

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 or for more options.

Upcoming Volunteer Opportunities

Easter
Friday, April 3
(Various Tasks)
volunteersignup.org/9PTP3

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

Multicultural Festival
Saturday, May 2
(Various Tasks)
volunteersignup.org/HYF4E


Cook Street Block Party
Sunday, May 24
9am—6pm
(various Shifts)
volunteersignup.org/4XFT3

Program Highlights and Updates



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

- Membership Drive: Mon, Mar 30th - Fri, Apr 3rd
- Income Tax Clinic continues through to the end of April on Tuesday, Thursday and Saturday. Check your eligibility through front desk and book your appointment now before they fill up.
- Spring Book/ Puzzle Sale. Accepting donations now for sale to occur April 15th—April 30th.
- The Journey Speaker Series
Topic: Techno-Stress Among Seniors
Mon, Apr 20th, 10:30am—11:30am, Free.
- Multicultural Festival is fast approaching. We will need many volunteers to help us with the success of this event. Please consider volunteering. Sign up using the link to the left or connect with staff to secure a task/ check for additional opportunities. We thank you for your support!
- Cook Street Village Activity Centre Annual General Meeting: Friday, May 15th 1pm.

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



April 4th:	A Beautiful Day in the Neighbourhood
April 11th:	Music of the Heart
April 18th:	Red Joan
April 25th:	Kate & Leopold

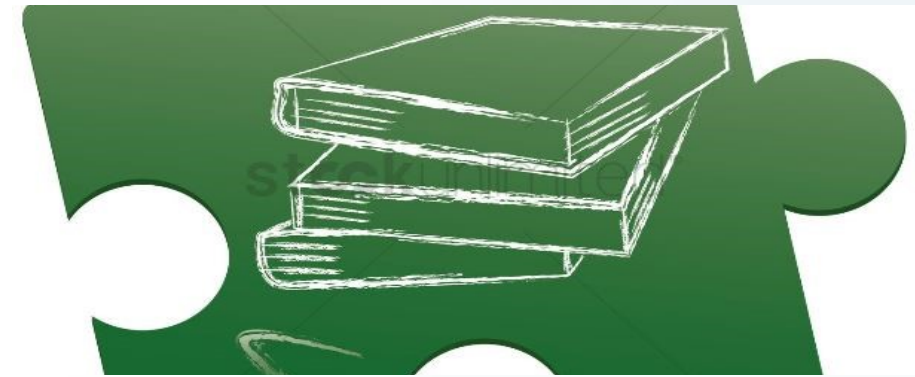
Bus Trip: Wed, April 8
Time: 1:30pm—3:30pm

Location: Bug Zoo Cost: \$10
Includes transportation and admission.

“Come for the fun, stay for the friends”

April 2020
Volume 4, Issue 1

Happenings



UPDATE: Pandemic Closure

Effective Tuesday, March 17th

Due to concerns over the COVID-19 pandemic we have elected to close to Centre until further notice. No cases have been reported at the Centre, so this is a pre-emptive measure to keep our membership safe based on advice from provincial and federal health officials. We encourage you to keep in contact with us through Facebook, Twitter, Linkdn and sign up for our e-newsletter through our website for regular updates. Carol will also be available by email. We are hopeful to be back to enjoy April events with you.

www.cookstreetvillageactivitycentre.com
executivedir@csvac.ca

Bridge Tournament

Thursday, April 23 starting at 1pm

All members and the general public welcome. WIN A CASH PRIZE for 1st place, 2nd place, Consolation Prize and random draw. Purchase your tournament ticket at reception.

Everyone: \$5

Book & Puzzle Sale

Sale Begins April 15—30th

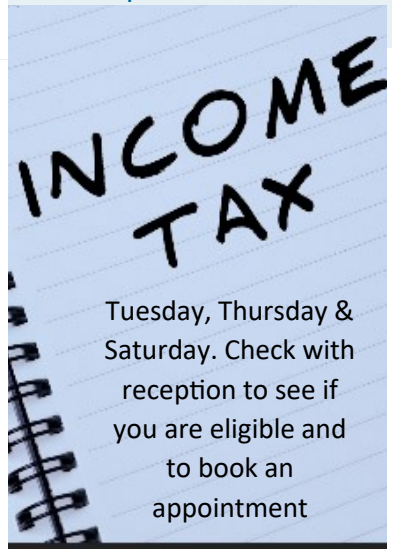
Donations will be accepted at reception as soon as we are open again after the closure.

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Special points of interest

- Book & Puzzle Sale. Now accepting donations. Sale occurs April 15—30
- Please check if you need to renew your membership.
- Receipts are sent by email, please provide email or request a printed receipt.



INCOME TAX

Tuesday, Thursday & Saturday. Check with reception to see if you are eligible and to book an appointment



Message from the board

These are uncertain times. COVID-19 information is on the TV and on the internet. As health people learn more of the details, they are sharing it with us. It can be confusing at times. Carol will be posting information on the symptoms and treatment of colds, flu and COVID-19. Look for the information in the Centre and in our weekly and monthly newsletters. Please review each of these.

As of this writing, there are 2 confirmed and 1 suspected case on our Island. We did discuss some plans at this Board meeting. Staff and Executive will discuss updates

frequently. At this time, all programs are running as planned. If there is a need to close the Centre, to begin with, it will be like a snow closure. Staff may be working from home. They (or volunteers) will try to call people signed up for a course; activity leaders; activity participants if they know them. If you come to the Centre, there may be a sign that we are closed. We will try to give you as much notice as we can.

Please, everyone, wash your hands as recommended, cough/sneeze into your sleeve, don't touch your face, don't shake hands. Rest well.

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!

Volunteer Recognition: Eleanor Ward

This amazing woman has been coming to our Cook St Activity Center for 8 years now and volunteering for 7. She started by doing these write-ups for volunteers and then moved on to Chairing the Marketing Committee which she is still with but more than that she is our President.

Eleanor was born and raised in rural Manitoba near Winnipeg, got her Masters at U of Manitoba, then moved to Halifax where she worked in Social Welfare in Child Protection. From there she became the manager of the Social Work Dept. in Thunder Bay Hospital and provided direct Social Work service to their Renal Dialysis program. She chaired both the local chapter of the Kidney Foundation there and the Patient Services program of the Ontario Branch of the Kidney Foundation. In Toronto she worked visiting homemakers and ended her career with Child Protection in Surrey before retiring to Victoria.

What makes this lady so special is that she has had MS since 1982. Multiple Sclerosis leaves many scars on the nerves of the brain interfering with the messages sent to the related part of the body. Eleanor's started with a curtain coming slowly down on her left eye which left her permanently blind in that eye. 10 years later she lost the vision in her right eye, but luckily only for 3 months. Then it slowly started affecting other parts of her body. She is still able to play Bridge and reads many books which give her pleasure.

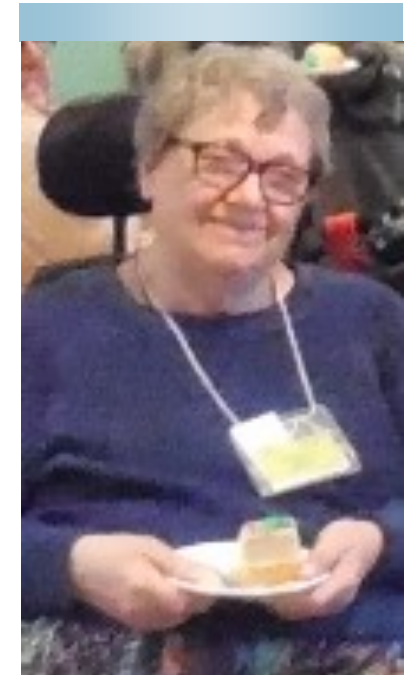
She says she really enjoys being a leader and helping things to grow and Eleanor, you've done an amazing job at our Centre. We truly thank you for your many years of dedication.

Committee News: Multicultural Committee

The committee has been busy working on our upcoming Multicultural Festival. This is one of our larger community events featuring entertainment from a variety of cultural groups. This year we are excited to feature the Kung Fu club performing lion dances, the Philippine society dancers, Hula dancing, Salsa dancers and Irish dancers.

We will also have food supplied by the Victoria Women's Co-op and Rico Salsa. Grandma's for Africa will be on site selling craft items as a fundraiser for Africa.

We are in need of volunteers to help us set up/ take down and to assist with the event throughout the day. Mark your calendars: Saturday, May 2, 11:30am!





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

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

Includes: Soup, main entrée, dessert and beverage.



Main entrée:

- Apr 1: Mac & Cheese
- Apr 8: Stuffed Chicken Breast
- Apr 15: Spaghetti & Meat Sauce
- Apr 22: Breaded Chicken Strips
- Apr 29: Perogies w/Onions & Bacon



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!

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

Emergency Preparedness Workshop
April 7th
1:30pm



Spring Book & Puzzle Sale
April 15 - 30
Now accepting donations



Bridge Tournament
1pm Thursday, April 23rd
Everyone Welcome: \$5
Cash Prizes!

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	Massage/ Reiki 8am – 11am	Friendly/ Social Bridge 9:30am	Fun and Fitness 9am	Billiards/ Snooker 9am	Billiards/ Snooker 9am
Stretch & Strength 9:30am	Fun and Fitness 9am	Stretch & Strength 9:30am	The Joy of Art 9:30am	Stretch & Strength 9:30am	Meditation 10:30am
Journey Speaker From Silver Threads 10:30 Third Monday of the month	Sing-along 10:30am	Pickle Ball & Ping Pong 11am	Current Affairs 10am	Crokinole 10:30am	Pickle Ball & Ping Pong 11:30am
	Yoga Morning 10:30am		Tai Chi Int. 10:15am	Medical Qi Gong Advanced 11am	
	Mending Café 11am Frist Tuesday	Wednesday Lunch Special 11:30 to 1pm	Last Thursday Book Group 11am	3 rd Friday Non-Fiction Book Group 11:30am	Cribbage 1pm
Line Dance 10:45am	Yoga - Chair 11:30am	Meditation 12:30pm	Chair Stretch & Strength 11am	Cribbage 1pm	Cribbage 1pm
Mahjong 12:30pm	Progressive Bridge 12:30pm	Recently Retired Women's Social Group 2pm	Exploring Watercolours 12pm		
Texas Hold'em Poker 12:45pm	Busy Hands Crafters and Social Crafters 1pm	Yoga Foundations 5pm	Canasta 12:30pm	Special Events	\$3 includes admission, popcorn & beverage Call for movie titles
Bingo 1pm		Check out our wellness services: Foot Care Reflexology Massage & Reiki By Appt.	Dominoes 1pm	Texas Hold'em Poker 12:45pm	
Shuffleboard 1pm	Euchre 1pm	Duplicate Bridge 1pm	Blood Pressure Clinic 2 nd Thu. 1pm	Art & Wellness 1pm	Tech Talk (CURRENTLY SEEKING VOLUNTEER)
Whist 1pm	**Haircuts 2 nd & 4 th Tuesday		Family Caregiver 2 nd Thu. 7pm	Reflexology 1pm – 4pm By Appt.	

Featured Activity: Recently Retired Women's Group

A weekly activity/discussion/social group for recently retired women looking to enrich their lives.

Discussion topics will be chosen by the participants. Guest speakers may be featured periodically.

Activities may include outings and special events depending on the participants interests. (Additional Fees May Apply)

Wednesday 2pm–3:30pm
Drop-in: \$2 members | \$4 General Public

Courses at a glance

For full details please refer to our program guide.

- Yoga Foundations
Wed, Apr 1 5 -6:15pm
- Tai Chi Intermediate
Thu, Apr 2 10:15am
- Tai Chi Beginner
Thu, Apr 2 11:30am
- Medical Qi Gong
Fri, Apr 3 11am
- Chronic Pain Self-Management
Tue, Apr 7 10am
- Yoga Morning
Tue, Apr 7 10:30am
- Yoga Chair
Tue, Apr 7 11:30am
- Emergency Preparedness
Tue, Apr 7 1:30pm
- French Beginner
Wed, Apr 15 6:15pm
- French Intermediate
Mon, Apr 20 10 am
- Guitar for Beginners
Thu, Apr 23 6pm

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

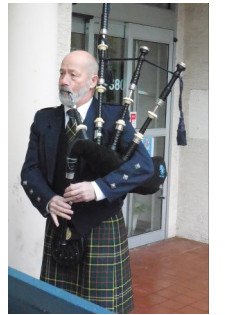
Most of these courses will be offered in May as well, so if you miss registering check if you can drop-in to try it out.

**Seeking Submissions: Have a short story,
poem or photo you wish to share?
Submit to Laura by the 10th of the month
prior to publication.**

Bus Trip to Butterfly Gardens in February



January & February Birthday Social



Robbie Burns
Bag Piper

Chinese Lunar New Year Luncheon



Caught on camera supporting Pink Shirt Day : February 26th.

