



June 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
(2:00 to 4:00 pm)

Fiddlejam

June 14th

Claire's Combo

June 28th

Tribute to

Barbara (Babs) Bullen

On May 12, Barbara (Babs) Bullen was honoured for her untiring work in arranging exercise instruction to the seniors of Comox. (Her photograph is now hanging on the wall in the lounge.) Babs volunteered in this capacity for 13 years and also organized a yearly party for all exercise members and their guests. She and her husband, Gerry, entertained at these functions with their singing and acting repertoire. It is people such as these that have made Comox a friendly place to call home and our senior's centre our home from home.

Christine Lynch

Deadline for July Newsletter

Wednesday, June 24th
Email: comoxcec@shaw.ca

President's Remarks

- ◆ The kitchen should be getting a new commercial stove this month.
- ◆ There were new tablecloths bought to fit all tables; very nice indeed.
- ◆ Bill Georgeson advised that *Healthy Aging* will begin again this September.
- ◆ The Dinner Theatre was enjoyed by all those in attendance and the Union Bay Player Performance was great. We hope they will return again. Thank you.
- ◆ We will be celebrating the anniversary of the d'Esterre Seniors' Centre on June 25th.
- ◆ I attended a meeting of the Rotary Club of Cumberland to receive a fibrillator. Should someone have heart problems, the fibrillator could be of help. There will be instruction on how to use the fibrillator at a later date.
- ◆ The next General Meeting will be on Tuesday, June 16th.

Tony Hermes

New Executive and Board for 2009

President..... Tony Hermes
Past President Dave Robinson
Vice-President Dave Grant
Treasurer Ted Wallis
Secretary Pat Joyce

Board Members

Cathy Bell	Babs Bullen
Jane Jenssen	Christine Lynch
John Marinus	John Patrick
Charlie Richardson	Betty Wishart
Town of Comox Rep.:	Tom Grant

Seniors' Writing Circle Opportunity

History and Context:

A seniors' writing circle was introduced in Prince George in the 90's that resulted in both an increase in literacy levels in seniors and a legacy of writings. A large percentage of our population is senior, and writing circles create a vehicle for literacy improvement, as well as a legacy of stories for present and future generations. A similar project would both increase literacy for seniors, and benefit both community and intergenerational awareness.

Objectives:

- provide an in-house writing circle for seniors
- provide intellectual stimulation
- increase self-esteem
- develop literacy skills
- affirm the dignity and value of aging adults
- create written legacies through stories to share with family and community
- promote intergenerational exchange of ideas

The Format:

The Adult Learning Centre would cover all costs and would partner with interested senior's organizations. Writing circles would be approximately 10 weeks long, and would involve a group of 6-8 seniors. Starting in October, the Adult Learning Centre would host the group on Fridays, and would be 2 hours per session. The writing sessions could be offered "in house" to local seniors organizations such as d'Esterre house, or held at The Adult Learning Centre.

The writing sessions would include an introduction to ideas, the writing process, and story creation. This outline would be flexible and could involve writing in a variety of forms (such as creative non-fiction, stories and poetry). Sessions would include such aspects of writing such as dispelling "writing myths", free writing, first draft, revision, peer editing, and oral presentation. This would also include a volunteer support to assist the facilitator, and special guests from the writing community. Each session would be structured to provide support and encouragement to participants.

The project would culminate in a reading at a local venue, such as a seniors' centre, or the public library. The project would involve hiring an individual to conduct and facilitate the project. The project would also involve promotion, and creative support in order to fully serve the individuals involved. A seniors' writing circle would be a deliverable literacy project that would enhance community participation and awareness, while supporting the seniors within the Comox Valley.

Contact:

If you are interested in participating in this event please contact Dave Robinson at 250-703-2536 or sign your name to the poster on the Bulletin Board and we will be in touch with you with further details.

Spotlight on the Sid

250-338-2420

JUNE is filled with our own Community talent. Please try to support them as they work so hard.

Valley Dance Centre: June 10-13th;
Brian Kruse School of Dance: June 19th
and 20th; Berwick House with Daniel
Dowker (pianist): June 16th... free show
and refreshments served.
Call 250-339-1690

CANADA DAY AT THE SID

1st July evening show 7-9 pm

An evenings' entertainment of song and dance....all Multicultural. This is a free show but a tin of food for the Canada Day Drive is optional.

www.sidwilliamstheatre.com

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

Attention: Monday Bridge (Partners)

July 20th Summer Pot Luck
More details later.

Rona Lawson

Monday Night Whist

Whist is played every Monday night at 7:30 pm. A very friendly group that enjoys an evening of cards and fun.

There is also a Whist group on Wednesdays.

Tony Hermes

Bingo

is played on Saturdays at noon till 2:00 pm. All are welcome to attend and enjoy the companionship.

Tony Hermes

Tuesday Night Cribbage

C'mon out and have a night of fun and friendship.

We play eight games starting at 7:00 pm the main hall.

Cost is only \$1.50 and includes coffee and goodies.

Perfect scores of 968 this month go to Ruth Carver and Martin Vesper.

**Contact Charlie Richardson at
250-897-0015**

2009 Fees for Exercise Classes

Aerobics #1 - Tuesdays/Thursdays - \$10.00 per month

Aerobics #2 - Tuesdays/Thursdays - \$10.00 per month

Weights - Monday- \$5.00 per month

Weights - Wednesday- \$5.00 per month

Chair Exercise - Tuesday/Thursday - \$5.00 per month

TWO, half- hour sessions per week.

Maximum class size - 30 participants.

Fees will be taken for 2 months at a time; i.e., July/August, Sept./Oct., Nov./Dec.

Current d'Esterre Seniors' Centre membership is required.

As the fee is vital in order to continually pay the Instructor, there will be no refunds.

Excess funds will be used to subsidise low enrolment months, equipment and the yearly party.

Christine Lynch

Menu for June

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

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

Tuesdays and Thursdays hot meals will be served as follows:

Tuesday the 2 nd	Lasagna
Thursday the 4 th	Pork Roast
Tuesday the 9 th	Chicken
Thursday the 11 th	Bangers & Mash
Tuesday the 16 th	Roast Beef
Thursday the 18 th	Liver & Onions
Tuesday the 23 rd	Chili & Bun
Thursday the 25 th	Ham & Scalloped Potatoes
Tuesday the 30 th	Pork Chops

Thanks very much to all our volunteers who help out in the kitchen. It is very much appreciated and we are always in need of helping hands.



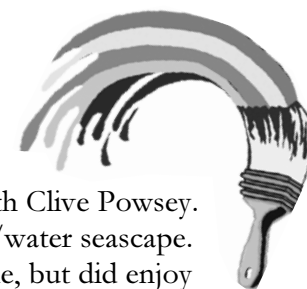
Artists' Group

On May 7th, we had a wonderful workshop with Clive Powsey. During the day, he guided us in painting a sky/water seascape. None of us really finished our work at that time, but did enjoy putting our clouds and sun and water on paper. Everyone had a different looking painting when the day ended.

Our group gained a new member recently. She is Althea White. Welcome, Althea.

If anyone wishes to come and see what we do, drop in on Mondays when we are all busy on our various projects.

Cheers from Dorothy (250-897-1089)



Morning Walks

The Wednesday and Friday walks have been cancelled due to lack of interest..

Bill Brown

Editor's Note:

Would all Activity Coordinators please review the Clubs and Activities Page and advise if any info needs to be corrected. Thanks, Celia

Comox Seniors' Centre 339-5133

Clubs	Activities						
Snooker Club Bill Brown 339-3020	Monday	Soapstone Carving	10:00 AM	Norma McPhail or Marilyn Hannah	339-5970 339-6012		
		Painting	10:00 AM	Dorothy Gardner	897-1089		
		Computer Instruction	10:00 AM	Dave Robinson	703-2536		
		Weights	11:00 AM	Janet Liszt	890-3332		
		Bridge (Partners)	12:30 PM	Tom Dugdale			
	Wood Shop Dave Robinson 703-2536	Sub/Partners	Carpet Bowling	1:00 PM	Wendy Peddie	339-9299	
			Table Tennis	3:00 PM	Barb Thomson	339-0594	
			Whist	7:30 PM	Jeanette Baron	339-7161	
					Tony Hermes	338-5721	
Rock & Gem Club Al Dzuba 334-1909	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				
The Card Lady Betty Radford 339-6730	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		
		Walking	10:00 AM	Bill Brown	339-3020		
		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		
		Archivist Phyllis Long 339-2917	Thursday	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		
Bridge-Ladies	12:15 PM			Dorothy Carmichael	339-5886		
Craft Club	1:00 PM			Peggy Bradley	339-0566		
Mah Jongg	12:30 PM			Yvonne Parr	339-1080		
Rentals Marion Knisley 339-4451	Friday	Tai Chi Level 2	9:30 AM	Robynn Honeychurch	339-2415		
		Walking	10:00 AM	Bill Brown	339-3020		
		Tai Chi Level 1	10:35 AM	Babs Bullen	339-0046		
		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		
				Irene Smith or Clark Graham	339-4492 339-4739		
				Tony Hermes	338-5721		
Custodian Bill Brown 339-3020	Saturday	Bridge (Duplicate)	1:00PM				
		Bingo	12:00 PM				
Newsletter Celia Poulson 941-2007 islandcec@shaw.ca	Sunday	1 st Bridge-Partners	1:00 PM	Tom Dugdale			
		2 nd Bridge Subs/Partners (Sun & Mon)		Wendy Peddie	339-9299		
		3 rd Tea Dance	2:00 PM	Tony Hermes	338-5721		
		4 th					
President Tony Hermes 338-5721	Sunday	1 st Bridge-Partners	1:00 PM	Tom Dugdale			
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