

DECEMBER
JANUARY
FEBRUARY



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

Observer

FAIRFIELD GONZALES

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





FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect



Connect with us...

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

Reception Hours

Monday to Friday **9:00 am - 4:30 pm**
Saturday & Sunday **closed**
Statutory holidays **closed**

Borrow a bike lock

Ask at front desk if you need to borrow one of our high-quality bike locks while you are visiting our centre.

Public computer + phone

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

E-Newsletter

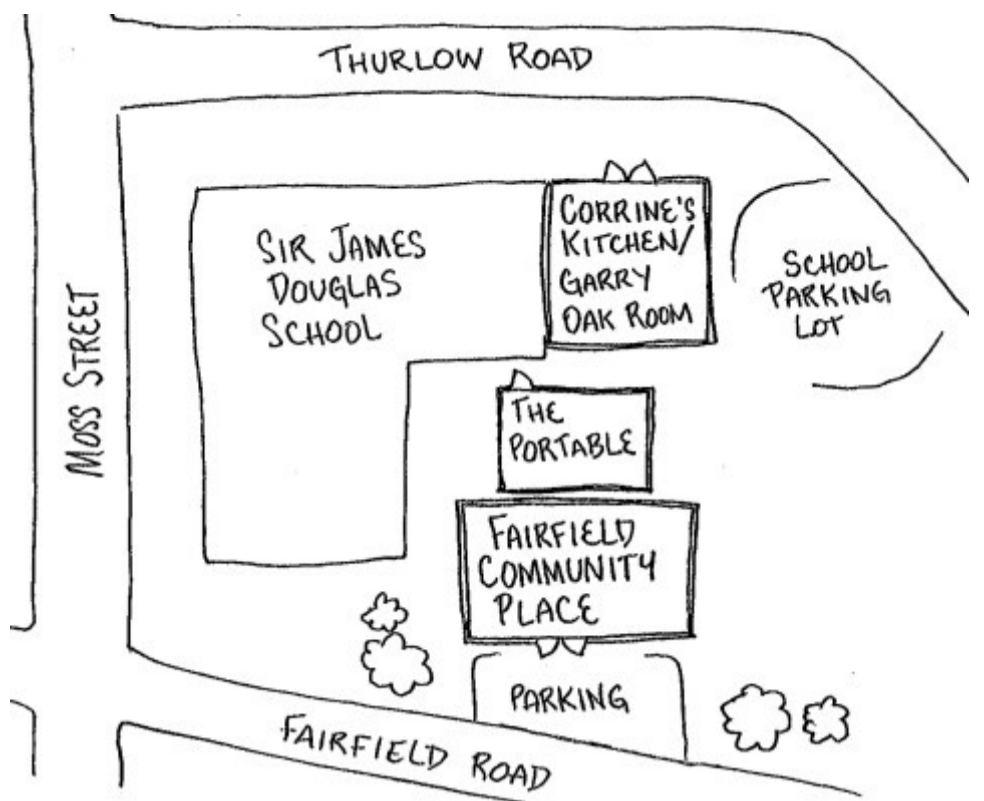
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca to receive updates on upcoming events, programs, community news and information on ways to get involved.

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.

Land 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?

Fairfield Gonzales Community Association is a community centre and neighbourhood house operating in the Fairfield Gonzales neighbourhood of Victoria, BC, and adjacent communities since 1975. We offer a wide range of supports to children, families, and individuals and we work with residents to help make Fairfield Gonzales an even better place to be. Our vision is that Fairfield Gonzales is a connected, collaborative, inclusive, welcoming, and sustainable community.

ARE YOU PREPARED?

Emergency Preparedness Workshop

Come and meet your neighbours and build connections while you learn the hazards in our region and how to be prepared. You will learn how to:

- Prepare for emergencies
- Make a plan
- Get your emergency kit together
- Connect with your community

Monday, February 10
7pm-8:30pm

Map Your Resilience Workshop

You will leave this workshop with a large physical map of your community's hazards, assets, and resilience and tangible steps you can take to increase your community's resilience.

- Identify and map community hazards.
- Identify and map community assets.
- Develop resilience strategies and plan

Monday, March 20
7pm-9pm



WORKSHOPS ARE FREE, spaces are limited.
Call 250-382-4604 to reserve your spot
At Fairfield Community Place, 1330 Fairfield Rd.
www.fairfieldcommunity.ca

FGCA Facility Rentals

Fairfield Community Place, 1330 Fairfield Rd.
 250-382-4604 www.fairfieldcommunity.ca for rates.

GARRY OAK ROOM open, multi-purpose room with large windows. 1150 square feet, 50 people can be seated or 100 standing.

CORINNE'S KITCHEN 900 sq. ft. Commercial kitchen with seating around a large stainless steel counter a gas grill and convection oven, electric cooktop, commercial fridge and sanitizer.

ARBUTUS ROOM The large childcare room. Suitable for gatherings of 20-30 people, available weekends and evenings.

FREEBIE NIGHT FOR COMMUNITY GROUPS - Second Monday of the month, 7-9pm, facility rental by donation. Are you looking for a space to hold your workshop, meeting, event, gathering or info session? If your event is public and free to attend, you can book. Rooms are classroom sized and can accommodate up to 30 people.



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

Fairfield Gonzales Community Association's Annual Report

Fiscal year: August 1st 2023 to July 31st 2024

The Fairfield Gonzales Community Association is a community centre in the Fairfield Gonzales neighbourhood of Victoria, BC. We offer recreation classes, community events, childcare, food access, parent and tot programs, and much more – right in the heart of the neighbourhood! In late October, we held the FGCA's Annual General Meeting. Community members came together to elect board members, review our finances, and celebrate all that we've accomplished in the last year. Our full Annual Report is available on our website.

Welcome to our 2024-25 board of directors

Quinn Fletcher -President	Desiree Neufeld	Johanna Henderson
Carrie Fuzi -Vice-President	James Coccola	Helen McDonald
Bianca Wallace -Secretary	Hayley LaPalme	Stephen Roddick
Vanessa Gelhaar -Treasurer	Daniel Powell	Peter Hawker
Don Monsour		



Food Programs volunteers Terry and Cheryl

Quotes from Community

"The deeply caring relationships that the educators have with the children & how there is a really beautiful set of values within the program that fosters kindness & respect."

- **Childcare program Parent**

"Being able to volunteer in the Community Gardens has meant so much to me. I recently moved into a condo and have missed my old garden tremendously. This allows me to still get my hands dirty & to contribute to the community as well."

- **Community Gardens Volunteer**

"Thank you so much, it's hard to communicate how grateful I am for this program and how it makes a huge difference in my life."

- **Food Program Participant**



After School Care program

Thank you to our supporters

FUNDING

- BC Ministry of Education & Child care
- Employment and Social Development Canada
- Public Health Agency of Canada
- BC Ministry of Children and Family Development
- BC Gaming Policy and Enforcement Branch
- City of Victoria
- School District #61
- Victoria Foundation
- United Way of Greater Victoria
- Order of Saint John

SUCCESSFUL GRANTS

- BC Gaming
- Canada Summer Student Grant
- City of Victoria My Great Neighbourhood Grant
- United Way Food Security Funding
- Victoria Foundation Community Grants

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 and holiday hampers. We also had many supporters come out to our Candlelight Yoga and Music Bingo fundraisers, mixing fun with fundraising to help folks right in our neighbourhood! A heartfelt thank you to everyone who donated, attended a fundraiser, or supported us in the myriad of ways that community members show their support.

The Numbers

PEOPLE

147 volunteers, 3642 hours
105 employees
7 board committees

CHILD & FAMILY PROGRAMS

7 childcare & youth programs
323 registered childcare spaces
960 spaces in camps
1299 family drop-in program visits
1634 youth drop-in visits

YOUTH & FAMILY COUNSELORS

1633 students received service
629 families received service
12 schools served

RECREATION

729 registrations for classes
450 recreation drop-ins

COMMUNITY EVENTS

94 events
4 fundraisers
4000+ attendees

COMMUNITY SUPPORT

7 programs
250+ families supported

Co-Executive Directors Report

As we stand at the dawn of 50th year of FGCA, we rejoice and reflect on the impact our association has had on the community, the people we serve, and our partners. Over the years we have remained the voice, the place, the service provider, and the platform for outreach, defining our purpose and mission. Looking back at 2023-24, we are happy to see that we have stayed strong in our commitment!

The year 2023-24 saw a very stable Association. We provided robust services in childcare, counselling, recreation, food security, and family programs. We also saw a need for an increase in these services and we are ready to grow with the need as we always have. We ensured high quality services by remaining focused on training, engagement, conversation, and reviews. As

Executive Directors, we approached every new opportunity that came and learned from the experiences to remain pertinent and strategic for the future.

Along with the services, we also remained the place and the voice of the community. Intimate neighborhood events like Gonzales Beach party, and Fall Fairfield wove a strong fabric of the close-knit community place we cheer, while a Neighborhood Priorities Forum extended the community's voice to the city. We recognize that nearly all our work is possible due to the valuable partnerships we have with the city, private donors, and public grants. Our compelling requests and strong track record have helped us secure reliable partners. We value these partners and recognize the importance of a collective advocacy voice to reduce gaps. In 2023-24, we actively



Vanya McDonnell and Debbie Banerjee, Co-Executive Directors

sought opportunities to advocate, meeting with policymakers and funders in these efforts.

As we stride forward, we remind ourselves to remain the place for the whole community, with those who find themselves in the minority and the First People of this land we live and work on. In 2023-24, steering committees such as our Inclusion Diversity Equity and Accessibility Committee and Truth and Reconciliation Committee,

guided us in our practices, priorities, policies, and decisions to ensure the lens of reconciliation and equity in all our endeavors. We know a lot more needs to be done, and then we feel inspired by the unwavering dedication of our staff, volunteers, and members. This Annual Report stands as a testament to our ongoing successes and efforts, offering a glimpse into the place that continues to make meaningful connections.

Food Brings Us Together

By Ellie Schwartz, community dinner volunteer

If I had to describe my experience volunteering at the Community Dinner in one word, it would be heartwarming. Food has a way of bringing people together, and at the Fairfield Gonzales Community Dinner, it certainly did.

As the dinner began, I was immediately struck by the sound of laughter all around me. Families, children, and colleagues were sharing jokes and relishing each other's presence, creating an atmosphere of comfort and connection. The food itself was absolutely delicious (and the leftovers were definitely a bonus), but beyond the food, what stood out even more was the sense of camaraderie among the people present. While chatting with some

visitors, they explained to me that it was a fantastic way to casually get out of the house with friends and family, especially after a long week of work and school.

There was an overwhelming sense of togetherness with the volunteers and visitors, both in the kitchen and on the floor. You could tell that there were lots of regulars who were excited to be back, especially after the community dinners became take-out style during Covid. Now that they are once again in person, people all seem really eager to return, and I understand why. Neighbors can casually get out of the house together, coworkers can bond outside of work, and pets can meet new playmates.



A very memorable part of this experience for me was meeting the chef, Safia, who described serving her food as sharing a passion. She makes all of the meals on her own, which is not an easy feat, but for Safia, it provides a sense of pride to feed others. You can tell that Safia does it because she cares. All of the dishes she cooks for Community Dinners are influenced by Middle Eastern flavors, so it is a great way to try new foods and embrace diversity as well. The main course was kabsa, a mixed rice dish from Saudi Arabia. There was both a vegetarian option and one with turkey to help get in the Thanksgiving spirit!

Overall, the Community Dinner highlighted The Fairfield Gonzales Community Association's

dedication to fostering relationships in the neighborhood. I may have just been serving the community kabsa, but the community served me right back with love and appreciation. Whether to catch up with fellow volunteers, meet new people, or figure out what secret spice Safia uses, I will definitely be at the next Community Dinner, and I hope you will too.

Community Dinners run once a month on the 2nd Friday 6-7:30 pm at 1335 Thurlow Rd. (no diner in December) Menus are posted on our website, meals are a suggested donation of \$5. Come on by & share a meal with your neighbours!



Chef Safia preparing a feast



Volunteers Ellie and Mac get ready to serve dinner

Tales from the Food Forest

By Rob Buckler, Educator at FGCA's Camas Early Years Centre

I would like to begin by acknowledging that we gathered on the ancestral lands of the Xwsepsum (Esquimalt) and Lkwungen (Songhees) who shared traditional land resources with neighboring families of Scia'new (Beecher Bay), T'Sou-ke (Sooke) Nations, and many others.

I chose to start this story with a land acknowledgment because our story takes place outdoors on these ancestral lands— what we now call the Food Forest at Robert Porter Park.

I am a teacher at a daycare in Fairfield called Camas, after the plant that grows in Porter Park.

The lekwugen and w_sanec people may have used these lands to harvest, gather, and prepare Kwetlal or Camas for thousands of years. The Lekwugen territory is known for its Camas meadows. They were large areas that covered most of what we now call Victoria, you have likely seen the beautiful purple blooms across the fields in Porter Park in May and June. Camas is a vital part of the Garry Oak food system that is Indigenous to this land. This important food source for Indigenous people is being restored across this territory. After European settlers came to this territory, these lands became farmland, later a city garbage department substation, and finally a public park. In 2013 with help from volunteers, the land was restored to become a community garden. The first in Fairfield. This land once again provides food for the neighborhood for seasons to

come.

When I started at Camas, the children shared a story about the Food Forest with me that the past Camas children had told them. The story is about the Green Goblin that lives in the Food Forest shed. Each time we enter the Food Forest I hear the excited whispers and calls of what the Green Goblin might be up to, or where he might be hiding. One day while picking berries a child said to our group "We have to go quick, so the green goblin doesn't get us".

This got me thinking about where this story might have originated from. The children often listen to the story of Blunder, by Fred Penner. In this story, he sings about goblins "with their goblin brains they can spell their names G-O-B-L-I-N GuGuGu Goblins". It also got me thinking about how these special places we are so lucky to spend time in foster the imagination of young children. We decided to expand on our Camas story of Green Goblin and with the



help of some of our students, we made a sign for the Food Forest shed. While we were making it, I asked the children some questions about the Green Goblin.

Where did the green goblin come from? "Green Goblin Land"

What does he eat?

"Birds, fish, leaves"

What does he do? "Mean things"

How old is the green goblin?

"85 hundred years old"

What is he made out of?

"Green slime"

Why is he here? "To eat" (Which is often why we are all in the Food Forest!)

I reflected upon how this story has been passed through groups of children at Camas over the years. I have been thinking about the parallel between how Indigenous people on these lands told and continue to tell stories to pass them down from generation to generation. Some of our smallest friends of the Food Forest continue to pass down and share stories, while sharing freshly picked berries on a spring day.

Our daycare is so grateful we have this space to share and pass on our stories.

FGCA's community Food Forest is located in Porter Park on Thurlow Rd, between Kipling and Durban Streets.



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

DoYogaWithMe

Online Yoga based in Fairfield
By David Procyshyn, founder, CEO

When folks visit your site, what will they find?

You will find beautiful videos (many which are filmed in stunning locations around Victoria), a dedication to transparency, generosity and kindness, highly skilled teachers who are real, approachable and care deeply about their impact on the world, and a site that values connection and community.

We feature over 1,100 yoga classes that fit the needs of a wide range of people, from child to senior, beginner to advanced, 5 to 90 minutes long, and help people with a wide range of life challenges, like chronic stress and anxiety, injury recovery, pregnancy and aging. We offer a variety of yoga programs, challenges, tutorials, audio meditations, in-depth wellness programs, a yoga blog, a community forum, yoga retreats around the world and a full 200-hour online Yoga Teacher Training program.

Tell us your origin story, who are you, how did this come to be?

I grew up in Saskatoon playing contact sports (hockey and football), working physically demanding jobs and paying little attention to posture, diet and wellbeing. I ended up injuring my back multiple times and eventually

suffering from chronic anxiety and depression. In 1991, I found a yoga studio in the Health and Fitness section of the Saskatoon Yellow Pages and went to my first class. It gave me relief from my lower back pain and helped me experience a sense of inner peace and mental calm that I hadn't felt for a long time.

This sparked a journey of self discovery through yoga, meditation and a variety of other alternative approaches to wellness. In the late 2000's, knowing very little about videography or business, I started to film myself doing yoga in the park with the intention of posting them online for free. There was no Youtube back then. It was not easy at all to film and post online! It was a steep learning curve but I persevered.

My brother, a computer science graduate, built our first website, and soon we were business partners! Without fully realizing its inherent challenges, our first mission was to create high quality online yoga that was free for everyone.

Our second mission was to shine a light on the harm that the yoga industry was doing to us and our planet, while presenting clear and easily-attainable alternatives. This was the seed of DoYogaWithMe, and it continues to guide every decision we make today, from the members of our core team and teachers, where we run retreats, how we engage with social media and make business decisions.



Filming a yoga video on the beach

As you can imagine, as the site grew, so did expenses. We eventually needed to re-envision our business model or we would cease to exist! Hence, our Sustaining Membership. Today, hundreds of our classes are still free for everyone, while the rest is available only to our Sustaining Members, who generously subscribe monthly or yearly and make it possible for those who can't afford it to continue to do yoga (and by the way, we have the lowest subscription in the industry!).

What do you love about your offerings, what makes them special?

Because we create a lot of our content based on requests from our community, people often send us their stories of positive change and personal growth. It's incredibly rewarding! In fact, it's hard to call it a job because of how good it feels to help people from around the world create positive change in their lives!

We are also a small, tight-knit team that believes in the missions and loves working together to create the content, maintain the site and support our community. It really is a win-win-win all around!

We run regular, in-depth courses for people who want to learn how to live with greater wellbeing. Coming up is our *Mindful About Menopause* 6-week program on January 11, 2025 and our *Freedom from Anxiety* 21-Day program on February 10, 2025. We have two 7-day yoga retreats coming up in February at Mar de Jade, in Mexico and we will be launching beginner and intermediate 14-Day yoga challenges on January 1st for those who want to begin 2025 with a bang!



DoYogaWithMe

Supporting your Unhoused Neighbours this Winter

By Susan Martin

Neighbourhood Solidarity with Unhoused Neighbours (NSUN) is a group of Victoria residents working to actualize housing justice and inclusive communities throughout Greater Victoria through solidarity, mutual aid, providing basic humanitarian aid, and centering the right to housing. NSUN has moved from delivering aid directly to people sheltering in the parks and other outdoor locations – which is what we did a lot of during the height of the pandemic – to instead supporting other organizations that are doing this important work day in and day out. This winter we're going to work with four organizations QomQem Coastal Connections, Peer2Peer Indigenous

Society, SOLID Outreach and The Backpack Project.

These organizations do a bunch of different things and there's not room to tell you about each of these organizations in this article but here's a taste for one of the things that QomQem Coastal Connections does along with some pictures. Most Sunday nights (except for ones that fall before a stat holiday Monday) a group of volunteers gather at First Met on Balmoral to make ~150 sandwiches, portion out candy into bags and then pile all these goodies – along with bottled water, harm reduction supplies, fruit cups and more – into carts for outreach workers to take out to those sheltering on Pandora and on neighbouring streets. For details on

what the other groups do in the way of street outreach see the post at nsun.ca/news.

There are two ways that you can help us support these organizations:

1/ You can make a cash donation via the FGCA Canada Helps page (select #4 – supporting unhoused people in the community) and we'll turn funds donated into gloves, socks and handwarmers (or other survival items that the organizations tell us we'll be useful) – and you'll get a charitable tax receipt.

2/ You can drop off items to any one of The Backpack Project's 13 donation boxes located at municipal halls and other locations throughout the region (again see [NSUN.ca/news](https://nsun.ca/news) for more information) – The Backpack Project works with the organizations mentioned and will get your donations to them for distribution.

Another way that you can help unhoused people is to learn the facts about housing and homelessness to respond to some of the misinformation that is out there on the subject. There are some wonderful resources to do that including an excellent report from the Housing Justice Project that assesses housing available in

the Capital Region “using International Human Rights Standards and the right to housing set out in Canada's National Housing Strategy Act 2019.” UVic's Continuing Studies department has a free, online and self-paced program called Fundamentals for the Homelessness Serving Sector that you can take to learn more about homelessness, its causes and how best to support people who are at risk for becoming or are currently homeless. If you successfully complete all six of the courses within this program you'll get a micro-credential certificate at the end. You can earn more about these resources at [NSUN.ca/news](https://nsun.ca/news).



Assembling all kinds of sandwiches for QomQem outreach



The Backpack Project Donation Boxes

DECEMBER

ART AT THE PLACE

MON-FRI
9-5 PM
HEATHER MACNEIL
Drop by the foyer to see works by local artists



MUSIC IN THE GARRY OAK

FRI. DEC.20, 6:30PM
1335 Thurlow Rd.
Charis Tazumi performing.
Get tickets, on our website.



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 7
2-5 PM
Drop by to get your broken items repaired by volunteer fixers. By donation.

CLOTHING SWAP

SAT. DEC 7
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

MUSIC IN THE GARRY OAK ROOM

FRI. JAN 17 6:30PM
1335 Thurlow Rd.
Performer -TBD Get tickets, on our website.



COMMUNITY DINNER

FRI. JAN 10
6-7:30 PM
1335 Thurlow Rd.
Pop by for a meal! 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
VIOLET BEECH
Drop by the foyer to see works by local artists



UNWIND KNITTING CLUB

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



FEBRUARY

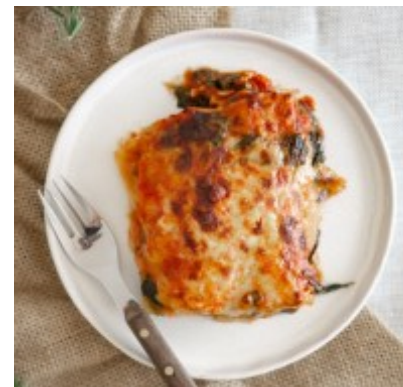
MUSIC BINGO

THUR. FEB. 13
7:30PM
Fernwood Inn
Fundraiser for FGCA! Get Tickets



REPAIR CAFÉ

SAT. FEB 1
2-5 PM
Drop by to get your broken items repaired by volunteer fixers. By donation.



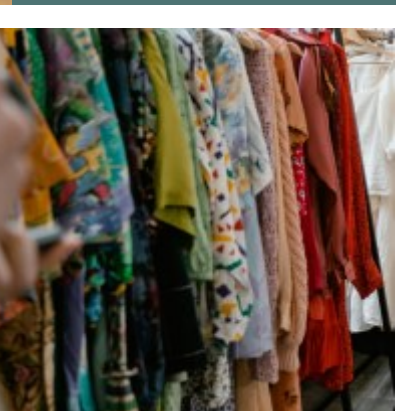
COMMUNITY DINNER

FRI. FEB 14
4-5:30 PM
Pop by for a meal! By donation.



CLOTHING SWAP

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



ART AT THE PLACE

MON-FRI
9-5 PM
CASEY TUBB
Drop by the foyer to see works by local artists

CALL OUT FOR ARTISTS

Display your art in the foyer of our community centre. Apply online, through our webpage Art at the Place

Charis Tazumi
Music in the Garry Oak
candlelight concert series

Winter concert series presenting local live music in a cozy candlelit atmosphere. Grab dinner from food trucks outside, kick back & enjoy the tunes!

DECEMBER 20TH | 8:30PM DOORS, 7-8:30PM SHOW | 1335 THURLOW RD.

BUY TICKETS

MUSIC BINGO

FEBRUARY 13TH
THURSDAY | 7:30 PM
THE FERNWOOD INN | 1302 GLADSTONE AVE.
support community programs & win cool prizes!

Our goal is to raise \$150,000!
Let's bring joy & nourishment through fresh, nutritious food to neighbours throughout Greater Victoria!

The Gift of Good Food
HOLIDAY FUNDRAISER

Healthy food for folks who need it

Donate now until December 31st

thegiftofgoodfood.ca/donate

Nourish your Neighbours
Holiday Hamper Fundraiser

From November 12th – December 12th 2024, we are collecting donations to purchase gift cards & groceries for families in-need, in Fairfield & Gonzales!

100% of your contribution will go towards making a great difference for your neighbours this holiday season!

250-382-4604
fairfieldcommunity.ca | 1330 Fairfield Rd.

Early Childhood

Camas Early Years Centre

3 - 5 YEARS

Camas is a full day childcare program for 3 to 5 year olds. 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

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 3-4 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.

FULL—See our website for current waitlist status.

Early Years Programs

eyc@fairfieldcommunity.ca



Huckleberry Infant Toddler Centre

10 - 36 MONTHS

Huckleberry is a full day childcare program for children 10 to 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

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 provide unstructured playtime and then 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 23- Jan 3)

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

By donation

In the Sequoia Room, 1330 Fairfield Rd.

(No program during winter break, Dec 23- Jan 3)

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 23- Jan 3)

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

\$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.

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 programs are play-based and child-focused. 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.

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.

Monday to Friday, Sep to Jun, after school-5:30pm

2 day/week \$215/month

3 days/week \$265/month

5 days/week \$350/month



G.O.A.T. ZONE FRIDAY 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.

Fridays Oct-Jun 6:30pm - 9:00pm
\$5 suggested donation/visit

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

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. This program is by referral.

Youth Programs

youth@fairfieldcommunity.ca

Adult Recreation

GENTLE CHAIR YOGA

with Phyllis Musseau

This class explores gentle, therapeutic movements to help ease stiffness, improve range of motion, strength, balance and coordination in a supportive and light hearted atmosphere. There will be some short standing poses with use of a chair or modifications are always given for those wishing to stay seated. A guided meditation helps to calm our nervous system to face life's challenges. No need to get up and down from the floor but get all the benefits of yoga

Fridays, 11:30am—12:30am

Jan 10—Mar 14 (no class Jan 24, Feb 14,, 21) 7/\$91

New!

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.

Tuesdays, 9:15am—10:15am

Jan 21—Mar 11

8/\$76

Wednesdays, 6:45pm—7:45pm

Jan 15—Mar 26

11/\$104.50

IYENGAR YOGA—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 16—Mar 13

9/\$108

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, 11:00am—12:30pm

Jan 14—Mar 11

9/\$135

Tuesdays, 5:30pm—7pm

Jan 28—Apr 1

10/\$150



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



IYENGAR YOGA 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 16—Mar 13

9/\$108

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 16—Mar 27

12/\$121

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 class reconnects you with the jovial and enjoyable pleasure of movement not only in class, but also in life.

Mondays, 6:45pm—7:45pm

Jan 13—Mar 24

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, 5:45pm—6:45pm

Jan 13—Mar 24

11/\$104.50

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, 5:45pm—6:45pm

Jan 15—Mar 26

11/\$104.50

ADULT BIKE SKILLS WORKSHOP

with Capital Bike

Do you want to become more confident on your bike? This adult bike safety course combines classroom, parking lot, and on-road training. It is intended to build traffic cycling proficiency for adults of any age who want to ride to work, run errands or ride for pleasure. Learn the rules of the road and traffic safety as it applies to cyclists. Practice important bike handling skills in a non-traffic environment. Put your knowledge and skills to work on a scenic road ride through various traffic situations on local roads, guided by our friendly and experienced instructors with plenty of educational stops along the way.

Sunday April 27

9:00am—1:30pm

1/\$70

PAINT NIGHT

with Barbara Morris

Unleash your inner artist. Bring your willingness to create your own masterpiece. With step by step demonstration, you do not require no experience. In the two hours, you will get creative, have fun, and at the end of the evening take home your beautiful creation. All supplies included. Check our website for sample paintings.

Thursday, 6:30pm—9pm

Jan 30, Ocean Waves

1/\$40

Feb 27, Desert Cactus

1/\$40

Mar 27, Spring Bunny

1/\$40

BEGINNER HAND DRUMMING & PERCUSSION

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"

Tuesdays 7:00pm—9:00pm

Jan 21—Mar 11

8/\$240

(Early Bird Rate, until Dec 20, \$200)

LEVEL 2 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

Jan 23—Mar 13

8/\$240

(Early Bird Rate, until Dec 20, \$200)

SPANISH FOR TRAVELERS

with Monica Gil

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.

Mondays, 6:30pm—8:30pm

Feb 10—Mar 17

6/\$105

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My team is here to provide the assistance you need.

Laurel Collins
 MP for Victoria

Laurel.Collins@parl.gc.ca
 250-363-3600

f /CollinsLaurel
 @laurel_bc
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Victoria's premier farmers market

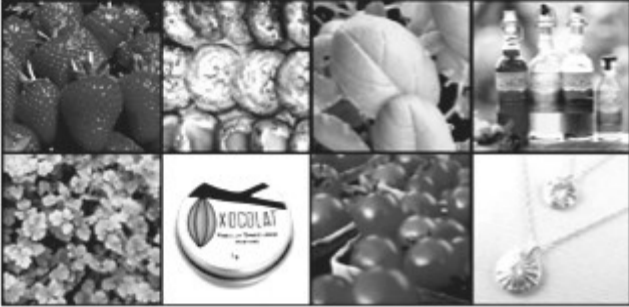


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FREE DRUMMING WORKSHOP
THURSDAY, DEC. 5

Drums Provided
Beginners Welcome

special guest
Dartagan Camara

Fairfield Community Place
7-8:30 pm

RSVP: drumvictoria.com

Free Hand Drum Workshop

Free Drumming Workshop

Thursday, December 5 from 7-8:30 pm
Gary Oak Room (1335 Thurlow Road)
RSVP your spot: drumvictoria.com

Everyone is welcome, and you don't need to have ever played a drum before. The rhythms we play are powerful and surprisingly easy to learn.

Drums are provided for everyone, but if you do have your own a drum, you are invited to bring it along. This will be a very special evening with guest musician Dartagan Camara from West Africa as an invited guest. He is one of the best percussionists in the world!

Make sure to reserve your spot because space is limited and these workshops are very popular: drumvictoria.com

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navigating provincial government & community resources & services

Information

on provincial government policies & services

Outreach

by promoting, attending, or speaking at community events

Recognition

of unique contributions or milestones with congratulatory certificates & letters

We'd love to hear from you!



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Grace Lore
MLA for
Victoria Beacon-Hill
Community Office

1084 Fort Street Victoria, BC V8V 3K4
250-952-4211 Grace.Lore.MLA@leg.bc.ca



FALL FAIRFIELD



Celebrating Harvest season, neighbours & community at our annual Fall Fairfield event in September. Great music, vendors, food, visitors and volunteers. A special shout out to our sponsors Evo Car share, Moka House, Bosley's pet food .



Photos by Larry Koopman