

MAY 2025 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE




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Thank you to our volunteers!

You make Monterey Recreation Centre
a great place! 

July Monterey Centre Facility Closure

July 2 to August 4, 2025

We're excited for a fully updated Reception area, new kitchen flooring and other necessary updates to the facility.

The Centre will reopen on Tuesday, August 5, 2025

Members with an active Social Activity Membership at the time of the facility closure will receive an extension in membership for the length of the closure.

Monterey Centre will not be accessible to the public during the shutdown.

The Oak Bay Public Library and Oak Bay Volunteer Services will be open during this time.

MAY 2025

WHAT'S HAPPENING AT MONTEREY?

New Member Meet & Greet

Wednesday, May 7th | 1:30pm | Lobby

Join us for a New Member Meet & Greet on Wednesday, May 7th at 1:30pm in the lobby, hosted by volunteer Ann Herbert.

This event is for new Social Activity Members at Monterey to learn about the Centre, tour the facility, and connect with fellow members. If you can't attend this month, we'll have a Meet & Greet on the first Wednesday of every month. No registration required.

NICE TO
MEET YOU

Move For Health Day

5km Walk

Saturday, May 10 | 9:30am

Meeting in the Lobby

Join us at Monterey for Move for Health Day! Monterey walking leader, Gerhard Herndler will lead you on a morning 5 km walk around Oak Bay! After the walk get a free refreshment on behalf of Friends of Monterey Centre Society.



Members Birthday Celebration

Wednesday, May 21st | 1:30pm | Lobby

Do you have a birthday in May or June? Come celebrate your special day with us at Monterey! Featuring live music by the Monterey Minstrels and delicious cupcakes!

Special thanks to Friends of Monterey for sponsoring this event.



Open Mic

Sunday, May 25th | 1:30pm | Lobby

Come by Monterey and enjoy the sounds of local musical talents at our Open Mic.

Musicians are asked to arrive early and check-in with the session leader at 1:00pm.

Special thanks to Friends of Monterey for providing refreshments for this event.



MAY 2025

FOOD SERVICES

notice

Food Price Increase on May 1st.
The Fern Cafe and Coffee Express will have small price increases due to rising food costs.

Mother's Day Special Brunch Entrée

Friday, May 9th | 11:00am-1:00pm

Fern Café | Cost: \$13.50

Join us for a special Mother's Day brunch entrée in the Fern Café.

Egg Benedict on an English muffin with Canadian bacon, and hollandaise with a side of hash browns.

While quantities last.

No tickets required. No presale available.

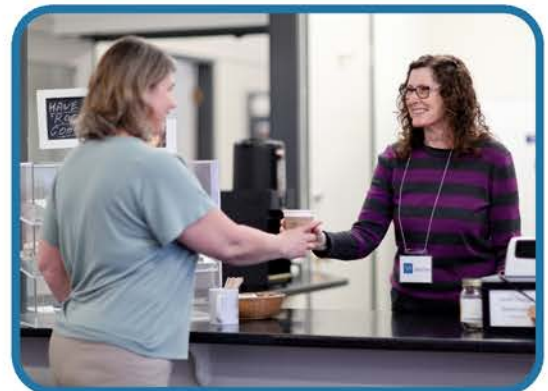


Volunteer Opportunity!

We're looking for friendly and enthusiastic volunteers to help in various Monterey Recreation Centre services.

As a volunteer, you may be brewing and serving coffee, answering the telephones, helping out at events or providing Centre tours. It's a great way to meet new people and give back to the community.

If you are interested, please pick up a Volunteer Application at Reception and speak to our Volunteer Programmer, Nic Dobell.



FREE TALKS



Enhanced Road Assessment for Seniors

Thursday, May 8th | 1:30-3:00pm | Cedar Room

Guest Speaker: Joan Wallace Driving School

Learn about the ERA, Enhanced Road Assessment. Joan will instruct and illustrate the driving techniques needed to be successful on the test.

This talk is fully booked.



Retirement Living Choices - "Where to Begin"

Wednesday, May 14th | 10:30-11:30am | Dogwood Room

Guest Speaker: Denise Grant, Amica Jubilee House

Join Denise Grant for an opportunity to draw upon her decades of experience and in-depth understanding of the community and the resources available for seniors to help people find what is right for them.

You may be trying to navigate the best options with community services, private senior residences, government long-term care and this can be overwhelming.

Space is limited. Sign up in advance at Reception.

CLUB & DROP-IN ACTIVITIES

iPad Club: Effective immediately, iPad Club is no longer meeting. See the new Tech Support drop-in starting in May!

Tech Support: Come meet François on Thursday, May 8th from 2:00-4:00pm for tech support with your devices. François will fix immediate tech problems (such as email troubles) and see if this problem is a common problem for everyone and share it with everyone!

No formal class or formal education given.
Must register in advance. Limit of 10 people.

Cost \$15/session



COURSE SPOTLIGHT

FROM THE GROUND UP

May 6-Jun 24 | Tuesdays

11:45am-12:45pm

Cost: \$144/8 sessions

Getting onto and up from the floor is something we often do less and less of as we age. In this 8-week program we move safely through a series of exercises and stretches that will build the strength and mobility necessary to do just that. We will also review more than one way to get up and down. This program is suitable for anyone who can walk and sit/stand on their own - getting to the floor is not a prerequisite.

Barcode: 217430

FOOT FOUNDATIONS

May 6-Jun 24 | Tuesdays

1:00-2:00pm

Cost: \$144/8 sessions

Step into better health with this class designed to enhance foot strength, mobility, and stability. Discover techniques to alleviate discomfort, reduce the risk of falls, and support healthy posture and balance. This program will help you reconnect with your foundation and take confident steps toward a more active lifestyle. Please bring a mat for barefoot work.

Barcode: 217429

EVENTS



MUSIC BINGO

Wednesday, May 28th | 5:00-8:00pm | Garry Oak

Member Cost \$26.00 | Non-Member Cost: \$30.00

Tickets on sale April 15 - May 16

Start the evening with a delicious baked salmon dinner (gluten free and vegetarian options available) with dessert and then a fun filled evening of Music Bingo where nostalgic tunes meet the thrill of bingo! Take a journey through music history and win fantastic prizes such as gift cards to local establishments.

Generously supported by Friends of Monterey Centre Society.



TRIPS



CHEMAINUS: BASKERVILLE



Saturday, May 24th | 9:30am - 5:30pm
Member Cost \$187 | Non-Member Cost \$214

Tickets on sale April 4 - May 8



Indulge in a delicious buffet brunch at the Playbill Dining Room. Following brunch, enjoy a short stroll through the town of Chemainus and the many treasures it has to offer. Then sit back, relax, and enjoy the Sherlock Holmes adventure “Baskerville”. Take a journey with Sherlock Holmes and Dr. Watson as they crack the case of the Baskerville in this madcap retelling of a classic Arthur Conan Doyle tale from the award-winning playwright Ken Ludwig. Who says family curses can't be fun?

Ticket price includes transportation, brunch, gratuity, show ticket, and tax.

SALT SPRING ISLAND MARKET DAY TRIP

Saturday, June 21st | 8:00am - 6:30pm
Member Cost: \$70 | Non-Member Cost: \$80
Tickets on sale May 5 - June 6

Join us as we sail over to beautiful Salt Spring Island for their famous weekly Farmers Market! While on the island, check out the many local art galleries, shops and eateries Ganges has to offer. There are unique places for you to grab lunch, or you could nibble at many offerings found directly within the farmers market. Don't forget to bring your reusable shopping bag for the treasures you may buy!

Ticket price includes bus and ferry transportation.

All other purchases are at your own expense.



COMMUNITY RESOURCES

I'D LOVE TO TALK PROJECT

I'd Love to Talk is a project intended to offer Monterey Recreation Centre patrons more opportunity to meet and chat with each other.

If you wish to converse with someone, please pick up an "I'd love to talk" tent card at Coffee Express or the Fern Café and place it on your table.

The tent card with a yellow flower is a visual cue that you are open to conversation. If you see someone with a tent card set out on a table, feel free to join them for a conversation!

The I'd love to talk project was created by Sharyn Sadauskas, a resident of Parksville. The intention is to foster simple human connection. Sharyn suggests that a friendly chat with someone may brighten their day and your own!



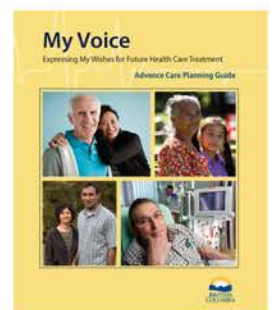
MAKING FUTURE HEALTH CARE DECISIONS

The B.C. government's advance care planning guide is called My Voice: Expressing My Wishes for Future Health Care Treatment. You can use it to learn about advance care planning and also to make your own advance care plan that will serve as your voice in the future. You can download and print a free copy on the provincial government's website.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>








or purchase a copy by calling Crown Publications staff Monday through Friday 8:30am to 4:30pm Pacific Standard Time at:

250 387-6409



MAY 2025

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Volunteer Appreciation Event 2:00-3:00pm Douglas Fir	3
4	5	6	7 New Member Meet & Greet 1:30pm Lobby	8 Free Talk Road Assessment 1:00-2:30pm *FULL	9 Mother's Day special entree 11:00am-1:00pm Fern Cafe	10 Move for Health Day 5km Walk 9:30am Lobby
11 Mother's Day 	12	13	14 Free Talk Retirement Living Choices 10:30-11:30am	15	16 	17
18	19 Victoria Day Centre Hours 1:00-4:00pm	20	21  Member's Birthday 1:30pm Lobby	22	23 	24 Chemainus: Baskerville 9:30am-5:30pm *advance ticket purchase
25  Open Mic 1:30-3:00pm Lobby	26	27	28 Music Bingo 5:00-8:00pm Garry Oak *advance ticket purchase	29	30	31

Victoria Day Weekend Hours:

Saturday, May 17th: 8:30am-4:00pm

Sunday, May 18th: 11:30am-4:00pm

Victoria Day Monday, May 19th:

1:00pm-4:00pm

Centre Hours:

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

Friday: 8:30am-4:30pm

Saturday: 8:30am-4:00pm

Sunday: 11:30am-4:00pm

Statutory Holidays: 1:00pm-4:00pm