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Get The

BEAT

JULY-AUGUST 2025

SUMMER PROGRAMS

Summer Ukulele with Avram McCagherty

Tuesdays - 10:00 am-12:00pm

Tues July 8th - Transposing and Playing Campfire Songs By Ear

Tues July 15th - Licks and Endings

Tues July 22nd - Moveable Chords and Jazz

Tues July 29th - Moveable Chords and Jazz

These 2-hour workshops, will appeal to the more advanced ukulele player or any ukulele player, looking for a bit of a challenge. There will be a friendly jam after the break, each week.

MUSIC THEORY FOR BETTER IMPROVISING with Barry Turner

Wednesdays July - 1:00pm-3:00pm

Improve your ad lib solos by diving into some music theory. You are welcome to attend just one, or all of these workshops, depending on your interest and availability. This is what you can expect:

Wed July 9th - Notes in treble and bass clef, key signatures and Major Scales

Wed July 16th - Diatonic Triads, Arpeggios and Basic Progressions

Wed July 23rd - Pentatonic scales, Modes, Diatonic 7th and More Progressions

Wed July 30th - Relative minor, Minor Scales and Minor Progressions

You'll bring this theory to life, so bring your musical instrument, along. All instruments are welcome! Let us know which instrument you'll bring, which weeks you'll attend and your previous music theory experience.

SUMMER TUNE UP with Nick La Riviere

Thursdays from 1:00-3:00pm

Thurs July 10th from 1-3pm Back to the Sixties

Thurs July 17th from 1-3pm Sing-a-long with Elvis

Thurs July 24th from 1-3pm Sing-a-long to the Beatles

Thurs July 31st om 1-3pm FOM goes Country

This group includes a non-auditioned chorus and a rhythm section. Singers, drummers, guitarists, bass players, piano players & really, any instrumentalist or singers are welcome, whether you play what's written or play by ear. This is a low-key group that welcomes all skill levels. This is a great chance to meet new people.

SCHOOL OF ROCK with Chey Hjelt

Thursdays from 3:00-5:00pm

Join Chey in the "School of Rock"! You bring your secret desire to be in a rock band and we'll provide the instruments, amps and instruction. No experience required. Singers, bass, guitar, drums all welcome. 4 Rehearsals, will take place in the EMP theatre on Thursdays July 10, 17, 24 & 31 from 3-5pm. Performance will take place on Friday Aug 8th at 1 pm at another location. This is sure to be a summer highlight!

JOIN OUR RVM TEAM!

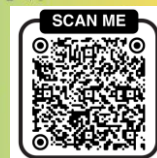


BE A CHAMPION FOR MENTAL HEALTH!

OCT 10-12TH, 2025

SUPPORT FRIENDS OF MUSIC IN THE VICTORIA MARATHON!

WE'RE AN OFFICIAL CHARITY IN THE RVM, AND OUR AMAZING MUSICIANS WILL PERFORM ON THE RACECOURSE! **JOIN OUR TEAM OR DONATE NOW** TO SUPPORT RECOVERY & HEALING THROUGH MUSIC!



WWW.RUNVICTORIAMARATHON.CA | WWW.FRIENDSOFMUSIC.CA

HOW YOU CAN GET INVOLVED:

We're super jazzed to announce that FOM Music Society is an official charity in the Victoria Marathon, taking place the weekend of October 10-12th! This is your chance to help raise awareness and funds for music programs that support mental health. Whether you're a seasoned runner, casual walker, or just enthusiastic about the cause — now's the perfect time to get involved!

Run, Walk, Donate, Perform - There's a Role for Everyone!

Join our official team, the Rockin' Racers for FOM, led by our Executive Director Janet Pryer. All are welcome, at any pace, for any distance.

Not into running? No problem — you can:

- Sponsor a runner or our team
- Register as a fundraising-only champion
- Spread the word to your friends, family & social networks, to encourage participation.
- Volunteer as a performing musician

REGULAR PROGRAMS

Return the first week of September 2025!

Missing our regular programs? Not to worry! The full details for our Fall programs will be announced in the September-October newsletter. You can check out the program calendar on the reverse side, for a preview of our fall programs (subject to change).

FRIENDS OF MUSIC CALENDAR OF EVENTS

JULY 2025

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 CANADA DAY STAT HOLIDAY OFFICE CLOSED	2	3	4	5
6	7	8 Summer Ukulele 10:00am-12:00pm	9 Music Theory for Better Improvising 1:00-3:00pm	10 Summer Tune-Up 1:00-3:00pm School Of Rock 3:00-5:00pm	11	12
13	14 Concert Jazz Combo 6pm Movie 7pm	15 Summer Ukulele 10:00am-12:00pm	16 Music Theory for Better Improvising 1:00-3:00pm	17 Summer Tune-Up 1:00-3:00pm School Of Rock 3:00-5:00pm	18	19
20	21	22 Summer Ukulele 10:00am-12:00pm	23 Music Theory for Better Improvising 1:00-3:00pm	24 Summer Tune-Up 1:00-3:00pm School Of Rock 3:00-5:00pm	25	26
27	28	29 Summer Ukulele 10:00am-12:00pm	30 Music Theory for Better Improvising 1:00-3:00pm	31 Summer Tune-Up 1:00-3:00pm School Of Rock 3:00-5:00pm		

AUGUST 2025

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2 LONG WKND
3 BC DAY LONG WEEKEND	4 LONG WEEKEND	5	6	7	8 School of Rock 1:00-1:45 At Styles	9 GVSOP BBQ
10 Concert 6pm Haywires Movie 7pm	11 GVSOP MONTHLY MOVIE	12	13	14	15 Performances by Summer Tune Up & School of Rock 1-3pm @ Fernwood Community Centre	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

SEPTEMBER 2025

PROGRAM PREVIEW

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 LABOUR DAY STAT HOLIDAY OFFICE CLOSED	2 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	3 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	4 Eclectics 10:45-12:15 Fundamentals 1-3pm Community concert *TBA* 6:30-7:15pm Orchestra 7:30-9:00 PM	5	6
7 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	8 Concert Rock Band 6pm Movie 7pm	9 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	10 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	11 Eclectics 10:45-12:15 Fundamentals 1-3pm Community concert *TBA* 6:30-7:15pm Orchestra 7:30-9:00 PM	12 Uvic SSD's Mental Health Resource Fair 10-2pm Haywires 1:30-3:30 Minds @ Work 3:30-5:30	13
14 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	15 Finance MTG 6:30pm BOARD MTG 7:00pm	16 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	17 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	18 Eclectics 10:45-12:15 Fundamentals 1-3pm Community concert *TBA* 6:30-7:15pm Orchestra 7:30-9:00 PM	19 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	20
21 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	22	23 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	24 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	25 Eclectics 10:45-12:15 Fundamentals 1-3pm Community concert *TBA* 6:30-7:15pm Orchestra 7:30-9:00 PM	26 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	27
28 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	29	30 National Day For Truth & Reconciliation STAT - No Programs Office Closed	OUR REGULAR PROGRAMS RESUME THE FIRST WEEK OF SEPTEMBER. HERE'S A PREVIEW OF THE PROGRAM SCHEDULE, FULL DETAILS WILL BE RELEASED IN LATE AUGUST.			



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, Anonymous Donors, and all of our many friends.