



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

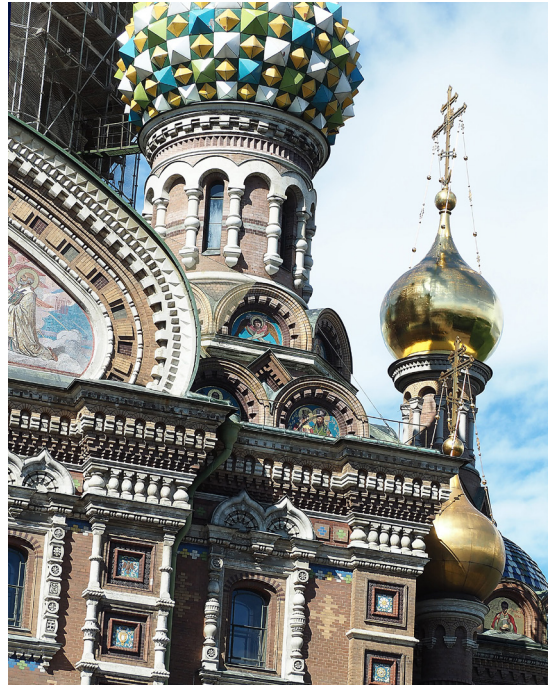
Greetings to all... It seems not long ago that I was wishing you a great summer...and now with a rather start suddenness I am about to welcome you into Fall and all it brings. It was a wonderful couple of months in many ways but there certainly were a number of issues that brought concern and difficulties. One can only imagine the grief and heartbreak that comes with the fires in British Columbia this past summer. The losses suffered by fellow British Columbians are quite incredible and will take a very long time to recover from....some of the residents will NEVER really recover. The number of fires and the amount of destruction was record breaking. Our friends in Port Alberni were subject to a very uncomfortable summer that started with fires and then turned their whole way of life upside down in so many ways.....and at this point in time they are still suffering in many ways from what started as a forest fire.

We in the Comox Valley were quite fortunate and were able to elude any disastrous consequences of an angry Mother Nature. Yes, it was very DRY, and it was very HOT, but all in all we were able to enjoy the many wonderful things that come with living here. A couple of long weekend happenings in Courtenay and Comox in July and August were well attended and activities went quite smoothly with great entertainment and lots of good food. Added to that was "Musicfest" which brought a wonderful selection of musical talent to our wonderful valley.

Continued on page 2.

SEPTEMBER 2023

The Evergreen Club Monthly Newsletter



Camera Club Winner Theme : Architecture
"Spires" Photography by Mae MacKenzie

DATES TO REMEMBER

Evergreen Club Closed
Thur. Aug 31st & Fri. Sept 1st

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

Sept. 1,8,15,22,29 Rotary Hall 7:30 pm

New Members' Welcome

Friday September 22nd 10:30 am

Rock & Roll Pub Night

Friday October 20th 7:30 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 **October newsletter by Wednesday September 20th**

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

President's message continued...

Our Evergreen Club maintained many of its programs over the summer and now that the fall season is upon us things will begin to ramp up a notch or two. Janet and her staff have been very busy gearing up for all of that with fall event planning and room bookings for the upcoming fall season. A couple of NEW THINGS to look forward to are the "Campbell River Sampler" on Thursday September 21 and the "Autumn Harvest Tour" on Thursday October 12. Details for both of these items can be found in this newsletter. There is also an article that details Evergreen Club Day Trips. Checking these details will be to your advantage if you intend to join the trips. 2024 Evergreen memberships will be available starting Monday October 2nd and current members that renew between October 2nd and December 29th will enjoy a \$5 discount from the normal \$35 price. And for NEW members that join between those dates, they will enjoy the rest of '23 and all of '24 for \$35.

And now a little something to brighten your day before I go....I recently discovered the benefits of a good vocabulary.....A very old university friend of mine called me recently to have a little chat and I first asked him what he was working on these days.....he said he was working on "Aqua-Thermal treatment of ceramics, aluminum and steel under a constrained environment"....I was actually quite impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

Welcome to the FALL SEASON.....keep a smile on your face and enjoy the company of your many friends at "THE EVERGREEN".....ADIOS!!!!...gk

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Cover Photo

The Camera Club encourages members to expand their horizons as well as show off their work by holding an internal competition every two months. We have a set subject, albeit usually one with many interpretations. We each select five images from those submitted and the nine with the most votes are then displayed in the EG Lounge for a month. All those visiting the centre are able to vote for their favourite. The theme showcased in this newsletter is Architecture. The 1st place and 2nd place winners are used for The Evergreen Club's newsletter .

Closure Notice

All Evergreen Club activities **are cancelled on Thurs. Aug 31st & Fri. Sept. 1st** due to facility work in the building. Evening programming on Friday September 1st will continue as usual for Friday Night Dance and the evening opening of the Games Room (Cue Sports)

EVERGREEN CLUB NEWS

A NOTE FROM JANET

As many of you know I enjoy my summers, swimming in the ocean, attending music festivals and camping. I always hope to get in a couple more swims if September is warm. This last year I got into gardening and now I am learning about all the fall things that need to be done!

Welcome to September at the Evergreen Club! We have had a lovely summer here with many club activities, bus trips and our annual Ice Cream Social. I have been gearing up for the fall for the last month, coordinating room bookings, supporting fall event planning and even booking ahead into 2024. There is always a lot going on here at the Evergreen Club. Did you know there are 48 different Activity Clubs? Each is supported by a volunteer Activity Rep or, if a larger club, an Activity Committee. I can feel the fall hustle and bustle starting already!

A special welcome to new members. I will be watching for an opportunity to say hi and welcome you in person. The next New Members' Welcome is Friday September 22 at 10:30 am. This is a friendly get together where we talk about how to get involved, answer questions and chat about the Evergreen Club.

Have you heard about our Get Up & Go Challenge on Thursday September 14th? Come join us as we do a group walk. We are hoping to get at least 100 people out to enjoy this event and you can choose a short or longer walk.

As always, drop by my office in the Evergreen Lounge anytime with questions, concerns or just to say hi!

Cheers, Janet



It almost time for the Evergreen Club's **GET-UP-AND-GO CHALLENGE!** Thursday September 14th 10 am

The Get-Up-and-Go Challenge is a fun opportunity to get out, have some exercise and fun with your fellow Evergreen and community members. Bring a friend or just join in with one of our walking groups.

Registration takes place in the Rotary hall, and is only \$5 for this fundraiser, (there is no pre-registration). This age 55+ event encourages you 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 Filberg Centre. Routes can be completed in any fashion you choose, walk, jog, bike, etc.

You do not have to be a member to participate! Volunteers will be along the route to direct you. You will also receive a customized event lanyard, can participate in a scavenger hunt and will be able to relax with refreshments and snacks after the event.

Sad News to Share

We are sad to share that long time member Betty Annand passed away Friday August 25th. Her immediate family were with at her side. Betty was a very active member and will be sadly missed at the Evergreen Club and in the Comox Valley Community.

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 you can contact the Volunteer Activity Rep. If their name and contact information is not listed 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.

2024 Memberships

On Sale Soon!

Available starting Mon. Oct. 2nd

New Members

Buy a new membership between Oct. 2nd and Dec. 29th and you get the rest of 2023 and all of 2024!

Current Members

Renew for 2024 between Oct. 2nd and 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

EVERGREEN CLUB SPECIAL EVENTS

Get up and Go Challenge!



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



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



MORE EVERGREEN CLUB NEWS

New Activity Club The Bean Bag Club is Starting!

This is a fun activity that is great for coordination, movement and laughs! Bean Bag Toss, also known as Cornhole, is starting on Thursday October 5th as a weekly drop-in activity at the Evergreen Club.



Join us in the
back half of the
Rotary Hall Thursdays
at 10 am.

NEW MEMBERS' WELCOME

Friday, September 22nd
Craft Room 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 lower 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!



Get your Evergreen Name Tags!

Name tags are now available for members to purchase. The name tags are a great way to build community within the club, and are especially helpful for new members or that person's name you can't remember! Buy your nametag at the Filberg Reception desk.

Name tags are \$10 each, are a fundraiser for the club and can be purchased through the Filberg reception. All Evergreen Volunteers will receive a free name tag, please see Janet or Cathy if you have not received your volunteer name tag. We encourage everyone to wear your name tags while you are at the club.

Where in the World are You From Contest

The July & August winners are



Shirley Stewart
and
iris Churchill

Pick up your prize at reception
after September 1st.

EVERGREEN CLUB FRIDAY NIGHT DANCES

7:30 pm Rotary Hall
Florence Filberg Centre

Sept. 1	Amigos
Sept. 8	Nite Life
Sept. 15	Double Play
Sept. 22	Amigos
Sept. 29	TBA



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 like more donations
of gently used DVDs

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

Our library volunteer will
organize them!

Thank you!

MORE EVERGREEN CLUB NEWS

Members' Ice Cream Social August 16, 2023



The music by the Heartstrings was fantastic!



Thanks volunteers for serving up the delicious treats!



The Bean Bag Toss was popular !



The giant kaleidoscope was so fun!

Thanks to Heidi and Evan for sharing your interactive art installation with us!



Lots of shade to sit, chat, listen to music and eat ice cream!

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.

Thanks Miriam!

I've learned... the best classroom in the world is at the feet of an elderly person.

I've learned... when just one person says to me, "you've made my day!" it makes my day.

I've learned... being kind is more important than being right.

I've learned... you should never say no to a gift from a child.

I've learned... no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned... sometimes all a person needs is a hand to hold, and a heart to understand.

Written by Andy Rooney

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, 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, one on one, to answer your questions, help you keep up your skills and learn new things!





CATHY'S CORNER

Well that's a wrap! It's September and the kids will be back in school all too soon! Although I like to remind myself it's still summer until September 21st. We had a busy summer here at the Evergreen Club and I was still able to take a few weeks off to enjoy some fun with my family. We rode the watersides and roller coaster at Cultus Lake, mountain biked in Whistler and tubed down the Cowichan River.



While Janet and I were busy tag-teaming our vacations, many clubs continued to meet over the summer. We were lucky to have a beautiful warm sunny day for the ice cream social (ordered by myself of course). Many turned out to enjoy free ice cream and music in the park. Hard to beat that on a hot summer's day.

As I turn my thoughts to fall we will have a jam packed schedule including both special events and trips. Keep an eye on our newsletter and of course our Facebook page to stay up to date with everything Evergreen Club so you don't miss a thing.

Cathy
Volunteer and Special Event
Coordinator

VOLUNTEER OPPORTUNITIES

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

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 Evergreen Club 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.

Cathy Audia

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

Code of Conduct Policy

Did you know the Evergreen Club has a Code of Conduct? This is in place to ensure our members feel safe, free from harassment, bullying and offensive language. The Evergreen Club's purpose is to provide our members with enjoyable social and recreational interactions, free from conflict. The Code of Conduct gives the EG Club board and staff the tools to address behavior that is in breach of the policy. A formal process is in place to handle situations that violate of our Code of Conduct. If you would like to learn more about our Code of Conduct policy you will find it on the back of the Evergreen Club welcome letter and it is posted on our bulletin board in the Evergreen Lounge.








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 NEWS

September Lunch Specials

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A smiling sun means a surprise hot lunch special!</p> 				<p>1</p> <p>Closed</p>
<p>4</p> <p>CLOSED Statutory Holiday</p>	<p>5</p> <p>Sweet & Sour Pork</p>	<p>6</p> 	<p>7</p>	<p>8</p> <p>BBQ Cheeseburgers <i>GF & veg option avail.</i></p>
<p>11</p>	<p>12</p> <p>Homemade Pizza <i>GF & veg option avail.</i></p>	<p>13</p> 	<p>14</p>	<p>15</p> <p>Ruebens</p>
<p>18</p>	<p>19</p> <p>Tacos <i>GF & veg option avail.</i></p>	<p>20</p> 	<p>21</p>	<p>22</p> <p>Chicken Pot Pie</p>
<p>25</p>	<p>26</p> <p>Lasagna <i>GF & veg option avail.</i></p>	<p>27</p> 	<p>28</p>	<p>29</p> <p>Cabbage Rolls</p>

Daily Menu

Fresh sandwiches, soups, salads, baked goods and
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

Frozen take home meals
are available too!

Please bring a bag for your
take out meals! We are trying
to reduce the use of plastics.

Food Services Hours

Monday 8:30 am - 1 pm

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

EVERGREEN CLUB ACTIVITY CLUBS

The Art Group

Gosh, time flies when you are having fun, and we have been having fun all summer painting and creating on those lovely sunny Thursday afternoons. Although during the summer some members of our group were involved with other activities such as hiking, camping and sailing many of us stayed nearer to home and did much less adventurous pursuits.



This painting is titled K'omoks Estuary View. A view that I am sure many of us are familiar with. Enjoy the coming month, take care, 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. Watch for further information. Thanks, Lyle

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.

Canasta

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

One of those folk was Karen Erickson whose work is featured here this month. Karen is a long time member of the Art Group and she uses many of her own photos, often taken locally around the Comox Valley, as inspiration for her acrylic landscapes. Majestic mountains, rivers and waterfalls! And the occasional 'something else'.

Book Club

The next meeting of the Book Club will be Tuesday, September 5th, at 1 pm in the Florence Filberg Centre upstairs in the Soroptomist Lounge. Normally we meet on the first Monday of the month. Because Labour Day is the first Monday in September, we will be meeting on Tuesday, September 5th.

Carpet Bowlers

Carpet bowling will continue as drop-in Tuesdays and Thursdays at 1 PM for September with league bowling to hopefully start in October on Tuesdays. There will be no games Tues. Sept. 5 or Thurs. Sept 7. An executive committee of 3 or 4 people will be needed to set up teams and do weekly scheduling.

Please contact Jennifer Grieve at 250-338-0913 or email Jennifer.grieve@shaw.ca if you are interested. Also contact Jennifer if you want to be on a team and which position you would prefer (Skip, Third, Second, Lead). Thanks.

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).



NYC November 11, 2018

Photography by Rob Lunde

2nd Place Architecture Theme

EVERGREEN CLUB ACTIVITY CLUBS

Choristers

IMAGINE THAT! It's Fall again! The Choristers are going to be having a busy winter. There are plans afoot to resume singing at the Senior homes and we will be singing at some of the Glacier Kings hockey games. WOW, we sang every Friday during the summer and a good time was had by all. We even went out to the park one day to sing under the trees. Join us on Fridays at 10:30 am for a nice time singing oldies but goodies. See you then.

Cue Sports

The Cue Sports Club has two snooker tables and two 8 Ball tables. Cues are available to use while in the room. The cost is 25 cents for 15 minutes. In September we are starting up our Snooker League again. Registration deadline is September 5th. Join in and have some fun. Ladies night is on Mondays from 6:30 pm to 9 pm. 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 pm. Evening play will be most Mondays, Tuesdays, Thursdays and some Fridays.

Cycling

Evergreen Cycling has been going in leaps and revolutions. The summer started with local tours of "Tree of the Year", and continued with tours of Campbell River, Quadra Island, Comox Lake, Wolf Lake, Moorecroft Park, Miracle Beach, Nymph Falls, to name a few. Our members have also participated in local charity rides such as the YANA Ride.

Looks like good cycling weather will continue so no sign of slowing down. Our Monday and Wednesday group rides usually start at the Filberg, Mondays and Wednesdays at 10 am followed by Comox QF at 10:30. Rides are usually 25 to 35k and currently e-bikes outnumber regular bikes. These rides include lots of rest stops, sometimes coffee and or lunch. We all also enjoy eating, hence summer and winter socials. Most importantly new members always welcome.

Ernie Kimball

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 scores this past month: Wayne-101, Trish-103, Maria-104, Lori-105, Norma-108, Jeff-108, Ian-113, John-114, Kybor-118, Arnie-118, Lorene-119, Mike-120, Lyle-122, Dave-124, Steve-125, Wanda-124, Linda M-130, Bob-131, Dennis-134, Gerry-140, William-140, Brian-140, High checkout: Bob- 50 (red bull), Pat-78,

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 or l.macmullen@outlook.com

Drama

Hello everyone, The Drama Club is in rehearsal for our fall show which will be held in the Conference Hall of the Florence Filberg Center on December 5th & 6th at 1:00 pm. It will be approximately a two (2) hour show consisting of 4 skits, and 2 or 3 readings. It will be a grand show with comedy and light hearted entertainment. Two of the skits were written by members of the club. We are always ready to welcome new members for the stage, sets or behind the scenes. With your support we will have a wonderful show, be there or be square. Phil P. President

Fabric Arts (formally Fabric Painters)

Our summer vacation is over and we will return to business on Tuesday Sept. 5th. We occupy the Craft Room every Tuesday from 9:30 am until 11:30 am. It would be very nice to have some new members. Join us as we each explore and work on a wide variety of fabric based projects. New ideas welcome too!



EVERGREEN CLUB ACTIVITY CLUBS

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!

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

Do YOU love music and it makes you feel like dancing? Well now! Where can you go? Here, to the Evergreen Club! Great Bands come and play for us so why not come and see why our regular dancers keep coming back to the Florence Filberg Centre home of the Evergreen Club.

Dance Reps.

Peggy and Mary



Golf

Join fellow Golfers at "The Park" on Wednesday and Friday mornings. T-off time is currently at 9:00 am. 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 Club contact number please call reception at 250-338-1000.

Gospel Sing Along

After monthly get-togethers in July and August, the Gospel Singalong is back to our weekly schedule. Starting Sept. 7 we will meet in the Rotary Hall Thursday mornings at 10:30 am for an hour of singing the lovely old hymns and rousing gospel songs. Do drop in! Everyone is welcome, it's fun and informal. The words are projected on a screen, Jacqui Graham leads the songs, Loretta Jensen runs the overhead projector, and our pianist Mary Bitroff provides the music. Come and join us, to sing or just listen. It's a pleasant social time that continues over lunch in the lounge. See you there!

Our August meet-up was well attended, thanks to Loretta's phone reminders. It was a good time.

See you soon, Jacqui

Genealogy

Welcome, after a sunny summer hiatus we're ready to "dig" into our roots once again. Our first meeting will be quite casual, giving regular and new members a chance to catch up with one another and exchange summer happenings. Looking forward to seeing you all Thursday, September 21, one o'clock in the Conference Hall. Don't forget we like to do a little socializing at noon in the lounge before the meeting. Please check our facebook page Evergreen Seniors Genealogy Club for more news and updates.

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.



Thank you to the Heartstrings who came out to play at our Ice Cream Social in August.

Horseshoes

After a successful season of fun filled Tuesday afternoons, the Horseshoe Club will play our final games of the year on Tuesday, September 26, 2023. Our members are looking forward to next year and invite everyone to come out and join the fun.

Lyle Trockstad

EVERGREEN CLUB ACTIVITY CLUBS

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.

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.

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!

Also, I did forward the info re cancellations to our group and I guess that's all for now! Shall see you in September. Cheers and with thanks, Nova P

Karaoke

Karaoke September 20th! It's time to dive into your fall activities with song! Music fun is once again in the forecast for the Conference Room from 1pm to 3:30 pm on the third Wednesday of the month. Come and belt out that familiar song, listen while someone else sings their favourite, or simply attend to enjoy the music. You'll be presented with opportunity to sing but never pressured to do so. And should you choose to sing and Karaoke is a new experience or you're a bit uncertain or shy Sandy will be happy to assist. Whether you're bold enough to sing alone, a little less bold and sing with the singer on a disc, or are in need of moral support and drag others up to sing with you, you're sure to find a popular song or an old favorite available on our discs. Stop in when you can, stay as long as you desire and leave when you must. But remember, if you don't want to miss anything or you want more turns to sing it's always wise to show up at the start and stay as long as possible. Want an entertaining afternoon? Come spend time with the friendly easy-going group at Karaoke!

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



Meet & Greet - Singles

Hope you all had a great summer ... staying cool during our heat wave. Thank you to all who attended the annual picnic on Aug. 10th at Kitty Coleman Provincial Park. After lunch Greg..... our beloved Elvis entertained us and others in the park. We again would like to say thank you.

Our Guest Speaker for September is Susan Morrison, Driver Examiner, Driver Services Courtenay. She will give tips to us on how to stay safe on the roads and keep driving longer. Come and join us Wednesday September 6th at 1 pm. in the Rotary Hall. New Members are welcomed.

Elaine Kivela 250-941-2518

Mexican Train

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

Quilters

The Quilters meet Mondays at 12:15 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

Trouble Clef Recorder Players

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.

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!

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



Supper Club

Hello to all members and friends of the Evergreen Club at the Florence Filberg Centre. We have been going out once a month to various restaurants in the valley for about six months and welcome singles and couples alike to have a nice dinner with friends and to make new friends. We have been going out on a Wednesday night at 5:00pm and on September 20th we will be meeting at Smitty's in Comox for dinner and maybe a glass of wine. There is a sign up sheet in the lounge on the right side of the notice board just so I can let Smitty's know how many they will be expecting to serve. Hope to see you there and hope you have a wonderful time. Phil P

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 those without. Balls are provided.

Social Dance Club

With a tad more summer to enjoy, we were pleased to offer a pre-fall dance on August 21st. It was nice to get reacquainted with our spring session dancers and to welcome newcomers. There will always be a warm welcome to every toe-tapping dance lover out there. Don't worry if you're a beginner; we will get you up and moving on the dance floor in no time at all. That said, we do need more male participants to partner with several single, female dancers. We plan to provide an eclectic list of dances for each session but your suggestions are always welcome.

Please note, while the fall dates don't fit the 2nd and 4th Monday schedule we followed in the spring, the good news is, we do have two sessions booked each month, Mondays from 12:30 – 2 pm on Sept. 11th & 18th, Oct. 16th & 23rd, Nov. 13th & 27th and Dec. 11th .

We will continue to have a donation jar present at each session to help us build up funds for 'special' events. See you on the dance floor.

Linda & Alan

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

NEW

The new Writers Club will be starting up in early October. Watch the next newsletter for details of time and place.

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 desserts 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.



Walk & Talk

Welcome back returning walkers, and a warm invitation to new walkers wishing to join us! This month we revert to our 1:00 pm start, every Thursday, for a walk followed by coffee.

Thurs. Sept. 7th Kin Beach. Meet in the parking lot of the Griffin Pub on Little River Road in Comox.

Thurs. Sept. 14th McLaughlin Gardens. Meet at Vanier Sports Complex for carpooling.

Wed. Sept. 20th Hornby Island. This is a full day excursion, leaving at 8:00am and returning at 6:00pm. See below for more info.*

Thurs. Sept. 28th Nymph Falls. Meet at Vanier Sports Complex for carpooling.

*Hornby Island Wednesday Sept. 20th: In order to plan carpooling, we ask that you please sign up with Maree by Friday Sept 15th. There will be a fee of approximately \$25 per person to cover ferry fare and mileage for carpool drivers.

For more information and details of the itinerary, please call or email Maree. Questions? MAREE 250-702-2640 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. We are going to set up a second Trivia group as we are getting rather large.

Ukulele Club

Am I the only one who finds himself upstairs and can't remember what I am up there looking for and only remember after I go back downstairs. Fortunately this only occurs once in while. And one of the best ways to keep this from happening only, once in awhile, is to engage in regular mental workouts. This according to research that has shown that "playing music provides a total brain workout." So, if you want to pump up your cortex and strengthen your cerebellum, then come and check out our brain gym.

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



Membership is required to participate in all activities at the Evergreen Club.

EVERGREEN CLUB MEMBERS' TRIPS

Registration for **NEW** trips opens on **Tues. Sept. 5th**

NEW

Campbell River Sampler

Date: Thursday, September 21

Depart: 9:30 pm- Florence Filberg Upper Level

Return: 4:30 pm- Florence Filberg Upper Level

Cost: \$70 includes bus, tax and bus tip, no food or drinks

Today we head north with our first stop at Willow Market to browse amongst the Home Décor, Farmers Market and Garden Centre. Then we head to Browns Bay floating restaurant North of Campbell River. Part of the road is unpaved, so be prepared for a bit of a bumpy ride for the last 10-15 minutes.



On our way home, we will stop at Discovery Fishing Pier in Campbell River for a look around. If we are lucky the ice cream stand will be open. Although this trip has been planned with those with mobility issues in mind, depending on the tides the ramp to the floating restaurant on the dock may have a steep grade.

NEW

Autumn Harvest Tour

Date: Thursday, October 12

Depart: 12:30 pm- Florence Filberg Upper Level

Return: 5:30 pm- Florence Filberg Upper Level

Cost: \$60.00 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. Coastal Black is celebrating their 10th Annual Pumpkin Fest! 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, over flowing with products which are all grown or made on the farm. Feed the chickens and take in life on a quaint authentic working farm.

*This trip has been planned with those with mobility issues in mind. However due to gravel pathways, and a moderate grade hill, some guests may have a limited ability to move around at the pumpkin patches

Evergreen Club Day Trip Info

Name tags

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.

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.



Be sure to share your trip ideas and suggestions with Cathy or Janet

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	NEW Bean Bag Toss 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	Golf at "The Park" in Comox 9 am	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	Mexican Train 1 pm EG Lounge	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	Chess 1 pm Craft Room	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 5th in Sept.	Horseshoes 1 pm Lewis Park (Apr -Sept)	Scrabble 1 pm Sept - May Sorooptimist Lounge	Bridge 12:30 -3:30 pm back Rotary Hall	Knit & Crochet Group 1 pm - 3 pm EG Lounge
Writers Club NEW Starting in Oct	Carpet Bowling 1pm Conference Hall	Improv Club 2 nd & 4 th Wed 1 pm Rotary Hall	Trivia 1 pm - 3 pm Sorooptimist 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 Sorooptimist Lounge	Meet & Greet (Singles) 1st Wednesday 1pm Rotary Hall Sept -June	Euchre Club 1:00 pm EG Lounge	Fri. Night Dances Rotary Hall 7:30 pm
Drama Club 3 - 5 pm Conference Hall	Knit & Crochet Group 1 pm - 3 pm EG Lounge	Karaoke Conference Hall 3 rd Wed. 1 pm	Carpet Bowling 1 pm Conference Hall	
Whist 7:00 pm - 9:30 pm Rotary Hall	Recorder 1:30 pm Craft Room Sept -June	Floor Curling Native Sons Hall Grand Hall Oct-April	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	Supper Club Monthly See newsletter for info	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		Table Tennis 6:00 pm - 8:45 pm Rotary Hall	