into their storage area in the back of the auditorium, so it's quite a good workout for everyone.

In addition, there are other meetings that are also held in the auditorium, which set up can be for a group as small as 20 people for a board meeting with tables and chairs, or for over 100 for larger community events or meetings.

You've probably seen that we have regular Weight Watcher meetings on Thursday evenings and Saturday mornings, in which the set-up is quite complex with approximately 52 chairs, and "weigh-in" areas, as well as a central speaker's area.

Sundays are the days we have a "church-style" meeting for the Centre For Inspired Living, and the minister leads the congregation from the stage, with 50 chairs for the audience, set-up theatre-style.

Our language classes and guitar lessons also require various set-ups that allow the teachers to have different groups to take notes in a classroom style.

So, whenever you're talking with someone who works on our set-up crew, you now know the variety of Centre jobs they perform. We give them all a very big thank-you!

As many hands make light work, if you would like to lend a hand with this crew - please connect with staff.



Featured Volunteer

Libby Robbins



This kind, compassionate woman likes to help people get on the bus and always gives her seat to those less fortunate. Who is she? Why it's none other than our own Libby.

Libby has volunteered in the kitchen since 2016 and also helps with special events. She is a native Victorian who has lived here all her life. She has 2 sisters and had a brother who passed away from ALS. She misses him a lot.

Libby's hobbies are doing round word searches, reading westerns, and watching movies and TV, but her passion is travelling. She's been on trips with the Happy Wanderers, on a Disney cruise to Disney World in Florida and an Alaskan cruise where she saw bears, seals and Humpback Whales. She also went to Hawaii.

She's also seen Kenny Rogers, Reba McEntyre and Rod Stewart in concert. Last on her travel bucket list is a trip to Las Vegas to see either Cher or Shania Twain. We hope you get your wish, Libby. Thank you for all you do at our Centre.

Special Request for Help:



Trick-or-Treat Candy/Centre Info Distributor- On Halloween, Thursday, October 31st we will be offering trick-or-treating all day at the Centre. We are in need of volunteers who would like to dress up to hand out candy and Centre information to those who pass by the Centre.



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.

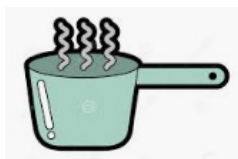


SILENT AUCTION

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. 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.



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.

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.



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, Oct 10th
1pm - 2pm - Free



Family Caregiver Support Group
Thu, Oct 10th
7pm - 8:30pm - Free



Canada Scooters
Mobility Aid Repair
Wed, Oct 9th
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
Tue, Oct 15th
10am - 12pm - Free

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



Heart Pharmacy
Flu Shot Clinic
Tue, Oct 22 &
Tue, Nov 12
1pm - 4pm

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.

Featured Wellness Service Provider



Wellness Coach Presentation

Join Yoga teacher and Wellbeing Coach - Michelle Mitschrich as she presents her services at the Cook Street Village Activity Centre. Michelle draws from her many years of guiding therapeutic yoga and well being classes, and designs programs based on the needs of her participants. This presentation will highlight the importance of healthy breathing practices for stress reduction, movement for vitality, as well as Reflexology, Reiki and PEMF for body balancing.

Mon, Oct 7th **1pm - 2pm** **Free**

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Program updates

Meditation: No Saturday drop in - Oct 19th or Nov 16th.

October 11, 12 & 21: Expect some disruption to programming as we will be hosting the Federal elections. Please check with reception for alternate activity locations. Shuffleboard, Ping pong and Pickleball will be cancelled on these days.

New programs added after our program guide release:

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

Elder Law Consultations: Oct 2nd. Details on page 10

Wellness Coach Presentation: Oct 7th. Details on page 7.

Trick-or-Treat with us all day October 31st. Details on page 11.

Featured Activities



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
Time & Cost: Based on destination



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: Sep 26, Oct. 31, Nov 28, Dec 19
Time: 1pm - 2:30pm
Cost: Members: \$8 | Adults 18+: \$10



Let's play Canasta! This card game of the rummy family of games 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 about this fun game. All ages of adults welcome.

Drop-in every Thursday 12:30pm - 3pm
Cost: Members: \$2 | Adults 18+: \$4

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.

All ages of adults welcome.

Tuesday 10:30 am - 11:15am or 5/\$40 Members
Thursday 9:45am - 10:30am 5/\$45 Public

Courses/ Workshops, Bouquets & Movie Matinees

Courses/ workshops must meet minimum registration requirements in advance.

Register early to avoid disappointment.

For full details on our courses/ workshops check our program guide.

Yoga

Yoga Morning 10:30 am - 11:15am

Yoga Chair 11:30am - 12:15pm

Starts: Tuesday, Oct 1

Members: \$40 | Adults 18+: \$45/ 5 sessions

Yoga Morning 9:45 am - 10:30 am

Starts: Thursday, Oct 3

Members: \$40 | Adults 18+: \$45/ 5 sessions

Or drop-in for \$10

Yoga - Classic Hatha

Starts: **Wednesday**, Oct 2 4:30pm-6pm

Members: \$70| Adults 18+: \$75/ 5 sessions

Starts: **Monday**, Oct 7 6pm-7:30pm

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, Oct 3

Members: \$40| Adults 18+: \$45/ 5 Sessions

Or Drop-in \$10

The Storytelling Cafe

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

Sep 26, Oct 31, Nov 28, Dec 19

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

Bouquets

Thank you to Yvonne, Alan and Fran who regularly promote the Centre by handing out handbills and delivering flyers throughout the village. This initiative really benefits the Centre by increasing awareness of our activities and events to those walking by. If you would like to help in this capacity please let Laura know.

We are thankful for the time you give.

October Saturday Movie Matinees

Begin at 1 pm.

\$3 admission

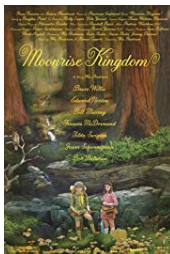
Includes popcorn and choice of hot or cold beverage.

• October 5 - Chocolat



A woman and her daughter open a chocolate shop in a small French village that shakes up the rigid morality of the community.

• October 12 - Moonrise Kingdom



A pair of young lovers flee their New England town, which causes a local search party to fan out to find them.

• October 19 - A Dog's Purpose



A dog looks to discover his purpose in life over the course of several lifetimes and owners.

• October 26 - Rear Window



A wheelchair-bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder.

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



Special Events



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. Friends and family welcome.

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

Tuesday, October 1st 8:30 am - 4 pm
Everyone Welcome - FREE



Pop-up Sale Busy Hands Boutique

Tuesday, October 1st

Fall Book & Puzzle Sale

Start gathering your book and puzzle donations. We will start accepting them on Oct 1st! The sale will follow from Oct 15th - Nov 1st.



Book and Puzzle Drop off Oct 1st - 12th
Sale occurs Oct 15th - Nov 1st.

Tea for Tutu: Ballet Rocks



Limited registration with CSVAC is now Closed. Registration is now Closed. Registration is now Closed.

Tuesday, October 1st 1:15 pm - 3:30 pm
Wednesday, October 2nd 1:15 pm - 3:30 pm
Cost: Free

Elder Law Consultations

Do you need a new will, power of attorney, or healthcare agreement? Someone to advise you on estate planning or to act as your executor?



Join Kevin Doyle for a FREE 30 min consultation. *Sign-up at reception* These appointments fill up fast.
Wednesday, October 2nd 9 am - 12 pm Free

Thanksgiving Lunch



Bring your family and friends and join us for a traditional Thanksgiving three-course meal and music provided by Dave Harris one man band! 50/50 draw. All ages welcome.



Entertainer: Dave Harris is a 42 year career musician who works most often as a busking one man band, playing a wide variety of styles, including folk, blues, rock and roll and country. He

plays steel body guitars, harmonicas, foot operated drums and more. He is a well known presence in the Victoria community and loves music with great passion.

Please purchase tickets by Tue, Oct 1.

Friday, October 4th 12 pm - 2:30 pm

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

Entertainment only tickets: \$9 available @ door

Special Events Continued

Bus Program



Working in partnership with Silver Threads, we now have offers every month.

Registration is now Closed

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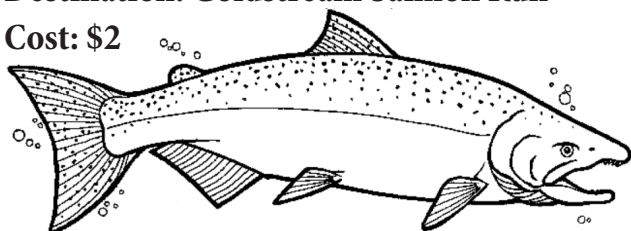
Contact the destination Limited sea

...your spot early.

Wednesday, October 9th Time: 11:30am

Destination: Goldstream Salmon Run

Cost: \$2



Journey speaker

Topic: The Merchants of



Immortality

In partnership with Silver Threads Service.

Education and discussion on the ethics of longevity. This is a “hot topic” amongst gerontologists. Learn how longevity may affect us as we age.

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, October 21 10:30 am Free

Hallowe'en 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 the mystery of who the killer is.



Includes treats and refreshments.

Please purchase tickets by Tue, Oct 22nd.

Friday, October 25th 1 pm - 3 pm

Members: \$8 | Adults 18+: \$10 | Youth: \$4

No tickets available @ door



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.

We hope you enjoy this monthly treat.

Thursday, October 31st

10am - 1pm



Hallowe'en Trick or Treat

Drop-in and give us a BOO!
Come and see all the fun things to DO!
We will have treats for YOU!
Trick or Treats for ALL AGES!

Thursday, October 31st

8am - 7:30pm

Cost: Free

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: TBD

Destination: TBD Cost: TBD

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 @ Hillside Shopping Centre

Holiday Shopping

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

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



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.

We hope you enjoy this monthly treat.

Saturday, November 30th

10am - 1pm

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, 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, Silk Road Tea Company, Starbucks – Fairfield Plaza, Theatre Inconnu, The Hot and Cold Café, The Market Stores, The Old Spaghetti Factory, Victoria Symphony, Vegan Hippie 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



Cafe Update and Wednesday Lunch Specials



Our café is undergoing some changes. As a result, in September our Kitchen Committee asked you to vote for your favorite new name for the Tastebuds Cafe. Thank you to those who responded to our call for votes on our social media and display boards for a new name for the café.

We are delighted to announce the new name:

Rendezvous Cafe

Now that we have a new name for our café, a new logo will be designed, and a refreshed menu introduced.

New menu items will include a Tuesday Special of a hot or grilled sandwich & soup, starting in November

Wednesday Lunch Specials

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

October Wednesday Lunch Specials

- Oct 2 - Meat Ball Stew
- Oct 9 - Shipwreck Dinner
- Oct 23 - Stuffed Chicken Breast
- Oct 30 - Hamburger Pie

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.

Save the Date Holiday Luncheon

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

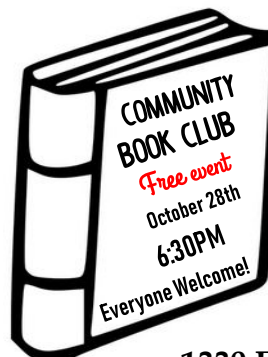
Members: \$15 | Adults 18+: \$18 | Youth: \$9

Entertainment only tickets: \$9 available @ door



Come checkout what is going on at The Place in October

★ FGCA Annual General Meeting ★
October 21st 7:00pm
in the Garry Oak Room



1330 Fairfield Road

250-382-4604

www.fairfieldcommunity.ca

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		
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	12:30pm Canasta	1pm Duplicate Bridge	
	Last Thur. 11am Book Group	11:30am Tai Chi Beg.	2nd Thur. 1pm Blood Pressure Clinic		
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			