

FEBRUARY 2025 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE



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FRIENDS OF MONTEREY RUMMAGE SALE!

Saturday, February 22nd
9:00am - 1:00pm

Donations accepted in the Garden Court

Sunday, February 16 at 1:00pm until
12:00pm on Thursday, February 20th

All donations welcomed, except:
large fitness equipment, luggage,
computers, phones, TV's, and
collector book sets.

Due to the Rummage Sale & set up there
will be no classes, courses, drop-in
activities or clubs running on
Friday, Feb. 21 or Saturday, Feb. 22

FEBRUARY 2025

WHAT'S HAPPENING AT MONTEREY?

New Member Meet & Greet

Wednesday, February 5th | 1:30pm | Lobby

Volunteer: Ann Herbert

Are you a new Social Activity Member at Monterey looking to find out more about the Centre and what your membership has to offer? Join Ann as she takes you on a facility tour, provides insightful information on how to make the most of your membership and meet other new members like you!

Can't make it this month? Don't worry. We'll be hosting a Meet & Greet the first Wednesday of every month! No sign up required. Meet in the lobby.



Open Mic

Sunday, February 23rd | 1:30pm | Lobby

Come by Monterey and enjoy the sounds of local musical talents at our Open Mic.

Musicians are asked to arrive early and check-in with the session leader at 1:00pm.

Special thanks to Friends of Monterey for sponsoring this event.

Pink Shirt Day

Wednesday, February 26th

Let Kindness Grow!

Join the staff at Monterey in taking a stand against bullying and raising awareness by wearing pink on Wednesday, February 26th.



FOOD SERVICES

Volunteer Opportunity!

We're looking for a friendly & enthusiastic volunteer(s) to help at the Coffee Express. As a Coffee Express volunteer, you'll brew, serve, & connect with others. It's a great way to meet new people and give back to the community.

Coffee Express needs help on Wednesday mornings & Thursday afternoons.

If you are interested, please pick up a Volunteer Application at Reception.



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



Fern Café

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



FREE TALKS

History of Psychoactive Drug Policy in Canada

Friday, February 7 | 1:30-3:00pm | Dogwood Room

Guest Speaker: Dr. Perry Kendall

Drug policy in BC. Success or failure? Join a conversation about drug policy, addiction, evidence and the way forward. Learn what psychoactive drugs are, their history in Canada including the evolution of psychoactive drug policy, from prohibition on alcohol to legal and illegal drugs today. Dr. Kendall, recipient of the Order of BC and the Order of Canada, will talk about the public health, evidence-based, harm reduction approach to dealing with psychoactive drug use. Dr. Perry Kendall was the Provincial Health Officer for the Province of BC from 1999-2018. Suggested reading prior to this talk found here:

<https://cmho-report-2024.islandhealth.ca/>

Sign up in advance at Reception.



Orderly Affairs

Wednesday, February 12th | 1:00-2:00pm | Dogwood Room

Guest Speaker: Daralynn Wei, owner Orderly Affairs

Many of us find conversations about getting our affairs in order and advance care planning difficult. Join Daralynn Wei, owner and operator of Orderly Affairs, as she presents her approach to this overwhelming subject matter and shares some important facts along the way. Her passion is to help people get organized and thoughtfully prepare for end-of-life, well before there is a need to do so.

Find a full description of Orderly Affairs services, at: www.orderlyaffairs.ca

Sign up in advance at Reception.



Hearing Talk & Screening

Wednesday, February 26th | 1:00-2:30pm | Dogwood Room

Guest Speaker: Abby Smiles, Doctor of Audiology

Please join us for a presentation about communication strategies for people with hearing loss and their loved ones. The presentation will be followed by a free hearing screening session with an audiologist

Sign up in advance at Reception.

FEBRUARY 2025

INCOME TAX PROGRAM

Monterey Recreation Centre is pleased to be able to offer this valuable free service, in partnership with the CRA, to eligible Monterey Social Activity Members from March 1st - April 30th.

This service is for simple tax returns only. Eligible members will have earnings for the year of \$35,000 or less.

Appointments may be booked with Reception starting Monday, February 3rd. Couples must book two appointment times..

This program is a service provided by the CRA and, as such, any questions or concerns should be directed to CRA directly by calling 1-800-959-8281.

Please note: Monterey Centre only provides the appointment room, supports for the volunteers, scheduling of appointments and cannot answer tax related questions.



This program is made possible by the dedication and commitment of the Community Volunteer Income Tax Program.



CLUB & DROP-IN ACTIVITIES

Rummikub

We now have a large print Rummikub game available for members to play during the Thursday or Friday Table Games time slot.

See Reception for the Table Games locker key.
Please note this is not a volunteer-led program.



Interest List: **Cycling Group**

Enjoy riding a bike? Monterey is looking at starting a cycling group. If you are interested, please put your name down at Reception.



EVENTS

VALENTINE'S DAY FRIENDSHIP LUNCHEON

Friday, February 14th | 11:30am | Garden Court

OR

Friday, February 14th | 12:00pm | Garden Court
Member Cost \$20.00 | Non-Member Cost: \$23.00

Tickets on sale January 7 - February 7.

Tickets must be purchased in advance by February 7.

Whether solo, with a friend or a partner, we are offering two seating options for you to enjoy a charming lunch menu of pesto marinated chicken with forest mushroom cream sauce (gluten-free), asparagus spears, cherry tomatoes & truffle fingerling potatoes.

Dessert will finish out your meal with an option for gluten-free.



TRIPS

VANCOUVER: SHEN YUN (QUEEN ELIZABETH THEATRE)

Thursday, April 10th | 7:15am - 9:30pm

Member Cost: \$305.00 | Non-Member Cost: \$350.00

Tickets on sale February 13 - March 13

The gong resounds, the curtain opens, and a heavenly scene is right before your eyes. Fairies emerge from a sea of billowing clouds. Mongolians ride on horseback across grasslands as vast as the sky. Classic stories of love and loss, of humour and heroic deeds, come to life. You will be amazed by how vibrant, exciting, and profound classical Chinese culture can be.



INTEREST LIST: NORTHWEST RAPTORS

Friday, April 25th | 9:30am - 5:00pm

Anticipated Member Cost \$166 | Non-Member Cost \$191

Tickets Expected to go on sale in March



Have you ever seen a bird of prey up close? Come see one with us on a visit to the Pacific Northwest Raptors in Duncan. During this unique experience, you will meet several raptors up close, while gaining knowledge about their biology, behaviour and conservation needs. Spend time flying a hawk, meeting a bird on the glove and working with species others don't typically work with.

Lunch would be enjoyed at a local restaurant prior to visiting the Raptor Centre. If interested, please put your name down at Reception.

Ticket prices would include bus transportation, admission, and tax. Meals are the responsibility of the guest and are not included in this trip.

FEBRUARY 2025

FEBRUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|--------------------------------|--|--|
|  |  |  | | | | 1 |
| 2 | 3 | 4 | 5 New Member Meet & Greet 1:30pm Lobby | 6 Chinese New Year Trip* | 7 Free Talk Drug Policy 1:30-3:00pm Dogwood | 8 |
| 9 | 10 | 11 | 12 Free Talk Orderly Affairs 1:00-2:00pm Dogwood | 13 | 14 Valentine's Friendship Luncheon* | 15  |
| 16  | 17 Family Day Centre Open 1:00-4:00pm | 18 | 19 | 20 | 21 No Classes or Programs running today Rummage Sale set up | 22 Rummage Sale! 9:00am - 1:00pm |
| 23 Open Mic 1:30-3:00pm Lobby | 24 | 25 | 26 Free Talk Hearing 1:00-2:30pm Dogwood Pink Shirt Day! | 27 | 28 | |

*purchase tickets in advance

Family Day Statutory Hours:

Saturday, February 15: 8:30am-4:00pm
 Sunday, February 16: 11:30am-4:00pm
 Monday, February 17: 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