

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.

- Life in a Medieval English Village: To the Manor Born. Mon, Mar 2nd, 12:30—2:30pm, Free.
- Hearing Clinic: Connect Hearing Thu, Mar 5th, Free.
- Bus Trip: Senior's Lifestyle Fair Tue, Mar 10th, 10am—1pm \$2 (includes admission)
- Historical St. Patrick Presentation, Wed, Mar 11, 10am, Free
- Birthday Social (Mar & Apr) Thu, Mar 12th, 2pm, Free
- The Journey Speaker Series Topic: Living with Multiple Health Challenges Mon, Mar 16th, 10:30am—11:30am, Free.
- Tea for Tutu: The Little Prince and Other Works Tue, Mar 17th / Wed, Mar 18th 1:15pm—4pm, Free
- Elder Law Workshop Mar 18th, 9am—10am, Free with 30 min consults 10am-12pm & Mar 30th, 9am-12pm.
- Membership Drive: Mon, Mar 30th - Fri, Apr 3rd

Saturday 1pm Movie Matinees :
 \$3 includes admission, popcorn & beverage Thank you Pic-a-Flic

March 7th:	The Chaperone
March 14th:	Brooklyn
March 21st:	The Good Liar
March 28th:	Pieces of Easter

Bus Trip: Wed, Mar 18th
 Time: 12:30pm-3:30pm
 Location: BC Aviation Museum Cost: \$7
 Includes transportation and admission.

"Come for the fun, stay for the friends"

March 2020
 Volume 3, Issue 1

Happenings



St. Patrick's Day Event

March 13, 2020 starting at 12 pm

Prepare for a fun-filled St. Patrick's Day celebration, including a three-course meal and entertainment. Don't forget to wear your best green outfit! Featuring entertainment by world renown violinist Tatiana Kostour.

Tickets available until Tuesday, Mar 10.

Members: \$12 | Non-Members: \$15 | Youth: \$7.50

Income Tax Clinics

Tuesday, Thursday & Saturday—March & April

Our Canada Revenue, Community Volunteer Income Tax Program serves people with simple taxes and low income (Call for eligibility). We like to help students, newcomers, persons with low incomes and older adults on a fixed income. Please call reception at 250-384-6542 to book an appointment.

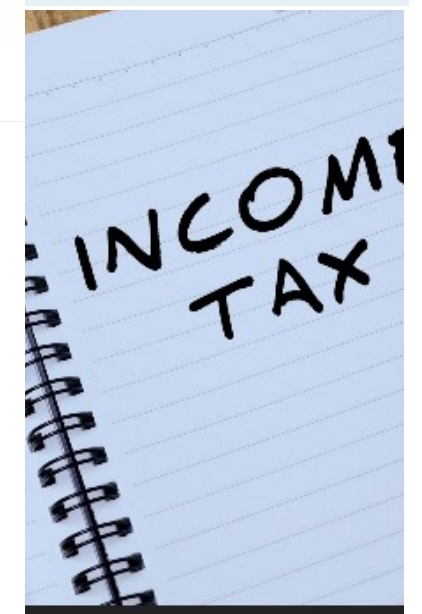
Free (Must meet eligibility criteria)

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Special points of interest

- Membership Drive March 30—April 4
- 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'm very pleased to announce that a new freezer is installed and functioning in our kitchen! Many, many thanks to everyone who donated. You all made this happen! And many thanks to Carol who, once again, found a new item for significantly less money than at first anticipated!

Flowers and blossoms are emerging throughout Victoria. Fran Rapaport and her Landscaping Committee are

overseeing the renewal of all our gardens. An extra special thanks to Jason Tonna for his many hours of work as he makes the dream become a reality. Enjoy their results as the season progresses.

The Board approved the 2020 - 2025 Strategic Plan. This is now posted on the business bulletin board in the Auditorium. Please review this document as it is a basis for much of what we do!

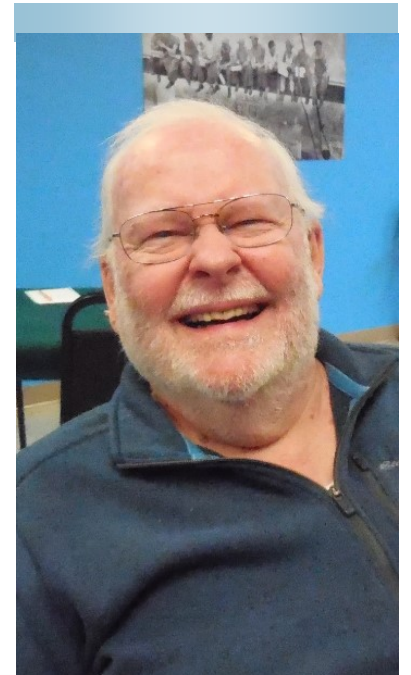
Volunteer Recognition: Jim Mitchell

This delightful gentleman has been coming to our Centre for about 6 – 7 years now. He has been volunteering to do tax returns for free since his university days and is continuing on at Cook St.

Jim hails from our glorious capital, Ottawa, where he was an accountant for most of his career. He moved here November 5, 2009 after visiting a few times. He and his wife raised 4 children and he is currently trying to convince his oldest son and his wife to move out when they retire.

Crokinole, Euchre and Shuffle Board are the hobbies mentioned, but after getting to know Jim a little better, I'd say his main hobby is riding his motorcycle, a Honda Shadow. His favourite place on the island is Tofino and his most memorable trip was taking his granddaughter there. They had a ball!

Thank you, Jim for being so generous in helping people do their taxes—a task most of us detest!



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.

Memberships are due the month prior to their expiry. Please check your expiry found on your card. We encourage you to take advantage of the extra volunteers we will have on hand during our "Membership Drive", March 30—April 3rd, 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 activity card!

FAIRFIELD GONZALES COMMUNITY ASSOCIATION
the place to connect
1330 Fairfield Road

Come checkout what is going on at **The Place in March!**

Community March 20th 6:30pm - 8:30pm <i>by donation!</i>	Book Club Free March 30th 6:30 - 8:30 PM Everyone Welcome!
Clothing March 28th 10:00 - 1:00pm	Fairfield Food Forrest WORK BEE March 29th 1:00-3:00 PM Where: Thurlow Rd

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

Committee News: Kitchen

There have been exciting changes in the kitchen. Firstly, the name has been changed to the Rendezvous Cafe and new signage is planned to better advertise the kitchen. Secondly, we are looking at more ways to adapt to the diet challenges of the gluten intolerant and those needing to watch their carbohydrate intake. And thirdly (with a

huge sigh of relief) our Executive Director has found a replacement freezer for us as the old freezer is truly on its last legs. This will allow Gerry, our cook, to buy food on sale and keep it for longer. Lastly for the first time in 5 years we have had to raise prices in the kitchen, however we are hopeful that the size of the increase won't deter our faithful patrons from using this facility.

**\$7 Tuesday
Soup & Sandwich Combo
11am - 1pm**
Grilled Cheese & Tomato Soup




**\$8 Wednesday
Lunch Specials
11:30am - 1pm**



Includes:
Soup, main entrée,
dessert and beverage.

Main entrée:
Mar 4th: Spaghetti & Meat Sauce
Mar 11th: Breaded Chicken
Strips
Mar 18th: Perogies with Onion
and Bacon
Mar 25: Meatball Stew



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!

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

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




Saint Patrick's Day Event
Friday, March 13th 12pm- 2:30pm
Featuring: Violinist Tatiana Kostour



Tickets for both events are available
until Tuesday Prior.
CSVAC Members: \$12
Adults: \$15
Child/Youth: \$7.50
Entertainment Only: \$7.50

**EASTER LUNCHEON
FRIDAY, APRIL 3RD
12PM - 2:30PM
ENTERTAINMENT TO
BE DETERMINED.**



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		
Journey Speaker From Silver Threads 10:30 Third Monday of the month	Mending Café 11am Frist Tuesday	Pickle Ball & Ping Pong 11am	Tai Chi Int. 10:15am	Crokinole 10:30am	Pickle Ball & Ping Pong 11:30am
		Wednesday Lunch Special 11:30 to 1pm	Last Thursday Book Group 11am	Medical Qi Gong Advanced 11am	Cribbage 1pm
		Meditation 12:30pm	Chair Stretch & Strength 11am	3- Friday Non-Fiction Book Group 11:30am	Movie Matinee 1pm
Line Dance 10:45am	Yoga - Chair 11:30am	Cribbage 1pm	Tai Chi Beg. 11:30am	Special Events	\$3 includes admission, popcorn & beverage
Mahjong 12:30pm	Progressive Bridge 12:30pm		Exploring Watercolours 12pm		
Texas Hold'em Poker 12:45pm	Busy Hands Crafters and Social Crafters 1pm	NEW Yoga: Foundations 5pm—6:15pm Drop-in: \$14	Canasta 12:30pm	Texas Hold'em Poker 12:45pm	Mar 7: The Chaperone Mar 14: Brooklyn Mar 21: The Good Liar Mar 28: Pieces of Easter
Bingo 1pm			Dominoes 1pm	Art & Wellness 1pm	
Shuffleboard 1pm	Euchre 1pm	Check out our wellness services: Foot Care Massage/Reiki & Reflexology By appointment	Duplicate Bridge 1pm	Euchre 1pm	Tech Talk By appt. (SEEKING Volunteer)
Whist 1pm	**Haircuts 2- & 4- Tuesday		Blood Pressure Clinic 2- Thur. 1pm	Reflexology 1pm - 4pm By appoint.	
			Family Caregiver 2- Thur. 7pm		

Featured Activity: CANASTA

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.

Thursday 12:30pm—3pm
Drop-in: \$2 members | \$4 General Public

Courses at a glance

For full details please refer to our program guide.

- Yoga Morning
Tue, Mar 3 10:30am
- Yoga Chair
Tue, Mar 3 11:30am
- Tai Chi Intermediate
Thu, Mar 5 10:15am
- Tai Chi Beginner
Thu, Mar 5 11:30am
- Guitar for Beginners
Thu, Mar 5 6pm
- Elder Law Presentation
Wed, Mar 18 9am
- Yoga Foundations
Wed, Apr 1 5 -6:15pm
- Medical Qi Gong
Fri, Apr 3 11am
- Chronic Pain Self-Management
Tue, Apr 7 10am
- French Beginner
Wed, Apr 15 6:15pm
- French Intermediate
Mon, Apr 20 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!

Special Events | Courses | Services | Movies

Guest Speakers | Lunch Specials | Workshops



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Centre closed on Sundays</p> <p>Book Your Appointment for our Community Income Tax Clinic Tuesday, Thursday & Saturday Throughout March & April</p> 	<p>2 FREE!</p> <p>Speaker Life in a Medieval English Village: To the Manor Born. Maureen Thorpe 12:30pm—2:30pm FREE</p>	<p>3 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>Course Starts! (4 weeks) Yoga - Morning 10:30am Yoga - Chair 11:30am</p>	<p>4 Wednesday Lunch Special Lunch Special 11:30 - 1pm Spaghetti & Meat Sauce</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>5 Canasta is back! 12:30—3pm Every Thursday</p> <p>Course Starts! (4 weeks) Tai Chi Intermediate 10:15am Tai Chi Beginner 11:30am</p> <p>Hearing Clinic Connect Hearing - by Appointment 9:30am—11:30am</p> <p>Course Starts! (6 weeks) Guitar for Beginners 6pm</p>	<p>6 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>Reflexology By appointment every Friday 1pm—4pm</p>	<p>7 1 pm Movie "The Chaperone"</p> 
<p>8 Centre closed on Sundays</p>	<p>9</p>	<p>10 Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Last Day to purchase tickets for  St. Patrick's Day Event</p> <p>Trip Senior's Lifestyle Fair 10am—1pm \$2 (Includes Admission)</p>	<p>11 Wednesday Lunch Special Lunch Special 11:30 - 1pm Breaded Chicken Strips</p> <p>FREE!</p> <p>Speaker Historical St. Patrick Presentation 10am—11:30am FREE</p>	<p>12 Special Event Birthday Social (March & April) 2pm—3pm</p> <p>Blood Pressure Clinic Free Drop in 1 pm</p> <p>Family Caregiver Support Group Free Drop in 7 pm</p>	<p>13 Special Event </p> <p>St. Patrick's Day Event 12pm-2:30pm</p> <p>Members: \$12 General Public: \$15 Tickets available until Tuesday, March 10th.  Entertainment: Violinist Tatiana Kostour</p>	<p>14 1 pm Movie "Brooklyn"</p> 
<p>15 Centre closed on Sundays</p>	<p>16 FREE!</p> <p>Speaker Journey Speaker Series Topic: Living with Multiple Health Challenges 10:30am—11:30am FREE</p>	<p>17 Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Trip Tea for Tutu: The Little Prince and Other Works 1:15pm - FREE</p>	<p>18 Wednesday Lunch Special Lunch Special 11:30 - 1pm Perogies with Onion & Bacon</p> <p>Trips Tea for Tutu: The Little Prince and Other Works 1:15pm - FREE</p> <p>Bus Trip: BC Aviation Museum 12:30pm—3:30pm \$7</p> <p>Elder Law Presentation 9am Followed by free 30 min consults</p>	<p>19</p>	<p>20</p>	<p>21 1 pm Movie "The Good Liar"</p> 
<p>22 Centre closed on Sundays</p>	<p>23</p>	<p>24 Tuesday Lunch Special Lunch Special 11am - 1pm</p>	<p>25 Wednesday Lunch Special Lunch Special 11:30 - 1pm Meatball Stew</p>	<p>26</p>	<p>27</p>	<p>28 Movie 1 pm "Pieces of Easter"</p> 
<p>29 Become a member and save! Membership is \$7 per month or \$50 for 365 days (1 year)</p>	<p>30 Membership Drive March 30—April 4 Come and find out about all our Spring and Summer programs!</p> <p>Elder Law Consultations 30 min consult by appointment 9am—12pm</p>	<p>31 Tuesday Lunch Special Lunch Special 11am - 1pm</p> <p>Members Show your card 10am—1pm for Free:</p> 	<p>New Drop-in Recently Retired Women's Group Starts April 1st 2pm—3:30pm</p>	<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>