



November 2009 News

1801 Beaufort Avenue Comox V9M 1R9

Centre Hours
Monday to Friday 8 am—3 pm
Saturday 1 pm—3 pm

Office Hours
Monday to Friday
10 am—1 pm

(250) 339-5133

www.comoxseniors.ca

Events & Notices

Tea Dances

2nd and 4th Sunday of the month
\$5.00 per person
Fiddlejam
November 8th
Claire's Combo
November 22nd

Remembrance Day Lunch

A luncheon will be held on Wednesday,
November 11 @ 12:30 pm
Tickets are \$6.00 and available at the office

As a reminder, any activity held in the ballroom at the Centre is cancelled on November 11, as well as the regular kitchen luncheon food service.

Birthday Party

hosted by *the Craft Club*
Tuesday, November 24th 2:00 - 4:00 pm
Members with birthdays in *October, November, December* are free; everyone else is \$2.00

Afternoon at the Pub

Saturday, November 21st, 2009
Shepherd's Pie & Veggies
served at 2:00 pm
Music by *Fiddle Chimes*

Deadlines for Upcoming Newsletters

December Issue: Wednesday, November 25th
January Issue: Monday, December 21st
Email: islandcec@shaw.ca

President's Remarks

Another delicious meal was served by our fantastic cook, who once again surprised us all with a most delicious turkey dish. Dei and her helpers received a big hand in appreciation.

There was a good response and interest in the instruction on the defibrillator. There will also be instruction on CPR at a later date.

Our membership is now over 800 and growing! The 2010 memberships will be out beginning November 2nd. Don't forget to renew early to be eligible for the early-bird draw.

The *Aging with Dignity* workshop, held at the Florence Filberg Center, was well-attended and much interest was shown in our display booth and the pamphlet outlining the different activities at d'Esterre House. Many folks did not realize that the Comox Seniors' Centre was open to all residents of the Comox Valley and we distributed about 50 pamphlets and Newsletters to prospective members.

A Craft Fair and Pancake Breakfast will be held at the Centre on November 14th from 9:00 am to noon. Everyone is invited (see page 2 for more info).

Another activity at the Seniors' Centre is soapstone carving, which began with three members and has now grown to nearly 10. They do their work in the ceramics room and everyone is invited to look in on them any time on Monday and Friday mornings.

Tony Hermes



Social Calendar

Upcoming Events:

December 19, 2009, 2 pm..... Afternoon Christmas Party
December 25, 2009 Christmas Dinner in the dining room
January 16, 2010, 2 pm Robert Burns Afternoon Lunch
February 20, 2010, 2 pm..... Valentine's Day Dinner Dance
March 20, 2010, 6 pm..... St. Patrick's Day Dinner-Dance
April 17, 2010, 6 pm Easter
May 15, 2010, 6 pm..... T.B.A.
June 19, 2010, 6 pm T.B.A.



**November 14th!!!
Pancake Breakfast, Craft Fair
Bake and Book Sale
and
Elephants!**

Don't miss this important event - mark your calendars now and make a point of coming to the Centre on Saturday, November 14th between 9:00 am and noon where you will find a delicious pancake breakfast prepared by our kitchen whizzes for only \$5.00.

You will also have the opportunity to start your Christmas shopping with our fairly priced and unique assortment of crafts or new-to-you books, plus delicious baked items. And elephants.

This is the first call to all bakers. Please bring your goodies to the Centre on Friday, November 13th or before 9 am on Saturday. We're counting on your usual incredible support to fully stock the bake tables which are always a great money raiser.

Now, about those elephants - if you have any white ones lurking around, please donate them to be sold on November 14th. Bring them to the office from Monday to Friday between 10:00 am and 1:00 pm, or leave them in the library - clearly marked ELEPHANT!

New Learning Boosts Brain Power

Who says you can't teach an old dog new tricks? With the Brain Boosters program in full swing, new skills are learned each session by curious life-long learners.

Last October 23rd, an interesting presentation on using *Facebook* generated a lively discussion among seniors. Mark Erickson of Norse Code Technologies gave a comprehensive intro, step-by-step handout, procedures and lots of answers to questions. It turns out Dorothy Carmichael already has a *Facebook* account but just needed the demonstrated tips to manage it successfully!

At the October 27th session, Mark showed a different group how to "free" the hundreds of photos residing in people's digital cameras by uploading them into a computer, organizing, re-sizing and sharing them via emails, *Facebook*, etc.

Arabella Benson



Bingo

Bingo has been going all Summer (when the numbers fall) and now into the Fall (when the numbers grow again). Everyone is invited to participate in the group.

Tony Hermes

**Spotlight
on the
Sid**

250-338-2420

www.sidwilliamstheatre.com

There is a lot to choose from on stage in our Valley of Arts and Culture.

At **The SID** November 1st - Mark Djokic, violinist, Light & Metal - 7th; Banff Mountain Film Festival - 29th.

BERWICK. 17th - Co-Val Choristers, reserve for tix; 339-1690 and come and see me sing at **The OLD CHURCH THEATRE** "Christmas time", first week of December - tix now selling 339-7676.

What a wonderful place we live in great things happening.

Marlene Oolo



Fun Golf News

A successful golf season wound up on October 2nd with a delicious dinner catered by our in-house chef, Dei Lafond, assisted by Elva Mason. Thanks, ladies! In spite of the disappointing and surprise closing of Longland's Golf Course on our final Thursday, we agreed that the season had been a good one, with two or three rain-outs and two or three "too hot to be out there" days. The latest news of the course is that it will reopen in the spring, which is very good news for our players. Keep your fingers crossed!

Bill and Shirley have expressed their desire to stand down as organizers, and we hope that one or two people will "step up to the tee block" and take over their duties in 2010. How about it guys?!!

Shirley Wallis

Scrabble

I would like to propose to the Executive that a Scrabble group be formed. Anyone who may be interested in such a group, please contact Juanita Olson at 250-890-2085 or jcofpr@shaw.ca

Bridge

Monday- 12:30 pm - bring a partner
Tuesday - 7:00 pm - duplicate
Wednesday - 12:30 pm - drop-in
Thursday - 12:15 pm - ladies
Friday- 12:30 pm - all levels
6:30 pm - drop-in
Saturday - 1:00 pm - duplicate
1st Sunday - 1:00 pm - partners

Cribbage



Tuesday night is crib night. Come out for some fun, friendship, and coffee. All for only \$1.50.

This month we want to welcome new members Joyce Small, and Rose and Mike Hooley. Also welcome back to Eva and Nick, and Regina and Al.

High scores for October go to Trudy Moison 962 and Bruce Schlie 957

Charlie Richardson

Dance Lessons

Classes continue on Tuesday afternoons (except first Tuesday of the month), and are OPEN only to those who started learning Jive and International Foxtrot on October 27th. New classes will start again next year.

Belly Dance

Classes continue on Wednesdays at 10:00 am, followed by Wii Fit Yoga at 11:05 am.

Whist

Now that the weather is getting colder, the participants are slowly returning from their summer holidays and visitors. This is a very nice group and we all want to win but we know that it is only a game. Come out and enjoy the companionship.

Tony Hermes

Menu for November

The kitchen staff prepares fresh home-made soup, sandwiches, muffins and desserts daily, Monday to Friday, 11:00 am to 1:00 pm.

Available daily are salmon and egg salad sandwiches. On Wednesdays we have bacon and tomato sandwiches and on Fridays, grilled cheese sandwiches.

Tuesdays and Thursdays hot meals will be served as follows:

Thursday the 3rd..... Chicken
Tuesday the 5th..... Meat Loaf
Thursday the 10th..... Roast Beef
Tuesday the 12th..... Pork Chops
Thursday the 17th..... Bangers & Mash
Tuesday the 19th..... Liver & Onions
Thursday the 24th..... Pork Roast
Thursday the 26th..... Ham & Scalloped Potatoes

I would like to send a big thank you to Marj Richardson for coming to our rescue on Tuesday, October 20th. Thanks again, Marj, for helping us out at the last minute. We really appreciate any help we can get from the members.

Dei

Halloween Brain Boosters, Photos, Stories Training Requests

On October 31st starting 3:00 pm, costumed international speakers Arabella Benson and Fraser McAllan demonstrated how much fun learning can be with a multi-media presentation on Brain Boosters and dramatic, humorous and touching stories in "Weave a Little Magic with Stories."

Using accelerated learning strategies of props, colour, humour, movement, music, and active participation by volunteers, the "enter-trainers" offered nutritious snacks which boost alertness -- NOT the usual fare of carbs, fats and sweets which send folks to La-La-Land. Volunteer storytellers got tips from world-class speech coaches on telling their stories more effectively and enjoyably.

Prizes were given to BEST COSTUME and BEST STORY. Professional photographer Norm Wilson photographed the lively program, in preparation for his presentation at d'Esterre on November 27th at 9:00 am.

All Brain Booster learning sessions are FREE to Comox Seniors Centre members. Drop-in guests pay \$3.00.

If there is a Training Program you would like to learn, put your suggestions on the Bulletin Board or email: 1arabella8@gmail.com.

Arabella Benson

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Comox Seniors' Centre 339-5133

Clubs

Snooker Club

Bill Brown
339-3020

Wood Shop

Dave Robinson
703-2536

Rock & Gem Club

Al Dzuba
334-1909

Librarian

Verna Evans
339-5107

The Card Lady

Betty Radford
339-6730

Archivist

Phyllis Long
339-2917

Rentals

Marion Knisley
339-4451

Special Events

John & Vera Barrett
338-1032

Custodian

Bill Brown
339-3020

Newsletter

Celia Poulson
941-2007
islandcec@shaw.ca

President

Tony Hermes
338-5721

Activities

Day	Activity	Time	Instructor	Contact	
Monday	Soapstone Carving	10:00 AM	Norma McPhail or Marilyn Hannah	339-5970 339-6012	
	Painting	10:00 AM	Dorothy Gardner	897-1089	
	Weights	11:00 AM	Janet Liszt	890-3332	
	Bridge (Partners)	12:30 PM	Tom Dugdale		
	Sub/Partners		Wendy Peddie	339-9299	
	Carpet Bowling	1:00 PM	Barb Thomson	339-0594	
	Table Tennis	3:00 PM	Jeanette Baron	339-7161	
	Whist	7:30 PM	Tony Hermes	338-5721	
	Tuesday	Ceramics	9:00 AM	Marion Knisely	339-4451
		Exercise	9:00 AM	Evelyn Wright	339-7493
		& 10:00AM	Christine Lynch	339-9620	
Chair Exercise		11:15 AM	Christine Lynch	339-9620	
Craft Club		1:00 PM	Peggy Bradley	339-0566	
Euchre		1:00 PM	Bill Brown	339-3020	
Dance Instruction		2:00 PM	Arabella Benson	941-8885	
Duplicate Bridge		7:00 PM	Irene Smith	339-4492	
Cribbage		7:00 PM	Charlie Richardson	897-0015	
Wednesday		Stained Glass	9:00 AM	Peggy Bradley	339-0566
	Weights	9:00 AM	Janet Liszt	890-3332	
	Painting	10:00 AM	Dorothy Gardner	897-1089	
	Belly Dance	10:05 AM	Magi Schoffield-Reid	338-9424	
	Wii Fit Yoga, Balance	11:05 AM	Arabella Benson	941-8885	
	Drop-in Bridge	12:30 PM	Alice Thomas	339-9295	
	Carpet Bowling	1:00 PM	Barb Thomson	339-0594	
	Table Tennis	3:00 PM	Jeanette Baron	339-7161	
	Whist	7:30 PM	Gillian Iddiols	339-6468	
	Thursday	Ceramics	9:00 AM	Marion Knisely	339-4451
Exercise		9:00 AM	Evelyn Wright	339-7493	
		& 10:00AM	Christine Lynch	339-9620	
Computer Instruction		10:00 AM	Dave Robinson	703-2536	
Chair Exercise		11:15 AM	Christine Lynch	339-9620	
Bridge-Ladies		12:15 PM	Dorothy Carmichael	339-5886	
Craft Club		1:00 PM	Peggy Bradley	339-0566	
Mah Jongg		12:30 PM	Kareen Woodcock	338-1970	
Golf		2:30 PM	Bill Georgeson	339-0789	
Friday		Soapstone Carving	12:30 PM	Norma McPhail or Marilyn Hannah	339-5970 339-6012
	Bridge-All Levels	12:30 PM	Joan Clarke	339-3212	
	Carpet Bowling	1:00 PM	Barb Thomson	339-0594	
	Table Tennis	3:00 PM	Jeanette Baron	339-7161	
	Bridge-Drop-in	6:30 PM	Marilyn Hannah or Wendy Peddie	339-6012 339-9299	
	Saturday	Bridge (Duplicate)	1:00PM	Irene Smith or Clark Graham	339-4492 339-4739
Bingo		1:00 PM	Tony Hermes	338-5721	
Sunday	1 st Bridge-Partners	1:00 PM	Tom Dugdale		
	Bridge Subs/Partners (Sun & Mon)		Wendy Peddie	339-9299	
	2 nd and 4 th Tea Dance	2:00 PM	Tony Hermes	338-5721	