

# SEPTEMBER 2026 HAPPENINGS

**Monterey Recreation Centre**  
**250-370-7300**

**OAK BAY**  
PARKS, RECREATION  
& CULTURE



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### **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. The Monterey 4-hour Parking Pass will increase to \$20/year and will only be available for purchase by Monterey Members as of September 1.**

### **Maintenance Week Sept 1 - 4**

**The main entrance to Monterey Recreation Centre will be inaccessible on Wednesday, Sept. 2 due to carpet cleaning. Please use the entrance by the Reception desk entering from the lower parking lot off of Hampshire Rd.**

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## WHAT'S HAPPENING AT MONTEREY?



### Open Mic Postponed - August

**New Date: Sunday, September 6 | 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.



### Member Birthday

**Wednesday, September 23 | 1:30pm | Lobby**  
Do you have a birthday in September or October? Come celebrate your special day with us at Monterey! Featuring live music by the Monterey Minstrels and baked treats! Thanks to Friends of Monterey for sponsoring this event.



### Open Mic

**Sunday, September 27 | 1:30-3:00pm | Lobby**  
Our Open Mic format returns this month. We invite everyone to come and enjoy an afternoon of musical entertainment and complimentary refreshments, thanks to FoMCS. Musicians are asked to arrive early and check-in with the session leader at 1:00pm.



### Pop-Up Performance: Savoy Singers

**Monday, September 28 | 12:00-12:30pm | Garden Court**  
Bringing you a selection of popular songs from Gilbert & Sullivan.

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## FOOD SERVICES

### Thanksgiving Special Entree

Thursday, October 8 | 11:00am-1:00pm | Fern Café | \$17.00

Join us for a classic holiday feast in the Fern Cafe, featuring turkey potatoes, stuffing, vegetables and gravy served with a homemade pumpkin tart for just \$17.00.

First come, first served, while quantities last. Eat-in only.

There are no tickets sold for this entree.

### 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



# VOLUNTEERS



## Volunteer Opportunity

**We are looking for friendly and enthusiastic volunteers to serve in our Coffee Express.**

**We have volunteer shifts available on  
Monday and Wednesday mornings from 9:00-11:00am and Thursday  
afternoons from 1:30-3:30pm**

**If you'd like to find out more about these volunteer opportunities,  
reach out to our Volunteer Programmer Nic at [ndobell@oakbay.ca](mailto:ndobell@oakbay.ca)  
Volunteer applications are available at Reception.**

## FREE TALKS

### **Downsizing - Real Estate and Your Health**

**Tuesday, September 22 | 1:30-3:00pm | Bamboo Room**

**Come learn about downsizing your home without the stress, how to  
prepare your home for sale and how to take care of yourself with  
personalized health care solutions in your home.**

**Speakers include:**

- **Jill Phipps, Home Again Moving Services**
- **Jay & Kristy Herrick, Herrick Real Estate (Re/Max)**
- **Dr. Sundren Govender, Monarch Health Solutions**

**Advance registration required - please contact Reception at 250-370-7300.**

### **MAiD**

**Wednesday, September 23 | 3:30-5:00pm | Bamboo Room**

**Facilitator: Rosanne Beuthin, VIHA**

**Learn what medical assistance in dying is, how it is administered and who  
is eligible. Questions welcomed.**

**Advance registration required - please contact Reception at 250-370-7300.**



## COURSE SPOTLIGHTS

### **Laws of Ecology & Development of a Personal Resiliency Environmental Action Plan**

**Mondays, Sept 21-Oct 26 | 6:30-8:00pm**

**Cost: \$180 | Instructor: Brad Atchison**

**A series of facilitated group discussions, that deal with the Four Laws of Ecology and their implications for individual behaviour. Each participant calculates their own Ecological Footprint as well as Carbon Emissions Footprint, including reflecting on the implications of the findings.**

**Barcode: 257734**

### **Monterey Community Choir**

**Tuesdays, Sept 15-Dec 15 | 9:30-11:00am**

**Cost: \$118 | Instructor: Eldar Talipov**

**Join a welcoming and social choir experience designed especially for older adults who enjoy music, connection, and learning in a relaxed environment. No formal auditions required. Participants will learn a variety of songs in an inclusive, non-competitive setting, with guidance on vocal technique, breathing, and harmony. Off-site community performance opportunities throughout the season included.**

**Barcode: 256863**

### **Inner Strength for Challenging Times**

**Fridays | 10:00-11:30am**

**Sept 18, Oct 9 & 30, Nov 13 & 27, Dec 11**

**Cost: \$35 | Instructor: Wally Lazaruk**

**The Inner Strength for Challenging Times program helps participants develop practical inner strengths for managing life's challenges. Sessions will cover:**

- **Alphabet of the Heart & Key Inner Strengths**
- **Self-Compassion, Forgiveness & Gratitude**
- **Resilience & Protecting What's Important**
- **Core Values & Creating a Life Plan**
- **Healthy Lifestyle, Cognitive Fitness & Brain Training**
- **Overcoming Anxiety, Staying Calm & Enjoying Life**

**Barcode: 258669**

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## CLUB & DROP-IN ACTIVITIES

### New Club: Hong Kong Style Mahjong

Thursdays (starting Sept. 10) | 12:30-3:30pm | Garry Oak Room

You may have seen our Friday Mahjong group that plays western style, we'll now have a Hong Kong style group joining in the Thursday Table Games as of September 10. Hong Kong Style Mahjong tiles are thicker, heavier, and designed to stand flat on a table without mechanical assistance compared to Western Style Mahjong. Players coming to Hong Kong Mahjong must have experience playing this version as the two styles are not interchangeable.

### REMINDER

The Stamp Club always welcomes donations of stamps!

The following Clubs & Drop-In activities will have a late return in September

Carpet Bowling: will restart September 15

Classic Tunes Sing-Along: will restart September 17

Poetry Discussion Group: will restart September 9

Sing-Along Club: will restart September 10

## MONTEREY EVENTS



### TRIVIA PUB NIGHT

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

**Tickets on sale until 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.*

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### 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.

*All guests at the Open House may enter to win a door prize basket of gifts from local merchants*

Complimentary coffee and cookies will be available for all.



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## MONTEREY EVENTS

### CALL FOR LOCAL MAKERS

Monterey Centre is seeking local artisans who create handcrafted goods to participate as vendors in our Holiday Pop-Up Market on November 21 from 9:30am-1:00pm.

We aim to showcase the creativity and craftsmanship of the local maker community.

\$50/6ft table

Please email [lcobus@oakbay.ca](mailto:lcobus@oakbay.ca) for an application.

Application deadline is September 29 at 4:30pm

## TRIPS

### **SOLD OUT:** CHEMAINUS THEATRE: PERIL IN THE ALPS

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

### CHEMAINUS THEATRE: THE WICKHAMS - CHRISTMAS AT PEMBERLEY

Saturday, November 28 | 9:30am - 6:30pm | Member Cost: \$208 | Non-Member Cost: \$239

[Tickets go on sale October 9](#)

Enjoy a delicious buffet brunch at the Playbill Dining Room. Following brunch, enjoy a stroll through Chemainus. Then sit back and enjoy the Christmas show.

**"The Wickhams- Christmas at Pemberley"**

Downton Abbey meets Jane Austen in this witty and wonderful Pride and Prejudice sequel. While the family celebrates upstairs, the servants in the downstairs quarters must deal with a shocking holiday scandal when Mr. Wickham, Darcy's nemesis and Lydia's spouse, stumbles in. A splendid, festive gift!

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





# FRIENDS OF MONTEREY CENTRE SOCIETY

## FoMCS President's Message

I hope that all FoMCS members have had a good summer and that you are looking forward to renewing your regular activities at Monterey Recreation Centre. FoMCS has kept busy over the summer break.

Following the Canada Day event, we supported two music and ice cream afternoons that featured performances by the Monterey Ukulele Club and were very popular. FoMCS will be providing the refreshments for the last Open Mic Summer Series, on Sunday, September 6.

The Board of Directors will commence regular monthly meetings as of Thursday, September 17. We will continue the work we started in the summer on making our funding process timelier and more efficient, exploring new sources to raise funds. We have still have not received the decision on the BC Supreme Court hearing from July. When it does come out, we will get a day's advance notice and will inform members as soon as possible after that. This year's AGM was delayed due to the court proceeding, but we have scheduled it for Thursday, November 12. More details and official notice to follow.

The fall Bazaar, put on by the Creative Crafters, will be on Saturday, October 24, look for more information on that to follow as well.

Neil Campbell - FoMCS President

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# SEPTEMBER

| SUN                                                            | MON                                                            | TUE                                                                                                                                                | WED                                                                                              | THU | FRI | SAT                                               |
|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----|-----|---------------------------------------------------|
|                                                                |                                                                | 1                                                                                                                                                  | 2<br>Main Entrance<br>Closed for Carpet<br>Cleaning<br>Use entrance<br>from lower<br>parking lot | 3   | 4   | 5                                                 |
| 6<br>August<br>Rescheduled<br>Open Mic<br>1:30-3:00pm<br>Lobby | 7<br>Labour Day<br>Centre Open<br>1:00pm-4:00pm                | 8                                                                                                                                                  | 9<br>Open House<br>1:00-2:30pm<br>Garry Oak                                                      | 10  | 11  | 12                                                |
| 13                                                             | 14                                                             | 15                                                                                                                                                 | 16                                                                                               | 17  | 18  | 19                                                |
| 20                                                             | 21                                                             | 22<br>Free Talk<br>Downsizing<br>1:00-2:30pm<br>Dogwood<br>Trivia Pub Night<br>5:00-8:00pm<br>Garry Oak<br><small>*advance ticket required</small> | 23<br>Member Birthday<br>1:30pm   lobby<br><br>Free Talk<br>MAiD<br>3:30-5:00pm<br>Bamboo        | 24  | 25  | 26<br>Chemainus Trip<br>Sold Out<br>9:30am-6:30pm |
| 27<br>Open Mic<br>1:30-3:00pm<br>Lobby                         | 28<br>Pop-Up<br>Savoy Singers<br>12:00-12:30pm<br>Garden Court | 29                                                                                                                                                 | 30<br>Truth &<br>Reconciliation<br>Day<br>Centre Open<br>1:00pm-4:00pm                           |     |     |                                                   |

## Labour Day Weekend Hours:

Saturday September 5: 8:30am-4:00pm

Sunday September 6: 11:30am-4:00pm

Monday September 7: 1:00pm-4:00pm

## Truth & Reconciliation

### Day Hours:

Wednesday, September 30: 1:00pm-4:00pm

## Centre Hours as of September 1

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