

As the holiday season graces us with its warmth, BGCA is ignited with the spirit of giving and togetherness. It's a time to celebrate the power of compassion and generosity that unites us all. Join us in spreading joy, hope, and support to those in need during this special time. Together, let's create a holiday season filled with kindness, solidarity, and meaningful impact. Happy holidays from all of us at BGCA!

SPECIAL EVENTS

Santa's Pancake Breakfast – Saturday, December 2, 9 am-11 am. Registration is required, \$7/family (up to 4 members), \$3/person

Christmas Wreath Fundraiser Workshop – Friday, December 8, 6 pm – 7:30 pm. Registration is required. Tickets are \$60.

Christmas Lunch for Seniors – Dec 14, 12 pm \$7/person. Registration is required, please contact the Centre at 250-388-5251

We're also working hard on 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.



Join the BGCA Team

CURRENT OPENINGS:

- Out-of-School Care Manager
- Youth Recreation Programmer
- Out-of-School Care 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.

WAYS TO SUPPORT!

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 and drop off non-perishable food items at the centre or at the locations below to include with Christmas Hampers;
- Sol Fine Foods (2955 Jutland Rd.)
- Trafalgar/Pro Patria Legion Branch 292 (411 Gorge Rd.)
- VCKC Paddling Club (355 Gorge Rd. W.)
- Fairway Gorge Paddling Club (115 2940 Jutland Rd.)
- Martial Arts Unlimited (70 Gorge Rd. W.)
- Colwood Back to Back Chiropractic (591 Ledsham Rd.)
- Burnside Boutique (350 Burnside Rd. E.) | Get 15% off when you donated minimum 2 items!
 - Purchase gifts or gift cards for the BGCA to distribute in hampers;
 - Donate online through CanadaHelps. Click on the link to donate https://burnsidegorge.ca/donate/_
 - Volunteer to help us put the hampers together. Whether you can spare a few hours or more, get involved and be part of the magic of giving this holiday.

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 call us at 250-388-5251 or email Sevval at sevval@burnsidegorge.ca

Your Neighbourhood Coffee Shop

Is there anything that feels more like home than the smell of coffee brewing in the morning (and afternoon)? That's only part of the reason Cool Aid is seriously jazzed about our coffee partner at 210 Gorge.

In addition to making us smell fabulous, 2% Jazz is now offering a two dollar Americano when you bring your own cup! That's right, a twonie will buy you a wonderful, beautiful, rich delicious Americano (only at the Gorge) (taxes included).



The Centre will be closed Dec 25-26 and Jan 1.



Happy Holidays!



December 2023

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The Burnside Gorge Community Association
471 Cecelia Road, Victoria, BC V8T 4T4
Phone: 250-388-5251
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Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

BGCA Board of Directors

Stephen Andrew, Director Greg Arnold, Treasurer Elizabeth Cull, Chair Ryan Hart, Director Kirsten Mah, Director Michelle Peterson, Secretary Avery Stetski, Vice-Chair Mangat Vohra, Director Greg Teuling, 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.

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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:

 $\underline{http://www.burnsidegorge.ca/opportunities/volunteer}$

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.

To S

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

One More Resolution for the New Year!

Submitted by CRD Environmental Services

The start of a new year is the perfect time for fresh beginnings and personal growth. While many of us contemplate hitting the gym or learning a new language, why not also consider making a resolution that can help our environment? Here are some ideas to help you create a sustainable New Year's resolution that makes a meaningful impact on reducing waste.

One of the biggest culprits of waste is food. In our 2022 waste composition study we found avoidable food waste such as wilted lettuce, stale bread and meat leftovers made up 63% of all organics sent to the landfill, contributing to pollution, and misusing precious resources. Here's how you can prevent this issue head-on:

- Shop Smart: Kick off your resolution by creating a grocery list that's concise and focused. Buy only what you need for the week, avoiding the temptation to over-purchase and generate food waste.
- Store Smart: Extend the lifespan of your groceries by storing them properly to keep your produce fresh and ready to use.
- Get creative with leftovers: Turn last night's dinner into today's delightful lunch or whip up a new recipe. Not only will you reduce waste, but you'll also save some of the cash in your pockets. In addition to food, our consumption of material goods is a notorious waste generator. Here's how you can break the cycle and embrace sustainable alternatives:
- Sharing is Caring: Instead of trashing items you no longer want, consider donating them to second-hand stores or advertising them online for free for someone who needs them. It's a win-win decluttering your space while making someone else's day.
- Recycling 101: Before tossing items, check if they're recyclable. MyRecyclopedia.ca can guide you on responsible disposal methods, ensuring that your waste gets a second life.
- Second-Hand Treasures: When it's time for a new purchase, explore second-hand options. Thrift stores and online community pages are great for pre-loved goods, giving you fantastic finds without the environmental guilt.

Remember, a sustainable New Year's resolution revolves around the three Rs: Reduce, Reuse, and Recycle. Although reuse and recycle and well-versed options, we should focus on the reduce part first. By making a conscious effort to be mindful consumers, we can make small changes that will leave a positive mark for generations to come. What better gift for the holidays than a sustainable future? To learn more tips for the holidays and 2024, visit www.crd.bc.ca/memories

Updates from Burnside Gorge-ous

Throughout the summer months the Burnside Gorge-ous volunteer group, along with volunteers from the Pro Patria Legion and beyond have been busy working towards the completion of the Poppy Project. The City of Victoria kindly donated several old aluminum signs which we used to cut poppy shapes from. After being sanded and a few coats of primer applied, a group of volunteers gathered to paint the poppies and install them along the chain link fence on Gorge Road East at Jutland prior to Remembrance Day. As you pass by the poppy fence, please take a moment to remember those who sacrificed so much to protect our freedom.

I'd like to extend a heartfelt thank you all of those who volunteered their time on the Poppy project, we couldn't have completed it without you!

Sincerely,





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 only open on Mondays for the month of December. The regular programming will resume in the new year!

SANTA'S LITTLE HELPERS

Calling all little elves! Let your little ones explore the magic of the season through creativity and fun.

Mondays Dec 4, 11 & 18 9:30 am - 12 pm



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 light-hearted. Instructor Jill Moran

Thursdays Dec 7, 14 & 21 7 :00 pm - 8:00 pm 8/\$96 *Drop in available - \$15 per class

ESSENTRICS: MOBILITY, STRENGTH, FLEXIBILITY, RANGE FLEXIBILITY OF MOTION

Essentrics is a full body workout that unlocks and decompresses joints by stretching and strengthening all 650 muscles without impact to the body.

The workout incorporates flowing movements designed to increase circulation with the benefits of elongating and lubricating connective tissues around muscles and joints. This unique, re-aligning, and rebalancing approach to body maintenance encompasses trademark sequences that lead to improved wellness, increased energy, and pain reduction.

Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences. There's no equipment needed for Essentrics, all that is required is a mat. Instructor: Junko Hammond

Wednesday & Fridays December 6 - 22 9:30 am - 10:30 am Drop In-\$9 a class *There will be no classes the week of December 24-29 and there is no class on December 15

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!

No December Classes. Stay tuned for when classes will resume in January!

55+ PROGRAMS

SENIORS LUNCH AND LEARN

Socialize with other seniors in the community while enjoying a delicious and nutrious meal. This program features a mix of guest speakers, social activities and themem activities during holidat season.

December 7. Socko Salmon Enhancement Society.

December 7 - Sooke Salmon Enhancement Society

December 14 - Seniors Christmas Lunch



drop-in/free

*There will be no Seniors Lunch and Learn on December 21 & 28. SLL will resume on Thursday, January 4.

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 Tuesday and 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.



Give back to your community through the Gift of Good Food

We're excited to announce that the Gift of Good Food annual holiday fundraiser is on now until December 31! It's the 10th anniversary of this fundraiser organized by Fernwood NRG.

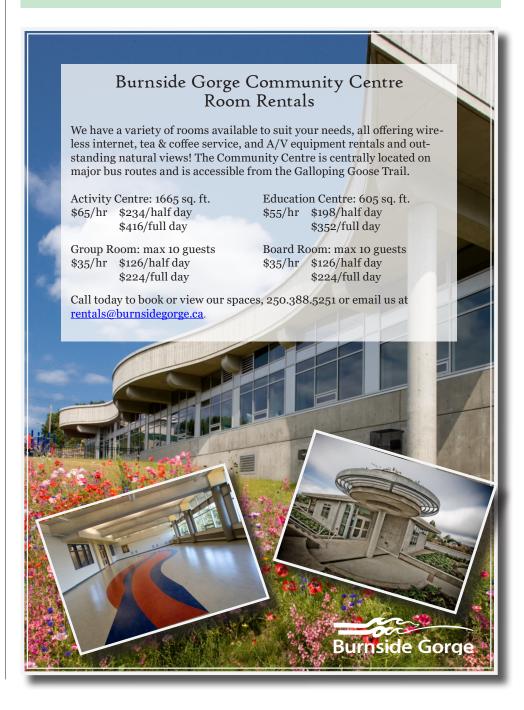
The Gift of Good Food provides healthy produce to families facing food insecurity through our organization and throughout Greater Victoria. The goal is to raise \$150,000 to support over 200 families with fresh fruit and vegetables for all of 2024. Every \$750 raised support one family.



This program supports families through partnerships with 16 community service organizations, Songhees and Esquimalt Nations, grassroots food justice organizations, and newcomer support services located from Sooke to Saanich.

Donate, start a fundraising team, or learn more at thegiftofgoodfood.ca/donate.

FACILTY RENTALS



Your Friendly Neighbourhood Thrift Store!





Calendar Listings

Downtown Victoria Lights of Wonder

Downtown Victoria is transforming the square into a holiday wonderland. This outdoor event features themed light exhibits, four interactive light tunnels, and a 40-foot festive tree. With free admission and for all ages, Lights of Wonder offers live entertainment, warm nibbles, and magical light displays.

Date: December 1-31, 2023 Location: Centennial Square

Time: Sunday-Thursday, 4-9 pm; Friday-Saturday, 4-10 pm

Admission: Free

https://downtownvictoria.ca/lights-of-wonder/

Horse-Drawn Trolley Rides

As part of this year's Lights of Wonder celebration, the Downtown Victoria Business Association (DVBA) will be offering free horse-drawn trolley tours through Old Town by Victoria Carriage Tours! Guests can ride the entire loop or "hop-on and hop-off" as they please!

Date: December 1-16, 2023 Location: Downtown Victoria

Time: 5-7 pm Admission: Free

https://downtownvictoria.ca/

Uvic Winter Choral Concert: 'Tis The Season



Choirs from the University of Victoria present their popular seasonal winter concert at Christ Church Cathedral — a perfect way to get into the holiday spirit. Experience the harmonious sound of 100+ voices resonating in the cathedral's beautiful acoustics in songs including Ave Maria, Veni, Veni, Emmanuel, Could You Believe, Winter Weather, the winter lullaby All is Quiet, Deck the Halls and more. Arrive early to get a seat!

Featured choirs include the UVic Chorus, Chamber Singers and Vocal Jazz Ensemble.

Date: December 2, 2023

Location: Christ Church Cathedral (930 Burdett Ave.)

Time: 3:30 pm

Admission: By donation

 $\underline{https://www.tourismvictoria.com/see-do/festivals-events/uvic-winter-choral-concert-tis-season}$

Winterfest at the Royal BC Museum

The Royal BC Museum, with support from our partners, is proud to present the first annual WinterFest outdoor multicultural holiday market, December 2 and 3. Celebrating arts, culture and community, WinterFest brings together the best parts of the holiday season. Food, warm drinks and multicultural performances pair with local vendors for a one-of-a-kind experience.

Date: December 2-3, 2023

Location: Royal BC Museum (675 Belleville St.)

Time: 11 am-7 pm Admission: Free

https://www.royalbcmuseum.bc.ca/winterfest

Winter Bazaar at Gorge Park Pavilion

Experience the enchantment at the Winter Bazaar held at the picturesque Gorge Park Pavilion. Immerse yourself in the allure of the newly unveiled LEEDS building set amidst Japanese Gardens, hosting an array of 90+ Artists & Makers.

Date: December 2-3, 2023

Location: The New Gorge Park Pavilion (1070 Tillicum rd.)

Time: 11 am-5 pm

Admission: \$5 (kids under 12 are free)

https://www.facebook.com/events/s/winter-bazaar/999953941257723/?mibextid=RQdjqZ

BC SPCA Holiday Cheer Family Event

Enjoy holiday cheer with your family and our animals - Join us for a delicious hot chocolate station, kids crafts and face painting, bid in our silent auction of fabulous prizes, and meet some of Victoria's cutest adoptable animals.

Date: December 3, 2023

Location: BC SPCA Victoria Community Animal Centre (3150 Napier Rd.)

Time: 1-3 pm Admission: Free

https://www.tourismvictoria.com/see-do/festivals-events/bc-spca-holiday-cheer-family-event

Deck the Hall: Carolling Kicks off the Festive Season at Victoria City Hall

Carolling is back at City Hall for the 56th year. Performances will close with an opportunity for guests to participate in a festive sing along. Performance Schedule:

Monday, December 4

Noon – Cloverdale Traditional Elementary School Drum Circle

12:25 p.m. – Gordon Head Middle School

Wednesday, December 6

Noon – Strawberry Vale Elementary School

Friday, December 8

Noon – Margaret Jenkins Elementary School

Location: Victoria City Hall (Antechamber)

Admission: Free

45th Annual Tuba Christmas



Tuba Christmas returns to Market Square in downtown Victoria for one of Victoria's most beloved holiday traditions! The annual gathering brings together more than 100 tuba and euphonium players from across the region to play your favourite holiday carols. Donations will be accepted for the Times Colonist Christmas Fund, a charity that assists the people most in need in the Greater-Victoria community.

Date: December 9, 2023

Location: Market Square

Time: 1-3 pm

Admission: By donation

https://www.tourismvictoria.com/see-do/festivals-events/45th-annual-tuba-christmas

The Gift of Christmas Music

Enjoy an afternoon of Christmas music and carol singing! Presented by St. Andrew's Music Outreach and The Victoria Foundation. Free admission, donations accepted. Featuring organ, trumpet, oboe, cello, and guitar solos. Muffins, coffee, & hot chocolate available. Everyone is welcome!

Date: December 14, 2023

Location: St. Andrew's Presbyterian Church

Time: 12-2 pm

Admission: By donation https://standrewsvictoria.ca/

Christmas Bird Count for Kids

An annual tradition, the Christmas Bird Count for Kids is a chance for the whole family to enjoy nature while contributing to the health and welfare of our bird population

Date: December 16, 2023

Location: Beckwith Park (857 Beckwith Ave)

Time: 1-3 pm Admission: Free

https://rpbo.org/what-we-do/community-education/calendar/

The Sound of Music at the Vic Theatre

Winner of five Academy Awards, including best picture, The Sound of Music returns in December to the Vic Theatre! Set against the most beautiful alpine scenery, sing along with Maria (Julie Andrews) and the rest of the Von Trapp crew. Add your voice to music by Rodgers and Hammerstein and escape to a wonderland of uplifting spirituality.

Date: December 17-30, 2023 Location: The Vic Theatre

Time: 2 pm Admission: \$20

https://www.victoriafilmfestival.com/

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

info@burnsidegorge.ca

or call us at 250-388-5251!