

HAPPENINGS

April 2021



Centre News and Events

Written by Carol Turnbull, Executive Director

March was an interesting month for our Centre with the happy return of more programs, construction being completed on Cook Street, COVID vaccines starting to roll out, and some COVID restrictions starting to lift. We really appreciate everyone's patience and understanding as we work with the regularly changing regulations.

At the end of March we were able to resume three more of our groups: Book Club, Non-Fiction Book Club, and Current Affairs. Under the current restrictions these groups are meeting on the patio space behind the auditorium. We realize that this isn't always the warmest space but we can bring back these wonderful discussion groups in a limited way. Watch for more programming, like Tai Chi, to resume in May.

One of the main areas of programming growth is our Grab and Go weekly food program. We started with Saturday and starting April 21 is expanding to include Wednesday which has both eat in and take out options. You can now order by the week or by the month. You are not going to want to miss out on any of the freshly made meals that are being prepared just for you. Make sure you get your Easter meal ordered so you can take time to relax and enjoy Good Friday and Easter Monday when the centre is closed.

As always our popular income tax program is up and running. If you have an income of about \$35,000 for a single person or \$45,000 for two people our CVITP volunteers are here to help you get your taxes completed. To ensure that COVID restrictions are followed all taxes need to be dropped off at the Centre for our volunteers to work on and you will be called to pick them up when they have been completed. Although this is a free program, we gratefully accept donations to the centre.

It's hard to believe we are nearly at our AGM. This is our official announcement that the annual general meeting will be held on Friday, May 14. It is likely that we will need to have a virtual meeting again this year. As always our packages will be available for your review starting the first week of April. We hope to see you at our 2021 AGM in a few weeks.

Grab and Go

April 10 - Sat

Goat Cheese & Tomato Tart
Arugula with Balsamic-Rosemary Drizzle
Applesauce Cake

April 21 - Wed

Cheesy Chicken & Mushroom Lasagna
Garlic Bread
Butter Tarts

April 28 - Wed

Honey Teriyaki Chicken Wrap with Coleslaw and Cheddar
Chocolate Cupcake

April 17 - Sat

Pork Sliders
Pear & Havarti Cheese Salad
Ambrosia Fruit Salad

April 24 - Sat

Ham & Cheese Quiche
Mixed Greens
Macarons

Order your Wednesday meal by the end of Saturday, order your Saturday meal by the end of Wednesday.

Come to the Centre on Wednesday/Saturday at 3:30pm to collect your delicious, home-cooked lunch (serves 1 person).

Wednesday meals can be eaten warm at the Centre between 11.30am and 12.30pm.

Cook Street Village Activity Centre

250-384-6542
1-380 Cook St

Individual Fitness Stations

Due to new restrictions that are active until April 19th, our fitness classes are currently on hold. But sport lovers shouldn't be sad as we are now offering individual fitness stations at our Auditorium.

Come to the Centre for a private workout - there are 6 individual fitness stations with various fitness equipment that are waiting for you. You can book a station for 45 minutes. Cost is \$4 for members, and \$8 for general public.

If you are interested in private sessions with one of our fitness instructors, you can book an hour appointment for \$30 (for members) or \$35 (for general public).

Message from the Board of Directors

Written by Eleanor Ward, Board President

Our 2021 AGM is scheduled to for May 14, 1 p.m. Once again, we'll be able to vote by proxy. Look for further details in all our communications.

Grab and Go. These take-out meals are becoming popular. And, Wednesday hot lunch is reintroduced and revamped. April's menus for both are available at Reception for preordering. So...check this out and Enjoy!

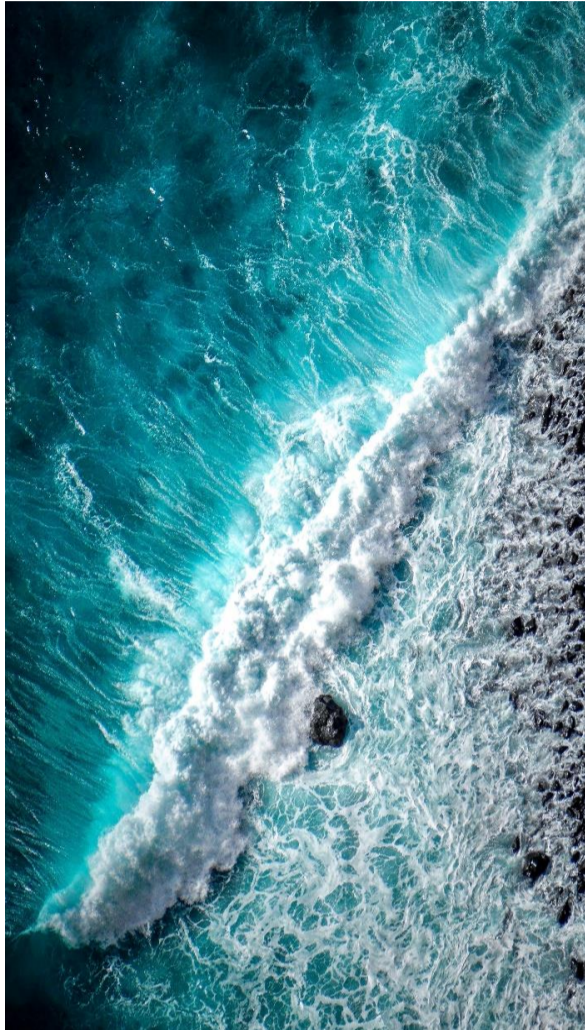
Spring is truly here with all the glorious blossoms and flowers. Enjoy having a coffee out and sitting out with friends. It's been a long winter for all of us.

We still need to follow our Public Health advice but restrictions are easing a little. Get out, revel in nature, wear a mask, and keep your distance!



April Highlights

Written by Nika Levchenko, Marketing Assistant



Ball Drumming

Now on Mondays and Fridays!

You don't have to be a drummer or have a strong sense of rhythm to enjoy this fun fitness course. Listen to the music and use your drumsticks to energize yourself and give your body a nice cardio. Lots of laughter guaranteed. Suited for people with limited mobility.

Day & Time:

Monday, 3:30pm-4:15pm

Friday, 11:30am-12:15pm

Life as Yoga: Forward Movement

On the eve of a great war, in a time of societal chaos, a leader and warrior, Arjuna, wishes to abandon his role and life. He is heart-centered, utterly perplexed, and needs to understand life's meaning. Krishna (the Divine) stops the action, as in a movie on a screen, and proceeds to teach Arjuna the meaning of his life as yoga.

Our present historical time is a similar stop-gap moment. How do we live our lives as yoga going forward from here? Drawing insights from The Gita, The Vijnana Bhairava, and the seven chakra system within the yoga tradition we will explore yoga postures for reflection and forward movement.

Day & Time:

Monday, 4:00pm-5:00pm

Meditation

Join us for meditation to relax, quiet your mind, and develop perception. Adults of all ages welcome. Please register in advance.

Day & Time:

Wednesday & Saturday, 10:30am – 12:00pm

Yoga – Chair

Our gentle seated yoga class is back! It is well suited for people with health concerns or limited mobility. Come join us to feel energized and refreshed.

Day & Time:

Tuesday, 10:30am-11:30am

Yoga – Morning

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

Day & Time:

Tuesday & Thursday, 10:30am – 11:30am



Social: ON HOLD

Book Lovers Group (On the Patio)

Do you enjoy reading? Do you enjoy a company? Your favorite books recommended, read, and discussed. Our group meets on the last Thursday of each month.

Day & Time:

Last Thursday of April, 11:15am – 12:45pm

Current Affairs (On the Patio)

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 & Time:

Thursday, 10:00am – 11:00am



Non-Fiction Book Club (On the Patio)

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

Day & Time:

Third Friday, 12:30 – 2:00pm



Pens and Friends

We are happy to bring back one of your favorite activities! If you like journaling and creative process of writing, come and enjoy the fun of Pens and Friends class.

Day & Time:

Tuesday, 10:00am-11:30am

Tai Chi

Tai Chi is returning on May 3. Register by mid-April to ensure your spot as Ning returns with this popular group.

Day & Time:

Monday, 11:00am-12noon
Members \$32 | General \$37

Sale

We are selling Gerry's baking in pre-packed items for you to enjoy at home at great prices.

Puzzles, knitted items, and Centre branded items can be purchased through our regular sales cabinets in the hall way. Stop by and check out the deals.

Games: ON HOLD

Coming soon: Games Night

We are happy to announce a Games Night for members of the Centre and general public. Come to play board games, cards, and billiard. All ages are welcome. Games Room will be a place for laughter, loud conversations, and competitive spirit, but if you prefer the quiet atmosphere, Art Room will be available for you as well. Bring your friends even if they are not members, same price for everyone!



Day & Time:

Wednesday, 4:30pm-7:00pm

Cost:

\$4 (includes popcorn for members)

Fitness: ON HOLD

Breath Class

A class for those interested in improving their health, fitness, and well-being. Focus on your body awareness, posture, breath and vocalization. Learn how to improve your energy and sleep, while reducing your stress. First class April 23, \$5 fee for all.

Day & Time: Friday, 10:45 to 11:15am

Meet our guests

Written by Carol Turnbull, Executive Director

Because our AGM is quickly approaching we wanted to introduce you to the three folks that are interested in becoming board members.

Cathy has recently come to CSVAC as a way to keep busy and give back to her community. She comes to us with a wide range of experiences from volunteering with the South Cowichan Police Department to working in witness management with the Attorney General's office, and working in a variety of media endeavors.

Coral has been working at our reception desk since last fall. If you have enjoyed the Saturday Grab and Go, then you have experienced her cooking. Coral also has a wide variety of experience from her time as a daycare provider to many families in the Fairfield area.

Leanne Harrison was a teacher, specializing in ESL around the world. Over the years she has done many volunteer jobs and is currently volunteering at CSVAC and Saanich Volunteer Society.

She enjoys reading both fiction and non-fiction, playing Words with Friends and doing small art projects.

ADVERTISE HERE
If you are reading this, so are your potential customers! Contact us for details.

Check out our great rental opportunities
Ask us about our discounted rates
For details talk to Carol executivedir@csvac.ca

NEXGEN HEARING

FREE HEARING TESTS!

When: Wed. May 5th
1 PM – 4 PM

Where: Cook St. Village Activity Centre

For more information, please call 250-590-2088.

Did you know that 1 in 3 adults over 60 have some degree of hearing loss?

Everyone over 50 should have a hearing test done for a baseline record of their hearing.

Don't delay getting your hearing tested any longer.

Sign up at reception today!

COVID-19 Disinfection procedures will be used during and in-between appointments.

FREE HEARING TESTS!

Don't put it off any longer!

NexGen Hearing will be onsite at Cook St Village Activity Centre on Wed. May 5th from 1-4 PM to offer FREE Hearing Tests!



NEXGEN HEARING
1516 Fairfield Rd.
Victoria, BC
250-590-2088
nexgenhearing.com

Rendezvous Cafe

Written by Gerry Burke, Cook

Visit our Rendezvous Café to see Gerry, our team of volunteers and staff members as we prepare delicious food for you. Enjoy handcrafted sandwiches made to order, delicious home baked goodies, and soups.

Easter Grab and Go

Turkey, Stuffing, Mashed Potatoes with Gravy, and Carrots.
Cheesecake for dessert.
\$12

Order by Wednesday, March 29

Rendezvous CAFÉ

Snacks	
Scone	2.00
Muffin	2.00
Gluten Free Muffin	4.00
Cookie	1.00
Slice of Pie	3.00
Meals	
Soup	4.00
Sandwich	4.00
Gluten Free Sandwich	5.00
Low Carb Sandwich	5.00
Tuesday Special	7.00
Wednesday Special	8.00
Drinks	
Coffee	1.00
Tea	1.00
Hot Chocolate	1.00
Pop	1.00

Café Hours
Monday to Friday, 9.30am-3pm. For evening service see staff
Lunch is served 11am-1pm, unless there is a seasonal celebration when we are closed from 11am to 2pm

Entertainment

April Horoscopes

ARIES 03.21 – 04.20: Aries should be patient this month, taking their actions step by step. You will be filled with energy, strength, and vitality. Feel free to experiment with your appearance, and don't forget about self-care. Talking about personal life, don't put too much pressure on your partner.

TAURUS 04.21 – 05.21: The beginning of April will be a bit stressful for Taurus. Don't forget about your dear ones – help of your friends and family will be very healing for you. It would be good to develop healthy habits during this month. By the end of April, you will experience an energy boost.

GEMINI 05.22 – 06.21: For Gemini, April will be a month of learning how to control your emotions. Channel your energy into things you are good at – hobbies, job tasks, organization, or creativity. It will not only make you happy but also allow you to grow and learn more about yourself.

CANCER 06.22 – 07.22: People who were born as a Cancer will experience greater love in their lives during the second half of April. Social life, social groups, and friends taken on greater importance this month.

LEO 07.23 – 08. 22: April will be a month of independence and change for the Leos. Whether it's a change in your behavior, in the lifestyle, at work, or a change in your visage, you'll enjoy it to the fullest. However, it will also bring some negatives. You will want to get rid of your current obligations and enjoy your freedom. You might regret such changes later.

VIRGO 08.23 – 09.22: Studying the issues ahead of time is definitely advantageous. Just be careful so you don't get too smart and exalt over those who are not prepared. Nobody likes nosy people, so don't make any enemies. Don't have too big expectations. You won't manage such an enormous portion right now.

LIBRA 09.23 – 10.22: You will overcome stress very easily. You are balanced, and nothing can mess you up. Make good use of this harmony and start more demanding tasks that you have been avoiding before. Now is not a good time for investments. You might get a knock. Relax, do yoga. If you are a beginner take somebody with you. The experience will be even more intensive.

SCORPIO 10.23 – 11.21: Don't be nasty or angry if your friend brings somebody else to your meeting. Use it as an opportunity to expand the circle of your acquaintances. You are full of jokes and spread a positive energy around you. Your yin and yang are in balance right now, you radiate positive energy.

SAGITTARIUS 11.22 – 12.21: The fact that you sometimes don't know everything is after all a human trait and there is nothing wrong with asking your friend or professional advisor for advice. This person will finally manage to bring peace to your soul, you have lacked for so long. Try something new, exotic and strange. You will have experiences to talk about and also be the center of their attention. Search your conscience. Don't have unrealistic resolutions that cannot be met.

CAPRICORN 12.22 – 01.19: Sometimes you want to quit everything and run away. The pace of life seems unbearable and in stress you might not see another way. But everything can be solved in peace, you just need to relax. Take a rest and sort out your thoughts. Save your energy and nerves. Set a reasonable pace and hold it throughout the day, so that you spread the energy evenly.

AQUARIUS 01.20 – 02.18: No wonder that you are in a good mood; you might even wonder what is going on. Stars have very strong and extremely positive effect on you. So make a good use of it and enjoy your day. Relax, do yoga. If you are a beginner take somebody with you. The experience will be even more intensive.

PISCES 02.19 – 03. 20: Stars encourage you to great deeds, so you don't have to hold back. Great gestures that normally would have met with incomprehension or rejection won't be taboo now. Use your imagination and surprise people you care about.

Inter-Generational PenPal Club - write letters to youth in your community!

Free basic computer sessions to learn to communicate, access resources and have some fun!

For more information:
 Tel: 250-385-0014
 Email: admin@victorialiteracyconnection.ca



April WordSearch

H	S	I	F	A	A	L	A	G	O	O	N	W	B
F	N	V	M	B	L	C	O	L	A	C	C	H	I
A	I	R	O	T	C	I	V	H	I	A	E	A	A
A	A	O	U	W	B	R	I	T	I	S	H	L	F
T	T	N	O	O	M	A	H	S	I	M	E	E	R
Y	P	N	A	R	P	E	I	E	V	A	W	O	E
O	A	L	R	A	E	P	E	R	G	O	E	P	S
O	C	B	I	L	V	P	A	P	D	U	B	B	H
W	C	O	L	U	M	B	I	A	L	S	L	C	S
O	O	W	S	I	R	A	C	B	A	B	I	H	N
R	C	S	A	I	L	O	R	D	E	P	T	H	N
G	E	W	A	T	E	R	I	E	L	A	U	T	H
R	A	E	C	F	A	H	A	R	B	O	U	R	R
A	N	A	O	W	C	B	E	A	C	H	M	A	G

- FISH
- AIR
- VICTORIA
- PEARL
- BAY
- OCEAN
- SAILOR
- MOON
- BLUE
- FRESH
- BEACH
- WHALE
- DEPTH
- COLUMBIA
- HARBOUR
- WAVE
- WATER
- BRITISH
- CAPTAIN
- LAGOON


Panel 1: Two ghost heads. One says: "WE SHOULD FORM A GHOST CLUB."

Panel 2: A ghost head says: "I DON'T LIKE ORGANIZATIONS."

Panel 3: A ghost head says: "DO YOU LIKE KEYCHAINS?" A keychain with a ghost head and the words "GHOST CLUB" is shown.

Panel 4: A ghost head says: "ALRIGHT, I'M LISTENING..."



 Do you have any ideas for our newsletter? Contact Nika, Marketing Assistant, at marketing@csvac.ca to share your ideas and suggestion on how to the experience for our readers.