

AUGUST 2026 HAPPENINGS

Monterey Recreation Centre
250-370-7300



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OAK BAY
PARKS, RECREATION
& CULTURE

**Fall Program Registration opens on
Wednesday, August 12**

**Monterey will be open at 6:30am for registration!
Active Living Guides will be available online or
for pick up at the Centre on
Wednesday, August 5.**



Important Registration Day Reminder



**Ensure that your Monterey Membership is paid
up to December 31, 2026 in order to receive the
15% Monterey Member discount on select Fall
courses at the time of registration. You may need
to renew your membership early in order to
receive the discount on registration day!**

AUGUST 2026

WHAT'S HAPPENING AT MONTEREY?



Notice of Fee Increase

Effective September 1, all fees for Oak Bay Parks, Recreation & Culture will see an increase. The Monterey Membership will increase to \$65/year. Additional fees apply to certain clubs.

Food prices will also experience a slight increase on September 1.

Maintenance Week Sept 1 - 4

Our Maintenance Team will be completing some work throughout the Centre the first week of September which may impact some clubs and programs. Those impacted programs will be emailed directly with notification of any changes.



New Member Meet & Greet

Wednesday, August 5 | 1:30pm | Lobby

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

No registration required.

Music & Ice Cream

Wednesday, August 19 | 2:00-3:00pm

while quantities last.

Visit Coffee Express for a complimentary ice cream bar for Monterey Members courtesy of Friends of Monterey Centre Society and enjoy live music in the lobby by Monterey's own Ukulele Club!



Open Mic - Summer Series

Sunday, August 30 | 1:30-3:00pm | Lobby

Monterey Open Mic continues its summer series of featured artists with special guest, freelance singer songwriter, Carl Trinkwon. Carl entertains with a mix of original compositions and well known favourites which will have you singing along. Coffee Express will offer a complimentary beverage and treat courtesy of FoMCS at 1:30pm.



VOLUNTEERS



VOLUNTEER INSERVICE

Attention Volunteers! We've set aside some time during the upcoming Maintenance week for volunteer in-services. We will cover items such as the Volunteer Experience survey, out-trips, what to do when you're away, and opportunities for questions and suggestions. Please register with Reception if you can attend. We will have refreshments and goodies available.

- **Club Reps & Drop-In Activity Leaders**
will meet on Wednesday, September 2 | 10:00-11:30am.
- **Food Services Volunteers, Reception Volunteers and Blood Pressure Nurses**
will meet on Thursday, September 3 | 10:00-11:30am

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 and house-baked goods.

Monday to Friday

9:00am-11:00am | 1:30pm-3:30pm



CLUB & DROP-IN ACTIVITIES

The following Clubs & Drop-In activities will be taking a summer break:

Book Clubs 1 - 3: will be on a break in July & August.

Carpet Bowling: will be on a break in July & August.

Classic Tunes Sing-Along: will be on a break in July & August.

French Club: will be on a break in July & August.

Garden Club: will be on a break in July & August.

Karaoke Drop-In: will be on a break in July & August.

Merry Widows: will be on a break July & August.

Monterey Chorus: will be on a break from June through to the end of August.

Poetry Discussion Group: will be on a break in July & August.

Philosophy Discussion: will be on a break in July & August.

Sing-Along Club: will have one session in August on August 20.

Table Tennis Club: all evening sessions are cancelled for July & August.

Topics in the News: will be on a break in July & August.

MONTEREY DROP-IN FITNESS

AUGUST SCHEDULE

MONDAY

Moderate Fitness 9:00-9:45am
Mild Fitness 10:00-10:45am
Sit & Fit 11:00-11:45am

TUESDAY

Moderate Fitness 9:00-9:45am

WEDNESDAY

Moderate Fitness 9:00-9:45am
Mild Fitness 10:00-10:45am

THURSDAY

Moderate Fitness 9:00-9:45am

FRIDAY

Moderate Fitness 9:00-9:45am
Mild Fitness 11:00-11:45am
Sit & Fit 12:00-12:45pm

***NO DANCE EXPRESS CLASSES
FOR AUGUST**

COURSE SPOTLIGHTS



Power & Strength

Tuesdays, August 4-25

12:15-1:00pm | Cost: \$57

Instructor: Debb Ward, BSc Kin.

Strength-based program targeting 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 more confidently in daily life. Exercises are joint-friendly. Participants must be able to get up and down from the floor unassisted.

Barcode: 248312

Balance & Fear of Falling

Mondays, August 10-31

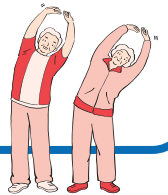
1:00-2:00pm | Cost: \$56

Instructor: Renee Lindstrom

Learn simple exercises designed to increase or redevelop balance through understanding the relationship of how the body counterbalances and supports movement with little effort. Using less effort and stress, you can increase mobility in any function such as rolling over, sitting, standing, walking, turning, reaching, etc. Based on the Feldenkrais®

Method of Somatic Education.

Barcode: 248039



INSTRUCTOR SPOTLIGHT



Monterey welcomes wellness instructor Wally Lazaruk, PhD, educator and Certified Professional Coach. Wally received professional training in the Mindfulness-Based Stress Reduction Program (MBSR), interned at the University of California (UC) San Diego Center for Mindfulness and studied the Foundations of Well-being Program created by neuropsychologist Dr. Rick Hanson.

Wally has experience in leading mindfulness, self-compassion and well-being programs in Victoria. This fall, Wally will be instructing the upcoming program Inner Strengths for Challenging Times. Find out more information on this new course in the Fall Active Living Guide coming out on August 5.

EVENTS

MONTEREY OPEN HOUSE

Wednesday, September 9 | 1:00-2:30pm | Garry Oak Room

Invite your friends to discover Monterey & the lifestyle enhancing offerings such as 35+ volunteer led clubs & drop-in activities included in the Monterey Membership.

There's something for everyone at Monterey, from walking groups, book clubs, discussion groups, table games, billiards, table tennis and more!

Select clubs and activities will be on display at the Open House.

Guests to the Open House can enter to win free door prizes!!

Complimentary coffee and cookies will be available for all.

Are you a Volunteer Club Rep or Drop-In Activity Leader and want to promote your club/drop-in activity? Book a table at the Open House by emailing Nic Dobell, Events & Volunteer Programmer at ndobell@oakbay.ca before August 31st!



TRIVIA PUB NIGHT



Tuesday, September 22 | 5:00 - 8:00pm | Member Cost: \$25 | Non-Member Cost: \$30

Tickets on sale August 4 - September 8

Put your knowledge to the test at our Trivia Pub Night with Tom Watson! Gather your friends, enjoy great food and drinks, and compete in a fun-filled evening of brain-teasing questions, great songs, friendly competition, and exciting prizes. Join us for laughs, teamwork, and a chance to claim ultimate bragging rights! Before we get to playing trivia, you'll enjoy a delicious meal of lasagna, garlic toast, Caesar salad (vegetarian and gluten free options available), and a yummy dessert to follow!

Thank you to Friends of Monterey Centre Society for helping keep the cost of this event low for attendees.

AUGUST 2026

TRIPS

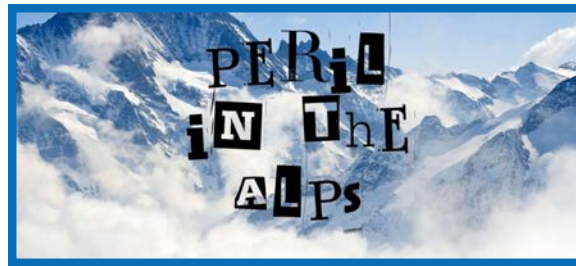
CHEMAINUS THEATRE: PERIL IN THE ALPS

Saturday, September 26 | 9:30am - 6:30pm | Member Cost: \$191 | Non-Member Cost: \$220

Tickets on sale July 31 - September 10

Enjoy a delicious buffet brunch at the Playbill Dining Room. Following brunch, enjoy a stroll through Chemainus. Then sit back and enjoy the musical “Peril in the Alps”. Come for a fresh new take on Agatha Christie’s novel transformed into a whodunit thrill ride in the snow-capped Swiss Alps! Can Hercule Poirot and sidekick Captain Hastings solve a kidnapping case before it gets worse in this frolickingly funny mystery?

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

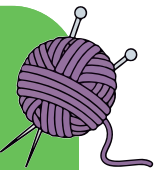


FRIENDS OF MONTEREY CENTRE SOCIETY



The Creative Crafters group would like to thank you for your generous donations of supplies which allow us to support the Monterey Centre through the sales of our crafted items.

We welcome and invite Monterey members wishing to join the Creative Crafters to stop by on Thursday afternoons from 1:30-3:30pm. We welcome knitters, crocheters, seamstresses and jewellery helpers. We are in particular need of anyone having expertise and knowledge of jewellery.



Fun, Friendship and Learning



COMMUNITY EVENTS

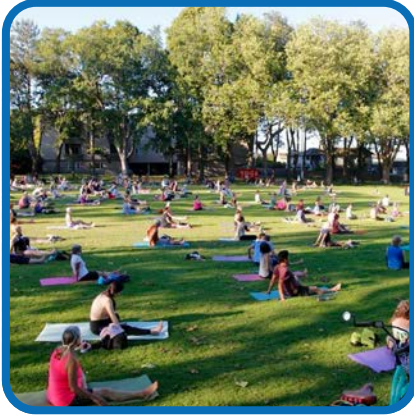
Free Yoga in the Park

Tuesdays, August 4-August 25 | 6:00-7:00pm

Willows Beach Park

Presented by Oak Bay Parks, Recreation and Culture.

Experience the benefits of outdoor yoga this summer at Willows Beach Park. These free, all-levels classes are led by experienced instructors. Bring your own yoga mat and water bottle. No registration required.



Free Summer Concerts In the Park

Experience unforgettable summer nights at Willows Beach, where live music, ocean views, and community spirit come together. Each free concert showcases local performers and spotlights fresh new musicians destined to impress.

- Thursday, August 6 | [Capital City Syncopators](#) | 6:00pm
- Sunday, August 9 | [Raven Baroque](#) | 6:00pm
- Thursday, August 20 | [The Soul Shakers](#) | 6:00pm



Bowker Creek Brush-Up

Sunday, August 9 | 11:00am-4:30pm | Bowker Creek

An inspiring annual art show which hosts 40+ local artists displaying, demonstrating and selling their art. Plan to spend the day strolling along the banks of Bowker Creek, from Hampshire Street to Armstrong Avenue.

For more information visit Oak Bay Community Artists Society at www.oakbayartists.com



AUGUST 2026

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 BC Day Centre Open 1:00-4:00pm 	4 Yoga in the Park 6:00-7:00pm Willows Beach Park	5 New Member Meet & Greet 1:30pm Lobby	6 Summer Concerts in the Park 6:00-7:30pm Willows Beach Park	7	8
9 Bowker Creek Brush Up 11:00am-4:30pm Bowker Creek	10	11 Yoga in the Park 6:00-7:00pm Willows Beach Park	12 Fall Program Registration Opens Today! Oak Bay Night Market 4:00-8:00pm Oak Bay Ave.	13	14	15 Chemainus Trip Dirty Rotten Scoundrels 9:30am-6:30pm
16	17	18 Yoga in the Park 6:00-7:00pm Willows Beach Park	19 Free Ice Cream for Members! 2:00pm Coffee Express while quantities last!	20 Summer Concerts in the Park 6:00-7:30pm Willows Beach Park	21	22
23  Feature Musician 1:30-3:00pm Lobby	24	25 Yoga in the Park 6:00-7:00pm Willows Beach Park	26	27	28	29
30	31					

Summer Hours: effective to August 31

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

Wednesday: 8:30am-9:00pm

Thursday - Friday: 8:30am - 4:30pm

Saturday: 8:30am-4:00pm

Sunday: 11:30am-4:00pm

Statutory Holidays: 1:00pm-4:00pm