

Parksville Golden Oldies Sports Association (PGOSA) www.pgosa.org

PGOSA is dedicated to helping Parksville and surrounding area seniors maintain an active, healthy and fun lifestyle.

June 2015 Newsletter

PGOSA memberships for 2015. So far we're over 1010 paid members

PGOSA Table at Oceanside Arena: Pgosa Table will be available every Friday Morning from 9 to 11 down at the Parksville Community Park at the Picnic Shelter. Memberships and info!. Coffee will be on and bocce and horseshoes.

“Hear Ye, Hear Ye,” the infamous pancake breakfast Griddles and Grins in the park, 10am. For June, 12th July 10th, August 14th. Also enjoy the Horseshoes and Bocci. Pgosa social, come and enjoy.

Presidents Message.

The Executive of PGOSA would like your assistance. We would ask that you as a member of this very dynamic organization in the Oceanside area to consider helping out the very busy executive:

As you may be aware: we need a new:

VICE PRESIDENT. Please consider joining the present executive to help make PGOSA continue to excel.

Our vitality is dependent on **DIRECTORS**.is imperative to the future of PGOSA. We need successful role models in our community. This is not too daunting: The time commitment is not burdensome—5 meetings per year and assisting the sports coordinators with their activities. If you are that special person, If you would like to get involved with the R/Ving group for the two outings Per year, you will have lots of support, while enjoying the group and the organized activities. The Golf a tournament happens once a year, with lots of support.

Call Brian Ball, President, 250-248-2210 or email parksville.pgosa.executive@gmail.com.

We need you... make the call or email, you can do it, we will help. Be a player, Be A leader.

Kerry's Automotive on the Island Hwy in Parksville allows us to make announcements once a month in the Oceanside Star
Island Living Coupon Books are available at a cost of \$19.00.

Pgosa Annual Picnic in the Park: Thursday, August 27th, 3:00pm to 6:00pm, \$7.00 members / Guests \$8.00.

Hamburgers, Hotdogs, with **all** the trimmings, Veggie Plates w/ dipping sauce, Drinks and Dessert with games such as bocce, horseshoes and golf.

Tickets sold at Pgosa Table down at Parksville Community Park at the Picnic Shelter every Friday 9:00am to 11:00am starting Friday, June 5th

Cut-Off date for tickets sold will be Friday, Aug. 21st. Sunny weather is promised. Any questions please call Marg [250-586-7332](tel:250-586-7332).

Volunteer Opportunity: Oceanside Special Olympics is looking for Track and Field coaches and assistance to help Special Olympians prepare. 8 week commitment starting middle April. Contact Martin for more details. [250-586-5803](tel:250-586-5803)

Pickleball The RDN have added pickleball programming to their Spring/Summer Active Living Guide. In addition to pickleball classes, which will be put on by Hugh & his crew, nine courts on the Howie Meeker Arena will be open for drop-in play 9:00 AM to 2:30 PM, Monday through Friday, during the period April 20th to July 17th, 2015. You can rent paddles – ball is included.

Slo-Mo Paddlers Contact Joan or Cormack for more details.

PGOSA Monthly Breakfast: *See you in September*

Kenny Anderson @ [250-752-8581](tel:250-752-8581) or kennethgeee@gmail.com

Ongoing activities:

Card games and more: *See you in September* for more Mexican Train, Scrabble and more. Everyone Welcome! Contact is Mona Ferguson @ [250-752-7129](tel:250-752-7129).

Hiking: Tuesday Trail Explorers. Call Pamela Tindle at [250-752-8349](tel:250-752-8349)

Hiking: Thursday Trail Hikers. Call Cynthia Robertson at [250-468-9324](tel:250-468-9324)

Curling: . Call Jim Powell at [250-248-8341](tel:250-248-8341) or trijim@shaw.ca

Slo-Mo Paddling Division: For all forms of human powered boating; rowboats, kayaks, canoes. Note new contact information: slomopaddlers@gmail.com Joan Knight ([250-248-1292](tel:250-248-1292)); Cormack Gates ([250-752-1129](tel:250-752-1129))

=====
Kerry's Automotive on the Island Hwy in Parksville allows us to make announcements once a month in the Oceanside Star
Island Living Coupon Books are available at a cost of \$19.00.

Cycling:

Sundays and Thursdays, "Slowmotion Bikes" 9:30 AM at the Parksville Community Centre, contact Paul Tinney (250) 586-6258 or Gilles Gratton (250) 586-5055 or email slowmotionbikes@gmail.com

The Biking Turtles is for new riders on Thursdays only at 9:30 AM at the Parksville Community Centre, contact Gilles Gratton 250-586-5055 or email gillgratton@gmail.com

A thanks goes out to Ray Bertens who has stepped down from the leadership of the Slowmotion Bikers, and a thanks to Paul Tinney who has graciously taken over the leadership.

Tennis: Year round at the Qualicum Beach Tennis Courts on Veteran's Way from 9 until noon Tuesday, Thursday and Saturday. Some experience required. Contact Edward Gregory at 250-752-7837

5 pin Bowling: Starting on Sept 10th, every Thursday to end of April 2016 . Cost 2 games \$11.00 + \$2.00 shoe rental Contact Bea Stark at 250-248-8488.

Walking groups:

Monday, Wednesday and Friday, contact is Kim and Jill Brown 250-954-3213.

- 1) **Please note: Walking start times change on May 1st. Walks will start at 8.30 am.**
- 2) Suggestion for alternative coffee -PGOSA Group meet for coffee and cookies every Friday at the Park in Parksville for the summer months, commencing **May 1st** ending August 28th

List of monthly walks go to www.pgosa.org or call Kim and Jill Brown Phone # is 954-3213

Walking at a slower pace

Monday, Wednesday and Friday at 9:30AM.

250- 248-9845,

Ladies Luncheon: **See you in October** – Contact Doris 250-248-8889 or Rita 250-954-3441

Slo-Pitch:

Monday and Wednesday morning (except Stat Holidays) at the Parksville Community Park... Fun Ball is played every Friday morning atg 9:00 a.m. Call Greg Dawe 250-821-1289

Horse Shoes: Community Park Every Friday 9-11.. Peter Giesbrecht 250 248-4489

=====
Kerry's Automotive on the Island Hwy in Parksville allows us to make announcements once a month in the Oceanside Star
Island Living Coupon Books are available at a cost of \$19.00.

SINGLES ACTIVITIES FOR JUNE 2015

Functions requiring reservations for food, accommodation or travel must be booked ahead of schedule. Please respond to the contact person by the date listed and advise contact person if you need a ride.

Pgosa Singles Newsletter for June

June 2015

- Tues 2nd Birthday Dinner at the Bayside Bistro, 5:00 pm, please call Marg by May 29th if you are planning on attending.
- Wed 10th Golf with Hans at Brigadoon Golf Course at 11:00am weather permitting. Please call Hans 250-947-9362 by June 9th if you are planning to attend. Everyone is welcome
- Thur 11th Telegraph Cove Thurs, Fri. & Sat – Have lots of fun on your outing
- Thur 18th June 18th Guided tour of the Kathok Buddhist Centre. (2:30) This tour of the Buddhist Temple and Shrine is planned for the afternoon of June 18th 2:30pm. Shoes are not permitted in either the temple or shrine. So choose your foot ware accordingly. You may want to bring slippers. Cost is by donation. To sign up, email Jackie at jackiegabert@shaw.ca call 250 248-0451. We will meet there at 2:20pm. The tour including questions should not take longer than an hour.
- Tues 23rd We are going to have coffee at Serious Coffee at 2:30pm. It gives everyone a chance to meet new members and to catch up on everyone's news. It gives you a chance to get out for a cup of coffee with friends. Everyone is welcome. See you there.
- Wed 24th Golf with Hans at Brigadoon Golf Course at 11:00am weather permitting. Please call Hans 250-947-9362 by June 23rd if you are planning to attend. Everyone is welcome