

# APRIL 2024 HAPPENINGS

Monterey Recreation Centre  
250-370-7300



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### **Preview the Active Living Guide**

Starting Wednesday April 3rd, preview a copy of the Spring/Summer 2024 Active Living Guide at Monterey Reception or online at [recreation.oakbay.ca](http://recreation.oakbay.ca)

**Registration day is Wednesday, April 10th at 6:30am.**

### **Online Registration Tutorials**

In preparation of Spring/Summer registration, Monterey is offering tutorials of Oak Bay's Online Registration Process! Learn how to register for courses and classes from the comfort of your home. Come in during any of the following times and feel free to bring your smart phone or tablet with you!

Friday April 5th 2:00-3:00pm

Monday April 8th 2:00-3:00pm

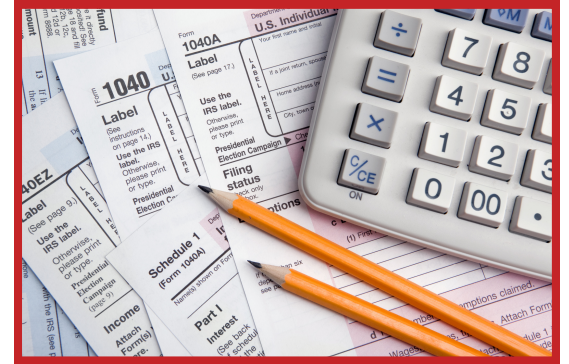
Tuesday April 9th 11:00am-12:00pm

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# WHAT'S HAPPENING AT MONTEREY?

## Community Volunteer Income Tax Program

Once again, Monterey Recreation Centre is pleased to be able to offer this valuable service, in partnership with the CRA, to Monterey Members. Please note, this service is for simple tax returns only, where maximum gross earnings for the year are \$35,000 or less per person.



This program is made possible by the dedication and commitment of our wonderful Income Tax Volunteers.

Eligible members can sign-up at Reception.

**REMINDER: Income Tax filling deadline is April 30th.**

The community Volunteer Income Tax Program is a service provided by the CRA and, as such, any questions or concerns should be directed to them at 1-800-959-8281. Monterey Centre only provides the income tax appointment room, supports the volunteers, and schedules appointments for eligible, low-income members to access the service.

## REMINDER: Monterey Volunteers Pick Up Your Complimentary Coffee Card



Monterey Volunteers (Reception, Fern Café, Coffee Express, and Drop-ins) with a regularly scheduled shift, are invited to pick up their 20-punch complimentary coffee/baked good punch card at Reception.

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## Coffee with a Cop

Constable Natalie Mishrigi, Oak Bay Police Department

Wednesday, April 10th

10:00am-11:00am | Monterey Lobby

Drop by, and say hello to Constable Natalie. She welcomes all questions and is excited to connect with you in this informal setting.

The Coffee Express will be open for coffee purchases.



## MONTEREY PROGRAM HIGHLIGHTS



### NEW! Evening Dance Express

Wanting to change up your fitness routine? Looking to release endorphins while forgetting you are working out?

Join Isabel on Tuesdays, 5:00pm-5:45pm, starting Tuesday, April 2nd.

Are you an Oak Bay Passholder? Just like "Indoor Cycling" and "Total Body Training", Dance Express is included in your membership.



### Beauty Workshop

Saturday, April 13th | 10:00am-12:00pm | \$20.00

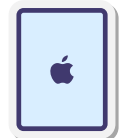
Led by: Oak Bay Pharmasave



Discover top insider tips and tricks to look fantastic in less than 5 minutes: skills to enhance your colouring to bring out your best features and simple concepts to improve your skin care routine. Each workshop participant will receive a mini mascara, skin care samples, and a Cosmetic Coupon (\$10 OFF a \$40 Cosmetic purchase at Oak Bay Pharmasave).

Partial proceeds go to the Oak Bay Volunteers Services. Registration barcode: 178853

## NEW CLUB SPOTLIGHT



### iPad Club

Second Thursday of every month: 2:00pm-3:30pm | Dogwood Room

Club Representative: Jany Li

For iPad users and iPad enthusiasts! Welcoming a new guest speaker each month.

April 11th guest speaker - Oak Bay Library, discussing their iPad program.



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## Meghan Page Leaving

Meghan, Monterey's Programmer of Events and Volunteers, has accepted a new position, in a different department within Oak Bay Parks, Recreation, and Culture. Meghan's last day with Monterey will be Tuesday, April 2nd. We are excited for her and her next adventure! Stay tuned for updates regarding the Programmer of Events and Volunteers position.

## FOOD SERVICES

### Fern Café

Looking for a bite to eat? Visit the Fern Café where delicious and affordable hot entrees are served on

Tuesdays, Wednesdays, and Thursdays.

Homemade soups, salads, baked goods, and sandwiches are served daily, with gluten-free and vegetarian options available.

Monday to Friday 10:30am-2:00pm

Hot entrees and 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

**Credit & Debit cards are now accepted at the Coffee Express!**



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# DROP-IN ACTIVITY SPOTLIGHT

**\*MONTEREY MEMBERSHIP REQUIRED FOR PARTICIPATION**



## Monday Morning Walking Groups

Two distances:

5km group meets at 9:30am

3km group meets at 10:00am

Both groups meet in the Monterey Lobby. The group walks rain or shine, so please dress for the weather.

Volunteer Facilitators: Carol Brown & Gerhard Herndler

## Monterey Social Activities Drop-In

Thursdays: 2:30pm-4:00pm | Fern Café

Volunteer Facilitator: Gail Dawson

All Members welcome! Meet new friends or connect with old ones. Casual drop-in sessions in a relaxed atmosphere.

To pursue and create fun and friendship!

**NEW!**



## Intermediate Guitar

**NEW!**

Second and fourth Wednesday of each month.

3:30pm-5:00pm | Cedar Room

Volunteer Facilitator: Rolfe McCooey

Imagine a roomful of acoustic guitars, everyone strumming, picking, and singing a variety of songs with Folk, Scottish/Irish and Americana roots!

Traditional Irish, The Pogues, The Band, Townes

Van Zandt, Simon and Garfunkel,

Willie Nelson, John Prine and more.

Bring your six-string and come join us!

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## FREE TALKS



### **The Latest Hearing Aid Technology**

**Thursday, April 11th | 2:00pm-3:00pm | Cedar Room**

**Guest Speaker: Vivian Brown, Broadmead Hearing**  
**Learn how hearing aids can connect to speakers and help to reduce background noise and improve your overall listening experience.**



### **Getting Unstuck:**



### **Finishing your Life Story or Family History Book**

**Monday, April 8th | 2:00pm-3:15pm | Cedar Room**

**If you would like to finish a book, either about your own life or members of your family, this is the workshop for you. Join this free workshop for tips, resources, and inspiration to finish your book project. I'll walk through the process to get you from "I've got a lot of (potential) content" to "finished book". Mali Bain, BA (UBC), BEd (SFU), MA (UBC), a former high school teacher, has also worked in university, philanthropic, and non-profit settings. She is a certified guided autobiography facilitator and founder of NextGen Story: Custom Publishing ([www.nextgenstory.com](http://www.nextgenstory.com)).**



### **Break the Silence:**

### **The Connection Between Hearing Loss and Dementia**

**Wednesday, April 24th | 10:00am-11:30am | Dogwood Room**

**Guest Speaker: Dr. Abby Smiles, Hear CANADA**

**Did you know there is a link between hearing loss and dementia? Of the 12 known risk factors associated with a greater likelihood of developing dementia, hearing loss has been shown to be the most significant. People with untreated hearing loss are up to 5x more likely to develop dementia. Hearing healthcare plays an important role in brain health! Complimentary hearing screenings and hearing aid cleaning will follow the talk.**

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## EVENTS

### TARGET THEATRE PRESENTS:

#### “THE SPACE BETWEEN”

Wednesday, April 3rd | 1:00pm-2:00pm

Garden Court - FREE EVENT

“The Space Between” is a play, showing a look at different scams that can effect seniors - from the ‘grandchild in trouble’ scam to the ‘you have won’ scam. This important topic is presented in an entertaining way.

### FREE MUSICAL PERFORMANCE

Tuesday, April 9th | 12:00pm-1:00pm

Garden Court - FREE EVENT

Come out and enjoy a free musical performance featuring the “Oak Bay Boys” - Mike Sampson and Joe Wittek. Mike and Joe will be performing classic rock, soft rock, blues, and country hits. Stop by the Fern Cafe to grab some lunch and make an afternoon out of it!



### COOKEILIDH PERFORMANCE

Tuesday, April 16th

11:30am-12:30pm | Garden Court

Tickets on sale March 12th - April 12th

Tickets: \$5.00

Cookeilidh delights audiences with their high energy traditional and modernized Celtic tunes. Mixing the tunes of Ireland and Scotland, with a heaping spoonful of Maritime flavour, and a dash of Folk, is their recipe for a modern day kitchen party!

*This performance is subsidized by MRAA.*



### FREE MUSICAL PERFORMANCE

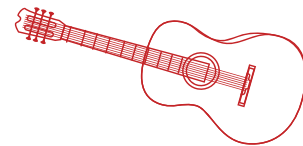
Tuesday, April 23rd | 12:00pm-1:00pm

Garden Court - FREE EVENT

Come out and enjoy a free musical performance, featuring Jordyn Hutchings. Jordyn will be performing an acoustic guitar set and specializes in performing Bossa Nova, Latin jazz, and ambient music.

Stop by the Fern Cafe to grab some lunch and make an afternoon out of it!

*This performance is subsidized by MRAA.*



### VOLUNTEER APPRECIATION EVENT

Friday, May 24th | 1:30pm-3:30pm | Douglas Fir Room

MRAA and MRC volunteers with a regularly scheduled shift are invited to be celebrated - we want to thank you for all that you do for Monterey Centre and its members!

Join us for delicious appetizers, tasty non-alcoholic beverages, specialty desserts, and more.

Live music, mingling, and fun! This is sure to be a wonderful event.

Stop by Reception April 29th - May 10th to pick-up your ticket.



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## TRIPS

### INTEREST LIST: "THE BOOK OF MORMON" THE MUSICAL (VANCOUVER)

Saturday, November 16th | 7:15am-9:30pm

Approximate ticket price: Members \$210.00 | Non-Members \$241.00

**Interest list open April 3rd-May 3rd | Add your name to the interest list at Reception.**

*Ticket includes bus transportation, ferry transportation, theatre ticket, & tax.*

The Book of Mormon follows two young missionaries who are sent to Uganda to try to convert citizens to the Mormon religion. One missionary, Elder Price, is an enthusiastic go-getter with a strong dedication to his faith, while his partner, Elder Cunningham, is a socially awkward but well-meaning nerd whose tendency to embroider the truth soon lands him in trouble. Upon their arrival in Africa, Elders Price and Cunningham learn that in a society plagued by AIDS, poverty and violence, a successful mission may not be as easy as they expected.

The New York Times calls it "the best musical of this century." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." THE BOOK OF MORMON is a nine-time Tony Award® winning Best Musical.

*All meals are the responsibility of the guest and are not included in trip price.*



### VICTORIA SYMPHONY SPRING PERFORMANCE & BRUNCH

Sunday, April 28th | 12:00pm - 5:30pm

Members: \$60.00 | Non-Members: \$68.50 | Tickets on sale March 19th - April 19th

*Ticket includes bus transportation, catered brunch, coffee/tea, Victoria Symphony ticket, & tax.*

Start the day off with a delicious, catered brunch in the beautiful Garden Court! A buffet of traditional brunch items will be served, alongside fresh-baked pastries, fresh fruit, coffee and tea. Following brunch, the group will head to the Farquhar Auditorium to enjoy a 2-hour performance by the Victoria Symphony. "The tempest-tossed drama of Britten's opera Peter Grimes is neatly condensed into his moving instrumental suite. Tragedy is also addressed in Stacey Brown's new song cycle, drawing on texts by Danish author and poet Naja Marie Aidt. Aware of his own mortality, Brahms penned a cornerstone of the symphonic repertoire, his Symphony No. 4, a work of profound depth that many consider his finest.

*(Gluten free and vegetarian brunch available).*



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## TRIPS CONTINUED

### BUTTERFLY GARDENS & LUNCH AT FLOYD'S DINER

Wednesday, May 8th | 10:00am - 2:00pm

Members \$73.25 | Non-Members \$84.25 | Tickets on sale March 25th - April 25th

*Ticket includes bus transportation, self-guided tour of Butterfly Gardens, lunch, coffee/tea, gratuity & tax.*

Escape to the Butterfly Gardens - a tropical jungle paradise! You'll encounter tortoises, iguanas, flamingos, free-flying tropical birds and more. Stroll through and marvel at the lush gardens including tropical flowers, carnivorous plants and fruits of the world. Your jungle adventure awaits!

Following a visit to the Gardens, head across the street to Floyd's Diner for a delicious lunch!



### CHEMAINUS TRIP & BRUNCH: "JEEVES AT SEA"

Wednesday, May 29th | 9:15am-6:30pm

Members \$167.00 | Non-Members \$192.00 | Tickets on sale March 30th - April 30th

Indulge in a delicious buffet brunch at the Playbill Dining Room where the Executive Chef has prepared an impressive brunch buffet with fresh seasonal salads, delicious starters, 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 comic adventure, "Jeeves at Sea".

"Set sail for laughter as Bertie Wooster revels in life aboard the Vanderley yacht, accompanied, as always, by his peerless valet, Jeeves. When Bertie's pal Crumpet assaults a prince, a madcap case of mistaken identities ensues surely leading to Bertie's doom - or worse, his marriage? Have no fear, Jeeves will sort it all out... or will he?"



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# APRIL



SUN

MON

TUE

WED

THU

FRI

SAT

	1 Easter Monday Centre open 1-4 	2	3 Free Performance: "The Space Between" 1:00-2:00 Garden Court	4	5	6 TRIP: "HAIRSPRAY" The Musical in Vancouver
7	8	9 Free Performance: "Oak Bay Boys" 12:00-1:00 Garden Court	10 Spring/Summer Registration Begins at 6:30am	11	12	13
14	15	16 Cookeilidh Performance 12:00-1:00 Garden Court  *Tickets required	17	18	19	20
21	22	23 Free Performance: Jordyn H. 12:00-1:00 Garden Court	24	25	26	27
28 TRIP: Brunch & Victoria Symphony	29	30 Deadline for Income Tax filings.				

### Easter Weekend Centre Hours:

Friday, March 29th | 1:00pm-4:00pm

Sunday, March 31st | 1:00pm-4:00pm

Monday, April 1st | 1:00pm-4:00pm

### Regular Centre Hours:

Monday - Thursday: 8:30am-9:00pm

Friday: 8:30am-4:30pm

Saturday: 8:30am-4:00pm

Sunday: 1:00pm-4:00pm

