

# MAY 2026 HAPPENINGS

Monterey Recreation Centre  
250-370-7300

OAK BAY  
PARKS, RECREATION  
& CULTURE



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### **Move for Health Day: 5 km Community Walk**

**Sunday, May 10 | 11:45am | Meet in lobby**

**Monterey Members and friends are invited to join us on Move for Health Day for a refreshing 5km community walk. Meet in the Monterey lobby at 11:45am. Participants are invited to enjoy a post walk refreshment in the lobby after the walk.**

**Please sign a waiver at Reception prior to the walk.**



MAY 2026

## WHAT'S HAPPENING AT MONTEREY?

### New Member Meet & Greet

Wednesday, May 6

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

Tuesday, May 19

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.



### Members Birthday Celebration

Wednesday, May 27

1:30pm | Lobby

Do you have a birthday in May or June? 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, May 31 | 1:30-3:00pm | Lobby

The "Merry Month of May" means appreciating Mothers everywhere, the Victoria Day holiday, plus the Monterey Open Mic! Music begins at 1:30 and everyone is welcome! Enjoy a complimentary beverage and treat with our thanks to the Friends of Monterey Centre Society.

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



### 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



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## SPECIAL ENTREE



### Mother's Day Entree

Thursday, May 7 | 11:00am-1:00pm | Fern Café

Join us for a Mother's Day special entree of a cheese omlette with a side of sausage and hashbrowns with a fruit garnish 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.



## CLUB & DROP-IN ACTIVITIES



**World Religions Discussion Group:** Guided discussion on worldwide views, ethics, practices, and the beliefs of five major world religions, Hinduism, Buddhism, Judaism, Christianity, and Islam. The group will begin with an introduction and then discuss each religion in the following order: Hinduism, Buddhism, Judaism, Christianity, and Islam over the course of the remaining two dates.  
Thursday, May 7 | 1:00-3:00pm | Cedar Room  
Friday, June 5 | 1:00-3:00pm | Dogwood Room

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**Mah Jong Club Interest List:** Mahjong Chinese/Hong Kong style  
We currently have a Mahjong Club that plays western Style but if you are interested in playing the Chinese/Hong Kong style please let us know by putting your name down at Reception.  
Expected playtime: Thursdays, 12:30pm-3:30pm in Table Games | Garry Oak Room.

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**Monterey Chorus Club:** The last Chorus session for the season will be on May 26 and then the club will be on a break for the summer. Reminder to Chorus club members to pay for your May club dues!

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**Monterey Concert Band Performances:** Our very own Monterey Concert Band has some upcoming community performances in May on the following dates.  
Saturday, May 2 | 12:30pm | Mary Winspear Centre in Sidney  
Sunday, May 17 | 11:00am | Legislature Lawn

Club Reps and Volunteer Leaders please notify Nic if your club or drop-in activity plans to take a break over the summer months. [ndobell@oakbay.ca](mailto:ndobell@oakbay.ca)

## FREE TALKS

### **Calm Your Mind and Sleep Better**

Thursday, May 14 | 9:30-10:30am | Dogwood Room

Guest Speaker: Olga Balabukha, PhD



This free talk will introduce simple and gentle techniques to help reduce stress and improve sleep. Participants will learn practical ways to relax the body, calm the mind, fall asleep more easily and improve quality of sleep. The session is designed to be accessible, supportive, and useful for everyday life. Olga Balabukha, PhD, is a mental health professional with over 25 years of experience in psychotherapy and clinical practice. She has worked with thousands of clients, helping them manage stress, improve emotional well-being, and restore healthy sleep.

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



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### **Benefits of Retirement Living**

Thursday, May 14 | 1:00-2:30pm | Dogwood Room

Guest Speaker: Lynn Van de Kamp, Community Relations Parkwood Place

Retirement living has evolved far beyond just providing a place to stay-it is about creating a lifestyle that supports well-being, connection, and enjoyment. One of the biggest advantages is access to in-house recreation options, which play a significant role in enhancing quality of life.

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

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### **When the Body Speaks:**

### **Decoding the Somatic Roadmap to Energy & Freedom**

Monday, May 25 | 6:00-7:00pm | Dogwood Room

Guest Speaker: Gabriel Shaw, Kinesiologist, Coach, Tai Chi/Qigong Instructor



Many achievers hit a plateau where mindset shifts and talk therapy can't reach. They are left with "stuck energy" that shows up as chronic pain, anxiety, and burnout. This free talk provides the tools to Map Your Somatic Blueprint: Identifying where you are storing stress, regulate the Nervous System: moving from "redlining" back to a state of flow quickly, and transforming pain into wisdom: turning physical symptoms into fuel for their purpose. This talk is full of practical tools with gentle movement and meditation either standing or seated being offered.

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

## EVENTS

LAST  
CHANCE  
FOR  
TICKETS!

### Music Trivia Pub Night

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

Member Cost: \$37 | Non-Member Cost: \$42.55

**Ticket sales extended to May 5**



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).



### Silent Disco



Friday, May 29 | 3:00-4:00pm | Lobby | FREE

Put on a headset and step into the fun of our Silent Disco! This unique dance experience lets you choose from multiple music playlists, so everyone can enjoy the tunes they love—from classics and oldies to upbeat dance hits. With wireless headsets, the room stays quiet while the energy stays high.

Dance at your own pace, switch playlists anytime, and enjoy a shared experience that's lively, inclusive, and easy on the ears. Whether you love to dance, sway, or simply enjoy the music, Silent Disco is a joyful way to move, connect, and have a great time—no loudspeakers required!

### Cheer on Canada

Save the date for some Canadian National Soccer Team support parties on, Friday June 12, Thursday June 18, Wednesday June 24.

Stay tuned for the June Happenings with more information.



## TRIPS

### CHEMAINUS THEATRE: DIRTY ROTTEN SCOUNDRELS

Saturday, June 13 | 9:30am - 6:30pm

Member Cost: \$205 | Non-Member Cost: \$235

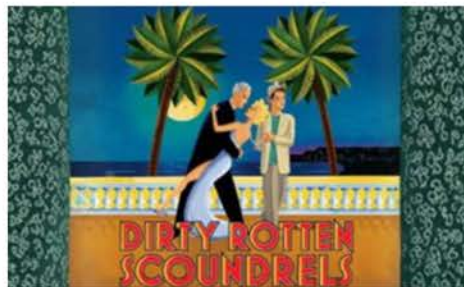
**Ticket sales open April 28-May 28**

Enjoy a delicious buffet brunch at the Playbill Dining Room where the Executive Chef has prepared an impressive brunch buffet with an array of breakfast and lunch mains, and delicious desserts! 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 “Dirty Rotten Scoundrels”.

Travel to the glamorous French Riviera for the ruthlessly funny Tony-nominated musical, Dirty Rotten Scoundrels, inspired by the hit 1988 film! A small-time con man and a successful swindler wage a side-splitting battle of wits to dupe an American heiress! Who will win the big bet?

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



### Salt Spring Island: Saturday Market

Saturday, June 20 | 7:40am - 6:00pm

Member Cost: \$89 | Non-Member Cost: \$102

**Tickets on sale May 5 - June 8**



Join us as we sail over to beautiful Salt Spring Island for their famous weekly Farmers' Market! While on the island, check out the many local art galleries, shops and eateries Ganges has to offer. There are unique places for you to grab lunch, or you could nibble at many offerings found directly within the Farmers' Market.

Don't forget to bring your reusable tote bag for the treasures you may buy!

*Ticket price includes tax and transportation.*

MAY 2026

# ART & CULTURE AT MONTEREY

## Listening to Jazz: Improvisation, Groove, and Musical Conversation

Wednesdays, May 20 - June 10 | 4:30-6:00pm | Bamboo Room

Instructor: Sunny Mountain Music (Remi Hyman) | Cost: \$88 | Barcode: 247824

Jazz is often described as complex or intimidating, yet at its core it is a deeply human and communicative art form. In this four-week series, we explore how jazz works by learning how to listen, focusing on groove, melody, harmony, and improvisation as a form of musical conversation. Each session blends guided listening with live piano demonstrations, including short improvisations that illustrate key ideas in real time. We look at how jazz musicians build solos, interact with one another, and transform familiar material into something new.

The emphasis is on curiosity, listening, and shared discovery. No musical background required.

### Art Instructor Showcase: Remi Hyman



Remi has been playing piano since the age of 6, learning to play classical RCM, Jazz, and improvisation while taking lessons throughout his formative years. Eventually he began pursuing a Bachelor's at McGill in tuba performance and music education with a focus on music instrument pedagogy/curriculum design, performing as a multi-instrumentalist with the Canadian Armed Forces, playing in embassies, government functions, and ceremonies. Subsequently, he found himself teaching at the Borden Military Academy of Music, teaching tuba, piano, musicianship, small ensemble, & theory. Having moved west, he now focuses on private studio teaching with a focus on piano and brass pedagogy. Remi continues to hone his craft and his interest in music, performing in multiple community bands/orchestras on the North Shore and in Victoria on Vancouver Island.

## VOLUNTEERS

### Volunteers We Want Your Feedback!

We invite all MRC Volunteers to pick up a Volunteer Experience Survey at Reception. Your input helps us understand what is working well and what can improve your experience.

Please return your completed survey to Reception by May 29.

Thank you for the time, energy and care you bring to Monterey!

## FRIENDS OF MONTEREY CENTRE SOCIETY

### FoMCS President's Message

The FoMCS Board has been working to provide better communication to its members and has recently done a general mailout on the listserv.

















One of our prime channels of communication is the FoMCS bulletin board in the hallway opposite the Garden Court. Information notices, meeting minutes, and general information will be posted here for the benefit of FoMCS members and MRC members generally.

We will do our best to keep it up to date.

Neil Campbell - FoMCS President

MAY 2026

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6  New Member Meet & Greet 1:30pm Lobby	7 Mother's Day Special Entree 11:00am-1:00pm Fern Cafe 	8	9
10 	11	12	13  Music Trivia Pub Night 5:30-8:00pm Garry Oak *Advanced ticket purchase	14 Free Talk Sleep Better 9:30-10:30am Dogwood Free Talk Retirement Living 1:00-2:30pm Dogwood	15	16 Chemainus: Ladies Foursome 9:30am-6:30pm *Advanced ticket purchase
17	18  Victoria Day Centre Open 1:00-4:00pm	19 Coffee with a Cop 9:30am Lobby	20	21	22 	23 
24 Open Mic 1:30-3:00pm Lobby 31	25 Free Talk Body Speaks 6:00-7:00pm Dogwood	26	27  Members Birthday 1:30pm Lobby 	28	29  Silent Disco 3:00-4:00pm Lobby 	30

## Victoria Day Weekend

### Centre Hours:

Saturday, May 16: 8:30am-4:00pm  
 Sunday, May 17: 11:30am-4:00pm  
 Monday, May 18: 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