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Get The **BEAT**

November - December 2022

NEWS & UPDATES

CHRISTMAS DINNER

THURS DECEMBER 15TH

At the DA VINCI CENTRE

4:30 - 7:30pm

(DOORS OPEN AT 4:15pm)

OPEN TO PERFORMERS, VOLUNTEERS, AND
RESIDENTS & STAFF OF PREARRANGED MENTAL
HEALTH HOUSING SITES.

BUFFET STYLE DINNER SERVED AT 5:30pm

FEATURING FRIENDS OF MUSIC'S:

4:30pm - MOODSWING CHORUS

5:10pm - MOODSWING ORCHESTRA

5:50pm - UKULELIANS

6:30pm - 7:15pm RECOVERY ROCK BAND *Dancing!*

2022 ANNUAL CAMPAIGN

LET'S MAKE THIS OUR BEST ANNUAL CAMPAIGN EVER!

We are grateful for all of our generous donors and supporters, who enable us to continue offering a diverse array of music programs that bring joy and promote good mental health. You can support us by donating with cash (in-person), cheque, e-transfer, or through Canada Helps (online). Let your friends and family know what we offer, by sharing about our campaign on social media!

THANK YOU!

Supporting 2SLGBTQIA+ Individuals in Mental Health Settings



In September, all of FOM Music Society's staff, board members, music directors and Peer Support graduates attended the Supporting 2SLGBTQIA+ training. This training covered gender and sexuality affirming care, minority stress, stigma, discrimination, prejudice within HealthCare, microaggressions, and queer representation.

We want to extend our thanks to the facilitators, Emma Lujan and Hannah Monis for helping our organization learn more about how we can be better supporters and allies to those in 2SLGBTQIA+ community.

This training was offered through Mental Health Recovery Partner's (MHRP) PRISM program (People Respecting Intersectionality and Sexuality in Mental Health).

To learn more about this program, contact Hannah Monis at admin@mhrp.ca
<https://mhrp.ca/prism-people-respecting-intersectionality-and-sexuality-in-mental-health-in-person/>

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



It's an easy way to give online! Just point your cell phone at the QR Code to be connected to our donation page at CanadaHelps.

You can help introduce us to new donors by passing on our Annual Campaign letter or a link to our Canada Helps page.

FRIENDS OF MUSIC CALENDAR OF EVENTS

NOVEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	2 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	3 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert UKULELIANS 6:30-7:15pm Orchestra 7:30-9:00 PM	4	5
6 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	7 Finance MTG 5:45pm BOARD MTG 6:15pm	8 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	9 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	10 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert ECLECTICS 6:30-7:15pm Orchestra 7:30-9:00 PM	11 REMEMBRANCE DAY NO PROGRAMS	12
13 LONG WEEKEND NO PROGRAMS	14	15 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	16 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	17 Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert ROCK BAND 6:30-7:15pm Orchestra 7:30-9:00 PM	18 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	19
20 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	21	22 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	23 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	24 Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert MINDS @ WORK 6:30-7:15pm Orchestra 7:30-9:00 PM	25 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	26
27 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	28	29 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	30 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3			

DECEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
*All Community Concerts are held at indoors at the Eric Martin Pavilion Theatre				1 Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert M. ORCHESTRA 6:30-7:15pm Orchestra 7:30-9:00 PM	2	3
4 Jazz Improv Concert @ Vic Event Centre 8-8:45pm Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	5 Jazz Improv EMP @ 6-6:45 Finance MTG 5:45pm BOARD MTG 6:15pm	6 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	7 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	8 Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert HAYWIRES 6:30-7:15pm Orchestra 7:30-9:00 PM	9 Jazz Improv Concert @ Vic Event Centre	10
11 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	12 M. CHORUS CONCERT @ CRIDGE 2pm	13 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	14 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	15 CHRISTMAS PARTY @ DA VINCI CENTRE	16	17
18 Hannukah Begins	19	20 MOODSWING CHORUS CONCERT AT SANDRINGHAM 6:30-7:15	21 Haywires Xmas Concert @ Seven Oaks 11:00am-12:pm Winter Solstice	22	23	24
25 CHRISTMAS DAY STAT HOLIDAY	26 Hannukah Ends	27	28	29	30	31

Music Programs start up again on Tuesday January 10th, 2023. The next calendar can be found on our website at <https://friendsofmusic.ca/newsletters/>

FOM Music Society gratefully acknowledges the support of the Province of BC, the Victoria Foundation Mary Elizabeth Hemeon Memorial Fund, Sara Spencer Foundation, Capital Regional District Arts and Culture, Anonymous Donors, and all of our many friends.