



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

May 2018



Photograph by Barb Barker Theme: Sports

President's Message

May 2018 Submitted by Gord Kruger, President

Greetings Once Again Everyone!!!!.....I know that I spoke quite confidently about the coming of spring and all the wonders it brings back in my April message. Seems I might have gotten a little ahead of myself. Shortly after my declaration of spring, sunshine and all that other good stuff, nothing seems to have changed. We have just experienced another month of the same old late winter routine.....some rain, some wind, some more rain, and even some more wind. I know we constantly hear about "Climate Change" but this is not quite what I had expected. And on the other side of the granite barrier it's even worse as the prairie provinces and Eastern Canada have had some pretty wintery spring conditions. We have actually been better than they, so I'll save my whine.

(Continued on page 2)

Dates to Remember

Fri. May 4	Friday Night Dance At the Movies	7:30 pm 12:30 pm	Mon. May 14	Exec. Committee Meeting 9:00 am Committee Reps Meeting 11:00 am	
Sun. May 6	Gospel Extravaganza	2:00 pm	Fri. May 18	Armchair Travel India At the Movies	10:30 am 12:30 pm
Wed. May 9	Armchair Travel Morocco	4:00 pm		Friday Night Dance	7:30 pm
Fri. May 11	Friday Night Dance	7:30 pm			
Sun. May 13	CV Concert Band	2:00 pm	Fri. May 25	Friday Night Dance	7:30 pm



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

Wayne King 250-339-4127

Ken MacLeod 250-338-9241

Louise Stevenson

louisedragonrider@gmail.com

Evergreen Club Staff

Courtenay Recreational Association
250-338-1000

Janet CRA Exec. Director &
EG 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 June

newsletter to the office or email

Janet jhutchinson@courtenay.ca

by **Fri. May 18th.**

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EVERGREEN CLUB NEWS

President's message continued

A couple of great musical adventures are happening in May. The first is on Sunday May 6th as "The Jacqueline Lambeth Singers" will present a Gospel Music Extravaganza in the Conference Hall with a start time of 2pm. This musical event will be a fundraiser for the Sunshine Club lunch program and tickets are available at the centre office. That's followed by "Mystery, Magic & Majesty on Sunday May 13th. This is an Evergreen Club event that features the Comox Valley Concert Band under the direction of Denise Marquette presenting songs of intrigue and inspiration. The band will feature selections to exhilarate the body and lift the soul. This is planned as a great Mothers day event. Tickets are available at the centre office or at the door on event day.

And do not despair my friends as the sunshine will anoint us very soon and this wonderful valley will swing into full summer mode. For those new to the valley many of our great summer activities will keep you busy and entertained. May long weekend activities are centered in Cumberland....July long weekend (Canada Day) activities in Courtenay....August (BC Day) long weekend activities in Comox. In amongst that mix are things like Music Fest in July, Fall Fair in September and Sunday Night Concerts in Simms Park. There are many other special days that pop up along the way....busy summer times ahead.

And something to remember this summer...."You do not need a parachute to sky dive, but you do need a parachute to sky dive twice"

Adios for now....gk



The Evergreen Club is a program of the Courtenay Recreational Association (CRA), a non-profit organization. The Evergreen Club Executive Committee oversees the Evergreen Club on behalf of the CRA Board of Directors.

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

The Special Events Committee has been meeting to look at new ideas for members' events and to plan the 2019 event schedule. One of the items being discussed is smaller social events for members. The first two socials being planned are a coffee hour with entertainment and a celebration of the royal wedding. The committee also plans to host an Open House to show off all we do here at the Evergreen Club. The Special Events Committee appreciates new ideas and feedback as they plan the event schedule for the club. If you enjoy event planning and would like to take on organizing an event let us know. New ideas are very welcome. Or, if you are interested in being on the Special Events Committee talk to Deanne, our Volunteer Coordinator.

Thanks for all the comments on the Evergreen Club trip program. As a result of the feedback more day trips and short overnight trips are under consideration. Being introduced next month is the first of the Evergreen Club Mini Excursions. Mini excursions will take small groups of up to 24 people out and about the Comox Valley and area. If these prove to be popular then we will add more trips, or a larger bus, and perhaps go further afield! If you have any ideas for Mini Excursion please let me know. You can check out the first Evergreen Club Mini Excursion in June which will be lunch at the Salmon Point Pub followed by a tour and tasting at the Shelter Point Distillery. You can see all of the day trips planned so far on page 12.

As you may know, we work with travel providers to organize many of our trips. Our travel partners include: Square 1 Travel Plus, Square 1 Travel and Cruise, Island Fever Travel and ETA Bus Tours. These companies offer us a block of seats on their trips. Last year we had quite a few members express interest in a summer Alaskan Cruise and I passed that on to Square 1 Travel & Cruise who made it happen for us. Square 1 Travel Plus (Willy & Cathie) are always very responsive to planning custom trips for the Evergreen Club and they are doing our annual trip to Seattle to see the Blue Jays this summer as well as several other popular trips. For those of you interested in longer international trips there are two Armchair Travel sessions this month. On May 9th Square 1 Travel and Cruise will be talking about their Morocco Trip and Island Fever Travel has a presentation on May 18th about their trip to India.

There is so much going on at the Evergreen Club. Deanne, Alisha and I support the club as Evergreen Club staff and over 200 members support the Evergreen Club activities as volunteers. The Evergreen Club has close to 2000 members! We have an excellent partnership with the City of Courtenay which provides facility use, reception, office and custodial services for our club. We really appreciate them all!

The position I hold as Executive Director includes managing the Evergreen Club as well as other Courtenay Recreational Association business. Most of my work (approx. 80%) is taking care of Evergreen Club operations. For Evergreen Club members who wish to share feedback, bring forth concerns (or compliments) you can talk to your activity rep, the members of the Evergreen Club Executive Committee and, of course, me! The best part of my job is talking with members to support this great club. Drop by and see me, my door is always open to talk with you.

It's Royal Tea Time!

Members and guests are invited to celebrate the marriage of Prince Harry and Meghan Markle.

Thursday, June 7, 2018
2:00 – 3:30 pm
Evergreen Lounge

China cups and a silver tea service will be the order of the day along with elegant 'tasties'. Come dressed for the occasion. Gloves, hats, fascinators or ? Tickets are \$ 2.50 and will be available in advance starting mid-May and also at the door. Come for tea!

Armchair Travel MOROCCO

Wednesday May 9
4 pm Evergreen Lounge

Join Diane from Square 1 Travel & Karly from G adventures on a journey to Morocco. Diane will be escorting a fabulous trip to Morocco this October visiting Casablanca, Fes, Marrakech. Ride Camels into the Sahara for an overnight camp stay. Explore high walled Kasbahs, exciting markets and take in a Moroccan cooking class. Discover the history and rugged beauty of mysterious Morocco.

Armchair Travel INDIA

Friday May 18
10:30 am Soroptimist Lounge

Experience the best of India with an enchanting and delightful travel journey. Explore the ancient city of 17th century Delhi, climb aboard a bicycle rickshaw, visit the world's best-known symbol of love...the unrivaled Taj Mahal, spot tigers frolicking in the wilderness, delight in the colorful pink city of Jaipur, and cruise the Holy Ganges River in Varanasi. Escorted from Comox

ACTIVITY CLUBS

The Art Group

May is here and our little group of artists are all busy producing masterpieces (Well, we think they are anyway!!) We are all happy when they are hung in the Lounge and someone sells one. It's nice to know that someone else appreciates our work. Mostly though, we paint just because we enjoy it. We meet in the Craft Room every Thursday afternoon from 12:30 to 3:30. Come check us out.

Marcia

Bible Study

The Psalms are 5 books of prayer and praise and professions of faith and trust. We are studying the 3rd book. 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 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.

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 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, May 7 from 1-2 pm in the Soroptimist Room. We speak about any books we have enjoyed reading in the previous month. We welcome any new members. Some of the titles discussed at the April meeting were:

- Manhattan Beach, Jennifer Egan
- Sapiens, Yuval Noah Harari
- Mother Tongue, Christine Gilbert
- White Angel, John MacLachlan Gray
- The Perfect Nanny, Leila Slimani
- The Wife Between Us, Hendricks and Pekkanen
- An Irish Country Doctor, Patrick Taylor
- Never Wave Goodbye, Doug Magee

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!

Cribbage

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

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 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.

Computer Club

There will only be two more meetings of the Computer Club until September, so come on out in May and enjoy the first of the next two presentations. On May 11th Terry will demo some of his favourite Windows 10 "Tips, Tricks, and Shortcuts" to help you get the most enjoyment from your time spent "computing". If you have any favourite tips and/or shortcuts, please share those with us. Terry can help to show these on our big screen.

We meet at 1:00 pm on the second Friday of each month in the Soroptimist Lounge, except July and August. An Evergreen membership and \$1:00 is all you need. Hope to see you there.

ACTIVITY CLUBS

Choristers

Well, we sure enjoyed being back in our teens singing great songs from the Fifties. Sure gave us some fond memories and I'm sure the folks in the rest homes felt the same. Our hearts go out to Hartley for his loss. We will miss 'Her Majesty' too. Hope Linda will be feeling better and can still help me on the piano. I love playing so much but I know one day I'll have to get someone to take over. Not too soon please!

As always, we meet Friday mornings 10-11:30 in the Rotary Hall and much love to all who come. Dobie

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

Darts

Tuesdays, 10:30 to 12:30 in the Rotary Hall. \$1 drop in fee. Darts available. Draw for teams.

Some high scores in Mar/Apr and Fun Darts: Gary-107/Lynn-119/Dick-119/Jennifer H.-119/Lucy-121/Jennifer G.-122/Linda-123/Ginny-131. Gary had 7 Double Outs. Mary R. won a game with 222. Well done everyone!

Fun Darts on Sat. Mar. 24 – Winners: 1st. Lynn & Fred C; 2nd Linda & Fred G; 3rd Lucy & Angela; 4th Mary B. & Mary R. Everyone enjoyed themselves – we'll try for more whenever space allows.

We miss having Norma's enthusiastic playing and wish her a speedy recovery and hope to see her back again soon. We have an average of 25-30 players and enjoy playing in a non-competitive atmosphere – year round – Newcomers Welcome! Happy Mother's Day! See you at Darts! Ginny Green 250-334-4334



Fabric Painters

Several weeks ago we nearly sold all items in the cabinet, but not to worry, we filled it up again. We try very hard to be seasonal.

Presently we have spring and summer items in the showcase. All money goes to the Evergreen Club.

Floor Curling

As of April 25th floor curling is finished for the summer months so members can golf or work in their yards. We will meet again on Sept. 26th.

If you are new to our club, we welcome you to come out and join us.

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

Cue Sports

The last game of the Winter snooker League was played on March 29th. A good time was had by all with eight teams playing a total of 112 games each. The Semi Playdowns were held on April 3rd and the Finals on April 5th. Team 4 (Don McCall, Andre Schinck, Marianne Kempkens, and Brian Giles) Won the "A" Division title. Team 8 (Dave Netterville, Don Metheral, Mike Helmon, and Len Hadley) won the "B" Division title. Glen Waldref spared for Brian Giles in the semi and finals. Congratulations goes out to everyone!

Now that the winter snooker league has wrapped up for the season you may notice that there are more opportunities to use the snooker tables. Still the most popular times during the day are the mornings with most afternoons and evenings being the quieter times. The ladies continue to play on Monday evenings from 7 - 9 and are hoping to attract new players. The newest members to the club are Kurt Landquest, Harold Osborne, and Corinne MacPherson.

A big thank you goes out to all the volunteers who help make the snooker/pool room an inviting and fun place to be!

Simple and meaningful reminders for important things that good players know...

Playing a tough shot is better than playing a tough safety.

Think while standing, not while shooting.

There are several shots, but only one right one.

The easiest way to win is to not let the other guy/gal shoot!

ACTIVITY CLUBS

Friday Night Dance

We will be dancing every Friday during the month of May to the music of our favorite bands Dan Hughes, the Amigos, Crosstown Express and Double Play. The folks who love music and dancing keep coming back so why don't YOU come and see and hear for yourself.

Non-members are welcome at \$9. and members are \$7. at the door of the Rotary Hall. Dancing starts at 7:30pm BUT COME early to visit and socialize.

Mary 250-898-8705 Dance Rep.

Genealogy Club

The Genealogy Club meets upstairs in the Soroptimist Room at 1 p.m. on the 3rd Thursday of every month. If you would like to grow some of the branches on your family tree please come and join us. We're a very friendly, helpful group, and there is always a kernel of wisdom to be found at each meeting. For more info, call Diane 250-335-1510

Golf

As several of you may know that Longlands Golf Course has been sold to Crown Isle. Unfortunately we don't know when Evergreen Golf will be starting. I will be contacting last years members via phone when we have a start date. Thank you for your patience. F.M.I. Phone Daphne at 339-5481

Ken's Karaoke

Wed. May 4
1:00 - 4:00 pm in
the Conference Hall.
Everyone Welcome!



Knit & Crochet Group

Our snowbird is back. Irene heads for the sun in the fall and has now returned to tell us all about the bargains she found. It's great to have her back and to get the benefit of her advice in all things yarn.

We made a round of donations last month and now have room in our cupboard for more. We've been working hard and several articles have been turned in. We could use donations of yarn you aren't using any more. We try to use all the yarn we are given in our donated articles. We are very imaginative and can put most things to good use.

Come by on Tuesdays from 1 to 3 to craft with us or just to take a peek at what we're doing. The more the merrier!

Gospel Sing-a-Long

Spring is coming, I have flowers blooming in my yard. Gospel sing is in the Conference Hall from 10:30 to 11:30am every Thursday morning. There will be no Gospel on May 24th. Come out and join us. For more info call Marnie at 250-338-1282.

Mah-jongg

Mah-jongg an ancient Chinese game played with tiles. Tuesday is the day in the craft room at 12:30. Please arrive by 12:15 to set up tiles & choose seating. Our drop in fee is 50 cents. Instruction available. For info call Karen @ 250-890-2244.

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.

Meet & Greet - Singles

The April meeting was a combined affair, starting with a pizza lunch, followed by a round table forum to discuss future activities, speakers, and the way forward. Several people made suggestions which were noted for consideration, and Barb and her team will be looking into opportunities to put some of the ideas in place over the next few months. Thanks to everyone who participated! The second part of the meeting was a presentation of gifts for June whose home and contents were lost in a fire. June was overwhelmed with the generosity of our members. (Paula sends a special thank you to everyone!)

Lunch in April was at Fluid Bar and Grill. April 26th is a planned trip to the Bead Shop, where attendees will be treated to a demonstration. Members are reminded of the planned Annual Pot Luck lunch May 17th at the Native Sons Hall. Members from the Powell River Seniors group are invited and we hope for a good turnout. Donations of food will as always, be gratefully received! CvR

Quilters

The Quilters have been very busy with numerous projects. We quilt all year long so come and see what we do on Mondays from Noon to Three. "Quilts are like friends, a great source of comfort."

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.

ACTIVITY CLUBS

Slo Pitch

Slo-pitch action resumes on May 1st, meeting every Tuesday and Friday at 9:30am at Lewis Park. Equipment is provided (not gloves or footwear) and the registration fee is to be determined. (Last year was \$10 for entire season).

Slo-pitch rules are basically the same as softball, the main difference being that the ball is pitched (underhand) with an arc of between six and twelve feet which, when landing on the strike target (mat 2 by 3 feet) is declared a strike. Certain rules have been modified to prevent injury (sliding is not allowed for example).

For more information please contact: Co-ordinator Ernie Kassian at ekassian@telus.net or call 250-335-1333

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. An affordable couple of hours all for a loonie.

Ukulele Club

Tuesday May 8th and Tuesday May 22nd

It's important to keep one's mind sharp. I've tried sharpening my mind by doing crossword puzzles, sudoku and scrabble. The results? I felt duller than a butter knife. Then I started play out the ukulele, it's a slice.

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

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



Walk & Talk

We've had good turnouts for the last few walks with 14-15 participating. Weather is still unpredictable, but so far only (1) walk has had to be cancelled. We meet at planned locations (see below) at 1:30pm every Thursday afternoon. Planned walks for May include:

- May 03: Wildwood Forest - carpool-park at Vanier Sports Complex
- May 10: Goose Spit, Brooklyn Creek - meet at Riki's on Elm Place
- May 17: Royston Trail, Shipwrecks - meet at Royston Coffee outlet by the traffic lights
- May 24: Seal Bay from Huband Rd - meet at Huband Elementary School on Mottishaw Rd
- May 31: Bevan Trail, Puntledge River - carpool-meet at 17th St. Bridge (at Starbucks)

For more information, or to join the group, contact: Gail at: dgflynn@shaw.ca or call 250-871-0027 or Riki at: rijag22@shaw.ca or call 250-339-1316.

Valley Echoes

Music speaks what cannot be expressed

Soothes the mind and gives it rest
Heals the heart and makes it whole
Flows from Heaven to the Soul.

- 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

Give me a Gotcha....Luv Iris

EVERGREEN CLUB NEWS



A big
Thank You
to the

Bingo Players who are donating
\$2000
to cover the cost of the
Food Safe Course
for our food service volunteers
and other kitchen needs!

"LAST CALL" FOR THE FOODSAFE COURSE!

Last chance to sign the interest list for
the 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



Income Tax Help

The Community Volunteer Income Tax
Program continues **until May 18th.**

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

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.



Our Evergreen Lounge
Food Services
will be closed
Monday May 21st

MAY LUNCH SPECIALS

Food Service Hours

8:00 am – 3:00 pm Monday to Friday

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rueben	2 	3	4 Homemade Lasagne
7	8 Scalloped Potatoes & Ham	9 	10	11 Homemade Beef Dip
14	15 BBQ Cheese Burgers	16 	17	18 Homemade Shepherd's Pie
21 CLOSED	22 Chicken Cordon Bleu Sandwich	23 	24	25 Homemade Ham & Cheese Quiche
28	29 Pulled Pork with coleslaw	30	31	

EVERGREEN CLUB NEWS



FRIDAY NIGHT DANCES

7:30 pm -10:30 pm

Fri. May 4 Dan Hughes Band

Fri. May 11 The Amigos

Fri. May 18 Crosstown Express

Fri. May 25 Double Play

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.



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 May 4, 2018 Only The Brave

Stars: Josh Brolin, Miles Teller, Jeff Bridges

The heroic true story of one unit of local firefighters that through hope, determination, sacrifice and the drive to protect families, communities and their country become one of the most elite firefighting teams in the USA. As most of us run from danger, they run toward it - they watch over our lives, our homes - everything we hold dear - as they forge a unique brotherhood that comes into focus with one fateful fire.

Time: 2 hrs. 14 mins.

Friday May 18, 2018 Same Kind of Different As Me

Stars: Greg Kinnear, Renee Zellweger, Jon Voight

International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the most remarkable journey of their lives.

Time: 1 hr. 59 mins.

Movies sponsored by Gone Hollywood Video in Comox



SPECIAL EVENTS



Gospel Music Extravaganza

Featuring the
Jacqueline Lambeth Singers

A Fundraiser for the Sunshine 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**



With Gratitude, from the Comox Valley Food Bank

"Your donations are invaluable in creating awareness and providing encouragement to others so that our community of support can be sustained and expanded to meet the basic needs of people in the Comox Valley for food."



Far left Jeff Hampton, Comox Valley Food Bank Society President

Open Your Hearts Food Drive volunteers & fellow Drama Club members.

Sharon & Harry Dixon, June Robson, Ellen Whitelaw, Peggy Carlson, Val & Phil Parnley

Far Right James 'The Driver' Comox Valley Food Bank

EVERGREEN CLUB VOLUNTEERS

A Message from Deanne McRae Your Volunteer Coordinator

Last Call for the free Food Safe Course! We have eager kitchen volunteers waiting to take the course and the instructor and date will be booked soon. If you are currently volunteering in food services (or any food related events) for the Evergreen Club then we encourage you to sign up! The Bingo Club has kindly announced that they will be donating funds to cover the expenses of all those Evergreen Club food service volunteers participating! Way to go Bingo, such a great way to give back!!! If space permits, we may have some spots open for those that wish to take Foodsafe but don't fit the above criteria. The cost would be a lower rate for you to pay as higher numbers participating will lower the per student rate. So, we encourage anyone wanting to do it to sign the interest sheet (or talk to Deanne or Janet) ASAP.

Did you get a chance to have your fill at the Pancake Buffet breakfast April 6th? Kudos goes out to head volunteer Cecile F for helping oversee the many volunteer roles. Thank you to each and every volunteer that helped out either in the kitchen or out front. It takes many moving hands to run this busy event. People loved the buffet idea and we appreciate all of your feedback.

The kitchen welcomes new volunteers: Patsy S, Mary D, and Evelyn R!!! Welcome aboard the team! We are so happy to have you in the mix. Come on guys? Where you at? Mike M, Gary H, Wayne M, Leslie H, Willem K, and John G represent about 10% of the kitchen volunteers! We want to hear from you too!

A parting thought to make you go 'Hmmm' ... Is a disagreement between two vegans still called a beef?

Club Rep's if you have a volunteer in your group that deserves a special shout out, or a new volunteer please let me know. on

VOLUNTEER OPPORTUNITIES

Royal Wedding Celebration If you love to get fancy and are a fan of The Royals than this event on June 7th is for you! If they fascinate you then put on your hair fascinators and white gloves! Various volunteers are required for this member only event: Tea pourer, Coffee Server, Sandwich preparers, Door attendant and table set up needed. Pip, Pip and Cheerio!

July 1st Tea Dance The Evergreen Club gets approached to run this event each year (at 2pm in the Native Sons Hall). The Georgia Strait Big Band gets looked after by the July 1st committee and the hosting (and supplies) of the free refreshments and desserts is put on by our Evergreen Club volunteers. Love music? Love Canada Day? Love a fun community social event? Then we want you! We need decorators, greeters, servers, and help with clean up.

Special Events Committee 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.

If you have any questions about volunteering, please contact the Evergreen Club Volunteer Coordinator, Deanne McRae at 250.338.1000 or email dmcrae@courtenay.ca. Those listed above are just a sample of some of the opportunities we have for volunteering.

EVERGREEN CLUB DAY TRIPS

NEW

Evergreen Club Members' Mini Excursion

(#46574)

Date: Thurs. June 14
Depart: 11:15 am (lower parking)
Return: 3:00 pm (approx.)
Cost: \$40

Join us for lunch out at the Salmon Point Pub followed by a tour and tasting at the Shelter Point Distillery. Max: 24 people. No Refunds unless seat filled from the waitlist.

Grease

An Evergreen Club Excursion
(#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. No Refunds unless seat filled from the waitlist.

Perfume Alert

Please be aware of perfume allergies and do not wear perfume or other scented products to club activities or on trips.



Thanks!

NEW

Cruising on the Lady Rose

Hosted by ETA Bus Tours
(#46573)

Date: Friday July 6
Depart: 6:15 am (Lower parking)
Return: 4:30 pm (approx.)
Cost: \$145.00

Come aboard the Lady Rose for a scenic morning trip from Port Alberni to Ucluelet. We will board in Port Alberni at 8 am, take the boat one way to Ucluelet arriving at 1pm. Pack a lunch or purchase a homemade lunch at reasonable cost on the boat. After a stop at Amphitrite Point we will return to Courtenay by bus. Trip includes: bus, boat and taxes. No Refunds unless seat filled from the waitlist.

Alberni Pacific Steam Train & McLean Mill

(# 46028)

An Evergreen Club Excursion in cooperation with Square1 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.

NEW

Abbotsford Air Show

Hosted by ETA Bus Tours
(#46575)

Date: Sat. Aug 11
Depart: 5:30 am
Return: 10:00 pm (approx.)
Cost: \$175.00

Reserved runway seating in front of the General Admission crowds. Come and see the static displays and performers: Snowbirds, Blue Angels, CF18, A10 Thunderbolt and much much more. We have reserved seating so you won't need your lawn chair! No meals provided. Includes: bus, ferries, reserved runway seating and taxes. No Refunds unless seat filled from the waitlist.

Friendly Cove

An Evergreen Club Excursion in cooperation with Square1 Travelplus
(#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. 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.

EVERGREEN CLUB TRAVEL

NEW

Interest List

Come From Away

Queen Elizabeth Theatre Vancouver
Dates: March 5,6,or 7, 2019
(#46577)

Please sign up at reception!

We are collecting an interest list of names for an overnight trip to Vancouver to see this popular new musical. A request for tickets has been made for special senior groups pricing. We will not know for sure if we have tickets until mid-August. At that time the trip details will be available and you will receive a call to see if you would like to book the trip.

This surprise hit is the toast of Broadway. On Sept. 11, 2001, as the horror of the terror attacks became apparent, the US closed its airspace grounding thousands of passenger jets. An astonishing 38 planes, with over 10 000 people, were forced to land in Gander, a remote Newfoundland town with a population of just 9,000. The arrival of the passengers boosted those numbers to nearly 20,000.

Come From Away focuses on a single set of passengers from one flight and the Gander residents who welcomed them into their homes.

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

Square 1 Travel & Cruise. 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.



Newfoundland and Labrador

(#45347)

In cooperation with Square1 Travelplus. 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 Square1 Travelplus

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 by 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 Square 1 Travelplus. 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

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.

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 SUMMER 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	
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!





SUMMER 2018 INSTRUCTIONAL PROGRAMS

Fitness Classes

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 August 6.

Instructor: Morgan Klieber

#46175 Mondays

July 9 - August 27

10:30 - 11:30 am

Lewis Activity Room A

\$42/7

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 August 6.

Instructor: Nancy Victoria

#46008 Mondays & Thursdays

July 9 - August 16

9:00 - 10:00 am

Filberg Centre Rotary Hall &

Native Sons Grand Hall

\$66/11

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.

#46216 Wednesdays

June 27 - August 22

1:00pm - 3:00pm

Lower Native Sons Hall

\$60/8

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 August 6.

Instructor: Juan Blancas

Mondays & Wednesdays

July 4 - August 29

#46120 10:00 - 11:00 am

#46122 11:15 am - 12:15 pm

#46121 1:00 - 2:00 pm

#46123 2:15 - 3:15 pm

\$156/26

Tuesdays & Thursdays

July 3 - August 30

#46124 10:30 - 11:30 am

Lewis Wellness Centre

\$108/18

#46125 Fridays

July 6 - August 31

10:00 - 11:00 am

Lewis Wellness Centre

\$54/9

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.

Instructor: Wendy Matte

#46549 Tuesdays & Fridays

July 6 - August 31

9:00 - 10:00 am

Filberg Centre Rotary Hall

\$108

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

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 August 6

Instructor: Kim Hamilton

Mondays & Wednesdays Level 2

#46132 July 25 - August 29

9:00 - 10:00 am

\$80/10

Tuesdays & Thursdays Level 1

#46134 July 24 - August 20

9:00 - 10:00 am

\$96/12

Tuesdays & Thursdays Level 2

#46133 July 24 - August 30

2:45 - 3:45 pm

\$96/12

Lewis Wellness Centre

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 August 6.

Instructor: Joyce Leong & Steve Thomson

Level 1

#46106 Mondays & Wednesdays

July 4 - August 15

10:15am - 11:15am

Level 2

#46105 Mondays & Wednesdays

July 4 - August 15

9:00am - 10:00 am

Native Sons Grand Hall

\$72/12



SUMMER 2018 INSTRUCTIONAL PROGRAMS

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 August 6 & 10. No AM class July 27.

Instructor: Sheron Jutila

Mondays

#46117 July 9 - August 27

2:00 - 3:30 pm

Filberg Centre Rotary Hall

\$84/7

Fridays

July 13 - August 31

#46118 10:00 - 11:30 am

#46119 2:00 - 3:30 pm

Native Sons Hall

\$84/7

Good Morning Yoga

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

Instructor: Akiko Shima

#45982 Fridays

July 6 - August 24

9:15 - 10:45 am

Lewis Meeting Room

\$96/8

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 August 6

Instructor: Sheron Jutila

Mondays

#46116 July 9 - August 27

10:15 - 11:15 am

Filberg Centre Rotary Hall

\$63/7

Yoga for Joint Health

This series of gentle postures focuses 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

#46331 July 10 - August 28

10:15 - 11:30 am

\$80/8

Thursdays

#46330 July 12 - August 30

10:00 - 11:30 am

Lewis Meeting Room

\$80/8

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.

Instructor: Catherine Reid

#46328 Tuesdays

July 10 - August 28

11:00 am - 12:00 pm

Native Sons Grand Hall

\$99/8

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

#45985 Thursdays

July 12 - August 30

5:15 pm - 6:45 pm

Lewis Meeting Room

\$96/8

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.

Instructor: Akiko Shima

#45984 Fridays

July 6 - August 24

11:00 am - 12:30 pm

Lewis Meeting Room

\$96/8

Meditation and Yoga

A Gentle Yoga practice will warm up our bodies and shift away from the busyness of the mind. Then we will practice 20-25 minutes of Silent Seated Meditation. Some meditation experience beneficial.

Instructor: Sheron Jutila

#46334 Thursdays

July 12 - August 30

2:00 pm - 3:30 pm

Lewis Meeting Room

\$96/8

Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from Gentle Yoga class in that it assumes you have a fundamental level of fitness, as well as little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. No class August 6.

Instructor: Catherine Reid

#46332 Thursdays

July 9 - August 27

6:00 pm - 7:00 pm

Lewis Meeting Room

\$63/7



SUMMER 2018 INSTRUCTIONAL PROGRAMS

Drumming

Summer Drums Alive For Every-Body

This summer Drums Alive offering is for everyone, regardless of age, ability or endurance level -- if you are missing your regular weekly Drums Alive 'fix', or simply curious to find out why Drums Alive is the most fun way to get fit, this is the class for you! You will always leave smiling! Drop-in's welcome, please bring your own ball.

Instructor: Monica Hofer

#46541 Wednesdays

July 4 - August 8

5:15 - 6:15pm

Native Sons Grand Hall

\$35/5

\$8/Drop-in

Summer Groove Hand Drumming

Get into the groove during these three days of practicing proper technique on the djembe, developing great sound, and creating rhythm soundscapes using traditional African rhythms as our foundation. If you've previously been in a Beyond Beginner or higher class, please sign up for the Beyond Beginner/Intermediate class. We will be experimenting with brand new rhythms, phrases and breaks in each series this summer, so you can get your drumming fix!

Instructor: Monica Hofer

Beginner

July 17 - 19 Lower NSH

#46535 5:15 - 6:15 pm

August 14 - 16 Grand Hall

#46537 2:15 - 3:15 pm

Beyond Beginner/Intermediate

July 17 - 19 Lower NSH

#46536 6:30 - 7:30 pm

August 14 - 16 Grand NSH

#46538 3:30 - 4:30 pm

\$42/3

Movement

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 August 6.

Instructor: Ann Marie Lisch

#46161 Mondays

July 9 - August 20

5:30 - 6:45pm

Filberg Rotary Hall

\$56/6

Zumba Toning

Zumba® Toning combines body sculpting exercises and high energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party. Along with light-weight upper body resistance using Zumba® toning sticks, you'll work against gravity or the floor to define your leg and ab muscles. No class August 6.

Instructor: Milena Spratt

#45987 Mondays

July 9 - August 27

5:30 - 6:30 pm

Lewis Activity Room

\$42/7

Adult Ballet

Develop strength and flexibility through classical technique in this adult oriented class. Beginners welcome! No experience necessary.

Instructor: Jennifer Flint

#46073 Tuesdays

July 3 - August 28

5:15 - 6:15 pm

Lewis Activity Room A

\$54/9

\$6.50/Drop-in

Creative Pursuits

Painting Comox Valley

Each week we'll paint from life at a different location in our beautiful valley using your choice of water-colour, oil or acrylic paints. Starting with a demo by the instructor, we'll then have an hour or more of painting time to try it out, with help and instruction when you need it. Please meet in the lower level of the Native Sons Hall for our first session and also in the event of a rainy day.

Instructor: Teresa Knight

#46142 Tuesdays

July 3 - August 21

9:30am - 12:00 pm

\$125/8

Painting Seascapes (Oil & Acrylics)

Seascapes are so rewarding to paint! You can capture the feeling of the waves, the sun and the ocean! This class will teach you how, step by step, to get it all down on canvas. You will learn how to make the colours of the sea, use brush strokes and techniques for adding depth and feeling, and match tones for creating distance or atmospheric perspective. You will learn how to best approach your painting, find a pleasing composition, and how and when to put on finishing touches which make it come to life! The first 2 classes will take place indoors after which, we will paint at lovely seashore locations.

Instructor: Teresa Knight

#46144 Wednesdays

July 4 - August 22

9:00am - 12:00pm

Filberg Centre Craft Room

\$125/8



SUMMER 2018 INSTRUCTIONAL PROGRAMS

Advanced Painting

Advanced Painting - all painting media - (oil painters, please, for solvent, use only Ecosafe). Work on whatever painting you like with great company, and with help and direction when you want it.

Instructor: Teresa Knight

#46143 Tuesdays

July 3 - August 21

1:00pm - 3:30pm

\$125/8

Roller Printed, Silver & Copper Rings

Using the roller printer create various textures to print on silver & copper and turn them into interesting rings.

Instructor: Cheryl Jacobs

#46138 Friday August 10

9:30am - 4:30pm

Lewis Tsolum Building

\$85

Beachstone and Sterling Silver Jewelry

Come enjoy this one day workshop with jewellery instructor, Cheryl Jacobs. Get inspired by natural beachstones that are polished in nature and compliment them with sterling silver embellishments. Learn to rivet, drill stone, design and texture sterling silver and create one of a kind pieces of jewelry to go home with. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs

#46137 Friday July 20

9:30am - 4:30pm

Lewis Tsolum Building

\$85

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

Glass on Glass Mosaics

A one day workshop doing a framed piece of art work with colourful stained glass. A new product to adhere the glass will be used, way less work and mess than traditional products. Learn to cut and nip glass, clean up the edges and finish a 10 by 12 work of art.

Instructor: Cheryl Jacobs

#46532 Sunday August 19

9:30am - 4:30pm

Lewis Tsolum Building

\$85

Handmade Sterling and Copper Riveted Beads

This class is about learning the ancient art of bead making which is popular worldwide. Students will rivet, dome and embellish mixed metals to create one of a kind mini works of art.

Instructor: Cheryl Jacobs

#46531 Sunday August 12

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

Deanna's Aroma Reiki Healing

Join us for an interactive Aromatherapy Workshop. Make and take an Essential Oil Sports Massage Blend. Explore Essential Oil Profiles and safety to address muscles, ligaments, nerves and inflammation. Information on the emotional component relating to the physical body and self care will be addressed. Learn blending techniques and applications from a Clinical Aromatherapist.

Instructor: Deanne Papineau

#46184 Wednesday July 11

6:00 - 8:00 pm

Lewis Craft Room B

\$60

Workshops

Getting to Know Dementia

This introductory session reviews information about Alzheimer's disease and other dementias, and the challenges of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, and how to begin planning for the future. People with a diagnosis of dementia, care partners and family members are all invited to attend.

Instructor: Alzheimer's Society

#46139 Friday July 13

1:00 - 3:30 pm

Native Sons Grand Hall

Free - Please Register

Shaping the Journey: Living with Dementia

A four session education series for people with early symptoms of dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.

Instructor: Alzheimer's Society

#46140 Wednesdays

August 22 - September 12

1:00 - 3:30 pm

Native Sons Lower Level

Free - Please Register



SUMMER 2018 INSTRUCTIONAL PROGRAMS

Sports

Pickleball

Join in and have fun playing this exciting paddle game! Like a mini tennis 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 class August 6.

#46170 Mondays, Wednesdays, & Fridays

July 2 - August 31

9:00 - 11:00 am

Martin Park Lacrosse Box

\$2/Drop-in

Golf Short Game

The game of golf can be broken down into two elements: the long game and the short game. This short game lesson program covers all areas of the short game, chipping, pitching, putting and sand play. No class July 25.

Instructor: Bill Kelly

#46217 Wednesdays

July 4 - August 1

1:00 - 2:00 pm

\$92/4

Golf Full Swing

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing. No class July 27.

Instructor: Bill Kelly

#46218 Fridays

July 6 - August 3

1:00 - 2:00 pm

\$92/4

Ladies Only

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing.

#46486 Saturdays

August 4 - 25

2:00 - 3:00 pm

\$92/4

Evening Badminton

This is your chance to meet other Badminton players and participate in unstructured games with players of varying abilities and experience. Drop-in Badminton is a great way to promote activity and fitness while being flexible to meet the needs of your schedule.

No games August 6.

#46168 Mondays & Thursdays

July 5 - August 30

7:00 - 9:00 pm

Lewis Centre Gym

\$3/Drop-in

Seniors Intro to Kayaking

(55 years & over)

If you have never tried kayaking (or haven't been out paddling in a while) and are interested in exploring the beautiful Courtenay River Estuary from a whole new vantage point, then this is a great course for you! Join us on the water to learn about kayaks, equipment, and paddling skills with a certified instructor.

Instructor: Comox Valley Kayaks

#46242 Monday July 23, 1 - 4 pm

#46243 Friday August 10, 2 - 5 pm

\$58/1

Adult Learn to Sail C420 - Beginner

New sailors will be introduced to basic sailing skills in the two person C420 dinghy and follow the CANSail 1 and 2 curriculum.

Instructor: Comox Bay Sailing Club

#46221 Monday - Friday

August 27 - 31

9:00 am - 3:30 pm

\$299/5

Intro to Stand Up Paddle Boarding

SUP borrows some techniques from canoe paddling and is a dynamic sport that engages your core muscles and balance. Beginner boards are wide & stable, and offer a whole new perspective on our beautiful local aquatic environment.

Instructor: Comox Valley Kayaks

#46225 Wednesday July 11, 6 - 8 pm

#46230 Saturday July 21, 1 - 3 pm

#46224 Wed August 8, 6 - 8 pm

\$48/1

Basic Kayak Part 1 - Kayak Rescues

Join Comox Valley Kayaks & Canoes in the pool to learn how to get yourself (and your paddling companions!) back into your kayak after a capsize. Take this course on its own to increase confidence on the water, or take as the first step towards a Paddle Canada Basic Kayak certification.

Instructor: Comox Valley Kayaks

#46231 Thursday July 5

#46232 Tuesday July 10

#46233 Thursday July 19

#46234 Tuesday July 24

#46236 Thursday August 2

#46235 Tuesday August 7

#46251 Tuesday August 14

#46237 Thursday August 23

7:30 - 9:30 pm

\$58



SUMMER 2018 INSTRUCTIONAL PROGRAMS

Basic Kayak Part 2 - Paddling Skills

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills! Prerequisite: Part 1 (Rescue skills)

Instructor: Comox Valley Kayaks

#46254 Saturday July 7

12:00 - 3:00 pm

#46246 Sunday July 22

9:00 am - 12:00 pm

#40247 Saturday August 4

9:00 am - 12:00 pm

#46248 Saturday August 11

3:00 - 6:00 pm

#46249 Sunday August 19

10:00 am - 1:00 pm

\$58

Basic Kayak Part 3 - Paddling Skills

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills!

Prerequisite: Kayak Rescues & Paddling Skills

Instructor: Comox Valley Kayaks

#46250 Sunday July 8

12:00 - 3:00 pm

#46253 Sunday July 22

2:00 - 5:00 pm

#46254 Sunday August 5

9:00 am - 12:00 pm

#46251 Sunday August 12

3:00 - 6:00 pm

#46252 Sunday August 19

2:00 - 5:00 pm

\$58

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

July 18

August 15

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.

MAY 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 - 1:15 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 Registration starts May 14th CITY OF COURTENAY RECREATION PROGRAMS require advanced registration . * indicates programs held at Lewis Centre.				
*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 Restorative Yoga 11:00 am - 12:15 pm 55+ Hatha Yoga 2:00 pm -3:15pm	*55+ TRX Level 1 9:00 am - 10:00 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 *55+ Strength Trng 1:30 - 2:30 pm	*55+ TRX Level 2 9:00 am - 10:00 am *Gentle Yoga 10:45am - 12:00 pm Tai Chi Level 3 11:15 am - 12:15 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 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	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