

# MARCH 2024 HAPPENINGS

Monterey Recreation Centre  
250-370-7300



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## Mark your calendar!

**Spring/Summer programs are just around the corner!**

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 will begin Wednesday, April 10th at 6:30am.

**Reminder!**



Sunday, March 10th is Day Light Savings!  
Remember to set your clocks ahead 1 hour at 2:00am.

# 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.

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.

## Monterey Volunteer 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 starting Monday, March 4th.

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## Coffee with a Cop

Constable Natalie Mishrigi, Oak Bay Police Department

Wednesday, March 6th

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.



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## MONTEREY PROGRAM HIGHLIGHTS



### DROP-IN FITNESS – MAXIMUM CLASS SIZE CHANGE EFFECTIVE MARCH 1ST



Starting March 1st, staff will be restricting capacity in Garry Oak drop-in fitness classes to 50.

This was a necessary step due to safety considerations and the continued growth of these programs. For any questions or concerns, please contact Philip MacMahon, Monterey Programmer.

While space and instructor availability is a limiting factor, we will continue to review program options due to the heightened demand. As a reminder, Total Body Training, which is included in membership and punch passes, is offered at Henderson on Monday and Friday mornings from 9:15-10:15am.

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## Healing Through Ikebana

Mondays March 18th - April 29th (6) | 12:30pm-2:30pm

Members: \$76.50 | Non-Members \$90.00

Retired nurse, Fumi Csizmazia, will guide you through this unique class. This course will examine the Japanese principles of angles, forms, and colour of floral arrangement. Each lesson will begin with a brief body stretching exercise and will conclude with a meditation period. The instructor will discuss supplies at the first class. This course is an opportunity for anyone who is looking for tranquility and to make a spiritual communion to the natural beauty of floral arrangement.

This course is beneficial for anyone who would like to connect with nature.

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## FOOD SERVICES

### Welcome new Head Cook, Raymond!

Raymond brings with him over 20 years experience as an Executive Chef who has worked in a variety of local restaurants.

Most recently, Raymond worked as the Director of Culinary for Amica on the Gorge.

Please be sure to give Raymond a warm, Monterey welcome!



### 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



**HOT ENTREES ARE BACK!!!**  
**Starting March 5th**



### 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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## DROP-IN ACTIVITY SPOTLIGHT

**\*MONTEREY MEMBERSHIP REQUIRED FOR PARTICIPATION**



### **Blood Pressure Clinic**

**Facilitated by Volunteer retired nurses**

**Every Thursday: 11:15am-12:30pm**

**Members are invited to participate in this free, weekly service. Wallet-sized cards are provided to track your blood pressure.**

### **Needlecrafts Group**

**All needlecrafters are welcome at this fun and social group drop-in!**

**Tuesdays & Thursdays: 12:30pm-2:00pm**

**Garden Court.**

**Volunteer Facilitator Diane Hanson**



### **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

### Fraud Prevention

Saturday, March 9th | 1:00pm-3:00pm

Garry Oak Room

Guest Speakers: Constable Natalie Mishrigi and  
Sergeant Jason Jewkes.

Want to learn more about fraud trends in the community and how frauds are committed? Oak Bay Police members will give out pointers on how to identify fraud and prevent it!

Bring your questions!



### Island Deaf and Hard of Hearing

Monday, March 11th | 10:00am-11:15am | Dogwood Room

Guest Speaker: Amanda Windle

Amanda Windle of Island Deaf + Hard of Hearing Centre will be joining us to speak about the services provided by the non-profit organization. She will be sharing information on communication strategies, assistive technology, and their Sound of Change Initiative which provides free refurbished hearing aids to low-income individuals.



### Thriving, Not Just Surviving in your 70's, 80's, 90's and Beyond

Friday, March 8th & 22nd | 10:00am - 11:00am | Pine Room

Guest Speaker: Dr. Kim R. McKenzie

Dr. Kim R. McKenzie, a geriatric medicine specialist with over 35 years of experience, will lead a discussion on lifestyle factors which promote ongoing vitality as we get older. These include nutrition, movement, sleep, stress management, the use of supplements, and an ongoing sense of purpose. Please join us for an engaging discussion on living the fullest possible life at any age.

## EVENTS

### FREE MUSICAL PERFORMANCE

Thursday, March 7th

11:45am-12:45pm | Garden Court

A free musical performance by Brent Morrison, singing songs you know and love!

While at Monterey, stop by the Fern Café, grab your lunch, and enjoy this free musical performance.

### FREE MUSICAL PERFORMANCE

Tuesday, March 12th

12:00pm-1:00pm | Garden Court

A free musical performance by Dorothy Cook, a classical harp musician.

While at Monterey, stop by the Fern Café, grab your lunch, and enjoy this free musical performance.

### MEMBERS BIRTHDAY

### CELEBRATION - MUSIC & TREATS

Wednesday, March 20th | 1:00pm-2:00pm

Centre Lobby - FREE EVENT

Everyone is invited to this free and fun event!

Come help celebrate those members whose

birthdays are in March and April. The

“Monterey Avenue Minstrels” will be performing and cupcakes will be served!

*Cupcakes are graciously funded by MRAA.*

### VINTAGE FASHION SHOW

Friday, March 22nd | 1:30pm-3:15pm

Members: \$8.50 | Non-Members \$10.00

Tickets on sale February 15th - March 15th

Watch the past come to life through this presentation from Vintage Fashion Showcase. Memories come to life with modelled original and reproduction garments from years gone by. The fashion show is accompanied by commentary and era-appropriate live music. Coffee & Tea provided while you enjoy the show.

### CELLO WITH ELENA

Thursday, March 28th | FREE EVENT

12:00pm-1:00pm | Garden Court

With over two decades of enriching audiences in renowned orchestras, Elena is an

accomplished cellist who has mastered the language of music. With a diverse repertoire

ranging from classical to contemporary pieces,

she offers a soulful and touching musical

experience. *This performance is sponsored in*

*loving memory of Joyce Bewley, Neil Jackson, and*

*Matthew Jackson.*

### 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.*

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## TRIPS

### HAIRSPRAY THE MUSICAL (VANCOUVER)

Saturday, April 6th, 2024 | 7:15am-9:30pm

Tickets on sale February 1st - March 15th

Members \$210.00 | Non-Members \$241.00 (REDUCED TICKET PRICE)

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

**HAIRSPRAY**, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world?

**HAIRSPRAY** is "fresh, winning, and deliriously tuneful!" (The New York Times).

*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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# MARCH



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MON



TUE

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FRI

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3 TRIP: Brunch & Victoria Symphony	4	5	6 Coffee with a Cop! 10:00-11:00 Centre Lobby	7 Free Performance: Brent Morrison 11:45-12:45 Garden Court	8	9 Free Talk: Fraud Prevention 1:00-3:00 Garry Oak
10 Daylight Savings Time! Set your clock forward 1 hour	11 Island Deaf & Hard of Hearing 10:00-11:15	12 Free Performance: Dorothy Cook 12:00-1:00 Garden Court	13	14	15	16
17 Happy St. Patrick's Day! 	18	19 First Day of Spring! 	20 Members Birthday Celebration 1:00-2:00 Lobby	21	22 Vintage Fashion Show 1:30-3:15 Garry Oak	23
24	25	26	27	28 Free Performance: Cello with Elena 12:00-1:00 Garden Court	29 Good Friday Centre open 1:00-4:00	30

31  
Easter  
Sunday  
Centre open  
1:00-4:00



**Regular Centre Hours:**  
 Monday - Thursday: 8:30am-9:00pm  
 Friday: 8:30am-4:30pm  
 Saturday: 8:30am-4:00pm  
 Sunday: 1:00pm-4:00pm

**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

