



Echo Sunshine Club **NEWSLETTER**

"Fun Begins at 50"

c/o Echo '67 Centre,
4255 Wallace Street, Port Alberni, B.C. V9Y 3Y6

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*The Sunshine Club Newsletter and other information is posted on the
City of Port Alberni's Parks Recreation & Heritage website at playinpa.ca under the Sunshine Club section*

President - Richard Anderson, 250-724-2137; Vice President - Joan Palmer, 250-724-2182;
Parks and Recreation Liaison - Karen Freethy, 250-720-2509, karen_freethy@portalberni.ca

JUNE 2019

A Dad is a person who is loving and kind,
And often he knows what you have on your mind.
He's someone who listens, suggests, and defends.
A dad can be one of your very best friends!



He's proud of your triumphs,
but when things go wrong,
A dad can be patient, helpful and strong
In all that you do, a dad's love plays a part.
There's always a place for him deep in your heart.

And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!

~anonymous

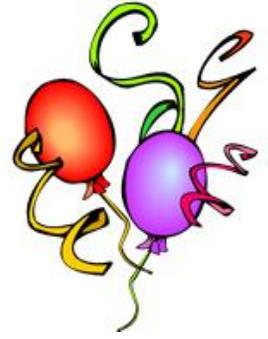


Happy Father's Day

..... Special Events

Port Alberni Celebrates its' 34th Annual Seniors' Week June 2 - 8, 2019

This year Port Alberni will be celebrating its' 34th Annual Seniors' Week! The Seniors' Week flyer is now available for pick up at Echo Centre, Quality Foods, Save-On-Foods, No Frills or Buy Low Foods. It is also available on the City of Port Alberni's website at www.portalberni.ca.



Please take the time to read the flyer to learn about all the great opportunities, events, programs, draw prizes, discounts, activities and more. Seniors' Week is a wonderful way to honour our seniors and we are pleased that so many community organizations and local businesses are involved. Tickets for various events are now available from the Sunshine Club office at Echo Centre. Read the flyer carefully as opportunities are offered to different ages (50, 55, 60 & 65+) and some events require tickets while others don't. If you have any questions regarding Seniors' Week, please contact the Sunshine Club office at 250 720-2505.

The organizing committee has been meeting to ensure another successful year. Thank you to all our wonderful committee members for working so hard to make sure our community seniors feel valued and appreciated. Our amazing committee members include Joan Palmer, Maureen Brechin, Carol Weiers, Nobby Haider, Kathy White, Pat Kozsan, Donna Goulding, Lue Carlos, Richard Anderson and Sharon Ault. Thank you for all your time and energy. You have all been a tremendous help!!

Thank you also to the Sunshine Club office volunteers for their help distributing tickets and taking registration for Seniors' Week. We would also like to acknowledge all of the Sunshine Club directors for putting on activities as part of Seniors' Week. Your help and involvement is very much appreciated!

Have a great week everyone and we hope you join us in these festivities as we celebrate all seniors in our community.

Sunshine Club Special Events Program at Echo Centre

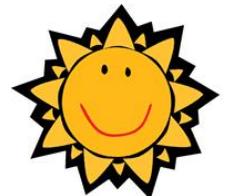
Open to anyone ages 50+

Wednesday, June 5 at 1:00 pm

Cost: FREE tickets are available now in the Sunshine Club office

The Sunshine Club will host the Special Events Program starting at 1:00 pm. We are pleased to announce there will be fantastic musical entertainment from Barbara Lehtonen and Jim Winters. We are so pleased to have such amazing musicians with us for this special Event. Also, participants will enjoy an uplifting, humorous skit from the Recycled Teens. We hope you join us in our celebration of Seniors' Week. It promises to be a fun afternoon that you shouldn't miss!

Tickets are FREE and there will be 225 tickets available at the Sunshine Club office. Refreshments and snacks will be served after the entertainment, compliments of the Echo Sunshine Club. Anyone with a birthday in June or July will also be honoured with a sweet treat! We would like to thank the following businesses and organizations who have generously donated draw prizes. Winning names will be drawn during the Special Events Program. Please ensure you have entered your name in the draw *prior to the start of the event*. One ticket per person for seniors 65+. The draw box at the Sunshine Club office.



Thank you to the following businesses for kindly donating draw prizes in celebration of Seniors' Week:

- | | | |
|-----------------------------------|-----------------------------------|-----------------------|
| ☺ Alberni Colour Corner | ☺ Alberni Comfort Zone | ☺ Alberni Golf Course |
| ☺ Alberni Lifeline | ☺ Inner Stillness Holistic Studio | ☺ Alberni Fitness |
| ☺ Bosley's Pet Food Plus | ☺ Funk Trunk | ☺ CBI Rehab in Motion |
| ☺ Finishing Touches | ☺ Hertel Meats | ☺ Kismet Quilts |
| ☺ Alberni Lifeline | ☺ Parks, Recreation & Heritage | ☺ Tseshaht Market |
| ☺ Inner Stillness Holistic Studio | ☺ Mary Kay | ☺ The Capital Theater |
| ☺ Parks, Recreation & Heritage | ☺ Quality Foods | ☺ Scotia Bank |
| ☺ Shoppers Drug Mart | ☺ Stepping Forward Foot Care | ☺ Tseshaht Market |

Happy Birthday To You, Happy Birthday To You... 🎵🎵

If you are celebrating a birthday in June. We hope your day is filled with love, laughter, family and friends...and don't forget to eat lots of cake!!! Happy Birthday greetings go out to the following members who are celebrating their special day (5 year intervals):

- | | | | |
|----------------|---------------|--------------------|------------------|
| Diane Hoadley | Glen McRae | Peter Vliegenthart | Nola Vanapledorn |
| Keith Adams | June Windley | Terry Goulding | Ken Semko |
| Jan McKay | Nancy Czigany | Carol Bodnar | Mike Hobson |
| Jennifer Price | | | |



Happy Father's Day!

.....Special Events Cont.

A Seniors' Week Message from Mayor Sharie Minions

On behalf of Council for the City of Port Alberni, I am pleased to declare the week of June 2nd, 2019, Seniors' Week in Port Alberni! Seniors' Week provides the community with the perfect opportunity to show our appreciation for the active and meaningful contributions our seniors make every day.



The City works to encourage active living for its seniors by providing programs and services that support to their pursuit of a happy and healthy lifestyle. These programs focus on recreation, culture and leisure activities, seniors' groups, and public transportation.

As Council, we encourage you to join in the community-wide celebration from June 2 to 8, 2019, and show your support for our seniors. Participate in a wide range of events and activities at Echo Centre during Seniors' Week and help inspire our community to live life to its fullest. For more information, visit playinpa.ca.

May General Meeting – Last Minute Reminder!

Wednesday, May 22 at 1:30 pm

We encourage all Sunshine Club directors and members to attend the last meeting of the fiscal year. We especially ask our activity directors to be present so they can pass along pertinent information to their members. Direct and consistent communication with our Directors is imperative to a successful Club and is the best method of reaching the membership in its entirety. Further to that, we do ask *all members* to please make it a priority to attend the General Meetings. Agenda items will include membership fees for 2019/20, nominating committee, seniors' week, summer office hours, attendance lists and next year's activity directors. Please mark your calendars and make the effort to attend! Coffee, tea and refreshments are served free of charge and there is even a chance to win a door prize!

Dinner at the Casino and Rim Rock Restaurant

Tuesday, June 18 at 5:30 pm



Sunshine Club members are invited to attend the Casino for a dinner buffet. The dinner buffet includes a delicious meat dish, greens, seasonal salads, roasted potatoes, seasonal vegetables, fresh buns, baked cookies, tea and coffee. Dinner is \$15 per person and includes the buffet, a \$5 entertainment coupon, taxes and gratuities.

June's dinner is scheduled for **Tuesday, June 18 at 5:30 pm**. Sign up and pay for this dinner NOW at the Sunshine Club office. In an attempt to be as fair as possible to all members who are eager to go to this dinner, please note: there is a maximum of 2 tickets per person. Registration is open for *members only* until Friday, June 7 and starting Monday, June 10, registration is available to non-members if there is space available.

Tickets will be issued on a first come, first serve basis and we require payment to be **cash only** and **exact change**. Make sure you come early, to avoid disappointment because tickets for this dinner are very popular. Registrations cannot be accepted over the phone as payment is required at the time of registration. This activity always has a long waiting list of people eager to attend. Out of respect for those people, if you are unable to use your ticket, please return it to the Sunshine Club office so the next person on the waiting list can participate. Please do not promise your ticket to a friend, as we must follow the order of the waitlist as people return their tickets. Please note, we will not sell or cannot accept cancellations after 11:00 am on the day of the dinner as our reservation numbers are confirmed with the restaurant at that time. Please note there will be taking a summer break and there will be no dinners in July or August and we will resume in September. Thank you!

New Program



Walking Group - New Program Started!

Walking is a very effective form of exercise. It is even more enjoyable when you have someone to walk with! We would like to get together for a walk on Friday, June 7 at 10:00 am. We thought this would be a great time to our first session of this activity and take the time to discuss with the group how we would like to proceed with this new program. We are excited about this new initiative. It is going to be wonderful to get outside with friends, stretch those legs and enjoy the fresh air. This activity will be good for body and mind! You will benefit both from the exercise and physical fitness as well as the social rewards. We encourage you to join us for a "walk and talk". Everyone is welcome and participants can walk at their own pace. We will meet in the parking lot behind Solda's Restaurant at 10:00 on Friday morning. We will gather there and enter the Dyke from that location. We hope you enjoy us for a pleasant walk amongst friends! It is amazing how much better you can feel after a nice walk and it is always uplifting to be around others and enjoy a conversation, laugh and a smile! Join us! You will be glad you did!

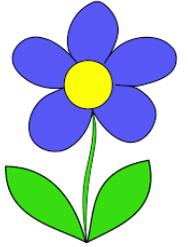


..... **New & Regular Programs**

Dance Band – New Program Idea! - Submitted by Wayne Janzen

Three of us who play Trombone/Trumpet, Guitar, and Drums would like to form a Dance Band in the Sunshine Club. We would need at least 8 people to sign up. If you are interested please call the Sunshine Club office at 250-720-2505 and give them your name, phone number, and the instrument you play. We would likely start this program in September as the Club's fiscal year-end and summer are quickly approaching but we would like to start a sign-up list as soon as possible so we know we will have enough members to proceed with this new program idea!

We have set No.1 of the COMBO-ORKS books For Small Dance Bands to get started: B-flat for trumpet, clarinet, tenor sax; E-flat for alto sax, baritone sax; and C-book for accordion, guitar, bass, trombone, violin, C melody sax, flute, oboe. Some example pieces in the set are: Blue Moon, Darktown Strutters' Ball, I Don't Know Why, My Blue Heaven, Over The Rainbow, Sweet And Lovely. For more information you can call Ron Stephenson (250-723-1903) or Wayne (250-724-4739).



ATTENTION ACTIVITY DIRECTORS – Please note the following:

Attendance Sheets

All Directors are reminded that when your activities finish up for the summer to please hand in your attendance sheets to the Sunshine Club office so the volunteers can transfer the figures to the master sheets. If your activities are continuing all summer then please hand them in at the end of August because everyone will have new attendance sheets for the new fiscal year starting in September.

Directors – 2020 Room Bookings – Submitted by Carol Weiers

In May, I will be sending out emails regarding the 2020 room booking contracts. Please review this form, fill out the appropriate dates for your activity and return it to me. For those who do not have email, a form will be left in the Sunshine Club office for you to pick up and return to the office. Thank you.

Directors for 2019/2020

It's the time of the year when we need to confirm activity directors and co-directors for the 2019/2020 season. Please phone the Sunshine Club office to confirm if you are continuing to be a director for your activity or if there will be a new director(s), additions or any 'retirements'.

A List of Volunteers In Your Activity Is Needed for the 2019/20 Season

It is very important that we maintain our volunteer records accurately. Our volunteers are such an important part of the Club and we want to ensure they receive the recognition they deserve. Directors are responsible for providing information as to who their volunteers are in their activity and of any changes that occur throughout the year. Please supply an up-to-date list of your activity volunteers. We need to know both the list of active volunteers and also volunteers that have 'retired'. It is very challenging to keep updated information on all of our volunteers. Please ensure you inform the Sunshine Club office of any volunteer changes (retirements, additions, position changes etc.) as they occur. We want to ensure our volunteers are being recognized for their contributions. All volunteers should have filled out a "volunteer form" from the Sunshine Club office. If you are a volunteer and haven't done this, please complete the form and return it to the office. All volunteer lists for the new season are **due by Friday, September 13**. Thanks for your help with this.

Attention Directors: 2019/20 Budget Worksheets

Every Director that has an income and expense for their activity must fill out a 2019/20 Budget Worksheet. Also, any Director that does not have income or expenses for your activity, but would like to purchase an item costing \$200 or more needs to add their request to the "Wish List" and submit a budget sheet. These forms will be handed out at the May 22 General Meeting and are to be returned to the office by **Friday, June 14**. These worksheets are needed for the Executive to put together the 2019/20 budget for approval at the September meeting. Thanks for your help with this.

Directors – Activity Year End Reports Are Due – Submitted by Karen Freethy

Just a reminder that year-end reports are due. As your activity winds up for the year, please spend a few minutes writing a year-end report on your activity. These can be handed into the Sunshine Club office any time. We require all reports for the September Annual General Meeting, so if you could please submit no later than, **Friday, September 6**, it would be greatly appreciated. Thank you.



..... Regular Programs Cont.

Program Cancellations

Please note the following programs are cancelled due to other bookings, events or holidays:
There are no cancellations of any regular scheduled activities

Activity Stop Dates for May:

Mah Jong	Thursday, May 23
Painters Group	Monday, May 27
Shimmy Sisters	Friday, May 24
Table Games	Wednesday, May 29
Volleyball	Wednesday, May 29
Tai Chi	Wednesday, May 29. Monday classes end June 24



Activity Stop Dates for June:

Hobbies and Crafty Wools	Tuesday, June 25
Floor Curling	Thursday, June 27. Dates for August are August 13, 15, 20, 22
Limber Up	Thursday, June 27 and will resume again on August 2
Pottery	Friday, June 28
Quilting	Wednesday, June 12
Stamp Crafts	Wednesday, June 12
Table Games	Monday, June 3 & Friday, June 7
Table Tennis	Wednesday, June 26. Tuesday and Friday continue through the summer.
Tai Chi	Monday, June 24
Writer's Group	Tuesday, June 25

Activities Continuing:

Bridge	continues throughout the summer on Tuesdays
Carpet Bowling	drop-in continues throughout the summer on Tuesdays and Thursdays
Pickleball	continues throughout the summer. See the Pickleball schedule under "Regular "Programs" in the monthly newsletter
Second Book Club	continues throughout the summer on the first Wednesday of each month
Sunshine Garden Club	continues throughout the summer - second Wednesday of each month
Table Tennis	continues throughout the summer on Tuesdays & Fridays
Turn the Page Book Club	continues throughout the summer on the last Thursday of each month
Whist	continues throughout the summer on Fridays on a drop-in basis

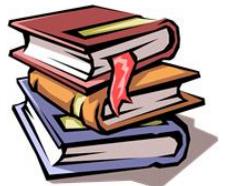
Turn the Page Book Club – Submitted by Pat & Alexander Miller

Our recent read was "The Uses and Abuses of History" by Margaret MacMillan. History is useful when it is used properly: to understand why we and those we must deal with think and react in certain ways. It can offer examples to inform our decisions and guesses about the consequences of our actions but we should be very wary of looking to history for dogmatic lessons. We should distrust those who abuse history when they call on it to justify unreasonable claims to land, for example, or restitution. Margaret MacMillan illustrates how dangerous history can be in the hands of nationalistic, religious or ethnic leaders who use it to foster a sense of grievance and a desire for revenge. We had an interesting discussion and the individual ratings were close. Overall we gave it a 7.5 out of 10.



Second Book Club – Submitted by Pauline Rice

During the months of June, July, August and September we will be enjoying the outdoors and we will be meeting outside. You are still welcome to join us for our meetings. Please contact the director (below) for our location. Every month we all read the same book of the month from the library and then discuss it at the following month's meeting. The books all take us out of our normal comfort reading zone and we have all discovered delightful books that we would never have read were it not for the book club. We have lively discussions which are very enjoyable even if that particular book was not our favorite. If you love to read, we invite you to join our group. New members and guests are always welcome. We meet on the first Wednesday of each month at 11:00 am. For more information, email Pauline Rice at paulinerice88@gmail.com



Pool/Billiards

We get together twice a week to enjoy a few games of pool/snooker. We meet every Tuesday and Friday from 9:00 am until noon at the Industrial Heritage Building (3250 9th Avenue, beside the curling rink). We have a great time together playing and socializing. We invite you to join in. Drop-ins are always welcome.

..... Regular Programs Cont.

Painter's Group – Submitted by Rose Windley

The Sunshine painters have wrapped up a very successful year with high attendance throughout the year. We had three wall hangings this year which showcased a variety of talents. On a sadder note we lost one of our members, Marie Krog who passed away this spring. Marie was our devoted leader for many years and was so welcoming and encouraging to all of us. She overcame health issues to continue painting until her stay in the hospital just before her death. She was loved by all and is missed.



Bowling Update



We had a blast this season! We are a new group that started in the Fall and we have had such an amazing time together. We have had months of smiles, fun and a lot of laughter! It has been so much fun! We had our wind-up on April 29 and we had a fun tournament, pizza, refreshments, awards and prizes. We had a fabulous time and we are really excited to start again in September. We are currently taking a summer break but we will be back in September to have more fun. If bowling sounds like something you would be interested please make sure you join us in September!

Echo Sunshine Club Crib Tournament – Submitted by Bill and Marg Groeneveld

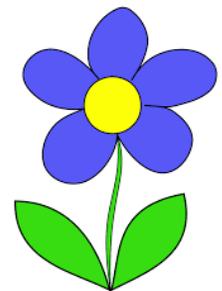
Our annual Fun Crib was held on April 30. There were 48 pairs that signed up for this event, (including spares). We started the afternoon by playing six games. After all the results were tallied the winners were as follows.

- | | |
|---|--|
| 1 st with a perfect score of 726 | Jean Woppenkamp and Francine Michielssen |
| 2 nd with a score of 725 | Terry Goulding and Donna Goulding |
| 3 rd with a score of 719 | Ray Clement and Ken Bradley |

A low score of 595 earned Rick Paul and Bill Groeneveld the low award. There were three door prizes won by: Muriel Guldager, Jim White and Rudy Knoll. There were cookies, tea and coffee supplied for the players while they were waiting for the results.

After the awarding of the fun day results the winners for the Tournament were announced. Prizes for the top 8 winners were awarded to the following:

- | | | |
|--|----------------------------------|---------------|
| 1 st | Jim Robertson & Tony Bos | 22,222 points |
| 2 nd | Hap Ralla & Paul Gaudet | 22,071 points |
| 3 rd | Marg Groeneveld & Daphne Atwal | 22,067 points |
| 4 th | Joyce Luecke & Fred Luecke | 21,955 points |
| 5 th | Sally Francoeur & Phyllis Cherry | 21,921 points |
| 6 th | Jules Gaudreault & Paul Maskal | 21,907 points |
| 7 th | Terry Goulding & Donna Goulding | 21,839 points |
| 8 th | Art Francoeur & Russ Turnbull | 21,830 points |
| Low Score for the season was Bette Chase & Joan Stephens | | 20,845 points |



The couple with the least number of skunks: Larry Lehtonen & Muriel Guldager were skunked only **8 times** all season.

The couple skunked the most times: Gert Schmitz & Dorothy Thompson with **22 times**.

The couple that skunked others the most: Ray Clement & Ken Bradley at **25 times**

Low single game: Marg Bowen & Gord Meyer with **51 points**

Low total for one day: Wendy Stanley & Ted Grears with **762 points**

The draw for the spare: was won by Vic Frykas.

Pairs winning perfect games of 968 points during the season received hand- made crib pegs donated by Gord LaPlante were: Sally Francoeur & Phyllis Cherry (2); Art Francoeur & Russ Turnbull; Fred Deluca & Gino Bottaro; Hap Ralla & Paul Gaudet; Daphne Atwal & Marg Groeneveld; and Sarah Brook & Robin Woods.



There were a number of draws to end the afternoon and the lucky winners were- Maggie Bowen, Roger Fisk, Doug Havard, Ernie Bigelow, Marcy Dupont, Ken Bradley, Gilbert Lessard, Delores Clark and Verna Lea.

The directors Ray, Marg and Bill wish you all a fantastic summer and hope to see you all return in the Fall. Registration will be early September.

..... Regular Programs Cont.

Easy Riders Biking Group & Happy Trails Biking Group

It is time to get outside and breathe in the fresh air. We encourage you to join us and enjoy the great outdoors! The days are getting longer and the air is finally warming up. With Summer approaching, so does the motivation to get moving and go outdoors. It is a great time of year to dust off the bike and come join us for a ride. We pick different routes and enjoy being out in the fresh air with friends. The Club has two great biking groups and both would love new riders to join them. The "Easy Riders" leave every Wednesday at 10:00 am from the bottom of Johnston Road by the canoe. For more information, please call the activity director, Bob Hunter at 250 724-0296. "Happy Trails" is led by director Ron Stephenson. They meet on Fridays at 1:00 pm. If you are interested in the Happy Trails Biking Group, please contact Ron at 250 723-1903. We encourage you to join us, and if you are interested in joining either group, we would love to have you! It is a great way to exercise, enjoy the fresh air and socialize.



Kayak and Canoe Group – Submitted by Ron Stephenson



We are looking forward to a fun Summer of paddling. What a wonderful time of year to get outside and enjoy the great outdoors. We will choose some local destinations as well as journeys elsewhere. We are discussing our plans for this year and hope to go on some great adventures! The Kayak and Canoe Group meet every Sunday at 1:00 pm. We would love to have new members join us and we encourage you to come give it a try. We always have a great time together and we would love to share the fun with you too! Beginners are welcome and we are happy to share our knowledge with you. We have some kayaks and canoes available to paddle, if you want to give the sport a try. If you are interested and would like to learn more, please contact the activity director, Ron Stephenson at 250 723-1903.

Volleyball

Our volleyball has season ended and we have stopped to enjoy our summer break. We will resume again in the Fall and we encourage you to join us. New players are always welcome and drop-ins are welcome! Experience is not necessary and the game is easy to learn so please join us in the Fall for an evening of non-serious fun!! ☺ We play on Wednesday evenings at EJ Dunn School Gym.

Sunshine Garden Club – Submitted by Pauline Rice

During the months of June, July, August and September we will be enjoying the outdoors and we will be meeting outside. You are still welcome to join us for our meetings. Please contact the director (below) for our location. If gardening is your passion, this is the Club for you! As always we share plant cuttings, seeds and ideas. Occasionally we invite speakers to share their knowledge. Newcomers are welcome whether you are just starting to dig in the dirt or if you are an experienced gardener. Come to share and to learn. We regularly meet the second Wednesday of the month from 11:00 am – 12:00 noon, in the Hemlock Room at Echo Centre. New members and guests are welcome! For more information, email Pauline Rice at paulinerice88@gmail.com.



Floor Curling – Submitted by Larry Lehtonen

On April 12, the Lighthouse Floor Curlers had a bonspiel. Port Alberni sent five teams and the results were the following. Way to go teams!!!

- ⊙ A Division: Bill Moore (skip), John Robbins, Ursi Moore and Hank Knahn came in 2nd.
- ⊙ B Division: Neal Wilson (skip), Lance Kayll, Marg Loyd and Eugene Bernot finished 1st!!
- ⊙ C Division: Carol Weiers (skip), Tom Parkinson, Willie Berezenski and Lena Groenendyk were 3rd.

Just a reminder to all the floor curlers that our activity continues through the month of June. The last day of our regular season is Thursday, June 27. Floor Curling will also be running on August 13, 15, 20 and 22. We hope you join us during August as we ease into the new season in September. The summer dates are usually a bit quieter so it is a great time to come out and give it a try. Drop-ins and beginners are welcome. There are always people willing to show beginners how to play the game. All equipment is supplied and it's an easy game to learn, so drop in on a Tuesday or Thursday from 9:30 am to 12:00 pm at Glenwood Centre and give it a try. New teams are drawn every morning. Start time is 9:45 am but we ask everyone to please arrive *before* 9:30 am so that we have time to draw the teams, set up and organize the play. Doors open at 9:00 am. It is an easy game to learn and participants enjoy the fun and socialization. Coffee, tea and cookies are available between games for \$1.00. During the first part of the season, we collect .50 cents per person to cover the costs of wax powder, paint and extra curling time. This collection is typically done for the first couple of months. Floor Curling is a fun game and one of the Club's most popular activities. We usually have between 80 – 100 players. It is an easy game to learn and participants enjoy the fun and socialization. Games end by 12:00 noon. We encourage everyone to come to Glenwood and join in the fun – you will be glad you did!



..... Regular Programs Cont.

Limber Up Update

Thank you to all the participants of Limber Up who have been so patient as we move through the transition of changing instructors and work out the details for the future. Your patience and understanding have been very much appreciated. Making changes is never easy but we are confident that Limber Up will be steady and strong in the future. Thank you to Deb Barr for her many, many years of dedicated instruction. Deb has provided years of effort, given much of her time and an incredible amount of love and caring to all the members of Limber Up. She has gone above and beyond for the betterment of the group's health and wellness. We cannot say thank you enough to her for all her contributions but all good things must come to an end. We are happy for Deb that life has provide her with grandbabies and family that are filling her days and we wish her all the very best! We are pleased and excited to announce that Nomi Samson will be filling Deb's role and she will be instructing Limber Up. Nomi comes with a wealth of experience, training and education in fitness and exercise and her instruction will be a wonderful asset to the Club! We are looking forward to her leadership and are happy to have her expertise! Below is an outline of the schedule and fees for the next few months:

Until June 6:	Deb will continue to be the instructor and there is no fee to attend these sessions
June 11 – 27:	Nomi will be the instructor and there will be a \$1 fee for each session. Money will be collected as attendance is taken
July 2 – August 5	No Limber Up
August 6 - ongoing	Nomi will be the instructor and there will be a \$1 fee to attend each session.

Lunch Bunch – Submitted by Barb Atkinson and Norm Taylor Thursday, June 27 at 12:30 pm at the Starboard Grill

All Sunshine Club members are invited to enjoy lunch with the “Lunch Bunch” gang. What a great opportunity to enjoy friends, great conversation and a delicious lunch!! Each month this group meets to enjoy the company of others and a tasty meal at a local restaurant. In June we will be going to the Starboard Grill Restaurant! It is always a great group of people and a wonderful time and we hope you join us!



Each month we change our location and we circulate a variety of restaurants throughout the year. We would love for you to join us!! We all look forward to this social lunch and we think you would too! If you are interested in joining the Lunch Bunch please phone the Sunshine Club office at 250 720-2505 to sign up. Everyone is responsible for ordering and paying for their own lunch at the restaurant but ask members to sign up ahead of time so we can confirm the reservation numbers with the restaurant.

Pottery Update – Submitted by Alanna Miller

As this beautiful weather soothes our soul, the influence of garden accessories finds it's way to the pottery room. From fairy houses and lanterns to markers for plants---pottery can add to the beauty of your garden, whether vegetables or flowers. Some of us are contemplating making a bird bath that incorporates multiple small pieces as part of it's stand. That won't be done for this year but we are always thinking ahead. Maybe it will end up as a group project. Perhaps once it is done we will be able to share our creation with you. Stay tuned. This month we will be pushing to finish up our projects as there will be a two month break for summer. As you are playing in your garden think about what you might like to make out of clay and maybe next summer you'll have created your own unique accessories to enhance the appeal of your own space. If not keep your eyes open for items that other potter's have created and purchase something special. Happy Summer! We will see you in September or of course you can pop by for a visit before the end of June -- any Tuesday or Friday in Craft Room B from 10:00 am – 4:00 pm.

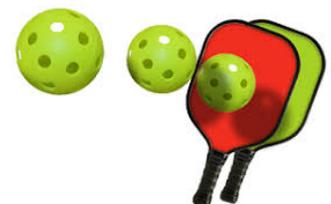


Pickleball

Pickleball is moving outdoors for the summer months! Starting June 3, we will move from playing indoors at Glenwood Centre to outdoors at Gyro/Recreation Park (weather permitting). We will continue to play outdoors during the summer months until mid-September. Make sure you join us there! We are having a lot of fun playing pickleball!! It is one of the most popular activities and many of our members are having a blast! We have nets, paddles and balls for anyone who is interested in joining us. Pickleball is a great, social game and we have a fun, enthusiastic group. It is a user-friendly sport and is accessible to people of all abilities. We continue to welcome new players and we encourage you to drop-in and join the fun. Beginners are always more than welcome. Don't worry if you haven't played before because we are there to help and you will pick up the game in no time!

Starting June 3, the outdoor Gyro Centre schedule:

Mondays	7:00 – 9:00 pm
Wednesday	9:00 – 11:00 am & 7:00 – 9:00 pm
Fridays	9:00 – 11:00 am



..... Regular Programs Cont.

Library Cart – Submitted by Carol Weiers

It's summer time and you're laying on the beach listening to the waves lapping against the sand, an iced tea on one side of you and ??? – how about a good book on the other side? Before you head to the lake for camping or just a day at the beach, stop by and check out the Sunshine Club library cart located just outside the Sunshine Club office at Echo Centre. There are usually a variety of books and magazines to choose from so maybe you will find some that interest



you. When you're finished with the books/magazines, please return them to the library cart for others to enjoy. Do you have some books and magazines around the house and aren't sure what to do with them? Donations of newer books/magazines are always appreciated. Thank you to everyone for your contributions to the library cart ensuring that this service continues for everyone to enjoy. Have a safe and enjoyable summer!!! 🌴 😊

Table Games – Submitted by Gillian Shearwater

The Table Games group meets until May 29 plus during Seniors Week on June 3 and 7 (Monday and Friday). The Table Games group invites you to drop in and join in -- no partner needed! We offer all kinds of games for fun. Now available on Mondays: Settlers of Catan! Looking for someone to play your favourite table game? Bring your own game or try any of the games other members have brought. Selection varies: anything from Backgammon to Scrabble, Dominoes to Quarto and some you have never seen before. Card games are always on hand too – Rummy, Phase 10, Euchre and more. We encourage you to join us! We play on Mondays, Wednesdays and Fridays from 10:00 am – 12:00 noon at Echo Centre in the Pine Room. After Senior's week, we take a summer break -- look for us again in fall! For more information, please contact our activity directors, Judy Collins at 250 724-2370 or Gillian Shearwater at 250-724-7293



Spanish – Submitted by Donalda Deas

Please come and join us in learning the wonderful language of Spanish. This is a good class for those who want to brush up or those who want to become more fluent. Speaking another language is a great way to keep the brain active. Whether you are a newcomer, with no past knowledge and limited practice, all are welcome!! We are very fortunate to have Orlando



Delano as our teacher. He is patient, kind and very knowledgeable with the ability to bring this beautiful language to life as well as make us laugh!! It is a very enjoyable time. There are lots of laughs and support as we struggle with the grammar and pronunciation that is unique to this language. Classes are held at Abbeyfield in the downstairs meeting room on Thursday and Friday from 9:30 – 11:30 am. Saludos!!

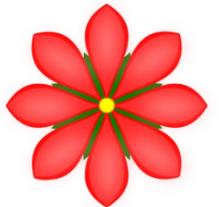


Table Tennis

Speed up your reflexes and enjoy a game of table tennis with other members. We play on Tuesdays from 8:45 – 10:45 am, Wednesday evenings from 7:00 – 9:00 pm, and Fridays 10:00 am – 12:00 noon at Echo Centre. Join the Sunshine Club Table Tennis players and enjoy a great game with great people! Equipment is supplied, but members may bring their own racquet if they prefer. Both experienced and beginner players are welcome to join. Drop-ins are welcome - just drop by the Cedar Centre Room at Echo and give this fun game a try!



Whist Update- Submitted by Barb Atkinson and Norm Taylor

The 2018-19 Whist Tournament results were as follows:

1 st	Jim and Gayle	2732	Low Score:	Francine and Gerti
2 nd	Bob and Kay	2708	Hidden Prize:	Donna and Pat
3 rd	Dolores and Marie	2701	Spare:	Maggi Bowen
4 th	Hap and Sue	2666		



Whist will continue for the rest of the season and throughout the summer with a “drop-in” format every Friday from 1:00 – 3:00 pm. Please arrive at 12:30 pm so we can get set up and ready to start promptly at 1:00 pm. Hope to see you there. New members are always welcome to drop in. Next season's whist tournament will begin again in October.

Woodworking

The woodworking shop is now closed for the summer. Please note that if anyone wants access to the shop, please contact one of our directors. If you require the director's contact information please phone the Sunshine Club office and they will give you the name and phone number of the directors.

Sunshine Club Bridge

The Sunshine Club Social Bridge Club welcomes you to drop-in and join in the fun! They meet on Tuesday evenings at 6:30 pm. Bridge is a fun, wonderfully social game that is enjoyed by many of the Sunshine Club members. If you play bridge at home with friends or in other clubs and would like to play more bridge, come and meet some new friends or maybe some you know already. Beginners are always welcome. If you would like more information, feel free to contact the Sunshine Club office at 250 720-2505.



..... Volunteer Corner

Office Volunteers' Luncheon – Submitted by Karen Freethy Wednesday, June 12 at 12:00 Noon at Smitty's Restaurant



All Sunshine Club office volunteers are reminded of our next monthly meeting which will be a luncheon on Wednesday, June 12 at Smitty's Restaurant. Tickets for this lunch are \$15 each and includes a buffet with soup and sandwiches, refreshments, dessert and tax. Tickets can be purchased from the Sunshine Club office. Following the lunch, we will review any updates and items on the agenda that need to be discussed. This is always such a wonderful time to visit and enjoy a delicious meal together. Thank you to all of our wonderful, dedicated office volunteers for the great job you do for the Club. We truly appreciate all your effort and time you give throughout the year.



Friendly Phone Service Update – Submitted by Wendy Stanley Next Meeting: Monday, June 3 at 10:00 am in the Hemlock Room



Our next meeting will be on Monday, June 3 at 10:00 am. As there will not be a meeting in July, there will be June and July calendars ready at the June meeting. Please remember not to bring any used sheets from previous months. We hope to see you all there! Thank you for your faithful diligence and caring with our 'at risk' clients every day For any information regarding the Friendly Phone Service, phone the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285.



Big Buddy Program Update

We have had a fantastic season with the Big Buddy program. Both kids and adults have had a great time! Thank you to all the big buddies for your time, energy and patience with your little buddy! They have thoroughly enjoyed your company! Thank you to Shelley and Cathy at the Museum and for Mrs. Souther for all their efforts and organization!

Sunshine Club Notices



Sunshine Club Summer Office Hours

A reminder that the Sunshine Club office reduces its' hours of operation for the summer:

June Hours: We will be open our regular hours of operation until Friday, June 7. Starting Monday, June 10 we will be reducing office hours to 9:00 – 12:00 pm until Friday, June 28

July Hours: Starting Monday, July 1 the Sunshine Club office will be closed for the month of July.

August Hours: Starting on Thursday, August 1, we will re-open again with regular, full office hours (Monday – Thursday from 9:00 am – 4:00 pm and Fridays from 9:00 am – 3:30 pm)

Welcome New Members

Welcome to the Club! We would like to extend a warm "sunshine" welcome to the following people who have joined our Club recently:

Linda Scobbie

Monica Oldenwald

Patricia Currie



Nominating Committee Report



In preparation for the Annual General Meeting and the Election of Officers which will be held on Wednesday, September 25 a Nominating Committee of **Hap Ralla, Minnie Burton and Maureen Brechin** has been formed to help determine names of those who may be interested in running for a position on the Sunshine Club Executive. We will be looking for members of the Sunshine Club who are in good standing to run for each position of President, 1st Vice President, 2nd Vice President, Secretary and Treasurer. We ask that you start thinking about whether you would like to join the Executive. If you would like to nominate someone, please contact one of the members of the Nominating Committee. Thank you.

Volunteer Tea Report – Submitted by Doreen Bessette

We had a wonderful time at the Volunteer Tea on Wednesday, April 24. Many thanks to Lionel Cyr and his servers for serving punch, tea, coffee and cake. A special thank you goes out to the volunteer organizing committee for all their hard work. We would also like to thank Colleen for making the placemats, tickets, invitations, programmes, and certificates. Thank you to Lue Carlos for taking photos for the History Books. We would also like to thank ukulele group for their entertainment. A door prize was made by Bob Bessette. Thanks Bob. Congratulations to the following people for being big winners at the Volunteer Tea this year!



☺ Loretta Parkinson

☺ Barb Gaetz

☺ Sally Anderson

☺ Tammy Beulac

☺ Francis Gaetz

☺ Pat Gratton

☺ Kathy White

☺ Francine Michielsen

.....Community Notices

Spring Raffle – Submitted by Minnie Burton



How would you like to be a little richer! Don't miss out on this opportunity to purchase a raffle ticket. Time is running out and you are not going to want to miss purchasing a ticket on this raffle. We will be drawing two winning names. The first name drawn will take home a \$100 bill and the second place winner will get \$50! Two chances to win!! Tickets are \$2 each and are on sale now in the Sunshine Club office. Members are encouraged to please sign out a book of tickets to sell to friends, coworkers, family etc. Tickets can be sold to anyone in the community. It's a great way to help contribute to the Club. The winning name will be drawn on Wednesday, June 5 during the Seniors' Week Special Events. *Give yourself and chance to win and buy a ticket – you can't win, if you don't play!*

Friendly Phone Service – Submitted by Wendy Stanley



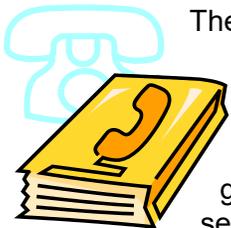
The Friendly Phone Service is free!! Anyone in the valley who lives alone is qualified to be called every day. No need to be housebound, ill or disabled in any way. We phone every day of the year between 8:00 and 9:00 am whenever the client would prefer. The phone call is partly a comforting safety check and partly a social call. You get to know the volunteers who phone, one for each day of the week, so that you get to know each other as caring friends. You do not have to be a member of the Sunshine Club. Anyone can apply who lives alone. Also, we are always looking for new volunteers to help deliver this program and make phone calls to clients. If you are interested in being a client or if you would like to volunteer, please call Director Wendy Stanley at 250-723-5285 or the Sunshine Club office at 250-720-2505.

2019 Island Lifestyles Coupon Books – Reduced to \$21!

The Island Lifestyle Coupon Books are now available! These books are full of great coupons, discounts and deals to a wide variety of restaurants, retail stores, golf courses and much more. It is also a fundraiser for the Sunshine Club! Each book costs \$21 (price includes tax). These books are available to purchase from the Sunshine Club office or Echo front desk. Buying a book gives you an opportunity to save hundreds of dollars and it is also a great way to support the Sunshine Club! If you would like to have a look at a book or have any further questions please drop by the Sunshine Club office. Cheques should be made payable to "Echo Sunshine Club". Thank you for your support!



Seniors' Directory – An Excellent Resource!



The Sunshine Club produces a directory of information pertinent to seniors. This is an excellent resource for seniors! It provides information and references in regards to the following topics: community care services, cultural groups, death and bereavement, education, financial assistance and funding, federal tax services, housing benefits and subsidies, pensions, government representatives, health care and preventative services, government services, legal resources, meal services, recreation, safety, senior housing, service groups, support groups, transportation and more. It is extremely useful and the updated version is available now at the Sunshine Club office for only \$5.

July/August Newsletter Deadline

The deadline for submissions for the July/August newsletter is **June 1**. Submissions can be dropped off at the Sunshine Club office to be put in the "Newsletter File" or contact Karen at 250 720-2509 or email: Karen_Freethy@portalberni.ca. The July/August newsletter will be ready to be picked up at Echo Centre on Tuesday, July 18.

Rollin Art Centre News – Submitted by Melissa Martin

The Rollin Art Centre would like to remind you to enjoy Day with the Arts (Solstice Arts Festival) on June 14 – 15. It is a two day event with musicians, children's activities, food, talented artists and so much more! If you would like to visit the Rollin Art Centre, the gallery hours are Tuesday - Saturday 11:00 am to 4:00 pm, located at 3061 - 8th Avenue. Admission is by donation. Phone: 250 724-3412, www.portalberniarts.com, <http://www.facebook.com/rollinartcentre>.

Alberni District Historical Society – Submitted by Judy Carlson

The Archives will remain open for the summer two days a week, Tuesdays and Thursdays. Anyone interested in researching local history is welcome to stop by. Best wishes for a happy summer to all.

Canadian Council of the Blind, Alberni Chapter – Submitted by Jean Kanngiesser

The Canadian Council of The Blind (CCB) is a support group for the visually impaired and blind. Our next meeting is at 10:00 am on Wednesday June 5 in the basement meeting room of Abbeyfield. We are pleased to have Dr. Shaun Golemba of Valley Vision Optometry as our guest speaker. For further information call Jean Kanngiesser at 250 724 1282, President Alberni Valley Chapter Canadian Council of the Blind.

.....Community Notices Cont.

55+ BC Games: Kelowna September 10 - 14 – Submitted by Barb Sheare

The 55+ B.C. Games are in Kelowna, September 10 - 14 this year. Come join us in Zone 2!
Challenge Yourself! Stay Active in Sport! Meet New Friends! It's Your Opportunity to Play!



For more information, visit our website at www.55plusbcgames.org and check to see if your sport is one of the 33 being played at the Games. Some sports have play-downs to qualify and that information will be listed on the website. Please feel free to contact me if you have any questions about participation. I can be reached at shearepin@telus.net or call 250 724-0364.

Alberni Regency Ramblers – Submitted by Gillian Shearwater

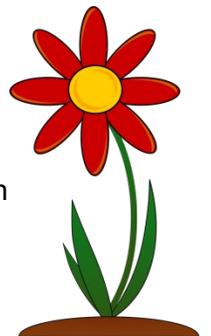
Sunday, June 23

Jane Austen Promenade, Family Picnic & Country Dancing at the Park!

Put on your Regency finery, pack up your own picnic basket of goodies, bring a blanket or chair to sit on and join us for this FREE family event at 11:00 am sharp. Promenade in your Regency finery at Harbour Quay (base of Argyle Street). After the promenade, enjoy a family picnic in Roger Creek Park, at the gazebo near Pemberton Road at Adelaide Street. (Park entrance is at corner of Gertrude and Pemberton Road.) The Old Time Fiddlers will provide live music for Country Dancing on the grass -- the whole family can participate. There will also be croquet and some Regency children's games. Complimentary liquid refreshments will be available. See you there!

For more information, please call Tricia at 250-913-2111 or email: jasna.cvi.bc@gmail.com.

This event is the last of our 2019 Jane Austen Festival Days. It is brought to you by the Central Vancouver Island Region of JASNA (the Jane Austen Society of North America). We also have ongoing activities throughout the year. Come out and join other Port Alberni fans of Jane Austen and the Regency period! Visit us at: www.jasnacentvanisle.org



Parkinson's Support Group – Submitted by Linda Nicklin

At first when you join a support group, you may be nervous about sharing personal issues with people you do not know. At first, you may benefit from simply listening. Over time, however, contributing your own ideas and experiences may help you get more out of a support group. The common experience among members of a support group often mean they have similar feelings, worries, everyday problems, treatments, side effects, sharing is very beneficial.

Participating in a group provides you an opportunity to be with people who are likely to have common purpose and likely to understand one another. Benefits of participating in a support group may include, feeling less lonely, isolated or judged. It also helps to improve skills to cope with challenges, gaining sense of empowerment control and hope. The Parkinson's Support Group meets the first Monday of the month at Smitty's Restaurant at 10:30 am for coffee. At times, guest speakers are arranged but it is a social time as well. If you know of anyone with Parkinson's and feel they would benefit from our group, please call for more information – Linda 250 723-3755 or Jan 250 723-8230.

Heritage Place is Looking for Volunteers

Would you like to volunteer to read books to the tenants of Heritage Place? We are looking for a volunteer to read chapter books to a group of our visually impaired Seniors once a week. Days available are in the afternoons on Mondays, Fridays and Saturdays. If you are interested, please contact Susan, Activities Coordinator for Heritage Place at 250 723-0480 or 250 540-7129.

Volunteers Wanted at Abbeyfield – Submitted by Angel Graitson

Volunteers play a vital role in our facility. It is a great way to be involved, share your knowledge with others, to stay active and contribute to our seniors in a meaningful way. If you are interested, please call our office at 250 724-5054.



Volunteers Needed at Fir Park Village & Echo Village

We are seeking volunteers. There are many opportunities available such as specific program volunteers, one-on-one visitors, bus drivers (class 4, unrestricted), and/or store volunteers. We are very flexible with volunteer schedule times. If you have a bit of spare time and wish to share it with us, please call 250 724-6541, extension 253 or email sjhaj@accs.ca.

Reminder to Pay for Your Newsletter Postage

If you would like to have the monthly newsletter mailed to you each month please contact the Sunshine Club to set it up. Please bring in cash or cheque to the Sunshine Club office. The cost of receiving a newsletter starting in June is \$5 annually. There are only two more newsletters for the rest of this fiscal year. If you are interested, drop by the Club office so we can process your request and add your name to the mailing list.



.....Community Notices Cont.

Swimming for Seniors at Echo Aquatic Centre



Did you know that seniors aged 80+ are able to swim FREE at Echo pool all year round?! So grab your swim trunks and come to the pool for a swim, hot tub or sauna. We encourage you to take advantage of this great opportunity! There is also another swimming opportunity for seniors to enjoy. To celebrate Seniors' Week, we are offering adult swimming and gentle aquafit *free of charge* for adults aged 55+ from Monday, June 3 – Friday, June 7. If you are interested in these swims, please pick up your pass from the Sunshine Club office. They will give you a "ticket" that will give you access to the swimming opportunities outlined below. We hope you come on out and enjoy the water!

Adult Swim at Echo Aquatic Centre – for ages 55+

11:30 am – 1:00 pm Adult Swim Session & 1:00 – 3:00 pm Adult Lanes/Everyone Welcome

Take a dip in the pool, swim lengths, work out in the weight room or relax in the Sauna and Whirlpool at the Aquatic Centre. If you are 55+ pick up your free pass from the Sunshine Club office.

Gentle Aquafit at Echo Aquatic Centre – for ages 55+

12:00 – 12:45 pm

Join us for some adapted (gentle) aquatic exercise which is great for improving strength, flexibility and your cardiovascular system. Water drastically reduces stress on your joints. Come to the pool and give it a try! A free ticket is available from the Sunshine Club office.



Overview of Seniors Week Activities and Programs

For full information on these activities and programs, please pick up a Seniors' Week flyer from Echo Centre, phone the Sunshine Club office at 250 720-2505 or view it online at playinpa.ca/seniors_week.



SUNDAY, JUNE 2

- * Lions' Club Free Pancake and Sausage Breakfast

MONDAY, JUNE 3

- * Tai Chi
- * Cribbage Tournament
- * Pickleball
- * Table Games
- * Bingo with Alberni Lifeline

TUESDAY, JUNE 4

- * Table Tennis
- * Hobbies and Crafty Wools
- * Fraud Prevention at Royal Bank
- * Pottery Open House
- * Fit Beginnings I Exercise Program
- * Bingo Bonanza at Echo Village
- * Carpet Bowling
- * Total Body Conditioning Fitness Class
- * Floor Curling
- * Water Shed Tour
- * iPad Tune-Up Workshop
- * Woodworking
- * Fit Beginnings II Exercise Program
- * Cribbage with the Legion #293
- * Renting "Do's and Don'ts" Workshop
- * Bridge

WEDNESDAY, JUNE 5

- * Stamp Crafts
- * Fraud Prevention at Royal Bank
- * Scotia Bank Appreciation Day
- * Lawn Bowling "Try It" Session
- * Table Tennis
- * Pickleball
- * Estate Planning Seminar
- * Sunshine Club Special Events Program
- * Quilting

THURSDAY, JUNE 6

- * Fraud Prevention at Royal Bank
- * "Stay in the Driver's Seat" Seminar
- * Family Fun Day at Abbeyfield
- * Carpet Bowling
- * Stretch & Tone Exercise Class
- * Floor Curling
- * Advance Care Planning Workshop
- * Total Body Conditioning Fitness Class

FRIDAY, JUNE 7

- * Pickleball
- * Walk the Dyke
- * Table Tennis
- * Pottery
- * Whist
- * Bank of Montreal Appreciation Day
- * TD Canada Trust Appreciation Day
- * Table Games
- * Total Body Conditioning
- * Social Friday at Fir Park Village

..... Community Notices / Karen's Korner

Overview of Seniors Week Activities and Programs Cont.

MONDAY JUNE 3 – FRIDAY, JUNE 7

- * Free Adult Swimming
- * Free Gentle Aquafit
- * Free Hearing Screening at NexGen
- * Free Hearing Tests at Connect Hearing
- * Free Bowling at Rainbow Lanes
- * Complimentary coffee at Buy Low Foods
- * Better At Home Display at Echo Centre
- * AV Seniors Services Sector Coop display
- * Age Friendly Communities display at Echo
- * Seniors Directory available for \$5
- * Fire Safety & Prevention Display at Echo
- * Lions Club – Reflective address signage
- * Photographic display in lobby at Echo
- * Guess that Artifact at AV Museum
- * AV Museum Exhibit – Echoes in the Ice: Finding Franklin's Ship

Karen's Korner



June's Challenge

Happy Father's Day to all the dads out there!! I wish you a wonderful day full of love, laughter, support and family! Enjoy your special day. Sudoku is one of the most popular puzzle games of all time. I love these puzzles and play them all the time! Even my kids have started to play!

It is based on the logical placement of numbers. It doesn't require any math skills, just simply your brain and concentration. The objective is to fill a 9x9 grid with numbers so that each column, each row, and each of the nine 3x3 sub-grids contain all of the numbers from 1 to 9 (without repeating a number in the same row, column or "bolded", 3x3 box.

A move is considered incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3x3 grid contains more than one of the same number from 1 to 9

Enjoy & Have Fun!!

7	5		9	8		3	4	
1						6	5	8
		8	5					9
			6					
	1						2	
					9			
4					5	8		
3	9	1						7
	8	7		6	1		9	2

May's Challenge Answers

Well, how did you do? Easier said than done! I was definitely stumped on a few but you learn something new every day!

- | | | |
|---|--|--|
| 1. Alligator <i>hatchling</i> | 10. Giraffe <i>calf</i> | |
| 2. Ape <i>baby</i> | 11. Goat <i>kid or billy</i> | |
| 3. Bat <i>pup</i> | 12. Goose <i>gosling</i> | |
| 4. Beaver <i>pup or kitten</i> | 13. Hippopotamus <i>calf</i> | |
| 5. Camel <i>calf</i> | 14. Kangaroo <i>joey</i> | |
| 6. Deer <i>fawn</i> | 15. Raccoon <i>cub</i> | |
| 7. Horse <i>foal, colt (male) or filly (female)</i> | 16. Shark <i>pup</i> | |
| 8. Elephant <i>calf</i> | 17. Skunk <i>kit</i> | |
| 9. Fish <i>fry, fingerling</i> | 18. Frog <i>tadpole, polliwog or froglet</i> | |

