

# JANUARY 2026 HAPPENINGS

Monterey Recreation Centre  
250-370-7300

OAK BAY  
PARKS, RECREATION  
& CULTURE



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JANUARY 2026

## WHAT'S HAPPENING AT MONTEREY?



### **New Member Meet & Greet**

**Wednesday, January 7 | 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.**

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### **Coffee with a Cop**

**Wednesday, January 14 | 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.**



### **Members Birthday Celebration**

**Wednesday, January 21 | 1:30pm | Lobby**

**Do you have a birthday in January or February?**

**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.**





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## FOOD SERVICES

### Fern Café

Looking for a bite to eat?

Visit the Fern Café for homemade soups, salads, baked goods, and sandwiches served daily with gluten-free and vegetarian options available.

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

Hot 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 friendly and enthusiastic volunteers to help in our Coffee Express program. We have volunteer shifts available at Coffee Express on Thursday mornings and Thursday afternoons.

If you'd like to find out more about our 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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## CLUB & DROP-IN ACTIVITIES



### Bibliophiles Book Club

Join our book club to enjoy engaging discussions, fresh perspectives, and great conversation around thoughtfully selected reads. It's a welcoming space to connect with fellow readers, share ideas, and rediscover the joy of reading together.

The book this club is reading for January is *Cracking the Nazi Code: The Untold Story of Canada's Greatest Spy* by Jason Bell.

3<sup>rd</sup> Wednesday of the month | 10:00-11:30am

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### Blood Pressure Clinic

This wonderful drop-in service is facilitated by volunteer retired nurses every

Thursday: 11:15am-12:30pm

Members are invited to participate in this free, weekly service, no advanced sign up required. Wallet-sized cards are provided to track your blood pressure.

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### Open Mic

Sunday, January 25 | 1:30 - 3:00pm | Lobby  
Reminding all 'Lads and Lassies' that our next Open Mic falls on Robbie Burns day, January 25th!  
We will have a 'wee' tribute to the Bard and a highland song or two for all to join in.  
Musicians are asked to arrive early and check-in with the session leader at 1:00pm.



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## DROP-IN FITNESS

We are grateful to Fitness Instructor, Karen Bennett for 15 years of service with OBPRC. Karen taught numerous registered and drop-in programs during this time. While we will miss seeing Karen at Monterey, we are excited for her in her next steps ahead.

### Winter Drop-In Fitness Updates

#### Wednesdays – Moderate Fitness

- We are delighted Patti has agreed to teach the 9am class on Wednesday mornings! Patti is now teaching both Tuesday and Wednesday Moderate Fitness this Winter.

#### Wednesdays – Mild Fitness

- We are grateful Viera has agreed to teach the Wednesday 10:00am class for the month of January! We are continuing our search for an ongoing instructor.

#### Dance Express – Time Change

- Mondays & Wednesdays Dance Express will now both run at 12:00-12:45pm. Thank you to Alexis for continuing to lead this program!



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## COURSE SPOTLIGHT

### Hatha Yoga

Wednesdays, January 21 - February 25 | 11:00-11:50am

Instructor: Pete Rose | Member Cost: \$46.75 | Non-Member Cost: \$55.00

Monterey is offering a new Hatha Yoga program led by Pete Rose. Pete started Yoga in the Park (the annual event held at Willows Beach) and has a passion for bringing yoga to the community. Calm your mind while stretching, strengthening and toning your body. This program is designed to be straightforward and easy to follow. Adjust your postures to meet your comfort zone. All levels welcome. Please bring your own yoga mat.

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## FREE TALK

### Long Term Care vs. Public Care

Thursday, January 22 | 10:30-11:30am | Dogwood Room

Guest Speaker: Denise Grant, Amica Jubilee

Join Denise for a discussion about Private Long Term Care vs. Public Subsidized Long Term Care including access, environment, and flexibility options. Questions welcome.

*Advance registration required, contact Reception.*

## EVENTS

### Winter Luau

Thursday, February 5 | 12:30-2:00pm | Garry Oak Room

Members \$28 | Non-Members \$32

Tickets on sale January 2 - 27

Experience the warmth and spirit of the islands at our Hawaiian Luau. Join us for a relaxed and festive afternoon featuring performances from Monterey's Ukulele Club and Hula Club. Savour tropical inspired food and refreshments, connect with friends, and enjoy a welcoming atmosphere filled with aloha. Dress in your favourite floral attire and come celebrate a fun, social getaway to Hawaii—no travel required!





# FRIENDS OF MONTEREY CENTRE SOCIETY

## FoMCS President's Message

Welcome back to Monterey Recreation Centre. I hope everyone had an enjoyable and safe holiday break and that you are ready to take up your regular activities and perhaps to start in with new classes and clubs. There is a host of things to do at the Centre, particularly if you enjoy performing or engaging in music, as most of you will have experienced leading up to Christmas. Music helps to promote personal health and well-being, and we can't have enough of it in our lives. The musical clubs are welcoming to new members, especially for those who can sing tenor, baritone, or bass. Don't be shy, if you are at all interested, check out the club posters on the Centre's bulletin boards. As usual, the Friends of Monterey Society will be there to support, promote, and raise funds on behalf of MRC, its members and clubs. The annual Rummage sale will be happening on February 21, and a 45<sup>th</sup> anniversary event for the FoMCS is planned for the spring. Stay tuned for details.

*Neil Campbell - President, Friends of Monterey*

## Save the Date: Rummage Sale!

**Saturday, February 21, 2026 | 9:00am - 1:00pm**

**Donations welcome on the following days and times:**

**Sunday, February 15 from 11:30am - 4:00pm**

**Monday, February 16 from 1:00pm - 4:00pm**

**Tuesday, February 17 from 8:30am - 4:00pm**

**Wednesday, February 18 from 8:30am - 4:00pm**

**Thursday, February 19 from 8:30am - 12:00pm (final day)**













**What's Accepted:** Ladies, men's & children's clothing in good condition, art work, books (no book sets), crafts & fabric, office supplies, linen & bedding, puzzles, games & toys, kitchenware, household items, home decor, records & CDs, small appliances & small tools.

**What's Not Accepted:** Book sets, large furniture, large sports equipment, electronics, computers, monitors, TVs, phones, VCR tapes & 8-track tapes.

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# JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1  <b>HAPPY 2026 NEW YEAR</b> Centre Closed	2 	3
4			7  New Member Meet & Greet 1:30pm Lobby	8	9 	10
11	12 	13	14 Coffee with a Cop 9:30am Lobby	15	16 Free Talk Van Gogh Cafe 10:00-11:00am <b>FULL</b>	17
18	19	20	21  Members Birthday! 1:30pm Lobby	22 Free Talk Long Term Care 10:30-11:30am Dogwood	23	24
25 Open Mic 1:30-3:00pm Lobby 	26	27	28 	29	30	31

## Monterey Centre's Seasonal Holiday Hours December 29 - January 4

Monday December 29: 8:30am-4:30pm

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

Wednesday December 31: **8:30am-2:00pm**

Thursday January 1: **CLOSED**

Friday January 2: 8:30am-4:30pm

Saturday January 3: 8:30am-4:00pm

Sunday January 4: 11:30am- 4:00pm

## Centre Hours: Effective January 5, 2026

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