

JANUARY 2025 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE



IN THIS ISSUE

- FREE EVENTS
- FREE TALKS
- CLUB NOTICES
- UPCOMING EVENTS
- UPCOMING TRIPS
- COURSE SPOTLIGHT
- JANUARY CALENDAR



Register for your Winter 2025
January - April courses today!
See the Active Living Guide
for course offerings

JANUARY 2025

WHAT'S HAPPENING AT MONTEREY?

Coffee with a Cop

Constable Natalie Mishrigi,
Oak Bay Police Department

Wednesday, January 15th

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

Constable Natalie welcomes all questions and is excited to connect with you in this informal setting. The Coffee Express will be open for coffee purchases.



Members Birthday Celebration

Wednesday, January 22nd | 1:30pm | Lobby

Do you have a birthday in January or February?

Come celebrate your special day with us at Monterey! Featuring live music by the Monterey Minstrels and in-house baked cupcakes!

Special thanks to Friends of Monterey for sponsoring this event.



Open Mic

Sunday, January 26th | 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.



JANUARY 2025

FOOD SERVICES



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



**Thank you to Chef Ray & the Food Services Team
for a wonderful & tasty year in 2024!**

JANUARY 2025

FREE TALKS

Long Term Care 101 Discussion

Wednesday, January 15th | 10:30-11:30am | Dogwood Room

Guest Speaker: Denise Grant, Amica Jubilee House

Learn how long-term care is for discerning seniors who want the freedom to live each day as they like, along with around-the-clock support and on-site nurses. Your wellness plan can include help with bathing, medication and other services.

Sign up in advance at Reception.

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.

COURSE SPOTLIGHT

Living Life to the Full for Older Adults

Wednesdays, January 22 - March 12 | 1:00pm-2:30pm | Bamboo Room

This program helps manage mood and worry. You will learn practical strategies to deal with feelings when you feel fed up, worried or hopeless. There are ways to help improve these feelings by learning some new techniques to manage life's challenges. This insightful approach teaches that all the things we experience, think, feel, and do are interconnected.

Using Cognitive Behavioral Principles, participants will learn how to reverse negative habits and develop new processes to rebuild happiness.

Cost \$25 | Barcode: 205220

JANUARY 2025

CLUB & DROP-IN ACTIVITY NOTICES



Chinese Brush Painting Club is pleased to welcome new members in January. Drop by the Lilac Holly Room on Friday mornings between 9:00am-12:00pm to see the ancient art form of Chinese Brush Painting in action. The practice of Chinese Brush Painting is a lifelong learning journey, and a meditative pursuit in a supportive social club environment.

Living Well Club runs the 2nd & 4th Friday of the month 10:00-11:30am. Living Well Club will

focus on the following topics:

January: Aspiration, Awareness & Self-compassion

February: Relationships

March: Resilience & Motivation

April: Forgiveness, Gratitude & Hope

Note that participants will have the opportunity to propose topics based on their needs and interests.



JANUARY 2025

CLUB & DROP-IN INTEREST LISTS

Euchre - Interested in playing Euchre?

Join the interest list at Reception.

A minimum of 10 members will be required to start a Euchre club/drop-in activity.

Karaoke - Want to sing your favourite tunes in front of your friends? Monterey is looking into starting a karaoke group.

Let Reception know if you are interested.

A minimum of 10 members will be required to start a Karaoke club/drop-in activity.


TRIPS

CHINESE NEW YEAR LUNCH AT GOLDEN CITY


Thursday, February 6 | 11:30am-2:30pm

Member price \$55 | Non-Member price \$64

Tickets on sale December 23 - January 23

 It's the year of the snake! Come celebrate Chinese New Year with a delicious Lunch at Golden City Restaurant. Your taste Buds will get to experience egg rolls, sweet and sour pork, chicken chop suey. Beef with broccoli, breaded almond chicken, house special fried rice, and house special chow mien.

Tickets will include lunch, 1 pop beverage, transportation, and gratuity.



EVENTS

ROBBIE BURNS DAY

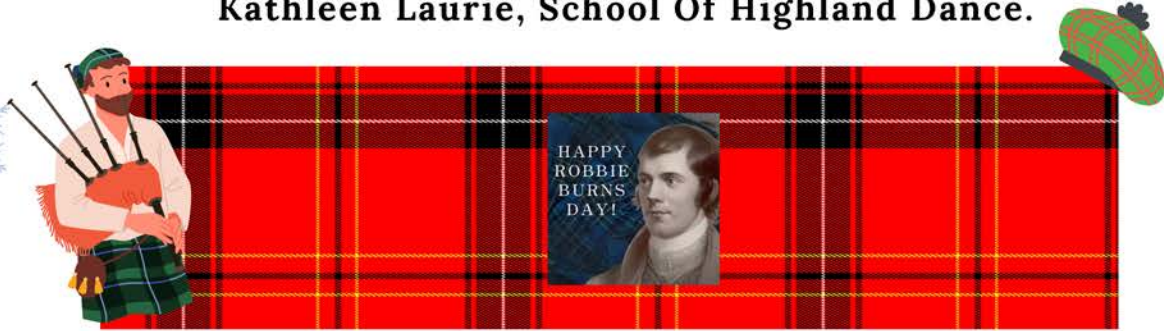
Thursday, January 23rd | 5:00 - 8:00pm | Garry Oak Room

Tickets on sale December 20 - January 17

Members \$33 | Non-Members \$38

A traditional Scottish feast, with both a piper and an Address to a Haggis are among the highlights of this special night!

With performances from Captain Drew Shaw, Adjutant, 5th (British Columbia) Field Regiment, Royal Canadian Artillery and Kathleen Laurie, School Of Highland Dance.



VALENTINE'S DAY FRIENDSHIP LUNCHEON

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

OR

Friday, February 14th | 12:00pm | Garden Court

Member \$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.



JANUARY 2025

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day Centre Closed 	2 Centre Open to 4:30pm	3 	4
5	6	7	8	9	10	11
12	13	14	15 Free Talk 10:30-11:30am Dogwood Coffee with a Cop 10:00-11:00am Lobby	16 	17	18
19	20	21 	22 Members Birthday Celebration 1:30pm Lobby	23 Robbie Burns Day * 5:00-8:00pm Garry Oak	24 	25
26 Open Mic 1:30-3:00pm Lobby	27 	28	29	30	31	

Monterey Centre's Seasonal Holiday Hours
December 30- January 5

Monday December 30: 8:30am-4:30pm
 Tuesday December 31: 8:30am-2:00pm
 Wednesday January 1: **CLOSED**
 Thursday January 2: 8:30am-4:30pm
 Friday January 3: 8:30am-4:30pm
 Saturday January 4: 8:30am-4:00pm
 Sunday January 5: 11:30am- 4:00pm

*purchase tickets in advance

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