

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.

Upcoming Volunteer Opportunities

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

Event Support St. Patrick's Day March 13 Various Tasks volunteersignup.org/9PTP3

Income Tax Volunteer (requires training) sign up to indicate interest volunteersignup.org/4MCJP

Spring Membership Drive Mar 30-Apr 3 10am -1pm volunteersignup.org/JBEDW



Program Highlights and Updates

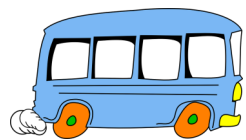
All our programs can be found in our program guide. Any new updates or changes will be placed here.

- There will be no Tai Chi Classes in February as Valerie will be away. Tai Chi will resume in March.
- Cancer: Thriving & Surviving Self-Management Program . Feb 25-Mar 31 10am-12:30pm Cost: Free register : www.selfmanagementbc.ca, at reception or by phone 1-866-902-3767
- No Meditation on Saturday, February 29th as the instructor has a mid-term.
- NEW YOGA COURSE : Yoga Foundations **Try the course free on Wednesday February 5th!** Course starts Wednesday, February 12th 5pm—6:15pm Register for 5 weeks: \$60 member \$65 non-member.
- NEW SPEAKER: Life in a Medieval English Village: To the Manor Born. Mon, Mar 2nd , 12:30—2:30pm Free.

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



February 1st: Downton Abbey
 February 8th: The Art of Racing in the Rain
 February 15th: Date Night
 February 22nd: Lilies of the Field
 February 29th: Vertigo



Bus Trip: Wed, Feb 5th
 Time: 12:30pm-3:30pm

Location: Butterfly Gardens Cost: \$10
 Includes transportation and admission.

"Come for the fun, stay for the friends"

February 2020
 Volume 2, Issue 1

Happenings



Chinese Lunar New Year Lunch Special

February 7, 2020 starting at 11:30 am

Come celebrate the "Year of the Rat" with a delicious Chinese lunch.

We recommend picking up your ticket by Tuesday, Feb 4 to secure your seat as there will be limited tickets available at the door.

Food Only - No entertainment.

Everyone: \$10

Valentine's Day Lunch Special

Friday, February 14 2020 starting at 11:30 am

Love is in the air, so come share the love by socializing over a fabulous Valentine's Day themed lunch with friends and loved ones.

We recommend picking up your ticket by Tuesday, Feb 11 to secure your seat as there will be limited tickets available at the door.

Food only - no entertainment.

Everyone: \$10

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Special points of interest

- We will be closed Monday, February 17th for Family Day.
- Please check if you need to renew your membership.
- Receipts are sent by email, please provide email or request a printed receipt.





Message from the board

I hope you all survived safely the big snow! Many things were postponed, including our board meeting. However, we are now beginning another year of our work.

We began the work of planning for the AGM in May. The Board Search Committee, chaired by Bev Rhul, is now looking for people to fill vacancies. If you might be interested, contact Bev or Carol to discuss this further. Part of the orientation process is to attend March and April's Board meetings so let us know of your interest as soon as possible.

This is a great chance to contribute your ideas to the ongoing development of the Centre.

All our committees are again pursuing their agendas. We are looking for more committee members for Decorating, Multicultural and Membership & Marketing. We work hard and have fun while we work. If you might be interested, please advise Reception. Someone will contact you to discuss your area of interest.

Have a great rest of the winter and enjoy your activities.

Volunteer Recognition: Dennis Graham

Dennis is our kitchen volunteer on Thursday afternoons. He's been volunteering for 5 years now. As well he cleans toys for the James Bay Community Project and also has a job as a janitor at the Laurel Point Inn during the summers.

Born in Edmonton, Dennis has also lived in Vancouver, Prince Rupert and then Victoria since 1968. He has 3 sisters and a brother who passed away. He has 3 nephews, 5 nieces and is a Great Uncle 7 times over.

Hobbies for Dennis include collecting model cars, records, tapes and CDs. He also enjoys travelling in the United States and likes to dress up for Halloween..

Thank you, Dennis for the many years of help you have given us here at Cook St.



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.

Contact Us: 250-384-6542 or online at www.cookstreetvillageactivitycentre.com

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!

1330 Fairfield Road

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

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

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

FREE!
CI
January 25th
10:00 - 1:00pm

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

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

Committee News: Membership & Marketing

The Committee has been quite busy this year as they provided front desk support during our membership drive. During the week of January 6 - 10th we processed 65 memberships! Please check to see if yours is up for renewal.

Our next membership drive will be held at the end of March from March 30—April 4th.

Garry Vipond was the lucky winner in our

Membership Drive Draw. He won a lovely set of Cook Street Village Activity Centre Kitchen Utensils!

The committee could use additional support with our upcoming initiatives. If you enjoy the Centre and would like to help us spread the word—please connect with Laura.

- Monthly Coffee
- Member drives
- Poster Delivery
- Reminder calls

**\$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:
Feb 5th: Perogies with Onion & Bacon
Feb 12th: Meatball Stew
Feb 19th: Mac & Cheese
Feb 26th: Stuffed Chicken Breast



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

The coffee is always on!



**Cook Street Village
Activity Centre**
380 Cook Street | 250-384-6542

Chinese Lunar New Year Lunch
February 7th
11:30am - 1:30pm

Valentine's Lunch
Friday, February 14th
11:30am - 1:30pm

Lunch Specials
\$10 per person
Includes 3 course
Themed meal



**Cook Street Village Activity Centre
Weekly Drop-in Schedule 2020***

*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		Pickle Ball & Ping Pong 11:30am
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	Crokinole 10:30am	Cribbage 1pm
		Wednesday Lunch Special 11:30 to 1pm	Last Thursday Book Group 11am	Medical Qi Gong Advanced 11am	
		Meditation 12:30pm	Chair Stretch & Strength 11am	3 rd Friday Non-Fiction Book Group 11:30am	
Line Dance 10:45am	Yoga - Chair 11:30am	Cribbage 1pm	Tai Chi Beg. 11:30am	Movie Matinee 1pm \$3 includes admission, popcorn & beverage	Call for movie titles
Mahjong 12:30pm	Progressive Bridge 12:30pm	NEW Yoga: Foundations 5pm 5/M: \$60 5/NM: \$65	Canasta 12:30pm		
Texas Hold'em Poker 12:45pm	Busy Hands Crafters and Social Crafters 1pm	Check out our wellness services: Foot Care Massage & Reiki By appt.	Dominoes 1pm	Texas Hold'em Poker 12:45pm	Tech Talk By appt. (SEEKING Volunteer)
Bingo 1pm			Duplicate Bridge 1pm	Art & Wellness 1pm	
Shuffleboard 1pm	Euchre 1pm	**Haircuts 2 nd & 4 th Tuesday	Blood Pressure Clinic 2 nd Thur 1pm	Euchre 1pm	
Whist 1pm	Family Caregiver 2 nd Thur 7pm				

Featured Activity: WHIST

Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries. Although the rules are extremely simple, there is enormous scope for scientific play.

Come and learn to play this classic English trick-taking card game in a friendly welcoming atmosphere. This group has just started and are learning together so it is the perfect time to join!

Monday 1pm—3:30pm
Drop-in: \$2 members | \$4 General Public

- Courses at a glance**
- For full details please refer to our program guide.
- Yoga Morning
Tue, Feb 4 10:30am
 - Yoga Chair
Tue, Feb 4 11:30am
 - Yoga Foundations Free Trial Class
Wed, Feb 5 5 -6:15pm
Course starts Feb 12
 - Cancer: Thriving & Surviving
Tue, Feb 25 10 am

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









Busy hands helped the Centre in 2019 by creating hand crafted items to sell, as well as providing our mending café on the first Tuesday of each month. In 2019 they brought in \$1769! Thank you to all our wonderful busy hands volunteers for making this fundraising initiative such a success. We look forward to more selling opportunities in 2020!

Special Events | Courses | Services | Movies

Guest Speakers | Lunch Specials | Workshops



February 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>5 <u>Wednesday Lunch Special</u> Lunch Special 11:30 - 1pm Perogies w/Onion & Bacon</p> <p>WEDNESDAY FEBRUARY 5th Bus Trip: Butterfly Gardens 12:30pm—3:30pm \$10 Includes Transportation</p> <p>FREE! <u>Yoga Foundations</u> 5pm—6:15pm Try it free today only!</p> <p><u>Nursing Foot Care</u> By appointment every Wednesday 9am—2pm</p> <p><u>Keir's Mobile Massage & Reiki</u> By appointment every Wednesday 9am—12:30pm And 2pm—4:30pm</p>	<p>Canasta returns! 12:30pm—3pm Every Thursday</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>	<p>1 1 pm <u>Movie</u> "Downton Abbey"</p> 
<p>2 Centre closed on Sundays</p> <p><u>Bus Trip</u></p> 	<p>3</p>	<p>4 <u>Mending Café</u> 11am <u>Keir's Mobile Massage & Reiki</u> By appointment every Tuesday 8am—11am</p> <p><u>Tuesday Lunch Special</u> Lunch Special 11am - 1pm</p> <p><u>Course Starts!</u> (4 weeks) Yoga - Morning 10:30am Yoga - Chair 11:30am</p>	<p>FREE! <u>Yoga Foundations</u> 5pm—6:15pm Try it free today only!</p> <p><u>Nursing Foot Care</u> By appointment every Wednesday 9am—2pm</p> <p><u>Keir's Mobile Massage & Reiki</u> By appointment every Wednesday 9am—12:30pm And 2pm—4:30pm</p>	<p>6</p>	<p>7</p>  <p><u>Special Lunch Event</u> Chinese Lunar New Year Lunch Special 11:30am-1:30pm Everyone: \$10 Limited tickets at the door, we encourage you to pick up your ticket in advance. We expect this to sell out.</p>	<p>8 1 pm <u>Movie</u> "The Art of Racing in the Rain"</p> <p><u>Speaker</u> Helping your child overcome anxiety Dr. Carlton Duff, R. Psych 1:30pm—3:00pm FREE</p> 
<p>9 Centre closed on Sundays</p>	<p>10 <u>Speaker</u> Relationships: Staying Connected Dr. David Mensink, R. Psych 7pm—8:30pm FREE</p>	<p>11 <u>Tuesday Lunch Special</u> Lunch Special 11am - 1pm</p>	<p>12 <u>Wednesday Lunch Special</u> Lunch Special 11:30 - 1pm Meatball Stew</p> <p><u>Mobility Aid Repair Clinic</u> Canada Scooters 11 am</p> <p><u>New Course Starts!</u> (5 weeks) Yoga - Foundations 5pm</p>	<p>13 <u>Blood Pressure Clinic</u> Drop in 1 pm</p> <p><u>Family Caregiver Support Group</u> Free Drop in 7 pm</p>	<p>14 <u>Special Lunch Event</u> Valentine's Day Lunch Special 11:30am-1:30pm Everyone: \$10 Limited tickets at the door, we encourage you to pick up your ticket in advance.</p> 	<p>15 1 pm <u>Movie</u> "Date Night"</p> 
<p>16 Centre closed on Sundays</p>	<p>17 Family Day Centre closed</p>	<p>18 <u>Tuesday Lunch Special</u> Lunch Special 11am - 1pm</p>	<p>19 <u>Wednesday Lunch Special</u> Lunch Special 11:30 - 1pm Mac & Cheese</p>	<p>20</p>	<p>21</p>	<p>22 <u>Movies</u> 1 pm "Lilies of the Field"</p> 
<p>23 Become a member and save! Membership is \$7 per month or \$50 for 365 days (1 year)</p>	<p>24 <u>Guest speaker</u> The Journey Program 10:30 am Topic: Why Is Everyone So Sensitive These Days?</p>	<p>25 <u>Tuesday Lunch Special</u> Lunch Special 11am - 1pm</p> <p><u>Course Starts!</u> (6 weeks) Cancer: Thriving & Surviving 10am</p>	<p>26 <u>Wednesday Lunch Special</u> Lunch Special 11:30 - 1pm Stuffed Chicken Breast</p>	<p>27</p>	<p>28 <u>Book Your Appointment for our Community Income Tax Clinic</u></p> 	<p>29 <u>Movies</u> 1 pm "Vertigo"</p> <p><u>Members Only</u> (Must show member card) Free Coffee/Tea 10am-1pm</p> 