



Welcome
to the

Echo Sunshine Club

Echo '67 Centre • 4255 Wallace Street • Port Alberni • BC • V9Y 3Y6 • Telephone: 720-2505 • Fax: 723-1035

Each year provides new programs, activities and trips for members of the Sunshine Club. You are cordially invited to drop by Echo Centre for a visit. You will be most welcome.

If you have suggestions for new programs or comments you'd like to make, we'd appreciate hearing from you. Please see the Sunshine Club office volunteer or call them at 720-2505.

Please give us a call at 720-2505 and open your door to new opportunities.



LOCATION AND STRUCTURE

The Sunshine Club operates most of its programs out of Echo '67 Activity Centre. The membership has continued to grow since it began in November, 1967 and now has close to 1,300 members.

The members of the Sunshine Club form their own organization, electing an executive each year which conducts the affairs of the Club with the assistance of the Parks and Recreation staff. Each different activity has a director that looks after their activity, organizing tournaments, getting supplies, recording attendance etc.

There are over 300 volunteers who assist the Club. If you'd like to find out more about the various volunteer opportunities and give your help – drop by the office!

HOURS OF OPERATION

The Club operates Monday through Friday, from 9:00 am-4:00 pm plus a few evening and weekend hours.

FEES

Anyone 50 years of age or “better” are welcome to join the Sunshine Club. Membership fees are \$37.00 per person on a Sept.-Aug. basis. Because all of our directors and instructors volunteer their time, there are usually no charges for our programs. The only extra costs are for tournament play (to cover the cost of trophies) and for the cost of supplies for the program.

Guest memberships are also available for people visiting from out of town for a cost of \$7.00 per month.

ATMOSPHERE

We think you will find the members of the Sunshine Club cheerful and friendly. Usually it doesn't take too long before people feel right at home! If you are feeling shy, or unsure about “where to start” just pop by our office and let us help you get acquainted.

PROGRAM

We are a growing Club, but are concerned about the needs and desires of individual members. New ideas and suggestions are always welcome. Please take a few minutes to look over the rest of this brochure to see the opportunities available. There is also a monthly newsletter printed keeping members up-to-date on monthly programming, changes in the schedule, new programs, trips, etc. The newsletters are available in the Echo Centre Lobby. The newsletter can also be found on the City of Port Alberni's website under the Parks and Recreation section. Check the website at portalberni.ca

OTHER SERVICES

Library – A portable library cart is located in the Lounge at Echo Centre. Members are free to bring in books, and borrow them on the honour system. **Hospital Visiting** – it is always nice to see a cheerful face when you are feeling a little ill. We have volunteers who visit the hospital on a regular basis and send get well card. Members are asked to please let the admitting clerk at the hospital know that you are a Sunshine Club member. Your name can be put in the Sunshine Club book so volunteers who come to visit will know that members are in hospital or call the Sunshine Club office so they can let the visitors know. **Publicity** – Reports are published in the local newspaper following special activities such as General Meetings, Special Events programs, etc. **Lunch Service** – Sunshine Club volunteers serve lunch Monday – Thursday from 11:00 – 1:00 pm at Echo Centre. Soup, sandwiches, muffins, coffee/tea, juice, etc. are available for members at very reasonable prices. This service is available Sept.-May. **Friendly Phone Service** – The Sunshine Club operates a Friendly Phone service for people who live alone and would like the comfort of knowing that every morning a volunteer will be calling to check on them. This is a free service. Applications and further information is available from the office (720-2505). **Travel** – There are one day and overnight trips to places on the Island and the Mainland. Holiday tours ranging from one to three weeks are also planned annually. These trips are advertised in the monthly newsletter. There are also van trips scheduled to various sightseeing destinations throughout the year.

OPPORTUNITIES AVAILABLE

The following is a list of the regular ongoing programs that are available for Club members:

MONDAYS

- 10:00 am Tai Chi. This class is for the advanced level, beginners classes are offered at 9:00 am on Mondays in the fall each year.
- 10:00 am Table Games. Drop-in for a game of Rummy 500, Scrabble, Phase 10 or other table games.
- 10:00 am Harmonica. Get together with other members to learn and play the harmonica.
- 12:30 pm Cribbage Tournament. The crib tournament goes from September-April. There is always one extra table available for drop-in play.
- 1:00 pm Watercolour Painting. Members bring their own supplies and meet on a weekly basis to enjoy a common interest -painting.
- 1:00 pm Woodworking. Now's the time to make that project you've been wanting to do for a long time. Assistance and instruction is available for beginners. The woodwork shop is located in the old arena.
- 7:00 pm Badminton. Bring along your racquet and enjoy a fun game of badminton with other members at 8th Ave School.

TUESDAYS

- 8:45 am Table Tennis. Get together with other members for an enjoyable game of table tennis.
- 9:00 am Variety Crafts. A chance to learn a number of different crafts – knitting, crocheting, tatting, needlecrafts, and more!
- 9:00 am Pottery. Try your hand at the wheel, or perhaps do a little handbuilding. Assistance and instruction is available.
- 9:30 am Spanish Group. Get together with other members to practice your Spanish with instructor Orlando Delano. This groups meet at Abbeyfield.
- 9:30 am Floor Curling. All equipment is supplied. It's an easy game to learn and the rocks only weigh 2 ½ lbs. each. This game is played at the Glenwood Sports Centre.
- 10:00 am Pool. Enjoy a game of pool at the old arena.
- 11:00 am Limber Up. If you've decided it's time you did some more exercise, then join our volunteer as she leads you through 45 minutes of “limbering up”!
- 1:00 pm Woodworking. Located at the old arena.
- 1:00 pm Carpet Bowling. Drop in and try a game. All equipment is supplied.
- 1:15 pm Sing-a-longs. Get together with other members for an enjoyable “sing-a-long”.
- 2:00 pm Texas Dominoes. Try something new –learn this different form of dominoes with members in the group.
- 2:30 pm Round Dancing. Both beginner and experienced round dancers are invited to attend.
- 7:00 pm Bridge. Participate in a friendly game of bridge. It's played on a drop in basis year round.

WEDNESDAYS

- 9:00 am Pool/Snooker. Play a game of pool or snooker at the old arena with other members.
- 9:00 am Stamp Crafts. Make your own greeting cards, bookmarks, stationary, etc. with rubber stamps. You'll be amazed at what can be created!
- 10:00 am Tai Chi. This Tai Chi class is for the advanced level.
- 10:00 am Scottish Country Dancing. Join this group to learn and enjoy how to do Scottish Country Dancing.
- 10:00 am Table Games. Enjoy a game of Rummy 500, Scrabble, Phase 10 or other table games.
- 10:00 am Quilting. Members need to bring their own supplies and equipment. If you enjoy quilting, get together with other members to share ideas and enjoy this craft.
- 1:00 pm Woodworking. As described on Monday.
- 1:00 pm Bridge Lessons/Drop-in. The first .5 hour is spent with lessons on how to improve your bridge game and then a drop-in session of bridge is played for 1.5 hours.
- 1:00 pm Creative Writing. Two Wednesdays of each month, get together with other members to improve your writing skills through various forms like short stories, poetry, etc.
- 7:00 pm Table Tennis. Enjoy some games of table tennis at Echo Centre with other members. Equipment is available.
- 7:00 pm Volleyball. During the Fall & Winter months, volleyball is played at Maquinna School gym from 7-9 pm. Keep in shape by getting together with other members for a fun game of volleyball.

THURSDAYS

- 9:00 am Woodworking. As described on Monday.
- 9:00 am Ceramics. For both the beginner or advanced level. Instructors are available to help teach new members what to do.
- 9:00 am Pottery. Try your hand at the wheel, or perhaps do a little handbuilding. Assistance and instruction is available.
- 9:00 am Beginners Guitar Group. If you would like to learn to play the guitar, join this group with instructors Barbara Lehtonen and Dora Moen every Thursday morning.
- 9:45 am Jazz Dance. Join in for a fun and exercise Jazz Dancing.
- 9:30 am Floor Curling. As described on Tuesday.
- 10:00 am Mah Jong. A Chinese game using tiles that is similar to dominoes. Beginners are most welcome to come and learn this game.
- 10:00 am Strummers Guitar Group. For experienced guitar players who want to get together and enjoy playing and practicing with others.
- 11:00 am Limber Up. As described on Tuesday.
- 12:45 pm Line Dancing. Put on your dancing shoes/boots and join in the fun!
- 1:00 pm Woodworking. At the old arena.
- 1:00 pm Carpet Bowling. Drop in and learn how to carpet bowl.
- 1:00 pm Toile Painting. Get together with other members to do toile painting. Assistance is provided for beginners.
- 2:00 pm Clogging. Another great way to tap your cares away. The instructors will teach you this fun style of dancing.
- 7:00 pm Badminton. As described on Monday.

FRIDAYS

- 9:00 am Pool/Snooker. At the old arena.
- 9:00 am Dragon Boat Practice. Beginners are welcome to join and learn this fun sport of dragon boat paddling. The program operates April to September each year.
- 10:00 am Ukulele Club. We have a great volunteer instructor, who will teach members how to play the ukulele.
- 10:00 am Digital Still Photography. Members get together the 1st and 3rd Fridays of each month to share information and help one another.
- 10:00 am Table Tennis. Enjoy a game of table tennis with other members.
- 1:00 pm Carpet Bowling Tournament. From September to May a Carpet Bowling Tournament is held every Friday afternoon at Echo Centre.
- 1:00 pm Whist Tournament. The Whist Tournament is held October to April and continues on a drop in basis throughout the rest of the year.
- 1:00 pm Woodworking. In the old arena.
- 1:00 pm Table Games. Enjoy a game of Rummy 500, Scrabble, Phase 10 or other table games.

SATURDAYS

- 10:00 am The Hikers group meets every second Saturday to hike various places in and around Port Alberni.

In addition to the regular daily programs, there are many special programs that take place throughout the year. For example, we bring in guest speakers, there are various special programs, there is a monthly “Lunch Bunch”, computer lessons, monthly dances, a bicycle club, canoe/kayak club and more! There is a Trailer Club that travels to many places May to September. An Annual Tea and Bazaar, Open House/New Members Tea, Garage and Bake Sale, Christmas Dinner, Christmas Party, Special Events Programs, slide/video presentations, which all add to the variety of opportunities available for Sunshine Club members.