



# October Happenings

FOR MONTEREY RECREATION CENTRE



## Weekly Blood Pressure Clinic

Thursdays from 11:30am-1:00pm in the Cedar Room. First come, first served. This service is for 'members only'. Thanks to our team of volunteer retired nurses who make this Clinic happen!

## Volunteer Opportunities

Contact Joanne Donohue, Volunteer Programmer, if you are interested in volunteering. [jdonohue@oakbay.ca](mailto:jdonohue@oakbay.ca) or call 250-370-7309.

## Monterey Golf Group (until November)

Volunteer Leader: Joyce Bevan  
Henderson Golf Course  
Tuesdays and Thursdays: 10:00am  
Note: tee off times are approximate, and more!

## Walking Group

New October time! Monday at 10:00am. Meet in the Lobby.

## UPCOMING STATUTORY HOLIDAYS

Monday, October 11  
Thanksgiving Day

## HOURS

Monday–Thursday: 8:30am–9:00pm  
Friday: 8:30am–4:30pm  
Saturday: 8:45am–4:00pm  
Sunday: 11:00am–2:00pm  
Statutory Holidays: 1:00–4:00pm

## Monterey's 50<sup>th</sup> Anniversary Postponed!

The celebration will be postponed until current health orders have lifted.

## Fall Registration Ongoing

Register today for November and December programs.

To Move – Fitness, Yoga, Dance, and more!  
To Learn – French, Spanish & Italian, Meditation, Technology, and more!

## Monterey Memberships \$50/year from the date of purchase.



FERN CAFÉ

Hours:  
Monday–Friday  
10:00am–2:00pm

Visit the Fern Cafe and enjoy a lunch or a baked good. Eat in or take-away! We accept 'tap' debit and credit card payments. Coffee Cards accepted and available for purchase too.

## Fall Drop-in Group Fitness Schedule

### Moderate

Monday: 9:00–9:45am  
Wednesday: 9:00–9:45am  
Thursday: 8:45–9:30am  
Friday: 9:00–9:45am

### Mild

Monday: 10:00–10:45am  
Wednesday: 10:00–10:45am  
Friday: 11:00–11:45am

### Sit & Fit

Monday: 11:00–11:45am  
Wednesday: 11:00–11:45am  
Friday: 12:00–12:45pm  
No classes on statutory holidays.

## Clubs:

Welcome Back Clubs! Pick up a fall clubs list at Reception.

### BRIDGE

Novice Bridge  
Wednesday: 9:00–11:30am  
Duplicate Bridge re-starts on November 2.  
Tuesday & Saturday: 12:15–4:00pm  
Bridge tickets on sale now.

## Nursing Footcare

### MONDAYS: \$65/HOUR

Advance booking is required. Please call 250-370-7300. Member's rate: \$60.

## MONTEREY RECREATION CENTRE

1442 Monterey Ave | 250-370-7300  
[recreation.oakbay.ca](http://recreation.oakbay.ca)

