

AUGUST 2025 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE

Welcome back

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We've missed you and we looking forward to welcoming you back to the Centre on Tuesday, August 5 when we reopen at 8:30am!

Enjoy the new and improved Reception Centre and upgrades to other activity rooms!

BEFORE



AFTER



AUGUST 2025

WHAT'S HAPPENING AT MONTEREY?



Fall Course Registration

Wednesday, August 13 | 6:30am

Monterey will open at 6:30am for registration!
Active Living Guides will be available online or for
pick up on Wednesday, August 6th.

www.oakbay.ca

IMPORTANT

Notice of Fee Increase

Effective September 1, all fees for Oak Bay Parks,
Recreation, & Culture will see an increase. The
Monterey Membership will increase to \$60/year.

Additional fees apply to certain clubs.

Food prices will also experience a slight increase on
September 1.



Members Birthday Celebration

Wednesday, September 24 | 1:30pm | Lobby

Do you have a birthday in September or October?

Come celebrate your special day with us at
Monterey! Featuring live music by the Monterey
Minstrels and in-house baked cupcakes!

Special thanks to FoMCS for sponsoring this event.

AUGUST 2025

CLUB & DROP-IN ACTIVITIES



Sing-A-Long Club

Sign-a-long Club will be meeting just twice in the month of August.

August 7 | 10:45am | Douglas Fir Room

August 21 | 10:45am | Douglas Fir Room

They will be back to their regular weekly schedule in September.



Chinese Brush Painting Display

Enjoy original artwork paintings created by the Monterey Chinese Brush Painting Club in the Monterey Centre lobby on display from September 5-October 1.

Interested in joining Chinese Brush Painting?

The Club meets Fridays 9:00am-12:00pm



Monterey Golf Group

Every Tuesday and Thursday

9:45am | Henderson Park Golf Course

Enjoy some socializing before groups are arranged for the 10:00am tee off.

Golf fees are applicable.

Rentals available at Henderson Park Golf Course.



MONTEREY DROP IN FITNESS

AUGUST SCHEDULE AUGUST 6 - 29

MONDAY

Moderate Fitness 9:00-9:45am

Mild Fitness 10:00-10:45am

FRIDAY

Moderate Fitness 9:00-9:45am

Mild Fitness 11:00-11:45am

Sit & Fit 12:00-12:45pm

WEDNESDAY

Moderate Fitness 9:00-9:45am

Mild Fitness 10:00-10:45am

Sit & Fit 11:00-11:45am

***NO DROP-IN FITNESS CLASSES
ON TUESDAY OR THURSDAYS
FOR AUGUST**

***NO DANCE EXPRESS CLASSES
FOR AUGUST**

AUGUST 2025

FOOD SERVICES

Fern Café

Looking for a bite to eat?

Visit the Fern Café where delicious and affordable hot entrees are served on Tuesdays, Wednesdays, and Thursdays.

Homemade soups, salads, baked goods, and sandwiches are served daily with gluten-free and vegetarian options available.

Monday to Friday 10:30am-2:00pm

Hot entrees and soup served 11:00am-1:00pm



Coffee Express

Need a pick-me-up?

Be sure to visit the Coffee Express in the Monterey Lobby, where friendly volunteers are serving up hot and cold beverages, house-baked goods, and hot breakfast sandwiches.

Monday to Friday

9:00am-11:00am | 1:30pm-3:30pm

COURSE SPOTLIGHT

Art & Spirituality: Vincent van Gogh

Fridays, September 19 - October 10 | 10:00am-11:00am | Cedar Room

Instructor: K. Anne Finlay, Ph. D | Course Cost: Free | Course Code: 232667

This course offers an opportunity to explore Van Gogh's fascinating spiritual and artistic journey. Most remarkably, the deeply spiritual Vincent Van Gogh found a way, without using overtly religious subject matter, to translate his profound spiritual experience into paint. The course is free, but not drop-in. Given its sequential nature and the limited number of spaces, those who are

interested are asked to plan on attending the entire course.

- Week 1 The Dutch Period: "Art as Religion"
- Week 2 Paris: "Colour and Light - from Outer to Inner"
- Week 3 Arles, Provence: "Heaven on Earth"
- Week 4 St-Rémy and Auvers: "Mysticism and Oneness"



COURSE SPOTLIGHT CONTINUED

Wonderful Watercolours for Beginners

Monday, August 11 - Friday, August 15 | 1:00 - 3:30pm | Lilac Holly Room

Instructor: Dixie MacUisdin | Course Cost: \$135 | Course Code: 217216

This introduction to painting explores the wonderful properties of watercolours through brush techniques, colour mixing, layering, masking, and adding ink.

A great place to begin!

Supplies are required, not included in course fees.



Outdoor Sketching with Ink and Watercolour

Monday, August 18 - Friday, August 22 | 1:00 - 3:30pm | Lilac Holly Room

Instructor: Peter Loebel | Course Cost: \$135 | Course Code: 217179

You will learn to create quick and loose ink and watercolour sketches that capture your environment. The focus will be on developing your drawing skills with pencil and ink and finally add some dabs of watercolour to complete the work. You will learn how to create lasting memories out of travel sketches! Peter will provide demonstrations, give feedback, and provide handouts. Bring some photos from your travels.

Previous drawing experience recommended but not mandatory.

Supplies are required, not included in course fees.



Combining Drawing and Watercolour

Monday, August 25 - Friday, August 29 | 1:00 - 3:30pm | Lilac Holly Room

Instructor: Bryony Wynne-Jones | Course Cost: \$135 | Course Code: 217556

Hone your drawing skills or refresh your watercolour memory.

Join Bryony for a week of summer colours in drawing and painting with all the splash that summer can offer. Are you a beginner? Even better! Summer is a perfect time to jump into the watercolour pool. A \$10 fee is payable to the instructor to cover the cost of additional class supplies.

Supplies are required, not included in course fees.

EVENTS



WELCOME BACK BBQ



Wednesday, August 20 | 5:00-7:30pm | Garry Oak Room

Member Cost: \$25 | Non-Member: \$29

Tickets only on sale until 4:00pm on Tuesday, August 12

Welcome back, Monterey Members! Served BBQ style, guests will be called by table number to go the BBQ. Choose between a burger, smokie, or veggie burger, and add the condiments you like. Performances by the Monterey Minstrels and Monterey Concert Band.



Monterey Centre Open House

Wednesday, September 10 | 1:00pm-3:00pm | Garry Oak Room

Invite your friends to discover Monterey Recreation Centre and the lifestyle enhancing offerings such as 30+ volunteer-led clubs & drop-in activities all included in the Monterey Membership, for only \$60/year.

There's something for everyone at Monterey, from walking groups, book clubs, discussion groups, table games, billiards to table tennis and more! Select clubs and activities will be on display at the open house.

Guests to the Open House can enter to win a free Monterey Membership!

Are you a Volunteer Club Rep or Drop-In Activity Leader and want to promote your club/drop-in activity? Book a table at the Open House by emailing Nic Dobell, Events & Volunteer Programmer at ndobell@oakbay.ca



AUGUST 2025

TRIPS



MERRIDALE CIDERY

Saturday, September 13 | 10:15am - 4:00pm

Member Cost: \$110 | Non-Member Cost: \$127

Tickets on sale August 8 - September 4



After a scenic bus trip, you will arrive at the beautiful Merridale Cidery in Cobble Hill for a tour and guided tasting (non-alcoholic available).

Following the tour and tasting, guests will indulge in a delicious lunch and then are free to roam the property, learn about the cidery, and explore the artisan fare in the gift shop.

Tickets include transportation, tour, tasting, and tax.

TRIP INTEREST LIST

Interest List: Les Misérables (Vancouver)

Saturday, March 21, 2026 | 7:30am - 9:30pm

Anticipated Member Cost: \$328 | Anticipated Non-Member Cost: \$375

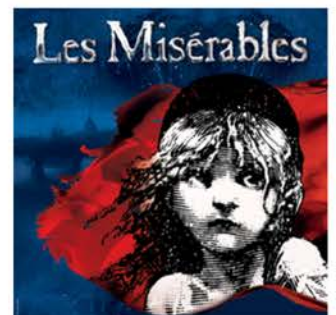
Join us on trip to the mainland to see the Tony Award®-winning musical Les Misérables, adapted from the novel by Victor Hugo.

Follow the life of Jean Valjean, a former convict who seeks redemption after serving nineteen years in prison for stealing a loaf of bread. The story explores themes of justice, love, and sacrifice against the backdrop of 19th century France, culminating in the Paris Uprising of 1832. Enjoy lunch as a group before the show at the Queen Elizabeth theatre.

Ticket price would include transportation, ferry cost, show ticket and taxes.

Lunch will be at your own expense.

Please add your name to the list at Reception when we reopen if you are interested in attending this trip!



AUGUST 2025

FRIENDS OF MONTEREY CENTRE SOCIETY



DONATIONS TO CREATIVE CRAFTERS

Moving forward, the Creative Crafters Group will accept donations of jewellery and select yarn and craft items on Tuesday mornings before 11:00am directly in the Garden Court. Donations will no longer be accepted at the Monterey reception desk.

Happy Crafting!



FRIENDS OF MONTEREY

45TH ANNIVERSARY

PUB & TRIVIA NIGHT

Wednesday, October 1st | 5:00 - 8:00pm

Save the date to celebrate the 45th anniversary of the Friends of Monterey Centre Society.

More details to come in the September

Happenings. Ticket sales will start

September 2nd so mark you calendars!



Fun, Friendship and Learning

AUGUST 2025

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 BC Day! 	5  Centre Reopens! Summer Hours 8:30am-4:30pm	6	7 Concert in the Park 6:00-7:30pm Willows Beach Park	8	9 
10	11	12 Free Yoga in the Park 6:00-7:00pm Willows Beach Park	13 Fall Registration Day Centre opens at 6:30am	14	15	16 Chemainus Footloose 9:30am-5:30pm advance purchase required
17 	18	19 Free Yoga in the Park 6:00-7:00pm Willows Beach Park	20 Welcome Back BBQ 5:00-7:30pm advance purchase required	21 Concert in the Park 6:00-7:30pm Willows Beach Park	22	23
24 	25	26 Free Yoga in the Park 6:00-7:00pm Willows Beach Park	27	28 	29 	30
31						



August Summer Centre Hours

Monday - Tuesday: 8:30am-4:30pm

Wednesday: 8:30am-9:00pm

Thursday - Friday: 8:30am - 4:30pm

Saturday: 8:30am-4:00pm

Sunday: 11:30am-4:00pm

