

DECEMBER
JANUARY
FEBRUARY



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

FAIRFIELD GONZALES

Observer

FGCA PROGRAM GUIDE & COMMUNITY NEWS



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www.fairfieldcommunity.ca
1330 Fairfield Rd. Victoria BC V8S 5J1
place@fairfieldcommunity.ca 250-382-4604





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Connect with us...

- 1330 Fairfield Rd, Victoria BC, V8S 5J1
- 250-382-4604
- www.fairfieldcommunity.ca
- place@fairfieldcommunity.ca
- Facebook.com/FairfieldGonzalesCommunityAssociation
- @Fairfield_Comm
- @fairfieldcommunity

Reception Hours

Monday to Friday 9:00 am - 5:00 pm
Saturday & Sunday closed
We are closed on statutory holidays

Public computer + phone

We offer computer, printer and phone in our foyer for community use during reception hours.

E-Newsletter

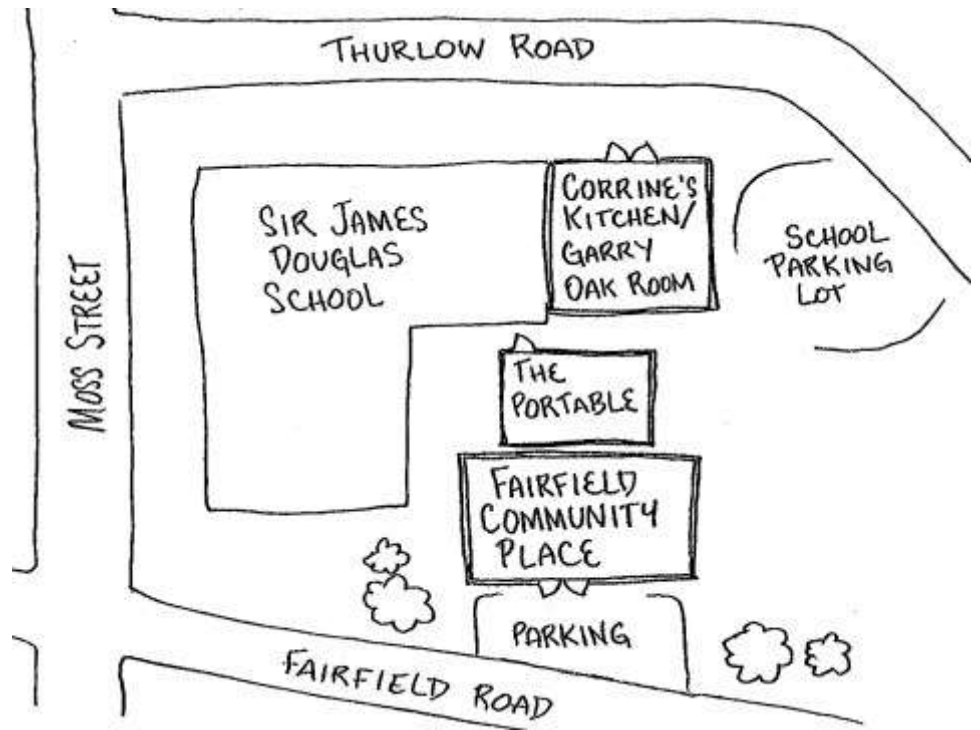
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca to receive updates on upcoming events, programs, community news and information on ways to get involved.

Become a member of the FGCA

Membership is free! As a member you will; have a say in who is elected to the Board, have a say in how the FGCA is governed (constitution and bylaws), be eligible to run for the Board and serve on committees. Visit our website and fill out our online membership form, or drop by the office for a paper copy.

Territory Acknowledgement

Our neighbourhood of Fairfield Gonzales is located on unceded (never surrendered) territories of the Lkwungen peoples, now known as the Songhees Nation, the traditional stewards of this land. Our centre is committed to expanding our understanding and actions relating to truth and reconciliation.



Who is the FGCA?

The Fairfield Gonzales Community Association (FGCA) is a charitable society established in 1975 by a group of dedicated residents. We are governed by a Board of Directors and provide services to over 20,000 users annually. The FGCA runs Fairfield Community Place, a neighbourhood hub for programs and services, at 1330 Fairfield Rd. Drop by and see us!

Our Vision

Fairfield Gonzales is a connected, collaborative, inclusive, welcoming, and sustainable community.

Coalition of Neighbourhood Houses: Capital Region

By Vanya McDonell Co-Executive Director, FGCA

FGCA is proud to be a member of the Coalition of Neighbourhood Houses: Capital Region (CNH). CNH is a group of ten member agencies that offer similar services in their communities, with a regional span going from Sidney all the way to Sooke. CNH members collaborate on service delivery and funding applications, share ideas and resources, and advocate for support for the work of our agencies.

This year we began a project on fostering Equity, Diversity and Inclusion (EDI) in our agencies, hiring a consultant to audit our practices and provide recommendations for improvement.

We also did significant work raising our profile in the community. We produced a cool video explaining who we are and what we do, which you can check out at youtu.be/mH30ZDJApX8. We worked on outreach to the

province, meeting with several ministers and staff whose service areas overlap with ours and advocating for stable funding and support so we can keep doing our great work.

The Victoria Foundation generously supported our EDI and profile-raising work. Our final big accomplishment this year was launching a feasibility study for a new Neighbourhood House in the Westshore, where agencies like ours do not exist but are highly needed.

Find out more about the CNH at cnhr.ca



The Fairfield Gonzales Community Association receives financial support from the City of Victoria.

Fairfield Gonzales Community Association’s Annual Report

Fiscal year: August 1st 2022 to July 31st 2023

On Tuesday October 24th , 2023 we held the FGCA’s Annual General Meeting. Community members came together to elect board members, recognize staff milestones, review our finances, and celebrate all that we’ve accomplished in the last year. Our full Annual Report is available on our website, but here are some highlights ...

Welcome to our 2023-24 board of directors

Anna Phelan -President
Quinn Fletcher -Vice-President
Vanessa Gelhaar, -Secretary
Philip Sawkins –Treasurer
Don Monsour –Past President

Scott Davis
Joanna Fox
Bianca Wallace
Carrie Fuzi

Desiree Neufeld
James Coccola
Hayley LaPalme
Daniel Powell



Quotes

FROM THE COMMUNITY

“Great leaders! As a parent, I feel very lucky my child is well cared for and in good hands.”
- Parent of a child in Out of School Care

“Not being able to work anymore after an injury and not having enough money for basic expenses, this has been a lifesaver!”
- Food Program Participant

“Thank you for your daily warmth, kindness, and presence. Thank you, thank you, thank you. We feel so fortunate to have had you caring for our son” - Parent of a child in Huckleberry Infant Toddler Centre

“I can honestly say that I wouldn’t have made it to my graduation without the counsellors support.” - Student who accessed our Youth & Family Counselor services

Employee Recognition

YEARS OF SERVICE

We are fortunate to have a skilled and talented team of staff at FGCA, many of whom stay with us for years, and even decades! This year we honored:

OVER 5 YEARS OF SERVICE:

Adam Rayburn, *Youth Manager*
Tom Gavelin, *OSC Leader*
Courtney Salmond, *Youth & Family Counsellor*
Monica Roncato, *Youth & Family Counsellor*

OVER 10 YEARS OF SERVICE:

Evan Pepper, *Child Care Coordinator*
Kristina Wilcox, *Co-Executive Director*

OVER 15 YEARS OF SERVICE:

Pippa Davis, *Office Manager*
Vanya McDonell, *Co-Executive Director*

Thank you for sharing your skills, passion and commitment to community service.

Thank you

TO ALL OUR FUNDERS, SPONSORS & DONORS

FUNDING/SUCCESSFUL GRANTS

- BC Gaming
- Canada Summer Student Grant
- City of Victoria My Great Neighbourhood Grants
- Tegan & Sara Foundation: Gender Generations Project
- First West Credit Union
- Ministry of Child & Family Development year-end funding

IN-KIND SUPPORT

- FoodShare Network - rescued food
- Mustard Seed - Give Food Get Food program
- BC Farmers Market - nutrition coupons
- Gatton House Farms - fresh produce

DONATIONS

Our programs rely on donations from the community to thrive. This year many community members came forward to provide much-needed financial support for our food programs, whether through cash donations or by buying food to distribute. We also piloted a Back to School fundraiser, providing hampers for families to purchase supplies needed for back to school, and ran our Holiday Hamper fundraiser for its second year. We are overwhelmed by the generosity of our neighbours in supporting people in need in our community and we thank each and every donor for their contribution.

The Numbers

PEOPLE

120 volunteers, 3553 hours
117 employees
7 board committees

CHILD PROGRAMS

7 childcare programs
298 registered childcare spaces
1299 drop-in visits
960 spaces in camps

RECREATION

750 recreation registrations

COMMUNITY EVENTS

53 events, fundraisers
4000+ attendees

COMMUNITY SUPPORT

10 programs
980 community dinner meals
250+ families supported

YOUTH & FAMILY COUNSELORS

1633 students received service
629 families received service
12 schools served

Co-Executive Directors Report

2022/23 marked our eighth year as Co-Executive Directors. As we reflect on the past year, we continually come back to the idea of gratitude. We are grateful to be sharing leadership with each other in a relationship of trust, shared values, and mutual respect. We often advocate for this model to other agencies and believe that it has allowed the FGCA to flourish in ways that would not have been possible with a single leader.

We are grateful to be part of an organization that has such a clear and meaningful impact in peoples’ lives. The work done by our staff and volunteers can make the difference between an empty and a full belly; between going to work knowing your child is thriving, and not having the quality childcare you need; between finding support through a mental health crisis and being alone. There are so many ways, big and small, that the FGCA makes a difference for people every day.

We are grateful to work and raise our families on these Lekwungen lands. Our neighbourhood of Fairfield Gonzales is a truly special place. It can be seen in the beauty of the ocean, the rocks, and the trees, and the deep connection that the people here feel to this place and to each other.

As we move into our next fiscal year, Kristina will be off caring for her growing family, and we are grateful to welcome Debbie Banerjee into her role for the next year and a half. Debbie is a dedicated professional with a passion for community improvement and empowerment. She is thrilled to be starting in her new role as Co-Executive Director, drawn by the organization's unwavering commitment to enhancing the lives of individuals in the community. Debbie's commitment is firmly grounded in the land, culture, and values upheld by the FGCA team. With experience



Kristina Wilcox, Vanya McDonell and Debbie Banerjee, Co-Executive Directors

in leadership roles within non-profit and charitable organizations in British Columbia and educational institutions overseas, Debbie brings a wealth of knowledge to her new position. Her career has been marked by managing, building, and expanding programs centered around child care. She holds a bachelor's degree in English Language and Literature and is a licensed Early Childhood Educator with a specialization in Infant Toddler care. She eagerly anticipates the camaraderie, trust, and respect prevalent among the staff and volunteers in the

association, which collectively shape FGCA as an inclusive place in the Fairfield Gonzales neighborhood. In her new role as Co-executive director at FGCA, Debbie's areas of focus will be childcare programs and human resources, ensuring that the organization continues to make a positive impact on the community it serves.

We want to thank our amazing staff, Board, volunteers, and everyone in our community for helping to make 2022/23 another exceptional year for Fairfield Gonzales Community Association!

Looky here! A spotlight on small business in Fairfield & Gonzales

Cook St Liquor

304 Cook St, 10AM-10PM Daily
www.cookstliquor.com
info@cookstliquor.com
250-995-2665
@cookstliquor

When folks visit your shop, what will they find inside?
We provide a colourful and inviting shopping environment, from the fresh flowers upon entering to the eclectic product selection throughout the store.

Tell us your origin story?
Owner Glenn Barlow's roots selling wine in the Village goes back as far as 1998, utilizing his years in the restaurant industry and extensive knowledge in pairing wine and food. In 2008 he opened a full-service liquor store behind Prima Strada Pizza, and in 2017 moved to the old Royal Bank location at the corner of Cook & Sutlej.

What do love about your shop, what makes it special?
Fairfield enjoys a unique shopping environment, so our combination of Flowers and quality snack items from The Pantry available through our Points Program really compliment the wide array of liquor products. There is something special about seeing customers leave with a chunk of St. Agur cheese and a Whole Beast pepperoni stick at the simple cost of Points (bottle of wine in hand, of course!)



Our online store
shop.cookstliquor.com has our entire inventory available for purchase and delivery Monday-Friday 11AM-5PM. Free delivery on orders \$80+, yes that goes for flowers, too!

We're Hiring!
We are always accepting resumes from people with extensive wine experience. We offer an ideal side gig for those restaurant professionals who can't get enough of slinging quality wine to good people, and engaging with our clientele.



Free Drumming Workshops with Drum Victoria

Have you ever wanted to learn to play music in a welcoming group setting? You can! Thanks to a Music Strategy grant from the City of Victoria, the Fairfield Gonzales Community Association has teamed up with Drum Victoria to offer monthly hand drumming workshops, for free.

Workshops are open to all ages, all experience levels, and offer a welcoming, inclusive approach to playing music. Drums are provided for everyone, but if you have your own drum, you are welcome to bring it along. Starting in January each monthly workshop will quickly establish a groove, then embark on a musical rhythmic journey and often include a guest artist to add their expertise. The

rhythms played are powerful and surprisingly easy to learn.
It's a fun way to unwind and energize while meeting new friends! Group percussion playing is a perfect form of community music that can bring people together no matter their age, background or experience level.
Dates for the workshops will be posted each month and space is limited, so please visit the Drum Victoria website to reserve your spot: drumvictoria.com.
There you can also find information about December classes, early bird discounts, and special events.

Where you want to be.
Wherever you are.



380 Cook St | 250-384-6542

Social: Saturday Movie Matinee, Games (darts, bridge, crib, poker, Mah Jong), writers & arts (watercolours, painting, knitting), Rainbow Roast (2SLGBTQ+)

Educational: Speakers (health & wellness, emergency preparedness)

Recreational: Fitness (Zumba, Tai Chi, Line Dance, Pickle Ball, Fun & Fitness, Stretch & Strength)

Wellness
Massage, Foot Care, Acupuncture, Counselling, Live Light, Psychotherapy, Food Distribution, Income Tax help (lower income & simple)

Seasonal Events

Try It Free (pre-determined free activity), Chinese Lunar New Year, Spring Celebration, and more



50+ Everyone Welcome
Check out our Program Guide for a full list of programming options



CLOVER
RESIDENTIAL

WWW.CLOVERRESIDENTIAL.COM

Unwind Knitting Club

By Nichole Chun, volunteer facilitator

The idea initially came from a knitting club I attended a couple of times in Revelstoke, BC. While living there, my roommates and I decided to go to a knitting club at the library once a week. It was mostly attended by a small group of older ladies and we loved going to chat with them and they'd often help us with our knitting/crochet projects when we needed it. After moving back to Victoria and talking to some of my friends here, it seemed like many of them were having trouble making new friends post-grad in the city. So with my love for knitting, a desire to create an inclusive place for people to make friends, my friend Loni Feffer and I started our own knitting club!

We want anyone and everyone to come. People who already know how to knits/crochets or folks just starting out who want to learn are all welcome to swing by. It's a great place to try a new skill and meet some cool people! We've been having a great turnout of individuals of all ages every week and welcome new members each time we host. It's free & low commitment so you can just come once if you want, or every week.

It's super cool to see all the different sorts of things people are making. We have a lot of people making sweaters right now, which seems weather-appropriate. But there are plenty of people making

hats, blankets, or even just squares to practice their stitches. Many of our members get their yarn and knitting needles at SUPPLY Victoria 750 Fairfield Rd, a place devoted to redistributing used art & crafts supplies.

Unwind Knitting Club is every Wednesday night 7-8:30pm at the Fairfield Community Place, 1330 Fairfield Rd. Come for cozy knitting nights with us! Swing by on Wednesday evenings in your comfi-est clothes, for a chill hangout of knitting, snacks, and chit chats! Bring your own yarn & knitting tools. No experience necessary, no registration required. Club facilitators will be able to help beginners get started. Everyone is welcome!



Neighbourhood Solidarity with Unhoused Neighbours

By Susan Martin, NSUN volunteer

Neighbourhood Solidarity with Unhoused Neighbours (NSUN) began, in October 2020, under the aegis of Fairfield Gonzales Community Association as housed neighbours came together to support those sheltering outdoors in the first year of the pandemic.

Since then we've continued our work and expanded to include housed neighbours from neighbourhoods throughout the Capital Region. We are particularly proud of our work, along with the Backpack Project and LLEOHN, collecting submissions for the Office

of the Federal Housing Advocate, Marie-Josée Houle, that will inform a report on encampments that Ms. Houle will present to the Federal Housing Minister in late 2023/early 2024 (Ms. Houle's interim report was released on October 11, 2023 and can be viewed at bit.ly/3RYpjdn).

NSUN is thankful for the assistance and support of the FGCA which continues to collect donations for us through their Canada Helps page. Funds that we receive go to providing survival items for those living outdoors like

sleeping bags, tents, hand warmers, socks and gloves and food.

Along with material support for the unhoused we advocate for policies and practices at the municipal level that have the potential to improve the lives of those without homes - things like providing adequate and appropriate indoor spaces during extreme weather events and stopping the criminalization of homelessness by using police and bylaw to clear encampments.

As Christmas approaches NSUN welcomes your cash donations and also encourages you to consider supporting our allies in this work The Backpack Project (look for Backpack Project donation boxes at most municipal halls throughout the CRD and find them on Facebook

for more details). Unfortunately, homelessness will still be with us in 2024 and if you have the ability please try and tuck something away to perhaps contribute then when the weather often is extremely unpleasant for those outside and everyone, housed or not, is feeling the financial pinch that comes after the holiday season.

Lastly, if you'd like to learn more about homelessness check out our new Facebook page and consider joining NSUN. We have lots of different activities from letter writing to social media amplification to making and sharing meals - when the weather is nicer! - with the unhoused. To get in touch go to our contact form at NSUN.ca/contact or email us at neighbourhoodsun@gmail.com



NSUN participates in a submission collection event for the Office of the Federal Housing Advocate on April 21, 2023 on Pandora Avenue in Downtown Victoria



DECEMBER

CANDELLIGHT YOGA

SUN. DEC.3
5:30PM
Community festival with
music, food, crafts, beer
garden and more!

ART AT THE PLACE

MON-FRI
9-5 PM
CAROL THIBAUT
Drop by the foyer to see
works by locals artists



COMMUNITY DINNER

FRI. DEC.8
4-5:30 PM
Pop by for take out meals,
By donation.



1330 FAIRFIELD ROAD

250-382-4604

www.fairfieldcommunity.ca

place@fairfieldcommunity.ca

FOR MORE INFO ON OUR EVENTS, ACTIVITIES, REGISTRATION & WORKSHOPS



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION

the place to connect



REPAIR CAFÉ

SAT. DEC 2
2-5 PM
Drop by to get your broken
items repaired by
volunteer fixers.
By donation.

CLOTHING SWAP

SAT. DEC 2
10—1 PM
Give away old clothes, pick
up some new ones.
Free.



UNWIND KNITTING CLUB

EVERY WEDNESDAY
7 PM
Swing by for chill hangout
of knitting, snacks & chats!
Free.

JANUARY

ART CIRCLE

THUR. JAN 25
6:45—8:15
Drop-in for a non-
instructional, social,
creative art group. Bring
your own supplies & meet
fellow artists! Free.



COMMUNITY DINNER

FRI. JAN 12
4-5:30 PM
Pop by for take out meals,
By donation.



THURSDAY MARKET SHOP

THURSDAYS 5 PM
Drop by the centre to shop
for a variety of rescued,
donated food.
Free.



ART AT THE PLACE

MON-FRI
9-5 PM
ASHLEY CHUN
Drop by the foyer to see
works by locals artists



UNWIND KNITTING CLUB

EVERY WEDNESDAY
7 PM
Swing by for chill hangout
of knitting, snacks & chats!
Free.



FEBRUARY

ART CIRCLE

THUR. FEB 22
6:45—8:15
Drop-in for a non-
instructional, social,
creative art group. Bring
your own supplies & meet
fellow artists! Free.



REPAIR CAFÉ

SAT. FEB 3
2-5 PM
Drop by to get your broken
items repaired by
volunteer fixers.
By donation.



COMMUNITY DINNER

FRI. FEB 9
4-5:30 PM
Pop by for take out meals,
By donation.



CLOTHING SWAP

SAT. FEB 3
10—1 PM
Give away old clothes, pick
up some new ones.
Free.



ART AT THE PLACE

MON-FRI
9-5 PM
BRUNA SILVA
Drop by the foyer to see
works by locals artists

NOURISH YOUR NEIGHBOURS

HOLIDAY HAMPER CAMPAIGN 2023

Donate today to help families in-need in Fairfield & Gonzales this holiday season! 100% of your donation will go toward purchasing gift cards & groceries.

DONATE TODAY

Help families have a healthy & happy holiday this year!

Art Circle is a drop-in non-instructional, social and creative art group. Bring your own supplies and enjoy an evening creating art and meeting fellow local artists!

4TH THURSDAY OF EACH MONTH
JAN-JUN 2024 | 6:45-8:15PM
1330 FAIRFIELD RD.

ArT circle

MUSIC BINGO

@ FERNWOOD INN
FEBRUARY 01

WING NIGHT, COCKTAILS, PRIZES, & GREAT CAUSE

Enjoy Thursday Wings (\$15), cocktails, and Music Bingo with your friends! Take the night off, have some fun, and support a great cause!

TICKETS \$20

All ticket proceeds will go toward supporting FGCA's food programs serving over 120 people around the City of Victoria. Tickets available on our website

more info: 250-382-4604 | event@fairfieldcommunity.ca

CANDLELIGHT YOGA & TEA

DEC 03

HOLIDAY HAMPER FUNDRAISER

| | |
|--|----------------|
| ALL PROCEEDS TO HELPING FAMILIES IN-NEED | 5:30 - 6:30 PM |
| INSTRUCTED BY OTESSA RAE YOGA <i>yoga for every body</i> | |
| Garry Oak Room, 1341 Thurlow Rd. Victoria BC. | |
| GET YOUR TICKET ON EVENTBRITE (LIMITED SPOTS) | |
| 250-382-4604 event@fairfieldcommunity.ca 1330 FAIRFIELD RD. | |

Early Childhood

Huckleberry Infant Toddler Centre

10 - 36 MONTHS

Our Early Years programs embrace a pedagogy of practice. We recognize that knowledge is ever-changing, and we are committed to evolving our practice to meet the needs of children and families in our care. Our educators are committed to reflective, and responsive care in which individuals learn about themselves through interactions within the larger world.

Monday to Friday, includes daily snack

8:00am - 5:30pm, Year round

8 children, 3 Early Childhood Educators

huckleberry@fairfieldcommunity.ca

FULL—See our website for current waitlist status.

Moss Rock Preschool

3 - 5 YEARS

Join us in our licensed child-guided Preschool taught by our skilled Early Childhood Educators. Our goal at Moss Rock Preschool is to provide educational opportunities of exploration in a number of areas, including nature, community, art and social interactions. Our focus is heavy on exploration-based learning in a warm, diverse and nurturing environment. We are a primarily an outdoors preschool, spending 2-3 hours outside every day. Our Educators pay close attention to the choices their preschoolers make and continue to create an evolving program that best suits the children's individual needs.

Monday to Friday,

9:00am - 1:00pm , Sept - June

18 children

1 Early Childhood Educator +1 E.C.E. Assistant

Children must be able to use a toilet independently.

mossrock@fairfieldcommunity.ca

Camas Early Years Centre

3 - 5 YEARS

We view children as individuals with their own ideas, cultural beliefs, abilities and interests, and strive to provide a safe and stimulating environment. Our programming focuses on the group interests and allows children to discover and learn at their own pace and develop their own individual and collective interests. Children have a desire to grow, play and learn, as well as to explore and construct knowledge about the world around them through peer interactions and play based experiences.

Monday to Friday, includes daily snack and Friday lunch

8:00am - 5:30pm, Year round

16 children, 3 Early Childhood Educators

camas@fairfieldcommunity.ca

FULL—See our website for current waitlist status.



Family Drop-ins

FAMILY TALK - LAUGH, LEARN & LUNCH BIRTH – 5 YEARS

Join the FGCA staff as we explore the challenges and joys of parenting young children over lunch. Programming will include a shared snack and group discussions as well as a shared lunch. Limited onsite childminding available.

Mondays*, 10:00am - 12:30 pm,

By donation

In the Garry Oak Room, 1335 Thurlow Rd.

(No program during winter break, Dec 20– Jan 7)

PARENT & TOT PLAYGROUP

BIRTH – 5 YEARS

An opportunity for young children and their caregivers to meet and play in an informal atmosphere with toys, books and crafts. Snack provided.

Tuesdays*, 10:00am - 11:30am,

By donation

In the Sequoia Room , 1330 Fairfield Rd.

(No program during winter break, Dec 20– Jan 7)

KINDERGYM

WALKING – 5 YEARS

A time for preschoolers and caregivers to play and learn together in a fun, positive environment. Caregiver participation is required.

Thursdays*, 9:30am - 11:00am

By donation

In the Garry Oak Room, 1335 Thurlow Rd.

(No program during winter break, Dec 20– Jan 7)

**Note: our family programs do not operate on statutory holidays, School District 61 breaks, and ProD days.*

Recreation

CREATIVE DANCE FOR CHILDREN

with Kristen Lewis of Gull Cry Dance

This class introduces children to fundamental principles of movement in a fun but carefully structured teaching environment, with experienced dance educator Kristen Lewis. Kristen's classes are unique in that children learn concepts and patterns, rather than just dance steps. In addition to providing a strong base of physical literacy and coordination, this proven method builds core aptitudes that translate beyond the dance classroom: critical thinking, self-confidence, articulate self-expression, and creative problem-solving skills.

Sundays, January 28 – March 10 (no class Febr18)

Pre-school (Ages 3-4) 9am-9:30am

6/\$72

Kindergarten (Ages 5-6) 9:45am-10:15am

6/\$72

\$10 a Day ChildCareBC Centre

The Fairfield Gonzales Community Association is a \$10 a Day ChildCareBC Site. This means that fees for all licensed childcare located at our Fairfield Community Place location (1330 Fairfield Road) are capped at \$10 a Day to a maximum of \$200/month. Funded Programs include:

- Huckleberry Infant-Toddler Centre
- Camas Early Years Centre
- Moss Rock Preschool
- Out of School Care at Fairfield Community Place
- Pro-D Day Camp at Fairfield Community Place
- Spring Camp at Fairfield Community Place
- Summer Camp at Fairfield Community Place

Eligible families may also apply for government subsidy.

CHILL ZONE DROP - IN

GRADES 5 - 7

Youth in grades 5-7 can drop by Thursday and Friday after school to hang out, play games, complete homework, and more in a safe, fun, and inclusive space.

Thursdays & Fridays

after school - 5:30pm

Sep - Jun

\$50 punch card/10 visits

**Note: does not run on statutory holidays, School District 61 breaks, and ProD days.*

G.O.A.T ZONE DROP - IN

GRADES 6– 8

A by-donation drop-in program exclusively for middle school-aged children. Come play pool, air hockey, instruments, computer games, relax with some conversation or a good book depending on what you feel like doing in this safe and open-ended program hosted by experienced leaders. Snack served nightly.

Fridays

6:30pm – 9:00pm

Dec - Jun

\$5 suggested donation/visit

**Note: does not run on statutory holidays, School District 61 breaks, and ProD days.*

youth@fairfieldcommunity.ca

School Age

Out of School Care (OSC)

We offer licensed care, before and after school, for children who attend Sir James Douglas & Margaret Jenkins Elementary Schools. Our OSC programs are play-based and child-focused in nature. Our staff views children as individuals with their own ideas, cultural beliefs, abilities and interests, and strives to provide a safe and stimulating environment — physically, intellectually, mentally and emotionally.

Children have a desire to grow, play and learn, as well as to explore and construct knowledge about the world around them through peer- and play-based experiences. While recognizing diversity, our program encourages the development of positive relationships among peers, as well as respectful communication between children, staff and families.

Fairfield (Sir James Douglas) OSC

ffosc@fairfieldcommunity.ca

Margaret Jenkins OSC

mjosc@fairfieldcommunity.ca

Youth Programs

YOUTH ZONE

GRADES 5 - 7

The Youth Zone is a registered, after school program where YOU have a say in what we get up to! Games, art, cool projects, cooking, baking, sports, awesome out trips — this is just the beginning. The Youth Zone is a fun and safe space for you to hang out with friends and develop your confidence and independence. Here you'll get to build skills, explore new territory, nurture your creativity, learn from community mentors, develop leadership and a sense of empowerment. Our space features comfy couches, craft supplies, books, games, sports equipment and a computer with internet access.

Mondays, Tuesdays, Wednesdays

after school-5:30pm

Sep - Jun

\$245/month

JUMP 'N' START

Is an outreach program for youth, operating out of George Jay Elementary & Central Middle School. The focus is on developing leadership and social skills in order to provide better outcomes for at-risk youth.

Adult Recreation

IYENGAR YOGA ALL LEVELS WELCOME

with Lauren Cox

Iyengar yoga helps to develop mobility, stability, strength & flexibility in body & mind. Clear & safe instructions will support you during the practice of posture & breath work. The emphasis on alignment, precision, & directions will keep you alertly in the present and leave you with an increased sense of relation. Benefits include renewed energy, pain management, improved posture and a calmer state of mind. The teachings combines with correct timings & sequencing make it available for all ages & stages. Iyengar Yoga is for every body!

Tuesdays, 11am—12:30pm

Jan 9—Mar 12

10/\$140

Tuesdays, 5:30pm—7pm

Jan 30—Apr 2

10/\$140

IYENGAR SUPPORT & RESTORE

with Lauren Cox

Join us for an hour of gentle yoga in the Iyengar method. A practice to support & restore.

Thursdays, 11:45am—12:45pm

Jan 11—Mar 14

10/\$110

IYENGAR—BEGINNER FRIENDLY

with Lauren Cox

Please join this beginner friendly Iyengar Yoga class to learn the basics. Iyengar Yoga is a practical philosophy and system of postures, promoting physical & mental wellbeing. It is an effective antidote to the stresses of modern life & encourages a fit & supple body. Not only does yoga tone the body & improve posture & alignment, but will stimulate the circulation, develop powers of concentration, & help with breathing. In turn, this will help control tension & calm the mind.

Thursdays, 1pm—2pm

Jan 11—Mar 14

10/\$110

SOMATIC YOGA

with Isabel Santos

Somatic yoga is a ground breaking way to release chronic muscle contraction that creates your pain. You can feel free of pain with somatic movements that are slow, gentle, but effective. Such movements re-educate the brain so that it can relax and move your muscles more functionally. Through somatic yoga, you will improve range of motion, flexibility, and posture. The magic of Somatic is the slowness of the movements. It is a body-mind integration that will help you relax and develop an increasingly positive attitude! Please bring your own mat.

Wednesdays, 6:30pm—7:30pm

Jan 17—Mar 27

11/\$104.50

Tuesdays, 9:15am—10:15am

Jan 23—Mar 12

8/\$76

HATHA YOGA

with Lisa Wielinga

A 60 minute hatha yoga class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome! Please bring your own mat.

Thursdays, 5:45pm—6:45pm

Jan 25—Mar 28

10/\$100

YOGA FOR OLDER ADULTS

with Lisa Wielinga

This class makes yoga practice accessible and enjoyable for older bodies. It is never too late in life to begin to enjoy the many wonderful benefits of yoga—a stronger, more flexible body, better balance, and a fresh perspective that makes it easier to approach life's inevitabilities with good humour, equanimity, and joy

Sundays, 10:30am-11:30am

Jan 14 – Mar 24 (no class Feb 18)

10/\$100



Registration
250-382-4604

ZUMBA TONING

with Isabel Santos

This is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. This class is open to everyone, no previous dance or ZUMBA® class experience necessary.

Wednesdays, 5:30pm —6:30pm

Jan 17—Mar 27

11/\$104.50

ZUMBA

with Isabel Santos

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. The **first two** classes will be dedicated to slowing down the music and the dance steps to allow beginners to get comfortable and for experienced folks to shake off the rust.

Mondays, 5:30pm —6:30pm

Jan 15—Mar 25 (no class Feb 19)

10/\$95

SOQI

with Isabel Santos

Isobel created this beautiful class called SoQi that combines “So” from Clinical Somatic and Somatic yoga and “Qi” from Qigong. It is a ground breaking way to release chronic muscle contraction and retrain the posture and movement patterns that are causing your pain. This beautiful class reconnects you with the jovial and enjoyable pleasure of movement not only in class, but also in life.

Mondays, 6:30pm —7:30pm

Jan 15—Mar 25 (no class Feb 19)

10/\$95

HAND DRUMMING & PERCUSSION BEGINNERS WELCOME

with Jordan Hanson of Drum Victoria

This course teaches you the fundamental hand positions and drum sounds so that you can feel comfortable jamming at home or with friends. The step-by-step lessons will show you the right way to play it correctly. You will learn rhythms, technique, patterns and grooves, how to improvise, and how to care for your drum. Basically, you will become an instant musician, and get to have fun playing rhythms each week. You do not need to know anything about drumming before taking this course. In fact, you do not even need a drum. Professional drums are provided for all classes. You will also receive a 30-page guide - “Intro Hand Drumming” for your own future reference, and a certificate of completion.

Tuesdays 7:00pm—9:00pm

Feb 6—Mar 12

6/\$180

(Early Bird Rate, until Dec 31 \$150)

LEVEL2 HAND DRUMMING & PERCUSSION

with Jordan Hanson of Drum Victoria

For students who have taken the Beginner Hand Drumming course. In a fun and comfortable setting, you will develop your speed and sound on the drums, all the while learning new rhythms and patterns. We will also explore drum breaks and soloing techniques. Level 2 is the chance to take your drumming to new heights, and to feel confident in your playing, timing and creativity.

Thursdays 7:00pm—9:00pm

Feb 8—Mar 14

6/\$180

(Early Bird Rate, until Dec 31 \$150)

SPANISH FOR TRAVELLERS

If you are planning a trip to Spain or Latin America or if you want to just learn Spanish for fun—this course is for you! We will learn in a practical way to get by during your trip in tourist situations like ordering food in the restaurant, asking for places, shopping at the market, or buying a ticket, and about Latin American culture.

Tuesdays, 6:30pm—8:30pm

Feb 6—Mar 12


6/\$105



The City of Victoria LIFE program provides a combination of credit and free drop in visits to eligible low-income individuals and families to use towards recreational programs and services.

250-361-0732

crystalpool@victoria.ca




Introduction to Buddhist Meditation


Thursday Evenings: 7.00-8.00 pm

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Teacher Kelsang Tsulma is an ordained Buddhist nun who has been practicing Buddhism for over 20 years. Her practical and heartfelt teachings draw from a wealth of life experiences.



**\$15
Drop-In**



Art Meets Architecture and More

By Lynda Philippsen, The Gallery Associates

The Gallery Associates' 2023 Video House Tour is now online and available on your screen for unlimited viewing until January 31, 2024. Holding steady at last year's price, one \$35 ticket allows viewers access to 5 videos featuring 5 fabulous Victoria area homes. As a major component of the Gallery Associates' annual fundraising efforts, proceeds support the Art Gallery of Greater Victoria's acquisitions of art, numerous programs and projects. None of these homes would be possible to tour in person in a post-covid world. Not only would distancing, masking and sanitizing prove unmanageable; but the

logistics of parking in areas ill-suited to traffic would also be a neighbourhood nightmare. Instead, viewers can repeatedly enjoy the experience from the comfort of their own homes. This year's roster includes distinctive and diverse homes which include: *Arts & Crafts Eclectic* full of numerous fascinating collections, *Countryside Contemporary* with an art studio nestled into stunning gardens and forest, *Curated Gem* a strata property perched on a seaside bluff, an art-filled *Inlet Oasis* tucked into a cove, as well as *Rural Sanctuary* a uniquely reimagined church squeezed between crossroads. Each



Photos by Roger Brooks

is as unique as the charming owners who guide viewers through their homes and share their stories. All have refurbished and styled their homes as well as collected remarkable art with incredible attention, creativity and love. Tickets also make perfect gifts for holiday giving for anyone interested in art, architecture or design. Details and links to ticket sales may be found at aggv.ca/2023-video-house-tour/

SAVE THE DATES!

Sunday, February 4, 2024, at 2:30 PM, the Gallery Associates present *Art History of the Now*, the 10th Anniversary season of the Sunday Art Lecture Series. Betsy Tumasonis, University of Victoria Associate Professor Emeritus, one of the series' most popular speakers in the past, opens this series of five lectures focused on the theme of Contemporary Western Canadian Art. Details are still being finalized and confirmed; however, this promises to be a program not to be missed. The following Sunday, February 11th, art historian, author of *Western Voices in Canadian Art* and former Senator Patricia Bovey will delve into the leading-edge impacts of several women artists. Then on February 25th (after a break for Family Day), Mark Loria,

director and owner of the locally and globally acclaimed Mark Loria Gallery, will draw attention to Indigenous artists of the Island. Following that on March 3rd, Xiong Gu, internationally recognized artist and multi-media professor at UBC, will discuss the cultural clash that has fueled the dynamic expression in his work as an immigrant artist.

To end the series on March 10th, Menno Hubregtse, a sessional instructor at the University of Victoria with a PhD in Art History examines architectural design and artworks in air terminal interiors. He will reveal the influence of modern art movements on public spaces at YVR, YYJ, and beyond.

Please, bookmark and watch the Gallery Associates' website for additional information and ticket pricing for this exciting and informative 10th Anniversary Series. <https://aggv.ca/support/the-gallery-associates/>. In addition, the Gallery Associates welcome new members interested in art, volunteer service, fundraising and friendship connections. See details on the website.



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- Big Wheel Burger



Thank you to everyone who came to our Fall Fairfield community celebration in September. A special shout out to our Partners, Sponsors & Donors, thanks so much for supporting our community.



Photos by Larry Koopman