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Get The BEAT

JANUARY - FEBRUARY 2024

REGULAR PROGRAMS RESUME ON JAN 7TH, 2024!

Hello FOM-tastic Members!

As we step harmoniously into 2024, we are delighted to welcome you back to our uplifting musical community. All our Regular Program offerings restart the second week of January!

Our music programs are designed to support mental health. We are ready to strum, sing and play our way into another great year of musical exploration and growth. Whether you're a returning member or a newcomer, we're pleased to have you on this journey with us. If your schedule doesn't align with our start-up on the week of Jan 7th, not to worry! Most of our programs are continuous entry, which ensures that you can come take part in music at any time!

FOM Music Society has a diverse range of music programs. You are welcome to explore an unlimited number of programs, to find the right fit for you. Whether its just one program a week or ten! It's up to you to decide how much music you want to fill up your week with.

Together, let's make 2024 a year filled with beautiful melodies, supportive connection, and good health. See you soon in the EMP theatre!

CONCERT ANNOUNCEMENTS

Get ready to crank up the excitement because we've got some brand-new performance gigs lined up for you at not one, but two awesome community events!

CONCERT FOR MENTAL HEALTH AT UVIC
THURSDAY FEBRUARY 8TH - 6:30-8:30pm
 Featuring the Ukulelians

WANT TO HELP OUT? We need volunteers to table at this event, for 1-2 hours. It would involve giving out information about our organization to Uvic students, and sharing your enthusiasm

TIMES COLONIST 10K - CONCERT ON THE RACE COURSE
SUNDAY APRIL 28TH, 2024 8:15-10:30am
 Featuring: Drumming, the Ukulelians, & Minds At Work

VOLUNTEERS NEEDED: SUPPORT OUR COFFEE BREAKS

We are still in need of help with coffee breaks, for the following group rehearsals: Drumming, Moodswing Choir, Fundamentals & Jazz Improv. The time commitment would be approximately 30 mins - 1h hour each week. Volunteers would assist with set-up of the coffee, snacks and tea, and clean up afterwards. It's an easy and relaxed volunteer role. Reach out to us at info@friendsofmusic.ca if you are interested.

YEAR-END HIGHLIGHT

DINNER, DANCE, AND DAZZLE AT THE DA VINCI CENTRE

It has been a long-standing tradition for FOM Music Society to put on this large Special Event for the folks from local supportive housing sites. We'd like to recap some of the festive fun that unfolded at our annual Christmas Bash.

Through the evening, our guests were treated to a savory turkey dinner feast, and stellar entertainment by 4 of our performance groups. Shoutout to the Ukulelians, the Moodswing Orchestra, the Moodswing Choir, and the Recovery Rock Band for delivering performances that filled us with joy and holiday spirit. During the final set, we all rocked out to a glow-light tambourine dance party that had everyone on their feet, shaking off the stress and embracing the sheer joy of the moment. It was a full kaleidoscope of fun and shenanigans, that left us grinning from ear to ear!

We offer special thanks to the Province of British Columbia for their generous financial support for this event. And, cue the confetti, for all our incredible volunteers! We are truly amazed and honored with how much support we received at this event from, whether you rocked the stage, starred in the kitchen, served at the buffet, mastered the movement of musical equipment, supported the epic set-up & clean-up effort, or simply spread good vibes and holiday cheer, engaging with our guests. Your presence and contributions helped make this event truly special.

PHOTO CREDIT: Event Photography by Tyler Schwark @eventphotosbytyler



FRIENDS OF MUSIC CALENDAR OF EVENTS

JANUARY 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
31	1 New Year's Day STAT Office Closed	2	3	4	5	6
NO PROGRAMS THIS WEEK						
7 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	8 Finance MTG 6:30pm BOARD MTG 7:00pm	9 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	10 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3	11 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Haywires 6:30-7:15pm Orchestra 7:30-9:00 PM	12 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	13
14 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	15 Monthly Movies Concert JAZZ IMPROV 6:00-6:45	16 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	17 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3	18 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Eclectics 6:30-7:15pm Orchestra 7:30-9:00 PM	19 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	20
21 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	22	23 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	24 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3	25 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Jazz Improv 6:30-7:15pm Orchestra 7:30-9:00 PM	26 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	27
28 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	29	30 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	31 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3			

FEBRUARY 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
FIND US ON INSTAGRAM AND FACEBOOK!				1 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Minds @Work 6:30-7:15pm Orchestra 7:30-9:00 PM	2 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	3
4 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	5 Finance MTG 6:30pm BOARD MTG 7:00pm	6 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 Jazz Improv 1 - 3	8 Eclectics 10:45-12:15 Fundamentals 1-3pm UKULELIANS CONCERT AT UVIC (NOT AT EMP) Orchestra 7:30-9:00 PM	9 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	10
11 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	12 Monthly Movies Concert CHORUS 6:00-6:45	13 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 Jazz Improv 1 - 3 (rehearsal) Valentine's Concert 6:30pm Jazz Improv @ Sandringham	15 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Orchestra 6:30-7:15pm Orchestra 7:30-9:00 PM	16 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	17
18 NO PROGRAMS LONG WEEKEND	19 BC FAMILY DAY OFFICE CLOSED	20 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	21 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3	22 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Eclectics 6:30-7:15pm Orchestra 7:30-9:00 PM	23 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	24
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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 BC, Island Health, The Mary Elizabeth Hemeon Memorial Fund through the Victoria Foundation, Sara Spencer Foundation, Capital Regional District Arts and Culture, Anonymous Donors, and all of our many friends.