Updated or past newsletters available at http://www.friendsofmusic.ca/newsletters/
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Sound Relationships
Friends of Music Society
for Mental Health

Get The BEAT

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NOVEMBER-DECEMBER 2026

NEWS & EVENTS

SHORT SEASONAL BREAK FOR THE HOLIDAYS

Regular Programs resume Tuesday January 5th, 2027

All regular programs will run through November till the first week of December. As always, we take a brief intermission from regular programs for a few weeks during the month of December. The last day of programs until the new year, will be Wednesday Dec 2nd, (with the exception of one additional Rock Band rehearsal on Wednesday Dec 9th). We will continue to run seasonal concerts in the community, through December, at local care homes and at our annual Christmas Dinner & Dance at the Da Vinci Centre.

VICTORIA MARATHON - FUNDRAISING HIGHLIGHTS

Thank you to everyone who participated and donated!

This year we surpassed our own fundraising goal, of raising $4000 to support music programs for mental health. Thanks to all 93 donors who chose to support us, we raised $4,283.04. It's not over yet. As of this publication date, we still await the final "Green-bib" fundraising total. During the race registration, runners are given the option to forgo their running shirt so that the cost of that swag can be diverted to the CHEK Charity of their choice. A special shout out to our top 2 fundraisers, Patrick Fitzpatrick (raised $1,692.65) and River Chandler (raised $1,120.11)! WOW! We also want to thank our incredibly talented musicians who wowed the crowds on the racecourse, along with the volunteers who supported this event.

3 WAYS TO ENJOY FREE CONCERTS AND PERFORMANCES!

We offer plenty of opportunities to drop-in and enjoy live music. All hosted at Eric Martin Theatre!

1) Thursday Community Concerts – ongoing weekly from 6:00pm-6:45pm. A great chance to catch a different performance group, each week. Find out who is performing on our website: https://friendsofmusic.ca/community-concerts/

2) Open Mics on Saturdays from 6:00 – 8:00pm, featuring a variety of live performances, and a drop-in band experience for those looking to sit in with other musicians. Everything from solo performances, poetry, spoken word, magic, and much more! We pride ourselves in having a very supportive audience, with a substance-free venue.

3) Concerts at Monthly Movies in partnership with the Greater Victoria Social Gathering Place Society, we offer a pairing of a FREE concert and a film, once per month. For the full line-up and details of these concerts and films, visit the Greater Victoria Social Gathering Space website: https://socialgatheringplace.ca/

The best part is all of these offerings are FREE! No tickets required, and you are welcome to bring your friends and family. Doors open at 5:30, so come early, get comfortable, and connect with others. We'll have refreshments and snacks ready to make the night even more welcoming. We'd love to see you there!



ANNUAL CHRISTMAS DINNER AND DANCE 2026:

We're gearing up for the holiday season and one of our biggest Special Events. Join us on **Thursday, December 3rd at the Da Vinci Centre** for Friends of Music's Annual Christmas Dinner & Dance. A festive evening featuring live performances by FOM music groups, a traditional turkey dinner, and plenty of holiday spirit. Each year, we proudly host this special celebration for residents of local Mental Health Housing Sites, creating an evening filled with music, laughter, friendship, and community. To make the magic happen, we're looking for a team of enthusiastic volunteers to help welcome and support our guests.

VOLUNTEER OPPORTUNITIES:

✨ **Servers & Food Runners** - Help serve dinner and replenish the buffet (Santa hats and aprons provided).

✨ **Greeters & Guest Assistants** - Welcome guests, guide guests to designated tables, provide mobility assistance as needed, give out raffle tickets.

✨ **Coffee, Tea & Beverage Crew** - Keep the refreshments flowing throughout the evening.

✨ **Set-Up & Clean-Up Helpers** - Help transform the venue and ensure everything runs smoothly.

✨ **Kitchen Duty** – Making salads, other prep etc…

As a thank you, all volunteers are invited to stay, enjoy the dinner, and dance the night away! Your gift of time helps create a memorable holiday experience for some very special members of our community.

RSVP IS REQUIRED TO ATTEND & VOLUNTEER

Contact: info@friendsofmusic.ca

FRIENDS OF MUSIC CALENDAR OF EVENTS

NOVEMBER 2026

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 Finance MTG 5:00pm BOARD MTG 5:30pm	3 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 6:30-8:30	4 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	5 Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert Eclectics 6:00-6:45pm Moodswing Orchestra 7-8:30	6 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	7 Guitar 4:00-5:30pm OPEN MIC 6-8 pm
8	9 Concert Rock Band 6pm Movie 7pm	10 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 6:30-8:30	11 REMEMBERANCE DAY STAT HOLIDAY NO PROGRAMS OFFICE CLOSED	12 Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert Haywires 6:00-6:45pm Moodswing Orchestra 7-8:30	13 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	14 Guitar 4:00-5:30pm OPEN MIC 6-8 pm
15	16	17 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 6:30-8:30	18 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	19 Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert Orchestra 6:00-6:45pm Moodswing Orchestra 7-8:30	20 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	21 Guitar 4:00-5:30pm OPEN MIC 6-8 pm
22	23	24 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 6:30-8:30	25 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	26 Eclectics 11:00-12:30 Fundamentals 1-3pm Community concert Minds@Work 6:00-6:45pm Moodswing Orchestra 7-8:30	27 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	28 Guitar 4:00-5:30pm OPEN MIC 6-8 pm
29	30					

FOLLOW US ON INSTAGRAM AND FACEBOOK Want to get the most current updates on what's happening at FOM Music Society? Find us on social media - that's where we post photos, videos, events concerts, and real-time updates. Don't miss out! Here's our social media handles:

@fom_music_society
@FOM Music Society

DECEMBER 2026

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 Drum & Percussion Class 1-3pm Learn Ukulele 3:30-4:15 pm UKULELIANS 4:30-6:00pm Moodswing Chorus 6:30-8:30	2 Beginner Band 11am-12pm Skills Band 12-1pm Jazz Combo 1:30 - 3:30 Recovery Rock Band 5-7pm	3 CHRISTMAS DINNER & DANCE 4:30-7:30PM At the DA VINCI CENTRE	4 HANUKKAH BEGINS AT SUNDOWN	5
6	7 Finance MTG 5:00pm BOARD MTG 5:30pm	8 Concert at Sandringham with the Eclectics Time: 6:30pm (private indoor concert)	9 Concert at Sandringham with Jazz Combo Time: 6:30pm (private event) Recovery Rock Band 5-7pm	10	11	12 HANUKKAH ENDS
13	14 Concert Chorus 6pm Movie 7pm	15 The Cridge Seniors Centre with Moodwing Chorus 2:00pm-2:45 pm (private indoor concert)	16 Concert at Sandringham with Moodswing Chorus Time: 6:30pm (private indoor concert)	17	18	19
20	21 WINTER SOSTICE & YULE	22	23 Concert at The Heights with Moodswing Chorus 2:00-2:45pm (private indoor concert)	24 OFFICE CLOSED CHRISTMAS EVE	25 CHRISTMAS DAY STAT HOLIDAY OFFICE CLOSED	26 BOXING DAY
27	28	29 Concert At Shelmarie with Eclectics 2:00-2:45pm (private indoor concert)	30	31 NEW YEARS EVE Concert At The Heights With Ukulelians 2:00-2:45pm (Private indoor concert)	01 NEW YEAR'S DAY STAT HOLIDAY OFFICE CLOSED	02

REGULAR PROGRAMS RESTART ON TUES JANUARY 5TH, 2027
STAY TUNED FOR THE NEXT ISSUE OF GET THE BEAT NEWSLETTER.

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, Victoria Foundation Community Grants, Mary Elizabeth Hemeon Memorial Fund through the Victoria Foundation, Camosun College Culinary Arts Program, Backmann Fund held at Vancouver Foundation, Marsha Arbour and Marilyn Fuchs Family Fund through the Victoria Foundation, and all our wonderful friends & supporters.