November 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Billiards 9:00 am – 10:45 am **Stretch & Strength** 9:30 am – 10:30 am **Line Dancing - Beginner - R** 10:45 am – 11:45 pm **Independent Yoga** 11:00 am -12:00 pm **Conversation Française** 11:00 am – 12:00 pm **Line Dancing - Absolute Beginner** 11:50 am – 12:50 pm **Mahjong** 12:30 pm – 3:30 pm **Pickle Ball – Beginner** 1:00 pm – 2:45 pm **UVic Speakers Network:** *First Monday: November 2 ***Microglia and Alzheimer's disease: An immune cell and a complex disease*** 1:00 pm – 3:00 pm **Women Talking** **Last Monday: November 30* 1:00 pm – 3:00 pm **Coffee with Cops** *November 16th (re-scheduled from Nov 9 1:30 pm – 2:30 pm **Tech Hub** 1:30 pm – 3:30 pm **Seated Exercise** 3:00 pm – 4:00 pm	**Billiards** 9:00 am – 12:00 pm **Fun and Fitness** 9:30 am – 10:30 am **Hatha Yoga** 9:30 am – 10:30 am **Sing Along** 11:00 am – 12:00 am **Food Distribution - F** 11:00 am - until gone **Beginner Spanish (6 weeks) - R** *Tuesdays (Oct 13, 20, 27, Nov 3, 10, 17) 11:00 am – 12:30 pm **Pickle Ball – Practice and Play** 12:30 pm – 2:30 pm ***New – Euchre** 12:30 pm – 3:00 pm **Writers Circle** 1:00 pm – 3:00 pm **Knit and Crochet Club - F** 1:00 pm – 3:00 pm **Afternoon - Stretch & Strength** 3:00 pm – 4:00 pm	**Stretch & Strength** 9:30 am - 10:30 am **Friendly Bridge** 9:30 am – 12:00 pm **Beginner French (8 weeks) - R** *Wednesdays (Oct 14, 21, 28, Nov 4, 18, 25, Dec 2, 9) 10:30 am – 12:30 pm **Pickle Ball – Intermediate** 10:45 am – 12:30 pm **Canasta** 12:30 pm – 3:30 pm **Line Dancing – Intermediate - R** 12:45 pm – 2:00 pm **Cribbage** 1:00 pm – 3:30 pm **Line Dancing – Beginner Plus - R** 2:15 pm – 3:15 pm **Mat Pilates** 3:30pm – 4:30pm **English Pronunciation/Literature** Wednesdays 7:00 pm – 9:00 pm	**Billiards** 9:00 am – 10:45 am **Somatic Chair Yoga** 9:15 am – 10:15 am **Fun and Fitness** 9:30 am – 10:30 am **Joy of Art** 9:30 am – 1:30 pm **Current Affairs** 10:00 am – 11:30 am **Tai Chi - Beginner** 10:30 am – 11:30 am **Independent Yoga** 11:00 am – 12:00 pm **Book Lovers** *Last Thursday (Nov 26) 11:30 am – 1:30 pm **Tai Chi – Intermediate** 11:35 am – 12:35 pm **Beginner Italian (6 weeks) - R** *Thursdays(Oct 15, 22, 29, Nov 5, 12, 19) 12:30 pm – 2:00pm **Pickle Ball – Practice and Play** 12:45 pm – 2:45 pm **Reiki Sessions – R & F** ***First & Third Thursday: November 5, 19 1:00 pm – 2:00 pm **Board Games with Staff** *New - Third Thursday: November 19 1:00 pm – 3:00 pm **Afternoon - Stretch & Strength** 3:00 pm – 4:00 pm	**Billiards** 9:00 am – 12:00 pm **Stretch & Strength** 9:30 am - 10:30 am **English Corner - F** 9:30 am – 11:00 am **Food Distribution - F** 11:00 am – until gone **Qi Gong** 11:00 am - 12:00 pm *New participants may join only on the first Friday of each month **Ping Pong** 11:45 am – 1:15pm **Viola and Guitar Concert -R** *Friday, November 6 12:00pm – 1:00pm **Art and Wellness** 1:00 pm - 3:30 pm **Friendly Bridge** 1:00 pm – 3:15 pm **Gentle Yoga** 1:30 pm – 2:30 pm	**Billiards** 9:30 am – 12:00 pm **Beginner Bridge** 9:30 am – 11:30 pm **Ukelele Workshops** ***Rental*** Beginner) 10:00 am – 11:00 am Intermediate) 11:15 am – 12:15 pm **Pickle Ball – Intermediate** 10:30 am – 12:30 pm **Movie of the week** 1:00 pm – 3:00 pm **Cribbage** 1:00 pm – 3:00 pm **OM Chanting Circles** ***Rental** - November* 7, 21 4:00 pm – 5:00 pm

COURSES/WORKSHOPS

NEW:

- ***New – Euchre**
  12:30 pm – 3:00 pm

WORKSHOPS - F:

- **UVic Speakers Network: *Microglia and Alzheimer's disease: An immune cell and a complex disease***
  Monday, November 2
  1:00 pm – 3:00 pm

- **Osteoporosis**
  Wednesday, November 4
  1:00 pm – 2:30 pm

- **Coping with Memory Loss**
  Monday, November 16 &23
  1:00 pm – 2:30 pm

- **Travel Tales**
  Wednesday, November 18
  1:00 pm – 2:30 pm

- **Wellness Circle: Caregiver Corner: Nourishing Yourself While Caring for Others**
  Wednesday, November 25
  1:00 pm – 2:30 pm

EVENTS/UPDATES

EVENTS:

- **Viola and Guitar Concert -R**
  Friday, November 6
  12:00pm – 1:00pm

- **Night of Lights (NOL) – R**
  Sunday, November 22
  6:00 pm – 9:30 pm
  *At Hillside Mall: Ticket Required

- **Silent Auction**
  Friday, November 27
  4:00 pm – 8:00 pm
  Saturday, November 28
  9:00 am – 3:00 pm

- **Holiday Market**
  Saturday, November 28
  9:00 am – 3:00 pm

UPDATES:

- **Coffee with Cops**
  *November 16th (re-scheduled from Nov 9
  1:30 pm – 2:30 pm

RENTAL EVENTS/PROGRAMS

- **AcharNChutney Pop-Ups**
  Heat & Eat | Frozen
  Heat n Eat: Kebabs, Nihari & more
  Desserts, Jams & Bhel
  November 11&18: 11:00 – 2:00

- **Music Workshops with Jessica**
  Unlock the magic of music!
  Mondays:
  Guitar (5:45 – 6:45 PM)
  Saturdays:
  Beginner Ukulele (10:00 – 11:00 AM)
  Intermediate Ukulele (11:15 AM – 12:15 PM)
  Register: jessicabenini@gmail.com
  www.jessicabenini.com/workshops

- **OM Chanting Circles – R & F**
  November 7 & 21 (4:00pm – 5:00pm)
  Drop-in – No experience needed
  Contact: Alix (assistant@csvac.ca)

Please note all members are welcome to join these rental programs, but registration is required through the renter.

For more info, please reach out to:
coordinator@csvac.ca

SATURDAY MOVIES

- **Ghost Town (2008)**
  Saturday, November 7
  1:00 pm – 2:50 pm

Dr. Bertram Pincus, a misbehaving dentist who dies for seven minutes during a routine procedure before being revived. When he recovers, he discovers he has the unwanted ability to see and interact with ghosts trapped in Manhattan.

- **Our Souls at Night (2017)**
  Saturday, November 14
  1:00pm – 3:00 pm

A poignant, heartwarming drama starring screen legends Jane Fonda and Robert Redford in a tender story about friendship, healing, and finding companionship later in life

- **It's Complicated (2009)**
  Saturday, November 21
  1:00pm – 3:00 pm

A witty, lighthearted romantic comedy. Featuring an all-star cast led by Meryl Streep, Alec Baldwin, and Steve Martin, the film offers a humorous and relatable look at love, marriage, and family life after 50.

- **No movie**
  Saturday, November 28

INDEX & RATES

R: Registration Required, No drop-in

F: Free

Stretch and Strength, Fun and Fitness:
$5 Member
$10 General

Tai Chi, Somatic Chair Yoga, Gentle Yoga, & Line Dancing:
$8 Member
$16 General

Movies/Documentaries: ***$4***

All other programs:
$2 Member
$4 General

CLOSURES & CANCELLATIONS

CLOSURES:

- We will be closed on **November 11(Wed)** for Remembrance Day.

CANCELLATIONS:

- Your Legacy, Your Way is cancelled on Tuesday, November 3

- Ping Pong, Friendly Bridge and Gentle Yoga will be cancelled Friday, November 27 due to set-up for the Holiday Market/Silent Auction

- All Programs (Billiards, Beginner Bridge, Pickle Ball, Movie Matinee, Cribbage) will be cancelled on Saturday, November 28 due to the Holiday Market/Silent Auction

- AcharNChutney (Rental) will be taking a break from late November until March 2027.