

**Cook Street
Village Activity
Centre**



Winter Program Guide 2021



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

CSVAC vision statement: “To provide a positive environment for enjoyment and personal growth through community interaction”

Welcome to the Program Guide for Winter 2021. In these pages you will find the many regular offerings plus some completely new opportunities such as holiday events, social groups, opportunities to volunteer and so much more. We hope that you will read through this guide, mark up the things you are interested in and put them in your calendar.

We hope you will be excited too. All the best, CSVAC Staff.

Our Staff



Carol
Executive Director



Jordan
Program Manager



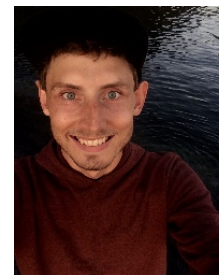
Gerry
Cook



Nika
Marketing Assistant



Cherry
Facility Assistant



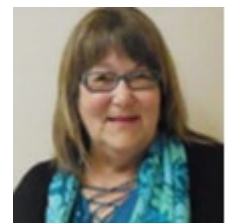
James
Reception Assistant



Tina
Bookkeeper



Seasonal Staff
Social Work Practicum Students



Maggie
Activity & Janitorial Assistant

CSVAC Winter Program Guide 2021

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Pricing Information

Member prices are listed with an M and general public prices are listed with a G throughout the guide.

Adults of all ages are welcome to participate in our programs, however if you are 50 or older you can become a member (\$7 per month or \$50 per year) and reap the following benefits:

- Participation in Centre activities/events at a reduced fee
- A voice in the programming of the Centre
- Rental of Centre facilities and services at a discounted rate
- Voting rights at the Annual General Meeting
- Eligible to purchase drop-in activity cards (\$20 or \$40) with value added
- Members only free coffee/tea 10:00am – 1:00pm on the last day of the month.

Once you become a member – please be sure to pick up your membership card (also acts as a nametag with lanyard) at our front desk and show reception to receive member prices/benefits!

Refund Policy

Any course costing \$5 or less – no refund given. Course fee minus a \$7 administration fee will be refunded up to 1 week prior to the course start date. Less than 1 week of course start – no refunds, unless we can fill from the waitlist. Full refunds will be given at any time with a Doctor's certificate provided. Full refunds will be given if a course is cancelled. *Course refund procedure:* Request for refunds must be in writing with receipt and given to Program Manager.

Special Events

Easter Lunch (Friday, March 26)

What can be better on Easter than a tasty meal and lots of laughter? And what about some music? Pacific Opera will be performing at the Centre so come to our Easter Lunch and don't forget to bring your friends!

Must purchase tickets in advance by Tuesday, March 23.

Time: 1:00pm – 3:00pm

Cost: M: \$8 G: \$10

A take-out meal will be available on Saturday, March 27 for **\$12**. All lunches must be pre-ordered by Tuesday, March 23 for Saturday Pick up.

Knowledge & Nibbles (Last Wednesday of each month)

Each month we will be learning more about important social issues while enjoying light refreshments.

Event may feature: Guest Speaker, Documentary, or interactive activity. **Pre-registration required.**

Upcoming topics:

January: LGBTQ2S discussion (special time, see Guest Speakers section for details)

February: The Social Dilemma. This 2020 documentary-drama hybrid explores the rise of social media and the damage it has caused to society, with tech experts sounding the alarm on their own creations.

March: Crack: Cocaine, Corruption & Conspiracy. Explore the complex history behind a cheap and powerful drug through the lens of race, politics, white privilege and war.

April: What is Democracy? If we want to live in democracy, we must first ask what the word even means. What is Democracy? is a 2018

documentary film that is featuring a diverse cast including celebrated philosophers, trauma surgeons, factory workers, refugees, and politicians.

Day: Last Wednesday of the month **Time:** 1:00pm – 3:00pm

Cost: With refreshments: **M: \$7 G: \$10**

No refreshments: **M: \$2 G: \$4**

Friends and Connections

Come and enjoy making new connections, friends, or possibly more. Light snacks and sparkling non-alcoholic beverages will be provided. Get your name on the interest list and be the first to know when we are hosting this event.

Day: TBA when COVID regulations allow

Cost: Everyone: **\$15**

Courses/Workshops

Beginners Guitar

Students will learn the basic fundamentals of guitar playing (chords, rhythm, strumming and finger picking). Class will mainly be focused on classical style and folk style. Learn a variety of songs from different genres such as folk, traditional, classic rock, etc.

Day: TBA when COVID restrictions allow

Story + Art = Design

Do you want to master an art of design? This fun course will teach you some secrets of visual storytelling. Give your creativity a shape! Get your name on the interest list so you will be one of the first people contacted when we can resume this very popular course.

Yoga - Morning

Ease into your morning with this all levels yoga class. Energize and feel refreshed. Adults of all ages welcome.

Leadership: Beth Miller

Register by the month and save or Drop-in: \$10

Day: Tuesday

Time: 10:30am – 11:30am

Dates & Cost:

February 2 to 23 **M: \$32 G: \$37**

March 2 to 30 **M: \$40 G: \$45**

April 6 to 27 **M: \$32 G: \$37**

Yoga - Chair

A gentle seated yoga class suitable for people with health concerns or limited mobility. Focus is on breathing, stretching, accessible poses and guided relaxation. Beginners welcome.

Leadership: Beth Miller

Register by the month and save or Drop-in: \$10

Day: Tuesday

Time: 11:30am – 12:30pm

Dates & Cost:

February 2 to 23 **M: \$32 G: \$37**

March 2 to 30 **M: \$40 G: \$45**

April 6 to 27 **M: \$32 G: \$37**

Guest Speakers

LGBTQ2S Discussion

In response to many requests, Corey will be back for a further presentation and discussion of LGBTQ2S realities. In partnership with the Victoria Health Co-op.

Online (register to get your Zoom link):

Day: Wednesday

Date: January 27

Time: 10:30am – 12:00pm

Cost: Free



Speaker Series

We are happy to announce Speaker Series. Every Tuesday you can join us to for the topic of the week. Enjoy great stories from the experts with a unique experience who are ready to have a friendly discussion and answer any questions you might have.

Upcoming topics:

January 19: Acupuncture with Owen Parnell

January 26: Nutrition Coaching with Monika Stewart

February 2: M.A.I.D with Kevin Doyle

February 9: Stories from a Female Pilot with
Vanessa Hammond

February 16: To be decided

February 23: Embracing Healthy Aging with
LowellAnn Fuglsang

Cost: M: \$5 G: \$10

Time: 1:00pm – 3:00pm

If you are an expert in a unique field, feel free to contact our Program Manager to participate in Speaker Series.

Services

Hearing Clinic

So how well are you hearing? Sign up at reception to have your hearing checked by either NexGen Hearing or Connect Hearing. This service will resume when it is deemed safe to do so under COVID regulations. Watch the monthly newsletter and weekly e-newsletter for details of the launch dates.



Health and Wellness

Book your appointment at the front desk or call 250-384-6542.

Acupuncture Clinic

Come and enjoy a community-style acupuncture session. Acupuncture prevents and treats a variety of diseases such as chronic pain, depression, insomnia, digestive problems and more. It's a green and compassionate treatment that focuses on promoting the body's self-healing ability.

Service Provider: Owen Parnell (R.Ac.)

Day: Wednesday **Time:** 4:00pm - 7:00pm

Cost: \$20-\$40 Pay what you can – no questions asked!



Foot Care

A qualified foot care nurse, Lorna Proudfoot will provide an assessment, filing, clipping, debriding of nails and foot massage. Please ask about our fee for veterans.

Service Provider: Lorna Gail Proudfoot

Day: Tuesday **Time:** 12:00pm – 4:00pm

Day: Wednesday **Time:** 9:00am – 2:00pm

Cost: \$60/1 hour

Indian Head Massage/Foot Reflexology

The traditional art of Indian Head Massage is an integral part of India's ancient healing system of Ayurveda Medicine. The massage will focus on the upper back, arms, shoulder, neck, scalp, and face. Foot 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.

Service Provider: Lynn Harvey

Day: Thursday **Time:** 11:00am – 5:30pm

Day: Friday **Time:** 9:00am – 3:30pm

Cost: \$40/30min, \$60/1hr or combine 2 services: \$105/2hr

Therapeutic Massage &/or Reiki

Keir comes to our Centre to do relaxation and body work massage including deep tissue, trigger point and myofascial release. He is also offering Reiki services. This Japanese therapy uses hands-on or no-touch, with visualization techniques to help improve the flow of life force energy which can encourage emotional and physical healing. Treatments are designed to relieve pain, stiffness and postural misalignments.

Service Provider: Keir Wyman

Day: Monday **Time:** 3:30pm – 7:30pm

Day: Tuesday **Time:** 8:00am – 11:30am

Day: Wednesday **Time:** 8:00am – 6:30pm

Day: Thursday **Time:** 3:30pm – 7:30pm

Cost: \$40/30min, \$50/45min, \$65/1hr, \$95/90min



Fun Fundraisers

Book & Puzzle Sale

From Monday, February 1 to 13 we will be accepting donations of gently used newer books and puzzles for our Winter Book & Puzzle Sale.

The sale will take place Monday, February 15 through Saturday, February 27. Come in and pick up a new to you book or puzzle at the sale.

Bake Sale

Bring your friends and family to the Centre to get delicious freshly made pastries just for you. We will be selling muffins, cookies, brownies, and so much more! See what we have under the tent.

Day: Saturday **Time:** 10:00am – 2:00pm

Date: February 13

Bottle Drive

Donate to our ongoing bottle drive. Bring your clean, empty, returnable containers to the Centre and we will take them to the Bottle Depot.

Thrifty's Smile Card

This is an ongoing fundraiser for the Centre that you can help out with, and benefit from. Get a Smile Card at reception that you can take to any Thrifty Foods and put money on your card. The Centre will benefit by the money that you put on the card as a percentage is donated back to the Centre. Once you have used your card to purchase items put your name and phone number on your receipt and bring it to the Centre for a draw.

Building Community

Volunteer Request

If you have time to spare and wish to help us, please connect with our Program Manager. Some of the many area volunteers help us at the Centre: Reception, Kitchen, Gardening, Committees, Board of Directors, Decorating, Activity Leaders, Set-up, Phoning, Shredding, Baking, Poster Delivery, and the list is endless. With so many opportunities, you would be sure to find a task you'd enjoy helping.

Members Birthday Social

Every two months we gather to celebrate our Members birthdays. If you are a member and celebrating a birthday this winter, please join the staff to enjoy a piece of cake. Served with coffee or tea.

Come share some laughs, meet new friends, and participate in some ice-breaker activities. Please RSVP at reception.

Day: Thursday **Time:** 2:00pm – 3:00pm

Date: January 21 (January and February birthdays)
March 11 (March and April birthdays)

Cost: Free



Food Distribution

Stop by every Friday and get a few groceries. Sometimes we get bonus days so check out the hallway every time you are here.

Day: Friday **Time:** 10:00am until it is gone

Cost: Free

Grab and Go Meals

Pre-order by Thursday one of our Grab and Go Meals and sit down to a hearty, home cooked delight for just \$9. Meals are made fresh in our kitchen. Pick up will be on Saturdays at 3:30pm. Watch for our monthly menu online or at the Centre and special event menus such as St. Patrick's Day and Easter.

If you enjoy being in the kitchen and helping our community, don't hesitate to apply for Grab and Go volunteer coordinator position. You will be able to prepare delicious meals, do the shop, and set the menu alongside another volunteer.

Members Only Free Coffee / Tea

Membership has its privileges!

We want to reward our members! Show your membership card on the last business day of the month to receive a free coffee/tea between 10:00am and 1:00pm. We hope you enjoy this monthly wrap-up. Remember to pick up your card at reception and show it for the member pricing each time you use the Centre.

Day: Last business day of the month

Time: 10:00am – 1:00pm

Date: Saturday, January 30
Saturday, February 27
Wednesday, March 31
Friday, April 30

Cost: Free for members



Drop-ins

Art & Wellness

If you want to learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health, this is the class for you.

Day: Friday **Time:** 1:00pm – 3:30pm

Drop-in: M: \$2 G: \$4

Billiards

Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter.

Day: Friday & Saturday

Time: 9:00am – 12:00pm

Drop-in: M: \$2 G: \$4

Bingo!

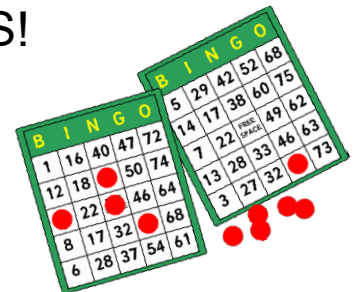
Come enjoy an afternoon of Bingo. Pay the drop-in rate, then purchase the number of cards to play for the afternoon based on your play style. Cards are 50 cents each. PRIZES!

Drop-in fee applies in addition to the 50 Cent cards:

Day: Friday

Time: 1:00pm – 3:30pm

Drop-in: M: \$2 G: \$4



Book Lovers Group

Enjoy reading? Enjoy people? Your favorite books recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre Lounge.

Day: Last Thursday

Time: 11:15am – 12:45pm

Drop-in: M: \$2 G: \$4

Busy Hands

You are welcome to come in and work on a personal project, and join the fun social atmosphere created by Busy Hands (Drop-in fee applies). Or consider volunteering your time for the Centre as a Busy Hands member, creating items for the Centre to sell as a fundraiser. All ages of adults welcome. Our Busy Hands members are exempt from the drop-in fee.

Day: Tuesday **Time:** 1:00pm – 3:30pm

Drop-in: M: \$2 G: \$4

Chair Stretch & Strength

Come have a seat for accessible exercise that enhances bone density and posture. Improve co-ordination and circulation in this all levels class! All ages of adults welcome.

Day: Thursday **Time:** 11:00am – 11:45am

Drop-in: M: \$4 G: \$8

Register interest at the desk for future class.

Cribbage

For all levels of play! Learn from an experienced player if you don't know how to play this social game.

Day: Wednesday & Saturday **Time:** 1:00pm – 3:30pm

Drop-in: M: \$2 G: \$4

Crokinole

Come join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs. It's like shuffleboard but played on a table. Adults of all ages welcome.

Day: Friday

Time: 10:30am – 12:00pm

Drop-in: M: \$2 G: \$4

Current Affairs

Come and discuss the week's events in the news with host Ken Roueche. Ken is a long time Fairfield resident, amateur historian and news junkie. Please come equipped with an active and curious mind and your current news topic suggestions. Adults of all ages welcome.

Day: Thursday

Time: 10:00am – 11:00am

Drop-in: M: \$2 G: \$4



Duplicate Bridge

One of our more challenging bridge games but not to worry we have a knowledgeable and skilled activity leader that provides instruction before each session and guidance throughout the session.

In Duplicate Bridge, each player is given the same set of cards to play with, which heightens the element of skill and lowers the importance of chance. Our friendly bridge players will be happy to welcome new faces to the table, and informal coaching is available for those new to the game.

Day: Thursday **Time:** 1:00pm – 3:45pm
Drop-in: M: \$2 G: \$4

Euchre

EUCHRE! The game that makes it fun to play with Half a Deck!

Be part of the fun and join us for this trick-taking card game. Don't know how to play? We will show you; come join the fun. Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Day: Saturday **Time:** 1:00pm – 3:30pm
Drop-in: M: \$2 G: \$4

Exploring Watercolors

This is a drop-in for people wanting to explore and exchange ideas regarding painting with watercolors. Supplies provided for the first class. Adults of all ages welcome.

Day: Thursday **Time:** 12:00pm – 2:30pm
Drop-in: M: \$2 G: \$4



Friendly Bridge

Are you returning to the game of bridge or looking for an opportunity to keep up on your knowledge and skills of the game? Join our group of friendly bridge players; all skill levels welcome. Lesson included as a part of the game. Everyone Welcome!

Day: Wednesday **Time:** 9:30am – 11:45am
Day: Tuesday **Time:** 10:30am – 11:15am
Drop-in: M: \$2 G: \$4

Fun & Fitness

Light weights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class. Adults of all ages welcome.

Day: Tuesday & Thursday **Time:** 9:00am – 10:00am
Drop-in: M: \$4 G: \$8

The Joy of Art

Experience the art of painting and drawing among friends. This is an informal group for those interested in drawing and painting in oil, acrylics, watercolor and pastel. Limited supplies for beginners available. All levels welcomed.

Day: Thursday **Time:** 9:30am – 12:00pm
Drop-in: M: \$2 G: \$4

Ladies' Snooker

Have fun with the ladies in a lighthearted game of snooker. Our friendly and fun group welcomes all skill levels. Adults of all ages welcome.

Day: Monday

Time: 9:00am – 12:00pm

Drop-in: M: \$2 G: \$4



Mahjong

Come and learn how to play! Originating in China, Mahjong is a game that involves skill, strategy and calculation as well as some luck! Similar to gin rummy, the object of the game is to build sets and earn the highest point value. Play this fascinating tile game even if you have never played before! Adults of all ages welcome!

Day: Monday

Time: 12:30pm – 3:30pm

Drop-in: M: \$2 G: \$4

Meditation

Meditation is used to quiet the mind and body. It can help with stress, relaxation, sleep, clarity, and developing your consciousness. Please join us for the practice. Beginners welcome.

Day: Saturday

Time: 10:30am – 11:30am

Drop-in: M: \$2 G: \$4

Mexican Train Dominoes

Mexican Train is a game played with number dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". Come and join in the fun and learn this classic game! Adults of all ages welcome!

Currently on hold while we seek a volunteer leader.

Non-Fiction Book Club

If you enjoy reading biographies, history, and real-life adventure stories, this is the book group for you! Adults of all ages welcome.

Day: Third Friday **Time:** 12:30 – 2:00pm
Drop-in: M: \$2 G: \$4



Pens & Friends

A Journaling Social Club. Enjoy tea & coffee and make new connections. Journals available for purchase or bring your own. New writing and discussion prompts every session. De-stress & Relax.

Day: Tuesday **Time:** 10:00am – 11:30am
Drop-in: M: \$2 G: \$4

Pickleball & Ping Pong

Enjoy ping pong on the tables or take your game to the larger court and try pickle ball with us. The aim of our games is to laugh, have fun and get moving!

Day: Wednesday **Time:** 11:00am – 12:15pm
Day: Saturday **Time:** 11:30am – 1:00pm
Drop-in: M: \$2 G: \$4

Texas Hold'em Poker

Learn and/or improve your Texas Hold'em Poker Game. Come and experience the fun and excitement of live poker with friends.

Drop-in fee applies in addition to the \$4 poker pot fee.

Day: Monday & Friday **Time:** 12:45pm – 3:30pm

Drop-in: M: \$2 G: \$4

Whist

Come and learn how to play this classic English trick-taking card game in a friendly welcoming atmosphere.

Day: Monday **Time:** 1:00pm – 3:00pm

Drop-in: M: \$2 G: \$4

Rendezvous Café

Everyone is welcome at the Rendezvous Café, for a meal, a goodie or a drink from 9:30am to 3:00pm. Regular café service is suspended during special events and reopens at 2:00 pm.

We have a cashless kitchen; all purchases are made at the reception. Just let them know what you'd like to purchase, and they will sell you the appropriate card/ticket.

Consider picking up a \$20 Kitchen Card that you can use directly at the Rendezvous Café which includes a bonus \$2!

Daily Menu 9:30am to 3:00pm – Monday to Saturday:

Soup	\$4
Handcrafted Sandwich	\$4
Gluten Free Sandwich	\$5
Scone or Muffin	\$2
Baked Fresh Cookie	\$1
Coffee/Tea/Hot Chocolate/Pop	\$1



Hospitality & Other Info

Volunteering at Cook Street Village Activity Centre

Volunteering is often an easy way to be involved within the community in a small-time commitment way.

Ways that you can volunteer are:

- Front Desk Reception
- Food services/support at Special Events
- Helping serve coffee, tea and goodies from the Kitchen
- Gardening
- Helping with marketing initiatives
- Phone calling to inform members of events
- Joining a committee and/or the Board
- Become an Activity Leader
- Office Support
- Set Up crew

If you are interested in being involved in any of the above, or have other skills you feel you can provide, please contact our Program Manager.

L.I.F.E Program

The L.I.F.E. Program provides a combination of annual credit and program savings to eligible individuals and families for use at recreation, activity and community centers. For more information, or an application form, contact the reception desk.

Calling All Artists!

We would like to feature an artist a month in our Art Gallery. If you would like to have your artistic creations featured on our auditorium walls, please connect with our program manager at programmer@csvac.ca or 250-384-6542.

Most of the art is available for sale.
Check the artists tag for pricing.



Facility Rental

The Centre has a variety of meeting rooms, an auditorium with stage to accommodate 150 theatre style; audio-visual equipment and tea trolley service available. Visit our website www.cookstreetvillageactivitycentre.com to view photos or download a rental information form listing rates, room sizes and more. Negotiable rates for long term rentals.

Call 250-384-6542 or Email ExecutiveDir@csvac.ca for additional information.

Cook Street Village Activity Centre
Weekly Drop-in Schedule Winter 2021*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ladies' Snooker 9am	ONLINE Fun and Fitness 9am	Friendly Bridge 9:30am	ONLINE Fun and Fitness 9am	Billiards/ Snooker 9am	Billiards/ Snooker 9am
Stretch & Strength 9:30am	Pens & Friends 10am	Stretch & Strength 9:30am	The Joy of Art 9:30am	Stretch & Strength 9:30am	Meditation 10:30am
Mahjong 12:30pm	Yoga – Morning 10:30am	Pickle Ball & Ping Pong 11am	Current Affairs 10am	Crokinole 10:30am	Pickle Ball & Ping Pong 11:30am
Texas Hold'em Poker 12:45pm	Yoga – Chair 11:30am	Cribbage 1pm	Book Lovers Group (last Thursday of the month) 11:15am	Non-Fiction Book Club (3rd Friday of the month) 12:30pm	Cribbage 1pm
Shuffleboard 1pm	Progressive Bridge 12:30pm	Knowledge & Nibbles (last Wednesday of the month) 1pm	Tai Chi All Levels: Yang Style 11:30pm	Texas Hold'em Poker 12:45pm	Euchre 1pm
Whist 1pm	Busy Hands and Social Crafters 1pm	Acupuncture Clinic 4pm	Exploring Watercolors 12pm	Art & Wellness 1pm	Saturday Movie Matinee 1pm
Movement Yoga 5pm	Speaker Series 1pm	Hatha Yoga 5pm	Duplicate Bridge 1pm	Bingo! 1pm	Grab and Go pick up (preorder by Thursday) 3:30pm
			Order your Saturday Grab and Go meal!		

Centre Hours

Mon, Wed & Thu: 8:30am-7:30pm. Tue, Fri & Sat: 8:30am – 4:00pm
 Closed Sunday and Stat Holidays