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# Get The BEAT

SEPTEMBER-OCTOBER 2025

## REGULAR PROGRAMS RESUME SEPTEMBER 2<sup>ND</sup>, 2025

### FALL PROGRAM NEWS

#### Welcome back to a new season of music!

We hope you all had an incredible summer, and are feeling ready to kick off another season of making music together. Our fall programs are back in full swing, as we return to our usual regular schedule of music programs that run from September 2025 to June 2026. You can fill up your calendar with fun, at Friends of Music! We currently have 8 performance groups on offer (for more experienced musicians), and 7 different drop-ins and music lessons, for everyone, including Open Mics on Sundays! Whether you stick to your usual faves, or try something completely new, it's all up to you. We have a flexible format, that allows participants to try as many of our groups as they like, to see what feels right.

#### New to Friends of Music?

**We welcome you to our amazing musical community!**

If you're new to Friends of Music, you can sign up with our membership form – available on our website, or in person at Eric Martin Theatre – that's all you need to begin your journey with us. Stop by our office, and we'll give you a welcome package, which has everything you need to know about our programs and how to get started.

#### PROGRAM CHANGES - NEW START TIMES:

As the leaves change colour, so do some of our program times. Starting this Fall, we have made a few adjustments to our rehearsal schedule. Please take note of the updated times on the program calendar (reverse side) for the following groups: Ukulele Lessons, Ukulelians, Jazz Combo, Eclectics, Community Concerts, and Moodswing Orchestra.

#### MENTAL HEALTH RESOURCE FAIR AT UVIC

**FRIDAY SEPTEMBER 12<sup>TH</sup>, 2025 - 10:00am-2:00pm**

At the Uvic Student Union Building (SUB) - Michele Pujol Room

Friends of Music will be tabling at this event, with dozens of other organizations! This event is free, and a great way to learn more about the mental health services and community resources available to you. Stop by and say hello! If you'd like to volunteer at the event, get in touch at [info@friendsofmusic.ca](mailto:info@friendsofmusic.ca)

**DATE TO REMEMBER: Thurs DECEMBER 4<sup>TH</sup> 2025**  
**Christmas Dinner & Dance at the Da Vinci Centre**

### PUT ON YOUR BOOGIE SHOES!



## BE A CHAMPION FOR MENTAL HEALTH!

**SUN OCTOBER 12, 2025**

### WE'RE PERFORMING ON THE RACE COURSE AT THE VICTORIA MARATHON! FEATURING:

- UKULELIANS
- DRUM & PERCUSSION CLASS
- JAZZ COMBO
- RECOVERY ROCK BAND
- MINDS AT WORK (R&B)

**8:45AM-12:45PM**



[WWW.RUNVICTORIAMARATHON.CA](http://WWW.RUNVICTORIAMARATHON.CA)

**Mark your calendars, Friends!** On October 12th our bands will be rocking the racecourse at the Victoria Marathon — bringing music, good vibes, and inspiration to runners. Find us at Saint Francis Manor by the Sea, at 1128 Dallas road. FOM Music Society is proud to part of the CHEK Charity Pledge Program raising funds for music programs that support mental health. We need YOUR help to make it a success.



#### HOW YOU CAN GET INVOLVED:

**Join our team:** Run or walk with the *Rockin' Racers for FOM*, led by Executive Director Janet Pryer. All ages, all paces, all distances welcome! There's still room in the 5K and 8K.

**Sponsor a runner or our team:** Every dollar fuels music, healing and mental wellness.

**Spread the word:** Share with your friends, family, and networks, and encourage others to sign up and run, or sponsor to our team.

**Perform with us:** Volunteer as a musician and keep the runners moving!

🌟🌟 **Move, Groove, and Make a difference!** 🌟🌟

Watch for features in **Victoria News, Saanich News, Oak Bay News** and **Capital Daily** — and find links on our website's Media page.

# FRIENDS OF MUSIC CALENDAR OF EVENTS

## SEPTEMBER 2025

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	<b>1</b> LABOUR DAY STAT HOLIDAY OFFICE CLOSED	<b>2</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>3</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>4</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert HAYWIRES 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>5</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>6</b>
<b>7</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>8</b> Concert 6pm Rock Band Movie 7pm Finance MTG 6:30pm	<b>9</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>10</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>11</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert ECLECTICS 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>12</b> Uvic SSD's Mental Health Resource Fair 10-2pm Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>13</b>
<b>14</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>15</b>	<b>16</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>17</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>18</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert CHORUS 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>19</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>20</b>
<b>21</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>22</b>	<b>23</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>24</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>25</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert UKULELIANS 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>26</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>27</b>
<b>28</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>29</b>	<b>30</b> National Day For Truth & Reconciliation STAT - No Programs Office Closed	FIND FRIENDS OF MUSIC IN THE ERIC MARTIN PAVILLION THEATRE. OUR ENTRANCE DOOR FACES FORT STREET, JUST FOLLOW THE WALKWAY AROUND THE LEFT SIDE OF THE BUILDING, FROM VICTORIA MENTAL HEALTH MAIN ENTRANCE (SEE THE MAP ON OUR WEBSITE).			

## OCTOBER 2025

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			<b>1</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>2</b> Eclectics 11:00-12:30 Fundamentals 1-3pm GUEST PERFORMER: 6:30- BEST COAST BIG BAND 7:15pm Orchestra *7:30-9:00 PM	<b>3</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>4</b>
<b>5</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>6</b> Finance MTG 6:30pm BOARD MTG 7:00pm	<b>7</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>8</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>9</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert ROCK BAND 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>10</b> RVM RACE Pkg pick up Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>11</b> RVM 5K race
<b>12</b> PERFORMING AT VICTORIA MARATHON 8:45am-12:45pm Saint Francis Manor by the Sea 1128 Dallas Rd.	<b>13</b> Thanksgiving Long wknd STAT Office closed	<b>14</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>15</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>16</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert ORCHESTRA 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>17</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>18</b>
<b>19</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>20</b> Concert MINDS AT WORK 6pm Movie 7pm	<b>21</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>22</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>23</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert JAZZ COMBO 6:00-6:45pm Orchestra 7:00-8:30 PM	<b>24</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>25</b>
<b>26</b> Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>27</b>	<b>28</b> Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 7-9 pm	<b>29</b> Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	<b>30</b> Eclectics 11:00-12:30 Fundamentals 1-3pm Halloween Special Event MINDS @ WORK 6-6:45pm Orchestra 7:00-8:30 PM	<b>31</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	



**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 Victoria Foundation, Victoria Foundation Community Grant, Anonymous Donors, and all of our many friends.