

MARCH 2026 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK BAY
PARKS, RECREATION
& CULTURE



Photo by Kevin Murdoch, Mayor of the District of Oak Bay

IN THIS ISSUE

- ST. PATRICK'S DAY SPECIAL ENTREE
- FREE EVENTS
- FREE TALKS
- CLUB & DROP-IN ACTIVITY UPDATES
- INCOME TAX PROGRAM
- UPCOMING EVENTS
- NEW INSTRUCTOR SPOTLIGHT
- MARCH CALENDAR



Monterey Centre Volunteer Appreciation Event

Wednesday, April 22 | 5:30pm-7:00pm

MRC Volunteers with a regular scheduled shift are invited to an evening of recognition.

See inside for more details!



Daylight Savings: Spring Ahead

Sunday, March 8 @ 2:00am.

Don't forget to adjust your clocks
1 hour ahead.



MARCH 2026

WHAT'S HAPPENING AT MONTEREY?

New Member Meet & Greet

Wednesday, March 4

1:30pm | Lobby

This event is for new Monterey Members to learn about the Centre, tour the facility, and connect with fellow members.

No registration required.



Coffee with a Cop

Wednesday, March 18

9:30-10:30am | Lobby

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



Member Birthday Celebration

Wednesday, March 18

1:30pm | Lobby

Do you have a birthday in March or April? Come celebrate your special day with us at Monterey! Featuring live music by the Monterey Minstrels and in-house baked cupcakes! Thanks to Friends of Monterey for sponsoring this event.



Open Mic

Sunday, March 29

1:30-3:00pm | Lobby

Sing into Spring at our Open Mic on the last Sunday of the month and enjoy the sounds of local musical talents. Musicians are asked to arrive early and check-in with the session leader at 1:00pm.



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 meals served 11:00am-1:00pm



SPECIAL ENTREES



St. Patrick's Day Special Entree



Tuesday, March 17 | 11:00am-1:00pm | Fern Café

Celebrate the luck of the Irish at Monterey with a hearty Irish style beef stew with Irish sodabread served in the Fern Café, for just \$10.40!

First come, first served, while quantities last.

There are no tickets sold for this entree. In cafe dining only, no take-out.



Easter Special Entree



Thursday, April 2 | 11:00am-1:00pm | Fern Café

Join us for an Easter special entree of ham with scalloped potatoes, mixed vegetables and pineapple sauce for just \$10.40!

First come, first served, while quantities last.

There are no tickets sold for this entree. In cafe dining only, no take-out

The Monterey Chorus will be performing in the Garden Court at 12:00pm to accompany this special entree.



MARCH 2026

CLUB & DROP-IN ACTIVITIES

Seeking Volunteer Woodshop Attendants!

We are looking for current Woodcrafter Club Members who are willing to commit to a two-hour weekly volunteer shift for a minimum of 4 weeks.

Woodshop Attendants will receive a complimentary coffee and baked good coupon each shift.

If you are interested, please contact Nic Dobell, Events and Volunteers Programmer at 250-370-7309 or ndobell@oakbay.ca

Chinese Brush Painting Display

In the Monterey lobby from March 6-29 enjoy the beauty and quiet elegance of Chinese Brush Painting art created by members of the Chinese Brush Painting Club.

If you are interested in joining the Chinese Brush Painting Club they meet Friday mornings from 9:00am - 12:00pm

INCOME TAX PROGRAM

Monterey Recreation Centre is pleased to be able to offer this valuable free service, in partnership with the CRA, to eligible patrons from March 4 - April 30.

This service is for simple tax returns only.

To be eligible, your earnings for the year must be \$40,000 or less.

Couples must book two appointment time slots.

Please note: Monterey Recreation Centre only provides the appointment room, support for the volunteers, scheduling of appointment and cannot answer tax related questions.



This program is made possible by the dedication and commitment of the CRA Community Volunteer Income Tax Program.

MARCH 2026

FREE TALKS

Planning with Confidence: Understanding Levels of Senior Living

Thursday, March 5 | 9:30-10:30am | Cedar Room

Guest Speaker: Denise Grant, Community Relations Director, Amica Jubilee

This informative session is designed to help older adults and families understand the different levels of senior living and how care needs can evolve over time.

Advance registration required, please contact Reception 250-370-7300



Medical Assistance in Dying (MAiD)

Wednesday, March 11 | 2:00-3:00pm | Cedar Room

Guest Speaker: Amanda Proznick MA, RN Regional Manager, Island Health MAiD

Learn what MAiD is all about and what the current eligibility criteria is.

Questions welcome.

Advance registration required, please contact Reception 250-370-7300

“You Are Not Alone, I Will Listen” Cross Canada Journey Presentation

Friday, March 13 | 1:00-2:30pm | Dogwood Room

Guest Speaker: Paul Jenkinson, MSW

Why a 70-year-old Social Worker would dedicate two years to criss-crossing Canada offering to listen to people. What happens when a safe, no-cost, portable listening opportunity is created. What kind of people talk to a stranger in a public setting. What effect social isolation and political polarization is having on people's physical and mental health.

Advance registration required, please contact Reception 250-370-7300



Write Your Life

Wednesday, March 18 | 1:00-2:00pm | Bamboo Room

Guest Speaker: Frank Wilson, Writer, Poet, Retired University Professor

Have you ever wondered about writing your memoir or at least something about your life so far? Something to pass down as a history story of your experiences? Explore the why, the how and the what to include and as well as what to leave out.

Advance registration required, please contact Reception 250-370-7300

MARCH 2026

INSTRUCTOR SPOTLIGHT



Monterey welcomes new Osteofit instructor Deborah Ward, BSc Kin.

Debb is a certified and practicing Kinesiologist, personal trainer, BCRPA Fitness Leader and Osteofit Instructor. She is passionate about helping people move better, feel stronger, and stay active for life. Debb has taught Osteofit for many years within Greater Victoria and is a trusted fitness professional. She focuses on smart, sustainable movement that supports strength, mobility, and confidence in everyday living. Alongside her work in movement and exercise, she is also a voiceover actor, bringing clarity and personality to storytelling in a different way. When not teaching, you will find Debb in her greenhouse growing tropical plants or spending time with her dogs.

COURSE & WORKSHOP SPOTLIGHTS

Grow Your Own Food 101

Wednesday, March 25 | 9:30-11:30am

Instructor: Kayla Siefried, Compost BC

Barcode: 246971

Workshop Cost: \$20

Want to grow your own groceries but not sure where to start? This is a crash course in veggie growing designed for gardeners who want to start growing their own fresh produce but is equally useful for experienced gardeners to pick up on some new trips and tricks. We will touch on soil health, site selection, timing, growing from seeds and plant starts, easy plants to grow and more!

Power & Strength

Thursdays, April 9-30 | 12:15pm-1:00pm

Instructor: Debb Ward, BSc Kin.

Barcode: 249833

Course Cost: Member \$48.45 | Non-Member \$57
Strength-based program that targets muscular power and strength to support balance, mobility, and independence. Since power tends to decline earlier than strength, this class includes controlled, purposeful movements designed to help participants move confidently and react more quickly in daily life. Exercises are joint-friendly and adaptable for all levels. Participants must be able to get up from the floor without assistance.

EVENTS

Monterey Volunteer Recognition Event

Wednesday, April 22 | 5:30pm-7:00pm | Garry Oak

MRC Volunteers with a regular scheduled shift are invited to an evening of recognition. Please register in advance with Reception in between March 13th and April 13th.

Dinner will be chicken vol au vent, there will be gluten-free and vegetarian options available please notify Reception when registering.

SAVE THE DATE

Music Trivia Pub Night

Wednesday, May 13 | 5:30-8:00pm | Garry Oak Room

Member Cost: \$31 | Non-Member Cost: \$37

[Ticket sales to open April 1!](#)

Come join us for a fun evening of Music Trivia! Bring a group of 4-6 people (or join a group if you don't have enough) to compete for prizes! Before we get to playing trivia, you'll enjoy a delicious chicken pot pie with salad and a delicious dessert to follow (vegetarian and gluten free options available).

TRIP



CHEMAINUS THEATRE: GODSPELL

Saturday, March 28 | 9:30am - 6:30pm

Member Cost: \$181 | Non-Member Cost: \$209

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 musical "Godspell". Prepare ye for Godspell, the classic folk-rock hit from Wicked's composer, Stephen Schwartz! This celebration and exploration of creating community and sacrificial love explodes with catchy music, a talented cast of actor-instrumentalists and playful parables in vibrant, contemporary, and fresh theatrical magic.

Tickets price includes transportation, tax, gratuity, show tickets, and brunch buffet.

MARCH 2026

FRIENDS OF MONTEREY CENTRE SOCIETY

FoMCS President's Message

Spring is on its way and I encourage members to take part in the upcoming events and activities in March at MRC.

Many of us enjoyed the Winter Luau on February 5th. The food and entertainment were excellent and the performances by the Monterey's Ukulele Club and Hula Clubs were great. Although I couldn't get the song "Tiny Bubbles" out of my head for a few days. Thanks to all the MRC staff, particularly Nic Dobell, and to all the volunteers and performers. On a sadder note, we were all shocked by the tragic events at Tumbler Ridge. At our February Board meeting, the Directors asked me to write a letter to the mayor of Tumbler Ridge, the text is as follows:

Dear Mayor Darryl Krakowka,

The terrible events in Tumbler Ridge on Tuesday, February 10 have resonated throughout British Columbia, Canada and the wider world. It is difficult to take in such a tragedy.

The Friends of the Monterey Centre Society participates and supports activities for seniors at the Monterey Recreation Centre in Oak Bay on southern Vancouver Island. On behalf of all FOMCS members, we offer condolences to those who have directly lost loved ones and indeed to all members of your community.

Tumbler Ridge is in all our thoughts and prayers. One can never truly understand why such an unthinkable thing could happen but it is clear that the love, caring, and compassion that your community is showing is the only way forward.

Neil Campbell - FoMCS President

Fun, Friendship and Learning

MARCH 2026

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 	3	4  New Member Meet & Greet 1:30pm Lobby	5 Free Talk Amica 9:30am Cedar	6	7
8 Clocks Spring Forward 	9	10	11 Free Talk MAiD 2:00pm Cedar	12	13 Free Talk I Will Listen 1:00pm Cedar	14
15	16	17 St. Patrick's Day Special Entree 11:00-1:00pm Fern Cafe	18 Coffee with a Cop 9:30am Lobby Free Talk Memoir 1:00pm Bamboo	19 	20 	21
22	23	24	25 Workshop Grow Your Own Food 9:30am Cedar <small>*advance registration required</small>	26	27	28 Trip: Chemainus Theatre Godspell 9:30am *Sold Out
29 Open Mic 1:30-3:00pm Lobby 	30	31				

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