



evergreen club

Discover Your Path

Monthly Newsletter

September 2017

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



Photo by Mae McKenzie

President's Message

September 2017 Submitted by Gord Kruger, President

Greetings my friends!!!!...I was just looking back on my last report which I prepared sometime towards the end of June. I noticed that there were some comments made about the somewhat tardy arrival of the summer sunshine which had finally showed up in June after a rather breezy and wet spring. Well show up it did....and then it just continued to be around right through July and August....without hardly missing a beat. What a sensational summer we have just experienced. This wonderful valley of ours was the the greatest place to be for the last couple of months and I hope you all had the opportunity to enjoy all it had to offer.

(Continued on page 2)

Dates to Remember

Thurs. Aug. 31	Armchair Travel Vietnam	Fri. Sept. 8	Friday Night Dance	7:30 pm
Fri. Sept. 1	At the Movies 12:30 pm Friday Night Dance 7:30 pm	Fri. Sept. 15	At the Movies 12:30 pm Friday Night Dance 7:30 pm	
Mon. Sept. 4	Closed Labour Day	Fri. Sept. 22	Friday Night Dance	7:30 pm
Mon. Sept.11	Executive Committee 9 am Committee Reps Meeting 11 am	Sat. Sept. 23	Evergreen Club Garage Sale 9 am to noon Rotary Hall	
		Fri. Sept. 29	Friday Night Dance	7:30 pm

Evergreen Club Executive

President

Gord Kruger 250-339-4389

Vice-President

Nettie Webers 250-334-3499

1st Director

Fred Greene 250-334-4334

2nd Director

Ken MacLeod 250-338-9241

Secretary

Dianne Bruon 250-338-0940

Evergreen Club Staff

Courtenay Recreational Association
250-338-1000

Janet Club Coordinator

jhutchinson@courtenay.ca

Deanne Volunteer Coordinator

dmcrae@courtenay.ca

Alisha Kitchen Support

City of Courtenay Staff

Lori	Receptionist
Darlene	Receptionist
Kristine	Receptionist
Don	Custodian
Scott	City Spec Events

Activity Club Representatives

Please submit Newsletter

Reports for the September

newsletter to the office or email

Janet jhutchinson@courtenay.ca

by **Fri. Sept 15.**

Table of Contents

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

EVERGREEN CLUB NEWS

President's message continued

A great July 1st one hundred and fiftieth birthday of Canada was a great success in Courtenay and a month later Comox celebrated another Nautical Days weekend and capped it off with a thrilling fireworks display. The valley strutted it's stuff at both these parties and I do hope you were able to partake. Another great summer of "Sunday Night Concerts" at Simms Park was just an added bonus to a superb summer. And by the way, I'd like to thank the many dedicated folks who made our July 1st Tea Dance such a success....you did a marvelous job.... THANKS!!

And now it's onward and forward to the fall and winter activities at the Evergreen. Clubs will be ramping up their programs and their leadership will be looking for new members and new volunteers. We have a good thing going on here at the Evergreen and it's only as good as it is because of our wonderful members....you all, and I mean each and everyone, are responsible for all that goes on here..... whether it's simply with your membership or by your willingness to volunteer. So I encourage new members who may have just joined us to get involved in one (or more) of our activity clubs.....it's just a great way to meet new people and make new friends.

A couple of reminders for upcoming activities at the Evergreen. Our annual "Fall Garage Sale" will be taking place on Saturday September 23rd. It's time to start clearing out all those unwanted items and include the things you bought at last years sale because you thought it was such a good deal and you KNEW you really needed it. Donations can be dropped off at the Filberg Centre lower lobby weekdays from Monday September 11 to Thursday September 21.....from 10am 'till noon. Also I want to mention the "Evergreen Trash & Treasures" market event on Sunday October 22 from 9am 'till 2pm . It's in the Conference Hall.

That's about a wrap for now....but I am looking forward to seeing you all again as summer wanes and fall becomes us.....And remember.....After the game, the King & the Pawn go into the same box.....ADIOS....gk

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 flowers. The 1st place and 2nd place winners are used for The Evergreen Club's newsletter front page. The September cover photo is by Mae McKenzie.

EVERGREEN CLUB NEWS

A Note From Janet

Well it is official, I have been here a year! As you may remember, I started my position as Evergreen Club Coordinator in late August 2016. It was a whirlwind for a while and I thoroughly enjoyed meeting the Evergreen members and learning about the club's operations. It was like jumping off the deep end but luckily I like to swim!

I am often asked how I like working at the Evergreen Club and I can honestly and enthusiastically reply that I love my job. My work environment has always been very important to me, which is one reason I especially enjoy working in the non-profit sector. The energy and passion of organizations, like the CRA/Evergreen Club, really enhance communities. People Power at its best!

The Evergreen Club's members, volunteers and staff, as well as our partners at the City of Courtenay, have created a very successful organization. I am pleased to be able to carry on the good work and traditions. Thank you for welcoming me this past year and for your support, encouragement, constructive feedback and energy.

I am looking forward to implementing your ideas, following up on suggestions and continuing to support the many activities.

Donations Needed!

Help us raise funds for the Evergreen Club by donating items for our **Fall Garage Sale** on Saturday September 23rd.

Drop off items weekdays,

10 am to noon, in the lobby from Mon. Sept 11th - Thurs. Sept 21st.

2018 Memberships

Evergreen Club members, who currently have a 2017 membership, can renew between October 2 and December 31 at a discounted rate of \$22 plus GST.

New members can take out a 2018 membership starting October 2nd for \$27 plus GST and get October to December 2017 free!

New Members always welcome!

Membership is required to participate in all Evergreen Activity Clubs.



Armchair Travel Vietnam

Willy van Kemenade and Cathie Hagenon from Square 1 Travel with guest speaker Alex Lee.

Presentation will feature highlights of upcoming Oct 31 – Nov 15, 2017 Vietnam and Cambodia trip which includes a Week long Mekong River Cruise.

Soroptimist Lounge
Thursday August 31, 2017
6:30pm – 7:30pm.

RSVP: 1-250-339-7628

What's New?

As you know the Evergreen Club is a program of the Courtenay Recreational Association (CRA). The CRA, under agreement with the City of Courtenay, runs four programs in the community: Summer Camps, Building Friendships, Special Needs Recreation, and The Evergreen Club.

As a non profit organization, the CRA board sets direction and provides oversight for all programs. In June, I was appointed as the Executive Director of the CRA. Though 90% of my work continues to be for the Evergreen Club, I am also supporting the CRA.

The CRA Board of Directors are currently examining all programs and the working agreement with the City of Courtenay. There will be no changes to the operation of the Evergreen Club. However, policies, procedures and bylaws need to be updated to comply with the new BC Societies Act and the City of Courtenay's operational requirements.

This may mean slight changes to how the Evergreen Club works with the CRA and the City of Courtenay. Areas under discussion include: a formal management agreement between the Evergreen Club and the City, budgets, bookkeeping systems and financial reporting.

An Evergreen Club general meeting will be held later this fall to bring members up to date.

Evergreen Club Closures

The Florence Filberg Centre and our Evergreen Lounge will be closed for Labour Day Monday September 4

ACTIVITY CLUBS

Android Club

The Android Club meets on the third Monday of each month from 1:00 to 2:30 in the Soroptimist Lounge, except during summer and holidays.

Ron ron@ronhelp.ca

The Art Group

The summer is fast coming to an end and we are back into the full swing of things at the Seniors Centre. The activities are all starting up again and the place is buzzing. The Art group is expecting some members, who took the summer off, to be coming back.

We still meet every Thursday in the Craft Room from 12:30 until 3:30. To join our group, you must be a member of the Evergreen Seniors. Marcia



Bible Study

Summer break is over and we are looking forward to meeting again starting Tuesday Sep.5th at 9:30 am in the Soroptimist Lounge. Please bring your Bible for Interdenominational study of the Psalms – Book 2.

A printed study guide is presented for review and discussion. 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.

Fee: 25 cents per week.
Helen Waddell 250-871-1118

Brazilian Embroidery

Some of our Group went to a seminar in Portland which they thoroughly enjoyed and a couple of them even won prizes. But you don't have to be sooo good to enjoy being part of our cozy group. We help each other and you feel really great when you've done your pattern right.

Now, with all this beautiful weather, holidays and family visits, attendance is somewhat decreasing. In September we will be in full swing again.

If you'd like to learn about this creative art, come and join us Thursday mornings 9-12pm. See you there. Sitting fee is 50 cents.

Adriana

Bridge Tuesday Night

Join us for bridge on Tuesday evenings from 7 pm to 10 pm in the Rotary Hall.

Bridge Thursday

Come play on Thursday afternoons 12:30 to 3:30 in the Rotary Hall.

Camera Club

The Camera Club meets on the first and third Thursday of the month in Rotary Hall. September 7 will be our first meeting for the fall season.

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

Carpet Bowlers

WOW where did that summer go – it sure seemed to pass fast. Our first league day of bowling is Mon Sept. 11th as we have been bumped from our regular league day of Tuesdays. Next week we will be back to Tuesday afternoons. We are always looking for new members. We are a very friendly group and a fun loving crew. Our drop in days are Mondays & Thursdays at 1:00 pm. Our league day is Tuesday at 1:00 pm. We bowl in the Conference Hall at the Filberg Center – upstairs level. Looking forward to seeing everyone after our busy summer.

Chess Club

Interested in playing chess? Drop by 12:30 – 3:30 on Wednesday afternoons in the Games Room or 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 Rotary Hall.

Computer Club Microsoft

The Computer Club meets on the second Friday of each month at 1:00 p.m. unless otherwise posted.

We are a small informal group searching together for more in-depth ways to use our computers. Many are still struggling with Windows 10, and the questions raised help us all.

Terry our patient facilitator fields the questions and guides us through remedial methods. I raised the question to Terry this summer on how to connect my computer to the t.v. for watching Netflix on the larger screen. With Terry's guidance I was able to complete this procedure

ACTIVITY CLUBS

Cycling

Join us for a nice cycle trip – get your sunshine, good exercise and pleasant companionship! We meet at the Filberg Centre, lower parking lot, all ready to leave at 10:00 a.m.

We have been doing some longer trips on Mondays since it is summer and we're in good shape. We usually go for about 2 – 2 ½ hours, covering about 20–25 km. It's such a beautiful area we live in! Everyone is welcome – come see how you like our group! FMI call Karin at 250-898-8949

Drama Club

Hello everyone, hope you have all had a good summer and enjoyed our stretch of warm weather. The Second Stage Players are now back from vacations and have been asked to convene the "Canada 150 Birthday Tea" on November 8. We are deciding on entertainment and goodies and hope you can come out for an afternoon of tea, visiting and fun.

Our new executive will hold our first meeting Sept. 11 in the Conference Hall @ 3:15

Peggy

Fabric Painters

We will resume painting on September 5th. We are very short of painters and hope there are some people interested in Fabric Painting! We always have items for sale in the showcases. All money goes to the Evergreen Club.

Floor Curling

Floor curling for the fall season will begin on Wed. Sept. 27th. If you are interested in the game, you are welcome to come to the Native Sons Hall at 12:45 and someone will show you this easy game. No sweeping or throwing heavy rocks!!!

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

Darts

Tuesdays, 10:30-12:30 in the Rotary Hall. \$1.00 drop-in fee. Draw for teams. Darts available. Newcomers always welcome. Must be a current Evergreen Club member.

Some high scores: Gary, Bob, Darlene & Mary—100; Norman M.—104; Jennifer H.—102; Arnie, Fred G., Bill R., Lucy—105; Maureen P.—108; Lynn—115; Linda—120; Ginny, Ken—121; Maria—123; Hans—132; Howard—133; Norm R., Phyllis—134. High checkouts: Howard—68; Lucy—69; Arnie—78; Darlene—80. Darlene won 6 games. Jennifer H. won with a triple 4. Ginny won with a triple 1. Well done everyone!

One of our long-time players, Jack West, passed away on July 17th. We'll all miss him. He was a great guy—a true gentleman and a friend to all. Fred, Ginny, Gary & Jennifer H. are off to the 55+ BC Games Sept. 12-16 in Vernon & area, representing Zone 2. We wish them good luck & good darts.

Hope everyone enjoyed (or survived) our summer of heat and smoke. This fall should bring back our cooler, moist weather—perfect for spending 2 hours playing darts on Tuesday mornings with a great bunch of players who enjoy playing in a fun, non-competitive atmosphere. See you at Darts! Ginny Greene

Friday Night Dance

We will be dancing every Friday this month, so if you are new to the Evergreen Club and want to try out some of our well organized activities - give us a chance. Bring your partner or friends and we will entertain you with Live Bands who enjoy playing for us. I volunteer as Dance Rep. because I enjoy kinda quietly singing along to the songs that I know while watching everyone enjoying the dancing.

We've been trying to encourage 55+ to join us Seniors - hey! You should see these dancing couples show their stuff.

Mary Sawatzky 250-898-8705

Genealogy Club

Even though summer weather lingers on, our thoughts are turning to fall activities. I'm sure great discoveries have been made during all the family vacations, and now we are all ready to research them further.

The Genealogy Club will resume meeting Sept. 21, upstairs in the Soroptimist Room at 1 p.m. We will get together on the 3rd Thursday of the month, and the format is casual and informative. It doesn't matter if you're just starting out, or have been doing it for years, we accommodate all levels. Looking forward to seeing you on the 21st, and if you can get there early meet us for lunch at noon in the cafeteria. For more info call Diane 250-335-1510

ACTIVITY CLUBS

Golf

We have had a beautiful summer with sunshine and happy golfers.

June 29 was our end of month tournament with the dreaded yellow ball. First place team consisted of Mae McKenzie, Daphne Welsh, Debra Nolan and Victor Simonson. Closed to the pin for the ladies was Sue Liesch and for the men was Len Luoma.

The end of July tournament was best ball. It was a five way tie but the first place was decided on the team of Sherran McWillis, Ann Nuttall, Dave Souter and Derek Harris. Closed to the pin for the ladies was Mae McKenzie and for the men was Dixon Hiscock. Many thanks to Donna and Marty Smith of Longlands for the closest to the pin prizes and coffee and cookies.

We had a trip to Mt. Arrowsmith golf course on July 31 with 28 members attending. Lunch was at Micky J's. On Aug 21 we braved the narrow course at Saratoga.

So sad that this year has to finish but all good things come to an end. Our windup banquet is to be held on Sept. 29. See you next month.

Gospel Sing-a-Long

Gospel Sing-a-Long - during the months of July and August continued to sing. Some of us showed up regularly, sorry I was unavailable most of the time. We will be singing in the Conference Hall from 10:30 - to 11:30 every Thursday morning. Come on out and join us. We have a good time. By reading the Newsletter you can keep up with all the events at the Evergreen Club.

For more information call Marnie at 250-338-1282

Knit & Crochet Group

There's a definite nip in the air in the morning these days. It's time to dig out your yarn and start getting ready for the cooler seasons to come. We welcome knitters and crocheters of all abilities. We do not teach the basics but are willing to do our best to help each other out. We have lots of fun at our sessions.

Please feel free to join us Tuesdays from 1:00 to 3:00. If you have questions, give me a call at 250-871-3141 or pop in with your project. All Evergreen Club members are welcome. You might be the first man to brave our circle.

Ken's Karaoke



Mon Sept 18
Wed Oct 4
Wed Nov 1
Wed Dec 6
9:30 -11:30 am
in the Conference Hall

Everyone Welcome

Meet & Greet - Singles

The meet & Greet group invited all Evergreen Club members to their annual potluck picnic at Kitty Coleman Provincial Park in August. It was a beautiful day, with lots of great food, good company and entertainment.



Special Shout Out to Greg "Elvis" DeSchutter! A sparkly star volunteer who gives back to the club in so many ways! Thanks for volunteering your time to sing for us!

"We discovered him!" laughs Ellen W from the Evergreen Club's Meet & Greet (Singles) Club, "He performed at our singles group years ago for the first time for the Evergreen Club. He's our adopted boy!"

ACTIVITY CLUBS

Quilters

We have two quilts completed and two more on frames ready to work on. Also have at least two more waiting to be quilted and there are two quilts for sale in the show cases. All money received goes to the Evergreen Club. "Thou shalt always have UFO's to brighten your life."

Marjorie and Member Quilters

Recorder

The Beginner Recorder Group meets each Tuesday from 3:15-4:30 in the Craft Room. This group provides basic instruction and the opportunity to play duets and rounds and 3 part music with other players. New players are welcome.

For more information contact: Mike, miklayers@hotmail.com, 250-337-5437 (shared phone, please don't leave message) or Ella, eredbook@shaw.ca.

Scrabble

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

Table Tennis

Our play time is Monday 11:30 am to 1:30 pm and Tuesday 12:30 pm to 3:30 pm. Bats and balls provided, 75 cents per member.

Texas Hold'em

News! Texas Hold'Em now has added a **second day** to play. Starting Sept 8th Texas Hold'Em will also play on Fridays at 12:30 in the Roatry Hall. No game on Friday Sept 22.

The regular Wednesday games continue as usual.

Ukulele Club

TUESDAY, SEPTEMBER 12TH
AND SEPTEMBER 26TH
4:30-6:15 P.M. ROTARY HALL

It is very hard to wrap my head around the fact that fall is just around the corner! It has been quite a summer.... hasn't it. So much heat and so much smoke. I do hope that all of you have had a chance to sit back and relax.

Our Club gathered on a regular basis through the summer, with reduced numbers, of course. September will find us all back and ready to sing and play up a storm.

We are a non-teaching Club but our facilitator will give you information on where to look on the computer for lessons and skills training. The uke is a very simple instrument to play, and with 4 or 5 simple chords you can play many songs.

We do not use paper or books in session. Our music is sent to us via computer, where we can save it, or print it. In session we view our music via screen.

We are a welcoming group, and if you are interested in listening.... drop in..... or are you thinking about playing the uke, we have a couple of ukes you can sign out, take home, and practice at home. This way you get to try it out without making a big financial commitment.

Come and try us out. Our only requirements are a current Evergreen Club membership and a \$1.00 drop-in fee.

For further information please contact Howie at wonghowie@shaw.ca. or Terry at comoxterry@gmail.com
Marlene

Valley Echoes

September is here and hope everyone had a wonderful summer. The Valley Echoes played music to our friends in Seniors Homes throughout summer.

We will play at the following:

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

I. Goebel



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

Perfume Alert

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

Thanks!



EVERGREEN CLUB NEWS



Lunch out for the hard working kitchen volunteers!

Food Service Hours

8:00 am – 3:00 pm Monday to Friday

Starting Sept. 5th - Closed Mon. Sept. 4th

SEPTEMBER LUNCH SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Burgers
4 CLOSED	5 Rueben	6	7	8 Homemade Beef Dip
11	12 Bangers & Mash	13	14	15 Homemade Quiche
18	19 Homemade Lasagne	20	21	22 Homemade Pizza
15	26 Beef Stew & Bun	27	28	29 Chicken Salad Croissant

Thank You Volunteers!

Our 2017 Evergreen Club Volunteer Appreciation is a little different this year. Rather than one bigger event, we are getting cozier within our groups!!!

We had a wonderful time celebrating our beloved kitchen volunteers in June. It takes many people to run our food services all day, every week day! Over 40 kitchen volunteers were able to attend our thank you lunch.

In August Janet took our four tax preparers out to lunch. Bill, Guy, Diana and Mike have done over 800 income tax returns this year through Community Volunteer Income tax Program sponsored by the Evergreen Club.

Are you an Evergreen Club volunteer? Stay tuned for your much deserved recognition... Deanne

Get Well and Bereavement Cards for our Memebrs

Edith is our Evergreen Club volunteer who sends get well and bereavement cards to Evergreen Club members and their families. If you feel a card would be appreciated please let Edith Harper know of members who have passed away or who are ill or in hospital.

Call Edith at 250-338-5385



EVERGREEN CLUB NEWS



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 Sep. 1, 2017 Going In Style

Stars: Morgan Freeman, Michael Caine, Alan Arkin

Lifelong buddies Willie, Joe and Al, decide to buck retirement and step off the straight and narrow when their pension fund becomes a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Time: 1 hr. 37 mins.

Friday Sep. 15, 2017 The Circle

Stars: Tom Hanks, Emma Watson, John Boyega

When Mae is hired to work at a powerful tech company, she sees it as an opportunity of a lifetime. As she rises through the ranks, she is encouraged by the company's founder, Eamon Bailey, to engage in a ground breaking experiment that pushes the boundaries of privacy, and her personal freedom. Her participation in the experiment begins to affect the lives of her friends, family and that of humanity.

Time: 1 hr. 50 mins

Movies sponsored by Gone Hollywood Video in Comox

FRIDAY NIGHT DANCES

7:30 pm -10:30 pm

Admission at the door

Members \$7 Non Members /Guests \$9

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

90% of admission fees cover cost of the bands that are hired to play

No bar service at the regularly scheduled Friday Night dances. Non alcoholic beverages available.



Sept . 1 Double Play
Sept. 8 Amigos
Sept. 15 Crosstown Express
Sept. 22 Double Play
Sept. 29 Amigos



EVERGREEN CLUB SPECIAL EVENTS

Fall Garage Sale



Saturday, September 23

9:00 am to noon

Florence Filberg Centre, Rotary Hall

Start clearing out your unwanted items!

Donations for the sale can be dropped off at the Florence Filberg Centre Lower Lobby weekdays from Monday Sept 11 to Thursday Sept 21, 10 am to noon

Table Registration open now



A giant market, can it get any better?

EVERGREEN TRASH & TREASURES

SUNDAY, OCTOBER 22

9:00 am to 2:00 pm,
Conference Hall,
Florence Filberg Centre
411 Anderton Avenue,
Courtenay

Tables are only \$20
We encourage individuals, families, organizations, clubs, and non-profit groups to come sell anything!

Armchair Travel Presentaion

ANTIGUA, GUATEMALA

**Friday October 13
10 am Soroptimist Room**

Join Kim from Island Fever Travel on a journey to Antigua, Guatemala which is home to the largest Easter celebration in the world in which the Passion, the Crucifix and the Resurrection of Jesus are commemorated. The procession is rooted in Andalusian tradition and was brought over by Spanish missionaries in the 16th Century. The entire city takes part in the event, accompanied by travellers coming to experience the energy of Holy Week.

Island Fever Travel will once again be escorting a small group of guests to Guatemala during Easter (April 2017) in Antigua, as well as visiting Lake Atitlan and Chichicastengo. Though this is a religious time, this journey is not focused on religion but the people & places of Guatemala

Calling all

Club Committee Reps

Did you know we have more than 45+ groups that run within the EG Club?

PRIZES! CAKE & DELICIOUS TREATS!!!

Now that I have your attention, Please save the date for the next committee meeting!

Monday October 2nd 11 am

We will start with a special volunteer appreciation thank you to club reps followed by our Evergreen Club Executive report, news and room changes.

You will not want to miss it!!!
See you there, Deanne

EVERGREEN CLUB VOLUNTEERS

A message from Deanne McRae Your Volunteer Coordinator

Who is in the mood for a bad joke?
"Two silk worms had a race.
They ended up in a tie!"

Speaking of ties, it's time to clean out your closets, cupboards, nooks and crannies for our next Evergreen Club Garage Sale, Saturday Sept. 23rd (see ad for drop off times.) Always a popular fundraiser to support by donating and shopping!

Thank you to the many hard working helping hands at the Market Day Sale Pancake breakfast (too many to list here). It takes a large team of people. The cooks, servers, dishwashers etc. put in many hours and were run off their feet. It was a huge effort, and everyone did their best despite some unexpected challenges. Constructive feedback has been given to the special events committee members and executive. We appreciate hearing that!

Welcome new Evergreen Club kitchen volunteers Bettina L, Ella B, Judi W, and Sherrill W! There is always room for more! Let us welcome you next...

*Club Rep's if you have a volunteer within your group that deserves a special shout out, or a new volunteer please let me know!

Call me 250-338-1000 ext 7332
or email dmcrae@courtenay.ca

VOLUNTEER OPPORTUNITIES

Our Fall Garage Sale Convenor, Nicky Arsenault, is looking for a team of helpers with the upcoming Fall Garage Sale. This is a wonderful fundraiser for the Evergreen Club. Help may be needed with accepting donations, the Friday set up, and the selling on the day of the sale, Saturday September 23rd. Many hands make for light work! New to volunteering at the Evergreen Club? This is the perfect event to come out and give it a try.

Garage Sale Kitchen shift

Our food services will be open during our Garage Sale fundraiser. Interested in helping out the kitchen during the sale? It takes place Saturday, Sept. 23rd. The shift in the kitchen will be approximately 9am-1pm. If you are a new kitchen volunteer, this may be a fun training day opportunity.

Phone Caller

Sometimes different Evergreen Club events or activities have a need for phone calling and reaching people. If you are comfortable using the phone and leaving voicemail messages, we would love to have your extra help. Phoning can sometimes happen from home but it may be required to call from the Filberg Centre.

Trash & Treasure Concession

A smaller concession like stand of food services will be open during our Trash & Treasures Sale in the upper Conference Hall. It takes place Saturday, Sept. 23rd with the stand serving drinks and light refreshments of off the side of the kitchen vestibule. The stand will have different times of shifts needed to cover the concession opening and closing time of around 8:30-2:30. If you love a good multi-vendor market, why not have fun volunteering and then scope out the sale!

Kitchen Caller

Sometimes we need extra coverage for kitchen callers to take a week and help run our substitute list. 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 ext 7332 or email dmcrae@courtenay.ca. Those listed above are just a sample of some of the opportunities we have for volunteering.

Volunteer jobs listed are just a sample of some of the opportunities we have for getting involved as a volunteer.

EVERGREEN CLUB DAY TRIPS

An Evening with Daniel O'Donnell (# 44068)

Date: Thursday September 7
Depart: 2:45 pm
Return: 1:30 am
Cost: \$219

International star, Daniel O'Donnell, will be returning to tour across Canada. The concert takes place at the Save on Food Memorial Centre in Victoria. This fabulous singer will delight all audiences with his entertaining show. Dinner included.

Hosted by Island Fever Travel

Jeeves takes A Bow Chemainus Theatre (# 44065)

Date: Wednesday September 20
Departs: 9:45 am
Returns: 6:30 pm
Cost: \$107 per person

Join us for a comedic escape in the British comedy style.

Bertie Wooster has bitten off more of The Big Apple than he can chew. All attempts to inflict his charming ineptitude on America and break into show biz are foiled by a kooky childhood friend "Binky" and vengeful thug "Knuckles McCann". Will his illustrious manservant Jeeves save the scene and the day?

Trip includes bus transportation, lunch buffet at theatre, theatre ticket & bus driver gratuity.

Hosted by the Evergreen Club

**NEW TRIPS
will be
open for registration
on
Tuesday September 5th!**

NEW Silent Sky Chemainus Theatre (#)

Date: Wednesday November 1
Departs: 9:45 am
Returns: 6:30 pm
Cost: \$107 per person

Henrietta Leavitt sees greatness in the stars – if only others saw the brilliance in her. While many earthly complications stand in her way, her astonishing discoveries of astronomy, family, and love will change everyone's (outer) worldly perspective.

Based on the true story & science of early 20th century female "computers" at Harvard Observatory. This brilliant, headstrong pioneer must struggle for recognition in the man's world of turn-of-the-century astronomy. In this exquisite blend of science, history, family ties, and fragile love, a passionate young woman must map her own passage through a society determined to keep a woman in her place.

"alternately poignant and funny"

"Sheer magic. Smart, infectious humor."

Trip includes bus transportation, lunch buffet at theatre, theatre ticket & bus driver gratuity.

Hosted by the Evergreen Club.

NEW

Jersey Boys ()

Queen Elizabeth Theatre, Vancouver

Date: Saturday November 18
Cost: \$219
Depart: 8:15 am
Filberg Centre Lower Parking
Return: 10:30 pm

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again.

Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, JERSEY BOYS. From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's just too good to be true.

Hosted by Island Fever Travel



Please Note

Island Fever Travel is now unable to offer the Evergreen Club tickets to **Cirque de Soleil** in November.

Please contact them directly to see if they have tickets available.
(250) 287-3221

EVERGREEN CLUB TRAVEL

Weekend Cruise, Shopping & Casino Getaway (# 44066)

A fun filled weekend getaway! Travel over to Vancouver for a shopping afternoon at the New Tsawwassen Mills Outlet. Overnight at RIVER ROCK Hotel & Casino. Depart for Seattle to board the Emerald Princess for an overnight cruise back to Vancouver, stops at Stanley Park and Coombs on the return back to Courtenay.

A Square1 Travel & Cruise Trip

Departs: September 23, 2017

Returns: September 25, 2017

Cost : Inside Cabin \$569.00
Outside Cabin \$639.00
(p.p. double occupancy)

Deposit: \$250 at time of booking
Balance due July 18.

Trip includes: All transportation & ferries, accommodations at River Rock Hotel with buffet breakfast, Princess Cruise with all meals and entertainment onboard. All taxes.

TOUR HOST from Comox Valley.

Watch for new trips in the upcoming newsletters.

Nanaimo Shopper & Casino
October / November

Cornwell Christmas
Chemainus Theatre Wed. Dec 13

Dungeness Crab and Seafood Festival (# 44060) **In cooperation with Square1 Travelplus**

We will travel by bus to Victoria and by Black Ball Ferry to Port Angeles WA. The festival celebrates not only the aquaculture, agriculture and maritime traditions of the breathtaking Olympic Peninsula, but brings food, art, music, and Native American activities into one spectacular 3-day event for everyone!

The full Crab Dinner on Saturday night is a highlight. We will stay 2 nights at the Red Lion Hotel in Port Angeles with breakfast included. Brochure available at the office.

Departs: Friday October 6, 2017
Returns: Sunday October 8, 2017
Cost: \$585.00 double occupancy
\$920.00 single occupancy
Deposit: \$100 Balance by Sept 1

Price includes, bus and ferry transportation, 2 nights hotel accommodation, 2 breakfasts, Crabfest Dinner and bus gratuities. (No home pickup).

Medical and cancellation insurance is recommended. Passport or enhanced driver's license is required for US travel.

Tulalip Casino Resort & Spa Getaway (# 44062) **In cooperation with Square1 Travelplus**

Escape what is often dreary November weather to enjoy the beautiful Tulalip Resort Hotel and Spa with the Seattle Premium Outlet Mall.

Brochure available at the office.

Medical and cancellation insurance is recommended.

Passport or enhanced driver's license is required for travel to the US.

Departs: Monday Nov 13
Returns: Thursday Nov 16

Cost:
\$650.00 double occ Senior 65+
\$980.00 single occ Senior 65+
\$670.00 double occ Adult
\$1,000.00 single occ Adult

Deposit: \$100 deposit Final Payment due Sept 30th.

Trip includes: home pick up, 3 nights accommodation, bus transportation, ferry costs, 3 breakfasts, \$20 gaming credit and baggage handling. Home pick time will be confirmed 24 hours before the trip.



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

MORE TRAVEL OPPORTUNITIES

Armchair Travel

*Come learn about the
Vietnam & Cambodia trip on*

Thursday August 31 6:30 pm
in the Soroptimist Lounge

Vietnam & Cambodia with Mekong River Cruise (#43972)

Join **Willy van Kemenade and Cathie Hagenson** from Square 1 Travel on a **Vietnam and Cambodia adventure**. We'll experience the colonial charm of Hanoi, the beauty of Halong Bay, the bustling city of Saigon and the mystery of Angkor Wat temples. On our week long Mekong River Cruise we will explore villages, markets and the river's rich tapestry of life in comfort and style on RV Tonle Pandaw.

Departs: Tuesday, Oct 31, 2017
Returns: Wednesday, Nov 15, 2017
Cost: Based on double occupancy

Main Deck Outside - \$7125.00
Upper Deck Outside - \$8125.00

Package includes airfare from Vancouver, domestic flight from Hanoi to Ho Chi Minh City, all bus transportation, admissions, most meals, 14 night's accommodation, 7 night Mekong River cruise with daily included excursions, tour host for entire trip and local destination guides.

Passport is required. Assistance to obtain Vietnam and Cambodia visas will be provided. Gratuities and Visa fees are extra. Brochure is available and trip notes will be available 2 weeks prior to departure.

Deposit: \$1,000 non refundable deposit due at time of booking. Final payment due by Aug 31, 2017.

NEW

Butchart Gardens with Victoria

In cooperation with Square1 Travelplus

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.

Departs: Sunday, December 10, 2017 12:00 noon

Returns: Monday December 11, 2017 6:30 pm

Cost: Based on single occupancy \$375.00
Based on double occupancy \$300.00
Based on triple occupancy \$285.00

Deposit: \$100 with balance due by Oct 31, 2017. Trip includes hotel accommodation, buffet dinner, admission to Butchart Gardens, bus transportation, gratuities and GST. Brochure with full details available.



NEW

Deluxe Vancouver Christmas Getaway

With Ageless Adventures

Dates: December 24 – 27, 2017

Cost: Double (or twin) \$1875.00 per person
Single \$2479.00

\$60 cancellation Peace of Mind 48 hr.

Spend Christmas in Vancouver and enjoy the festive season at the well-appointed boutique Wedgewood Hotel for a three night stay. Trip includes: Christmas Lights tour, Van Dusen Gardens, tickets to the Stanley Theatre for a production of Beauty and the Beast, Dim Sum in Chinatown, a trip to Grouse Mountain and Enchant: Vancouver's newest lights programme and world's largest Christmas lights maze. Enjoy Christmas morning brunch and get-together at the Wedgewood and Christmas dinner at Seasons in the Park Restaurant in Stanley Park. All side tours and entrance fees and included amenities with three night's accommodation, two breakfasts, two lunches, one brunch, two dinners, meal gratuities.

Note : Travelers must make their own way to meet the tour in Vancouver but can be picked up at Horseshoe Bay if travelling on foot or at a Vancouver area location.

Please pick up a brochure for details.



2018 TRAVEL OPPORTUNITIES

NATURAL HIGHLIGHTS of COSTA RICA

(# 44069)

National Geographic Journey to some of the world's most unforgettable landscapes, unique wildlife, and lush rainforests in the world. Trek across the foot of a volcano to photograph giant blue butterflies, visit a coffee co-op, and search for monkeys while hiking park trails. Get in touch with nature's best in Costa Rica.

We shall visit the Monteverde Institute & learn tortilla making at a local homestay. Flyer available with full itinerary and details.

Departs: January 11, 2018 4pm

Returns: January 21, 2018 9pm

Cost : \$3499.00 per person double occupancy

Deposit: \$250 at time of booking Balance due September 15, 2017.

TRIP INCLUDES: Home pickup & drop-off, flights to Costa Rica, 9 breakfasts, 1 lunch , 2 dinners, tour in Costa Rica, accommodations, local guide & TOUR HOST from Comox Valley. Max 16 people

Square1 Travel & Cruise

THE ULTIMATE JAZZ CRUISE

(# 44070)

Join this once in a lifetime JAZZ cruise with nearly 100 musicians and 230 hours of music.

All performances, parties, events onboard are included. Sailing 7 days from Fort Lauderdale with a 25 hour stopover in New Orleans then onto Cozumel for a day. Pre- hotel stay in Ft Lauderdale will make for a wonderful holiday.

Flyer available with full itinerary and details.

Departs: February 2, 2018 5 am

Returns: February 10, 2018 9pm

Cost : Double Occupancy

INSIDE CABIN \$4699.00

OUTSIDE CABIN \$4999.00

BALCONY CABIN \$5899.00



Deposit: \$500 at time of booking, balance due September 1, 2017.

TRIP INCLUDES: Home pickup & drop-off, Flights Comox to Ft.Lauderdale, overnight hotel in Fort Lauderdale, all meals onboard ship, port charges, taxes, gratuities. All JAZZ cruise performances, events & parties. Group dinner at the famous BRENNAN's Restaurant in the French Quarter.

TOUR HOST from Comox Valley.

Square1 Travel & Cruise

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 FALL 2017 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!





FALL 2017 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 October 9, November 13, 15 & 22.

Instructor: Joyce Leong & Steve Thomson

Level 1

#44155 Mondays & Wednesdays
September 6 - December 20
10:15am - 11:15am

Level 2

#44156 Mondays & Wednesdays
September 6 - December 20
9:00am - 10:00 am
Native Sons Grand Hall
\$162/27

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 October 9, November 13 & 16.

Instructor: Kim Hamilton

Mondays & Thursdays

#44096 September 18 - November 2

#44097 November 6 - December 21

1:00 - 2:00 pm

Native Sons Grand Hall

\$96/12

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 October 9, November 13 & 16.

Instructor: Janice Bradford

#44154 Mondays & Thursdays

September 7 - December 21

9:00 - 10:00 am

Filberg Centre Rotary Hall &
Native Sons Grand Hall

\$168/28

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 September 22 & November 10.

Instructor: Wendy Matte

#44114 Tuesdays & Fridays

September 5 - December 22

9:15 - 10:15 am

Filberg Centre Rotary Hall

\$180/30

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.

Instructor: Jennifer White

Wednesdays

#44074 September 6 - October 25

#44073 November 1 - December 20

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 October 9 & November 13.

Instructor: Kim Hamilton

Mondays & Wednesdays Level 2

#44130 September 11 - November 1

\$120/15

#44132 November 6 - December 20

9:00 - 10:00 am

Lewis Wellness Centre

\$104/13

Tuesdays & Thursdays Level 1

#44131 September 12 - October 26

\$112/14

#44133 October 31 - December 21

\$128/16

9:00 - 10:00 am

Lewis Wellness Centre

Tuesdays & Thursdays Level 2

#44134 September 12 - October 26

\$112/14

#44135 October 31 - December 21

\$128/16

2:45 - 3:45 pm

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 October 9, November 13.

Instructor: Morgan Klieber

#44605 Mondays

September 11 - December 18

10:30 - 11:30 am

Lewis Activity Room

\$78/13



FALL 2017 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 October 9 or November 13.

Instructor: Juan Blancas

Mondays & Wednesdays
September 6 - December 20

#44124 10:00 - 11:00 am

#44125 11:15 am - 12:15 pm

#44126 1:00 - 2:00 pm

#44127 2:15 - 3:15 pm

\$174/29

Tuesdays & Thursdays

September 5 - December 21

#44129 10:30 - 11:30 am

Lewis Wellness Centre

\$192/32

#44128 Fridays

September 8 - December 22

10:00 - 11:00 am

Lewis Wellness Centre

\$96/16

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 September 22.

Instructor: Joyce Leong

#44136 Fridays

September 8 - December 22

9:00am - 10:00am

Native Sons Hall Grand Hall

\$90/15

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

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 October 9 & November 13.

Instructor: Sheron Jutila

Mondays

#44090 September 11 - October 30

#44091 November 6 - December 18

2:00 - 3:30 pm

Filberg Centre Rotary Hall

\$84/7

Fridays

September 8 - October 27

#44094 10:00 - 11:30 am

#44092 2:00 - 3:30 pm

November 3 - December 22

#44095 10:00 - 11:30 am

#44093 2:00 - 3:30 pm

Native Sons Hall

\$96/8

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

#44109 September 12 - October 31

\$80/8

#44110 November 6 - December 18

\$70/7

10:15 - 11:30 am

Meeting Room

\$96/8

Thursdays

#44107 September 7 - October 26

#44108 November 2 - December 21

10:00 - 11:30 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 October 9 & November 13.

Instructor: Sheron Jutila

Mondays

#44088 September 11 - October 30

\$56/7

#44089 November 6 - December 18

\$48/6

10:15 - 11:15 am

Filberg Centre Rotary Hall

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 November 21.

Instructor: Catherine Reid

#44098 Tuesdays

September 12 - December 19

11:00 am - 12:00 pm

Native Sons Grand Hall

\$112/14

Yoga for Healthy Vision

This class will focus on how breath awareness, meditation, and specific movements can improve your vision. No yoga experience necessary. You can sit in a chair, or on the floor. The techniques which Catherine will present are considered to be completely safe. However, please consult your optometrist or ophthalmologist before attending class.

Instructor: Catherine Reid

#44086 October 21

#44087 November 18

11:00am - 12:30 pm

Lewis Meeting Room

\$20



FALL 2017 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. No class October 9 & November 13.

Instructor: Akiko Shima

#44105 Fridays

September 8 - December 15

11:00 am - 12:15 pm

Lewis Meeting Room

\$150/15

#44616 Mondays

September 11 - December 18

11:00 am - 12:15 pm

Native Sons Hall Lower Level

\$130/13

Instructor: Helen Pattinson

#44105 Thursdays

September 28 - December 14

5:15 pm - 6:45 pm

Lewis Meeting Room

\$150/15

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.

Instructor: Akiko Shima

#44079 Wednesday

September 6 - December 20

10:45am - 12:00 pm

Lewis Salish Building

\$160/16

#44078 Monday

September 11 - December 18

9:30 am - 10:45 am

Native Sons Hall Lower Level

\$130/13

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

Yoga - Try It!

As we age, it is normal to experience changes in our bodies. Learn about your unique physiology postures that release tension and how to use your breath to increase energy.

Instructor: Jennifer White

Thursdays

September 21 - October 5

#44606 9:00 am - 10:00am (Women)

#44607 10:30 am - 11:30 am (Men)

Filberg Centre Rotary Hall

\$24/3

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 that 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 the tools for stress reductions. No class October 9 & November 13.

Instructor: Catherine Reid

Mondays

#44100 September 11 - December 18

6:00 - 7:00 pm

Lewis Meeting Room

\$104/13

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

#44099 Fridays

September 8 - December 15

9:15 - 10:45 am

Lewis Meeting Room

\$180/15

Movement

Qi Gong

Qi Gong is an ancient healing art that combines flowing movements and breath, aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment.

Instructor: Corny Martens

#44075 Tuesdays & Thursdays

September 12 - December 14

9:00 - 9:40 am

Lewis Centre Meeting Room

\$168/28

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. No class November 22.

Instructor: Ivy Wang

Wednesdays

#44112 9:00 am - 10:00 am Level 2

#44111 10:00 am - 11:00 am Level 1

#44113 11:15 am - 12:15 pm Level 3

September 6 - December 13

Lower Native Sons Hall

\$168/14

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. No Class November 16.

Instructor: Monica Hofer

#44115 Thursdays

September 7 - December 21

10:30 am - 11:30 am

Native Sons Grand Hall

\$105/15



FALL 2017 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 October 9 or November 13.

Instructor: Teresa Knight

#44274 Mondays

September 25 - November 27
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

#44271 Wednesdays

September 27 - November 15
6:30 - 8:30 pm
Filberg Centre Craft Room
\$125/8

Lunch Box Ideas

Add zing to your lunches with tasty raw cuisine that's Gluten-Free, Dairy-Free, Soy-Free & Guilt Free. See how quick and easy it is to prepare Cinnamon Rolls (with Caramel Icing & Almond Mylk), Tahini Turmeric Salad in a Jar, Hummus on Red Peppers, No Egg Dip & Veggies. Enjoy samples, get recipes and lots of info.

Instructor: Rose Vasile

#44480 Wednesday September 20

6:00 - 8:30 pm
Filberg Evergreen Lounge
\$40

Stained Glass 101

A more indepth class to unleash your creativity! Several designs and custom colour choices make this a popular class. You will be making a small suncatcher to introduce you to the step by step process and then a 8x14 in. window panel. Register early! A \$40 supply fee will be collected by the instructor. No class October 31.

Instructor: Nancy Morrison

#44276 Tuesdays

October 3 - November 28
7:00 - 9:00 pm
Lewis Craft Room B
\$115/8

Art with Heart Retreat

Retreats involve art exploration through connecting body, mind and spirit, making Art with Heart. Relax and rejuvenate while we create in a safe and creative environment meant to nurture individual's level of explorations. We will make ephemeral art, projects focused on gratitude and positive affirmations. Meditative and expressionistic explorations will also be guided on this retreat. Supplies and professional art and mindfulness instructors are included.

Instructor: TaraLee Houston

#44550 Saturday & Sunday

October 14 & 15
9:00 am - 3:30 pm
Tsolum Building
\$99/2

Intro to Stained Glass

Get your feet wet by making a beautiful butterfly suncatcher. Test the waters learning basic cutting, grinding, foiling and soldering. A \$20 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#44272 Tuesday September 26

6:30 pm - 9:30 pm
Lewis Craft Room B
\$30

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. No class October 31.

Instructor: Jenna Flint

#44264 Tuesdays

September 19 - December 5
6:30 pm - 7:30 pm
Lewis Activity Room
\$72/12

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. No class November 21.

Instructor: Joan Wydenes

#44245 Tuesdays Beyond Beginner

September 12 - November 28
1:00 pm - 2:00 pm
Native Sons Grand Hall
\$48/11

#44244 Wednesdays Beginner

September 13 - November 29
1:00 pm - 2:00 pm
Lewis Activity Room A
\$54/12

Hula

Hula is the graceful Polynesian dance of the Hawaiian Islands. In this 4 week series, you will learn the basic movements of hula as well as learn a couple of dances. A fun new way to move your body as you learn to tell a story with your hands. No experience necessary.

Instructor: Jacqueline Nybo

#44527 Tuesdays

November 7 - November 28
9:30 am - 10:30 am
Lewis Craft Room A
\$60/4



FALL 2017 INSTRUCTIONAL PROGRAMS

Music

Piano

Have you always wanted to play the piano? Music makes your brain work better and here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$30 and a piano or keyboard is recommended for practising at home.

Instructor: Debbie Ross

Thursdays

September 14 - November 30

#44254 2:00 pm - 3:00 pm Beginner

#44255 3:00 pm - 4:00pm Beyond Beginner

Lewis Tsolum Building

\$192/12

Recorder

Because music makes your brain work better! Try a new instrument, join a small group ensemble, and meet new friends. This is a great way to learn to read music as well as to keep your brain and fingers agile. Soprano recorder and book cost will be \$30, bought from the instructor at the first lesson. Alto and tenor recorders will be available to try.

Instructor: Debbie Ross

#44260 Thursdays

September 14 - November 30

1:00 - 2:00 pm

Lewis Tsolum Building

\$144/12

Groove with your Grandparents

Bond with your grandchild through music. You will sing, play with instruments and groove together. No Class October 9.

Instructor: Susie McGregor

#44591 Mondays

September 18 - October 30

9:30 am - 10:30 am

Lewis Salish Building

\$50/6

Beginners African Drumming

Drumming in 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 or those not ready to move to the beyond beginner level. Please contact instructor if unsure.

Instructor: Monica Hofer

#44246 Thursdays

September 14 - October 26

5:00 - 6:00 pm

Native Sons Hall Lower Level

\$98/7

Blues Harmonica

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock, but the harmonica is truly at home with the blues. No previous musical experience is necessary.

Instructor: Larry Ayre

#44220 Thursdays

October 19 - November 23

1:00 pm - 2:00 pm

\$75/6

Beginner Blues Guitar

Get happy while strummin the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases).

Instructor: Larry Ayre

#44252 Thursdays

October 19 - November 23

2:15 pm - 3:15 pm

\$75/6

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

Sports

Badminton

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

October 9 & November 13.

#44165 Monday, Thursday & Fridays

September 7 - December 22

1:00pm - 3:00pm

Lewis Centre Gym

\$2 Evergreen Drop - In

Squash Lessons

Squash is a healthy sport for fun and fitness. Learn how to swing, rally and keep score in 6 easy lessons. Equipment is included. Intermediate lessons are for those who would like to bump up their game a notch. No class November 13.

Instructor: Sue Tompkins

Mondays

#44589 5:30 - 6:30pm (Beginner)

#44588 6:45 - 7:45pm (Intermediate)

October 16 - November 22

Lewis Squash Courts

\$60/6

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.

#44172 Monday, Wednesday & Friday

May 24 - September 8

9:00 - 11:00 am

Martin Park Lacrosse Box

\$2.00/Drop-in



FALL 2017 INSTRUCTIONAL PROGRAMS

Wellness

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 Society of BC
#44648 Tuesdays

September 26 - October 17
10:00 am - 12:00 pm
Native Sons Hall Lower Level
FREE, please register

Family Caregiver Education

This workshop is for family members who are caring for a person with dementia. Information includes: Understanding Alzheimer's disease and related dementias, effective and creative ways of facilitating communication with a person with dementia, problem solving for responsive behaviours & self care for the caregiver.

Instructor: Alzheimer Society of BC
#44649 Thursdays

October 26 - November 2
12:30 - 4:30 pm
Filberg Soroptomist Lounge
FREE, please register

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

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
September 20
October 18
November 15
December 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.

SEPTEMBER AT A GLANCE

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

Monday	Tuesday	Wednesday	Thursday	Friday
EVERGREEN CLUB ACTIVITIES				
Snooker Drop-in 7am - 5 pm Cycling Group meets 10 am (weather permitting) Canasta 9:45 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 Android Tablet Group 1pm 3rd Mon of each month Book Club (1st Monday) 1-2 pm Drama Club Meets 3:15 - 5 pm Whist 7:30 pm - 9:30 pm	Snooker Drop-in 7am - 5:00 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 1:30 -3 pm Recorder 3:15 -4:30 Ukulele Group (2nd & 4th Tuesday) 4:30 - 6:15 pm Bridge 7 - 10 pm	Snooker Drop-in 7 am - 12:15 pm 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 - 3 pm (2nd, 3rd & 4th Wednesday of the month) Meet & Greet (Singles) 1-3 pm 1st Wed of month Scrabble 1 - 4 pm	Snooker Drop-in 7 am - 5 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 Golf Club meets at Longlands on Wed. & Fri, 9:30 am from April to October.	Snooker Drop-in 7 am - 5 pm SloPitch 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) Check Summer schedule for dates. Texas Hold'em 12:30 - 3:30pm Computer Club 1 pm 2nd Friday of month Bingo 1 - 3 pm Fri. Night Dances 7:30pm (check schedule) Computer Lab Maintenance is completed on the first Friday of each month.
CITY OF COURTENAY Recreation Programs				
<small>CITY OF COURTENAY RECREATION PROGRAMS require advanced registration . * indicates programs held at Lewis Centre.</small>				
*55 + TRX Level 2 9:00 am - 10:00 am Gentle Yoga 9:30 am - 10:45 am 55+ Gentle Yoga 10:15 - 11:15 am * Women's Specific Strength Training 10:30 am - 11:30 am Restorative Yoga 11:00 am - 12:15 pm Fall Proof & Mobility Training 1:00 pm - 2:00 pm 55+ Hatha Yoga 2:00 pm -3:15pm	*55+ TRX Level 1 9:00 am - 10:00 am *Qigong 9 :00 am - 9:40 am Chair Fit 9:15 - 10:15 am *Yoga For Joint Health 10:15 - 11:30 am *55+ Strength Trng 10:30 - 11:30 am Chair Yoga 11 am -12 noon Line Dance - Beyond Beginner 1:00 pm - 2:00 pm *55+ Strength Trng 1:30 - 2:30 pm	*55+ TRX Level 2 9:00 am - 10:00 am Tai Chi Level 2 9:00 am - 10:00 am Tai Chi Level 1 10:00 am - 11:00 am *Gentle Yoga 10:45am - 12:00 pm Tai Chi Level 3 11:15 am - 12:15 pm *Line Dance - Beginner 1:00 pm -2:00 pm Minds in Motion 1:00 pm -3:00 pm	55+ TRX Level 1 9:00 am - 10:00 am Stretch & Strength 9:00 am - 10:00 am *Qigong 9 :00 am - 9:40 am Yoga For Joint Health 10:00 am - 11:30 am Drums Alive Golden Beats 10:30am - 11:30 am *55+ Strength Trng 10:30am - 11:30 am Fall Proof & Mobility Training 1:00 pm - 2:00 pm	Friday Fit Mix 9:00 am - 10:00 am Chair Fit 9:15 am - 10:15 am *Good Morning Yoga 9:15 am - 10:15 am *55+ Strength Trng 10:00 am - 11:00 am 55+ Hatha Yoga 10:00 am - 11:30am *Restorative Yoga 11:00 am - 12:15pm 55+ Hatha Yoga 2:00 pm -3:30 pm