



evergreen club

Discover Your Path

Evergreen Club Coordinator

Janet jhutchinson@courtenay.ca
Monday to Friday 9:00 am - 3:30 pm
Phone: 250-338-1000

Evergreen Lounge Food Service

Monday to Friday 8:00 am - 3:00 pm
Kitchen Phone: 250-338-1953

Evergreen Club Memberships

January 1 - December 31 \$27

Website www.evergreenclub.ca

Florence Filberg Centre

Courtenay Recreation Reception

411 Anderton Ave.
Courtenay, BC V9N 6C6
Monday to Friday 8:30 am - 4:30 pm
Phone 250-338-1000

Monthly Newsletter

April 2018



Photograph by David Suther

President's Message

April 2018 Submitted by Gord Kruger, President

Hi Everyone.....Well, hopefully it's "Goodbye Winter, Hello Spring"remember that no winter lasts forever and no spring skips it's turn. With that in mind it's time to welcome the blossoms and the wonderful scents of another new beginning and time to let Spring breath new life into the world around us. Enjoy what's coming!!!

And now onto the business at hand. First and foremost is the fact that we completed our 2018 Members Meeting and I would like to express my thanks to all of you who took the time to attend and make it a excellent event.

(Continued on page 2)

Dates to Remember

Mon. Apr. 2 Closed Easter Monday

Fri. Apr. 6 Friday Night Dance 7:30 pm

Sat. Apr. 7 Pancake Breakfast 7:30 am

**Mon. Apr. 9 Executive Committee Meeting 9:00 am
Committee Reps Meeting 11:00 am**

Fri. Apr. 20 At the Movies 12:30 pm
Friday Night Dance 7:30 pm

**Wed. Apr. 25 Drama Production 1:30 pm
Joint Owners in Pleasant Acres**

**Thur. Apr. 26 Drama Production 7:00 pm
Joint Owners in Pleasant Acres**

Fri. Apr. 27 Friday Night Dance 7:30 pm

CRA Evergreen Club Executive Committee

President

Gord Kruger 250-339-4389

Vice-President

Nettie Webers 250-334-3499

Secretary

Dianne Bruon 250-338-0940

Fred Greene 250-334-4334

Ken MacLeod 250-338-9241

Evergreen Club Staff

Courtenay Recreational Association
250-338-1000

**Janet Executive Director
and Club Coordinator**
jhutchinson@courtenay.ca

Deanne Volunteer Coordinator
dmcrae@courtenay.ca

Alisha Kitchen Coordinator

City of Courtenay Recreation Staff

Lori	Receptionist
Darlene	Receptionist
Kristine	Receptionist
Don	Custodial Supervisor
Scott	City Spec Events

Activity Club Representatives

Please submit Newsletter

Reports for the May

newsletter to the office or email

Janet jhutchinson@courtenay.ca
by **Fri. April 13th.**

Table of Contents

Evergreen Club News	p 2
Activity Clubs	p 4 - 7
More Club News	p 8 - 9
Special Events	p 10
Volunteer News	p 11
Day Trips	p 12
Travel	p 13-15
Travel Policies	p 16
City of Courtenay Rec	p 17 - 23
Month at a Glance	Back Page

EVERGREEN CLUB NEWS

President's message continued

It was an opportunity for your executive and management to come before you and talk a bit about the year past and the year ahead. Reports and updates from Volunteer Coordinator Deanne McRae, Special Events Coordinator Helen Waddell, Evergreen Coordinator Janet Hutchinson and some words from myself as your President were presented. Janet was also able to provide a financial update. As the past year was a year of transition we tried to be very clear about our relationship with the city and our position with the Courtenay Recreation Association (CRA). We were pleased to have CRA President Hans Petersen as a guest. Door prizes and refreshments were an added feature at the event. The new executive was acclaimed with only a couple of changes as Louise Stevenson and Wayne King were introduced as new Directors. The remainder of the executive positions will continue to be filled by the same people.

It's nearly show time again as our very talented Second Stage Players are hard at work rehearsing for their spring production of "Joint Owners in Pleasant Acres". The story is about two women in a retirement centre. One is a demanding shrew and the other a weepy attention-getter....and they don't get along with anyone. Don't miss it as it promises to once again be a great Second Stage production. Performances are on Wednesday April 25th at 1:30pm and Thursday April 26th at 7pm. and tickets are available at the front desk or at the door.

And don't forget the Evergreen Club Buffet Style Pancake Breakfast on Saturday April 7th in the Conference Hall. Sales are from 7:30am 'till 11am and it's still only "FIVE BUCKS". It really is the best deal in town!!

That's a wrap for the moment.....Enjoy the coming of Spring and stay safe.....
Adios for now...gk



2018 Memberships

Renew or take out your annual Evergreen Club membership now!

Membership is required for all Evergreen Club Activities. \$27

Cover Photos

The Camera Club encourages members to expand their horizons as well as show off their work by holding an internal competition every two months. We have a set subject, albeit usually one with many interpretations. We each select five images from those submitted and the nine with the most votes are then displayed in the cafeteria for a month. All those visiting the centre are able to vote for their favourite.

The theme showcased in this newsletter is SPORTS. The 1st place and 2nd place winners are used for The Evergreen Club's newsletter front page.

EVERGREEN CLUB NEWS

A Note From Janet

At our members' meeting in March, I had the opportunity to deliver a short 2017 Annual Report and share some thoughts on the past year. Much of my behind-the-scenes tasks in 2017 were concentrated on transition work as we focused on sorting out the complex connection with the City of Courtenay. The City continues to be a strong and supportive partner as we work toward an "arm's length" relationship. This work involved defining our legal relationship, separating our bookkeeping from the city offices and starting to work on a formal management agreement. We also examined the exact nature of our club as a program of the Courtenay Recreational Association. This involved updating EG policies which will be posted for your feedback.

In June 2017, I was made Executive Director of the Courtenay Recreational Association. Now part of my responsibility is managing the CRA and working with the CRA Board of Directors to support the organization as a whole. This includes Evergreen Club as well providing managerial support for Building Friendships, our CRA program for adults with intellectual disabilities.

However managing the Evergreen Club is still 80% of my work. As part of this I liaison with the City of Courtenay Staff for the reception, facility booking and custodial services the city provides to the Evergreen Club. In 2017 kitchen and special events continue to bring in revenue to support the operations of the Evergreen Club. We continue to have great participation with our trips. Day trips and shorter trips are particularly popular. We are going to take a careful look at our trip program and see what the members want to see in the future.

Our membership remains stable at just over 2000 members, similar to the previous few years. We had a new club form last year, Slo pitch and many activity clubs have been growing. We intend to plan some more members' social events and have an open house to encourage membership. I really appreciate all your support and feedback as I support the Evergreen Club operations.

The CRA Evergreen club has a great team: Executive Committee, Special Events Committee, Kitchen Volunteers, Activity Reps ... these volunteers and our support staff (Deanne and Alisha) all work together with our membership to create a wonderful community here. Thank you to you all.

Income Tax Help

Drop by the Computer Room and take a number any Monday, Tuesday, Wednesday or Thursday from 1:00 pm to 4:00 pm during March and April.

This is a free service provided by CRA Evergreen Club volunteers. Please see the information sheet available in the lobby for details and eligibility criteria.



Interested in volunteering?

Contact or drop by to see
Deanne
250-338-1000
email: dmcrae@courtenay.ca

National Volunteer Week

April 15 - 21, 2018

Many organizations hold Volunteer Appreciation Events during National Volunteer Week each April. At the Evergreen Club we celebrate our volunteers all year round. We host numerous events to thank volunteer from our different departments. And in 2018 we are planning some fun things to say thank you.

However it is also important to say a thank you in April and not let National Volunteer Week go by unacknowledged!

Did you know that there are over 200 volunteers, in many different roles, supporting the operations of the Evergreen Club? The seven Executive Committee members oversee the operations. The Special Events Committee is always on top of organizing and planning our event schedule. Each activity group has a rep that coordinates their activity and is the liaison to the Executive Committee and our support staff. Many activity groups have additional volunteers who help with set-up, organize parties, and many many other tasks.

In the kitchen there are over 50 volunteers prepping, cleaning, cooking and serving to maintain our food services in the Evergreen Lounge. Every event put on by the Evergreen Club has a volunteer who convenes the occasion doing the detailed planning. Other event volunteers take on decorating, tickets, cooking and serving and contributing to the event in too many ways to mention. There is a volunteer helping in the Janet's office keeping the files organized!

Thank you to all of you!
Janet, Deanne & Alisha

ACTIVITY CLUBS

The Art Group

The painting group is bursting at the seams as our many talented painters enjoy our Thursday afternoon gatherings. We start at 12:30 and paint until 3:30 in the Craft Room.

A small fee is charged once a year and you must be a member of the Evergreen Club. Every other month you will see our paintings hanging in the Lounge and most all of them are for sale. Check with the artist, whose name and phone number should be on the painting. Marcia

Android Club

The Android Club is no longer active at this time. Android users are very welcome to attend the Computer Club meetings.

Bible Study

The psalms are a book of prayer and praise and professions of faith and trust. Knowing that we have all fallen short of God's desire for our good, we find hope for the days ahead.

This Inter-denominational study of the Psalms has been very comforting to find that any of our emotions are described therein and how the author of the psalm turned to God to find peace.

We welcome new members, encourage discussion and ask that you bring your own Bible as we like to compare the different editions.

A printed study guide is presented for review and discussion each week. Your participation is welcomed. Please let me know if you plan to attend so that a copy of the material can be available for you.

Soroptimist Lounge, Tuesdays 9:30 – 11:00 am. Fee: 25 cents per week.
Helen Waddell 250-400-3400

Bridge Tuesday Night

Join us for bridge on Tuesday evenings 7 pm - 10 pm, back 1/2 Rotary Hall.

Bingo

New players are always welcome. We do ask that if you enjoy, and want to make it a regular Friday pastime, that you take out a membership in the Evergreen Club.

Please don't expect to become a millionaire, or to be able to send your grandchildren to college, but expect to meet and socialize with some very enjoyable friends, or friends just you have yet to meet.

We play ten games every Friday between 1:00 and 3:00 pm in the back Rotary Hall. Cards are only fifty cents each, and are good for all ten games. As well we have two 50/50 draws.

Book Club

We will meet on the Monday, April 9 from 1-2 pm in the Soroptimist Room. We speak about any books we have enjoyed reading in the previous month.

Some of the titles discussed at the March meeting were:

- Visit from the Goon Squad, Jennifer Egan
- Sing Unburied Sing, Jesmyn Ward
- Dreamland, Sam Quinones
- Judy, Damien Lewis
- Canadian Stories
- The Monogram Murders, Sophie Hannah
- The Child, Fiona Barton
- This Beautiful Life, Helen Schulman

We welcome any new members.
Joyce

Bridge Thursday

Welcome to our new players and our regular Bridge players. We really enjoy this game, especially when the cards are good! Great way to spend the afternoon! Starts at 12:30 pm.

Camera Club

The Camera Club meets on the first and third Thursday of the month in the Rotary Hall. The Lightroom subgroup meets at 12.00 followed by the regular meeting which is 1.00 to 2.30 pm. Meetings include education sessions, sharing information and the viewing of members pictures. We follow the meeting with a social time in the cafeteria.

Our field trip crew are always setting up interesting trips. Members are encouraged to bring in pictures of the trips for others to enjoy.

For more information on the meetings send a note to bekindk@gmail.com

Canasta

We play Canasta every Monday morning from 9:30 till noon, usually upstairs in the Soroptimist Room, occasionally in the Craft Room. New players are always welcome.

CANASTA - EXTRA

Some of us, who can't get enough of it, are playing Canasta again on Wednesday mornings, in the Evergreen Club Lounge, starting at 8.30 am. Come and join us. New players always welcome.

Chess Club

The Chess Club is looking for new players! Interested in playing chess? Drop by 12:30 – 3:30 on Wednesday and Friday afternoons in the Craft Room. Players of all levels welcome!

ACTIVITY CLUBS

Choristers

Well it's "April Showers" time again. I think we've had all the rain we need. But as long as we get May flowers we can wait.

March's program was terrific. We sang songs of the Commonwealth. Happy to say we all were "wearin o' the green" to celebrate St. Patrick's Day. Our get togethers are enjoyed by our rest home friends and we all have fun singing to them.

We meet Friday mornings 10-11:30am in the Rotary Hall and as always everyone is welcome. Love to all, Dobie

Computer Club

The topics explored at our monthly meetings just get better and better! In March Terry gave an excellent demonstration on using The Cloud to our advantage, and syncing between devices.

In April Mike will teach us how to use Excel spreadsheets. You are encouraged to bring your own devices to follow the steps. We are happy that new members are appearing at the meetings with useful questions and input.

We promise to do our best to incorporate your suggestions of topics for future meetings this year; we welcome all suggestions. Meetings are held the second Friday of each month at 1:00 pm in the Soroptimist Lounge. You need to be an Evergreen member and pay only \$1.00 per meeting...what a bargain! Come and bring a friend.

Ali 250-941-1884

Cribbage

Drop by to play crib on Tuesdays from 10 am to noon in the back 1/2 of the Rotary Hall.

Cycling

It's springtime – come out cycling with us! Come for a nice excursion around the Comox Valley and get some good exercise and socializing. We meet at the Filberg Senior Centre on Mondays and Wednesdays at 10:00 a.m. We go for about 2 to 3 hours, about 18–30 km., of course weather permitting. FMI phone Karin at 898-8949

Cue Sports

Congratulations goes out to Cal for winning the recent billiards tournament. Welcome new members Don Tapley, Scott Robinson, Grant Atchison, Richard Pedersen, and Jenny Bird.

The 10 ball mini tournament continues and the snooker play offs will commence in early April with team #1 still holding on to first place. Keep a look out for up coming mini tournaments and workshops as they are always being thought of and planned for.

Our volunteers keep our tables and equipment in top notch condition so feel free to pop in any day of the week and join in on the fun. You'll always be welcomed when you come through our door. Just remember your quartersyou can't play in the dark!



Darts

Every Tuesday, year round 10:30 to 12:30 in the Front Rotary Hall. \$1 drop in fee. Darts available. Draw for teams. Newcomers always welcome. We're a fun group and enjoy playing in a non-competitive atmosphere. Stay for a delicious lunch afterwards in the Lounge.

Some High scores in Feb-March: Fred C-100/ Lynn 100/ Lynda 106/ Jennifer H- 108/ Dick 111/ Tess 115/ Darlene 125 /Valerie-125/ Fred G 132/ Brian C 133/ High Check out- Brian C 88(With a red bull!) – Well Done Everyone!

Four NIC Student nurses joined us in Feb/Mar- Courtney, Deva, Katrina and Jesslyn. We enjoyed having them with us and they played very well.

Thanks to all our players for all their help in setting up, etc., it is very much appreciated. Special Thanks to Lynn, Maureen M (and for her lovely handmade Birthday cards) Norman M and Darlene L.

We are off to a sunny start to Spring, but there's always time for 2 hours of enjoyable dart playing on a Tuesday morning. See you there!
Ginny Greene 250-334-4334

Drama Club

Our members are busy practicing for our upcoming play April 25 and 26. Many thanks to those who contributed to the food drive.



ACTIVITY CLUBS

Fabric Painters

Spring has sprung, I think. We do have several items in the showcase that I think resemble Spring. Have a look. The price is right and the money received goes to our own Evergreen Club.

Floor Curling

We continue to curl every Wednesday at 12:45 pm in the Native Sons Hall. Some of our members have enjoyed competing in bonspiels hosted by other clubs on the island. Our season will close on April 25th so members can golf or work in their yards. New people are always welcome to come out and try the game.

FMI: Dianne Bruon at 338-0940
grumpybearwear@shaw.ca

Genealogy Club

We're still going strong, so now is a good time to make like a bunny and hop on over. We meet the 3rd Thursday of the month, in the Soroptimist Room at 1 P.M.

The discussions are always lively and informative, so hope to see you there on April 20. You'll be sure to enjoy it

Ken's Karaoke

Wed. April 4 1:00 - 4:00 pm
in the Conference Hall.

Everyone Welcome!



Gospel Sing-a-Long

HAPPY EASTER EVERYONE. I hope with Easter here that means Spring is just around the corner, time to work in gardens and such. Just remember Gospel Sing-a-Long meets in the Conference Hall Thursday mornings from 10:30 till 11:30, come out and join us.

On April 26th Gospel will be cancelled. Remember there is still time to renew your membership.

For more information call Marnie at 250-338-1282.

Knit & Crochet Group

Many thanks to Janet for arranging a storage area for us. Now our donated yarn, needles and books have a home. We are quickly filling in the shelves with completed projects. It will soon be time to take gifts around to our favorite groups. Even the SPCA gets blankets for the cats and dogs.

If you want to take part in our fun, join us Tuesdays from 1:00 to 3:00 pm. For more information, call Joyce at 250-871-3141.

Heartstrings

We have new members who recently joined our group on Wednesday's. They are Ken and Cheryl Mcleod, Terry Pennock and Gunter Senkowski. We all thank you for joining us and hope you have fun.

We still have a few snowbirds down south who will be returning soon and all of us will probably be jealous of their sun tans, but the weather here looks like it's getting better so maybe we can bask in some sunshine and do our own tanning, WOW.

Meet & Greet - Singles

Our numbers continue to increase as another member was welcomed to the Meet & Greet in March. We have over 50 members with attendance between 35 and 40 each month.

Our speaker in March was Christie Linder, grief counsellor, from the Comox Valley Hospice. Christie spoke about and provided us with a copy of The Mourner's Bill of Rights written by Alan D. Wolfelt, Ph. D.

Activities in March include lunch at Boston Pizza and, to celebrate the start of Spring 2018, a tour through Art Knapp's Garden Centre.

We were encouraged to attend the Members' meeting on March 21st.

For the past year Barb has arranged for interesting speakers to address the group, and planned an amazing assortment of outings. Now, she feels the well has run dry, so the April 4th meeting will be a round table forum to discuss ideas for speakers, activities and the direction members of the Meet & Greet wish to go. Members are urged to bring not only great ideas, but also suggestions as to how the ideas can be implemented.

In addition to the business meeting, the Meet & Greet will host a Pizza Party and shower for member June whose home and contents were destroyed recently in a fire.

CvR

Mah-Jongg

We play on Tuesday afternoon at 12:30 in the Craft Room. Drop in fee is .50 cents and instruction is available. For info call Karen @ 250-890-2244

ACTIVITY CLUBS

Recorder

The Evergreen Recorder Players meet each Friday from 10:00 to 11:30 in the Craft Room. We play music mostly from the Renaissance and Baroque eras in 3, 4, and 5 parts as well as folk and country dance tunes. New players are welcome.

For more information contact Mike miklayers@hotmail.com or 250-337-5437 (shared phone, please don't leave message) or come to the Craft Room Friday morning.

Table Tennis

The movable wall that can divide the Rotary Room into two smaller rooms is open for us once again allowing us to set up tables and play in one big room. Table tennis players of all levels are welcome to join us on both Mondays and Tuesdays.

We are very fortunate to have a room that's capable of holding six tables. The more players we have, the more tables that get set up! Doubles and singles can be played and we encourage members to get to know each other and to mix it up. Bring a guest to try it out, they may decide the game is for them and become an Evergreen Club member in order to play on a regular basis.

Join us on Monday between 11:30am-1:15pm and Tuesday from 12:30-3:30pm. Paddles and balls provided. A very affordable couple of hours all for a loonie.

Scrabble

We meet every Wednesday 1:00 – 4:00 pm in the Soroptimist Room to have friendly, fun, non-competitive games of Scrabble. New members and beginners are welcomed.

Ukulele Club

Tuesday April 10th and Tuesday April 24th BREAKING NEWS: Our Club's research department has uncovered two startling facts.

Fact #1 Dwayne 'The Rock', Johnson, Ryan Gosling, Marilyn Monroe, Neil Armstrong and Lucille Ball have all played the ukulele.

Fact #2, How startling easy it is to learn how to play the world's happiest instrument. So join us.

We are not a teaching group, but if you are interested in playing our facilitator will provide you with websites, and instructions for simple chords. With only a few of the very simple chords, you can be up and playing many songs in no time at all. Our Club has "loaner" ukes that can be signed out and taken home to practice. These "loaners" give you an opportunity to try out the uke, before making the major purchase.

Our music is sent to us via computer from which we can practice or print it out. In session we do not use any papers as our music for the night is displayed on a large screen. We are welcome newcomers and experienced alike, and if you are interested, come down and listen, or even sing with us. There are a number of people in our Club who would be delighted to give you more information about our Club or the playing of the ukulele. Our requirements are simple, a current Evergreen Club membership and a \$1.00 drop-in fee.

For more information please contact Howie at wonghowie@shaw.ca or Terry at comoxterry@telus.net

Peter

Walk & Talk

We had a fantastic turnout for our first 2 walks. Great weather and great talks. Planned for April: Thursday's at 1:30



- Apr 05: Goose Spit and Brooklyn Creek. Meet and park in Elm Cres.
- Apr 12: NW Lazo Forrest. Park behind Highlands High School, off Guthrie
- Apr 19: South Trent River Walk. Go past Royston. Take Hatten Rd right, then Heron Dale Rd and park at the end.
- Apr 26: Pub to Pub Walk. Salmon Point. Carpool. Meet at Mulligan's.
- May 03: Wildwood Forest. Carpool. Park at Vanier Sports Complex.

For further info. or to join us contact: Gail :dgflynn@shaw.ca. 250 871 0027 or Riki: rijag22@shaw.ca. 250 339 1316

Whist

Please come and join us every Monday night, 7:30 to 9:30 for 20 games of Whist. We have coffee & snacks afterwards. All for \$2.00. New members always welcome. Come a little early and meet new friends.

Norm and Judy

EVERGREEN CLUB NEWS



Our kitchen volunteers are a friendly bunch! Mini is seen here serving her first leprechaun!

Thank you Volunteers!

From the Volunteer Canada website

“Volunteering is often seen as a selfless act; a person gives their time, skills, experience, and passion to help others, without expecting anything in return. And while volunteering is a form of service, many volunteers will tell you that “you get more than you give”.

From opportunities to develop new skills, to finding deep and meaningful personal connections, the magic of volunteering is that it creates social and economic value for all.”

Watch for
**Surprise
 Specials**
 on **Wednesdays!**



Our Evergreen Lounge
 Food Services will be closed
Friday March 30th
 and **Monday April 2nd**

APRIL LUNCH SPECIALS

Food Service Hours

8:00 am – 3:00 pm Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 2	BBQ Cheese Burgers 3	 4	5	Homemade Beef Dip 6
9	Rueben 10	 11	12	Homemade Shepherd's Pie 13
16	Homemade Lasagne 17	 18	19	Chicken Cordon Blue Sandwich 20
23	Homemade Pizza 24	 25	26	Ham & Cheese Quiche 27
30				

EVERGREEN CLUB NEWS



FRIDAY NIGHT DANCES

7:30 pm -10:30 pm

April 6 CROSTOWN EXPRESS

April 20 DJ Night

April 27 AMIGOS

Members \$7 Non Members /Guests \$9

Admission at the door

After 9:30 pm a late admission fee of \$4 will apply

90% of admission fees cover cost of the bands

No bar service at the regularly scheduled Friday Night dances.



Food Safe Course

We will be offering a free Food Safe course for volunteers who work in the kitchen and/or who work food services for special events.

Please talk to Janet or Deanne for details and to sign up. Date TBA

Annual Members' Meeting Door Prize Winners

\$150 gift certificate for
Chemainus Theatre
Beatrice LeBlanc

\$25 White Spot certificate and
African Violet Plant
Riki Jager

Rocky Mountain Chocolate
Factory Chocolates Gift Box
Ellen Whitelaw



At The Movies

Location will be posted weekly on the notice board

Please arrive a few minutes early as movies start right on time at 12:30 pm.
Admission \$1.00. Admittance will be declined after the movie has started.

Friday Apr. 20, 2018 **Wonder**

Stars: Jacob Tremblay, Julia Roberts, Owen Wilson

Born with facial differences that up 'til now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove that you can blend in when you were born to stand out.

Time: 1 hr. 53 mins.

**Movies sponsored by
Gone Hollywood Video in Comox**



Holiday Closure Food Services

Our Evergreen Lounge Food Services
will be closed

Friday March 30th
and **Monday April 2nd**
for the Easter Break.

SPECIAL EVENTS

The Evergreen Club Second Stage Players Present



heart warming *funny*
suprises & shenanigans *conflicts & resolutions*

Joint Owners in Pleasant Acres

Wednesday April 25
Matinee Show at 1:30 pm (doors open at 1:00 pm)
Thursday April 26
Evening Show at 7:00 pm (doors open 6:30 pm)
Conference Hall, Florence Filberg Centre
Tickets \$10 at the office or door

Evergreen Club • 250-338-1000



The Evergreen Club invites you to a...




BUFFET STYLE Pancake Breakfast

Saturday, April 7

7:30 - 11:00 am

Conference Hall (upper level),
Florence Filberg Centre
411 Anderton Avenue,
Courtenay

\$5
per person



Gospel Music Extravaganza



Featuring the
Jacqueline Lambeth Singers
A Fundraiser for the Sonshine Club Luncheon Program

Sunday, May 6

2:00 pm, Florence Filberg Centre
\$10 per person

Tickets and Info: 250-338-9241
www.evergreenclub.ca



The Evergreen Club and
Comox Valley Concert Band
Present...

Mystery, Magic & Majesty

Sunday, May 13

2:00 pm
(doors open at 1:30 pm)

Florence Filberg Centre, Conference Hall
Tickets: \$8 per person (under 12 yrs free)
Tea, coffee and cookies served

The Comox Valley Concert Band under the direction of Denise Marquette presents songs of intrigue and inspiration. From Elgar to Disney, the band performs selections to exhilarate the body and lift the soul. This concert promises to be an eclectic bouquet of tunes for Mother's Day.

Tickets available at the door or at the
Florence Filberg Centre office



EVERGREEN CLUB VOLUNTEERS

A Message from Deanne McRae Your Volunteer Coordinator

The Evergreen Club appreciates the efforts of all our volunteers year-round. Thank you! I know many of our volunteers give of themselves and volunteer at other organizations in the community too. The world gives you a hand and a standing ovation! Cheers! It would be such a different world without our caring volunteers. In 2017 we organized smaller volunteer appreciation events in more intimate groups as a nice way to switch it up and to socialize within your group dynamic. This year for 2018 we will do another event and do a call out for our volunteers to be celebrated. Look for the upcoming date(s) to be announced. It will be delicious and a lot of fun. Stay tuned!

Kudos to Doris W and her team of volunteers at the recent All Nations Variety Show. A very successful event. Well done! Way to go Ellen W and the drama club for hosting the recent Open Your Hearts Food Drive. Approximately 10 boxes of food food was received and \$165.00 donated. Way to show your hearts Evergreen Club! Here is a shout out to Bruce D from the Texas Hold'em gang from one of their members... " It is coming up on a year since he took over the colossal job of group organizer. We notice and appreciate the effort he puts into keeping this group viable." Thank you Bruce! And speaking of Bruce's thank you also to Bruce H for always stepping in to spare for the kitchen or help with club events in a pinch. Your flexibility and easy going attitude is appreciated! Dare I say the world needs more Bruces. Club Rep's if you have a volunteer within your group that deserves a special kudos, or a new volunteer please let me know. Call me 250-338-1000 or email dmcrac@courtenay.ca **NOTE: Deanne is on holiday until Monday April 9th.**

VOLUNTEER OPPORTUNITIES

April 7th Pancake Breaky Helpers Do you have some time on Saturday April 7th and would like to offer your help? Great! We would love to have you. See Alisha T, our kitchen coordinator, who is assisting our volunteers in this new pancake buffet format. They are good for help in the kitchen at this point but need more general help out front in various positions. Not an early bird? Later time shifts may be available! All volunteers get a free breakfast!

Stagehands The Evergreen Club Second Stage Players need a few mobile people to help go on stage between scenes to change props and scenery. It's not heavy work, just light lifting is involved. You would be needed for the dress rehearsal and during the two performances. The Wednesday matinee show is held on April 25th and the evening show Thursday April 26th. Wearing black clothes for the two performances and staying backstage during the show would be required.

Kitchen Host/Hostess (Opening Shift) Looking for a couple more people to join us as muffin makers. This position can work great in a partnership if you can convince someone to do it with you! If not, not a worry as we can pair you with another volunteer (or the kitchen coordinator Alisha). You will learn how to get the coffee on, muffins in the oven, and some light kitchen prep work. This position is generally 8am-10am and we always work around your flexibility. Our muffin crew are a smaller group of volunteers that are the heart of your food service operation! Whether you can do once a month or once a week, let's chat!

Special Events Committee/Convenors Do you have an interest in event planning? Can you commit to a meeting that takes place once a month? Have new ideas and like to collaborate with a group? Then we would like you to check us out! Being on the committee does not mean you need to be a convenor for a special event but that would be an asset! It would be encouraged that you attend a meeting to see what all takes place.

Kitchen Spares We appreciate any time you can offer! We are always looking to add more kitchen volunteers to our spare board. Various times include opening 8am-10am, AM host 10am-1pm, Dishwasher 11:30am-1:30pm, and the closing PM shift of 1pm-3:00pm when the kitchen will close and then the shutdown process begins. We like to match the spare shifts to your needs and preferences so you won't be called unnecessarily. Training provided.

Kitchen Caller We are looking for someone who will be able to receive voice mail and reply in a timely manner. Periodically, a volunteer can't make their kitchen shift and you would be required to call someone in to cover it from the spare sheet. If you are comfortable on the phone then this is for you! Each month five kitchen phoners fill the spares for one calendar week. It's always a plus if you are email friendly but not mandatory.

EVERGREEN CLUB DAY TRIPS

Million Dollar Quartet The Jukebox Legends are Back!

An Evergreen Club Excursion
Chemanius Theatre
(#45876)

Date: Thursday April 5th
Departs: 9:45 am
Returns: 6:30 pm
Cost: \$107 per person

The Jukebox Legends Are Back by Popular Demand. Four talented young musicians met only once, but their red-hot jam session changed music forever. Elvis, Jerry Lee Lewis, Carl Perkins, and Johnny Cash created a score of rock 'n' roll hits that are still bringing the house down. Hear Blue Suede Shoes, Fever, Great Balls of Fire, Walk the Line, Whole Lotta Shakin' Goin' On, and lots more songs in this raucous tribute based on a true story! Trip includes bus transportation, lunch buffet at theatre, theatre ticket & bus drive gratuity

NEW

Grease

An Evergreen Club Excursion to
Chemanius Theatre
(#46511)

Date: Wednesday July 4, 2018
Departs: 9:45 am
Returns: approx. 6:30 pm
Cost: \$107 per person

Dust off your leather jacket, pull on your bobby-socks, and bop back in time. This fun Broadway musical features all the comedy, drama, and unforgettable songs that has made it one of the most popular musicals in the world – including You're The One That I Want, Grease Is The Word, Summer Nights, Hopelessly Devoted To You, Greased Lightnin', and many more. Trip includes bus transportation, lunch buffet at theatre, theatre ticket & bus driver gratuity.

Alberni Pacific Steam Train & McLean Mill (# 46028)

In cooperation with Square 1 Travelplus

This day trip will take us by bus to Port Alberni. Then we'll ride the rails on the Alberni Pacific Steam Railway to the McLean Mill National Historic Site. Here we can see the original buildings and restored logging equipment.

Departs: Sat. July 28, 2018 - 8:00am
Returns: Sat. July 28, 2018 - 5:40pm
Cost: \$150.00
Deposit: \$50.00
Balance due: June 15, 2018

Price includes return bus transportation to Port Alberni, steam train ride, entrance to McLean Mill Site, buffet lunch (soup, salad, assorted sandwiches and coffee), wine tasting, tour host and bus driver gratuities and GST.



Day Trip to Friendly Cove on the Uchuck III

In cooperation with Square 1 Travelplus and the Evergreen Club
(#45874)

Departs: Sat Aug 18, 2018 7:00am **Returns:** Sat Aug 18, 2018 10:15pm
Cost: \$250.00 per person
Note: A \$50.00 deposit is required upon booking.

Final payment is due July 5, 2018. A brochure is available.

This is a fun adventure, exploring and learning about the rich history of our west coast. We will travel by bus to Gold River and board the MV Uchuck III for a 2 ½ hour trip (each way) to beautiful Friendly Cove, accompanied by historical interpreter Chuck Syme. The boat ride is beautiful and once at Friendly Cove you will have time to explore the site, walk to the lighthouse, graveyard, lake and enjoy the ocean beach. So wear your walking shoes and be prepared to be outside. Pack a lunch and snacks or purchase food on the Uchuck. This escorted trip includes return bus transportation to Gold River from Courtenay, MV Uchuck III day trip, historical interpretation by Chuck Syme and Dinner at Clayworks Café in Gold River.

Celtic Woman

Queen Elizabeth Theatre Vancouver
(#45291)

Date: Sunday June 3, 2018
Cost: \$259 until Dec 31st
\$279 after Dec 31st
Depart: 11:15 am
Return: 1:30 am

A one-of-a-kind live act, Celtic Woman combines the country's finest musical talents with epic stage production to present a uniquely inspiring live experience. Celtic Woman celebrates Ireland's rich musical and cultural heritage, while continuing its remarkable 12-year-legacy of introducing some of Ireland's most talented singers and musicians onto the world stage. The Grammy-winning group Celtic Woman - featuring the angelic voices of Susan McFadden, Mairéad Carlin, Éabha McMahon and the breathtaking Celtic violinist Tara McNeill, accompanied by a full ensemble of musicians and dancers. Excellent seating at the Queen Elizabeth Theatre for the 5 pm performance.

EVERGREEN CLUB TRAVEL

NEW

Silver Reef Resort Casino & Spa Getaway

(#46512)

Departs: May 13, 2018 8:00 am

Returns: May 15, 2018 9:30 pm

Cost: \$389 per person double occ
\$499 single occ.

Deposit: \$50 at time of booking
Balance due April 12, 2018

This trip package is 100% non-refundable

Enjoy a break with a two night stay at the Silver Reef Resort including breakfast and vouchers. Check out the brochure for more details. We'll stop at the Tsawwassen Mills Outlet Mall before returning to Courtenay and are offering an optional visit on May 14th to Future of Flight Aviation Centre with Boeing Tour (\$40 arranged during trip).

Trip includes: All transportation & ferries, accommodations at Silver Reef Hotel with breakfast daily. \$10 slot and \$10 food voucher per person and your tour host .

Whistler 55+ Spring Adventure

(#45348)

In cooperation with Square 1 Travelplus

Departs: April 30, 2018 7:45 am

Returns: May 3, 2018 6:15 pm

Cost: \$990.00 Double occupancy
\$1,245.00 Single occupancy

Senior Discount- \$18.00 (for 65+)

Deposit: \$100.00 per person

Final Payment: March 15, 2018

Travel by bus and ferry to the Fairmont Chateau Whistler. Enjoy the optional scheduled fun activities, social gatherings and interesting presentations. While in Whistler enjoy the gym, pool, whirlpools in this luxurious hotel and explore the magnificent surroundings of Whistler Village.

Price includes home pickup and drop off, return bus and ferry transportation from the Comox valley to Whistler, 3 night's accommodation at the Fairmont Chateau Whistler, 3 breakfasts, 2 lunches, 2 receptions, 3 dinners, choice of presentations and activities, gratuities and taxes.

Newfoundland and Labrador

(#45347)

In cooperation with Square 1 Travel. Experience the majesty, history and the culture of Newfoundland and Labrador. This comprehensive tour locally escorted Tour is a complete immersion in the culture and daily life of the province. Its easy pace makes it enjoyable and its encounters make it unforgettable. Travel from coast to coast with a local guide who will bring the experience to life.

Departs: July 3, 2018

Returns: July 15, 2018

Cost: \$4,125.00 Double Occupancy
\$5,150.00 Single Occupancy
\$ 950.00 Westjet flights

Deposit: \$400.00 per person

Final Payment: May 3, 2018

Trip includes: coach tour, 13 nights' hotel accommodation, services of local guide, water shuttle/tour of Bonne Bay, Gros Morne Park, Sir Wilfred Grenfell Mission, Red Bay, Basque Whaling Station, return ferry to Labrador, excursions to L'Anse Aux Meadows, tour of historic St John's, Cape Spear, Twillingate, Trinity, Bonavista and more. Includes 12 breakfasts, 8 midday meals; 3 dinners.

Discovery Coast to Cariboo Circle Tour

(#45346)

In cooperation with Square 1 Travel

Join our escorted coach tour through the Discovery Coast & Cariboo, including scenic ferry trip from Port Hardy to Bella Coola where a local guide will show us around. Then we drive up the infamous "Big Hill" & through the Chilcotin region to the Cariboo; with visits to Williams Lake, Quesnel, Barkerville & Whistler.

Departs: July 9, 2018

Returns: July 15, 2018

Cost: Double Occupancy 65+ \$1,640.00 Double Occupancy Adult \$1,705.00
Single Occupancy 65+ \$2,160.00 Single Occupancy \$2,225.00

Deposit: \$150.00 per person **Final Payment:** April 15, 2018

Trip includes: Home pick-up & drop off; all bus & ferry transportation; 1 night in Port Hardy; 2 nights in Bella Coola; 2 nights in Williams Lake; 1 night in Pemberton; 6 breakfasts; 4 lunches; 3 dinners. This escorted tour includes gratuities, baggage handling, and all taxes.

EVERGREEN CLUB TRAVEL

Blue Jays with Clearwater Casino Resort

(# 45387) In cooperation with
Square 1 TravelPlus

Plan your trip, enjoy the games, casino and Seattle. Stadium seating plan available. Don your Blue Jay's gear for the annual Blue Jays vs Seattle Mariners trip. Go Jays Go! Seating Plan available to assist with ticket choices.

Departs: August 3, 2018, 6:00 am after home pickup

Returns: August 6, 2018, 6:00 pm

Cost: No baseball tickets: \$ 875.00 Double Occupancy or \$1,325.00 Single Occupancy

3 Section 117 or 143 baseball tickets: \$1,175.00 Double Occupancy or \$1,625.00 Single Occupancy

3 Terrace Club baseball tickets : \$1,315.00 Double Occupancy or \$1,765.00 Single Occupancy

Deposit: \$150.00 per person

Final Payment: June 3, 2018

Trip includes: home pick up, bus transportation, ferry costs, 3 Blue Jay vs Mariners baseball game tickets (optional) , 1 dinner, 3 night's accommodation at Clearwater Casino Resort, Suquamish, WA, taxes & bus driver gratuity. Passport or enhanced driver's license is required for travel to the US by bus. Medical & cancellation insurance is recommended.

Summer Alaskan Cruise

Join us as we explore this beautiful part of our world.

This trip is fully escorted.
Square 1 Travel & Cruise

Departs: August 15, 2018

Returns: August 22, 2018

Cost:

\$1899.00 per person Inside Cabin Double Occupancy (#45884)

\$2029.00 per person Ocean View Cabin Double Occupancy (#45887)

Deposit: \$450.00 per person at time of booking with balance due by May 29, 2018. No refunds after May 15th.

Welcome to a land that is literally larger than life! Cruise through crystalline waters surrounded by towering glaciers. Be on the lookout for caribou, sheep, whales, eagles and a lot more wildlife. Our mid-sized ships are ideal for cruising along narrow fjords and moving in closer to Alaska's astonishing glaciers and wonders on shore. Relax and toast to another awe-inspiring day as you meet in a place where elegance and discovery converge. Experience excursions created to suit your every whim, from reliving gold rush history to thrilling airborne adventures. Includes: port taxes, fees and bus transportation to/from the Comox Valley.

Chemainus Theatre with Cowichan Valley Wineries

(# 46027) In cooperation with
Square1 Travelplus

This trip will combine visits to Chemainus Theatre, the quaint seaside village of Cowichan Bay, wine tasting at several wineries in the Cowichan Valley and an overnight stay at the Best Western Plus in Chemainus. We'll have time to relax and enjoy the murals before attending the dinner theatre performance of Outside Mullingar by John Patrick Shanley.

Departs: Wed. October 24, 2018

Returns: Thurs. October 25, 2018

Cost: Double per person \$380.00

Triple per person \$360.00

Single per person \$470.00

Deposit: \$50.00

Final Payment : Sept. 12, 2018

This escorted trip includes bus transportation for 2 days, dinner and Chemainus theatre performance, overnight accommodation with included breakfast, lunch at Merridale Estate Cidery, wine tastings, bus driver gratuities and GST.



Holland America Fall Foliage Cruise

(#45349)

In cooperation with Our escorted tour will take us to Boston for a day of Sightseeing with our included Hop on – Hop off pass. Then we board our Holland America Veendam Cruise to explore the eastern seaboard, with stops in Bar Harbor Maine, Charlottetown, Sydney, Halifax and Quebec City, ending up In Montreal. Enroute to the airport we will have a morning sightseeing tour of Montreal.

Departs: Sept 27, 2018 **Returns:** Oct 6, 2018

Cost: \$3,090.00 Double occupancy Inside Stateroom \$3,320.00 Double occupancy Outside Stateroom

Group Airfare Extra \$ 865.00 **Deposit:** \$500.00 **Final payment:** July 10, 2018

Trip includes: home pick up and drop off, flights (if booked) to Boston from Comox with return from Montreal to Vancouver, bus and ferry transfer from Vancouver to the Comox Valley, 7 night cruise on Holland America Veendam in selected category with meals, entertainment and cocktail reception, tour host, bus driver gratuity and all taxes.

EVERGREEN CLUB TRAVEL

NEW

Kootenays with Okanagan Wineries

(#46517)

In cooperation with Square1 Travelplus

On this tour we will enjoy the Okanagan wine harvest by doing tastings at several selected wineries and we will also visit the Kootenays. Here you will be able to enjoy the slower pace and friendly nature of small town Kootenay life where the big picture is the grand beauty of the lakes and mountains around you. This area is rich in First Nations, logging and mining history. Our tour includes Historic O'Keefe Ranch near Vernon, Last Spike site near Craigellachie, Heritage Ghost Town and Railway Roundhouse at 3 Valley Gap, Upper Arrow Lake Ferry, Waterfront walk in Nakusp, Nikkei Internment Memorial Centre, Museums in New Denver and Sandon, SS Moyie National Historic Site, Nelson's Baker Street and a short ride on Streetcar #23. There will be an optional visit to the Ainsworth Hot Springs. Then it's off to Osoyoos to complete our winery visits along the Golden Mile as well as visiting the Nk'Mip Desert Cultural Centre or Osoyoos Desert Model Railroad Museum.

Departs: Sat. Sept. 29, 2018

Returns: Fri. , Oct. 5, 2018

Cost: double occ. \$1,435.00
single occ. \$1,915.00

Deposit: \$150 with balance due by August 13, 2018

Price will include home pickup, bus and ferry transportation, 6 nights hotel accommodation, museum admissions, local tours, wine tastings, 4 breakfasts, 3 lunches, 2 dinners and gratuities for meals and bus driver.

NEW

Christmas Magic in Leavenworth

(# 46518)

In cooperation with Square1 Travelplus

In Leavenworth during the holiday season the town lights up to celebrate the magic of the season. This trip includes 3 nights at the Bavarian style Enzian Inn (where we can sing along with a local pianist playing popular Christmas carols in the evenings), a horse drawn sleigh ride and wine tasting. A short walk from our hotel are many shops to discover. An excursion to nearby Cashmere will include a visit to Aplets and Cotlets candy factory and Annie's Antique Gallery. A festive concert by harpist Bronn Journey will be our final event.

Departs: Mon. December 3, 2018

Returns: Thurs. December 6, 2018

Cost: double occ. \$ 960.00
single occ. \$1,235.00

Deposit: \$150 with balance due by October 15, 2018

Price will include home pickup, bus and ferry transportation, 3 nights hotel accommodation, harp concert, sleigh ride, wine tasting, 3 breakfasts, 1 lunch, 1 dinner and gratuities for meals and bus driver.



Christmas Lights at Butchart Gardens

(#45875)

In cooperation with Square1 Travelplus

Departs: Sunday, December 9, 2018

Returns: Monday, December 10, 2018

Cost: \$310.00 double occupancy
\$390.00 single occupancy

Deposit: \$100 with balance due by Oct 29, 2018

Our early afternoon departure from Courtenay will take us to Butchart Gardens to enjoy Christmas Festivities. After our included Christmas buffet dinner, we will do the "Twelve Days of Christmas" stroll which features tens of thousands of coloured lights before returning to our inner harbour Royal Scot Hotel in Victoria.

The morning and early afternoon are free to enjoy the many attractions Victoria offers. We leave mid-afternoon and plan to swing through Ladysmith to catch their Festival of Lights show before our return to the Comox Valley.

Includes hotel accommodation, buffet dinner, admission to Butchart Gardens, bus transportation, gratuities and GST.

You can pick up a detailed itinerary for most overnight trips at the office.



BUS TRIPS & EXCURSIONS

TRIP POLICIES & INFORMATION

Please read the following information carefully. If you have any questions or concerns, please contact Janet at 250-338-1000. Any person participating in a day or overnight trip with the Evergreen Club must have a current membership. A non-member (any age) may attend a trip as a member's guest. The dates for booking appear in your newsletter. Add your name to the wait list if a trip is sold out. Please indicate your traveling companion's name when registering. Receipts are issued by the City of Courtenay as the city processes payments on our behalf. All Evergreen Club and Trip Providers policies apply to trips.

Day Trips

Fees are to be paid in full at time of registration by cash, cheque, debit card, VISA or MasterCard. Please make cheques payable to the "City of Courtenay."

Overnight trips Please ask if a trip flyer is available.

Deposits: A **non refundable deposit** must be paid at the time of booking & can be paid by cash, cheque, debit, Visa or MasterCard.

Remaining payments: ONLY cheques are accepted for Post-dated payments which must be left for the balance owing at the time of booking. No other payment method is accepted for postdated payments. Postdated payments will be applied 30 days or 45 days prior to departure and specified by trip. Please make cheques payable to the "City of Courtenay."

Cancellations & Refunds

All cancellations and refunds are subject to a \$15 administration fee payable at the time of cancellation. The travel provider **may charge** an additional cancellation fee. Refunds are subject to the travel providers' policies – please refer to their trip flyer. Cancellations may not be accepted.

Trips organized by travel agencies (advertised through the Evergreen Club) Cancellations and refunds are subject to the travel providers' policies – please see terms & conditions on their trip flyers. After notification of a cancellation it may take up to a week for staff to contact the travel provider to get the exact refund amount, if any. The \$15 administration fee applies.

Trips exclusive to the Evergreen Club No refunds for cancellations made less than 30 days before the trip date unless the seat(s) is re-sold from the waitlist. The \$15 administration fee applies.

Substitutions Substitutions of travelling companion (name changes) for people registered together may be accepted. A \$25 fee will apply. Travel providers may have an additional fee. Fees are determined by the travel provider.

Additional Notes

There is no pre-arranged or assigned seating on Evergreen Club Trips. Please advise staff if you have any specific traveling requirements. The seat directly behind the bus driver is reserved for the escort. Please arrive at least 15 minutes prior to departure of bus trips. Passports or Enhanced Drivers Licenses are required when travelling to the US. Gratuities for the bus driver are included in the cost of most trips.

Perfume Alert

Please be aware of perfume allergies and please do not wear perfume on bus trips.



CITY OF COURTENAY RECREATION SPRING 2018 FITNESS AT A GLANCE

"Age is something that doesn't matter, unless you are a cheese" Satchel Paige

Monday	Tuesday	Wednesday	Thursday	Friday
★ 9:00 am Stretch/Strength Filberg Centre	9:00 am 55+ TRX (Level 1) Lewis Centre	9:00 am Simply Strength 2 Native Sons Hall	9:00 am 55+ TRX (Level 1) Lewis Centre	★ 9:15 am Chair Fit Filberg Centre
9:00 am Simply Strength 2 Native Sons Hall	★ 9:15 am Chair Fit Filberg Centre	10:00 am 55+ Strength Training Lewis Centre	★ 9:00 am Stretch/Strength Native Sons Hall	★ 9:00 am Friday Fit Mix Native Sons Hall
10:00 am 55+ Strength Training Lewis Centre	10:30 am 55+ Strength Training Lewis Centre	★ 10:15 am Simply Strength 1 Native Sons Hall	10:30 am 55+ Strength Training Lewis Centre	10:00 am 55+ Strength Training Lewis Centre
★ 10:15 am Simply Strength 1 Native Sons Hall	2:45 9m 55+ TRX (Level 2) Lewis Centre	10:30 am 55+ Strength Training Lewis Centre	2:45 9m 55+ TRX (Level 2) Lewis Centre	
10:30 am Womens Specific Strength Lewis Centre		11:15 am 55+ Strength Training Lewis Centre		
11:15 am 55+ Strength Training Lewis Centre		1:00 pm 55+ Strength Training Lewis Centre		
1:00 pm 55+ Strength Training Lewis Centre		2:15 pm 55+ Strength Training Lewis Centre		
2:15 pm 55+ Strength Training Lewis Centre				GST WILL BE ADDED TO PROGRAM FEES

Please pre-register for all of the above classes ~ drop ins or punch cards may be used for programs with star (space permitting). ★

See following pages for class descriptions.

Fitness Fees	Drop-In ★	11 Punch
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***Effective January 1, 2016**

Evergreen Member	\$5.00	\$ 50
Non-member	\$ 6.50	\$ 65
Simply Strength 1		\$65

How to pay:

- All drop-in fees must be paid at the Florence Filberg Centre office prior to attending classes & receipt given to instructor
- Punch card holders may go directly to their class
- Be sure to turn in your completed punch card to be entered in the monthly draw for a free card!





SPRING 2018 INSTRUCTIONAL PROGRAMS

Fitness Classes

Simply Strength

Exercises will be taught with a variety of equipment to increase balance, range of motion & strength. This class will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, & maintain your balance while walking and standing. Adult punch cards are accepted. No class April 2, May 21 & June 11.

Instructor: Joyce Leong & Steve Thomson

Level 1

#45651 Mondays & Wednesdays
March 26 - June 27
10:15am - 11:15am

Level 2

#45652 Mondays & Wednesdays
March 26 - June 27
9:00am - 10:00 am
Native Sons Grand Hall
\$175/25

Fall Proof Balance & Mobility Training

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. No class May 21 & June 11.

Instructor: Kim Hamilton
Mondays & Thursdays
#45344 April 9 - June 28
1:00 - 2:00 pm
Native Sons Grand Hall
\$132/22

Stretch & Strength

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. No class May 21 & June 11.

Instructor: Nancy Victoria
#45499 Mondays & Thursdays
April 9 - June 28
9:00 - 10:00 am
Filberg Centre Rotary Hall & Native Sons Grand Hall
\$132/22

Chair Fit

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. No class March 30 & June 12.

Instructor: Wendy Matte
#44868 Tuesdays & Fridays
March 27 - June 29
9:00 - 10:00 am
Filberg Centre Rotary Hall
\$156/26

Minds in Motion

This class is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided.

#45671 Wednesdays
April 25 - June 13
1:00pm - 3:00pm
Lower Native Sons Hall
\$60/8

55+ TRX and Resistance Training

Suspension training is perfect for the older adult allowing the user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own comfort level. No class May 21.

Instructor: Kim Hamilton
Mondays & Wednesdays Level 2
#45488 April 9 - June 27
9:00 - 10:00 am
\$200/23
Tuesdays & Thursdays Level 1
#45491 April 10 - June 28
9:00 - 10:00 am
\$208/24
Tuesdays & Thursdays Level 2
#44798 April 10 - June 28
2:45 - 3:45 pm
\$208/24
Lewis Wellness Centre

Womens Specific Strength

This class focuses on resistance training to help improve muscle and bone strength, as well as increased balance, mobility and flexibility. No class May 21.

Instructor: Morgan Klieber
#45646 Mondays
April 9 - June 25
10:30 - 11:30 am
Lewis Activity Room A
\$66/11

Please read your receipt carefully or make note of special instructions when registering!



SPRING 2018 INSTRUCTIONAL PROGRAMS

55+ Strength Training

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support at every turn. No class April 2 & May 21.

Instructor: Juan Blancas

Mondays & Wednesdays

March 26 - June 27

#45482 10:00 - 11:00 am

#45486 11:15 am - 12:15 pm

#45483 1:00 - 2:00 pm

#45487 2:15 - 3:15 pm

\$156/26

Tuesdays & Thursdays

March 27 - June 28

#45484 10:30 - 11:30 am

Lewis Wellness Centre

\$168/28

#45485 Fridays

March 30 - June 29

10:00 - 11:00 am

Lewis Wellness Centre

\$84/14

Friday Fit Mix

This program is designed to rotate through a different class style each week. Start with Cardio & Abs, the next week will be Cardio Intervals using step, swiss balls, aerobics, and weights, next will be a Total Strength class and finally Balance, Bands & Balls. All classes have a 10-15 minute stretch at the end.

No class May 25.

Instructor: Joyce Leong

#45647 Fridays

April 6 - June 22

9:00am - 10:00am

Native Sons Hall Grand Hall

\$66/11

Yoga

55+ Hatha Yoga

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. No class May 21 & June 11.

Instructor: Sheron Jutila

Mondays

#45481 April 9 - June 25

2:00 - 3:30 pm

Filberg Centre Rotary Hall

\$120/10

Fridays

April 6 - June 22

#45480 10:00 - 11:30 am

#45479 2:00 - 3:30 pm

Native Sons Hall

\$144/12

Good Morning Yoga

Leave the class feeling energized yet calm and relaxed. Build body and mind awareness through yoga posture, breathing practice and mediation. Requires previous yoga experience.

Instructor: Akiko Shima

#45615 Fridays

April 20 - June 29

9:15 - 10:45 am

Lewis Meeting Room

\$132/11

55+ Gentle Yoga

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge.

No class May 21 & June 11.

Instructor: Sheron Jutila

Mondays

#45478 April 9 - June 25

10:15 - 11:15 am

Filberg Centre Rotary Hall

\$90/10

Yoga for Joint Health

This series of gentle postures focus on bringing mobility to the joints. This class moves slowly, giving time to explore and modify as we go. The 'joint releasing series' can be used alone as a gentle practice or as a warm up for other activities.

Instructor: Sheron Jutila

Tuesdays

#45624 April 10 - June 19

10:15 - 11:30 am

\$110/11

Thursdays

#45625 April 5 - June 21

10:00 - 11:30 am

Lewis Meeting Room

\$144/12

Chair Yoga

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. No class May 1 & June 12.

Instructor: Catherine Reid

#45614 Tuesdays

April 3 - June 26

11:00 am - 12:00 pm

Native Sons Grand Hall

\$72/12

Functional Yoga

In this class we will align how asanas can help you in everyday life by stretching naturally tight areas of the body and target weaker muscles with low impact muscle contractions. Each class will help build a stronger foundation to take with you on and off the mat.

Instructor: Wendie Matte

#45532 Tuesdays

April 10 - June 26

10:45 - 11:45 am

Lewis Craft Room A

\$72/12



SPRING 2018 INSTRUCTIONAL PROGRAMS

Restorative Yoga

Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not limited to those recovering from injury or illness or who have limited range of motion. All levels welcome including those who prefer slow practice.

Instructor: Helen Pattinson

#45620 Thursdays

April 12 - June 28

5:15 pm - 6:45 pm

Lewis Meeting Room

\$144/12

Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices. Length and balance as well as flexibility, while giving you the tools for stress reductions. No class May 21.

Instructor: Catherine Reid

Mondays

#45616 April 9 - June 25

6:00 - 7:00 pm

Lewis Meeting Room

\$99/11

Gentle Yoga

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice. No class May 21 & June 11.

Instructor: Akiko Shima

#45613 Wednesdays

April 11 - June 27

9:30 - 10:45 am

Lewis Salish Building

\$120/12

#45612 Mondays

April 9 - June 25

9:30 am - 10:45 am

Native Sons Hall Lower Level

\$100/10

Therapeutic Yoga

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain & understand fully how your body works. Suitable for beginners through advanced practitioners. No class May 21 & June 11.

Instructor: Akiko Shima

#45622 Mondays

April 9 - June 25

11:00 am - 12:15 pm

Native Sons Hall Lower Level

\$120/12

#45621 Fridays

April 20 - June 29

11:00 am - 12:30 pm

Lewis Meeting Room

Intro to Meditation (with Yoga)

Each class begins with a short Gentle Yoga practice to prepare body and mind for sitting. We will briefly discuss the week's meditation and then try it out. Discover a new technique each week and learn how to choose a practice that fits your personality. Gather helpful tools for taking meditation home with you. All levels welcome.

Instructor: Sheron Jutila

#45619 Thursdays

April 5 - May 10

2:00 pm - 3:30 pm

Lewis Meeting Room

\$72/6

Please read your receipt carefully or make note of special instructions when registering!

Movement

Drums Alive Golden Beats

'Golden Beats' is a new Drums Alive offering especially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace.

Instructor: Monica Hofer

#45550 Thursdays

April 12 - June 28

10:30 am - 11:30 am

Native Sons Grand Hall

\$84/12

Tai Chi

Derived from the martial arts, Tai Chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai Chi improves overall fitness, coordination, and agility.

Instructor: Ivy Wang

Wednesdays

#45630 9:00 am - 10:00 am Level 2

#45629 10:00 am - 11:00 am Level 1

#45631 11:15 am - 12:15 pm Level 3

April 11 - June 27

Lower Native Sons Hall

\$144/12

Instructor: Albert Balbon

Thursdays

#45632 7:15 pm - 8:15 pm

April 12 - June 28

Lewis Meeting Room

\$96/12



SPRING 2018 INSTRUCTIONAL PROGRAMS

Creative Pursuits

Painting Landscapes

Get ready for the upcoming fall season by learning how to paint beautiful landscapes now. From making your sketch to getting the color right and defining the leaves, water and clouds. This class is fun and good for beginners or intermediate painters. No class May 21.

Instructor: Teresa Knight

#45238 Mondays

April 9 - June 4

6:30 pm - 8:30 pm

Filberg Centre Craft Room

\$125/8

Beginners Painting (Oils & Acrylics)

Learn every basic skill you'll need to have a solid foundation in painting. You'll learn how to draw, mix colours, recognize and get accurate tone, create great compositions and more! All in easy steps with a great atmosphere!

Instructor: Teresa Knight

#45525 Wednesdays

April 11 - May 30

6:30 - 8:30pm

Filberg Centre Craft Room

\$125/8

Essential Oils and the Chakra System

Join us for a very informative aromatherapy class. How Essential Oils work with the Chakra's (our energy centres). Create a Chakra blend to take home. Taught by certified Clinical Aromatherapist, Deanne Papineau.

Instructor: Deanna Papineau

#45750 Wednesday May 2

7:00 pm - 9:00 pm

Lewis Craft Room A

\$60

Art with Heart Retreat

This Spring retreat involves slowing down and connecting your body, mind and spirit through making art with heart. Come relax and rejuvenate while we create in a safe and creative environment meant to nurture each individual's level of explorations. We will make art and projects focused on celebrating and welcoming Spring to take home, meditative and expressionistic explorations will also be guided on this retreat

Instructor: TaraLee Houston

Saturday & Sunday

May 24 & 25

9:00 am - 3:30 pm

Lewis Salish Building

#45146 Both Days \$75

#45241 Saturday Only \$50

#45242 Sunday Only \$50

Introduction to Numerology

Numerology is the study of the vibrational significance of the numbers found in your name & birthdate. It can provide insight into your strengths & weaknesses, deep desires, emotional triggers, & innate talents.

Instructor: Kara Foreman

#45752 Saturdays

April 7

1:00 pm - 4:00 pm

Filberg Soroptomist Lounge

\$35

Benefits of Creative Expression:

- * creating art relieves stress
- * encourages creative thinking
- * boosts self-esteem & provides a sense of accomplishment
- * increases brain connectivity and plasticity
- * Increases empathy, tolerance & feelings of love
- * art is for everyone!

Dance

Line Dance

Come and kick your heels and dance the afternoon away! Line dancing is a great way to keep your brain and your body active. No partners required.

Instructor: Joan Wydenes

#45542 Tuesdays Intermediate

April 3 - June 26

1:00 pm - 2:00 pm

Native Sons Grand Hall

#45543 Wednesdays Beginner

April 4- June 27

1:00 pm - 2:00 pm

Lewis Activity Room A

\$78/13

\$6.50/ Drop-in

*Please pay at Filberg or Lewis front desk and bring receipt to instructor

Nia

Moving to music that invigorates and inspires, we cycle through dynamics of power and strength, grace and flexibility. This is fitness that respects who you are, where you've come from, and where you want to go. Every body welcome. No class May 21 & June 11.

Instructor: Ann Marie Lisch

#45627 Mondays

April 9 - June 25

5:30 pm - 6:45 pm

Filberg Rotary Hall

\$90/10

Beginner Cha Cha

Cha Cha is a popular latin dance due to its playfulness, sensuality, and sexiness. Come with a partner or on your own. No prior dance experience is necessary. The emphasis will be on having fun.

Instructor: Leon Hawrylenko

#45786 Tuesdays

April 10 - May 29

7:00 pm - 8:00 pm

Filberg Rotary Hall

\$64/8



SPRING 2018 INSTRUCTIONAL PROGRAMS

Dance

Silver Swans

Develop strength and flexibility through classical technique in this 55+ class. Beginners welcome! Class is based on Royal Academy of Dance graded syllabus. Please wear comfortable and non-restrictive clothes and tie long hair back.

Instructor: Jenna Flint

#45558 Tuesdays

April 10 - June 26

6:30 pm - 7:30 pm

Lewis Activity Room

\$72/12

Dance for Joy

Holistic fitness and joyful social interaction! This creative class includes 'brain dance' which is a series of isolated movements to stimulate the brain and body. There is no choreography and no experience is required; simply come with an open mind. Can be done seated if required.

Instructor: Jade de Trey

#45918 Wednesdays

April 18 - May 30

2:00 pm - 3:15 pm

Filberg Rotary Hall

\$96/6

Zumba Gold

Zumba for older active participants with easy to follow Zumba choreography that focuses on range of motion and coordination. Features cardio conditioning, flexibility & balance.

Instructor: Lyla Pettis

#45341 Thursdays

March 29 - June 28

10:30 am - 11:30 am

Lewis Activity Room

\$84/14

Music

Start Jamming Workshop

For guitar and harmonica students who have taken some music courses and want to move on to the next stage of learning to play with others, these jamming workshops are from you! The basics of working in a group will be covered using chord and lyrics sheets of well known songs and the blues. Ukulele, banjo, and bass players are welcome. Harmonica players please bring C, D, and A harmonicas.

Instructor: Larry Ayre

#45565 Mondays

April 9 - May 14

6:00 pm - 7:15 pm

Lewis Salish Building

\$75/6

Campfire

Ever wish you could play the guitar so you could sit around the campfire (or kitchen) and have a sing-along? During this course you will learn basic guitar chords and some popular blues, country and rock and roll songs.

Instructor: Larry Ayre

#44567 Thursdays

April 12 - May 17

1:00 pm - 2:15 pm

Lewis Salish Building

\$75/6

Recorder

This is a great way to learn to read music as well as keeping your brain and fingers agile. Soprano recorder and book will be \$30, bought from the instructor as the first class.

Instructor: Debbie Ross

#45506 Wednesdays

April 11 - June 27

1:00 pm - 2:00 pm

Lewis Tsolum Building

\$144/12

Beginners African Drumming

Drumming in a community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming. No class May 9.

Instructor: Monica Hofer

#45545 Wednesdays

April 11 - June 27

5:30 pm - 6:30 pm

Native Sons Lower Level

\$154/11

Beyond Beginner African Drumming

If you are looking for a place to enhance your drumming skills, but you aren't a beginner and not quite ready to leap to intermediate level, this is the class for you! This class will cater to returning 'beyond beginner' drummers and those students who are ready to move up.

No class April 19.

#45547 Thursdays

April 12 - June 28

5:00pm - 6:00 pm

Native Sons Hall Lower Level

\$154/11

Intermediate African Drumming

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly groove! New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. This class is for those with previous experience. No class May 21 & June 11.

Instructor: Monica Hofer

#45549 Mondays

April 9 - June 25

11:45 am - 12:45 pm

Native Sons Grand Hall

\$140/10



SPRING 2018 INSTRUCTIONAL PROGRAMS

Sports

Badminton

Get some exercise, meet new players and improve your game in this fast paced group sport! No games

May 21 & June 14.

#45517 Monday, Thursday, Fridays & Sundays

April 9 - June 29

1:00pm - 3:00pm

Lewis Centre Gym

\$2 Evergreen Drop - In

#45715 Mondays & Thursdays

April 5 - June 28

8:00pm - 10:00 pm

Lewis Centre Gym

\$66/23

\$3/Drop-in

Pickleball

Join in and have fun playing this exciting paddle game! Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided. No games May 1 & June 12

#45668 Tuesdays & Thursdays

March 27 - June 28

2:30 pm - 4:30 pm

Native Sons Grand Hall

\$2.50/Drop-in

Intro to Nordic Pole Walking

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles. Nordic pole walking improves your endurance, cardio, posture, balance, and much more. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan

#45667 Fridays

May 4 - June 22

12:30 - 1:30 pm

Lewis Centre

\$80/8

Wellness

Hearing Screenings

What's your reason for getting your hearing checked today?

Self Test Questions:

- Think everyone is mumbling?
- Constantly increase the volume on your TV or Radio?
- Often ask others to repeat themselves?

If you answered YES to any of these questions we highly recommend that you book a complimentary Hearing Health Check today. It just might be the best 15 minutes you can spend where your hearing health is concerned because a Hearing Health Check is the first step to discovering if further evaluation is required. Your results will be explained clearly by a friendly Hearing Professional from Connect Hearing. Sign up for your Hearing Health Check today and stay connected to the sounds you love.

Third Thursday

of the month

FREE please call to reserve

Foot Care Clinic

A Foot Care Nurse will provide you with a nursing assessment of your feet along with education on the prevention of foot issues. You will receive general information about proper foot care as well as trimming/reducing your toenails, corns and calluses and if applicable a diabetic sensory test will be done. This 'treatment' finishes with a foot massage.

Instructor: Anne Lai & Amy Lindal

April 18

May 16

June 20

Soroptomist Lounge

\$45/appointment

Registration Policy

- All registrations are processed on a first come, first served basis.
- Pre-registration is required for all classes except when specified as a drop in class.
- Fees are to be paid in full at the time of registration by cash, cheque, Visa, Mastercard or Debit Card. Please make cheques payable to the City of Courtenay.
- Registration is limited to the immediate family plus members from one other family only.
- Courtenay Recreation reserves the right to cancel any programs.
- GST will be charged on all programs.
- A \$20 handling charge will be collected on NSF cheques.
- Please read confirmation receipts carefully for information on dates, times, supplies, etc.
- A full or pro-rated refund will be given if class is cancelled or for medical reasons with a doctor's note.
- All requests for refunds, credits or transfers will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$ 5 will be charged on all cash, Visa, Mastercard and Debit Card refunds.
- Refunds left as a CREDIT on your account will NOT be charged the administrative fee.
- Refunds will NOT be approved after a program has ended.

APRIL AT A GLANCE

EVERGREEN CLUB ACTIVITES

Evergreen Club clubs subject to change - check with club reps or newsletter for updates

Monday	Tuesday	Wednesday	Thursday	Friday
Cue Sports Drop-in 7am - 9 pm Cycling Group meets 10 am (weather permitting) Canasta 9:30 am - 12:00 noon Quilting 12 noon - 4 pm Table Tennis 11:30 am - 1:30 pm Carpet Bowling 1 pm Instruction /Drop-in play Book Club (1st Monday) 1 - 2 pm Drama Club Meets 3:15 - 5 pm Whist 7:30 pm - 9:30 pm	Cue Sports Drop-in 7am - 9 pm SloPitch (summer) 9:30 -11:30 Fabric Painters 9:30 - 11:30 am Bible Study 9:30 -- 11:00am Crib 10 am - 12 noon Happy Gang 10 am - 12 noon Darts 10:30 am - 12:30 pm Mahjong 12:30 - 3 pm Carpet Bowling League Play 1 pm Stamp Club (2nd Tues.) 1 - 3 pm Table Tennis 12:30 - 3:30pm Knit & Crochet Group 1 pm -3 pm Recorder 3:15 -4:30 Ukulele Group (2nd & 4th Tuesday) 4:30 - 6:15 pm Bridge 7 - 10 pm	Cue Sports Drop-in 7 am - 9pm Heartstrings 10 am -12 noon Cycling Group meets 10 am (weather permitting) Floor Curling 12:30 -3:15 Texas Hold'em 12:15 - 3:30pm Chess 12:30 - 3:30pm Mexican Train 1 pm (2nd, 3rd & 4th Wednesday of the month) Meet & Greet (Singles) 1 -3 pm 1st Wed of month Scrabble 1 - 4 pm Golf Club meets at Longlands on Wed. & Fri, 9:30 am from April to October.	Cue Sports Drop-in 7 am - 9 pm Brazilian Embroidery 9 am -12 noon Gospel Sing 10:30 Camera Club (1st & 3rd Thur.) 12:00 -2:30pm Art Club 12:30 - 3:30pm Social Bridge 12:30 - 3:30pm Carpet Bowling Drop-in Play 1 pm Genealogy Club 3rd Thurs 1 - 3 pm	Cue Sports Drop-in 7 am - 9pm SloPitch (summer) 9:30 -11:30 Choristers 10 - 11:30am Recorder 10 - 11:30 am Chess 12:30 - 3:30pm At the Movies 12:30 pm (1st & 3rd Fridays) Texas Hold'em 12:30 - 3:30pm Computer Club 1 pm 2nd Friday of month Bingo 1 - 3 pm Fri. Night Dances 7:30pm (check schedule) Computer Lab Maintenance is completed on the first Friday of each month.
CITY OF COURTENAY Recreation Programs <small>CITY OF COURTENAY RECREATION PROGRAMS require advanced registration . * indicates programs held at Lewis Centre.</small>				
*55+ TRX Level 2 9:00 am - 10:00 am Gentle Yoga 9:30 am - 10:45 am 55+ Gentle Yoga 10:15 - 11:15 am * Women's Specific Strength Training 10:30 am - 11:30 am Restorative Yoga 11:00 am - 12:15 pm Fall Proof & Mobility Training 1:00 pm - 2:00 pm 55+ Hatha Yoga 2:00 pm -3:15pm	*55+ TRX Level 1 9:00 am - 10:00 am *Qigong 9 :00 am - 9:40 am Chair Fit 9:15 - 10:15 am *Yoga For Joint Health 10:15 - 11:30 am *55+ Strength Trng 10:30 - 11:30 am Chair Yoga 11 am -12 noon Line Dance - Beyond Beginner 1:00 pm - 2:00 pm *55+ Strength Trng 1:30 - 2:30 pm	*55+ TRX Level 2 9:00 am - 10:00 am Tai Chi Level 2 9:00 am - 10:00 am Tai Chi Level 1 10:00 am - 11:00 am *Gentle Yoga 10:45am - 12:00 pm Tai Chi Level 3 11:15 am - 12:15 pm *Line Dance - Beginner 1:00 pm -2:00 pm Minds in Motion 1:00 pm -3:00 pm	55+ TRX Level 1 9:00 am - 10:00 am Stretch & Strength 9:00 am - 10:00 am *Qigong 9 :00 am - 9:40 am Yoga For Joint Health 10:00 am - 11:30 am Drums Alive Golden Beats 10:30am - 11:30 am *Zumba Gold 10:30am - 11:30 am Fall Proof & Mobility Training 1:00 pm - 2:00 pm	Friday Fit Mix 9:00 am - 10:00 am Chair Fit 9:15 am - 10:15 am *Good Morning Yoga 9:15 am - 10:15 am *55+ Strength Trng 10:00 am - 11:00 am 55+ Hatha Yoga 10:00 am - 11:30am *Restorative Yoga 11:00 am - 12:15pm 55+ Hatha Yoga 2:00 pm -3:30 pm