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# Get The BEAT

## JANUARY - FEBRUARY 2022

### NEW YEAR AT FOM

## REGULAR PROGRAMS RESUME JANUARY 9<sup>TH</sup>, 2022

Welcome back everyone and Happy New Year! We hope that you all feel proud of your accomplishments through 2021 and we're looking forward to another great year ahead! We will keep on delivering more opportunities for fun, camaraderie and more great music! We are a resilient bunch.

While we are all ready for this pandemic to be over, we will carry on with our usual health and safety protocols until further notice. You may have noticed that we have stayed firm with our indoor room capacity limits, masking and screening questions. Friends of Music is a psycho-social rehabilitation program that takes place in a hospital. We are following the COVID-Safety rules put in place by the health authority. All our volunteers and staff are fully vaccinated. Vaccination, while encouraged, is not a requirement to participate in our programs. Most of our concert venues and hosts do require all performers to show their proof of vaccination, along with their government ID, as required by Public Health.

Since it remains a continuously evolving situation, we will notify all participants of any changes to our health and safety protocols via email and on the front page of our website, should anything change.

Everyone is welcome and we all need to work together to keep each other healthy.

### PERFORMANCE GROUP PHOTOS

We've updated the photos page on our website, with larger image galleries featuring our performance groups in action. You can now view each gallery as a slideshow and download images you like directly from the website. Check out a few highlights from some of our Community Concerts over the summer. More content coming soon! To view, visit:

<https://friendsofmusic.ca/photos/>

### HOLIDAY CONCERT RECAP

Through the month of December, we hosted 4 of our regular community concerts. On top of that, our Christmas Special Event was successfully reimaged into 13 safe outdoor Christmas concerts performed by our volunteer musicians at various Mental Health Housing sites, no matter the weather. We brought the holiday cheer, whether sunny, grey or stormy; we were out making music! Aren't our groups, staff and volunteers amazing?! Thank you to everyone who rallied and helped to make all of this happen! Couldn't have done it without you!

Additional sincere thanks go to the support of the HART Team who helped us with the distribution of 300 Holiday cards from FOM Music Society, with a pocket calendar and info about our programs. The HART Team led the cheering and most appreciated was when they served up the hot chocolate with whipped cream, on the coldest days.

### NEW PROGRAM ANNOUNCEMENT!

We are excited to announce a brand-new Drumming program and Drum-Making Workshop, coming to FOM! The drumming program will take place on Wednesdays from 5-7pm, starting January 26<sup>th</sup>.

This program will be led by Glenn Patterson, AOCA Med. He is a local artist, singer, storyteller, educator and filmmaker. If you are interested in participating in the Drumming program or Drum-Making Workshop, please get in touch with us by email: [info@friendsofmusic.ca](mailto:info@friendsofmusic.ca)



We extend our gratitude to the Sara Spencer Foundation and the Capital Regional District's IDEA grant, for making this new program and workshop possible.



# FRIENDS OF MUSIC CALENDAR OF EVENTS

## JANUARY 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
*Please express your interest at <a href="mailto:info@friendsofmusic.ca">info@friendsofmusic.ca</a> to receive drumming updates.						<b>1</b> NEW YEAR'S DAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>10</b> BOARD MTG 5:30pm	<b>11</b> Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>12</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>13</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert ROCK BAND 6:30-7:15 Orchestra 7:30-9:00 PM	<b>14</b> Haywires 2-4 Minds at Work 4-6pm	<b>15</b>
<b>16</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>17</b>	<b>18</b> Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>19</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>20</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert MINDS AT WORK 6:30-7:15 Orchestra 7:30-9:00 PM	<b>21</b> Haywires 2-4 Minds at Work 4-6pm	<b>22</b> *DRUM MAKING WORKSHOP 10-4PM
<b>23</b> DRUM MAKING 11-12PM Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>24</b>	<b>25</b> Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>26</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 Drumming 5-7pm*	<b>27</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert UKULELIANS 6:30-7:15 Orchestra 7:30-9:00 PM	<b>28</b> Haywires 2-4 Minds at Work 4-6pm	<b>29</b>
<b>30</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>31</b>	*ENJOY OUR SPACIOUS INDOOR COMMUNITY CONCERTS AT ERIC MARTIN PAVILION. The 15% capacity limit will give you extra elbow room, as we work together to stay COVID-safe.				

## FEBRUARY 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		<b>1</b> Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>2</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm Drumming 5-7pm*	<b>3</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert THE HAYWIRES 6:30-7:15 Orchestra 7:30-9:00 PM	<b>4</b> Haywires 2-4 Minds at Work 4-6pm	<b>5</b>
<b>6</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>7</b> BOARD MTG 5:30PM	<b>8</b> Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>9</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm Drumming 5-7pm*	<b>10</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert ECLECTICS 6:30-7:15 Orchestra 7:30-9:00 PM	<b>11</b> Haywires 2-4 Minds at Work 4-6pm	<b>12</b>
<b>13</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>14</b>	<b>15</b> Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>16</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm Drumming 5-7pm*	<b>17</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert M. CHORUS 6:30-7:15 Orchestra 7:30-9:00 PM	<b>18</b> Haywires 2-4 Minds at Work 4-6pm	<b>19</b> FAMILY DAY L. WEEKEND
<b>20</b> NO PROGRAMS FAMILY DAY LONG WEEKEND	<b>21</b> FAMILY DAY STAT HOLIDAY	<b>22</b> Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>23</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm Drumming 5-7pm*	<b>24</b> Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert A Bit of Jazz 6:30-7:15 Orchestra 7:30-9:00 PM	<b>25</b> Haywires 2-4 Minds at Work 4-6pm	<b>26</b>
<b>27</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>28</b>	 <p>The Moodswing Orchestra performing at Shelmarie</p>  <p>Recovery Rock Band at The Victoria Event Centre</p>				



### DONATE TO FRIENDS OF MUSIC SOCIETY USING OUR VIRTUAL DONATION BOX:

Just point your cell phone at the QR Code to be connected to our donation page at CanadaHelps. FOM Music Society gratefully acknowledges the support of the Province of British Columbia, The Victoria Foundation Mary Elizabeth Hemeon Memorial Fund, Sara Spencer Foundation, Capital Regional District, Anonymous Donors, and all of our many friends.