

HAPPENINGS

May 2021



New Masseuse Alpina Polotskaya

Written by Nika Levchenko, Marketing Assistant



Meet our newest wellness practitioner:

Alpina Polotskaya.

She has over 25 years of experience in massage therapy, working in Vancouver and Dublin. With a degree in Sports Injury Massage, Alpina has worked extensively in Russian rehabilitation centers where she practiced Deep Tissue and Sports massage therapies.

In the past 20 years, she has been trained in various massage therapies in Ireland, New Zealand, Thailand, India, and Russia. Using the holistic approach, she offers a therapeutic massage that combines those practices for the best experience. Make an appointment with Alpina to enjoy her Therapeutic Massage:



Therapeutic Massage

Full Body Massage includes Swedish massage for the back, neck and shoulders; elements of Russian sport massage for the legs; elements of Thai reflexology for the feet and is ending with Indian Head Massage elements. The therapist relaxes the muscles by applying various degrees of pressure and strokes in the direction of blood flow towards the heart to stimulate circulatory function and promote the release of endorphins in the brain for an energizing treatment.

Days & Times: Friday, 2:00pm-4:00pm
Saturday, 8:30am-4:00pm

Registered Nurse Services



The Victoria Health Co-op is delighted to offer services of two Registered Nurses. These experienced health professionals will be available several days every week. Heather Quayle and Nicole Callow are both highly qualified and experienced RNs, eager to start their role as Community Nurses. These

services are covered under the BC Medical Services Plan.

To register, please email vichealthcooprn@gmail.com (please do NOT provide any medical information). For more information, please visit www.victoriahealthcoop.com.

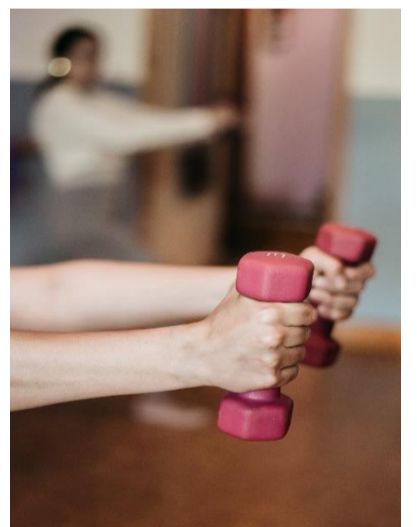
To meet Heather and Nicole, join our Zoom presentations at 1:00pm on Sun, May 2nd or at 7:00pm on Tues, May 4th (ask for the link at the Reception).

Individual Fitness Stations

Due to new restrictions, 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).



Annual General Meeting

Our Annual General Meeting is happening on **Friday, May 14th at 1:00pm**. All active members are welcome to participate in voting. This year AGM will be hosted online. Keep an eye for an email as AGM Zoom link will be shared on our Weekly Newsletters.

AGM Packages are available for pick up at the Reception as well as on our website. Package includes Annual General Meeting agenda, Annual Reports, list of the nominees for Board of Directors, and the voting sheet that you can drop off at the Reception.



May Highlights

Written by Nika Levchenko, Marketing Assistant



Games: ON HOLD

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.

Day & Time:

Friday, 10:45 to 11:15am

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, 4:30pm-5:30pm

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

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-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, 11:30am-12:15pm



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 – 11:15am

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 of April, 12:30pm – 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

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.

Fundraiser with Tru Earth

Written by Nika Levchenko, Marketing Assistant



Our Centre is delighted to announce a fundraiser in partnership with Tru Earth. This eco-friendly brand is located in British Columbia. They offer a range of hypoallergenic laundry detergents in the form of Eco-Strips.

Tru Earth's lightweight design reduces transportation costs and global-warming carbon emissions by 94%. If everyone switched to Tru Earth Eco-Strips, the annual eco-savings would be enormous:

- It would eliminate one billion plastic jugs, saving 700 million from going to landfills.
- It would save truck fuel and CO2 equivalent to taking 27 million cars off the road for a day or planting nine million trees.

Use our special link - <https://fundraising.tru.earth/CSVAC> - to buy Tru Earth products, and the Centre will get 20% commission on each sale.



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

Happy Retirement!

Cherry has spent 5 years with our organization as our Facility Assistant.

She has moved into retirement at the end of April. We wish her all the best as she takes on new challenges, hobbies, and adventures.



Rendezvous Cafe

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.

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



Grab and Go

May Menu

Mother's Day Special Lunch

<p>May 8 - Sat</p> <p>Turkey Sandwich Gerry's Dessert of the Day</p>	<p>Pick up: at 3:00 pm on Wednesday/Saturday</p> <p>Cost: \$9 per 1 regular serving, \$12 for a special lunch</p>
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<p>May 1 - Sat</p> <p>Bean & Cheese Burritos Cilantro Lime Rice Red Velvet Cupcakes</p>	<p>May 5 - Wed</p> <p>Honey Glazed Ham Mashed Potatoes, Carrots & Broccoli Gerry's Dessert of the Day</p>
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<p>May 12 - Wed</p> <p>Chinese Style Beef Broccoli with Rice Gerry's Dessert of the Day</p>	<p>May 15 - Sat</p> <p>Chicken Pesto Club Sandwich Potato Wedges Key Lime Tart</p>
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<p>May 19 - Wed</p> <p>Pan Fried Sweet & Sour Chicken Rice with Veggies Gerry's Dessert of the Day</p>	<p>May 22 - Sat</p> <p>Tofu Thai Peanut Udon Bowl Chocolate covered Strawberries</p>
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<p>May 26 - Wed</p> <p>Tandoori Chicken Gerry's Dessert of the Day</p>	<p>May 29 - Sat</p> <p>Banger & Mash with Peas Apple Crumble</p>
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Order your Wednesday meal by the end of Saturday, order your Saturday meal by the end of Wednesday.

Cook Street Village Activity Centre 250-384-6542 1-380 Cook St

Entertainment



May Horoscopes

ARIES 03.21 – 04.20: Aries will feel a lot of love this month. Spend time with your dear ones and family. Remember to stay safe when you are socializing with people. Don't let emotions control you at the end of the month as it will only bring stress into your life.

TAURUS 04.21 – 05.21: Taurus can celebrate its season with a New Moon on May 11th. It's time for new beginnings and exciting challenges. Treat yourself with gifts and self-care because May will bring you money to make your materialistic side happy.

GEMINI 05.22 – 06.21: May is a start of a Gemini season. Expect luck and success coming into your life. Focus on your career this month as your productivity can bring your recognition and respect.

CANCER 06.22 – 07.22: Let yourself fall in love with the world around you. Appreciate the beauty of nature and find harmony in music and art. You might want to organize a picnic or go to the beach this month.

LEO 07.23 – 08. 22: May is a month of social interactions for Leo. Spend time with friends, family, and your partner. Find ways to contribute to your community through support of local businesses, volunteering, or donating to organizations that make the world a better place.

VIRGO 08.23 – 09.22: This May you might find people who are similar to you, Virgo. There are individuals out there who share your values and interest. Your unique personality can bring excitement and fascination to others. Don't be shy and show your authenticity to others.

LIBRA 09.23 – 10.22: This month Libra will explore their values and beliefs. Don't hold onto things that no longer serve you. Set your boundaries. There is a high chance for you to meet someone interesting in the middle of May. Take your time to learn about people you meet, try to be open-minded and less judging.

SCORPIO 10.23 – 11.21: This month Scorpio should give more attention to mental health. How have you been feelings lately? Remember that you have people who are willing to support you through hard and confusing times. Try to be more open and vulnerable with your friends.

SAGITTARIUS 11.22 – 12.21: May is a month of love for Sagittarius. It can be love for your dear one, your family, friends, or your pets. All of it comes from self-love. Practice giving yourself time and space to relax and restore your energy. Focus on being present and enjoy small things like a morning cup of coffee or a movie on a rainy night.

CAPRICORN 12.22 – 01.19: This month Capricorn can feel like the world in changing too fast. It might even bring you some anxiety and stress. Try to stay calm and positive. You are supported and loved. Talking about love life, Capricorn can experience a deep connection with a stranger this month. If you are in relationship, you might learn something new and important about your partner.

AQUARIUS 01.20 – 02.18: May brings a stream of positive energy for Aquarius. Connections you built will make you happy this month. Don't forget that your community is full of caring and compassionate people who are trying to make our planet a better place. Join them.

PISCES 02.19 – 03. 20: Pisces will strengthen relationship with family this month. Spend more time trying to understand people around you. Stars recommend learning how not to take things personally. Nature and self-care will bring peace into your life this May.

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



May Wordsearch

S	L	F	T	D	A	I	S	Y	N	L	E	O	L
N	S	B	L	U	E	B	E	R	R	I	E	S	O
Y	L	F	R	E	T	T	U	B	F	N	A	F	T
R	R	E	W	O	L	F	S	I	M	R	A	F	U
G	G	A	A	E	T	F	O	S	R	E	E	R	S
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- SOFT
- TREE
- BLUEBERRIES
- DRESS
- SUNLIGHT
- FRESH
- DAISY
- FARM
- WIND
- MAY
- BUTTERFLY
- FLOWER
- GRASS
- STRAW
- FLORAL
- LEAF
- BUG
- PINK
- TENDERNESS
- FOREST

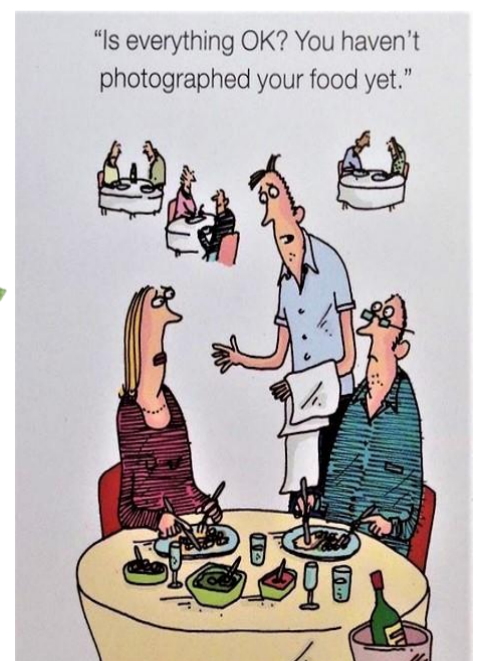
ADVERTISE HERE

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



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.