



evergreen club

Discover Your Path

Evergreen Club Memberships

January 1 - December 31, 2023 \$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.....Summer has arrived and the weather has been pretty fine. The longest day of 2023 has come and gone and believe it or not the days are now getting shorter by the day. But before we succumb to the cold and rain let's all have some "SUMMER FUN". Janet is healing by the way and her injured wrist is coming around nicely and that is good to hear. We have had a pretty busy winter and spring at the Evergreen but as some of our clubs slow down or have a summer stop over July and August, it will probably quiet down a bit. There will be a few new day trips over the summer and you should check the trip page in this newsletter if you have some interest. Don't forget to make sure your membership is up to date as that is a requirement for our trips.

Another thing to enjoy these days is our air conditioned lounge. You may want to drop around for lunch or a snack and enjoy them in air conditioned comfort.

Right around the corner on Saturday July 1st is the July 1st "Tea Dance" presented by the Evergreen Club. It's all part of Courtenay's Canada Day Celebrations. The Georgia Strait Big Band will be there and cake and beverages will be served.....and once again, all is free. The weather forecast is very promising so it should be a great day.

JULY & AUGUST 2023
The Evergreen Club Monthly Newsletter



Camera Club Winner Theme " Arches"

Photography by Rob Lunde
The Alcázar Seville,Spain

DATES TO REMEMBER

Meet & Greet Potluck

Thursday August 10th 10:30 am - 3:00 pm

Members' Ice Cream Social

Wednesday August 16th 12:30 pm - 2:00 pm

EG Executive Committee

Monday September 11th 9:00 am

Activity Club Reps Meeting

Monday September 11th 11:00 am

Get-Up-and-Go Challenge

Thursday September 14th 10:00 am

Friday Night Dances

Every Friday in July & August!
Rotary Hall 7:30 pm

Continued on page 2.

EVERGREEN CLUB NEWS

CRA Evergreen Club

Courtenay Recreational Association
250-338-1000

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

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

Alisha EG Food Services
Coordinator

CRA Evergreen Club Executive Committee

President
Gord Kruger 250-339-4389

Vice-President
Nettie Webers 250-334-3499

Secretary
Dianne Bruon 250-338-0940

Wayne King 250-339-4127

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 **September newsletter by Wednesday August 23rd.**

Submit to the office or email Janet at jhutchinson@courtenay.ca

President's message continued...

Or how about our "Ice Cream Social" on Wednesday August 16th at Riverside Park which is across the street from the Centre....ice cream and entertainment and it's all free. And once again, don't forget to check our travel pages in this newsletter as there are some great travel ideas there that I'm sure will peak your interest.

"HAVE A GREAT SUMMER".....

Adios my friends....have a wonderful "CANADA DAY".gk

Join the fun at the Evergreen Club!

Evergreen Club Membership
\$35 January 1– December 31, 2023



All membership fees go towards the operation of the Evergreen Club, which is a non-profit organization. Membership is required to participate in all activities at the Evergreen Club. Please take out your 2023 membership now!

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



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

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 Arches. The 1st place and 2nd place winners are used for The Evergreen Club's newsletter front page, one each month.

EVERGREEN CLUB NEWS

A NOTE FROM JANET

I love everything about summer! Just being outside reading, puttering in the garden or sitting by the ocean brings me great pleasure. I managed to have a couple of "swims" last weekend. Calling it swimming is an exaggeration. I floated around on my back, my sore arm across my chest in its brace and the other hand fluttered to keep me afloat. I made some very nice circles in one spot! Ah, the ocean and the sunshine, I was like a little kid happily playing in the water.

This time of year the Evergreen Club is quieter, some people are away or pursuing their favorite summer pastimes. However the kitchen hasn't slowed down, it is always a very popular place to eat anytime of the year and nicely air conditioned too! Come hang out in the lounge, especially if your place gets too warm, read the paper, take a day off cooking, have a conversation or a game of cards. The Evergreen Club Lounge is can be your extended living room.

Check out the upcoming trips and events in the newsletter. The Meet and Greet invites all Evergreen Club members to join them for a potluck picnic at Kitty Coleman Park on Thursday August 10th. The Evergreen Club is hosting a member and guests Ice Cream Social on Wednesday August 16th. Plan to join us for our get Up & Go Challenge Walk on Thursday September 14th. And save the date for our first Rock & Roll Pub Night will take place on Friday October 20th with a live band, a licenced bar and pub snacks!

Enjoy the summer days and remember, the Evergreen Club is open weekdays and most Activity Clubs are operating in July and August. See you at the club!

Meet the Evergreen Club's Summer Student

Hi everyone, my name is Paige and I'm the new summer student at the Evergreen Club. I'll be working at the club from the beginning of June until the end of July. A little about me, I was born and raised in the Comox Valley and graduated from Isfeld last year. I now attend Mount Allison University in Sackville, NB. There I'm studying biology with a minor in history. I'm planning to pursue a career in ecology after graduation. Janet and Cathy hired me to help them organize things around the club. So far, I've really enjoyed working here and meeting some of our lovely members. My workspace is the Computer Room down the hall towards the Games Room. Feel free to come over and say hi, I'd love to meet you.

Introducing Paula



Hi, my name is Paula. I have been the Evergreen Club bookkeeper, working from home, for two years. Officially, as of July 1st, I will now be working from the Filberg on Wednesdays, Thursdays and Fridays, 9:30 to 2:30 pm. My hours have been expanded to take on more tasks supporting the Evergreen Club. I look forward to meeting you and spending time at the Evergreen Club.

New Club Alert

Bean Bag Toss, also known as Cornhole Toss, a popular game, will commence as a weekly drop-in activity at the Evergreen Club starting in September. This fun activity will allow individual players and/or teams to compete against each other in an indoor environment throughout the winter.

The game will be set up at the Evergreen Club's Ice Cream Social on Wed. Aug 16th for anyone that would like to try it!



Watch for further information on the September start up on the bulletin board or in the Evergreen Newsletter.

Have You Seen our Evergreen Name Tags?

Name tags are now available for members to purchase. A name tag is a great way help build community within the club, and are especially helpful for new members (or that one person's name you can't remember!) The name tags are \$10 and are a fundraiser for the club. All Evergreen Volunteers will receive a free name tag. Please see Janet or Cathy if you have not received yours.



We encourage everyone to wear your name tags at all times while you are at the club or on a bus trip.

EVERGREEN CLUB SPECIAL EVENTS



WEDNESDAY,
AUGUST 16TH
12:30 - 2:00 pm
RIVERSIDE PARK

Free ice cream,
entertainment,
surprises!

Members can
bring a guest



Evergreen Club presents a Comox Valley Seniors

Get-Up-and-Go Challenge

open to all seniors 55+.

Get active and have some fun!

Thursday September 14th

Register at 10 am at Florence Filberg Centre
Rotary Hall, \$5 registration fee

Choose one of 3 "Challenge" routes, 1.5km, 2.5 km or 4 km

- Stroll, walk, jog or bike your selected route with us!
- Lanyard for all participants
- Food Bank donations accepted
- Scavenger Hunt with prizes
- Carpool with friends
- Refreshments provided
- Meet the "major" sponsors including:

Motion, Ocean Front Village,
Orion Tax, Royal LePage,
Specsavers, Van Isle Veterinary



MORE EVERGREEN CLUB NEWS

Meet & Greet Club invites all members to their

Annual Potluck

Kitty Coleman Provincial Park

Thursday, August 10th

10:30 am to 3:00 pm

Please bring a dish to share that serves 8.
Bring your beverage and chair.

The fabulous Greg DuSchutter
will be there to entertain!

Questions?
Contact Elaine Kivela 250-941-2518



All Evergreen Club Members are Welcome

Evergreen Club Day Trip Info



Registration for new trips start on the 1st Tuesday of the month. Add your name to the waitlist if a trip is sold out, we often have room for more people at the last minute.

Any person participating in a day or overnight trip from the Evergreen Club must have a current membership. Cancellations made less than 30 days before the trip date cannot be refunded unless the seat is filled from the wait list.

Bring water, snacks, or a blanket needed for travelling.

In the past we have tried to have temporary name tags for each person on each bus trip. They are very handy to be able to get to know your fellow travelers, as well it helps the host keep track of who is in our group.

Did you know you can now purchase your own Evergreen name tag for just \$10? Going forward we will not be providing name tags, as we encourage everyone to purchase their own. Bonus, all of the proceeds support the EG Club.



EVERGREEN CLUB FRIDAY NIGHT DANCES

7:30 pm Rotary Hall
Florence Filberg Centre

July 7 Double Play

July 14 Amigos

July 21 Double Play

July 28 Amigos

August 4 Double Play

August 11 Amigos

August 18 Nite Life

August 25 Amigos

Admission at the door

Members \$10

Non Members \$12

Coffee/tea /cookies included.

Non alcoholic beverage
available for purchase.

Evergreen Club Lending Library

We would more donations
of gently used
Paperback fiction novels
DVD's
Puzzles (complete)



All donations
can be left in a
bag beside the
Lending Library.

Our volunteer will
organize them!

Where in the World are You From Contest

The June winner is



Gilbert Templeman

Pick up your prize at reception!

MORE EVERGREEN CLUB NEWS

The Evergreen Club Presents the 1st first Annual COMOX VALLEY SENIORS' GET-UP-AND-GO CHALLENGE

Thursday September 14 Starting at 10 am

Join-in for this inaugural senior's event sponsored by the Evergreen Club. Registration is only \$5 pay at the door, there is no pre-registration. This age 55+ event challenges you and your friends to complete your choice of one, of three, pre-determined routes (1.5 km, 2.5 km, 4 km). All routes begin/end at the Evergreen lounge in the Filberg Centre. Routes can be completed in any fashion you choose, e.g., walk, jog, bike, etc. You do not have to be a member to participate!

This event is non-competitive, the amount of time it takes to complete is not important. The "CHALLENGE" is to complete the route. You will also receive a customized Event Lanyard, can participate in a Scavenger Hunt Contest, and will be able to relax with refreshments and snacks after the event. Bring a non-perishable food item for the Food Bank. The Get-Up-and-Go Challenge is a convenient opportunity to get out and have some exercise and fun with your friends.

We still need volunteers to help run the event. If interested in volunteering please contact: Ron Sitter 250-336-2768 or ronsitter@shaw.ca

What to learn about your iPad, iPhone, Android Phone, Tablet or PC?

Our volunteer Jan will meet with you one on one to answer your questions, help you keep up your skills and learn new things!

Please fill out a questionnaire, located on the corkboard in the lounge, and drop it off at reception or give it to Cathy.

Our volunteer Jan will be in touch, to arrange a time to meet in our Evergreen Club computer room.



NEW MEMBERS' WELCOME

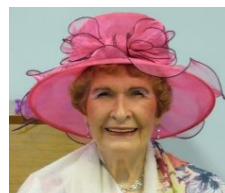
Friday, September 22nd 10:30 am

After taking a short break for the summer, the monthly New Members' Welcome Tea is back. Join us in the Craft Room on the main floor (tucked behind the lounge). We will discuss all things Evergreen Club.

This is a great chance for new or prospective members to get orientated with the club. If you have a friend who has been considering joining the club, this is perfect place to start!



Miriam's Muse



This monthly column features wisdoms, jokes and sentiments that serve as inspiration for Miriam Piikkila. Every month a joke or musing is copied from her scrapbook which she generously has agreed to share with us.

Have a Good Laugh

Laughter is good for you. Numerous studies have shown that a good laugh has many health benefits including lowering blood pressure and releasing endorphins. Laughter gives your heart a workout, causing it to pump faster. This in turn sends fresh oxygen coursing through your arteries. Blood pressure increases somewhat while you are laughing, but then decreases significantly for a brief period after you stop.

A good laugh can also improve your brain function help you relax and take away anger. Humor and laughter can help you cope in troubled times. It helps improve your resistance to disease and infection and encourages healing. It can also help relieve pent up tension and, by doing so, serves as a defense mechanism against stress.

Let's learn from the children in our lives and play and laugh and giggle. Ask yourself what feels good and try to make time for fun. Try a comedy on TV, a comic strip, retell a humorous story or read a funny book. Get together with family and friends that make you laugh. Add some laughter to your day to improve your health!



CATHY'S CORNER

Once again, the Evergreen Club, in partnership with the City, is hosting the Canada Tea Dance at Native Sons Hall on Saturday, July 1 from 2:00 pm to 4:00 pm. This celebration will be familiar to many as we have been hosting The Canada Tea Dance for many years. The Georgia Strait Big Band will entertain with their Big Band Era/Swing and Latin style of music. There will be a dance floor for those who enjoy to dance or just enjoy watching the movement. Thank you to Cecile and Jackie for taking the lead roles in organizing. As well, thank you to all of the volunteers who have come forward to help out. This is a free community event, and it always is well received.

The Ice Cream Social is a fun free event for members and guests and it is becoming a summer tradition. It will be held on Wednesday, August 16 from 12:30 pm to 2:00 pm at Riverside Park (the park across the street from the main floor of the Florence Filberg Centre). Like past years there will be a game (or two), musical entertainment and ice cream sundaes with all the fixings. The only thing you need to bring is a chair. Luckily, unlike last year, we will be free from the noise from the construction on the bridge.

Things tend to slow down around the club over the summer months, with some activity clubs choosing to break until the fall. Janet and I are able to take advantage with the quieter season and take some holiday time to enjoy the gorgeous summer weather while it lasts! I hope you are able to enjoy your summer as well.

Cathy Volunteer & Special Event Coordinator

VOLUNTEER OPPORTUNITIES

Volunteer Opportunities

Have you been meaning to start giving back to the club by volunteering? Than perhaps 2023 is the year! Read the Volunteer Call Out section in the newsletter each month to see our current volunteer opportunities. There is always a new way to contribute.

Get Up and Go Volunteers

We are looking for volunteers for our first ever Get up and Go Challenge. The Get up and Go Challenge is a fun, non-competitive walk to encourage our members to get outside and get walking. We are looking for volunteers to assist on Thursday, September 14. Shifts will be between 9:00 am-2:00 pm. Volunteers are needed to help with set up, to assist during the event, and to take down and clean up. Please contact Cathy with if you are interested of if you have any questions.

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.

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.

Bingo Caller

Do you have a voice so smooth it needs to be heard over a loud speaker? Maybe Bingo Calling is your calling. A Bingo Caller has a shift every 3rd or 4th Friday from approx. 12:30 to 3:15. The position includes, not only calling the numbers, but also collecting and counting money. Training is provided, and this position is well supported as there is always someone to help you out with your questions. If you are interested in this position we can arrange a shift for you to shadow a caller with no obligation.

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

Cathy Audia

Volunteer and Special Event Coordinator **250 338 1000** or **caudia@courtenay.ca**







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 KITCHEN

July Lunch Specials

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED Statutory Holiday	4 Quiche <i>Veg. option avail.</i>	5 	6	7 Chicken Cordon Bleu
10	11 Homemade Pizza <i>GF & veg option avail.</i>	12 	13	14 Pancakes with Sausage & Bacon
17	18 BBQ Hamburgers <i>GF option avail.</i>	19 	20	21 Lasagna <i>GF & veg option avail.</i>
24	25 Ruebens	26 	27	28 Ginger Beef



A smiling sun means a surprise hot lunch special!

GF
Gluten Free

Veg
Vegetarian



August Lunch Specials

Food Services Hours

Monday
8:30 am - 1 pm

Tuesday
Wednesday
Thursday
Friday
8:30 am - 3 pm

Please bring a bag for your take out meals!

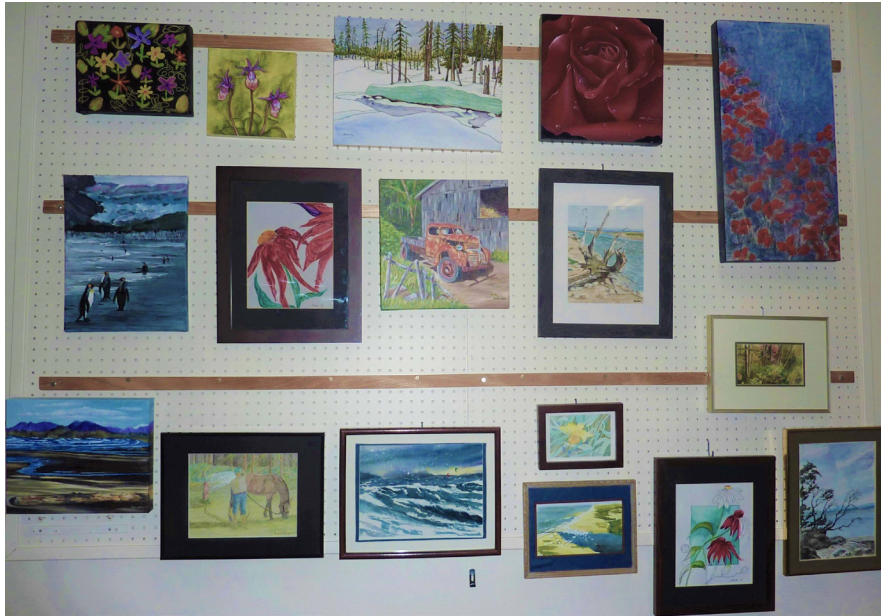
We are trying to reduce the use of plastics.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cabbage Rolls	2 	3	4 Chicken Pot Pie
7 CLOSED Statutory Holiday	8 Tacos <i>GF & veg option avail.</i>	9 	10	11 Sweet & Sour Pork
14	15 Tomato Basil Ravioli <i>Veg</i>	16 	17	18 Beef Dip
21	22 Ruebens	23 	23	25 Shepherd's Pie <i>GF</i>
28	29 Chicken a la King	30 	31	

EVERGREEN CLUB ACTIVITY CLUBS

The Art Group

The weather has been beautiful, but we are still painting, and drawing, inside, in the craft room on Thursday afternoons. This past month has been like Christmas as we have had several anonymous donations - a lovely art book full of beautiful bird illustrations, instructional folders (which I still need!) and from Val (one of the wonderful kitchen volunteers) some pallets, paints and sketchbooks. Thank you all.



Another exciting thing is we have had to add another work table as our number of, soon to be very famous, artists grows. And pictured here are some of the paintings that were on display in the Evergreen Lounge during the past month. Hope you had time to take a look. Have a safe and healthy summer. Cheers, jane

Bingo

Bingo is held every Friday all summer beginning at 1 pm. It is a good way to spend the afternoon on a hot day.

Brazilian Embroidery

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

Bridge Thursday

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

Bridge Tuesday Night

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

Book Club

The Book Club meets the first Monday of every month at 1 pm in the Florence Filberg Centre. We are not meeting in July and August. Some of the titles read and recommended by our members at our June meeting were:

- The Code Breaker, Walter Isaacson
- Closer by Sea, Perry Chafe
- Maureen, Rachel Joyce
- Man, Kim Thuy
- Sing for Your Life, Daniel Bergner
- The Lost Wife, Susanna Moore
- Radio Girls, Sarah-Jane Stratford
- Hello Beautiful, Ann Napolitano
- The Whalebone Theatre, Joanna Quinn
- The Garden of Evening Mists, Tan Twan Eng
- Transcription, Kate Atkinson



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. From noon to 1pm we focus on photo editing and other advanced topics. From 1 to 2:30pm we host our general meeting, where we discuss all things cameras and photography. Come give us a try (and bring your camera).

Canasta

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

Carpet Bowlers

Drop in play continues at 1PM most Tuesdays and Thursdays throughout July and August. There will be no games Tuesday August 8 and Thursday August 10.

Our next meeting will be Tuesday (not the usual Monday due to the Labour Day holiday), September 5th at 1 pm in the Florence Filberg Centre upstairs in the Soroptomist Room.

EVERGREEN CLUB ACTIVITY CLUBS

Choristers

We are pleased to say that we have had a good response to our quest for a new pianist and as well Mary is stay with us too! Joining us will be Rosella who has played for sing outs in other locations and was pleased to hear that we have other musicians as well. I hope this is the start of a long and happy relationship. She and Mary will be sharing piano duties . I look forward to having her in our group.

We will be singing through the summer, so feel free to join us any Friday from 10:30 to 11:30.

Cue Sports

Drop by the Games Room for a game of 8 Ball or Snooker Monday through Friday between 8:30 am and 4:30 pm. The Games Room will also be open, some evenings between 6:30 pm to 9 pm . Evening play will be most Mondays, Tuesdays, Thursdays and some Fridays. All players must be out of the Games Room and lights out by 9 pm sharp. Please respect the custodial schedules and adhere to these times.

Fabric Arts (formally Fabric Painters)

We have changed our name as we have decided to add some new ideas to our club. The exact date the Fabric Painters inception into the Evergreen Club seems to be beyond recorded history. However, there is evidence that they were actively here as far back as 1969. At that time, decorative furnishings, clothing and accessories were very much in fashion. The fabric painters were kept busy on projects varying in size from babies' bibs to super large table cloths. When completed, these items are sold at the EG bazaars, the proceeds used to replenish our supplies. Sadly, over the years decor has simplified: babies now wear plastic bibs and place mats have nudged out the table cloths. So what can we painters do?

Marjory, our Activity Rep, has been a devout member and our rep for many years. Lately she has been inspiring us with magazines filled with new ideas. Fabric origami and fabric collage to name a few. These can include our painting (or not), embroidery, quilting, weaving etc. We are at the very early stage of this new endeavour and encourage anyone (man or woman) to join us with your own ideas (and your own projects if you wish). We no longer need to paint within the lines! Come and help us have some fun. Remember, there is an artist in everyone.

We are now on a summer hiatus and will return on Tuesday Sept. 5th. We always welcome new members.

Cycling

Spring and Summer has been more than kind for cyclists. We are well into our summer schedule with our Monday routes so far including Denman and Quadra Island tours. Soon will be Campbell River, Horne Lake trails, Qualicum, Parksville, and Nanoose Bay. Our Wednesday Rides are within the Comox Valley exploring local backroads and trails. All rides include many stops for rest, coffee, and or lunch. Distance range from 20 to 40 km and all bikes welcome (regular, e-bikes, recumbent). We usually meet 10 am at the Filberg however time and location may vary with email notification sent out before. The photos is of our Quadra ride.



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. It costs \$1.00 per week. We will be playing over the summer.

Some high score this past month:
Dick-100, Norman-106, Norma-108, Lyle-108, Val-110, Maria-110, Dennis-112, Jeff-117,; Guy-118, Kybor-118, Steve-120, Lynn-125, Brian-133, Linda M-140, Wayne-168,
High checkout: Bob-41, Lynn-59, Steve-90

We had a fun dart tournament on a Saturday which we made a day of. Thank you to Ginny Greene for helping out by marking wins and losses and keeping us organized.

For more information contact Linda MacMullen at 250-897-0646



EVERGREEN CLUB ACTIVITY CLUBS

Chess

The Chess group has agreed to take a break for July and will resume in August again. All skill levels welcome!

Cribbage

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

Euchre

Euchre is on Thursday afternoons at 1 pm. Please join us for some good-natured competition and fun in the Evergreen Lounge.

Floor Curling

Floor curling is done for the summer months. Curling will begin on Wed. October 4th beginning at 1 pm. in the upper Native sons Hall. FMI Dianne Bruon 250-338-0940 grumpybearwear@shaw.ca

Friday Night Dance

We are booked for every Friday in July and August. We will be there waiting for you in the Rotary Hall at the Filberg Centre. Put on your dancing shoes and meet us there. Admission at the door. Evergreen Club Members \$10 and Non-members are welcome at \$12. Peggy and Mary your Dance Reps

Genealogy

Greetings from the Genealogy Club. Although we will not be meeting during the summer I am sure many will continue peeking into their family history anticipating finding new nuggets to share in the Fall. Our Facebook page however will be available 24/7 and you can find it at "Evergreen Seniors Genealogy Club". Try it, you'll like it. Already plans are underway our Fall session. First meeting date is Thursday, September 21, details to follow. Enjoy the sunshine, and as the song goes...we'll see you in September.

Gospel Sing Along

Thursday mornings from 10:30 - 11:30 am you may have noticed glorious harmonies emanating from the Rotary Hall, as people gather for an hour of beautiful old hymns and toe-tapping gospel music. Come join us! It's free, friendly, drop-in, and no special skills are required. Jacqui Graham leads the singing, the song lyrics are projected onto a screen, and our faithful pianist Mary Bitroff provides the accompaniment. Don't sing? Come to listen!

We will meet twice in the summer, on Thursday July 13 and Thursday August 17, and will resume our weekly singalongs in September.



Heartstrings

Wednesdays 9:30 am to 11:30 am

Welcome to Heartstrings. 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 that we charge per session (your first session is free.)

Spectators are welcome.

Golf

Join fellow Golfers at "The Park" on Wednesday and Friday mornings. T-off time is currently at 9:00 am. With earlier t-off's as we get into the warmer Summer Season. We play a no pressure 9-hole game. Game play is fun and not serious. New members are always welcome. Must have current Evergreen Club Membership to join.

For the Golf contact number please call reception at 250-338-1000.

Horseshoes

Come and enjoy the experience of playing horseshoes, we started April 4th! We have fun, non-competitive mixed play on Tuesday afternoons starting at 1 pm. Meet us at the Lewis Park pitches, beside the tennis courts. Everyone is welcome, no experience necessary. Horseshoes are available or bring your own.

You are welcome to try it out once or twice then an Evergreen membership is required. Drop in fee \$2.



EVERGREEN CLUB ACTIVITY CLUBS

Improv Club

Greetings !!! Improv is every 2nd and 4th Wednesday of the month at 1 pm. We are working on coming up for a name for the group. Every session brings a couple of new faces and every session brings laughter and some silliness and just a lot of spontaneous fun. First and almost the only guideline is to support each other and go along with whatever comes up. It is like playing together as children with no arguments and lots of support.

Everyone welcome. We are usually in Rotary Hall on the Main Floor off Anderton. Hope to see you there. More Info?
Call Mary at 250-703-0315.

The "Jam"

Every Monday (except holidays) from 2:30-4:30pm 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

Good news! Karaoke will continue in July and August! Music will float through the upper floor of the Evergreen Centre on the third Wednesday of both months. On July 12th and August 16th your hosts Allan and Sandy Austin and helper Sally will be set up in The Conference Room between 1pm and 3:30pm. Remember, Karaoke is for everyone who loves music! No experience required. Sandy will be there to help you get started if you want to try it. And it's more than okay to show up just to listen. Our group is always happy for an audience when they take turns singing their favourite songs. Pop in when you can and leave anytime. Our friendly laid-back music lovers will be waiting with a warm welcome.

Knit & Crochet

Joins us around the table in the Evergreen lounge on Tuesday afternoons starting at 1 pm.

Lacemakers

Lacemaking Group meets 1:30 - 4:00 p.m the 2nd and 4th Fridays each month in the Craft Room. We welcome anyone interested in making lace. Join us or come to visit and see what we do! The lacemakers plan to meet as per their usual schedule through the summer months of July and August, so there will be no change to our calendar.

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

Meet & Greet - Singles

Reminder: No Meetings July & Aug.
Guest Speakers for June were Robyn Fyfe and Jen from Pacific Pro Dive. Their presentation was very well received by all. Bringing in equipment and showing us how to use it. Along with a video of their adventures and the beauty that they see and find in our ocean.

Thank you for the lovely card and delicious cake. It was greatly appreciated.

June's outing, with 15 in attendance for trout fishing was at Courtenay Fish and Game Pond. Thank you to all the volunteers, who came out and helped us in our success to catch our fish.



Reminder: E- mails will be sent out for our picnic Thursday August 10, plus phone calls. Have a safe and great summer.

Our next Meeting is September Wednesday 6th @ 1pm. in the Rotary Hall.

Elaine Kivela

Mexican Train

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



EVERGREEN CLUB ACTIVITY CLUBS

Quilters

The Quilters meet all summer at our usual time: Mondays at 12:15 in the Craft Room. If you are in the building come and see what we do.

We love visitors.
Connie Watson



Recorder

Trouble Clef Recorder Players

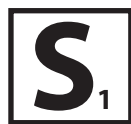
We meet every Tuesday afternoon at 130 and play a variety of music in 3 and 4 parts including pieces from the Renaissance and Baroque eras, country dance music, and Canadian songs. New players are welcome as well as other woodwind and string players. If there is interest a beginner group may be formed.

We will not be meeting regularly in the Craft Room during July and August.

For more information contact michael, miclayers@gmail.com

Scrabble

Join us in September as we are taking the summer off!



The Florence Filberg Centre, the Evergreen Club & our trips are
Scent Free Zones

Thank you for being aware of this policy and helping all our members be comfortable while at the Evergreen Club.

Supper Club

Sign up on the bulletin board in the Evergreen Lounge to join the group for a dinner out once a month.

Table Tennis Monday

Table Tennis provides a welcoming place for players of all levels. Doubles and singles can be played. Masks are optional. Membership in the Evergreen Club is required after the first visit. We usually play every Monday except holidays.

Join us on Mondays between 11:30 and 1:30 pm. Paddles and balls provided. An affordable couple of hours all for a loonie.

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

Slo Pitch

Senior SloPitch is now entering into the second half of our season and things are going great!

We have had two Socials after the games and people seem to be enjoying the get togethers as the amount of people staying is growing. We will continue to have them throughout the ball season. Practices are still going on at Lewis Park with everyone developing or honing their skills. The turnout has been positive in the number of people coming out, and the results are starting to show.

We are starting to play some of our games up at Valley View Field, so if any of our cheerleaders want to find us, that's where we will be! Enjoy the Summer weather that's finally here and stay safe!

MI : Heather Dyas : 250-465-8503 /
hmdyas@outlook.com

Table Tennis Thursday

Come and enjoy a fun filled 2.75 hrs of beyond recreational to competitive table tennis. If you are new to this activity, or haven't played for a while, some instruction can be provided within the first hour of our evening. We are here to have some fun and exercise. Table tennis is a brain sport which is accessible for beginners. It has a relatively low injury risk. This game features a mix of aerobics, strategy, quickness and coordination. Our Thursday Night Table Tennis Group is nearing capacity (24 active members) so a "structured play format" is essential to ensure everyone's enjoyment. Our "structure play format" is outlined below:

- 1) 6:00 pm start time - 6:30 pm (warm-up).
- 2) 6:30 pm – 7:30 pm a table tennis doubles version of King's Table
- 3) 7:30 pm – 8:45 pm we split into Level 1 & Level 2 players and play a doubles version of King's Table. If the numbers for a given evening are less than 10 the singles games will be played.
- 4) For those that are not interested in competing in a win/lose game format we dedicate one table for their play.

To join you'll need a 2023 Evergreen Club membership. There is a drop-in fee of \$1.00. We have paddles for

Texas Hold'em Social

Social poker games are held every Friday afternoon in the Rotary Hall starting at 12:30 pm.



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. The Trivia Club continues to meet during the summer months. July 20th there are no games as we will meet elsewhere. Contact Rep for details.

Whist

Once again were off to playing whist on a Monday evening in a nice air conditioned room in the lower hall. We have three to five tables of friendly and fun players that love the game. We can handle a few more and with or without experience you qualify. We play 20 hands and our games start at 7pm and finish at 9 to 9:30 pm with coffee, tea and deserts brought by the players.

Come and enjoy the fun I'm sure you will enjoy yourself. Cost is \$2 for games, prizes and a draw.



Writers Club **PROPOSED**

The new Writers Club has gotten together a couple of times this spring to brainstorm about how members would like to see the club operate. The club will break over the summer and start back up in the fall. Watch for dates in the September newsletter.



Walk & Talk

Summer start time: 10:00am.

- | | |
|-----------|--|
| July 6th | Seal Bay Melda's Marsh loop. Meet at Tim Hortons in Comox for carpooling. |
| July 13th | Northeast Woods/Lazo Marsh trail. Meet in the parking lot at the top of Torrence Road. |
| July 20th | Bevan Trails. Meet in Canadian Tire parking lot for carpooling. |
| July 27th | Paradise Meadows to Battleship Lake. Meet at Vanier Sports Complex for carpooling. |

We take a break in August and return, with 1:00pm starts, in September.

Questions? MAREE 250-702-2640 mclepine08@gmail.com

Ukulele Club

Summer is here folks and one of the hottest clubs at Evergreen is the Ukulele Club. And why are we so hot? Because we love to sing and play the songs of summer. "In the Summer Time", you will not find us, "Under the Boardwalk". For us, "Summer In the City" is when we travel back if time to the, "Summer Of 69", 59 and 49 for the hits that can turn a grey morning into a, "Sunny Afternoon". So why not sail on down and check out our, "Island in the Sun".

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 and ending at 5:00.

For more info contact:

Terry Hall comoxterry@gmail.com



EVERGREEN CLUB MEMBERS' TRIPS

Registration for **NEW** trips opens on **Tues. July 4th**

Whale & Wildlife Watch

Date: Wednesday July 12th

Depart: 10:30 am Filberg upper level

Return: 5:00 pm Filberg upper level

Cost: \$ 265.00

This very special excursion will be on a covered vessel with protected seating, as well as outside upper and lower decks and an onboard washroom. Join us on a four hour Whale Watching Tour as we explore the waters of the Discovery Passage. Pack snacks and a lunch to eat on the boat.

Accessibility: There is a long dock and ramps to navigate to get to the boat and a large step to get on the boat. Ramp steepness varies according to the tides. Storage is available for folding walkers.

Long Beach Explorer

FULL

Date: Wednesday, July 26, 2023

Depart: 8:00 am Filberg Upper Level

Return: 8:00 pm Filberg Upper Level

Cost: \$180.00 Includes bus, all tips, taxes and lunch at Long Beach Lodge

Climb aboard for a day full of west coast beauty and adventure. We will head to Long Beach to take in the stunning scenery and rugged beauty. This trip will include a short hike, time at the beach, lunch at Long Beach Lodge as well as a few other stops of interest. The price of your lunch and one non-alcoholic drink is included. Dinner will be a fast food stop, and is not included in the price. The weather can be much cooler than the Valley, so bring layers and a rain coat and be prepared for plenty of outdoor time. Bring some snacks and water. This trip is not geared the mobility challenged. If you have any questions please ask Cathy.

NEW Harbour City Sampler

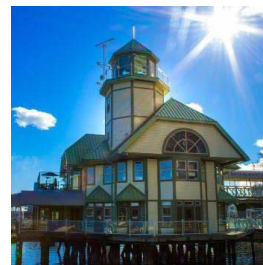
Date: Thursday, Aug 3 2023

Depart: 10:05 am Filberg Centre - Upper Level

Return: 6:20 pm approx. Centre - Upper Level

Cost: \$85.00 Includes bus, bus tips, bus taxes

Meals, snacks or drinks are not included



Join us as we head to one of our neighbouring cities, The Harbour City, yes Nanaimo! At our first stop we will enjoy lunch at The Lighthouse Bistro. A floating restaurant on Nanaimo's Downtown Waterfront Walkway. After lunch enjoy some free time downtown. Either take a stroll on the waterfront or check out some of the quaint shops downtown. After some free time, we will load back onto the bus and take the scenic route through Departure Bay to Pipers Lagoon. Pipers Lagoon offers a unique rugged landscape with a beautiful ocean view. Stroll along the path, or simply enjoy the view from a bench. After all this nature therapy, we will enjoy some retail therapy at Winners/Home Sense. There will be no shortage of browsing as the two attached stores carry everything including clothing, accessories, gifts, housewares, imported foods and more. This is sure to be a fun day for everyone to enjoy!

NEW Choose Your Own Adventure Victoria

Date: Tuesday, August 15 2023

Depart: 8:00 am- Upper Level **Return:** 8:30 pm- Upper Level

Cost: \$125 includes bus, tax and bus tip, no food or drink.

\$165 includes ticket to **The Beyond Van Gogh Exhibit**, bus, tax and bus tip, no food or drink.

Flexibility is the key to this trip to allow you to customize your trip to Victoria your way! We head out in a Coach Bus and head south, we will do a quick mid-way stop to grab a coffee or snack. Our first drop off point is at Mayfair Mall if you choose you can hop off here. (This is a drop off point only, the bus will not be back until 5:00 pm.) The next stop is at the Empress, where you are free to spend the afternoon downtown. If you have been wanting to treat yourself to High Tea at the Empress, this is your chance! Just let receptionist know when you book your trip. The price of High Tea (approx. \$120 including tax and tip) and is not included in this trip. (Once you RSVP to high tea, you are committed to the reservation unless you notify reception at least 5 days in advance.)

You may also want to take in the new exhibit at the BC Royal Museum, titled **Angkor, The Lost Empire of Cambodia**. This exhibit features 120 spectacular artworks and original artifacts from ancient Angkor, never before seen in Canada. Tickets are approximately \$20 and are not included in the price of the trip. Did you know the **Beyond Van Gogh Exhibit** is back on in Victoria?! The Van Gogh Exhibits is an immersive experience using cutting-edge projection technology and an original score, it breathes new life into over 300 of Van Gogh's artworks. **This is an optional excursion.** Those attending will load up on the bus at the Empress after some free time downtown. Following the exhibit the bus will do the final pick ups at the Empress and at Mayfair Mall.

EVERGREEN CLUB ACTIVITIES AT A GLANCE

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

Monday	Tuesday	Wednesday	Thursday	Friday
Cue Sports 8:30 am - 4:30 pm 6:30 pm - 9:00 pm	Cue Sports 8:30 am - 4:30 pm 6:30 pm - 9:00 pm	Cue Sports 8:30 am - 4:30 pm	Cue Sports 8:30 am - 4:30 pm 6:30 pm - 9:00 pm	Cue Sports 8:30 am - 4:30 pm 6:30 pm - 9:00 pm (most weeks)
Cycling Group Meets at 10:00 am	Slo Pitch 9:00 am-12:00 pm Lewis Park	Heartstrings 9:30 am Rotary Hall	Brazilian Embroidery 9 am -12 noon Craft Room	Slo Pitch 9:00 am - 12:00 pm Lewis Park
Canasta 9:00 am - 11:30 am EG Lounge	Fabric Arts 9:30 am Craft Room Back in September	Cycling Group 10:00 am Filberg Centre	Gospel Singalong Rotary Hall 10:30 am Sept - June plus July 13, Aug 17	Golf at "The Park" in Comox 9 am
Table Tennis 11:30 am - 1:30 pm Rotary Hall	Crib 10 am Rotary Hall	Golf at "The Park" in Comox 9 am	Camera Club (1st & 3rd Thur.) 12:00 - 1:00 pm and 1:00 -2:30 pm Rotary Hall	Bingo 1 pm Rotary Hall
Hand Quilters 12:15 pm Craft Room	Darts 10:30 am Rotary Hall	Mexican Train 1 pm EG Lounge	Art Club 12:30 - 3:30 pm Craft Room	Choristers 10:30 - 12 noon Rotary Hall
Social Dance Club Sept. - June Conference Hall	Mahjong 12:30 - 3 pm Rotary Hall	Chess (not July) 1 pm Craft Room	Bridge 12:30 -3:30 pm Rotary Hall	Texas Hold'em 12:30 pm Rotary Hall
Book Club 1st Monday 1 -2 pm Craft Room in Sept to June	Horseshoes 1 pm Lewis Park	Scrabble 1 pm Sept - May Sorooptimist Lounge	Trivia 1 pm - 3 pm Soroptomist Lounge	Lacemakers 2nd & 4th Friday 1:30 - 4 pm Craft Room
The "Jam" 2:30 pm - 4:30 pm Rotary Hall	Carpet Bowling 1pm Conference Hall	Improv Club 2 nd & 4 th Wed 1 pm Rotary Hall	Euchre Club 1:00 pm EG Lounge	Fri. Night Dances Rotary Hall 7:30 pm
Drama Club 3 - 5 pm Conference Hall	Stamp Club (2 nd Tues) 1 - 3 pm Soroptomist Lounge	Meet & Greet (Singles) 1st Wednesday 1pm Sept -June	Carpet Bowling 1 pm Conference Hall	<p>Thank you to the City of Courtenay for ongoing support of the Evergreen Club</p>
Whist 7:00 pm - 9:30 pm Rotary Hall	Knit & Crochet Group 1 pm - 3 pm EG Lounge	Karaoke Conference Hall 2nd Wed. 1 pm	Walk & Talk 10 am See newsletter for locations	
	Recorder 1:30 pm Craft Room Sept -June	Floor Curling Native Sons Hall Grand Hall Sept-April	Genealogy Club 3rd Thurs 1 - 3 pm Sept - June Conference Hall	
	Ukulele Group (2 nd & 4 th Tuesday) 3:30 Rotary Hall		Table Tennis 6:00 pm - 9:00 pm Rotary Hall	
	Social Bridge 6:45 pm - 10 pm Rotary Hall			

