

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.

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.



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

Volunteer applications are available at Reception.



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.

3rd Wednesday of the month | 10:00-11:30am



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.



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.

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!



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.

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 45th 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.

JANUARY 2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				 1 HAPPY 2026 NEW YEAR Centre Closed	 2	3
4	5	6	7 MEET AND GREET 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 FULL	17
18	19	20	21 Members Birthday! 1:30pm Lobby	22 	23 Free Talk Long Term Care 10:30-11:30am Dogwood	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