



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

Greeting to all.....and I'm sure you have noticed something.....a significant change is taking place out there as leaves are evolving to beautiful hues, as the deciduous amongst us begin their early shedding and beautiful landscapes of red, orange and yellow happen. It is suddenly "sweater weather" as we look forward to harvest celebrations and holidays like Thanksgiving and Halloween. Welcome to Fall!!! Here at the Evergreen it means an up tempo in our club activities as our members begin to concentrate on more of the indoor activities. Rumor has it that the recent "Get-Up-and-Go Challenge" was quite a success and a good time was had by all who participated. Thanks to all of you for making it a success. The Evergreen Club continues to grow and I would like to remind potential members that 2024 memberships go on sale in October and new members that register will enjoy membership for the rest of 2023 and all of 2024 (for \$35). Renewals will be \$30. We have a couple of new clubs being introduced in October. These include Bean Bag Toss, a Writers Group, and a second Trivia Group.

A "Rock 'n Roll Pub Night" is happening on Friday October 20th. There will be great music from the 50's, 60's and 70's provided by the band "Overboard" and "pub activities to keep you occupied. Tickets are available at the Filberg Centre, in advance. This Pub Night is an Evergreen fundraiser so come on down and support the club. There will be no Friday Night Dance on that evening.

Continued on page 2.

OCTOBER 2023

The Evergreen Club Monthly Newsletter



'Old Church" Photography by Mae MacKenzie



DATES TO REMEMBER

Evergreen Closed on Mon. Oct 2nd & Mon. Oct. 9th

Thanksgiving Turkey Lunch

Wed. Oct. 4th

Rock & Roll Pub Night

Fri. Oct. 20th 7:30 pm

EG Executive Committee

Mon. Oct. 16th 9:00 am

Activity Club Reps Meeting

No meeting in October

New Members' Welcome

Fri. Oct. 27th 10:30 am

Halloween Party

Tues. Oct. 31st

Friday Night Dances

Oct. 6, 13, 27 Rotary Hall 7:30 pm

Music of the War Years

Tues. Nov. 7th 1 pm

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 **Novemembr newsletter by Wednesday October 25th**

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

President's message continued...

I also suggest that for those of you who like to travel a bit, keep an eye on the travel page in the newsletter. Our team of leaders are constantly working on ideas for trips and several new opportunities will soon be offered.

I would also like to mention that October 1st is recognized in Canada as "National Seniors Day". Each year October 1st is set aside to recognize the important contributions made by Canadian seniors. The day is also intended to coincide with the "United Nations International Day of Older Persons". It gives our fellow Canadians an opportunity to pay tribute to the many seniors who have helped build our wonderful country. To learn more about this special day and it's history as well as events and resources in your area you can go to <http://www.canada.ca/seniors>

So that's about a wrap for this time around but a couple of things to think about.....FIRST: "Accept what is, Let go of what was, and have faith in what will be".....SECOND: It's better to have a friend with two chins, than to have one with two faces.....THIRD: You can get most of your exercise these days from shaking your head in disbelief.....ADIOS my friends....gk

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.

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

CLOSED

Mon. Oct. 2nd

National Day for Truth

& Reconciliation

&

Mon. Oct. 9th

Thanksgiving Day

EVERGREEN CLUB NEWS

A NOTE FROM JANET

Fall seems to have arrived in a hurry this year. While many people enjoy the cooler weather many, like me, also miss the long daylight hours. As the days get shorter and greyer, come on down to our brightly lit Evergreen Lounge and enjoy lunch or a coffee break. Chat a bit, join in one our activities or pick out a book or puzzle. Being in a social environment is the best thing to beat the winter blahs!

A special thanks to Ron S. and the wonderful group of volunteers for starting off our fall event schedule with the very successful Get Up & Go Walk. Close to 50 people participated on a lovely sunny September day.

Next up is our Rock & Roll Pub Night on Friday October 20. Get your advance tickets at the office for this special event fundraiser. The live band, Overboard, will be playing familiar music from the 50s, 60s and 70s. There will be a licensed bar with craft beer, coolers and wine. You can sit and enjoy the music or get up and take to the dance floor. A few surprises and pub activities with prizes are also planned. I'm organizing this event and will be there to join in on the fun. See you at the Evergreen Pub!

Welcome to all our new and returning members. There is always a lot going on at the Evergreen Club. Don't hesitate to drop by my office in the lounge with questions, feedback, idea or a chat.

NEW MEMBERS' WELCOME

Friday October 27th Craft Room 10:30 am

The next New Members' Welcome Tea's Friday, October 27 at 10:30 am in the Craft Room on the main floor (tucked behind the lounge). We will discuss all things Evergreen. 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.



2024 Memberships

Available starting Tues. Oct. 3rd



New Members

Buy a new membership between Oct. 3rd and Dec. 29th and you get the rest of 2023 and all of 2024!

Current Members

Renew for 2024 between Oct. 3rd & Dec. 29th and get \$5 off.

Evergreen Club Membership

\$35 January – December

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

UPCOMING TRIPS

Watch for these great new trips coming soon! Please see page 15 for our trips opening for registration for October & November.

Festive Bites & Lights

Friday December 1st

Lunch at Parksville's Black Goose Pub, followed by a walk through the festive lights in Qualicum's Milner Gardens.

A Tiny Christmas Carol

Thursday December 7th

Lunch and a show at Chemainus Theatre.

Cirque Du Soleil Corteo

Sunday January 14th

All day outing to see the matinee at Victoria's Save on Foods Centre.



We are excited to have Overboard playing at our Pub Night on Fri. Oct. 20th

EVERGREEN CLUB SPECIAL EVENTS

An Evergreen Club Fundraiser

A Rock n' Roll Pub Night

Music from the 50s, 60s & 70s with live music by Overboard!

Friday, October 20
7:30 pm

Florence Filberg Conference Hall
Licenced bar with snacks available for purchase
Tickets \$15 EG members, \$20 non-members
(Tickets on sale at the Florence Filberg Centre in person or by phone starting mid-September or at the door)

evergreenclub.ca • 250-338-1000



The
Evergreen Club
Presents...

Music of the War Years

A revue of popular songs!

Tuesday, November 7

1:00 - 3:00 pm

Florence Filberg Centre, Conference Hall
Tickets at the Filberg Centre office
Adults \$10
Veterans are free!

A fundraiser for the Evergreen Club

EVERGREEN CLUB

CHRISTMAS CRAFT MARKET & BAKE SALE

A friendly market with a great variety of handmade items and baking

Wednesday,
November 15

10:00 am to 2:00 pm

Florence Filberg Centre, Rotary Hall
Admission by donation

Lunch and tasty snacks available in the Evergreen Lounge

A fundraiser
for the
Evergreen
Club

MORE EVERGREEN CLUB NEWS

Get Up & Go Challenge Walk a Great Success



The Get Up & Go Challenge event organizer Ron (on left) presented the Scavenger Hunt winners, Judy, Carl & Marg, each with a \$25 gift card from Quality Foods and a box of truffles from Hot Chocolates.



Volunteers Pam & Ian at the bridge helped with directions and safety.



Jackie enjoyed the walk and the Scavenger Hunt!

Join us for a Thanksgiving Turkey Lunch

On Wednesday October 4th the kitchen will be serving a turkey dinner with all the trimmings and dessert too! Tickets \$15. Come by for a delicious meal prepared by Alisha, our Food Services Coordinator and a team of kitchen volunteers. Buy your tickets ahead of time at the Reception Desk. We expect to sell out early. Ticket holders can come between 11:30 and 12:30 to be served lunch.



Christmas Craft Market & Bake Sale

Wednesday November 15th

The Evergreen Club will be hosting a craft market and bake sale on Wednesday November 15th from 10 am to 2 pm. We are inviting our Evergreen Club members and activity clubs to donate handmade items, crafts, art and bake goods for this fundraiser. Do you have any handmade jewelry, crafts, photography, art, jams, candy or bake goods you could donate to our sale to help make this event in November a big success? Watch for more information and details in the November newsletter on when donations will be accepted. All proceeds from donated items will go to the Evergreen Club.

Do you have your own craft business? Vendor tables, at \$20 each, will be available to reserve by **current Evergreen Club members** who want to sell their handmade products and items for their own business revenue. Please register for your vendor table (6 foot banquet - max 2) at the Filberg office.

MEMBERS' HALLOWEEN PARTY!

Tuesday October 31st
12:30 pm - 2 pm
Evergreen Lounge

Join us for a fun afternoon of interactive spooky stuff! There will be Trivia too & prizes! Wear a costume to enter for a prize and get in the Halloween spirit!



Evergreen Club

FRIDAY NIGHT DANCES

7:30 pm Rotary Hall
Filberg Centre

- Oct. 6 Double Play
- Oct. 13 Amigos
- Oct. 20 **Rock & Roll Pub Night!**
- Oct. 27 Amigos

NOTE: Fri. Oct. 20th is not a Friday Night dance. It's a Evergreen Club Fundraiser! There will be a dance floor! See page 4 for details

Admission at the door

Members \$10

Non Members \$12

Non alcoholic beverages available for purchase.

Where in the World Contest
The September winner is

Lynn deVries

Pick up your prize at reception.



MORE EVERGREEN CLUB NEWS



Kathleen (Kassy) Cessford (nee Urquhart)

Born here in the Comox Valley on August 21, 1928 and passed away on August 14, 2023. Kassy was well entrenched in the Courtenay Recreational Association for most of her life teaching swimming lesson in the Courtenay river and continued teaching and swimming at both the indoor and the outdoor pool once they were built. She was an avid supporter as a coach for the CRA swim club as well as a ski coach at Forbidden Plateau. For many years she was on the CRA board and was very vocal that an active life was for everyone regardless of their age.

Evergreen Club Day Trip Info

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

Registration Register at the Filberg or Lewis Centre in person or by phone. 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.

Membership 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.

Be Comfortable! Bring water, snacks, or a blanket needed for travelling.

MONDAY, OCTOBER 30TH, 2023
10AM - 11:30AM PT

Soropotimist Lounge (upper level) Florence
Filberg Centre, 411 Anderton Ave, Courtenay BC

Money and You: Seniors Workshop

Free Workshop on Strengthening Your Financial Capability Through the Retirement Journey

Presented by Kevin Maynard of the Canadian Foundation for Economic Education

RSVP BY OCTOBER 23RD:
Online - bit.ly/seniorsworkshop
In Person or By Phone
Filberg Centre (411 Anderton Ave) - 250-338-1000
Lewis Centre (489 Old Island Highway) - 250-339-5371

Miriam's Muse



This monthly column features wisdoms and jokes and 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. This month's Miriam's Muse had a special guest contributor, Janny Parks, who submitted this humorous tale.

Old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing years, some might even call me a frivolous old gal. I'm seeing five gentlemen every day! As soon as I wake, Will Power helps me out of bed. Then I go see John. Then Charley Horse comes along, and when he is here he takes a lot my time and attention. He doesn't like to stay in one place very long, so he takes me from joint to joint! After such a busy day I'm really tired and glad to go to bed with Ben Gay.

P.S. My preacher came to see me the other day. He said that at my age I should be thinking about the hereafter. I told him I do, all the time. No matter where I am, in the kitchen or down in the basement, I ask myself, "Now, what am I here after?"



CATHY'S CORNER

As the air turns chilly isn't it nice to know we have so many things to do right here at the EG club!

We have a busy October planned with The Thanksgiving Turkey lunch and The Rock and Roll Pub Night. At the end of the month, I am planning a fun Halloween Party for the spookiest day of the year. This year the Halloween celebration will be a little different. Instead of live music we are going to have an interactive party. Wayne (known to MC for musical groups) will be our MC. You can expect Halloween themed trivia, name that tune and other fun activities to get everyone involved. Of course, there will be prizes for the best costumes, so start brainstorming your costume now! I look forward to see you all out and having fun to celebrate this October.

Cathy
Volunteer & Special Event Coordinator

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



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.

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.

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.

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

Lending Library

All donations of paperback, puzzles & DVDs can be left in a bag beside the Lending Library.

Our library volunteer will organize them!







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.

A smiling sun
means a surprise
hot lunch
special!



EVERGREEN CLUB KITCHEN NEWS

October Lunch Specials

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED Statutory Holiday	3 Chili with a bun <i>GF option avail.</i>	4 Turkey Lunch \$15 <i>Buy your tickets at Reception</i>	4	6 Ruebens
9 CLOSED Statutory Holiday	10 Chicken a la King	11 	12	13 Pizza <i>GF & veg option avail.</i>
16	17 Cabbage Rolls	18 	19	20 Shepherd's Pie <i>GF</i>
23	24 Quiche	25 	26	27 Lasagna <i>GF & veg option avail.</i>
30	31  Mummy Dogs with Mac & Cheese			



Happy Thanksgiving

Daily Menu

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

Hot Specials \$7.50

Typically served on
Tuesdays, Wednesdays and Fridays starting at 11:30 am

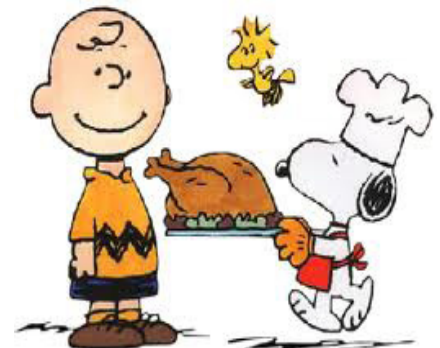
We have launched some more diverse menu items to include more options for those with dietary restrictions and preferences. The kitchen is offering new options to include more gluten free and vegetarian choices.

GF = Gluten Free or GF option Veg = Vegetarian or Veg option

Food Services Hours

Monday 8:30 am - 1:00 pm

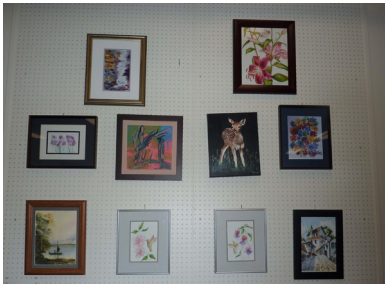
Tuesday, Wednesday, Thursday &
Friday 8:30 am - 3:00 pm



EVERGREEN CLUB ACTIVITY CLUBS

The Art Group

Well, October is here and Halloween looms around the corner. Time to paint those ghosts and goblins! Well, maybe not yet. The Art Group meets on Thursday afternoons in the craft room where we are always busy painting landscapes, flowers people and maybe pumpkins! Some of us draw, which is lucky because that takes up less space as over the last couple of months we have welcomed some new members to our growing group. (Welcome to you all). In August, and that seems so long ago now, we displayed some of our current works in the Evergreen Lounge, using a variety of subjects and media. We hope you enjoyed viewing them while you ate delicious lunches and played those many crazy games. Be safe, cheers Jane



Bean Bag Toss NEW

Bean Bag Toss, a new weekly game at the Evergreen Club will start on Thursday October 5th at 10 am in the Rotary Hall. Come out and enjoy a friendly game. Lyle

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! See you there!

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.

Canasta

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

Book Club

The Book Club meets the first Monday of every month at 1 pm in the Florence Filberg Centre. Due to the Statutory Day Closure, our next meeting will be **Tues. October 3rd** at 1 pm in the Florence Filberg Centre upstairs in the Soroptimist Room.

Some of the titles read and recommended by our members at our September 5th meeting were:

- Hello Beautiful, Anne Napolitano
- Two Old Women, Velma Wallis
- The Years, Annie Erneaux
- The Walk, Richard Paul Evans
- Take My Hand, Dolen Perkins-Valdez
- Apples Never Fall, Lisa Moriarty
- The Berry Pickers, Amanda Peters
- Foster, Claire Keegan
- The Japanese Lover, Isabel Illende
- All the Broken Places, John Boyne
- The Secret Life of Sunflowers, Marta Molnar

Joyce

Carpet Bowlers

We're very pleased to announce that league bowling will start October 10th at 1PM. All those that signed up to play please arrive by 12:30 the first week to establish what team you are assigned to. Fee is \$1.00 per week.

Drop-in will continue on Thursdays at 1PM at no charge. No bowling Thur. Oct. 12th and Tues. Oct. 31st."

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 2:30pm we host our general meeting, where we discuss all things cameras and photography.

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

Choristers

The Choristers have been enjoying their singing on Friday mornings for Sept. They went out to a hockey game and sang 'Oh Canada 'on Saturday Sept. 23 . Much pleasure was had at this event ,and we got to watch our local team play.

In October we will be singing Remembrance Day songs for a program we will be participating in on Nov. 7th. We will also sing at a Hockey Game on Nov.25 at the same venue. Enjoy the fall " It's Later Than You Think" . See you soon.

Chess

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

Cribbage

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

EVERGREEN CLUB ACTIVITY CLUBS

Cue Sports

Change in the season has seen an up-tick in the number of users and the number of new faces. Winter Snooker League has been organized and was kicked September 19th.(Spares Wanted). This marks a post COVID restart of the team league. We have eight teams of four members each. Teams are structured so all have a similar average talent level. Summer Billiards tournament play concluded in September with Alwyn Bishop reclaiming top spot.

A new, quality, 9' table for eight ball and many other games, has replaced the two smaller tables we have had for the past few years. This new equipment is thanks to the brightness (lights \$'s) of current and former members of Cue Sports . The Cue Sports Club has two snooker tables and an 8 Ball tables. Cues are available to use while in the room. The cost is 25 cents for 15 minutes. 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.

It costs \$1.00 per week. Some high score this month are: Arnie -100, Geoff -100, Lyle -109, Wanda -115, William - 115, Brian -121, Wayne - 125, Linda M - 130, Bob H - 140 . For more information contact Linda MacMullen at 250-897-0646 or l.macmullen@outlook.com

Drama

The Second Stage players are working very hard on a number of skits and readings for our show in early December. Putting together a show is always hard work but so rewarding when we get to perform for our audiences. It makes all the hard work worthwhile. There will be two readings by very well rehearsed and competent ladies. Four skits, two of which were written by members of the cast. We are so grateful to the Filberg Centre for the use of the facilities so we can do what we love. Without the rehearsal and the performance space we could not afford to do what we love and our audiences would not get to see a great production at a reasonable price. We hope all of the members of the Filberg and the senior citizens of Courtenay will enjoy our two performances. Keep watching for the announcement of our production in December. We welcome new members at any time and work hard to make everyone feel at ease and have them do what they like to do whether it is on stage or behind the stage, everyone is important. President Phil P

Cycling

Thinking Summer is almost over, however our intrepid cycling group will keep touring our valley until the snow flies.

We did have an incredible summer touring far and wide including Campbell River / Quadra area as well as Parksville / Nanoose Bay Area. Our last tour included Denman and Hornby Islands.

Our winter schedule will concentrate closer to home starting every Monday and Wednesday 10 am at the Filberg. We are picking up new members but always welcoming more. Our group rides generally have 10 to 15 riders, distance is 20 to 40 km, with ample rest stops, and usually include coffee or lunch.

Our current members rang in age from 60 to 85 years old with bike's electric to touring and road. We even have one member we have designed as our "Poet Laureate". See poem below.



Monday Ride Kay Griffiths.

Before going riding, I check out the app—
The forecast today is all over the map!
Some sunshine, some cloud, maybe rain, surely smoke
What to wear to stay warm, cool and dry and not choke?

Just throw on some duds that should cover all bases
Then head to the Filberg—we're going places!
We follow the leader on road, trail and track
Not sure where we're going but I know we'll get back.

And the trip will be fun with some challenges too
But there's always a buddy to help me get through
We'll meet riders and hikers and people who jog
Lots of bear scat today — watch out for small dogs!

Then coffee at Royston or lunch if you like
Lots of chatting and sharing then back on the bike
To beautiful trails along woodland and tide
Till we part with a wave and "See you next ride!"

EVERGREEN CLUB ACTIVITY CLUBS

Euchre

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

Fabric Arts

After a three month break, we were happy to be back together once again in the Craft Room on Tuesday mornings. In the spring when we changed our name from Fabric Painters to Fabric Arts, we aimed to expand our activities to include all the new and fun fabric crafts. This expansion is still a work in progress. New members are most welcome and their ideas would certainly be a boost. Why not drop by and check us out? Tuesday mornings 9:30 to 11:30.

Floor Curling

Fall is here and it's time to begin floor curling. Start day is Wed. October 4th beginning at 1 pm. in the upper Native Sons Hall. If you are a new member and would like to give it a try, come to the hall just after 12:30 pm and someone will teach you the game. The activity is designed for seniors as a weekly drop-in rather than a commitment to a league. Cost is only \$1.00 for two games.

FMI Dianne Bruon
grumpybearwear@shaw.ca
250-338-0940

Friday Night Dance

You should know how fortunate we are at the Evergreen Club to have live bands and great musicians who want to share their music with us to keep us dancing. Come and see for yourself. Come early and meet others who love to dance. We are open at 6:30 pm, the music starts at 7:30 pm and goes until 10:30 pm in the Rotary Hall here at the Filberg Centre. Dance Reps, Peggy & Mary

Gospel Sing Along

The Gospel Singalong is in full swing for the fall! Drop by the front Rotary Hall Thursday mornings from 10:30 am - 11:30 am to enjoy an hour of song, fun, and fellowship. This is a casual get-together, no special skills are required, and the words are projected on a screen. If you would rather not sing, do come and listen to the lovely old hymns and lively gospel songs. Bring a friend! See you there!

Genealogy

September was a great catch-up meeting with an enthusiastic group including some guests. We all had a lot to say and questions to ask, and now were busy planning programs for the next few meetings. Several new items have been added to our library and there are plenty more to come. Next meeting scheduled for Thursday, October 19, at 1pm in the Conference Hall. Everyone is welcome -- no experience necessary. To keep track of our club, please visit our Facebook Page at Evergreen Seniors Genealogy Club. Cheers, Diane 250-335-1510

Golf

Evergreen Seniors' Golf has had wonderful summer, with little or no rain to hinder our games. Regularly, four plus teams show up to enjoy, not just the golf game, but each other's company too. The majority of us tend to not be too competitive, but rather we just try to improve our own previous scores, making for a friendly and fun atmosphere out on the course. Many of us stay behind after the game to enjoy coffee and maybe a treat on the patio at The Park. There is always plenty of laughter and teasing.

We enjoyed two road trips during the summer, the first one was to Mt. Arrowsmith Golf Course, near Qualicum. What a beautiful course with a great view of the mountain. We had a very nice lunch on the patio, with much chatter and laughter. It was our secretary Janet's last game with us as she was moving away to be close to her family. A large delicious cake was shared by all to send her off. Thank you Janet for being our secretary this season. We sure miss you. The second trip was down to Brigadoon Golf Course in Parksville, a lovely little course, with many trees and a very large water hazard. The games were followed by a boisterous lunch at the Rod & Gun pub in Parksville. I wonder if they will let us back in? Just kidding, we mostly weren't that noisy.

Our annual tournament is fast approaching, always a fun event with a trophy for the overall winner and prizes for closest to the pin etc. We look forward to a delicious lunch at The Park after the game. The club is preparing to say our goodbyes to Ken and Leslie, as they too are moving away to be close to family, and it just won't be the same here without them. A large cake will be shared by the group in honor of these folks being part of the club for so long.

Our Seniors' Golf group hopes we have many new people show up for the 2024 season in the spring. We welcome golfers of all levels; it's a wonderful way to get fresh air, exercise and social time with a friendly, fun group of folks. Please come out and join us.

EVERGREEN CLUB ACTIVITY CLUBS

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 9:30am

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

Add some zip to your October with Karaoke! Please note that our usual third Wednesday of the month has been bumped up to the **first Wednesday in October** due to facility rentals. Plan to spice-up your fall routine on the 4th between 1 pm and 3:30 pm in The Conference Hall. Remember, we greet familiar faces with pleasure and new faces with a welcoming smile. The atmosphere is relaxed. And it's always come when you can and leave when you must. Take a turn and sing the songs you love, or simply sit back and listen! If you choose to sing, Allan will be there to make you sound your best, Sally to operate the machine and Sandy to help should you need or want it. You'll always find a song you know as our books offer a multitude of familiar song titles that span past decades and various styles of music. And remember that with Karaoke, you don't even have to remember the words! They appear on a monitor when the music starts playing and it's time to sing. Whether you consider yourself a great singer or haven't sung much at all. Whether you're confident singing with a karaoke machine or completely new to it. Join us for some fun!

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.

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!

Knit & Crochet

Join us around the table in the Evergreen lounge on Tuesday afternoons starting at 1 pm. The club is now also meeting on Fridays afternoons to offer another opportunity to knit, crochet or craft and of course socialize.

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

Mexican Train

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

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. We welcomed three new members. Our September's Guest Speaker Susan, Loren and Jody from Driver Exam Unit gave a well informed presentation on how to stay safe on the roads and keep driving longer. Welcomed three new members.

Our next meeting is Wednesday October 4th at 1pm. in the Rotary Hall. Guest Speaker is Danny Whyte, from the Courtenay Fire Rescue will speak on the Fire Safety for Seniors.

Elaine Kivela 250-942-2518

Quilters

The Quilters meet 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

EVERGREEN CLUB ACTIVITY CLUBS

Recorder

We 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. Starts Oct 3rd. For more information contact Michael: miclayers@gmail.com

Scrabble

Wednesdays in the Soropotomist Room 1 pm. All skill level welcome. Come enjoy a friendly game and meet new people too!

Social Dance Club

Join us on Mon. Oct 16 & 23rd Conference hall .

Supper Club

Our group went to Smitty's in Comox on the 20th of September for a very good super and great service. Everyone had a good time socializing and sharing stories. We will be going to Kelly's Irish Pub On Wednesday October 18th at 5pm for a nice visit and a good super. Whether you sign up or just show up you are all most welcome. If you are new to the club just order pay and tip for yourself Hope we get another great turnout. Phil P

Table Tennis Monday

Table Tennis provides a welcoming place for players of all levels. Doubles and singles can be played. 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

Well, we had quite the season in Slo Pitch. From rain cancellations in early April to a mini heat dome and scrambling to make full teams due to many players with various injuries and people going away . We added a few new things into our season, such as having little social get togethers in the park right after the ball games. It just gave everyone a chance to mix together and get to know each other better off the playing field. Great success! We also decided to have weekly ball practices for everyone to work on various things. One of our ball players - Dale Greene purchased a pitching machine for the practices. It was greatly used by everyone, new and old players. These practices were beneficial for the new players as well as the seasoned ones. We did a lot of playing at Valley View Park this season , due to bookings at Lewis Park. By doing this, the 4 teams got to play side by side on the fields, so everyone could cheer each other on. At Lewis Park the diamonds are far apart from each other.

We ended our season with just mixing everyone together and sorting out 2 teams and had a fun game. No serious scorekeeping! After the game a BBQ was held and player achievements were acknowledged. No one went home hungry. The players that were acknowledged were, Vicky Blackman, Gord Conway, Janis Webb, AL Oelke, all for Most Sportsmanship Player. A great thankyou to our Equipment Manager, Paul LeBlanc. Special thanks to scorekeepers, Fred Muzin, Karen Scharf, Alice Strilchuk and Chris Tickner.

We started out the season with a huge number of players, but as the season went on we lost some players to injuries. We are looking to see them return, plus new people come out as well. New players are always welcome ,so spread the word over the winter. Everyone have a wonderful winter, wherever and whatever you might be doing! Rest up and keep limber for next season. Thanks everyone for the great season we had together! Heather Dyas, League Director FMI- hmdyas@outlook.com

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

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. Table tennis has a relatively low injury risk. 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 an hour or more of competitive win/loose game playing, both singles & doubles, depending on our numbers. For those not interested in competing in a win/loose game format we dedicate one or two tables 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 those without. Balls are provided. For more info contact Dave Semple, mobile: 250-898-1224, or by email: 4sempledave@gmail.com

EVERGREEN CLUB ACTIVITY CLUBS

Texas Hold'em Social

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

Writers Club

The new Writers Club will be starting up on Mon. Oct. 23rd at 1 pm in the Soroptimist Room.

Whist

Well here we are into October and it has been a great summer for whist as well as weather. We have entertained some new players as well as being entertained by our older players. We would like to welcome any and all new players to join our group to have some fun and enjoy a night out. We have a few laughs and fun company to pass the night also a chance to win. Cost is \$2 for prizes as well as a draw followed by some coffee and tea with some home baked goods supplied by our players. Come and join us for a good night out. Welcome to whist. Norm & Judy

Walk & Talk

We are a diverse group who meet every Thursday at 1:00pm to walk trails in and around the Valley. Walking time is 1.5 to 2 hours, and we usually go for coffee afterwards. New walkers are always welcome!

Oct 5th Seal Bay: Seal Flipper and Coupland Loop on ocean side of park. Meet for carpooling in Home Depot parking lot, at Tim Hortons end. (Ryan & Lerwick) This trail includes a section of beach walking and a steep ascent back up to the parking lot.

Oct 12th Bevan Townsite Trail : Alongside upper Puntledge River. Meet in Canadian Tire parking lot for carpooling.

Oct 19th Pub to Pub: Starting at the Oyster River end. Meet at Vanier Sports Complex for carpooling.

Oct 26th Wildwood Forest.: Meet at Vanier Sports Complex again for carpooling.

Maree 250-702-9666 mclepine08@gmail.com

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. Meeting off site on Oct 19th.

We are hoping to set up a second Trivia group as we are getting rather

Trivia Too

Due to popular demand we are starting up another Trivia group on Wednesdays, starting on Wed. Oct 11 at 10 am, meeting in the Soroptimist Room. Come join in the fun!

What kind of group should we be?

- A. Fun
- B. Silly
- C. Serious (NOT!)
- D. Laid back
- e. Relaxed
- F. Lot of laughs
- G. Talkative



Ukulele Club

With Halloween coming up some of you might be haunted by the feeling that your life time goal to learn to play a musical instrument might not be met. Others might want to join the famous Evergreen Ukulele Club but be scared that you might not be able to keep up. And still others mask a burning desire to perform by instead settle for watching others perform on America's Got Talent.

Well the truth is that there is no trick to learning to play the ukulele. Unlike it's big cousin, the guitar, the ukulele is EASY to learn to play. And playing with others turns out to be a real treat. So, why not 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 and ending at 5:00. For more info contact:

Terry Hall comoxterry@gmail.com



EVERGREEN CLUB MEMBERS' TRIPS

Registration for **NEW** trips open on **Wed. Oct 11th**

Autumn Harvest Tour

Date: Thursday, October 12

Depart: 12:30 pm- Florence Filberg Upper Level

Return: 5:30 pm- Florence Filberg Upper Level

Cost: \$70.00 includes bus, tax and bus tip,
wine with bread and cheese board

Let's welcome fall with this festive tour! The best part is we don't need to travel far. We will take the Old Island Highway and head to Coastal Black Winery in Black Creek. They have so much to do including pumpkin picking, corn maze, wagon rides and treats and hot drinks for purchase. Our next stop will be at the beautiful 40 Knots Winery where you can enjoy a glass of wine along with an assortment of cheese and bread. Our final stop will be Shamrock Farms where you can browse their festive barn, overflowing with products which are all grown or made on the farm. Feed the chickens and take in life on a quaint working farm.

Cedar Sampler

Date: Sunday, October 22

Depart: 9:15 am Filberg Upper Level

Return: 4:45 pm Filberg Upper Level

Cost: \$90.00 includes bus, tax and bus tip. No food or drinks are included in the price of this trip

You have heard about it, now it's time to see if for yourself. The Crow and Gate Pub, with its English gardens and Tudor-style architecture, this pub attracts visitors from around the world. After an early lunch we will head to the Cedars Farm Market. This Farmers Market boasts 103 vendors! Bring your reusable bags as there is sure to be lots of shopping to do. As we head back north we will stop mid-way for a short walk.

Shop, Dine & Roll the Dice

Date: Tuesday, November 14

Depart: 9:00 am Florence Filberg Upper Level

Return: 5:40 pm- Florence Filberg Upper Level

Cost: \$60.00 includes bus, tax and bus tip,

This trip is built for flexibility. Our first stop is at Woodgrove Centre you can use this a drop off point to meet with family or spend an hour or the day at the mall. After 1 hour the bus will depart for Chances Casino, downtown Nanaimo. We will be at the casino for 2.5 hours. Enjoy a sit-down lunch at The Well Public House located in the casino or find a quick lunch at one of the fast food options steps away. The bus will stop at Woodgrove Centre on the way back for a final pick up before we head home.

Tulalip Resort Getaway Seattle

Presented by Square1 Travel & The Evergreen Club

Dates: Sunday, Nov 19th to Tuesday Nov. 21th

Cost: \$599 per person Double Occupancy
\$799 Single Occupancy

Payment in full at time of booking. Refundable up to November 1st, after this date 100% non-refundable.

Join our fun fall getaway to the TULALIP RESORT & CASINO. Enjoy a two night stay with daily breakfast. Visit to the Hibulb Cultural Centre. There will be plenty of time for shopping at the Premium outlet mall next door. And there will be an Elvis Tribute performance! Also included is a \$20 US Free Play and a \$25 US Dining Gift card. Trip Flyer available at reception.

The Evergreen Club has 20 seats on this trip and we will be joining other people on this tour. Tour host for trip is from Square1 Travel. Square1 Travel will contact all registrants with information about departure and return times at the Filberg Centre.

Butchart Gardens at Christmas

Presented by Square1 Travel & The Evergreen Club

Dates: Tuesday Dec. 12th to Wednesday Dec. 13th

Cost: \$399 per person Double Occupancy
\$479 Single Occupancy

Full payment at time of booking, 100% refundable up to November 30th.

Enjoy this overnight trip to Victoria to visit the spectacular Butchart Gardens at Christmas time. Stroll the gardens before we enjoy a buffet dinner at the Blue Poppy restaurant. Overnight at the Chateau Victoria downtown Victoria within steps of the inner harbour. Buffet breakfast is included. There will be time the following day for a little shopping in Victoria before we head back making a stop in Ladysmith to see the lights. Trip Flyer available at reception.

The Evergreen Club has 20 seats on this trip and we will be joining other people on this tour. Tour host for trip is from Square1 Travel. Square1 Travel will contact all registrants with information about departure and return times at the Filberg Centre.

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 Spring/summer	Heartstrings 9:30 am Rotary Hall	Brazilian Embroidery 9 am -12 noon Craft Room	Slo Pitch 9:00 am - 12:00 pm Lewis Park Spring/summer
Canasta 9:00 am - 11:30 am EG Lounge	Fabric Arts 9:30 am Craft Room	Cycling Group 10:00 am Filberg Centre	Bean Bag Toss NEW 10 am (Starts Oct 5) Back Rotary Hall	Golf at "The Park" in Comox 9 am
Table Tennis 11:30 am - 1:30 pm Rotary Hall	Crib 10 am Back Rotary Hall	Trivia Too NEW 10 am Soroptimist	Gospel Singalong 10:30 am Front Rotary Hall	Bingo 1 pm Back Rotary Hall
Hand Quilters 12:15 pm Craft Room	Darts 10:30 am Front 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 Front Rotary Hall	Choristers 10:30 - 12 noon Front Rotary Hall
Social Dance Club 2x Month (see p. 13) Conference Hall	Mahjong 12:30 - 3 pm Back Rotary Hall	Mexican Train 1 pm EG Lounge	Art Club 12:30 - 3:30 pm Craft Room	Texas Hold'em 12:30 pm Front Rotary Hall
Book Club 1st Monday 1 -2 pm *Tues the 3rd for Oct.	Horseshoes 1 pm Lewis Park (Apr -Sept)	Chess 1 pm Craft Room	Bridge 12:30 -3:30 pm Back Rotary Hall	Knit & Crochet Group 1 pm - 3 pm EG Lounge
Writers Club NEW Starting Mon. Oct 23 1 pm Soroptimist	Carpet Bowling 1pm Conference Hall	Scrabble 1 pm Sept - May Soroptimist Lounge	Trivia 1 pm - 3 pm Soroptimist Lounge	Lacemakers 2nd & 4th Friday 1:30 - 4 pm Craft Room
The "Jam" 2:30 pm - 4:30 pm Rotary Hall	Stamp Club (2 nd Tues) 1 - 3 pm Soroptimist Lounge	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
Drama Club 3 - 5 pm Conference Hall	Knit & Crochet Group 1 pm - 3 pm EG Lounge	Meet & Greet (Singles) 1st Wednesday 1pm Rotary Hall Sept -June	Carpet Bowling 1 pm Conference Hall	
Whist 7:00 pm - 9:30 pm Rotary Hall	Recorder 1:30 pm Craft Room Sept -June	Karaoke Conference Hall 3 rd Wed. 1 pm	Walk & Talk 1 pm See newsletter	
<i>The Evergreen Club is a non profit program of the Courtenay Recreational Association (CRA), a registered non-profit social/recreational organization.</i>	Ukulele Group (2 nd & 4 th Tuesday) 3:30 Rotary Hall	Floor Curling Native Sons Hall Grand Hall Oct-April	Genealogy Club 3rd Thurs 1 - 3 pm Conference Hall	 Thank you to the City of Courtenay for ongoing support of the Evergreen Club
	Social Bridge 6:45 pm - 10 pm Rotary Hall	Supper Club Monthly See newsletter for info	Table Tennis 6:00 pm - 8:45 pm Rotary Hall	