

JANUARY 2024 HAPPENINGS

Monterey Recreation Centre
250-370-7300



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WELCOME JESSICA!

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JANUARY CALENDAR



Billiards & Table Tennis!

**Evening intro courses start the week of
January 23rd!**

**Monterey Centre is now offering “Introduction
to Table Tennis” and “Learn to Play Billiards,
Pool, and Snooker”. Two programs that aim to
teach the fundamentals of the sport to
newcomers.**

**Check out the Winter Active Living Guide
for more information.**

Did You Know?

**“Craft Carnival” has changed it’s name!
The club is now called “Creative Crafters”.**

JANUARY 2024

WHAT'S HAPPENING AT MONTEREY?

Fern Cafe Update

The Fern Cafe's very own Chef Paul has accepted another job and, at the end of December, left Monterey Centre. We were all very sad to see him go, and are so thankful for the amazing meals he prepared for us during his time here.



For the month of January, the Fern Cafe will only be offering a light menu. House made soups, sandwiches, salads, and baked goods.

Please watch the Happenings Newsletter for further updates.

Monterey Staff thank you for your understanding.

Welcome to Monterey's New Head of Reception, Jessica Fornelli!

Jessica has been the Member Sales & Service Supervisor at the Downtown YM-YWCA for the past 10 years and brings a wealth of experience in customer service and recreation leadership.

Please join us in welcoming Jessica to Monterey Recreation Centre.

Retirement Announcement

Lorna Gail Proudfoot, Monterey's Footcare Nurse is retiring as of December 31st, 2023. We wish Lorna Gail a happy and healthy retirement filled with adventure! Thank you for serving our members with care and kindness.

Watch the February Happenings for Footcare Service updates!

JANUARY 2024

Monterey Volunteer Police Information Checks

At the end of December, all current Monterey Volunteers and MRAA volunteers were given (via email or in person) the required documents for the Police Information Check.

If you have not yet received your letter, or have questions, please see Meghan Page (office hours Tuesday - Saturday).

A friendly reminder that all volunteers are asked to complete their Police Information Checks no later than February 29th, 2024.



Santa's Anonymous "Tree of Wishes" Update

A huge thank you to all who participated in the Santa's Anonymous Tree of Wishes this year! Numerous wishes filled this year at Monterey, which means so many local children had a special present from Santa under their tree.

Again, a huge thank you to Doreen Dupuis for organizing this years "Tree of Wishes" on behalf of the Monterey Recreation Activity Association.

Christmas Luncheon Recap

Thank you to everyone who joined us for the 2023 Monterey Christmas Luncheon!! Monterey Staff were so pleased to welcome a whopping 180 guests, a fantastic array of performers, and Santa Clause himself even made an appearance! Hope to see you all next year!



JANUARY 2024

DROP-IN ACTIVITY SPOTLIGHT

***MONTEREY MEMBERSHIP REQUIRED FOR PARTICIPATION**

Monday Morning Walks

Two distances:

- 5km group meets at 9:30am
- 3km group meets at 10:00am

Both groups meet in the Monterey Lobby.

The group walks rain or shine, so please dress for the weather.



Blood Pressure Clinic

Facilitated by Volunteer retired nurses

Every Thursday: 11:30am-12:30pm

Members are invited to participate in this free, weekly service. Wallet-sized cards are provided to track your blood pressure.



“Developing Your Inner Strengths in 2024”



Sessions will be held on the first and third Fridays of each month, 11:30am to 12:30pm.

Friday, January 5th and Friday, January 19th in the Dogwood Room.

Volunteer Facilitator: Wally Lazaruk, PhD

Inner strengths are mental resources such as compassion, self-compassion, mindfulness, gratitude, resilience, confidence, calm, motivation, intimacy, courage, aspiration, and generosity. These inner strengths help you to cope with challenges in life, and to improve your overall health and happiness.

Please sign up in advance at Reception.

JANUARY 2024

FREE TALKS

Protect Yourself from Scams

Thursday, January 25th, 2024

1:00pm - 2:30pm | Cedar Room

Guest Speaker: Oak Bay Constable Natalie Mishrigi



Join Constable Natalie Mishrigi as she discusses current scams and fraud trends. Learn what to look out for and how to protect yourself from becoming a victim.

Please sign up in advance at Reception.

“Thriving, Not Just Surviving in your 70's, 80's, 90's, & Beyond”

Friday, January 12th and 26th, 2024

10:00am - 11:00am | Dogwood Room

Guest Speaker: Dr. Kim R. McKenzie

Dr. Kim R. McKenzie, a geriatric medicine specialist with over 35 years of experience, will lead a discussion on lifestyle factors that promote ongoing vitality as we get older. These include nutrition, movement, sleep, stress management, the use of supplements, and an ongoing sense of purpose. Please join us for an engaging discussion on living the fullest life possible at any age.

Please sign up in advance at Reception.



LOCAL SHOW DISCOUNT

“The Drowsy Chaperone”

Presented by the Canadian College of Performing Arts (CCPA)

Friday, February 16th, 2024 | 11:00am | at CCPA, 1701 Elgin Road, Oak Bay

“When a die-hard theatre fan plays his favourite cast album the characters come to life in this hilarious Tony Award-winning musical farce. *The Drowsy Chaperone* is a loving send-up of the Golden Age musical, featuring one show-stopping song and dance number after another!

Monterey special ticket price: \$20.00

(\$13.00 off the regular ticket price).

Tickets are available at CCPA Box Office (1701 Elgin Road) or by calling 250-595-9970 ext. 104.

When purchasing, mention you are from the Monterey Centre, to ensure special pricing.



JANUARY 2024

EVENTS

FREE MUSICAL PERFORMANCE

Wednesday, January 10th

11:45am-12:45pm | Garden Court

A free musical performance by the “Oak Bay Boys”, Mike Sampson and Joe Wittek! Come down and listen as they treat you to a selection of classic soft rock. While you’re here, pick up a delicious lunch from the Fern Café and make an afternoon out it!

MEMBERS BIRTHDAY

CELEBRATION - MUSIC & TREATS

Wednesday, January 17th | 1:00pm-2:00pm

Centre Lobby | Free Event!

Everyone is invited to this free and fun event! Come help celebrate those members whose birthdays are in January and February. The “Monterey Avenue Minstrels” will be performing and cupcakes will be served! Cupcakes are generously donated by MRAA.

TARGET THEATRE PERFORMANCE

“I’M STILL HERE”

Thursday, January 18th | 1:00pm-2:00pm

Garden Court | Free Event!

Target Theatre provides a voice for seniors using theatre that both entertains and informs. “I’m Still Here” is a research- based drama on living with dementia. The show weaves several real life stories together to present a moving and ultimately hopeful look at dementia.

SCOTTISH COUNTRY DANCING

DEMONSTRATION

Friday, January 26th

11:30am-12:00pm | Dogwood Room | Free Event!

In the Spirit of Robbie Burns day, come out and watch the Vancouver Island Scottish Country Dance Society perform! Interested in Scottish Country Dancing? The Van Isle dancers are a friendly group who love to introduce newcomers to Scottish Country Dancing.

HAPPY HOUR!

Friday, February 9th | 3:00pm - 4:30pm | Garden Court

Members: \$10.50 | Non-Members: \$12.00

Tickets on sale January 3rd - February 3rd

Ticket includes choice of 1 alcoholic beverage (Non-Alcoholic option available),

Kernels gourmet Popcorn, and live entertainment.

Enjoy the sounds of Duo Neptune, a jazz-guitar group that specializes in performing Bossa Nova, latin jazz, and ambient music, while indulging in a cheeky beverage and light snack. All while enjoying the natural beauty and twinkling lights in the Garden Court.

The perfect start to your weekend!



JANUARY 2024

TRIPS

HAIRSPRAY THE MUSICAL (VANCOUVER) - INTEREST LIST

Saturday, April 6th, 2024 | 7:15am-9:30pm

Interest list open now until January 2nd - visit Reception to sign up.

Members \$240.50 | Non-Members \$276.00

Ticket includes bus transportation, ferry transportation, theatre ticket, & tax.



HAIRSPRAY, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world?

HAIRSPRAY is "fresh, winning, and deliriously tuneful!" (The New York Times).

All meals are the responsibility of the guest and are not included in trip price.

VICTORIA ROYALS HOCKEY GAME & THREE COURSE LUNCH

Sunday, January 28th, 2024 | 12:00pm-6:30pm

Members \$124.00 | Non-Members \$143.00 | Tickets on sale December 1st - January 13th

Ticket includes bus transportation, lunch, coffee/tea, a premium game seat, gratuity, and tax.

"The good ol' Hockey Game, is the best game you can name!" A perfect winter activity! Start the trip with a delicious three course lunch at the Old Spaghetti Factory. All meals include classic French bread and whipped garlic butter, choice of salad, main, spumoni ice cream for dessert, and your choice of beverage. Following lunch, head to the Save-on-Foods Memorial Arena to watch the Victoria Royals take on their rivals, the Vancouver Giants.

(Gluten free and vegetarian lunch options available).



CHINESE NEW YEAR LUNCH AT SUN WAH

Thursday, February 8th | 11:30am - 2:00pm

Members \$56.00 | Non-Members \$64.00 | Tickets on sale January 2nd - February 2nd.

Ticket includes bus transportation, multicourse traditional lunch, tea, gratuity, and tax.



Celebrate Chinese New Year, and the year of the Dragon, with a delicious traditional Chinese lunch at Sun Wah Restaurant. A selection of dishes will be presented, family style. With delicious menu items such as spring rolls, wonton soup, chow mein, meat/seafood dishes, and more.

Visit reception to see the full menu. Vegetarian menu available.

JANUARY 2024

TRIPS

BC AVIATION MUSEUM TOUR & LUNCH



Thursday, February 22nd | 9:00am - 2:00pm

Members \$84.00 | Non-Members \$97.00

Tickets on sale January 9th - February 16th.



Ticket includes bus transportation, 2-hour guided museum tour, lunch, coffee/tea, gratuity & tax.

Take a guided tour of the BC Aviation Museum - Where history takes flight!! Located on the grounds of the Victoria International Airport, the Museum consists of a display area spreading over two airplane hangars, a classroom, a restoration workshop and a gift shop. Learn about the rich history of aviation in British Columbia, from the first powered aircraft, the essential bush planes, modern aerial fire fighting aircraft and everything in between. Following the tour, head across the street to Mary's Blue Moon Cafe for a delicious lunch!

(Gluten free and vegetarian lunch options available).



VICTORIA SYMPHONY PERFORMANCE & BRUNCH

Sunday, March 3rd | 12:00pm - 5:30pm

Members \$60.00 | Non-Members \$68.50

Tickets on sale January 23rd - February 23rd



Ticket includes bus transportation, catered brunch, coffee/tea, Victoria Symphony ticket, & tax.

Start the day off with a delicious, catered, brunch in the beautiful Garden Court! A buffet of traditional brunch items will be served, along side fresh baked pastries, fresh fruit, coffee and tea. Following brunch, the group will head to the Farquhar Auditorium to enjoy a 2-hour performance by the Victoria Symphony. "Youthful brilliance is on display as musical director Daniel Raitskin welcomes American violinist Kevin Zhu, first prize winner at the 2018 International Paganini Competition in Genoa, Italy."

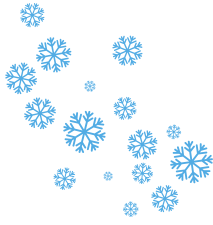
(Gluten free and vegetarian brunch options available).

INTEREST LISTS - Why are they important?

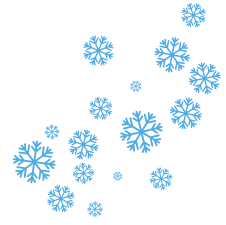
By signing up for an interest list, you are letting the programmer know that you would be interested in going on that trip, or that type of trip! The more people that show an interest in the trip, the more likely it will go-ahead. There is no financial commitment with an interest list. In fact, the more people that sign up for an interest list may reduce the overall cost of the trip.

Feel free to ask Reception if you have any questions about interests lists, or any trips!

JANUARY 2024



JANUARY



SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Years Day Monterey Centre Closed	2 Regular Monterey Centre Hours Resume.	3	4	5	6
7	8	9	10 Free Performance "Oak Bay Boys" 11:45-12:45 Garden Court	11	12	13 TRIP: Cirque Du Soleil & Brunch
14	15	16	17 Members Birthday Celebration 1:00-2:00 Lobby Free Event!	18 Target Theatre 1:00-2:00 Garden Court Free Event!	19	20
21	22	23	24	25	26 Scottish Country Dance Demo. 11:30-12:30 Douglas Fir	27
28 TRIP: Victoria Royals Hockey & Lunch	29	30	31			

Monterey Recreation Centre Hours

Regular Centre Hours:

Monday - Thursday: 8:30am-9:00pm

Friday: 8:30am-4:30pm

Saturday: 8:30am-4:00pm

Sunday: 1:00pm-4:00pm

Monterey Centre is closed on the
following date:

Monday, January 1st | New Years Day

