



cookstreetvillage

ACTIVITY CENTRE

Society (New Horizons)

The happenings September

CENTRE UPDATES

Cook Street Village Activity Centre

Fall Program Guide 2020



380 Cook Street | 250-384-6542
www.cookstreetvillageactivitycentre.com

Did you pick up a copy of the Fall Program Guide? You will find copies in the hallway ready for you to find out all of the great things we have planned. There are courses, workshops, drop-ins, and events. There is something for everyone.

Most of our wellness services have returned. Therapeutic Massage and Foot Care have expanded their hours so there are more opportunities for you to see Keir and Lorna. In August we welcomed Indian Head Massage and Hypnotherapy.

From September to December we will have two new practicum students as part of our team. Both Alex and Sophia are from the School of Social Work at UVic. We are excited to see what kinds of activities they will develop and support as we start our fall season.

COVID Procedures Update

All the procedures from the summer will continue this fall with a few minor additions such as asking you questions

as well as taking your temperature. We will continue pre-registration for all programs. If you have any questions, please connect with staff.

Farewell Ashley



The past few years has been full of amazing experiences and a lot of professional satisfaction. I came across some of the most humbled, caring and friendly people and am proud to be part of an organization that continues to bring people together, even in times of a pandemic crisis. During my time with the Cook Street Village Activity Centre I've had the opportunity to develop meaningful connections and relationships with volunteers, program leaders, wellness providers, practicum students and staff. Taking part in countless special events, trade shows, workshops and other community events representing the Centre as an advocate for our vision; offering accessible and affordable services for persons of all ethnic and cultural backgrounds, a place where some consider a home away from home. Immersing myself into the role as Program Manager was a big undertaking but from the moment I walked through the doors I knew this was a place that was receptive to change as it presented so much potential to grow and evolve in a community that's shaping and shifting our future. My goal has always been focused on the embetterment of the Centre, taking something that's good and enhancing what it offers and modernizing its esthetics. I'm both humbled and grateful working here the past few years as it has given me the opportunity to personally connect with the Centre members, listen to their stories, and ideas and bring forth programs and services that foster a culture of togetherness while filling the gaps of the community needs. My heart is full of very special CSVAC memories that will stay with me forever. I would like to thank each of you for every experience shared, friendship made and the good times we had together.

Welcome Jordan

The Hiring Committee is pleased to introduce Jordan. She comes to us with a diverse background of experience of working with people throughout their lives as programmer. This amazing experience will help move us into an exciting future as we navigate our new post COVID reality. Please help our staff feel welcome as Jane settles into their new position starting Thursday, September 3.



Welcome Alexis and Sophia

We are very happy to welcome our September to December School of Social Work practicum students. These ladies will be assisting with programing, popping into activities, and learning what it means to be part of a non-profit organization. Welcome, ladies! We hope you have a great time learning with us this semester.

Volunteer Opportunities!



We are looking for an individual who like sewing to make fabric masks that we can sell as a fundraiser. We have the machines and the fabric but are missing your skills. If you are interested contact us at executivedir@csvac.ca.



The Rendezvous Café needs volunteers. These folks will help us out by serving patrons and doing prep for Gerry and Gary. This is a fun way to connect with others, chat, and be part of a social volunteer team.

Programming Highlights

Our annual fall Membership Drive is scheduled for September 8 to 12. Watch for volunteers to check your membership and help you renew so you can continue to get discounted rates on activities, programs, and events. Your membership helps keep our centre running.



Love to garden? Join us for Bliss Gardening. This is a fun 2-day hands-on workshop on September 19 and 26. Register today and enjoy gardening in a healthy and safe way.

October 1 is the International Day of Older Persons. Join us as we celebrate this special day at our centre. Details will be announced in September. There will also be a Busy Hands pop up sale that day. Stop by for fun, laughter, and great deals.

Don't forget to stop in for one of our great September Movie Matinees this month. As always it is only \$3 for admission, popcorn, and a drink.

September 5: Girl With The Pearl Earring

September 12: Extremely Loud Incredibly Close

September 19: Wag The Dog

September 26: Shakespeare In Love



Message from Board

Welcome back if you haven't been back to the centre and we can't wait to see you at your activities. Throughout the pandemic our staff called every member until we reopened at the end of May. Staff and volunteers continue to connect with members through monthly calls and membership renewal reminders. Since returning at the end of May we have been providing a number of community supports and services such as weekly food distribution, regular dairy distribution, and restarting as many programs and wellness services as possible. We hope to bring back special events in the fall but with changes to accommodate COVID.

At the end of August, we received a letter from the City letting us know that there will be construction along Cook Street until February of 2021. Watch for the construction crew and flag people in the area as they do work from Hilda to Oscar for watermain upgrades, sanitary sewer upgrades, road paving, as well as traffic circle, and pedestrian improvements at Southgate.

We would like to wish Ashley well in her journey home to Ontario. Ashley has been a valued member of our staffing team for two years and she will be missed by all who come to the centre. We hope that you will keep in touch and stop in when you come to Victoria for a visit.

In August two of our creative board members made a beautiful piece of art for our vestibule that reminds folks that we have a café full of great things to enjoy. Thank you Lucille and Robin for your efforts to make this a beautiful piece of art for the centre.



Rendezvous Café



Stop by our Café for something to eat or drink! It is open and meals are being provided for take as well as in café service while maintaining social distancing! Join us on Saturdays for our Grab and Go Take Away Meals. These delicious, made fresh meals are available by pre-purchase weekly starting _____ for only \$8. Check out our website for menus or pick one up the next time you stop by.

