



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 + GST

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

March 2018



Photograph by Ed Jaatteenmaki Theme: Lakes

President's Message

March 2018 Submitted by Gord Kruger, President

Greetings All!.....Let me start with an apology if I may. In the last newsletter (Feb 2018) I boldly stated that the worst was behind us and that with January in the rear-view we were ready to welcome Spring and all the goodness it brings. Well, as we all know now, I was awfully wrong and the last couple of weeks of winter weather have been perfect proof of that. What's going on??? Snow, snow and more snow along with winds and low temperatures have made this lovely Island Paradise a not so neat a place to be.....survival mode was the acceptable choice.....I'm truly sorry for my shortsightedness.....I'll try to do better.

(Continued on page 2)

Dates to Remember

Fri. March 2 At the Movies 12:30 pm

Sat. March 4 All Nations Show 1:00 pm

Fri. March 9 Friday Night Dance 7:30 pm

**Mon. March 12 Executive Committee Meeting 9:00 am
Committee Reps Meeting 11:00 am**

Fri. March 16 At the Movies 12:30 pm
Friday Night Dance 7:30 pm

March 19,20, 21 Food Bank Drive

Wed. March 21 Members' Meeting 1:00 pm

Fri. March 23 Friday Night Dance 7:30 pm

Fri. March 30 Closed due to Stat Holiday

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	Custodian
Scott	City Spec Events

Activity Club Representatives

Please submit Newsletter

Reports for the April

newsletter to the office or email

Janet jhutchinson@courtenay.ca
by **Mon. March 12th.**

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EVERGREEN CLUB NEWS

President's message continued

Would like you all not to forget our upcoming "Members Meeting" scheduled for Wednesday March 21 in the Rotary Hall. This will be an opportunity to hear all about club governance and what has happened over the last number of months. It is also a time to have a say on the new executive. All present members of the executive have chosen to continue if elected to do so. Nomination for new members are open until Friday March 9th, so if you are interested please talk to Vice-President Nettie and get your nomination form completed. There will be no nominations from the floor. Keep in mind that the Evergreen Executive is a committee of the Courtenay Recreational Association (CRA) and reports to the CRA Board. The members meeting will include refreshments and there will be door prizes.

The March Special Events schedule includes an "All Nations Variety Show" on Sunday March 4th. The show will be held in the Conference Centre from 1pm 'till 4pm and the doors will be open at noon. The show will feature live entertainment, storytelling, demonstrations and a silent auction. There will be special guests from the Indigenous Women's Sharing Society and the Multi Cultural Society.

Many "THANKS" to Ken and his crew for a great Robbie Burns event and to Helen and her Special Events Team of volunteers for a great evening of dance and entertainment at Big Band dance night.....good times were had by all those attending.

And in closing, some food for thought...."It seems that Human Beings, who are almost unique in having the ability to learn from the experiences of others, are also remarkable for their apparent disinclination to do so".....'nuff said..... Adios....gk

2018 Memberships

Renew or take out your annual Evergreen Club membership now!

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

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 Lakes. The 1st place and 2nd place winners are used for The Evergreen Club's newsletter front page.

EVERGREEN CLUB NEWS

A Note From Janet

I love March and the approach of spring. At the Evergreen Club we are getting organized for some of the outdoor activities that start soon as the weather improves: Golf, Slo Pitch, and soon a new walking group. Check out the newsletter for some exciting day trips this spring and summer.

I have been hearing rave reviews of the food specials in the kitchen. Have you tried the lasagna or the pizza? Better get here early as they are very popular. A special thanks to all the kitchen volunteers, and our Kitchen Coordinator Alisha, for not only preparing food but also for your work cleaning, dish washing, cashier and counter service as well as all the other details that make our food services run so well. Your cheerfulness and service to the Evergreen Club is very appreciated!

I hope to see many of you at the members' meeting on March 21st. All club activities are cancelled that afternoon, and the kitchen will be closing at 1 pm, so everyone has the opportunity to attend the meeting.

Evergreen Club Walking & Hiking Group

Good News! A new group has been formed with the intention to go for a walk/hike every Thursday afternoon. Anyone who wants to explore the Comox Valley with the numerous trails and paths is welcome to join. We want to walk for fresh air, exercise, explore new areas, some socializing and to enjoy our beautiful scenery. The walks vary in length, from 1 to 2 hrs, starting easy. We have started so join us Thursday March 15, at 1:30pm at Art Knapp to carpool for the Nymph Falls' walk. For further information contact: Riki at rijag22@shaw.ca or Gail at dgflynn@shaw.ca

Special Events Focus

On March 4th we are hosting the All Nations Show. There will be a mixture of acts on stage including our very own Greg singing a few favorites, Taiwanese dancers and of course great indigenous performers. Come out to support the Evergreen Club and the Indigenous Women's Sharing Society and enjoy a great show, the silent auction, refreshments and more.

Our annual food bank drive, Open Your Hearts, takes place March 19, 20 & 21 in the Evergreen Club Lounge. Drop off food items or a cash donation from 10 am to 1 pm or bring it to our Members' meeting on the 21st.

Please join us at the Evergreen Club Members' Meeting on Wednesday March 21st. There will be an update on the club, elections of the executive, refreshments and door prizes. If anyone is interested in serving on the committee please talk to Nettie Webber. The deadline for submitting nominations is Friday March 9th.

And at the beginning of April it will be pancake time again. This year the meal will be buffet style so you can decide if you want one or two or maybe three pancakes! You will also have the choice of bacon or sausage, or maybe you would like some of both? Volunteers will be on hand to serve you at the buffet table and available to help take trays to a table if needed. A new pancake recipe was tested out in the lounge with great reviews. This is an important fundraiser for the Evergreen Club so spread the word and bring a friend for breakfast on Saturday April 7th. The price is still only \$5 and includes juice, tea and coffee.

It's Show Time Again!

Our drama club, The Second Stage Players, are rehearsing for the spring production of a funny, heart-warming play, "Joint Owners in Pleasant Acres".

We are excited to report that for this production and future events we have a new and much improved sound system.

Performances are on Wednesday, April 25th at 1:30 pm and Thursday, April 26 at 7:00 pm. Tickets are \$10 and available at the Filberg Front Desk by the middle of March or at the door. Doors open about half an hour before each performance. Refreshments provided - all are welcome.

Come and see the delightful shenanigans at Pleasant Acres!



The story: Two women in a retirement residence, a demanding shrew and a weepy attention-getter, don't get along with anyone. Staff don't know what to do with these two. A novel experiment to resolve these results in a surprising effect!

ACTIVITY CLUBS

The Art Group

With all the overcast weather we've had, finally we have something to look forward to, the first day of Spring on March 20th. Hope that helps to lift your spirits. Also we have St Patrick's Day March 17, and not to be forgotten - Daylight Saving Time, March 11th. And if that's not enough, you could pick up a paintbrush and join us on Thursdays in the Craft Room from 12:30 - 3:30 for an afternoon of good fun and painting. Being a member of the Evergreen Club is mandatory. Marcia

Bible Study

In this season of Lent when we focus on penitence. The psalms offer such comfort and encouragement learning how David found peace and courage after repenting of the sins he had committed. 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

It has been a long time since our last report, but I am happy to say that members are still having a proverbial ball playing bingo on Friday afternoons. 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 Room. Cards are only fifty cents each, and are good for all ten games. As well we have two fun draws. New players are always welcome. We do ask that if you enjoy, and want to make it a regular Friday pastime, that you consider a membership in the Evergreen. A very special thanks to both Janet and Diane for stepping in to help run the bingo. Bob

Book Club

We meet on the first Monday of each month 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 February meeting were:

- The Legacy, Yrsa Siguroardottir
- Magpie Murders, Anthony Horowitz
- My Absolute Darling, Gabriel Tallent
- Suite Francaise, Irene Nemirovsky
- Red China Blues, Jan Wong
- Hidden Life of Trees, Peter Wohlleben
- Bellevue Square, Michael Redhill

We welcome any new members.

Joyce

Brazilian Embroidery

In the book, "The Art of Dimensional Embroidery", Maria A. Greikas says: "Embroidery is a work of art, and as with any art, it transforms the medium that it is on into a priceless heirloom. Whether it's a pillow, a garment, or a piece of cloth, it becomes a unique work of art which you created. With any good book as a tool, my goal is to help bring out this creativity in you. I hope that you will come to experience as much satisfaction in your works as I have in mine." From beginners to enthusiasts of all levels, whether you need help or are able to give help. Come and check us out on Thursdays from 9-12. Sitting fee is .50. Adriana

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 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 lounge, starting at 8.30 am. Come and join us. New players always welcome.

ACTIVITY CLUBS

Carpet Bowlers

Here are the latest results of our League as at Jan 30th 2018. In second place are the Bears with 11 points – skip Bertina Lefebure - third Phil Parmley second – Pat Lamond and lead Gene Butland. In first place are the Kats with 12 points – Skip Paul Leblanc – third Kelvin Davis – second Ron Weber and lead – Tammy Butland.

Our drop in days are Mondays and Thursdays at 1:00 pm. Our league is Tuesdays also at 1:00 pm. We are always looking for new members. This is a very fun group of people and we always have a great time together. If you would like more information or to set up an instruction on one of the drop in days feel free to phone me at 250-339-9128.

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!

Choristers

Well, it's time for "Wearin o' the Green." Looking forward to St. Patrick's Day. Hope we will be singing some good old Irish tunes. I know everyone loves them. Enjoyed all the beautiful love songs in February. The folks we sang to joined in and I know they loved them too.

Still have our fun Friday mornings 10-11:30am in the Rotary Hall and as always everyone is welcome. See you soon
Love Dobie.

Cribbage

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

Cycling

CYCLE with the Filberg 2-Wheelers We have been lucky that we have cycled sometimes between the rain, wind and snow. It's so good to get the fresh air, the exercise and socializing with friends. Come and join us for a ride on Mondays and Wednesdays at 10:00 a.m. at the Filberg Centre, weather permitting. We go for about 2 – 2 ½ hours, with regular stops and sometimes we will have lunch or a snack at a restaurant. FMI phone Karin at 250-898-8949

Computer Club

The Computer Club was happy to see some new people coming out with lots of questions and input. We will continue to have different presenters and topics every month to keep your interest ,and provide new knowledge. In February Barbara gave us tips on searching with Google, and gave us great handouts so that we could practise at home. Who knew Mr Google could help so much? We also had a round table discussion with Q&A. Please bring questions, ideas, and wishes for future meetings. At the March meeting Terry will show us how to work with The Cloud to provide storage, share photos and videos, and gain more storage. Anyone with any device: Windows pc, Android or Apple will be able to get something out of this presentation. He will also talk about syncing between different devices, and file management.

The Club meets on the second Friday of the month at 1:00 pm in the Soroptomist Lounge. Admission requires a current Evergreen Club membership and \$1.00 each meeting. Come and bring a friend. Everyone is welcome.
Ali Doi250-941-1884

Cue Sports

Thank you to all the volunteers who keep our club up and running. We welcome the following new members, Dave Bilinsky, Ole Pettersen, Shane Field Al Basinger, Ron Loudfoot, and Doug Loudfoot. We are always happy to welcome new members to our club. We are still open 7 days a week!

Darts

Join us Tuesdays- 10:30-12:30 in the Rotary Hall. \$1.00 Drop in Fee. Draw for teams. Darts Available. Must be a member of the Evergreen Club. We're a fun group and enjoy playing in a friendly, non-competitive atmosphere. Some high scores in Jan/Feb: Betty 109/Darlene 116/ Fred C. 121/Lucy 125/ June 132. High check out Maria 47. Well done everyone!

We'll hold a fun darts tournament on Saturday March 24th, starting at 9:30am. Bring your lunch. Always a great time- mixed doubles- Blind Draw. The darts qualifying playdowns for the 55 plus BC. Games will be held on Sat. April 7th at The Filberg Centre-Rotary Hall. Contact Ginny for more details. While you're enjoying our lovely spring weather, theres always time for 2 hours of fun dart playing on a Tuesday morning. See you at darts. Happy Easter
Ginny Greene 250-334-4334

Golf

Welcome back new and returning golfers. Our new season begins on Wed. April 4. We play at Longlands on Wednesdays and Fridays. Sign in before 9:30 and we tee off at 10:00. You must be a member of Evergreen Club to join. Hope to see you soon. F.M.I phone Daphne at 339-5481

ACTIVITY CLUBS

Drama Club

The Second Stage Players have been busy working on a new play which will be presented in April. We had a visit from Janet. She discussed lighting and microphones, and also some interesting things pertaining to the Evergreen Club and our connections to the CRA and the City.

We will be conducting a Food Bank Drive on March 19, 20 & 21st. Donations of food or cash can be left in the Lounge from 10 am to 1pm and also at the Members Meeting on March 21st. This is an important meeting so please attend. Ellen

Friday Night Dance

Only 3 dance dates in March, the 9th with the Amigos, the 16th with Double Play and the 23rd with The Dan Hughes Band.

The Rotary Hall in our Florence Filberg Centre is big enough to hold a few more dancers - where are you? The Live Music we have is SO GOOD - you feel like dancing, YOU SHOULD be dancing. How about YOU GUYS come and give our dance club a chance to get you going. Non-members are welcome at \$9. at the door and member are \$7.

Dance Rep. Mary 250-898-8705

Fabric Painters

Several items have been sold recently. We have more in our stash that we will attempt to display as soon as possible. Thank you to those who have purchased items.

Ken's Karaoke

Wed. March 7th
9:30 am - 12:30 and
Wed. April 4 1:00 - 4:00 pm

in the Conference Hall. Everyone Welcome!



Genealogy Club

Well, March brings us the luck of the Irish, so while you're rooting for relatives, why not come to the Genealogy Club and maybe some of that luck will rub off on you. We meet on the 3rd Thursday of every month in the Soroptimist Room at 1 o'clock.

This month the meeting will be on Mar. 15th. Hope to see you there.

FMI- call Diane 250-335-1510

Gospel Sing-a-Long

At the time of this writing the weather has been great just a bit cold, hopefully it stays with us for awhile.

Gospel-sing-a-long meets in the Conference Hall Thursday mornings from 10:30 till 11:30, come out and join us. On March 1st Gospel will be cancelled and on March 22nd we sing in the Rotary Hall. Remember there is time to renew your membership. For more information call Marnie at 250-338-1282.

Knit & Crochet Group

The perennials are starting to grow in my flowerbeds. I know it will be a while yet, but soon I'll be able to sit on the porch and enjoy the flowers while I knit. In the meantime, I'll just visit with my yarn friends on Tuesdays from 1 to 3. The fun and laughter will make up for the fresh flowers. And if the spring cleaning bug bites you, we are always happy to get yarn donations and can put them to good use. Feel free to come and visit for more information.

Mah-Jongg

Play begins at 12:30, Tuesday in the Craft Room. Drop in fee is .50 cents. Please arrive before 12:30 so we can choose seating and set up tiles. Welcome to newcomers Instruction available. For Info call Karen @ 250-890-9757.

Meet & Greet - Singles

Due to several members being struck with the "bug", we did not meet in January. We hope by the time this goes to print, everyone is back on their feet and enjoying the delights promised by the coming of spring weather.

Several months ago, Barb challenged everyone in the group to find the defibrillator. By our February meeting nearly everyone had discovered its whereabouts. This challenge was in preparation for a presentation by two members of St. John Ambulance, Norm Potvin of Courtenay and Ben Douglas from Campbell River, who demonstrated the use of different types of defibrillator. They also spent some time discussing what folks will need to be independent for several days in the event of an earthquake and put on a display of kits and other equipment and materials available to make life a little easier while the community deals with emergencies.

Barb provided us with a list of Health Care Providers for in home care. The list will be available at the next meeting. In keeping with Lunar New Year, lunch was on February 15th on the 20th at the Golden Carriage Restaurant.

A tour of the new Senior Living facilities at Best Western Hotel will take place February 27th hosted by Mr. Kit Browning. A Grief Counsellor has been invited to address our March 7th meeting. The outing in March will be a tour of Art Knapp's.

The Round Table discussion that had been planned for the January meeting has been put forward to the April meeting. This is an opportunity for members to bring forward ideas and suggestions for future meetings and outings. CvR

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

Just about everyone has played table tennis at sometime or another, it's one of the most popular sports in the world. It's easy on the body. You can play table tennis according to your own capabilities and limitations, and still be competitive. And being a non-contact sport, you don't have to worry about those bruises or even broken bones that you can sustain in contact sports.

Join us on Monday between 11:30am-1:30pm and Tuesday from 12:30-3:30pm. Paddles and balls provided. With the new year comes a new price, we've raised the cost of playing to \$1.00 a day. 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.

Quilters

We are still very busy with many quilts on the list to do. Here is a quilters' saying for the month: "When I learned to sew, I forgot how to cook."

Connie

Ukulele Club

Tuesday March 13 and Tuesday March 27th

Let me ask you a question. Recently have you felt like giving your life a good shake? To take your routines and give them the old spin – a – roo? To start march'n to a different drummer. Well, this March why not consider taking up guitar's Sweet little cousin, the ukulele? Like the song says, all you gotta do is, "march right in sit right down and Daddy let the uk roll on"

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 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

Slo Pitch

Last year was our first season of Slo Pitch at the Evergreen Club. It was a very successful start to the club with two team practicing and playing games twice a week in Lewis Park. There are lots of ideas floating around for the coming season.

Please join us at the start up meeting on Sat March 24 at 10 am in the Evergreen Lounge at the Florence Filberg Centre and we'll get the 2018 season organized.

Ernie

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

Valley Echoes

You can change some one's life in three minutes with the right song. Come and join us and visit friends at the following:

- 1st Thurs. Seniors Village @ 2 pm
- 2nd Tues. Cumberland Lodge @ 2 pm
- 2nd Thurs. Casa Loma @ 2 pm
- 3rd Tues. ECU @ 2 pm
- 4th Tues. Glacier View @ 1:30 pm

We are looking for anyone interested in joining our group as a violin player. Contact: Iris (250) 897-0281

EVERGREEN CLUB NEWS



**Join us for
Easter Turkey Dinner**
in the Evergreen Lounge.
Thursday March 29th
\$10

No other meals served on this day.

**Watch for
Surprise
Specials
on Wednesdays!**



Health Information

The 3rd year nursing students from NIC will continue to be in the lounge on Wednesday afternoons until the end of March. Drop by for chat as they have lots of information to share and can take questions on health related matters.

Holiday Closure Food Services

Our Evergreen Lounge Food Services will be closed

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

Need Help With Your Income Tax?

Evergreen Tax Volunteers with the Community Volunteer Income Tax Program will be on duty starting on **Thursday March 1st**.

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

MARCH LUNCH SPECIALS

Food Service Hours

8:00 am – 3:00 pm Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Chicken Cordon Blue Sandwich
5	6 Homemade Shepherd's Pie	7 	8	9 Rueben
12	13 Homemade Beef Dip	14 	15	16 BBQ Cheese Burgers
19	20 Homemade Quiche	21 Kitchen closes at 1 pm	22	23 Homemade Lasagne
26	27 Scalloped Potatoes & Ham	28 	29 Turkey Dinner \$10 No other meals served this day.	30 CLOSED

EVERGREEN CLUB NEWS

FRIDAY NIGHT DANCES

7:30 pm -10:30 pm

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.

Non alcoholic beverages available.

March 9 AMIGOS

March 16 DOUBLE PLAY

March 23 DAN HUGHES BAND

Interested in Serving on the Executive Committee?

The **deadline** for submitting nominations to run for the Evergreen Club Executive at the Members' Meeting on March 21st is Friday March 9th.

Forms are available from the office.

The Nominating Committee chair is Nettie Webers 250-334-3499.



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 March 2, 2018 Breathe

Stars: Andrew Garfield, Claire Foy, Hugh Bonneville

The inspiring true love story of Robin and Dianna Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease. A heartwarming celebration of human possibility. Biography, Drama, Romance
Time: 1 hr. 58 mins.

Friday March 16, 2018 100 Foot Journey

Stars: Helen Mirren, Manish Dayal, Om Puri, Charlotte Le Bon

The family of talented cook, Hassan Kadam, has a life filled with both culinary delights and profound loss. Drifting through Europe after fleeing political violence in India that killed the family restaurant business and their mother, the Kadams arrive in France. An auto accident and the kindness of a young woman, inspires Papa Kadam to set up an Indian restaurant. Unfortunately, they end up in direct competition with Madame Mallory's acclaimed "Haute Cuisine" restaurant across the road. The ensuing rivalry changes both sides forever.

Comedy, Drama
Time: 2 hr. 2 mins

Movies sponsored by Gone Hollywood Video in Comox



SPECIAL EVENTS



All Nations Variety Show

Sunday, March 4

1:00 - 4:00 pm

(doors open at noon)

Florence Filberg Centre
Conference Hall

Tickets \$15 at the Florence
Filberg office or at the door

Featuring live entertainment,
storytelling, demonstrations &
silent auction. Special guests
from the Indigenous
Women's Sharing Society and
the Multi-Cultural Society.

250-338-1000
www.evergreenclub.ca



Evergreen Club presents...

Open Your Hearts FOOD BANK DRIVE MARCH 19, 20, 21

Drop off at the
Florence Filberg Centre
Evergreen Lounge
10:00 am - 1:00 pm

It's at this time of year that
shelves at the Food Bank are
the barest... donations
are needed!

Donations of food or
cash accepted.

Hosted by the Evergreen
Second Stage Players Drama Club



Evergreen Club MEMBERS' MEETING

Wednesday, March 21

1:00 pm

Rotary Hall, Florence Filberg Centre
Includes club updates, Executive Committee
election, refreshments and door prizes

Bring a donation for the Food Bank!

You must be a current member of the
Evergreen Club to vote.

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



EVERGREEN CLUB VOLUNTEERS

A message from Deanne McRae Your Volunteer Coordinator

It's only 22 days until spring (from the day this newsletter goes to print!) Hooray, the countdown is on! It's been such an interesting winter with snow so late in the season. I'm ready to see more snowdrop flowers poking through the grass than more snow dropping from the sky. How about you?

Did you get out on Feb. 17th to enjoy the Georgia Strait's Big Band Dance Night at the Native Sons Hall? This event was presented by our club and was a fun opportunity to hear a 19 piece band. The Special Events committee chair, Helen Waddell, did an excellent job taking the lead on this. We also had many helping hands for bartending, decorating, running the door, and cleaning up (it seems more are always appreciated in that particular department!) A round of applause goes out to volunteers Don, Jackie, Marnie, Nettie, and Willem. I hope I didn't miss anyone?

I would also like to thank the club for being a part of NIC's first year nursing student's educational experience. The nurses spend time with different agencies in our community in their "Getting to know your client" part of their course. If you were around the club on Tuesdays (between 9am -3pm) chances are you would have met them. Arielle, Chantelle, Courtney & Deva have enjoyed learning what we are about. They took our exercise classes, socialized in the lounge and participated in many of the clubs we offer. Please welcome Jesslyn & Katrina our last students to join us this month.

Food services welcomed Sandra B to the kitchen crew. Sandra can also be found enjoying playing crib at the club. It is wonderful when members enjoy what the club offers and finds some time to volunteer and give back too! New volunteer Gwen N. (a part time Comox Valley resident) had some training in the kitchen with us too and will be a part of the team when the timing is right for her. Come and give our kitchen a try, we have many folks that travel or live part time in other parts of the country. We truly are that flexible!

Lastly, I really get a kick out of finding silly jokes for the newsletter. I came across the funniest joke about procrastination but it's deadline time so I'll get around to sharing that one later (Wink! Wink!)

*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 dmcrae@courtenay.ca



Food Safe Course

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

Please talk to Deanne for details and to sign up.

Date TBA



We 'heart' our spunky volunteer Janet D! She's always ready to lend a hand as seen here volunteering in the kitchen on Valentine's Day. She's a much needed kitchen spare. You will also find her volunteering for our Bingo group, decorating the lounge and assisting at many of our club events!

EVERGREEN CLUB VOLUNTEERS

VOLUNTEER OPPORTUNITIES

Volunteer Tax Program Enhanced Greeter

Looking for volunteers that don't mind sitting at a table to greet users of this service. Must be comfortable giving forms for them to fill out, calling out numbers for waiting patrons, handing back envelopes with completed tax returns. The tax program starts this month and runs on Mondays, Tuesdays, Wednesdays and Thursdays from 1 pm to 4 pm. Volunteers would need to be able to arrive at 12:45 to set up. Scheduled shifts would be March thru May. Greeter shifts will be scheduled around your availability.

Bartender Spare (for Pop Service and/or Licenced Bar)

Would you love to meet new people while volunteering at an Evergreen Club Friday Night Dance? Love live music? And have a desire to quench our thirsty dancers? Then we want you to be a spare for our pop service dances. Full training will be provided. Must be comfortable with cash duties, spoken orders, and closing up procedures. Training provided. Or alternatively, do you have Serving it Right and want to help bartend at one of our licensed special events? We want to hear from you folks too!

Kitchen Spares

We appreciate any time and flexibility 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 shift to your needs and preferences. 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.

**If you have any questions about volunteering,
please contact the
Evergreen Club Volunteer Coordinator, Deanne McRae**

250.338.1000 ext 7332
or email dmcrae@courtenay.ca.



Volunteer positions listed are just a sample of some of the opportunities we have for volunteering.



CARD LADY

We are not currently offering our Evergreen Club card service.

EVERGREEN CLUB DAY TRIPS

Victoria Day Trip with 55+ Lifestyle Show (# 45878)

Date: Tuesday March 13
Departs: 7:45 am (Lower Parking)
Returns: 7:00 pm
Cost: \$35

Book your seat and join us for a trip to Victoria for the 55+ Lifestyle Show or you can be dropped off at the View Royal Casino, Hudson's Bay Centre, Royal BC Museum. It will be Senior's Day at the Bay so those 65+ get a discount on most items.

We will get you to Victoria and you decide how to spend your time: enjoy the 55+ Lifestyle Show (\$5 admission) or meet friends, shop, lunch out or explore!

Your host will be Bill Cove.

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

Hosted by Island Fever Travel

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 .

NEW

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.

EVERGREEN CLUB TRAVEL

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.

Blue Jays vs Seattle Mariners with Clearwater Casino Resort

(# 45387) In cooperation with Square 1 Travel

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.

EVERGREEN CLUB TRAVEL

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.

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.

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.

NEW 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: Wednesday October 24, 2018

Returns: Thursday October 25, 2018

Double per person cost: \$380.00

Triple per person cost: \$360.00

Single per person cost: \$470.00

Deposit: \$50.00

Final Payment : due: September 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.

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.

BC Ferry Travel

B.C. Residents (65 years & over) travel at 1/2 price on the B.C. Ferries Monday through Thursdays. Some exceptions may apply to some trips contracted with travel companies. You must bring your identification on all trips that involve travel on B.C. Ferries.



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

*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

\$132/11

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.

MARCH 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				
<p>CITY OF COURTENAY RECREATION PROGRAMS require advanced registration . * indicates programs held at Lewis Centre.</p>				
<p>*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</p>	<p>*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</p>	<p>*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</p>	<p>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</p>	<p>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</p>