

# OCTOBER 2025 HAPPENINGS

Monterey Recreation Centre  
250-370-7300

OAK BAY  
PARKS, RECREATION  
& CULTURE



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**SAVE THE DATE**  
OAK BAY RECREATION CENTRE

**50th Anniversary  
Celebration**

**FRIDAY, OCTOBER 24, 2025**

With more fun continuing all weekend long!

Scan here, more  
details coming soon!



OAK BAY PARKS, RECREATION  
& CULTURE

OAKBAY.CA/RECREATION



OCTOBER 2025

## WHAT'S HAPPENING AT MONTEREY?

### New Member Meet & Greet

Wednesday, October 1 | 1:30pm | Lobby

This event is for new Monterey Members 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.



### Coffee with a Cop

Tuesday, October 7 | 9:30 - 10:30am | Lobby

Constable Natalie welcomes all questions and is excited to connect with you in this informal setting. The Coffee Express will be open for coffee purchase.

### Great BC ShakeOut Earthquake Drill

Thursday, October 16 | 10:16am | Lobby

Join millions of people worldwide practising how to drop, cover and hold on during the Great BC ShakeOut earthquake drill.

Monterey staff will demonstrate in the lobby. A recorded earthquake preparedness message will be played throughout all of the activity rooms.



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## WHAT'S HAPPENING AT MONTEREY?



### Open Mic

**Sunday, October 26 | 1:30pm - 3:00pm | Lobby**  
Come by Monterey on the last Sunday of the month 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.

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### Flu Shot Clinic

**Tuesday, October 28 | 9:00am - 3:30pm | Lobby**  
In partnership with Oak Bay Pharmasave, we are hosting a free Flu Shot Clinic.  
Advanced registration required, sign up at Reception.  
Flu Shot only, no COVID vaccinations available for this clinic.



### Members Birthday Celebration

**Wednesday, November 26 | 1:30pm | Lobby**  
Do you have a birthday in November or December?  
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.



## CLUB & DROP-IN ACTIVITIES



### Agemates Club

Join a lively, welcoming, and inclusive group of women with diverse backgrounds, interests, experiences and situations for discussions on current events, social issues and personal experiences. Meetings are spirited and fun, providing support and friendship to group members while valuing everyone's unique perspective and contributions.

**Mondays | 10:30am-12:00pm | Pine Room**

**Tuesdays | 10:15am-11:45am | Pine Room\***

**\*Tuesdays group currently full.**

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### Carpet Bowling Club

The Carpet Bowling Club is always welcoming new members! This low-impact game is a great way to stay active, sharpen your skills, and share a few laughs with friends. Whether you're a seasoned player or brand new to the game, carpet bowling offers the perfect mix of gentle exercise, strategy, and social connection. Come roll with us, you'll be surprised how much fun fits on a carpet!

**1<sup>st</sup> & 3<sup>rd</sup> Thursday | 1:30-3:30pm | Garry Oak Room**

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### Table Tennis Club

After a long wait the Table Tennis club is happily welcoming new members! Visit our website or see Reception Services to find out more on how to join and when to play!

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## 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

## Volunteer Opportunity!

We're looking for a friendly and enthusiastic volunteer(s) to help in our Reception Services and Coffee Express programs. We have volunteer shifts available on Monday mornings and afternoons, Wednesday mornings, Thursday afternoons and Friday mornings.

If you'd like to find out more about these volunteer opportunities reach out to our Volunteer Programmer

Nic at [ndobell@oakbay.ca](mailto:ndobell@oakbay.ca).

Volunteer applications are available at Reception.





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## FREE TALK

### Today's Bone Health

Monday, October 6 | 9:30 - 10:30am | Pine Room

Guest Speaker: Alice Chandler

Alice Chandler has Volunteered for Osteoporosis Canada since 2022 and has presented Bone Health to a number of Centre's across Vancouver Island to raise awareness about Osteoporosis, the benefits of Exercise, Healthy Nutrition and much more.



### Hearing Assistive Technology for the Home

Monday, October 20 | 9:30-10:30am | Bamboo Room

Speaker: Amanda Windle, Island Deaf & Hard of Hearing

Join Amanda to learn more about the latest in assistive listening technology for your home including specialized alerting devices with strobe or vibration notifications, TV streaming technology, and amplified telephones.

*Register in advance with Reception.*

### Grey Wave Free Talk

Thursday, October 23 | 9:30-11:00am | Cedar Room

Speaker: Denise Grant, Amica Jubilee House

Join Denise for a discussion on the rapid rise in the number of older adults in our communities as baby boomers age (1946-1964), people are living longer, and birth rates are declining. This powerful demographic shift that will place increasing pressure on health care, housing, pensions, and community supports—while also reshaping the workforce and family caregiving roles.

*Register in advance with Reception.*



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## COURSE SPOTLIGHT

### Jaw Release with Feldenkrais

Saturday, October 18 | 10:00am- 12:00pm | Bamboo Room

Instructor: Renee Lindstrom | Course Cost: \$22 | Course Code: 229159

Enjoy learning simple and easy jaw movements designed to reduce strain and increase your ability to chew with more ease. Explore the natural Feldenkrais Method movement patterns to reduce headaches and chronic pain in face, jaw, neck and shoulder regions.



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## EVENTS

### THANKSGIVING LUNCHEON - SOLD OUT

Thursday, October 9

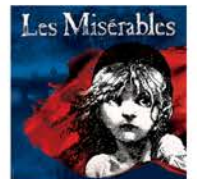
11:30am seating in the Fern Cafe or 12:00pm seating in the Garden Court

No tickets will be sold the day of the event.

*Don't forget to bring your ticket! No entry without a presented ticket.*

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## 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 a trip to the mainland to see the Tony Award®-winning musical Les Misérables, adapted from the novel by Victor Hugo. Enjoy lunch as a group before the show at the Queen Elizabeth theatre.

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

Add your name to the list at Reception if you are interested in attending this trip!



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## TRIPS

### CHEMAINUS THEATRE: HOME TO ROOST

Saturday, October 18 | 9:30am - 6:30pm

Member Cost: \$187 | Non-Member Cost: \$214

Buy your ticket by October 2



Last  
chance  
for  
tickets!

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 comedic adventure Home to Roost. "Sisters, sisters, there were never such devoted sisters!"

Glenda and Suzanne enjoy their retirement by selling homemade jam and cherishing visits from Suzanne's adult daughter, Beth. This poignant comedy beautifully captures the essence of family ties as they stretch, strain, yet ultimately weave a fabric of unwavering love and support.

*Ticket price includes transportation, show tickets and brunch meal.*

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### CHEMAINUS THEATRE: ELF THE MUSICAL

Saturday, December 6 | 9:30am - 6:30pm

Member Cost: \$200 | Non-Member Cost: \$230

Tickets on sale October 20 - November 20



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 Christmas adventure "Elf: The Musical". Buddy the Elf, a cheerful and innocent soul raised in Santa's workshop, embarks on a whimsical journey to New York City in search of his biological father. Little does he know his father is on Santa's naughty list! This delightful and heartwarming musical rekindles the magic of Christmas and spreads joy and cheer for all to hear.

*Ticket price includes transportation, show tickets and brunch meal.*



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# FRIENDS OF MONTEREY CENTRE SOCIETY

## FoMCS President's Message

The mission of the Friends of Monterey Centre Society is to support, promote and fundraise on behalf of Monterey Recreation Centre (MRC), its members, its clubs and its volunteer-led activities. As many of you know, MRC has a wealth of talent and experience, and many activities and clubs from which to choose, as well as many volunteer opportunities. Along with other board members of FoMC board, I attended the Open House on September 10, and was impressed by the number and variety of the MRC clubs and activities. The FoMC Bazaar is a major fundraiser to help support these clubs. I urge you to give your donations, shop the Bazaar, and volunteer to help out. It's fun and of great benefit to the MRC community.

Neil A. Campbell,

President - Friends of Monterey Centre



**FOMCS BAZAAR SALE!**



Saturday, October 25 | 9:00am - 1:00pm | Cash Only, Bring Your Own Bag

Donations accepted in the Garden Court Sunday, Oct. 19 - Thursday, Oct. 23.

**What's accepted:** Jewellery, Christmas decor, Art Gallery items, Books (not book sets), CDs & Records, Fabrics & Crafts, Knitwear, Linen & Bedding, Puzzles, Games & Toys, Household Items, Serving & Barware items, Home Glassware, Home Decor, Office Supplies.

**What's not accepted:** Clothing, Book Sets, Large Furniture, Large Sporting Equipment, Electronics, Computers, Monitors, TVs, Phones, VCRS & 8 Tracks.

Interested in volunteering at the Bazaar? Volunteers are needed for both the set up and sale day. Sign up at Reception starting October 1st!

*Fun, Friendship and Learning*

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# OCTOBER

| SUN   | MON  | TUE  | WED  | THU  | FRI   | SAT  |
|---|--|--|--|--|---|--|
|    |   |  | 1<br>FoMCS<br>Pub & Trivia<br>Night<br>5:00-8:00pm     | 2  | 3   | 4  |
| 5   | 6<br>Free Talk<br>Bone Health<br>9:30-10:30am<br>Pine Room   | 7<br>Coffee with<br>a Cop<br>9:30-10:30am<br>Lobby                     | 8  | 9<br>Thanksgiving<br>Luncheon<br>*sold out*<br> | 10  | 11   |
| 12  | 13<br>Thanksgiving<br>Day Stat<br>Centre Open<br>1:00-4:00pm<br> | 14   | 15   | 16   | 17  | 18<br>Chemanus<br>Home to<br>Roost<br>9:30am-6:30pm                    |
| 19<br>Accepting<br>Bazaar<br>Donations<br>12:00-3:45pm  | 20<br>Free Talk<br>Hearing<br>9:30-10:30am<br>Bamboo Room<br>Accepting<br>Bazaar<br>Donations<br>until 4:00pm                                      | 21<br>Accepting<br>Bazaar<br>Donations<br>until 4:00pm                 | 22<br>Accepting<br>Bazaar<br>Donations<br>until 4:00pm | 23<br>Free Talk<br>Grey Wave<br>9:30-11:00am<br>Cedar Room<br>Last day for<br>Donations<br>until 12:00pm                         | 24<br>No programs<br>running today<br>due to Bazaar<br>set up day                           | 25<br>Friends of<br>Monterey<br>Bazaar<br>9:00am-1:00pm<br><b>Wow!</b> |
| 26<br>Open Mic<br>1:30-3:00pm<br>Lobby<br> | 27   | 28<br>Flu Shot<br>Clinic<br>9:00am-3:30pm<br>*registration<br>required | 29   | 30   | 31<br> |  |

## Thanksgiving Weekend Hours:

Saturday October 11th: 8:30am-4:00pm

Sunday October 12th: 11:30am-4:00pm

Monday October 13th: 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