

We have started a new sign up option for volunteering. Check out the following opportunities and sign up online for the tasks which interest you, or connect with staff if you aren't online.

January Volunteer Opportunities

Members Coffee Morning (last business day of the month 10am -1pm): volunteersignup.org/4QPE4

Membership Drive Jan. 6th - 11th 10am -1pm volunteersignup.org/RTLRL

Event Support: Robbie Burns Friday, January 24th volunteersignup.org/9PTP3

Program Highlights and Updates

All our programs can be found in our program guide. Any new updates or changes will be placed here.

- NEW: We have a new Reflexology practitioner, Michelle Mitschrich. She'll be here most Wednesdays 2pm to 7:30pm—by appointment. Beginning Jan. 8, 2020.
- NEW: Keir will be offering both Massage and Reiki. Combine both in one appointment or focus on one technique. Tuesday & Wednesday.
- NEW: Medical Qi Gong Drop-in , if your experienced.
- Tai Chi will begin on Thursday, the 9th of January.
- There will be no Tai Chi Classes in February as Valerie will be away. Tai Chi will resume in March.
- Hatha Yoga classes have been discontinued.

"Come for the fun, stay for the friends"

January 2020
Volume 1, Issue 1



Happenings

Try it Free Week!

January 6 -10, 2020

Come and explore all the drop-in activities we have to offer! With over 40 drop-ins each week to choose from you're sure to find some fun! (Course drop-ins are not included).

During this week we will have additional volunteers on hand to help you register for a membership. Be sure to have your membership card handy to show so you can be entered into our exclusive members only draw!

Robbie Burns Day Event

Friday, January 24, 2020 starting at 12pm

Join us for our Scottish theme dinner recognizing Scotland's national poet, Robbie Burns.

Menu: Salad, Rutabaga & Carrot Mix, Mashed Potatoes, Haggis or Ham, Scottish Short Bread, Tea or coffee.

The program will include a Piper, Address To The Haggis, 50/50 draw and raffle, entertainment, and beer tasting. (Taster tickets sold separately at event). All ages welcome!

Tickets will be available until Tuesday, January 21st.

Members: \$12 | Adults: \$15 | Youth/Entertainment only: \$7.50 (Beer taster tickets sold separately)

Winter Book and Puzzle Sale

January 15 - 31, 2020

Drop off your gently used books and puzzles during the first 2 weeks of January. The sale will take place from January 15 - 31, 2020.

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Special points of interest


- Welcome to 2020! We hope you had a wonderful holiday season.
- Please check if you need to renew your membership.
- Receipts are sent by email, please provide email or request a printed receipt.

Board Directory:
info@cookstreetvillageactivitycentre.com
 President: Eleanor Ward
 Vice President: Bev Ruhl
 Secretary: Diana Kozinuk
 Treasurer: Wayne Handley
 Director: Kate Day
 Director: Robin Hall
 Director: Joni Hockert
 Director: Lorna Lewis
 Director: Marilyn Owen
 Director: Fran Rapaport

Staff Directory:
 Executive Director: Carol
executivedir@csvg.ca
 Program Manager: Ashley
programmer@csvg.ca
 Activity/Marketing Assistant: Laura
marketing@csvg.ca
 Facility/Activity Assistant: Cherry
assistant@csvg.ca
 Reception Support: Sue
reception@csvg.ca
 Activity Assistant/Janitor: Maggie
 Cook: Gerry
 Bookkeeper: Tina

January Saturday 1pm Movie Matinees :
\$3 includes admission, popcorn & beverage

January 4th:	I Am Sam
January 11th:	Hitch
January 18th:	Desk Set
January 25th:	Local Hero



\$7 Tuesday Soup & Sandwich Combo
11am - 2pm
Grilled Cheese & Tomato Soup

\$8 Wednesday Lunch Specials
11:30am - 1:30pm
Includes: Soup, main entrée, dessert and beverage.
Main entrée:
 Jan 8th: Mac & Cheese
 Jan 15th: Stuffed Chicken Breast
 Jan 22nd: Spaghetti & Meat Sauce
 Jan 29th: Breaded Chicken Strips



Tuesday
 GRILLED CHEESE AND TOMATO SOUP



Bus Trip: Tue, Jan 7th: Time: 12:30pm-3:30pm Location: Royal BC Museum Cost: \$2 & Donation





Message from the board

Happy New Year! May 2020 be a year of good fortune for everyone and all your wishes come true.

I hope your Christmas holidays were truly enjoyable and Santa treated you well.

I wish to give deepest thanks to the 2019 Board and staff. We have had another successful year. And we have many projects to work on throughout 2020.

Each January, we begin planning our AGM held in May. Our first task is to activate the Board Search committee, chaired by

Bev Rhul. Connect with staff if you might be interested in becoming a Board member and they will introduce you to Bev. It's an opportunity to contribute to the well-being of your Centre.

PIPA (Personal Information and Privacy Act) met with the Board in November 2019. We are proud to announce that we are in compliance with the Act!

We hope you enjoy all the new activities as well as the good old familiar ones.

Volunteer Recognition: Fran Rapaport

This busy lady has been volunteering for us for 6 years. She works at the front desk on Friday mornings, has been on the kitchen committee since 2017 and is also a board member. She comes in for Stretch and Strength and occasionally to talk about current events.

Fran hails from Ontario. She did her Post Grad at UVic in Political Science in the 80s and moved here permanently in 1998. She practiced law for 5 years, did tax preparation and sold Real Estate. She has 1 daughter in Toronto and 1 son in Edinburgh.

Fran spent a month in Manilla while her husband volunteered there. Her hobbies include the opera, but she loves jazz and also has been known to play the Stock Market.

We are very grateful, Fran, for your many years of helping out at our Cook St. Centre.



You can now sign up online for some of our upcoming volunteer needs. See pg. 8. To help our volunteer records, fill out our volunteer form and arrange to meet with Ashley, our Programmer for a volunteer orientation.

Vision Statement

"To provide a positive environment for enjoyment and personal growth through community interaction."

Land Acknowledgement

We would like to acknowledge the traditional, unceded Land of the Songhees and Esquimalt Nations, the Lkwungen speaking people.

We at Cook Street Village Activity Centre extend our appreciation for the opportunity to live and learn on their Land.

Centre Business

Show your membership card

In order to receive membership prices, please show your membership card. We encourage you to ask for a nametag holder for your membership card from reception. This will help others get to know you and help reception charge you the correct discounted price.

Membership renewal.

Many of our members have memberships expiring during the first quarter (January - March), if this is you, we encourage you to take advantage of the extra volunteers we will have on hand during our "Try It Free Week & Membership Drive" between 10am and 1pm. Your new membership won't start until your current one ends. Renewing while we have extra volunteers on hand helps our receptionists serve you better and will speed up your renewal process.

2020 Membership referral bonus

Refer your friends & neighbours (and even strangers!) to the Centre and ask them to mention your name on their application for "How Heard" and you will receive a \$20 drop-in card!

Meals:	
Soup of the Day	\$4
Gluten Free Friendly Sandwich	\$5
Low Carb Sandwich	\$5
Handcrafted Sandwich	\$4
Tuesday Special	\$7
Wednesday Special	\$8
Snacks	
Scones & Muffins	\$2
Gluten Free Friendly Muffin	\$4
Cookie	\$1
Slice of pie	\$3
Beverages	
Coffee/ Tea / Hot Chocolate / Pop	\$1

So drop-in for a snack or enjoy a full lunch.

The coffee is always on!

1330 Fairfield Road

Come checkout what is going on at
The Place in January!

Book Club
Free
January 27th
6:30 - 8:30 PM
Everyone Welcome!

Community
January 24th
6:30pm - 8:30pm
by donation!

Repair Cafe
January 25th
10:00am-1:00pm

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

Committee News: Board Search Committee

Welcome to 2020. This is going to be a great year. My name is Bev and I am the Vice-President of the Board. I need your help. We are looking for a few willing people to join us on the board. We have a lot of fun and learn a lot. You don't need any previous board experience, just be a member in good standing. We can help you learn everything you need to know about what

it means to be part of this necessary part of our organization. If I, or one of the committee members, asks you to join us don't let your instant reaction be "Yikes. There is no way I am doing that!" Let us answer your questions and show you how much fun and supportive our board is and how you can add your voice to this amazing group. Connect with staff to indicate your interest.

ROBBIE BURNS LUNCHEON

Friday, January 24
12 pm



Members: \$12
Adults: \$15
Youth/Entertainment
Only: \$7.50

JOIN US FOR OUR
SCOTTISH THEME DINNER
RECOGNIZING SCOTLAND'S NATIONAL
POET, ROBBIE BURNS. THE PROGRAM
WILL INCLUDE A PIPER, ADDRESS
TO THE HAGGIS,
ENTERTAINMENT, AND BEER
TASTING. ALL AGES WELCOME!

Beer tasting will
cost extra.
50/50 draw & raffle
Must purchase meal
tickets in advance
by Tue, Jan 21st.

Cook Street Village Activity Centre Weekly Drop-in Schedule 2019*

*Schedule subject to change, please call the Centre or check cookstreetvillageactivitycentre.com for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ladies Snooker 9am	Fun and Fitness 9am	Friendly/Social Bridge 9:30am	Fun and Fitness 9am	Billiards/Snooker 9am	Billiards/Snooker 9am
Stretch & Strength 9:30am	Sing-along 10:30am	Stretch & Strength 9:30am	The Joy of Art 9:30am	Stretch & Strength 9:30am	Meditation 10:30am
	Yoga Morning 10:30am		Current Affairs 10am		
Journey Speaker From Silver Threads 10:30 Third Mon of the month	Mending Café 11am Frist Tue	Pickle Ball & Ping Pong 11am	Tai Chi Int. 10:15am	Medical Qi Gong Advanced 11am	Pickle Ball & Ping Pong 11:30am
		Wednesday Lunch Special 11:30 to 1pm	Last Thursday Book Group 11am		
	Yoga - Chair 11:30am	Chair Stretch & Strength 11am	3 rd Friday Non-Fiction Book Group 11:30am	Cribbage 1pm	
Line Dance 10:45am	Progressive Bridge 12:30pm	Cribbage 1pm	Tai Chi Beg. 11:30am	Special Events	\$3 includes admission, popcorn & beverage
Mahjong 12:30pm	Check out our wellness services: Foot Care Reflexology Massage & Reiki By Appt.		Exploring Watercolours 12pm		
Texas Hold'em Poker 12:45pm	Busy Hands Crafters and Social Crafters 1pm	Cribbage 1pm	Dominoes 12:30pm	Art & Wellness 1pm	Call for movie titles
Bingo 1pm			Duplicate Bridge 1pm		
Shuffleboard 1pm	Euchre 1pm		Blood Pressure Clinic 2 nd Thur 1pm	Tech Talk By appt. Currently seeking Volunteer.	
Whist 1pm	**Haircuts 2 nd & 4 th Tuesday		Family Caregiver 2 nd Thur 7pm		

Featured Programming

Reflexology—New service provider: Michelle Mtschrich

Reflexology is a gentle foot massage that works through stimulating reflex points on the foot. These points correspond to points on every part of the human body. Don't miss out on the relaxation and health benefits of this service.

Wednesday 2pm—7:30pm By appointment
\$50 incl taxes (30mins) | \$80 incl Taxes (60 mins)
Package Deals: 4x30mins: \$180 | 4x60mins: \$300

Courses at a glance

For full details please refer to our program guide.

- Yoga Morning
Tue, Jan 7 10:30am
- Yoga Chair
Tue, Jan 7 11:30am
- Tai Chi - Intermediate
Thu, Jan 9 10:15am
- Tai Chi - Beginner
Thu, Jan 9 11:30am
- Guitar for beginners
Thu, Jan 9 6pm
- Medical Qi Gong
Fri, Jan 10 11am
- French Intermediate
Mon, Jan 13 10am
- Chronic Pain Self-Management
Tue, Jan 14 10am
- French Beginner
Wed, Jan 15 6pm
- TC 10K Running Clinic
Mon, Jan 20 5:45pm


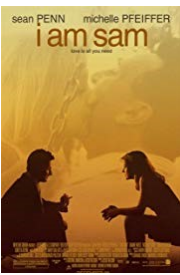



















Great programs get cancelled when there are not enough registrants. Be sure to register early for courses that interest you, and invite your friends!

Special Events | Courses | Services | Movies

Guest Speakers | Lunch Specials | Workshops



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Consider volunteering! 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>Or simply come and enjoy the fun! Everyone is welcome to participate in our programming!</p>	<p>1 CENTRE CLOSED</p> 	<p>2 Centre re-opens</p> <p>We are accepting donations of gently used books and puzzles now until January 15th.</p>	<p>3</p>	<p>4 1 pm Movie "I am Sam"</p> 
<p>5 Centre closed on Sundays</p>	<p>6 TRY IT FREE WEEK Jan 6—Jan 11, 2020</p> <p>All regular non-course drop-ins are FREE to try this week. Make your New Years resolution to try something new come true!</p>	<p>7 Mending Café 11am</p> <p>Keir's Mobile Massage & Reiki By appointment every Tuesday 8am—11am</p> <p>Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Hearing Clinic NexGen Hearing 9am</p> <p>Course Starts! (4 weeks) Yoga - Morning 10:30am Yoga - Chair 11:30am</p> <p>Bus Trip Royal BC Museum \$2 & donation to museum 12:30pm</p>	<p>8 Wednesday Lunch Special Lunch Special 11:30 - 1pm Mac & Cheese</p> <p>Nursing Foot Care By appointment every Wednesday 9am—2pm</p> <p>Keir's Mobile Massage & Reiki By appointment every Wednesday 9am—12:30pm And 2pm—4:30pm</p> <p>Reflexology By appointment every Wednesday 2pm - 7:30pm</p>	<p>9 Course Starts! (4 weeks) Tai Chi Intermediate 10:15 am Tai Chi Beginner 11:30 am</p> <p>Blood Pressure Clinic Drop in 1 pm</p> <p>Birthday Social Jan & Feb 2 pm</p>  <p>Family Caregiver Support Group Free Drop in 7 pm Course Starts! (6 weeks) Guitar for Beginner 6pm</p>	<p>10 Course Starts! (12 weeks) Medical Qi Gong 11 am</p> <p>(Drop in to try this course for free today—If you enjoy it and wish to continue full course fees will apply. \$60 members \$65 general public)</p>	<p>11 1 pm Movie "Hitch"</p> 
<p>12 Centre closed on Sundays</p>	<p>13 Course Starts! (10 weeks) French Intermediate 10 am</p>	<p>14 Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Course Starts! (6 weeks) Chronic Pain Self-Management Program 10 am</p>	<p>15 Wednesday Lunch Special Lunch Special 11:30 - 1pm Stuffed Chicken Breast</p> <p>Course Starts! (10 weeks) French Beginner 6:15pm</p> <p>Book Sale </p>	<p>16 Book Sale Starts & continues until the end of January</p> 	<p>17</p> 	<p>18 1 pm Movie "Desk Set"</p> 
<p>19 Centre closed on Sundays</p>	<p>20 Guest speaker The Journey Program 10:30 am Topic: The Good and Bad of Conflict</p> <p>Course Starts! (14 weeks) TC 10K Running Clinic 5:45pm</p> 	<p>21 Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Last day to pick up tickets for Robbie Burns Day Event.</p>  	<p>22 Wednesday Lunch Special Lunch Special 11:30 - 1pm Spaghetti and Meat Sauce</p> 	<p>23</p> 	<p>24 Special Event  Robbie Burns Day 12pm—2:30pm Members: \$12 General Public: \$15 Child/Youth: \$7.50 Raffle, 50/50 & Beer tasting will cost extra</p>	<p>25 Movies 1 pm "Local Hero"</p> 
<p>26 Become a member and save! Membership is \$7 per month or \$50 for 365 days (1 year)</p> 	<p>27</p> 	<p>28 Tuesday Lunch Special Lunch Special 11am - 1pm</p> 	<p>29 Wednesday Lunch Special Lunch Special 11:30 - 1pm Breaded Chicken Strips</p> 	<p>30</p> 	<p>31 Members Only (Must show member card) Free Coffee/Tea 10am-1pm</p> 	<p>Our café is open Mon thru Sat 9:30 am—3pm Serving light meals, snacks and refreshments. Service is suspended during special events and will reopen at 2pm.</p>