

# EUREKA TIMES

*Eureka Support Society's Monthly E-Newsletter*



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by Jay Kirsch

## Summer is Here

Thank goodness we have air conditioning and cool drinks. We also have the Gazebo for some outdoor shade. The outdoor space by the gazebo also hosts some garden plants in need of some regular care. Any members that want work in this space, are more than welcome. This space is available for expansion of garden beds or other outdoor decoration. Friday drum circles are hosted outside in the gazebo area.

We have seen some increased numbers in drop in for new and old returning members. It's nice to see a hive of activity around the clubhouse. We'd like to remind members participation is highly encouraged. For the activities and programs to stay running we need you to participate. This is our safe space to try new things and learn new skills. On that note, walking groups on Monday and Wednesday morning could use more participants. We have lots of options for areas to walk close to the clubhouse. Grab a friend and get some fresh air along with great company. This a great opportunity to expand your personal wellness.



### **SUMMER Cont'd**

Some minor changes to the weekly schedule, including Puppets from the Black Top Players back to action on Mondays at 11pm. We do improve skits, share written jokes and facts, and practice some of the original plays from the group. One of the most obvious benefits of puppet play is that participating in this activity can allow your imagination to run free. Stimulation of Imagination and Creativity. Development of Motor Skills, Expression and Understanding of Emotions, Improvement of Self-Confidence, and Social Interaction. Book club is now on Fridays after lunch. We take turns reading out loud or participate in listening to others read out loud from various forms of literature. Art hanging around the walls of ESS has been evolving as pieces from members are being created. If you would like to see your own art on the wall, show us what you got or come and create a new masterpiece at the clubhouse studio. We have lots of art supplies. If you would like a group art experience, then you should join Kim on Wednesdays at 2pm for art class. We are working on the outside front of the building with members from the club house and community to make it a brighter invitation and welcome into the clubhouse.

**"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness." — Brené Brown**

## **OUT BACK**

The back courtyard and Gazebo. This outdoor space is to use for our activities and leisure. The back courtyard has some outdoor planters for use by members to enhance the green thumb. Horticulture therapy is effective in increasing mental well-being, engagement, and the sense of meaningfulness and accomplishment with a reduction in stress and anxiety. Try a game of cornhole or relax in some sun or shade.

## **haircuts**

If you need a new hair style sign up with Jay as soon as possible.

## **IN THE KITCHEN**

Thank you to Dawne the kitchen manager and staff for the lovely food offerings daily. There is a large amount of responsibility involved with the kitchen duties. From running the industrial dishwasher and gas stove to sanitizing counters with safe chemical practices. Food safe certificate opportunities are obtainable for any members who would like to become part of this amazing team of food officials. The food safe class was held in June. Hosted by Peppermill Program. Ask Jay for details. A monthly lunch menu allows you to plan to be here for your favorites.

# Weekly Programs & Activities

*monday*

**10AM** - WALKING GROUP.

PUPPET PLAY STARTS AFTER THE WALK.

**1PM** - MINDFUL LIVING WITH KIM. LEARN TO SLOW DOWN INTO THE SPEED OF YOUR LIFE.

**1PM** - BAKING WITH DAWNE. LEARN SOME USEFUL SKILLS WHILE MAKING TASTY TREATS TO SHARE.

**2PM** - COMPLETE YOUR MONDAY AFTERNOON WITH KIM'S ART CLASS. DISCOVER YOUR CREATIVITY.

*wednesday*

**10AM** - WALKING GROUP. HAVE SOME ADVENTURE AND GET FRESH AIR INTO OUR MOVING BODIES.

**1PM** - YOGA CLASS. WITH KIM. ALL ARE WELCOME. YOGA MATS AND BLOCKS ARE PROVIDED.

**2PM** - SONG WRITING CLASS WITH KIM. OPEN FOR ANYONE WHO WOULD LIKE TO LEARN TO EXPRESS THEMSELVES IN SONG OR POEM.

*friday*

**10:30AM** - DRUM CIRCLE. COME PLAY A HAND DRUM OR FAVORITE PERCUSSION INSTRUMENT.

**1PM** - BOOK CLUB. READING OUR FAVORITE STORIES, POEMS, COMICS, NEWSPAPER CLIPS OR BLOG ARTICLES.

**1PM** - DANCE LESSON FRIDAYS AT 1PM. EXPLORE BASIC MOVEMENTS FROM ALL STYLES OF DANCE WITH MUSIC.

**1:45PM** - BINGO'S BACK ONCE A MONTH.

*tuesday*

**10:30AM** - MUSIC AND KARAOKE JAM SESSION A JOIN IN ON PLAYING INSTRUMENTS, HUMMING A FEW TUNES, OR BE THE GUITAR PLAYER, KEYBOARDISTS, PERCUSSIONISTS, OR SINGER.

**1PM** - EXPLORING QI GONG. A WONDERFUL WAY TO GET YOUR MIND, BODY AND SPIRIT ALIGNED. HOSTED BY THE LOVELY WENDY.

*thursday*

BREATHWORK PRACTICE IS GUIDED BREATHE EXERCISES WITH OPTIONAL SOUND BATH TO HELP CLEAR THE MIND AND REGAIN FOCUS.

**10:30AM** - MINDFUL LIVING. LEAD BY VIHA STAFF TO CENTRE YOURSELF AND BUILD VALUABLE SKILLS.

**1:00PM** - KNIT ONE PURL TWO CONTINUES. COME CHAT AND LEARN THE BASICS OF KNITTING WITH SHELLEY.

*You're Invited!*

## ANYTIME ACTIVITIES

EUREKA ALSO HAS AN EXTENSIVE LIST OF ANYTIME ACTIVITIES AVAILABLE DURING CLUBHOUSE HOURS

**MONDAY-FRIDAY 9AM-3PM**

REMEMBER THE RULES OF THE CLUBHOUSE AND HAVE FUN.

**CHESS** - CARD GAMES - **SCRABBLE** - YAHTZEE - **FARKLE** - PUZZLES - **KENDAMA** - YOYO - **LISTEN TO RECORDS OR CDs** - PLAY DRUMS OR KEYBOARD - **HAND DRUMS** - GUITAR - **PAINT** - COLORING - **CRAFTING** - READING - **ROWING MACHINE** - **READING** - RELAXATION - **MEDITATION**

Do you get overwhelmed when you go grocery shopping? Buying groceries can take up a lot of time, especially when you are trying to shop on a budget. POTS can eliminate the stress of getting goods and groceries for the right price. If you are already visiting the clubhouse, make a purchase to take home with you. POTS is a pantry program for all Eureka members. Jill thoughtfully purchases sale items from different locations and adds them to the pantry. We then sell the pantry items back to members at the discounted price. Items such as soup, peanut butter, granola bars, crackers, toilet paper, toothpaste, etc. are available. An itemized list of all the groceries is made up as an order form. Jill visits the clubhouse on Thursdays at 12 -1:00 to help with orders. Bev is also available to help you out with POTS when she is at the clubhouse. Jason and Troy are always available to help with your order. Forms for making an order are at the clubhouse front desk. If for any reason you can not make it down to the clubhouse to make an order, we can email you the list so you can make your choices from the comfort of your own home or office. The list of goods for the pantry are updated weekly. If you have any items that you want to see on the list mention it to Jay or Jill and we'll see what we can do. At this time purchases made from POTS are CASH ONLY. Change for cash purchases can be made at the time of purchase.



## SPONSORS

We would like to extend a heartfelt Thank You to all the following organizations and people for their ongoing contributions to the Eureka Support Society:

- Vancouver Island Health Authority
- United Way
- Comox Valley Community Foundation
- Province of British Columbia
- Comox Valley Foodbank.

*Thank  
you!*

A special thanks to all our Individual Donors and program facilitators.

An extra THANK YOU to our volunteers who help to deliver meals, run the POTS program and do so much more.