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Get The **BEAT**

SEPTEMBER-OCTOBER 2024

ALL REGULAR PROGRAMS RESUME ON SEPTEMBER 3RD, 2024!

WELCOME BACK MUSICIANS!

We are excited to kick off our fall programs and reconnect with our talented community. Our regular music programs re-start the first week of September and run through to the end of June, with most groups offering continuous entry. We encourage you to drop in and try out any of our groups to find the perfect fit for you.

PROGRAM NEWS & UPDATES:

LEARN A NEW INSTRUMENT:

This is the best time of year to learn a new instrument from scratch (or refresh your skills) in our beginner lessons.

Ukulele Lessons - Tuesdays from 4:00-5:00pm
Beginner Band - Wednesdays from 11:00-11:55am

RECOVERY ROCK BAND NOW ON WEDNESDAYS:

We are lucky to have Steve continuing to direct our Recovery Rock Band. This group will now be rehearsing on most Wednesday evenings from 5:00-7:00pm. See calendar.

CHEK NEWS VISIT ON SEPTEMBER 24TH - 11am

CHEK News will be filming at FOM, for their Vital People segment. We're being featured to raise money for the RVM through CHEK Charity programs, to support our drumming program. Come by to show your support for Friends of Music. This is your chance to be on TV! Airs Sun Oct 6th, on CHEK News at 5.

COMMUNITY CONCERTS RETURN ON OCTOBER 31ST, 2024

After performing out in the community for few months, our Community Concerts will be back in EMP Theatre, starting October 31st. Invite your friends and family!

CHRISTMAS DINNER & DANCE - DECEMBER 5TH

AT THE DA VINCI CENTRE - 4:30-7:30pm (Doors open at 4:155)

SHARED DURING 'BECOME THE PERFORMER YOU DREAM TO BE' SUMMER WORKSHOP
 (WITH PERMISSION)



WE'RE IN THE VICTORIA MARATHON!

PUT ON YOUR BOOGIE SHOES: JOIN FOM MUSIC SOCIETY IN THE VICTORIA MARATHON!

We are super jazzed to be an official charity in the Royal Victoria Marathon, for the second year running! This event provides us with an incredible opportunity to showcase the talent of our musicians, and as well as to raise funds and awareness for our charity! If your life has been touched by music, or someone you care about benefits from our programs, we'd love to have your support at this event. Whether you love to run, walk, or simply want to help out, there are many ways to get involved. Sign up soon! The 42K distance has sold out early. You can register at www.runvictoriamarathon.com

HOW YOU CAN MAKE A DIFFERENCE:

Join the Rock'n Racers For FOM: Join our enthusiastic team, the Rock'n Racers for FOM, led by our Executive Director Janet Pryer and our President, Nathan Michaels. No matter the distance you run—marathon, half-marathon, 8K, or 5K—everyone is welcome. Go at to your own tempo.

Donate To Our Cause: If running isn't your thing, you can still make a meaningful impact by donating. All contributions help!

Stay Connected: Need help signing up or want more info? Email us at: info@friendsofmusic.ca.

Spread the Word: Share our RVM Facebook post and event with your friends, family, and social network. Inspire others to join or sponsor our runners.

VOLUNTEER YOUR TIME:

Fundraising Champions: Help us by reaching out to your workplace, community group, or faith group to gather sponsorships. Promo packages are available at our office.

Event Day Helpers: We need volunteers on the big day to transport and set up equipment, support our bands, and cheer on our runners.

Why Your Support Matters:

By participating or donating, you are directly supporting the programs and services we provide at FOM Music Society.

Thank you in advance for your contribution!

EMAIL [INFO@FRIENDSOFMUSIC.CA](mailto:info@friendsofmusic.ca)

JOIN OUR TEAM! **ROCK'N RACERS FOR FOM**

SCAN ME

FRIENDS OF MUSIC CALENDAR OF EVENTS

SEPTEMBER 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 LABOUR DAY LONG WEEKEND *NO PROGRAMS*	2 LABOUR DAY LONG WEEKEND *OFFICE CLOSED*	3 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	4 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	5 Eclectics 10:45-12:15 Fundamentals 1-3pm	6 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	7
8 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	9 Finance MTG 6:00pm BOARD MTG 6:30pm	10 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	11 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	12 Eclectics 10:45-12:15 Fundamentals 1-3pm	13 UVIC 10-4pm Mental Health Fair Haywires 1:30-3:30 Minds @ Work 3:30-5:30	14
15 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	16 Concert Recovery Rock Band 6:00-6:45 Movie 7pm	17 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	18 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 *No Rock Band today*	19 Eclectics 10:45-12:15 Fundamentals 1-3pm	20 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	21 SOOKE MENTAL HEALTH FAIR
22 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	23	24 Drum & Percussion *Class 10am-12pm* Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	25 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	26 Eclectics 10:45-12:15 Fundamentals 1-3pm	27 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	28
29 LONG WEEKEND NO PROGRAMS	30 (OFFICE CLOSED) NATIONAL DAY FOR TRUTH AND RECONCILIATION	VOLUNTEERS NEEDED FOR SEPT 13TH & 21ST - TO PROMOTE FRIENDS OF MUSIC AT THE UVIC MENTAL HEALTH RESOURCE FAIR AND SOOKE REGION MENTAL HEALTH FAIR				

OCTOBER 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 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 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	3 Eclectics 10:45-12:15 *Joe Hatherill subbing* Fundamentals 1-3pm	4 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	5
6 Ride Don't Hide Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	7 Finance MTG 6:30pm BOARD MTG 7:00pm	8 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 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	10 Eclectics 10:45-12:15 Fundamentals 1-3pm	11 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	12 RVM 5K RUN SPONSOR A RUNNER
13 VICTORIA MARATHON! 8K, HALF, FULL THANKSGIVING LONG WEEKEND	14 HAPPY THANKSGIVING OFFICE CLOSED	15 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 Jazz Improv 1 - 3 *No Rock Band*	17 Eclectics 10:45-12:15 *Joe Hatherill subbing* Fundamentals 1-3pm	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 Concert Minds @ Work Monster Mash 6:00-6:45pm Movie 7pm	22 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 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	24 Eclectics 10:45-12:15 *Joe Hatherill subbing* Fundamentals 1-3pm	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 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 Jazz Improv 1 - 3 *No Rock Band*	31 Eclectics 10:45-12:15 Fundamentals 1-3pm COMMUNITY CONCERT MINDS AT WORK 6:30-7:15 Orchestra 7:30-9:00 PM	HALLOWEEN CONCERT! COME IN COSTUME! 	

FIND US ON INSTAGRAM & FACEBOOK!



@fom_music_society



@FOM Music Society



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.