

SEPTEMBER 2024 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE



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Monterey Membership - New Name, New Price
As of September 2024, the Monterey Membership will be called the Social Activity Membership (SAM) and there will be a fee increase of 4% bringing the membership cost to \$55/year.
**Additional fees apply to select clubs.*



Pick up the Fall Club & Drop-in Activity Schedules at Reception.

SEPTEMBER 2024

WHAT'S HAPPENING AT MONTEREY?

ACBL Bridge Tournament

Thursday, September 5th- Saturday, September 7th

Douglas Fir & Garry Oak Rooms

Fitness, Drop-in Activities & Clubs typically held in these rooms will be cancelled for the duration of the tournament.



Coffee with a Cop

Constable Natalie Mishrigi, Oak Bay Police
Department

Wednesday, September 18th

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, September 25th | 1:30pm | Lobby

Do you have a birthday in September or October?

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.



SEPTEMBER 2024

WHAT'S HAPPENING AT MONTEREY?

Monterey Open House

Thursday, September 26th | 1:00pm-2:30pm | Garry Oak Room

Invite friends to discover Monterey & the lifestyle enhancing offerings such as 35+ volunteer-led clubs & drop-in activities included in the Social Activity Membership, for only \$55/year. There's something for everyone at Monterey, from walking groups, book clubs, discussion groups, table games, billiards, table tennis and more!

Select clubs and activities will be on display.

Guests to the Open House can enter to win a free Social Activity Membership!

Complimentary coffee and cookies will be available for all.



MEET NIC!



Hi, I'm Nic, the new Events and Volunteers programmer at Monterey Centre. I started working with Oak Bay in March 2023 as a sports camp contractor. After working alongside Oak Bay, I learned how amazing the staff and culture were here. When I saw the opportunity as an after-school Team Leader position arise, I jumped at the chance to become a part of the OBPRC family. After 9 months of learning over 100 children's names and building relationships, I had the opportunity to hop over to Monterey and join the wonderful crew here. I'm also a 3rd generation public service worker, my grandfather was the City Manager of Vancouver, and my mother was an administrator at the CRD. In my free time I enjoy watching and playing football, travelling, and visiting family.



SEPTEMBER 2024

FOOD SERVICES

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



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



Food Price Increases

Please note that as of September 1, 2024 all food prices at Monterey Recreation Centre will be increasing by 4%.

SEPTEMBER 2024

CLUB NOTICE

MONTEREY CHORUS WELCOMING NEW MEMBERS!

Volunteer Club Rep: Sharon Belton

4-part singing, no auditions.

Rehearsals are on Tuesday mornings from 9:15am -11:15am starting September 3rd.

If you are interested, please leave your contact info at
Reception.



CLUB SPOTLIGHT

LIVING WELL COMMUNITY CLUB

Volunteer Facilitator: Wally Lazaruk

Dates: 2nd & 4th Friday of each month from September - December 2024.

Time: 10:00am - 11:30am | Dogwood Room

The Living Well Community Club will focus on building resilience, learning how to adapt successfully to life's stressors, face difficulty head-on, recover from challenges and setbacks, to live a healthier and more fulfilling life.

Each session will have a short presentation,
a meditation or reflection practice and a group discussion.

A minimum of 12 club members will be required to start the Living Well Community Club.

Register in advance at Reception before September 4th.



COURSE SPOTLIGHT

More Commonly Used Conventions

Thursdays, Sept 26 - Nov 14 | 9:15am - 11:15am | Bamboo Room

Instructor: Delma Murray | Course Cost: \$168

Intermediate bridge course covering competitive, defensive, and slam bidding conventions, and introducing the two over one game force system.

The textbook can be purchased at the first class.

Course Registration Code: 200602

Birding With The Brothers

Thursdays, Sept 26 - Nov 14 | 7:00-8:00pm | Pine Room

Instructor: Geoffrey Newall | Course Cost: \$200

The Victoria area is home to a rich selection of migratory and resident birds and is one of the best places in Canada to find rare species.

Join expert birder Geoffrey Newall and his brother Jean, learning how to identify birds by plumage, shape, behaviour, flight style, vocalizations, and more.

This educational and interactive course includes 7 classroom sessions followed by a field trip to one of Victoria's top birding spots.

Course Registration Code: 201432



Farmer's Style Cheddar

Saturday, September 28 | 1:00pm-3:00pm | Lilac Holly Room

Instructor: Paula Maddison | Course Cost: \$81

Learn how to make your own Farmer's Style Cheddar cheese using store bought milk. Paula demystifies the process of producing your own home dairy products and teaches you unique and creative ways of enjoying the cheeses you produce.

Please bring \$10 to cover the cost of kit.

Course Registration Code: 193340



FREE TALKS



Planning for Long Term Care

Wednesday, September 18 | 1:00-2:30pm | Dogwood

Guest Speaker: Denise Grant

Considering long term care for a loved one?

Learn about the differences between private and public funded care including waitlist timelines, staffing models and more. Be sure to bring your questions.

Sign up in advance at Reception.

Healthy Hearing Habits

Tuesday, September 24 | 1:00-2:30pm | Bamboo Room

Guest Speaker: Dr Abby Smiles, HEAR Canada

Learn how your ears work, common early signs of hearing loss, and how hearing loss can impact our overall health and well-being. Find out when to visit an audiologist or hearing care professional. Learn about treatments for hearing loss, and healthy habits that people can adopt to help promote hearing health. After the talk, a technician will clean your hearing aids and offer free hearing screening to talk attendees.

Sign up in advance at Reception.



Getting your Affairs in Order

Tuesday, October 1 | 1:30pm - 2:30pm | Bamboo Room

Guest Speaker: Daralynn Wei

Many people find conversations about getting our affairs in order and advance care planning difficult. Join Daralynn, 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.

For a full description please visit: www.orderlyaffairs.ca.

Sign up in advance at Reception.



SEPTEMBER 2024



EVENTS

MUSIC BINGO

Thursday, September 19th | 5:15pm - 8:15pm

Members \$21 | Non-Members \$25 | Tickets on sale July 31 - Sept 2

After having a delicious dinner, get your friends together for a fun-filled evening of Music Bingo where nostalgic tunes meet the thrill of bingo! Take a journey through music history and win fantastic prizes such as gift cards to local establishments. See Reception for dinner menu.

Generously funded by Friends of Monterey Society.

THANKSGIVING LUNCH

Thursday, October 10th | 12:00pm - 1:30pm

Tickets on sale September 3rd-October 1st

Tickets must be purchased before October 1. No ticket sales on day of.

Members \$20 | Non-Members \$23



Enjoy a delicious three-course meal prepared by our very own Chef Ray.

Start off with a delicious sweet potato and orange soup with maple cream.

Next you'll indulge in roasted turkey with an onion stuffing, a side of mashed potatoes, and brown sugar roasted Brussels sprouts.

Guests will end their three-course meal with apple tarts with cinnamon, whipped cream and caramel sauce.

SAVE THE DATE

**Orange Shirt Day
on National Day
for Truth &
Reconciliation**

Monday, September 30th
Centre Hours 1:00pm-
4:00pm

**Friends of
Monterey Bazaar**
Saturday, October 26th |
9:00am - 1:00pm
Watch for the October
Happenings for details.

**Monterey Concert
Band Music Night**
Wednesday, November 20th
Watch for the October
Happenings for details.



SEPTEMBER 2024

TRIPS

SPACE
AVAILABLE

MERRIDALE CIDER TASTING & LUNCH

Saturday, September 14 | 10:30am - 3:30pm

Members \$75 | Non-Members \$87 | Tickets on sale July 31 - Aug 30

Upon arrival, the group will experience an Orchard to Glass Guided Tasting (non-alcoholic options available). Following the tasting, guests will indulge in a delicious lunch and then guests will be able to roam the property, learn about the cidery, and explore the artisan fare in the gift shop.

Transportation & tasting ticket is included in the ticket price.

Meals are paid by each participant.



CHEMAINUS TRIP: THE PIANO TEACHER

Saturday, October 19th | 9:30am-6:30pm

Members \$167 | Non-Members \$192 | Tickets on Sale Aug 30 - Oct 1

The Piano Teacher is a Governor General's award-winning play about loss, love, friendship and the healing power of music. When classical pianist Erin experiences a devastating family tragedy, she finds herself unable to play music or even touch a piano. Navigating through the traumatic loss of the life she knew, she meets an unconventional piano teacher, who gives her hope for the future.

Ticket includes bus transportation, lunch meal, theatre ticket & tax.



AUGUST 2024

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Labour Day Centre open 1:00-4:00pm	3	4	5	6	7
8	9	10	11 Oak Bay Night Market! 4:00-8:00pm	12	13	14 Merridale Trip 10:30am-3:30pm
15	16	17	18 Free Talk Long Term Care 1:00-2:30pm Dogwood	19 Music Bingo 5:15-8:15pm Garry Oak	20	21
22 	23	24 Free Talk Healthy Hearing 1:00-2:30pm Bamboo	25  Member Birthday Celebration 1:30pm Lobby	26 Monterey Open House 1:00-2:30pm Garry Oak	27	28
29	30 National Day for Truth & Reconciliation Centre open 1:00-4:00pm					

Labour Day Weekend Hours:

Saturday August 31: 8:30am-4:00pm
 Sunday September 1: 1:00pm-4:00pm
 Monday September 2: 1:00pm-4:00pm

Truth & Reconciliation Day

Weekend Hours:

Saturday September 28: 8:30am-4:00pm
 Sunday September 29: 1:00pm-4:00pm
 Monday September 30: 1:00pm-4:00pm

Centre Hours: Effective Sept 2nd

Monday - Thursday: 8:30am-9:00pm
 Friday: 8:30am-4:30pm
 Saturday: 8:30am-4:00pm
 Sunday: 1:00pm-4:00pm
 Statutory Holidays: 1:00pm-4:00pm