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GET THE BEAT

NOV / DEC 2018

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 Sunday Open Jam @ Friends of Music

Report: Oct 14, 2018 Annual Board Retreat

Every year the Friends of Music's Board plans a time to get together with the music instructors. They have managed to find a space that costs nothing, is close to town yet feels rural and has an amazing ocean view.

The Board Members treat the instructors by bringing the potluck dinner. While the food and fellowship is great, the highlight is always the guest speaker. This year was no exception. At Friends of Music, we know music makes great things happen. Our guest speaker Nejama Ferstman, a Music Therapist in Esquimalt,



proved it to us. Her presentation immersed the music directors and board members in musical activities that involved percussion toys, flying objects, laughter and team-building. Najama had each of us self-check our mood, mental alertness, physical energy and posture before we started and after we finished. The benefits of just a short musical activity were very clear. If Nejama looks familiar to you, it is because she is a regular part of our own Ukulelians.

Friends of Music Connecting to the Community

Friends of Music Society Christmas Dinner When is this? Thurs Dec 13th 5:30 - 8:30 pm
 Volunteers and Dinner Guests can RSVP to Friends of Music at 250-592-5114 or info@friendsofmusic.ca There will be turkey dinner, music, dancing and prizes. This is a great time to catch up with old friends and meet new friends.

The Fundamentals are leading a Christmas Sing-a-long at McCauley Lodge, 1037 Lyall St on Wed Dec 5th from 2 to 2:30pm. The Fundamentals is a drop-in music program that meets in the Theatre at EMP from 1-3pm. Practice singing into a mic. There's always room for instrumentals and rhythm section instruments to play off lead sheets.

PLAN YOUR WEEK with FRIENDS OF MUSIC

from	To	Tuesday	Wednesday	Thursday	Friday	Sunday
10:00 AM	11:00 AM	Jazz Improv	Each-One-Teach-One as requested			NOTE: no Guitar or Open Mic on
11:00 AM	Noon		Beginner Band Lessons			long weekends
Noon	1:00 PM		Skills Band			
1:00 PM	2:00 PM		Fundamentals			
2:00 PM	3:00 PM				Haywires Country Band	
3:00 PM	4:00 PM		Eclectics			
4:00 PM	5:00 PM	Beginner Ukulele Lessons 4:00 pm - 4:45pm	3:15 pm - 5:15 PM			Guitar Lessons (4:30 - 5:30)
5:00 PM	6:00 PM	Ukulelians 5:00 PM to 6:30 PM			Minds at Work	
6:00 PM	6:30 PM			Community Concert 6:30- 7:15		OPEN MIC
7:00 AM	7:30 PM					6:00PM - 8:00PM Doors open at 5:30
7:30	9:00 PM	Moodswing Chorus 7:00 PM to 9:00 PM		Moodswing Orchestra 7:30 PM to 9:00 PM		

BANDING TOGETHER
 Sat Nov 3, 6:30 pm
 Pro Patria Legion,
 411 Gorge Rd E
\$15 Tickets
 include dancing
 and a bit of food

Bid on Silent Auction Items that have been donated by our Community Supporters

Instruments & music donated by community members - \$150 Grocery Gift Card Donated by Thriftys at Cloverdale - a 1 Year General Family Pass valued at \$972 donated by the YMCA - Custom Musicians' ear plugs valued at \$200 donated by NexGen Hearing - lots of smaller items too

The 2018 Banding Together Bands

Jon and Trav Jazz Duo
 The Eclectics
 Bijoux du Bayou (shown here)
 Minds at Work



Friends of Music Society Calendar of Events November 2018

All Thursday Community Concerts start at 6:30 pm (Doors open at 6pm - Coffee served at 6pm!)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Community Concert Minds at Work 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	2 Haywires 2-4 Minds at Work 4-6pm	3 Fundraiser Banding Together Silent Auction 6:30 - 10:30
4 Guitar 4:30-5:30pm Open Mic 6-8 pm	5 7:00 PM Board Meeting	6 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	7 Beginner Band 11-11:55 & Skills Band 12-12:55 with woodwind specialist, Joe Hatherill subbing for Nick Fundamentals 1-3pm Eclectics 3:15-5:15 pm	8 Community Concert Moodswing Chorus 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	9 Haywires 2-4 Minds at Work 4-6pm	10
11 No Guitar or Open Mic Remembrance Day	12 office closed Remembrance Day	13 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	14 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	15 Community Concert Ukulelians 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	16 Haywires 2-4 Minds at Work 4-6pm	17
18 Guitar 4:30-5:30pm Open Mic 6-8 pm	19	20 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	21 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	22 Community Concert Haywires 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	23 Haywires 2-4 Minds at Work 4-6pm	24
25 Guitar 4:30-5:30pm Open Mic 6-8 pm	26 Apply to Memorial Fund (\$300) by today	27 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	28 Beginner Band 11-11:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	29 Community Concert Eclectics 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	30 Haywires 2-4 Minds at Work 4-6pm	

December 2018

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9 Guitar 4:30-5:30pm Open Mic 6-8 pm	10	11 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	12 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	13 RSVP 250-592-5114 FOM Christmas Dinner Da Vinci Centre at 5:30 PM	14	15
16	17 Chorus Concert 2:30 PM at Sandringham	18	19	20	21	22
23	24	25 	26	27	28	29
30	31					

For all weekend and evening programs and concerts, please use the Fort Street entrance.

Once the newly renovated Victoria Mental Health Lobby is opened, expect to access our programs through the stage door.