

# MARCH 2025 HAPPENINGS

Monterey Recreation Centre  
250-370-7300

OAK BAY  
PARKS, RECREATION  
& CULTURE



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## FRIENDS OF MONTEREY CENTRE SOCIETY

### ANNUAL GENERAL MEETING

Monday, March 24th

1:00-3:30pm | Garry Oak Room

All AGM attendees must have both an active Monterey Social Activity Membership and be a Friends of Monterey Society Member. Please check your Monterey Membership expiry date and renew if necessary prior to March 24th! Note: The Friends of Monterey Centre Society Membership is Free.



## Spring Ahead!

Daylight savings time comes into effect at 2:00am on Sunday, March 9th. Adjust your clocks ahead by 1 hr.



MARCH 2025

## WHAT'S HAPPENING AT MONTEREY?

### New Member Meet & Greet

Wednesday, March 5th | 1:30pm | Lobby  
Join us for a New Member Meet & Greet on Wednesday, March 5th at 1:30pm in the lobby, hosted by volunteer Ann Herbert. This event is for new Social Activity Members at Monterey to learn about the Centre, tour the facility, and connect with fellow members. If you can't attend this month, we'll have a Meet & Greet on the first Wednesday of every month. No registration required.

NICE TO  
MEET YOU

### Members Birthday Celebration

Wednesday, March 26th | 1:30pm | Lobby  
Do you have a birthday in March or April? Come celebrate your special day with us at Monterey! Featuring live music by the Monterey Minstrels and delicious cupcakes!  
Special thanks to Friends of Monterey for sponsoring this event.



### St. Patrick's Day Special Entree Irish Stew

Monday, March 17th | 11:00am-1:00pm  
Fern Cafe | Cost: \$13.50

Join us for lunch in the Fern Cafe on St. Patrick's Day for a delicious Irish Stew special entree.

While quantities last.

No tickets required.

No-presale available.



### Open Mic

Sunday, March 30th | 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 providing refreshments for this event.



## FOOD SERVICES



### Volunteer Opportunity!

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



### The Importance of Decluttering

Wednesday, March 12th | 1:00-2:30pm | Dogwood Room

Guest Speaker: John Procopio, Changing Places Downsizing

Did you know that decluttering will maximize your safety and reduce your risk of falling and having an accident at home?

Having fewer possessions to store and care for allows you to allocate your time and energy to activities that contribute to your physical and emotional health.

Learn how to declutter your home and keep, toss, or donate excess items.

*Sign up in advance at Reception.*



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### Time With Your Doctor: Asking the Right Questions

Wednesday, March 19th | 10:30-11:30am | Dogwood Room

Guest Speaker: Amica Jubilee House, Director of Wellness

Wondering how to make the most of your time at doctor's appointments?

Join Amica Jubilee House Director of Wellness, Charm Domingo, and Assistant Director of Wellness, Gamze Ayvaz, for an engaging talk covering key questions you should ask to ensure that you can be the best advocate for your well-being.

Enjoy healthy refreshments during the presentation plus enter to win an exciting door prize from Amica.

*Sign up in advance at Reception.*



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### Learn to Fall

Thursday, March 27th | 1:00-2:00pm | Pine Room

Guest Speaker: Naomi Casiro, NeuroFit BC, Physiotherapist

Join physiotherapist and educator Naomi Casiro to learn why fall training can not only reduce your risk of injury but can reduce your risk of falling in the first place. Naomi runs two physiotherapy clinics which have a specialized focus on Parkinson's disease and falls in older adults. She teaches in the faculty of medicine at UBC as well as running a course for health care professionals across Canada. Learn about the research on fall training and leave with new tools and tips to get you started. There will also be a Q&A period included in the talk.

*Sign up in advance at Reception.*



MARCH 2025

# INCOME TAX PROGRAM

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

This service is for simple tax returns only. Eligible persons will be 50+yrs and will have earnings for the year of \$35,000 or less. Appointments may be booked now with Reception.

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.*



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## CLUB & DROP-IN ACTIVITIES

**Chess Club:** New Players Welcome!

Thursdays | 12:30pm - 3:30pm | Garry Oak

The Monterey Chess Club is seeking chess players. All levels of ability are welcome to join in for casual chess game play.

Chess sets provided.

**Book Club:** Additional Group Starting

1st Wednesday of each month starting April 2nd

10:00am - 11:30am | Pine Room

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## EVENTS



### EASTER LUNCHEON

Thursday, April 17th | 11:30am | Garden Court

OR

Thursday, April 17th | 12:00pm | Garden Court

Member Cost \$20.00 | Non-Member Cost: \$23.00

Tickets on sale March 10 - April 10

Tickets must be purchased in advance by April 10.

Celebrate Easter with a delicious lunch filled with seasonal flavours! Indulge in a menu featuring baked brown sugar glazed ham, with scalloped potatoes and roasted carrots. Dessert will be chocolate and peppermint mousse with whipped cream.

*Please note there is no gluten free or vegetarian option with this meal.*

*Don't forget to bring your ticket! No entry without a presented ticket.*



## 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.

*Ticket price include bus and ferry transportation, show admission, and tax.*

*Meals are the responsibility of the guest and are not included in this trip.*



### NORTHWEST RAPTORS

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

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

Tickets on sale March 4 - April 8



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 will be enjoyed at a local restaurant prior to visiting the Raptor Centre.

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

MARCH 2025

# COMMUNITY HAPPENINGS

## A CENTURY CELEBRATION OF THE VICTORIA COUGARS HOCKEY

Friday, March 28, 2025 - 4:00pm to Monday, March 31, 2025 - 11:00pm

The Victoria Hockey Legacy Society is hosting "A Century Celebration" in honour of the Victoria Cougars' historic Stanley Cup victory.

This three-day event will commemorate the 100th anniversary of the Cougars' legendary championship win.

In partnership with the District of Oak Bay, the majority of the festivities will be held at the Oak Bay Recreation Centre.



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## OAK BAY VOLUNTEER SERVICES

Looking for a friendly, low-maintenance companion? Oak Bay Volunteer Services, in partnership with Eldercare Foundation, are offering free robotic companion pets to seniors in Oak Bay. These loveable animals provide all the affection of a pet, without the extra work. Their realistic sounds, response to touch, and soft fur offer comfort, entertainment, and a friendly presence. Adorable and hassle-free, these pets are waiting to find their fur-ever home.

Interested in bringing home one of these paw-some companions?








Contact the OBVS office at 250-595-1034, or email [anna@oakbayvolunteers.org](mailto:anna@oakbayvolunteers.org).





MARCH 2025

# MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 New Member Meet & Greet 1:30pm Lobby	6	7	8
9	10	11	12 Free Talk Decluttering 1:00-2:30pm Dogwood	13	14	15
16	17  Special Entree Fern Cafe. While quantities last 11:00am-1:00pm	18	19 Free Talk Time with Doctor 10:30-11:30am Dogwood	20	21	22
23	24 Friends of Monterey AGM 1:00-3:30pm Garry Oak	25	26  Members Birthday 1:30pm Lobby	27 Free Talk Learn to Fall 1:00-2:00pm Pine	28	29
30  Open Mic 1:30-3:00pm Lobby	31					



**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**