

NEWS & VIEWS



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Spring Break

For those of you with elementary, middle, and high school aged children, the second half of March is a 2-week break from school, March 20-31. If you have preschool aged children, often there is at least a one-week spring break. With the onset of milder weather (hopefully), Spring Break is a great time to enjoy being outside more after winter.



We live in such a great location with many options of places to go within walking distance from Family Housing. Walking to Maynard Street Park only takes a few minutes and is a particularly great park for preschool aged kids. There is, of course, Cadboro Gyro Park and the great beach there too. With Cadboro Village offering Olive Olio's or Starbucks for a coffee/hot chocolate stop or Peppers to pick up a few tasty treats, its easy to spend a few hours down in the bay, and likely you'll bump into some people you know too. Also within walking distance are Haro Woods, the beach at the QA (Queen Alexandra Hospital), and Arbutus Cove/Hollydene Park. These beaches offer a quieter option than Cadboro Bay. Also, don't forget that the Finnerty Gardens within the UVIC campus is a beautiful and serene place to visit.

Have a look inside this issue to see what else is on offer in Victoria and further afield for Spring Break and the month of March.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Wednesday – Early Learning Program	1:30-3:00pm
Thursday – Conversation Club	1:00-2:30pm
Thursday – After School Program	3:30-5:00pm
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 5-9pm; Wednesdays 9:30-3:00pm; Thursdays 1:00 - 5:00pm and Fridays 9:30 - 1:30pm. We also have monthly book clubs and special events. For more information please check out our Facebook page or contact us at familyc@uvic.ca.



Money Matters

Most of us are living on a tighter budget as students. Every month this column will offer a tidbit of advice to lighten the load.

This month...

MONEY SAVING TIPS FOR SPRING BREAK

Did you know that BC Ferries is offering 50% of regular passenger fares and kids 11 and under sail for FREE on many of their sailings during the Spring Break period March 11-30, 2017? Refer to this promotional sailing schedule to find out exactly which sailings this offer refers to.

<http://www.bcferrries.com/promotions/50-percent-off-passenger-fares-details.html>.

This could be your chance to save some costs on sailing to Vancouver or one of the many beautiful gulf islands off the coast of Vancouver Island.



Do you have any ideas for Spring Break? Have you heard of some great events taking place?

Please share them with us at familyc@uvic.ca and we can share them on our Facebook page.

CRD (Capitol Regional District) Events

Did you know that every month the CRD offers FREE events such as guided walks? These are great opportunities to get out into nature, learn from someone knowledgeable and meet some new people. Most events are child friendly or even child focused!



Early Signs of Spring – Guided Walk – 5 years +. March 4, 1-2:30. Metchosin, Witty's Lagoon Regional Park

Ugh a slug - Guided Walk - All ages, Mar 11, 10-11:30am. Langford, Mill Hill Regional Park.

Mount Work Out - Guided Adult Hike - 18 years+, Mar 12, 10am-2pm. Highlands, Mount Work Regional Park

Mystery Creature - Guided Walk - All ages. Mar 20, 10-11:30am. North Saanich, Coles Bay Regional Park.

Buzz about Bees - Drop-in Event - All ages. Mar 22, 11am-2pm. North Saanich, Coles Bay Regional Park

The Best Nest - Guided Walk - 5 years and under Mar 25, 10-11am. Saanich, Francis/King Regional Park

Busy Beavers - Guided Walk - 5 years+ Mar 26, 10-11:30am. Saanich, Elk/Beaver Lake Regional Park.

COMMUNITY DINNER

Join us at the Family Centre for a Community Dinner on Monday, March 13th from 5-6:30. The Family Centre will provide pasta and sauces, but feel free to bring something to share if you would like to. This is a great way to get to know some of your UVic Student Community and mingle with other families and friends. We hope to see you all at the supper!!!



SPRING BREAK CAMPS

Victoria has some great Spring Break Camps on offer for your children. For local camps check:

<https://vikescamps.com>

<http://www.scienceventure.ca>

<http://www.saanich.ca/EN/main/parks-recreation-culture/active-living-guide.html>

<http://www.childsplay101.com/programs.php?Spring-Break-Camps&activity=1118>

DAYLIGHT SAVINGS

Don't forget to change your clocks

before you go to bed on Saturday March 11th. It'll be time to "spring forward" an hour.



MARCH 11-26
PACIFIC RIM
WHALE FESTIVAL **2017**

UCLUELET
PACIFIC RIM NATIONAL
PARK RESERVE
TOFINO
VANCOUVER ISLAND, BC

Conversation Club



Thursdays 1-2:30 until March 30th.

The Family Centre is hosting another Conversation Club on Thursdays from 1-2:30 pm. Kids are welcome to join us this time and the afternoons will be very informal with opportunities to visit and chat with each other. Please feel free to join us.

Programs and Events

Family Learn and Share

On Monday mornings from **10:00am-12:00pm** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator.

March 6 th	Public Health Nurse
March 13 th	Greater Victoria Public Library
March 20 th	Naturopath from Victory Health and Wellness, UVic.
March 27 th	Spring Break: No Guest.

Early Learning Program:

Families are welcome to this drop-in program that runs on **Wednesday from 1:30pm-3:00pm and Friday mornings from 10:00am-12:00pm**. Learning through play is encouraged in an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays from 3:30 - 5:00 pm**. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows and crafts. **Please make sure your kids are dressed for the outdoors.**

Book Club:

The Family Centre has a book club that meets on **the third Thursday of each month** to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Conversation Club:

Are you new to Canada and looking for an opportunity to practice your English language skills? If so, this is the program for you! For the month of March the Family Centre will be offering an opportunity for people to come and practice their English conversation. The program will take place on Thursday afternoons from 1:00-2:30pm. Children are welcome to come and play during this time.

Community Events



Free yoga 3x a week at Uptown Lole. 3600 Uptown Boulevard. Starting Thursday March 2nd.

At Lole Uptown, they are all about community support accessible for all. Free Yoga 3x a week in store. These classes are meant to support all fitness levels.

Voices of Women Through Canadian History. March 2-12, The Bay Centre (second floor, next to Ann-Louise Jewelers)

The Community Arts Council of Greater Victoria is pleased to host Voices of Women through Canadian History, an exhibition celebrating International Women's Day and local women artists. This is a lightly juried show featuring female artists of all levels and disciplines.

A celebration of the diversity of female artists that call the British Columbian West Coast home. The works exhibited aim to exemplify the Canadian female experience.

Spring Break matinees at the Cinecenta

Moana. Disney's sweeping, animated feature about an adventurous teenager who sails out on a daring mission to save her people. March 21, 22, 23, 25, 26 @12:30.

Sing. A koala impresario stages a grand singing competition for the world's animals in order to save his elegant theater in this quirky animated musical. March 28, 29, 30 & April 1, 2 @12:30.