



evergreen club

Discover Your Path

Evergreen Club Memberships

January 1 - December 31, 2024 \$35

Website www.evergreenclub.ca

Email: info@evergreenclub.ca

Florence Filberg Centre Reception

411 Anderton Ave

Courtenay, BC V9N 6C6

Monday to Friday 8:30 am - 4:00 pm

Phone 250-338-1000

Evergreen Lounge Food Service

Monday 8:30 am - 1:00 pm

Tuesday - Friday 8:30 am - 3:00 pm

Kitchen Phone: 250-338-1953

President's Message

Submitted by Gord Kruger Evergreen Club President

Greetings once again everyone!!!.....well it's now onward and forward to what the rest of 2024 has to offer. There certainly was some discomfort with what came at us in month one as January proved a bit testy with that spate of somewhat cool weather. In my now many years of Comox Valley living I have come to expect a cold weather event in November and/or December and then a following one sometime in mid to late January. But during the past couple of months it's been quite different....quite warm and sans snow until just recently.....and then a short stint of REAL winter before the rain came and washed it all away and warmed us up. Maybe that's it for this time around and maybe we can start thinking "SPRING".....could we be that lucky?

Busy days around the Evergreen. We started the year out with a great New Years Party in the Conference Hall, great food, good dancing and just a really good feel to the whole evening. A rather substantial number of folks even made it up until the midnight hour and managed a great circle of friends in the center of the room singing Auld Lang Syne. It was a great evening and our Leadership Team and a number of our member volunteers did a great job in organizing the event....."THANKS TO THEM ALL" We had a good Membership Meeting on Monday January 22. Janet and I gave offerings to the group that attended and then we had the Mayor of Courtenay, Bob Wells in attendance to be our guest speaker.

Continued on page 2.

FEBRUARY 2024

The Evergreen Club Monthly Newsletter



Camera Club Winner Theme : Close Up

Photography by Gerry Royer

DATES TO REMEMBER

Closed Monday February 19th Family Day

Georgia Strait Big Band

Sun. Feb 11th 2:00 pm

Conference Hall

EG Executive Committee

Mon. Feb 12th 10:00 am

Friday Night Dances

Feb. 2, 9, 16

Rotary Hall 7:30 pm

Members' Valentine's Party

Wed. Feb. 14th 1:00 pm

Evergreen Lounge



Prospective &

New Members' Welcome

Friday February 16th

10:30 am Craft Room

EVERGREEN CLUB NEWS



CRA Evergreen Club Staff

Call Filberg Reception 250-338-1000 and ask for:

Janet Hutchinson
CRA Executive Director &
EG Club Coordinator
jhutchinson@courtenay.ca

Cathy Audia
EG Club Special Event &
Volunteer Coordinator
caudia@courtenay.ca

Alisha Tinga
EG Club Food Services
Coordinator

Paula Dobson
CRA/EG Bookkeeper &
Assisant Administrator

Evergreen Club Executive Committee

President
Gord Kruger 250-339-4389
Vice-President
Nettie Webers 250-334-3499
Secretary
Dianne Bruon 250-338-0940
Riki Jager 250-339-1316
Ron Webber 250-338-6603
Louise Stevenson
louisedragonrider@gmail.com

Evergreen Club Activity Representatives

Each of our Activity Clubs has a volunteer representative (aka the "Rep"). For names and contact information for an Activity Rep please contact reception.

Activity Club Reps: Please submit your newsletter reports for the MARCH newsletter by Wednesday February 21st.

Send newsletter reports to Janet jhutchinson@courtenay.ca
Producer/Editor

President's message continued...

He came equipped with a power point presentation and he also brought along two of his councilors and a senior city staff member. A very good Q & A followed his presentation and our members tested them with some very good questions. All in all, it was a very good session.

A couple of travel opportunities are coming up. A dinner and show on Wednesday February 7 will provide a 5 pm dinner at the Golden Carriage and then it's over to The Sid for a 50's & 60's Jukebox musical, should be a great night. Also an interesting trip to Duncan for the "Hand Of Man Museum". Details for both of these trips can be found in this newsletter. A new section in the newsletter will be titled "Spotlight on Activity Clubs". Ongoing issues will highlight one of our MANY activity clubs and tell you a lot about that highlighted club. It will be very informative to those interested in a particular club and will make your decision to join a lot easier. I am really looking forward to this new information as we have such a great assortment at The Evergreen. One more thing I would like to mention is "The Georgia Strait Big Band" concert on Sunday February 11. Show starts at 2 pm in the Conference Hall and there will be a dance floor area too. This concert is an Evergreen Club Fundraiser.

Before leaving you, a couple of "Coffee Puns". Q - how did the Hipster burn his tongue/ A - he drank his coffee before it was cool... Q - how does a Tech guy drink his coffee? A - he installs Java... Q Why do they often call coffee a cup of mud? A - because it was ground a couple of minutes ago...

Adios My Friends.....Stay Well.....gk

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Cover Photo

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 EG Lounge for a month. All those visiting the centre are able to vote for their favourite. The theme showcased in this newsletter is "Close Up". The 1st place and 2nd place winners are used for cover picture of The Evergreen Club's newsletter.

LIKE and Follow us on Facebook for the latest updates, events and news.



Our page is called The Evergreen Club at the Florence Filberg Centre.

EVERGREEN CLUB NEWS

A NOTE FROM JANET

February always reminds us of love. Valentine's Day has morphed into being a day we say I love you not only to our partners but to friends, family and other dear ones. And here at the Evergreen Club there are many people who share our lives, whether it be meeting once a week at a card game or when a casual acquaintance develops into friendship. I often notice that when a regular member is not in attendance for a couple of weeks, someone will invariably ask about them. Are they away, at an appointment or perhaps someone should call and make sure they are ok? This is a type of caring that we celebrate at the Evergreen Club, friendship and community are to be treasured.

Before spring arrives in the Comox Valley we have to deal with the sometimes dreary days of February. As I arrive each morning for work I enjoy seeing the bright lights on in the lounge. I know kitchen volunteers will be getting the coffee and muffins on, a few people will already be in the games room playing snooker, and the custodian will be setting up for the morning groups. By 9:00 am people will be in the lounge chatting before heading to various rooms to their activity clubs. All is well at the Evergreen Club. Come on down and feel the warmth. All our regular activities will be happening plus a few day trips for those of you who would like to get out and about.

If you enjoy music you must come see the Georgia Strait Big Band on Sunday February 11th. This afternoon of music will be wonderful. There will be audience seating plus a dance floor so you can tap your toes or get up and move to the groove. This is a fundraiser for the Evergreen Club and your support is very much appreciated. Our annual Valentine's Party is on Wednesday February 14th. This is a free members' event, you can bring a guest or just come by on your own to enjoy a treat and some musical entertainment.

I will be taking a week off at the beginning of the February to go storm and wildlife watching in the Tofino area. Spring is just around the corner and I am already considering new things to plant as I learn about my new gardening hobby. I'm planning to get my bike out and pretend I am not afraid to fall off it and break something again!

See you at the club, with love, Janet



2024 Evergreen Club Memberships

\$35 January – December 2024

You can get an Evergreen Club membership online at the City of Courtenay or call or drop by the Lewis Centre or the Filberg Centre.

Lewis Centre 250 338 5371
Filberg Centre 250 338 1000

VOLUNTEERING

Have you been meaning to show your love for the club by volunteering?

Read the Volunteer Opportunities each month on page 5. There is always a new way to contribute, have fun and meet people!

Need Help with your Income Tax Return?

Once again the Evergreen Club will be taking part in the Community Volunteer Income Tax Program sponsored by the Canada Revenue Agency.

Our volunteer tax preparers are vetted by the CRA and ready to help you out. The program starts on Wednesday March 6th and runs Wednesday afternoons throughout March and April. Details TBA

This program is for community members (any age) that have a modest income and a simple return. More information will be available on an information sheet that will be available later in February in the EG lounge.



Want to Check Out the Evergreen Club?

Prospective members are welcome to drop in and check out any activities for free. If you would like more information about a specific activity before dropping by you can contact the Volunteer Activity Rep. If their name and contact information is not listed in the newsletter please ask the office for the rep's phone number or email.

Prospective members can visit once or twice before taking out an Evergreen Club membership.

EVERGREEN CLUB SPECIAL EVENTS



Georgia Strait Big Band

Sunday February 11th
2:00 pm

Florence Filberg Centre - Conference Hall
Audience seating plus Dance Floor!

Tickets \$15 (12 and under free) available at the door or at the
Florence Filberg Centre office



An Evergreen Club Fundraiser
Evergreen Club • 250-338-1000 • www.evergreenclub.ca

Be Our Date!

At the Evergreen Club's Free Valentine's Day Party
Wednesday, February 14th 1:00 pm

Evergreen Club Lounge
A sweet treat is included in addition to
the vocal stylings of our very own

Greg DeSchutter



Evergreen Club FRIDAY NIGHT DANCES

7:30 pm Rotary Hall
Filberg Centre

Feb. 2nd Double Play
Feb. 9th The Amigos
Feb. 16th The Amigos
Feb. 23rd No Dance

Admission at the door
Members \$10 Non Members \$12
Coffee/tea /cookies included.

Non alcoholic beverages
available for purchase.



WELCOME

Prospective & New Members' Welcome Friday February 16th

Join us in the Craft Room on the main floor
(tucked behind the lounge)
on Friday February 16th at 10:30 am.

Come a few minutes before 10:30 to pick up your
complimentary beverage from the kitchen counter.
We will chat about the Evergreen Club and the ways
to get involved.

This is a great chance for new or prospective
members to learn about the club, ask questions and
meet Evergreen Club staff. Come hear about the
many things the Evergreen Club offers. Whether you
are a new member, or considering joining the club,
this is a perfect place to start.



CATHY'S CORNER

If you come to the club on Tuesdays you may have noticed the nursing students from North Island Collage have been bringing down the average age at the club! The students have received a warm welcome from Fabric Arts, Knit and Crochet groups to name a few. We will welcome two more pairs of students in the month of February. If you have a chance to say hi please do. They are here to mix and mingle and learn about interacting with our senior demographic!

We had a great turn out at our Members' Meeting on January 22. The meeting gave us the chance to take a look at the year in review. I spoke about the Special Events and I was surprised to find we held 22 special events in 2023! It just goes to show, there is always something fun happening here at the club.

In January we also held a Special Events Committee meeting. The Special Events Committee is made up of several volunteers as well as Janet and myself. We discuss possible Special Events for the year, considering factors like; members interests, fundraising potential and volunteer and staff requirements. At the moment we are busy putting the final touches on the Murder Mystery with the help of Ron Sitter. If you are lucky enough to go I look forward to hearing your feedback. This is our first ever Murder Mystery at the EG Club and I wonder if our members would like to see another Murder Mystery in the future.

I am also planning a free members Valentine's Day Party in the lounge. Details are still being finalized but there is always music, treats and surprises. So mark your calendar for the afternoon of Wednesday, February 14 because you have a date!

As always, I welcome your comments and feedback on all things Evergreen Club. All the best. Cathy Volunteer and Special Event Coordinator

"The heart of a volunteer is not measured by size, but by the depth of the commitment to make a difference in the lives of others."

DeAnn Hollis

CURRENT VOLUNTEER OPPORTUNITIES

Kitchen Callers Are you looking for a volunteer opportunity that does not take up a lot of your time? Kitchen callers will help fill last minute cancelations of our kitchen crew. Callers are on a rotating schedule and are the caller of the week 1-2 weeks a month and typically only receive 1 phone call a week.

Are you an RMT? I am looking for one to two RMT's who are willing to share their skills at an upcoming special event. This is a one-time volunteer commitment for only 1-2 hours that allows you to give back to our club in a unique way. Intrigued? If your licence and insurance are up to date, I would love to hear from you to discuss the details.

Kitchen Volunteers We would love to have your help as part of our kitchen crew. Shifts start at just 2 hours and your commitment can be as little as once a month. We work around your schedule so we can fit into your life. Shifts allow time to sit and enjoy a coffee and muffin with the other volunteers and are great ways to meet new people and contribute to our club.

Roadie Our sound technician is looking for some assistance with the set up for special events. Tasks include moving equipment, running extension cords and securing them to the floor. No experience required. This position is flexible, the commitment can be as little as less than once a month, and works around your schedule.

Sound Assistant Do you have an interest in sound? We are looking for someone who would like to learn how to operate the sound board, for karaoke, drama and other Evergreen Special events. No experience required as training is provided but an eagerness to learn is a must. A background in music is an asset.

Event Planner If you have an idea for a special event you would like to plan, we would love to hear from you. Planning a Special Event is very rewarding to see it all come together, and the smiling faces of those who attend your event. You will have the creative flexibility to make your vision come to life, with the support of The Evergreen Staff to ensure your event is successful.

Please contact Cathy if you have any questions or are interested in any of the positions.

Cathy 250 338 1000 caudia@courtenay.ca

SPOTLIGHT ON EVERGREEN ACTIVITY CLUBS

The Second Stage Players

In the early days of the Second Stage Players, the drama club rehearsed in the basement of the Bickle Theatre (Sid Williams Theatre) and performed many plays and skits on the Bickle Stage. The prop people spilled out into the parking lot to create items used on stage. During that time, the drama club would often take their plays out on the road and competed in provincial drama festivals, taking home the gold at the Senior Olympic Games in Prince Rupert.

The Second Stage Players moved into the Florence Filberg Centre after it opened in 1988 and they pitched right in, not only performing on stage but this group became the first kitchen volunteers. In fact, a retired cook from the group suggested the first hot lunch. Betty Annand, one of the founding members, began writing many comic skits and plays. The audience loved them and the comedy genre remains a staple of the Second Stage Players to this day.

This year, the Second Stage Players has 25 members who love hamming it up to bring laughter to their audiences. Besides acting, there are many other jobs to be done and it takes many hands to put on a play. The drama club always needs volunteers interested in making props, designing the set, arranging costumes, and working backstage. Drama is a wonderful way to make new friends, build comradeship and offer a sense of belonging. Of course, the audience is very important and the Second Stage Players are always so appreciative of their support. They are also thankful for the kind and corroborative assistance of Janet Hutchinson and Cathy Audia, the kitchen volunteers, the sound technicians, the lighting technician, the custodians and the many others who work behind the scenes to ensure smooth sailing for every production.



If you are interested in joining The Second Stage Players, feel free to come to our meetings on the first Monday of every month. We also welcome you to our workshops on the third Monday of every month. Both run from 3:00-5:00 pm in the Conference Hall upstairs. The workshops will be fun and interactive, providing opportunities to brush up on some acting skills. Looking forward to seeing you there!

Music is Good Therapy for Everyone

As the upbeat, toe-tapping tune ended with an emphatic all in unison ukelele strum, a resident from the senior's home where we were playing spoke up. "I want to thank you people for coming here and playing today" he said. "My wife died a few months ago and I've been pretty down in the dumps, but I've enjoyed this music and this is the best I've felt in months!" A dedicated core of fifteen or so ukulele players make scheduled monthly visits to the seniors' homes throughout the valley bringing a little joy to the residents. We have no delusions of being professional performers, we just play for fun and share our enjoyment of music with others. What we've learned is the powerful connection that music can make even when people are withdrawn or have dementia.

At The Views, staff clear a dance floor in front so the physically mobile folks can sway to the tunes they like led by their Activity staff. We've seen some fine hulas and a few wild boogies there! On one occasion a fellow requested that we repeat a song that reminded him of his truck-driving days and an old cassette tape he'd play when there was no radio reception. Sometimes the connections are more subtle and we see a little toe-tapping or clapping along. Sometimes people who rarely speak anymore sing all the words to familiar songs. For the players, the response to the music reinforces the importance of being there and spreading a little joy. One of our players says it's the most important part of playing the ukulele, being able to share with others.

In 2023, we entertained the troops around the valley on 37 occasions including 2 fund-raisers, 1 service group, seniors' homes, and some special needs venues. We're happy to share a little music, have a little fun, and brighten someone else's day. Afterall, music is good therapy for everyone!



A smiling sun
means a surprise
hot lunch
special!



EVERGREEN CLUB KITCHEN NEWS & MORE

February Lunch Specials

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Pizza <i>GF & veg option avail.</i>
5	6 Turkey Shepherd's Pie	7 	8	9 Ruebens
12	13 Chicken a la King	14 Party at 1 pm	15	16 Lasagna <i>GF option avail.</i>
19 CLOSED Statutory Holiday	20 Hamburgers <i>GF option avail.</i>	21 	22	23 Tacos <i>GF option avail.</i>
26	27 Sweet & Sour Pork	28 	29	



The Members' Birthday Contest Winner for January is **Paul Galvin**

Pick up your prize at reception!

Is your birthday in February? Put your name and birthdate (no year necessary) on the birthday poster in the Evergreen Lounge for a chance to win a prize. Check the names every month so you can wish a Happy Birthday to someone you know! Winners will be announced in the newsletter every month. Thanks to Jackie for organizing this fun members contest.

Food Services Hours

Monday 8:30 am - 1:00 pm
Tuesday, Wednesday, Thursday & Friday
8:30 am - 3:00 pm

Daily Menu

Fresh sandwiches, soups, salads, baked goods & beverages. Take home frozen entrees & soups also available.

Hot Specials

Typically served on Tuesdays, Wednesdays & Fridays starting at 11:30 am. \$7.50 each

Watch for more diverse menu items to include more options for those with dietary restrictions and preferences. The kitchen is offering new options to include more gluten free and vegetarian choices.

MORE EVERGREEN CLUB NEWS



Wheels in Winter

*Wicked winter weather coats the roads in snow and ice
Howling winds and freezing rain can make it very nice
To read a book, learn to cook or maybe hit the gym
Take a hike, take a class, have a snooze or a swim.*

*But winter's hold is tenuous and soon the sun will show
You'll spy your bike upon its rack and think, "I should go!
Ride some trails, share some tales," and when you do,
Come on down to Evergreen and join the cycling crew!*



Miriam's Muse

Miriam's Muse Valentine's Edition

This monthly column features wisdoms and jokes that serve as inspiration for Miriam Piikkila. Every month a joke or musing is copied from her scrapbook.

I have been holding onto this article for years now. When I would read it in the past I would think, "We can't encourage hugging! We are living in COVID times!" Now I finally feel like we are at a point where it is ok to share, and in honor of Valentine's day it seems appropriate. Cathy

Hugging

Hugging is healthy: It helps our body's immune system, it keeps you healthier, it cures depression it reduces stress, it induces sleep, it's invigorating, it is rejuvenating, it has no unpleasant side-effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflammation proof, non-fattening, no monthly payments, no insurance requirement, theft-proof, non-taxable, non-polluting and the best part, it's fully returnable.

Need help with your iPad, iPhone, Android Phone, Tablet, Laptop or PC?

Please fill out a questionnaire, located on the corkboard outside of Janet's office in the lounge, drop it off at reception or give it to Cathy.

Our tutor, Jan, will be in touch to arrange a time to meet one on one in our Evergreen Club computer room. Jan can answer questions, help you keep up your skills and learn new things!



EVERGREEN CLUB ACTIVITY CLUBS

The Art Group

Well, hopefully by now the worst of winter has passed us by and warmer weather is on the horizon. All is well in the Art Group, and we are still meeting on Thursday afternoons in the craft room where we are busy painting and drawing. A variety of works are in progress including flowers, landscapes, animals, people and interesting abstract shapes.



This month we are featuring a painting by one of our group, Melodie Douglas. This work is done in acrylic paint and is called Misty Morning Paddle. Perhaps Melodie was thinking of slightly warmer weather when this was painted. Working in a variety of media (including pencil and pen and ink) Melodie's paintings and drawings are often a uniquely different perspective and always visually interesting.

Stay safe, cheers, Jane

Bean Bag Toss

Bean Bag Toss, a new weekly game at the Evergreen Club started in October. We play on Thursdays at 10 am in the Rotary Hall.

Come out and enjoy a friendly game.
Lyle

Book Club

The Book Club meets the first Monday of every month at 1 pm in the Florence Filberg Centre. Some of the titles read and recommended by our members at our January meeting were:

North Woods, Daniel Mason
The Fraud, Zadie Smith
We Are All Perfectly Fine, Jillian Horton
Small Change, Elizabeth Hay
One Puzzling Afternoon, Emily Critchley
A Killer in King's Cove, Iona Wishaw
All the Broken Places, John Boyne
The Seven Moons of Maali Almeida, Shehan Karunatilaka
The Lost Journals of Sacajewea, Debra Magpie Earling
The Maid, Nita Prose



Our next meeting will be Monday, February 5th at 1 pm in the Florence Filberg Centre upstairs in the Soroptimist Lounge. Joyce

Bingo

Bingo is held every Friday beginning at 1 pm. This is a social afternoon for those who enjoy getting out and playing bingo for fun and the small prizes!

See you there!



Camera Club

Don't know your F-stop from an ISO? Can't find your camera's "ON" button? Worried you'll get arrested if you shoot RAW? If you answer "YES" to any of these, then the Evergreen Camera Club is for you.

We welcome all levels of photographers from shy beginners to seasoned pros. We meet in the Rotary Hall twice a month on the 1st and 3rd Thursdays of the month. From noon to 1pm we focus on photo editing and other advanced topics. From 1 pm to 2:30 pm we host our general meeting, where we discuss all things cameras and photography.

Come give us a try (and bring your camera).

Brazilian Embroidery

Join us in the Craft Room on Thursday mornings at 9:00 am. Come see this beautiful style of embroidery.

Bridge Thursday

Welcome to any new players who wish to join us.

May you all have lots of good cards in 2024!

Thursday afternoon Bridge is in the back half of the Filberg Centre Rotary Hall 12:30 pm start.

Bridge Tuesday Night

Join us for Bridge in the Filberg Centre Rotary Hall at 6:45 pm.



EVERGREEN CLUB ACTIVITY CLUBS

Canasta

We meet on Mondays from 9:00 am to 11:30 am in the Evergreen Lounge. New players are very welcome.

Carpet Bowlers

Greetings from the carpet bowling "Happy Gang"! We are very pleased to report an increased number of interested people showing up for Thursday drop-in. Please come about 15 minutes ahead so we can form teams for a start at 1PM.

League play continues on Tuesdays at 1PM and drop in Thursdays at 1PM. No bowling days for February are Feb 1st, 22nd, and 29th. At this point, it looks like March and April won't have any cancellations....fingers crossed!

Chess

Drop by the Craft Room on Wednesday afternoons at 1 pm. We need more players so come on out and have a game or two! All skill levels welcome!

Choristers

We have been singing some great old tunes in January and will be doing love songs for February in honor of Valentines Day. I hope to have a date to put on a Musical show sometime in the spring. So look for that in future Newsletters.

We have a great lineup of tunes that will be woven into a lovely whole. We again sang out at the hockey game last Saturday night and all had a good time.

Cribbage

Come play crib on Tuesday mornings at 10 am in the Rotary Hall. Everyone welcome!

Cycling

January 2024 has been a rest month for our cycling group. Time for planning our year's adventures near and far. I am assuming we will get out in our local valley February / March and beyond starting some time in May / June. Out of town tours will include Campbell River, Quadra, Denman, Hornby, Qualicum, Parksville, and more. We seem to have a core group of about 12 riders each tour, however our active list includes 30 plus. That being said we are always wanting new riders. You are welcome to come join us to see if cycling is for you.

Mondays and Wednesdays 10 am at the Filberg, usually 20 to 30 k at easy pace and rest stops, sometimes coffee stops to socialize. One of our riders has a flair for literary wit so I have imposed on her to supply a sample for your enjoyment. See page 8,



Cue Sports

The Cue Sports Club has two snooker tables and an 8 Ball table. Cues are available to use while in the room. The cost is 25 cents for 15 minutes (put your quarter in the light box to turn on the table lights). Everyone is welcome to drop in, try your hand at a game and meet some new people.

The Games Room is open Monday through Friday between 8:30 am and 4:30 pm as well as some evenings between 6:30 pm to 9:00 pm. Evening play will be most Mondays, Tuesdays, Thursdays and some Fridays.

Darts

Darts are played in the Rotary Room every Tuesday morning. It starts at 10:30 am sharp until 12:30. We ask everyone to be here by 10:15 so we can organize teams. It is a fun non competitive way to spend a Tuesday morning. No experience necessary. We have a great bunch of people. \$1.00 per week.

Some high score this month are: William- 100, Flo- 100, Larry- 105, Dennis- 105, Jim- 107, Bob- 110, Lynn- 119, Steve-120, Norma- 121, Mike- 125, Linda- 129, Arnie- 133, Wayne- 133, Brian- 140, John-180 (perfect score, Well done John) High checkout: Steve- 85, For more information contact Linda MacMullen at 250-897-0646 or l.macmullen@outlook.com

Euchre

The Euchre group is a fun afternoon for all levels of player. And....if you want to learn a fast paced game of luck and chance we are happy to teach newcomers. We'd love to have you join us Thursday afternoon at 1pm. Contact Lori Carter 403.512.8203 or lcartermaclean@yahoo.com for more information.

EVERGREEN CLUB ACTIVITY CLUBS

Drama May be a meeting date change . Please watch your emails.

Hello everyone so good to have spring just around the corner. We had our after party for the Drama Club December Show at the White Spot on January 21st and everyone had a great time, it is such fun to get together just to have a good visit. For the coming months we will meet on the 1st and 3rd Mondays. This month we will meet on Mon. Feb. 5th and since the 3rd Monday is a holiday so we will meet on Mon. Feb. 26th instead.

The 1st Mondays we read a few scripts to choose one for the fall show as well as have a short meeting just to keep everyone up to date. We will all participate in reading plays and having a discussion. If I have time we may even have coffee and tea. If anyone has a play they would like to put forward for consideration please don't be shy, just bring it to the meeting and we will put it in the mix. On the third Mondays of every month we will be having acting workshops with Heather Rapin (which I for one am looking forward to). These sessions will be fun and informative so please attend when you can. If any of these Mondays fall on a Holiday then another Monday will be chosen. Our meetings are always open to any member of the Evergreen Club who wishes to come and participate or just find out what is happening in a club where fun is our main goal because if we are not having fun at our age we should not be doing what ever we are doing.

Phil Parmley, President Ph: 250 897-1749 Email parmley@shaw.ca

Floor Curling

Floor curling is going strong every Wednesday at 1 pm. in the upper Native Sons Hall. New members are welcome. If you would like to give it a try, come to the hall at 12:30 pm and someone will teach you the game. The activity is a weekly drop-in rather than a commitment to a league. Cost is only \$1.00 for two games. FMI Dianne Bruon 250-338-0940 grumpybearwear@shaw.ca

Fabric Arts

Here we are in the new year happily welcoming two new members. Heather joined us in December and although a long time Evergreen Club member, she only recently decided to give Fabric Arts a try. "Looking for something fun to do," she said. She's definitely dedicated to doing weird and wonderful things with fabric, lace, thread and buttons. I don't know if she is having fun yet, but the rest of us are certainly having fun watching her. Sonia is our January new member and is new to the Evergreen Club too. Sonia is a knitter, a fabric fanatic and spends some of her time volunteering at the Habitat Restore. Although only with us for two weeks, she is already addicted to Marjorie's yoyo "machine". I can see Sonia is going to fit right in. Add to those two wonderful additions, this is the time of year that we get student nurses come and take part in our activities. Part of their training seems to be checking out what us old people do to amuse ourselves. And, as per previous years, our two young visitors are natural whizzes, completing their projects and on to next while the rest of us just plod along. It was such a wonderful thing to see our craft room bursting at the seams (no pun intended). In fact, the room was so crowded that someone had the nerve to lock me out! Onwards.

Friday Craft Group

Bring your knitting, crocheting, beading, macrame, embroidery, weaving, or anything else you're working on and join us in the Lounge from 1 pm - 3 pm. (No charcoal or paint please). You're completely free to do your own thing. Come, visit, have a natter, join in. Everyone welcome!



Friday Night Dance

We want you to know how fortunate we are at the Evergreen Club to have live bands and great musicians who want to keep us dancing and enjoying our favorite songs so why not come and see for yourself.

Doors open at 6:30pm and music starts at 7:30pm in the Rotary Hall at the Filberg Centre. Admission at the door is \$10 for members and \$12 for non-members.

Genealogy

Oh Snow! No meeting in January due to inclement weather, but the February meeting promises to be fascinating. We will have a presentation on DNA, and any questions you have will be appreciated. As a matter of fact, if you could just ask your question on Facebook prior to the meeting it would provide even more time to research them. Our Facebook address is Evergreen Seniors Genealogy Club. Nice and simple and open to all interested parties.

As always our meeting will be 1 p.m. on the 3rd Thursday of the month (Feb. 15), in the Conference Room stage end. There will be socializing in the lounge at 12 noon prior to the meeting. See you then.

EVERGREEN CLUB ACTIVITY CLUBS

Gospel Sing Along

The Gospel Singalong is a casual gathering of people who love those good old hymns and choruses. We meet on Thursday mornings from 10:30 - 11:30 am.

On Feb. 1 you will find us in the Rotary front Hall, but as of Feb. 8 the Singalong is moving to the Soroptimist Lounge on the top floor (turn right at the top of the stairs, turn left as you exit the elevator). This will be our new home, except for Feb. 22 when the room is unavailable and we will meet in the Rotary Hall.

Please feel free to drop by! Join in the singing, or just listen to the glorious music.



Heartstrings

Welcome, we are a group of guitar, ukulele (and other stringed instruments) and accordion players that get together for a fun time of playing and singing songs from days gone by to some more current (but not too current) songs. Members play a mix of electric and acoustic instruments, not too loud, so that you can't hear yourself, but loud enough to cover some of our mistakes. While we are not an instructional group, players with a fair knowledge of chording should be able to fit in. Chords and words are provided on an overhead projector for you to play along with. There is a \$2 drop in fee (your first session is free.) Spectators are welcome. Wednesdays at 9:30 am.

The "Jam"

Every Monday (except holidays) from 2:30-4:30 pm in the Rotary Hall. We use the website Ultimate Guitar (U.G.) to access any song an individual wishes, put it in their chosen key, put it on the screen for all to see (lyrics and chords), give them the microphone, and everyone plays along to their rendition of the song. We are averaging two choices per person each session.

We have had guitars, ukuleles, bass, banjo, mandolin, harmonica, keyboard, a drum kit, soloists, and a wide variety of songs selected. To sing, it's preferred if you email the song title, the performer, your choice of key, and the U.G. version to jamezp@telus.net by the preceding Saturday. Jim will find your song and be ready for you when your turn comes. Bring your instrument (acoustic preferred) and play along at your own skill level. First visit free, and subsequently a \$2 donation to help cover equipment costs. Spectators free, welcome, and wanted.

Karaoke



It's time for songs and fun! Karaoke will take place on Feb. 28th this month as we've been bumped to a week later than usual. A friendly group will be waiting to welcome you then, whether you come to sing or simply to listen. Find out why people look forward to Karaoke afternoons. Always a no-pressure-to-sing situation, be forewarned though that quite a few arrive with no intention of singing and change their minds after assessing the situation! Should that end up to be you after a while, simply choose a familiar song from the song title catalogue, write the number on the card on your seat and tell Sandy to slot you into the queue. The choice will always be there to sing your song alone, with someone else, or with the singer that sings on some of **the discs**. **And you'll find Sandy more than willing to help you** get the hang of things when it's time to go onstage. Drop into the Conference Room any time after 1 pm and stay for as long as you can or until 3:30 pm when our session ends. Sandy and Allan and helper Sally will greet you with a smile.

Improv Club

Improv is the 2nd and 4th Wednesday of the month at 1 pm. Every session brings laughter, silliness and a lot of spontaneous fun. Everyone welcome. More Info? Call Mary at 250-703-0315.

Knit & Crochet

Join us around the table in the Evergreen Lounge on Tuesday afternoons starting at 1 pm. Some of the Knit and Crochet members are also attending the Friday Craft Group.

Lacemakers

The lace making group continues to meet in the Craft Room on the 2nd and 4th Fridays of each month from 1:30 - 4:00 p.m.

We welcome anyone interested in handmade lace (bobbin, tat, knit or crochet, eg.) to join us or just pop by anytime to see what we're doing!

Mah-Jong

The Mah-Jong Club is meeting in the Rotary Hall on Tuesdays at 12:30 pm. Please come 10 to 15 minutes early so we know how many tables to set up. Must be a member of the Evergreen Club. Drop in fee is 50 cents.

For info call or email Marg
250-898-1158 fowler48@telus.net

EVERGREEN CLUB ACTIVITY CLUBS

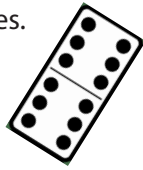
Meet & Greet - Singles

The aim of the Meet and Greet Singles Club is to bring together those members of the Evergreen Seniors, who are without partners, to socialize and participate in activities with others of similar interests.

Our next meeting is Wednesday February 7th, at 1 pm in the Rotary Hall. New Members are welcomed.

Mexican Train

Come to the Evergreen Lounge on Wednesday afternoons at 1 pm for a fun game of dominoes. New players welcome!



Quilters

The Quilters meet Mondays at 12:15 pm in the Craft Room. If you are in the building come & see what we do. We love visitors. Connie Watson

Recorder

The Trouble Clef Recorder Players meet every Tuesday afternoon at 1:30 pm and play a variety of music in 3 and 4 parts including pieces from the Renaissance and Baroque eras, country dance music, and Canadian songs.

New players are welcome as well as other woodwind and string players. If there is interest a beginner group may be formed.

For more information contact Michael miclayers@gmail.com

Scrabble

Wednesdays in the Soropotomist Room 1 pm. All skill levels welcome.



Come enjoy a friendly game and meet new people too!

Social Dance Club



Join us in the Conference Hall on Monday Feb. 12th and 26th starting at 12:30 pm for an afternoon of dance! We have the whole room to move in and great music from Linda's playlists with a wide variety of styles. Come enjoy dancing on the ballroom floor!

For more information contact Alan Box 250-941-6067

Table Tennis Monday

Join us for a fun day of play on Mondays. Drop in anytime to play between 11:30-1:30 in the Rotary Room. Paddles and balls provided. Come out to see if this game is for you. First time free after which you must have an Evergreen Club Membership and pay a whole dollar for two hours of fun.



These guys were lighting up the room in December while playing table tennis and munching on Christmas treats.

FMI contact Louise 250 338-2718 or louisedragonrider@gmail.com

Table Tennis Thursday 5:30 pm to 8:45 pm

Come and enjoy a fun filled 2.75 hrs of intermediate to competitive table tennis. If you haven't played for a while, are familiar with the game, then some instruction can be provided within the first hour of our evening. Our Thursday Night Table Tennis group is for intermediate level and above players. This game, as a physical activity, has few equals. As quoted in the 2023-08-05 Globe & Mail Weekend Opinion, "Studies have shown that this is one of the best sports for the brain...", "...since playing ping pong requires all sorts of rapid-fire decision making and processing of different types of information, it stimulates very disparate parts of the brain..." Table tennis features a mix of aerobics, strategy, quickness and coordination.

Our Thursday Night has a highly structured play format, beginning with a one-hour Warm-Up, followed by 1.75h of competitive win/lose game playing, both singles & doubles, depending on our numbers. For those not interested in competing in a win/lose game format we dedicate one or two tables for their play, numbers permitting. To join you'll need a 2024 Evergreen Club membership. There is a drop-in fee of \$1.00. We have paddles for those without. Balls are provided.

For more info contact Dave Semple, mobile: 250-898-1224, or by email: 4sempledave@gmail.com

Texas Hold'em Social

Social poker games are held every Friday afternoon in the Rotary Hall starting at 12:30 pm. Come play your hand!



EVERGREEN CLUB ACTIVITY CLUBS

Trivia

Join us for some lighthearted trivia. We are not a serious group, our main focus is simply having fun. We each bring 20 general knowledge questions and meet from 1-3 pm. Thursday (except the 3rd Thursdays off site TBA.)

Ukulele Club

February is one of club's favorite months for two reasons. First, February 2 is National Ukulele Day. Every February 2nd folks around the world will celebrate and dare I say, pay homage to this lovely little instrument by listening to ukulele music and playing ukulele songs. Second, February is Valentine month. And there is nothing more heart felt then a love song played on the ukulele.

So if you're looking to taste a little "Loving Spoonful, check us out.

Although we are not a teaching group many of our songs have just a few simple chords that you can easily learn from our web page. We play and sing as a group so no one hears your missed chords and flat notes. We play from music displayed on a large screen so no fussing with sheets of music. We even have ukuleles you can try at our club practices before deciding to buy your own. Checking us out is free. To join you'll need to have an Evergreen membership. Drop-in fee \$1.00.

We play the second and fourth Tuesday of the month starting at 3:30 pm and ending at 5:00 pm.

For more info contact: Terry Hall comoxterry@gmail.com



Walk & Talk

Every Thursday at 1:00pm we meet to walk trails in and around the Valley. We usually walk for 1 – 2 hours and then go for coffee. A walk will be cancelled if it is snowing or conditions are considered unsafe. New walkers are always welcome.

- Feb. 01 Puntledge River Trail. Meet at the parking area beside Puntledge Park on 1st Street. This trail has steep stairs.
- Feb. 8 One Spot Trail (Burns Rd. to Brazier Rd. and return.) Meet at Vanier Sports Complex for carpooling.
- Feb. 15 Royston-Cumberland Rail Trail, from Cameron Rd. Meet at Canadian Tire for carpooling.
- Feb. 22 Seal Bay – Melda's Marsh Loop. Meet at Tim Hortons in Home Depot parking lot for carpooling.
- Feb. 29 Lazo Beaver Trail. Meet at John's Independent parking lot for carpooling.

Whist

Well we got past the festive season without anything more than a few added pounds. Cards are upon us for another year and if we have as good a time as last year that would be great. We have had a few new players come to play as well as a couple of older players return. As always we are here to have fun and enjoy a night with friends. So for those who are thinking of coming out we welcome you and your friends. We start Monday play at 7 pm, and play 20 hands, finishing at about 9:15 then have some cookies and coffee or tea and some interesting chat. It all comes with a \$2 entry which if you are lucky you might win it back. Enjoy the upcoming spring.

See you at whist, Norm-Judy



Writers' Group

The writing group is a new group just getting started. We had a very stimulating session at the January meeting with everyone sharing about what they would like to write or had written in the past. It was agreed that we all have a story to tell. Brainstorming these ideas inspired all of us to get started writing on something. We are a group of free range writers who are making our own parameters as a whole. It was exciting how one person's writing experience or ideas ignited or sparked an idea in another person. We also discussed the idea of having a short piece in the Newsletter from a member each month if there is space for it. We also picked a topic to get started on if we wish to write a short, less than a page piece on "A Life Changing Experience"

We can also bring something that we have written that we wish to share with the group. For now we are planning on meeting once a month on the 4th Monday of the month. As the group evolves we may decide to meet more often. Anyone interested in writing is welcome to join us on Monday February 26th from 12:30-2 pm in the Soroptomist Lounge.

EVERGREEN CLUB MEMBERS' DAY TRIPS

Registration for **NEW** trips opens on **Tues. Feb. 6th**

Dinner & A Show

Relive the Music at the Sid Williams

FULL Add your name to the wait list!

Date: Wednesday, February 7, 2024

Meet: Meet at the Golden Carriage at 5:00 pm

Return: Show ends approx. 9:50 Sid Williams Theatre

Cost: \$95.00 includes smorgasbord dinner, tip and theatre ticket.



Why leave town when there is a fantastic show happening right here at the Sid Williams Theatre? We have a fun evening in store for you. Meet the group at the Golden Carriage Restaurant on 5th street where you will enjoy a great smorgasbord meal. After dinner you can walk with us (or find your own way) to the Sid Williams Theatre to take in, **Relive the Music** 50's & 60's Rock n' Roll Touring Show! This is a jukebox musical concert with a Broadway feel with a band, singers, dancing, tributes, video and trivia. The Relive the 50's & 60's show has received 91 standing ovations in a row!

Hand of Man Museum & Lunch

Date: Wednesday, February 28, 2024

Depart: 10:00 am Return: 6:30 pm

Cost: \$150 price includes museum, bus and driver tip

*Note: Lunch, food or drinks are NOT included in price

NEW



Our first stop will be for lunch at The Fox & Hound British Pub in downtown Ladysmith. After lunch, we head to The Hand of Man Museum. The Hand of Man is a small museum just outside of Duncan (Maple Bay). The displays and impressive collection of hand-crafted artifacts, historic tools, skeletons and taxidermy including big game and dinosaur skeletons casts. Experience culture, traditions & beliefs of ancient civilizations. Small groups of 3-4 can share an iPad that will take you on a guided tour. As we make our way home we will stop at Starbucks/Chapters in North Nanaimo. You will have a chance to have a coffee and if you like a quick browse through the gift section or the large selection of books.

Hairspray the Musical Queen Elizabeth Theatre, Vancouver

Date: Sunday April 7th

Depart: 7:30 am Filberg Centre (Upper) Return: 10: 45 pm approx. Filberg Centre (Upper)

Cost: \$280 each Bus, Ferry and theatre ticket included (No meals included) Seating is in left centre section rows 11 -17

NEW

Join your fellow Evergreen Club members for this very special day trip to Vancouver for this fabulous Broadway show! Hairspray is already a timeless theatre that has won many awards as well as people's hearts. Hairspray smashed Box Office records and has toured to great critical acclaim. The moving story will unfold in a medley of songs, outfits, dancing and amusing dialogue that will have every audience member smiling, singing and laughing along, with the more moving moments reminding everyone of important lessons in life. From the feel good yet layered characters, to the unforgettable songs, the dizzying dance routines and bright costumes, you will join in and dance and sing along. Hairspray features some of the most loved hit songs in the musical world, with tracks, such as Welcome to the 60's, being instantly recognized from their opening bars. We stop enroute at the mall in North Vancouver with time to wander and grab a quick meal. After the show we will stop again for food before heading to the ferry. Meals are not included in the trip fee so prepare to pack food, purchase a meal or eat on board the ferry. Bring your water bottle, pack snacks and a blanket and dress comfortably for this all day trip!



Refund Policy

Full refund if cancellation before Friday March 8th

Refunds after Friday March 8th

If filled from the waitlist: full refund.

If not filled from the waitlist: 50% refund only.



EVERGREEN CLUB ACTIVITIES AT A GLANCE

Check the newsletter, bulletin board or your Activity Club Rep for changes or cancellations.

Monday

Cue Sports
8:30 am - 4:30 pm
6:30 pm - 9:00 pm

Cycling Group
Meets at 10:00 am

Canasta
9:00 am - 11:30 am
EG Lounge

Table Tennis
11:30 am - 1:30 pm
Rotary Hall

Hand Quilters
12:15 pm
Craft Room

Social Dance Club
2x Month (see p. 13)
12:30 pm
Conference Hall

Book Club
1st Monday 1 -2 pm
Except stats

Writers Club **NEW**
4th Monday 12:30 pm
Soroptomist Lounge

The "Jam"
2:30 pm - 4:30 pm
Rotary Hall

Drama Club
3 - 5 pm See p. 11
Conference Hall

Whist
7:00 pm - 9:30 pm
Rotary Hall

Tuesday

Cue Sports
8:30 am - 4:30 pm
6:30 pm - 9:00 pm

Slo Pitch
9:00 am-12:00 pm
Lewis Park
Spring/summer

Fabric Arts
9:30 am Craft Room

Crib 10 am
Back Rotary Hall

Darts 10:30 am
Front Rotary Hall

Mahjong
12:30 - 3 pm
Back Rotary Hall

Horseshoes 1 pm
Lewis Park (Apr -Sept)

Carpet Bowling
1pm
Conference Hall

Stamp Club (2nd Tues)
12:30 pm
Soroptomist Lounge

Knit & Crochet Group
1 pm - 3 pm
EG Lounge

Recorder
1:30 pm Craft Room
Sept -June

Ukulele Group
(2nd & 4th Tuesday)
3:30 Rotary Hall

Social Bridge
6:45 pm - 10 pm
Rotary Hall

Wednesday

Cue Sports
8:30 am - 4:30 pm

Heartstrings
9:30 am
Rotary Hall

Cycling Group
10:00 am
Filberg Centre

Golf at "The Park"
in Comox 9 am
Spring/summer

Mexican Train
1 pm
EG Lounge

Chess
1 pm Craft Room

Scrabble
1 pm Sept - May
Soroptomist Lounge

Improv Club
2nd & 4th Wed
1 pm Rotary Hall

Meet & Greet (Singles)
1st Wednesday 1pm
Rotary Hall Sept -June

Karaoke
Conference Hall
3rd Wed. 1 pm

Floor Curling
Native Sons Hall
Grand Hall 1 pm
Oct-April

Supper Club
Monthly
See newsletter
for info

Thursday

Cue Sports
8:30 am - 4:30 pm
6:30 pm -9:00 pm

Brazilian Embroidery
9 am -12 noon
Craft Room

Bean Bag Toss
10 am
Back Rotary Hall

Gospel Singalong
10:30 am Rotary Hall

Camera Club
(1st & 3rd Thur.)
12 - 1 pm & 1 -2 :30
Front Rotary Hall

Art Club 12:30 - 3:30
Craft Room

Bridge 12:30 - 3:30 pm
Back Rotary Hall

Trivia 1 pm - 3 pm
Soroptomist Lounge

Euchre Club 1:00 pm
EG Lounge

Carpet Bowling
1 pm Conference Hall

Walk & Talk 1 pm
See newsletter

Horseshoes 1pm
Lewis Park
Spring/Summer

Genealogy Club
3rd Thurs 1 - 3 pm
Conference Hall

Table Tennis
6:00 pm - 8:45 pm
Rotary Hall

Friday

Cue Sports
8:30 am - 4:30 pm
6:30 pm - 9:00 pm
(most weeks)

Slo Pitch
9:00 am - 12:00 pm
Lewis Park
Spring/summer

Golf
Spring/summer
at "The Park"
in Comox 9 am

Bingo
1 pm
Back Rotary Hall

Choristers
10:30 - 12 noon
Front Rotary Hall

Texas Hold'em
12:30 pm
Front Rotary Hall

Friday Craft Group
1 pm - 3 pm
EG Lounge

Lacemakers
2nd & 4th Friday
1:30 - 4 pm
Craft Room

Fri. Night Dances
Rotary Hall 7:30



The Evergreen Club is a non profit program of the Courtenay Recreational Association (CRA), a registered non-profit social/recreational organization.

Thank you to the City of Courtenay for ongoing support of the Evergreen Club