



# April 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

2<sup>nd</sup> and 4<sup>th</sup> Sunday  
of the month  
\$5.00 per person

No Fiddlejam this Month

Claire's Combo  
April 26<sup>th</sup>

### Healthy Aging Initiative Seminar

Tuesday, April 14<sup>th</sup>

12:00 to 12:45 PM

Osteoporosis/Osteofit Program

1:00 to 1:45 PM

Heart and Stroke Management

Entrance Fee: Members \$2.00

Guest Drop-in Fee: \$3.00

FMI Bill Georgeson 339-0789

### Craft Fair, Bake & Book Sale Pancake Breakfast

Saturday, April 25<sup>th</sup>

Sale from 10 am to 1 pm.

Pancake breakfast starts at 9 am

\$5.00

Contributions to the Bake Table and White  
Elephant Stall are more than welcome.

(Continued on page 2)



## President's Remarks

The following did not get into the march newsletter. At the Valentine dinner, there was a valentine parade, with the following Ernie Bayley, Pat Cottingham, Norma Bacon, and Marian (queen of the hearts) all receiving a prize for their effort.

The exercise group held a dinner on February 28<sup>th</sup>. We were entertained by Gerry and Babs Bullen, Marlene Dopkins and Dave Purvis. The food was delicious, and the entertainment fabulous, thanks all.

The tea dances on March 8<sup>th</sup> and March 22<sup>nd</sup> were well attended and the music was enjoyed by all, good crowds, with people from Campbell River joining us.

## Help Wanted!

Newsletter Editor needed as soon as possible. This is a fun and sometimes challenging position that does allow for a fair bit of artistic creativity.

Basic computer skills and typing are required for this position. Writing ability would be an asset.

A home computer is convenient but not necessary as the Centre is well equipped.

The current editor will provide an orientation and training (if required).

For more information contact Darlene at 339-7978 or [darpetz@shaw.ca](mailto:darpetz@shaw.ca).

80 people attended the St. Patrick's day dinner on march 20<sup>th</sup>. We enjoyed the food and entertainment. The kitchen staff out did themselves with Irish stew, and all the goodies. Thanks Deidre and staff, well done.

The Town of Comox has asked for the hall for the following days in April. April 8<sup>th</sup> from 3 pm to 10 pm and on April 23<sup>rd</sup> from 8:30 am to 12:30 pm.

Tony Hermes



## **Belly Dancing starts again April 15!**

Get into the fun, lilting music and fabulous exercise of Belly Dancing! Magi starts her classes again at 10:05 – 11 am Wednesdays, April 15 – June. \$25 for the session includes the colorful veils and jingly coin sashes she lends to participants. This is an all-out fun and movement group, everyone is welcome!

*Call Magi at 338-9424 or email [arabella888@gmail.com](mailto:arabella888@gmail.com)*

## **Free Yoga/ Balance Exercises starts April 15!**

Right after Belly Dance class, the new Wii Fit Programs start with free yoga and/ or balance exercises on Wednesdays, 11:05 – 12 Noon. Balance, stretching and breathing exercises are excellent especially for seniors who want to keep fit and maintain/ improve their and body fitness!

The price is right—Free! The fun awaits you.

*Contact Arabella at 941-8885 or [arabella888@gmail.com](mailto:arabella888@gmail.com)*



## **Coordinators Wanted for free, fun, body/brain boosting programs!**

Let's train our brain and bodies with free programs included in the Wii Sports (golf, bowling, table tennis, etc.), Wii Fit (yoga, balance, strength training, etc.), Big Brain Academy (Enhancers for memory, visualization, math, concepts, etc.) and Wii Music.

We need: Participants and Coordinators who will facilitate the program. Coordinators will be fully trained for these easy programs, and may only need to plug on the user friendly small consoles and programs of their choice, at their chosen scheduled times—still lots of time slots to choose from.

If you are interested in keeping your brain and body fit and healthy, and are willing to exercise and have fun with folks who feel the same, contact Arabella at 941-8885 or [arabella888@gmail.com](mailto:arabella888@gmail.com)

## **No Scents Please**

Comox Seniors' Centre Association has a policy stating that the building is scent free. This was brought about because of members who are allergic to perfumes. Unless the label on cosmetics reads "scent free" it probably contains a fragrance. Please keep this in mind when attending activities in the building. Thank you.

*(Craft Fair continued from page 1)*

*There are some tables for rent.  
Contact Marion Knisely at 339-4451.*

## **Important Notice Re: Program Cancellations**

The Town of Comox will be using the Main Hall on the following dates: Wednesday, April 8th from 3 p.m. to 11 p.m and on Thursday, April 23rd from 8: 30 a.m. to 12:30 p.m.

They also require the whole main floor on Monday, June 8th from 12 noon to 3 p.m. which means that the kitchen will also be closed on that day.

## **Dinner Theatre Night**

*Friday, May 22nd*

*performed by the famous*

*Union Bay Players*

Get your tickets early!

## **Fishing Opportunity at Fish and Game**

During the first two weeks in June, groups of seniors and disabled individuals will have the opportunity for a full fun day of trout fishing in the pond at the Courtenay and District Fish & Game Protective Association. Community donations and members have made a wide sturdy floating pier to accommodate wheelchairs and walkers.

Club volunteers will provide assistance with bait, casting, netting and all fishing gear will be provided. There is no charge.

For interested groups, please contact Ron Watanabe, Coordinator of the event at 250-890-2090 or [tojosan@telus.net](mailto:tojosan@telus.net).

Phone soon to book for this popular event.

## FUN GOLF NEWS

April 2 will be the start of our 2009 season at Longlands and as it is the first Thursday of the month, we will stay and have a light dinner (\$10) at the club as decided at the start up luncheon. We will be golfing every Thursday, start time has been changed to 2:45 PM for a shotgun start at 3:00 PM. There will be putting practice available prior to the start time if desired.

The Wii Golf program will be available to golfers on Thursday mornings, 9 – 12 AM. Those interested should talk to Bill about arrangements.

Fun Golf is open to all members of Comox Seniors' Centre upon payment of a \$10.00 fee, which covers prizes and all or partial "Wind-up Dinner" expenses.

I don't know about everyone else, but I'm ready and hope the weather gods will be kind!

Shirley Wallis



## Spotlight on the Sid

338-2420

We certainly cannot complain about the wonderful shows that are offered here in the Valley, and at prices we can all afford (beats travel to Vancouver.)

Our April line-up is full:

Oklahoma 2-11; Evelyn Hart Ballet 6th; Good Rocking 16 & 17; Biloxi Blues 22-25; Victoria Symphony 30; Don't forget the wonderful shows at Berwick, 21 April 339-1690 they are always full.

**Blessed Easter to you all**  
**www.sidwilliamstheatre.com**

## Menu for April

The kitchen staff prepares fresh home made soup, sandwiches, muffins and deserts 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 and on Fridays grilled cheese sandwiches.

*Tuesdays and Thursdays hot meals will be served as follows:*

Thursday the 2 <sup>nd</sup> -----	Pork Roast
Tuesday the 7 <sup>th</sup> -----	Chicken
Thursday the 9 <sup>th</sup> -----	Salisbury Steak
Tuesday the 14 <sup>th</sup> -----	Pork Chops
Thursday the 16 <sup>th</sup> -----	Liver & Onions
Tuesday the 21 <sup>st</sup> -----	Roast Beef
Thursday the 23 <sup>rd</sup> -----	Ham & Scalloped Potatoes
Tuesday the 28 <sup>th</sup> -----	Bangers & Mash
Thursday the 30 <sup>th</sup> -----	Meatloaf

***\* Thank you to Becky Hargreaves for the donation of approximately 12 pounds of beef liver to the kitchen. It will be put to good use and enjoyed by many members.***



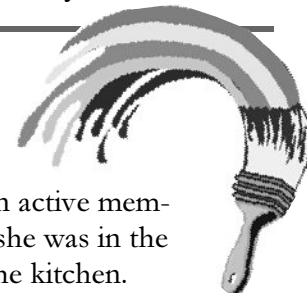
## ARTISTS GROUP

Our members have been saddened by the passing of one of our long time members, Lois Pettis, on March 19. Lois was an active member in our group for many years. As well, she was in the Stained Glass Group and helped a lot in the kitchen.

In late April or May (date to be finalized soon), we are planning a day workshop with artist Clive Powsey. He will instruct us in painting a seascape with atmospheric skies, water and trees. Hopefully, at the end of the day, each of us will have been able to complete our own masterpieces in the loose style that Clive will have shown us. Look forward to more details in an upcoming newsletter.

Come and see us at work on Mondays and join in if you want to learn about what we do.

*Call Dorothy at 250 897 1089 if you need more information about our group.*



### Bridge

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

## 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

#### Custodian

Bill Brown  
339-3020

#### Newsletter

Darlene Petzinger  
339-7978  
darpetz@shaw.ca

#### President

Tony Hermes  
338-5721

### Activities

Day	Activity	Time	Instructor	Phone	
<b>Monday</b>	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		
	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	
	<b>Tuesday</b>	Ceramics	9:00 AM	Marion Knisely	339-4451
Exercise		9:00 AM & 10:00AM	Evelyn Wright or Babs Bullen	339-7493 339-0046	
Chair Exercise		11:15 AM	Babs Bullen	339-0046	
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	
<b>Wednesday</b>		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	10:15 AM	Magi Schoffield-Reid	338-9424	
	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	
	<b>Thursday</b>	Ceramics	9:00 AM	Marion Knisely	339-4451
Exercise		9:00 AM & 10:00AM	Evelyn Wright or Babs Bullen	339-7493 339-0046	
Chair Exercise		11:15 AM	Babs Bullen	339-0046	
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	
<b>Friday</b>		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	or 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	
<b>Saturday</b>	Table Tennis	3:00 PM	Jeanette Baron	339-7161	
	Bridge-Drop-in	6:30 PM	Marilyn Hannah or Wendy Peddie	339-6012 339-9299	
	Bridge (Duplicate)	1:00PM	Irene Smith or Clark Graham	339-4492 339-4739	
	Bingo	1:00 PM	Tony Hermes	338-5721	
	<b>Sunday</b>	1 <sup>st</sup> Bridge-Partners	1:00 PM	Tom Dugdale	
		Bridge Subs/Partners (Sun & Mon)		Wendy Peddie	339-9299
		2 <sup>nd</sup> and 4 <sup>th</sup> Tea Dance	2:00 PM	Dave Robinson	703-2536