Christmas at BGCA

This time of year is extremely busy and joyful at the Community Centre as we get ready for all of our seasonal events and programs. Some of our upcoming events include:

- Christmas Dinner for Families Dec 1, 5pm. Suggested donation of \$5. Registration is required, please contact the Centre at 250-388-5251
- Santa's Pancake Breakfast Dec 3, 9am-11am. Registration is required, \$5/family (up to 4 members), \$2/person, call to register at 250-388-5251
- **Christmas Lunch for Seniors** Dec 15, 12pm. \$6/person. Registration is required, please contact the Centre at 250-388-5251

CHRISTMAS HAMPERS

We've also launched our annual Christmas Hamper program which supports families who may not be able to provide a special Christmas experience for their children without assistance. Families receiving hampers are currently involved with one of the many programs here at the Burnside Gorge Community Centre. Christmas Hampers include food cards for fresh produce, a box of non-perishables, and personal gifts for children to open on Christmas day.

How you can Help!

We realize that this is a busy time of year and recognize that helping looks different to everyone. No gift or offer of support is too small and there are many ways to give:

- Sponsor a family Christmas Hamper with friends & family or with a work or church group;
- Raise funds through your respective group to make a cash gift to the BGCA and we will purchase gifts and food vouchers;
- Collect non-perishable food items and grocery gift certificates to include with Christmas Hampers; see a list of the most needed items here https://burnsidegorge.ca/get-involved/support-bgca/

However you choose to give, we greatly appreciate your support and contribution. Tax-deductible receipts are available upon request, where applicable. For more information, please contact us at 250-388-5251.



Join the BGCA Team

CURRENT OPENINGS:

- Family Services Worker (temporary, full-time)
- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)

Full job descriptions and application details can be found at:

http://www.burnsidegorge.ca/opportunities/employment

About Us

We are a group of (com)passionate, enthusiastic, hardworking people who also know how to have fun. Our teams are deeply committed to serving the children, youth, families and seniors in our community as best as they can and helping and caring for each other as well.

Give the Gift of Good Food

Submitted by Fernwood NRG

The Gift of Good Food annual fundraiser runs until midnight on December 31st. The Gift of Good Food raises funds to support local families facing food insecurity across the Capital Region with fresh produce every two weeks continually for a year. Our goal is to raise \$100,000.00 and support over 140 families in 2023.

You can get involved by donating online at thegistofgoodfood.ca/donate. Start a Fundraising Team with friends, family, or co-workers and reach a goal that supports families in your neighbourhood. Register your team online at fernwoodnrg.ca/ggf-fundraising-teams. For more information please email events@fernwoodnrg.ca.







December 2022

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471 Cecelia Road, Victoria, BC V8T 4T4
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Website: www.burnsidegorge.ca

Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

BGCA Board of Directors

Greg Arnold, Treasurer Elizabeth Cull, Chair Kirsten Mah, Director Michelle Peterson, Secretary Corinne Saad, Director Avery Stetski, Vice-Chair Mangat Vohra, Director

To Advertise

Establish yourself as a community supporter with an ad in your community newsletter.

The deadline to purchase ad space is the 15th of each month prior to the month of publication. Please contact us for current rates.

Contributions

The BGCN welcomes submissions. Submissions are subject to editing as required for clarity and brevity. Please note that submission does not guarantee publication. Contact us for submission guidelines and deadlines.

Editor: Rachel O'Neill Email: rachel@burnsidegorge.ca Phone: 250-388-5251



About us

Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

Join our team!

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at:

http://www.burnsidegorge.ca/opportunities/employment

Volunteer

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

http://www.burnsidegorge.ca/opportunities/volunteer

Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

info@burnsidegorge.ca

CENTENNIAL UNITED CHURCH 621 David St.



Now offering in-person and livestreaming services at 10:55 am. Prelude begins at 10:45 am.

For more info please call 250-384-6424 or visit www.cucvictoria.com

"Happy Holidays"? or "Here Comes January"?

Tis the season! Let the spending begin, or not...?

Remember January? The dreaded month after all the Holiday gift giving, Santa-sitting and general Hoo Haw of eating, drinking, and being Merry?

Xmas is a mixed bag for most people. The expectation is for it to be the happiest time of the year. But at what cost? There are all the wonderful decorations, festive music, TV specials of families reuniting to share in the joyousness. Expectations run high for many of us alongside the idea of creating the "perfect Xmas" for us and our children.

Something takes over our more sensible selves. Gift giving can become an expensive monster that will later destroy our budgets and our peace of mind when the bills come in - in January! Invitations can overwhelm even an extrovert or if you are more isolated create a deeper sense of isolation.

What if we did something different this year? What if we gave ourselves the gift of a happy January. Be the Present you want to give. You might be surprised that "they" are as relived as you are to take the spending and gift giving expectations down a notch. Be clear with your family what your goals are this Holiday. Know what your budget is and stay within it. If you are clear about your own holiday plans and budgets you will free others up to think about what theirs are.

Try something new that is not expensive in your city. The Carolling and the Holiday light shows for example. Pick and choose activities that can be shared with loved ones, it's all about being together. It's okay to say "No, I can't afford it this year but, hey, could we do something simple and nice together." When you start to feel that anxiety and stress building up inside you, pay attention! It is telling you something. Take some down time to reconnect with your goals. Ask yourself is this really going to matter in the new year. If its robbing you of a happy January then you have your answer.

When you wake up to 2023, feel good about how you stuck to your plans of giving of yourself within your means financially, emotionally and psychologically.

This is a message from your friendly Family Self Sufficiency Advisors. For more information on our Program please see https://burnsidegorge.ca/family-programs/family-self-sufficiency/

Wishing a Happy, Merry and Conscious Holiday to everyone.

~Linda, Laura & Colleen

Family Self-Sufficiency (FSS) is currently accepting applications!

The FSS Program can support you to...

- Start saving with a matched savings program
- Gain more control of your money
- Face your financial fears and move forward
- Begin a debt reduction plan and reduce your debt
- Access supports that will assist you and your family as you move towards a brighter future

Are You:

- Receiving an eligible housing subsidy?
- Living with at least one dependent child?
- Surviving on a low income?
- Feeling overwhelmed about money?
- Struggling with debt?
- Worried about your finances?





FSS is generously funded by:



BC HOUSING







BURNSIDE GORGE COMMUNITY CENTRE RECREATION PROGRAMS

PROGRAM REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY TO AVOID DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Call Vanessa Normore 250-388-5251 or email vanessa@burnsidegorge.ca.

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.

Burnside Gorge Activity Guide

DECEMBER PROGRAMS

Programs do not run on Statutory Holidays and the schedule is subject to change without notice. All programs require registration. Please call 250-388-5251 for the most current info or to register.

FAMILY PROGRAMS

The Family Centre is closed for the month of December. Programming will resume in the new year!

STEM KIDS

MINECRAFT MODDING - BEGINNER LEVEL (7-9 YRS)

An OP Sword? Well then we need OP Armor as well! Wait, why have all the entities stopped moving? Quick Attack! Oh no! We've summoned too many Ender Dragons! And SO MUCH MORE! Participants will transform the way they experience the game by learning how to mod by creating different custom objects. Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience. Participants should already have some experience with the world of Minecraft. No prior coding/programming experience is necessary.



Fridays Nov 18 - Dec 16

*no class Dec 2

3:30 - 5:00 PM

4/\$60

ADULT HEALTH & WELLNESS

XL YOGA

Yoga for those living in large bodies taught by a person living in a large body. The benefits of yoga - increased balance, flexibility, stamina, and relaxation - are wonderful for everybody. We'll make the poses work for everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and lighthearted. Instructor Jill Moran



Thursday

Nov 24 - Dec 22 *no class Dec 1 7 - 8 PM 4

4/\$48

Zumba

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. This is a fitness class you will not want to miss!

Wednesdays Nov 23 & Dec 7

6 - 7 PM

2/\$16

55+ PROGRAMS

SENIORS LUNCH AND LEARN

Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. For more information please call the Community Centre, 250-388-5251.



Thursdays 12pm - 2pm \$5 /Lunch

December programs

- Dec 1 No program
- Dec 8 Big Brothers Big Sisters of Greater Victoria
- Dec 15 Seniors Christmas Lunch (\$6/lunch)
- Dec 22 No program
- Dec 29 No program



COMMUNITY SERVICES

INCOME ASSISTANCE SUPPORT

Do you have questions about Income Assistance (IA) or Persons with Disability Assistance (PWD)? BGCA has an Employment & Assistance Worker from the Ministry of Social Development & Poverty Reduction who takes appointments at the Centre on Thursday afternoons. To book an appointment please call the Community Centre at 250-388-5251.

FREE LEGAL CLINIC

Legal advice is provided free of charge during 15-minute phone appointments on Tuesday afternoons. All legal questions welcome. Please call us to book an appointment, 250-388-5251.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

As part of the Canadian Revenue Agency's Community Volunteer Income Tax Program we have volunteers that can assist those with simple tax filing for current and back dated tax years. We can help students, newcomers, persons with low income or older adults. For more info call 250-388-5251.



The Centre will be closed Dec 26-27 and Jan 2.

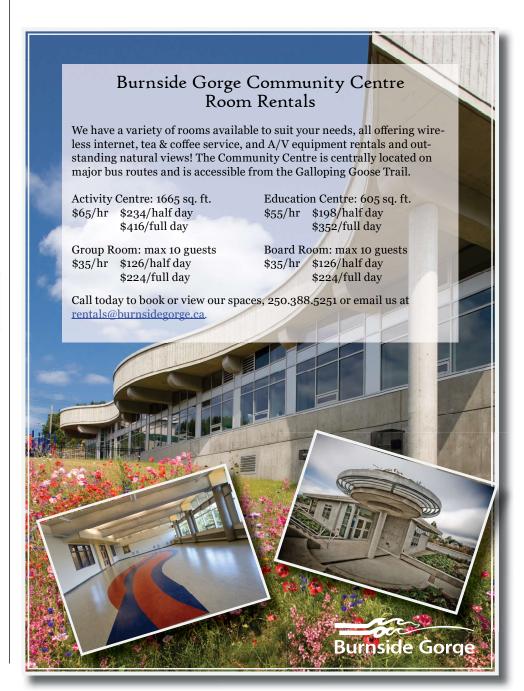
We wish you all a safe & happy holiday season!







FACILITY RENTALS







This holiday season, please give to help feed a neighbour who is hungry, to house someone who is experiencing homelessness, or to provide compassionate care and restore lives in Greater Victoria.

To donate right away, please visit coolaid.org or call 250-383-1977.



Calendar Listings December 2022

Christmas at Point Ellice House

Saturdays and Sundays 12pm-4pm | November 26th-December 18th Visit Saturdays and Sundays through December 18th to enjoy our beautiful Christmas display. Hear stories from Christmas past, shop for unique gifts for your loved ones, enjoy the twinkling lights, or join our annual Golden Walnut Hunt! 'Tis the season! Admission is by donation, which includes entrance to the heritage gardens, historic house and our feature exhibit: The Animals of Point Ellice House. https://pointellicehouse.com/events/

Try our Golden Walnut Hunt!





Did you know people in the Victorian Era used to decorate their Christmas trees with golden walnuts?

To celebrate the season, we've hidden a golden walnut in each room of the house. Find them all to win a prize!

14th Annual Gingerbread Showcase

The Gingerbread Showcase is open for its 14th year! Located in the atrium of the stunning Parkside Hotel & Spa, the Showcase runs from Nov 26, 2022 to Jan 2, 2023. Stop by this local holiday treasure to view the fantastic 100% edible creations made by our volunteer bakers and vote for your favourite! This year we've asked bakers to interpret some magic into their creations with the theme: "Magical." 100% of donations to the Gingerbread Showcase will help Habitat Victoria support affordable homeownership in Victoria. Can't make it in person to see these amazing creations? View and vote for your favourite creation online at https://www.habitatvictoria.com/ginger-bread2022.html

Light a Candle, Celebrate a Life

Join Victoria Hospice for reflection and remembrance on Dec 1 at 5pm. Light a Candle, Celebrate a Life is a community gathering to honour important people in our lives who have died. The evening includes a candle-lighting ceremony with Victoria Hospice Spiritual Health Coordinator Debra Caravitis, music by Stephanie Greaves, luminaries, treats, and hot chocolate. Gather by the old Garry Oak tree at Victoria Hospice (Richmond Pavilion at Royal Jubilee Hospital) For more info contact Debbie.Greenway@victoriahospice.org or 250-519-1747.

VNFC Winter Artisan Market

Victoria Native Friendship Centre is hosting their annual Winter Artisan Market. Find that perfect gift for your family and friends and support local artists! The Market will be in the gym, hallways and amphitheatre of the Centre on December 2nd and 9th, from 10am - 3pm. No parking on site, with the exception of elders and those with disability placards. There is street parking in the area. Victoria Native Friendship Centre, 231 Regina Ave.

https://www.facebook.com/events/s/vnfc-winter-artisan-market/524279186017196/

Carol-Along with the Carillon

Gather under the Netherlands Centennial Carillon with your fellow singers, family and friends for a one-of-a-kind carolling party. Complimentary hot chocolate and cookies will be served to make the season bright. All ages welcome! Sunday, Dec 4 from 4:30pm to 5:15pm at the Royal BC Museum, 675 Belleville Street

https://royalbcmuseum.bc.ca/visit/events/calendar/event/carillon-carol-along

Last Chance Christmas Craft Fair

First & Last Chance are two distinctive Christmas Craft Shows featuring an array of works of over 80 artists, artisans, makers, and designers from our beautiful West Coast and it's surrounding islands. Since 1989, these shows are two of Vancouver Island's premier Christmas shopping events which have become favourite craft sales to many in Sidney, Saanich, greater Victoria and further afar. It is an annual tradition where visitors can meet the many creators in person, hear their stories, feel their passion and experience their works first-hand. Join us at Sidney's lovey Mary Winspear Centre for an unforgettable Christmas shopping experience. Shop small. Shop local. Support our many talented artists & artisans and find those special handmade gifts for your family and friends.

Dec 9, 2pm-8pm & Dec 10, 10am-5pm & Dec 11, 10am-4pm @ Mary Winspear Centre, 2243 Beacon Ave

Winter Bazaar Market - Norway House

A gathering of hand picked designers that we adore in our community. Handmade everything: Colourful contemporary ceramics, botanical perfumes, silver jewelry, bamboo & linen clothing, totes and pouches, porcelain light fixtures, contemporary First Nations art, deco inspired jewelry, hand painted mugs and bowls, hand crafted bowties, calendars & cards, attachés and belts, First Nations oxidized copper jewelry, hand printed lino cut linen napkins, aprons & table clothes, leather pillows, handmade soaps & candles, blacksmithed kitchen ware, original art, locally made ice cream & baked treats, winter wreaths & swags, locally grown herbal teas & apothecary, handmade chocolates & confectionary, hot drinks, tacos & monsters & MUCH MUCH MORE!!

Sun, Dec 11 from 11am to 4pm at Norway House, 1110 Hillside Ave https://www.tourismvictoria.com/see-do/festivals-events/winter-bazaar-market-o

Victoria-Swan Lake Community Office Annual Holiday Gathering

Join the Honourable Rob Fleming MLA for the Victoria-Swan Lake Community Office Annual Holiday Gathering. Light refreshments and appetizers provided. Kitchen and bar will be open for those who wish to order for themselves

Dec 13, 6:30-8:30, at Caffe Fantastico, 965 Kings Rd.



A Winter's Eve at Point Ellice House

Thursday December 15th, 5:30pm-8:30pm Can't make it for a visit on the weekend? On Thursday December 15th between 5:30pm and 8:30pm, join us for one special evening this holiday season! Enjoy hot cocoa and the glow of lights while you take a stroll through our gardens, or hear stories of Christmas past inside the historic house and try out our annual Golden Walnut Hunt. Admission is by donation, which includes entrance to the heritage gardens, historic house and our feature exhibit: The Animals of Point Ellice House. https://pointellicehouse.com/events/



Do you have an upcoming event or activity?
Send submissions to

info@burnsidegorge.ca

or call us at 250-388-5251!