



# January 2022 Newsletter

The Centre is closed through Jan. 18th, 2022  
Vaccination is required for entry into the Centre.  
Masks are required in the Centre.

1801 Beaufort Avenue  
Comox, BC V9M 1R9  
250-339-5133

[www.comoxseniors.ca](http://www.comoxseniors.ca)

Email: [comoxseniors@shaw.ca](mailto:comoxseniors@shaw.ca)



Happy New Year!

## Board of Directors

Raymond Morin, President  
Susan Toresdahl, Vice-President  
Julie Spooner, Treasurer  
Nina Sato, Secretary  
Mike Corkish, Past President  
Ele Clarke, Director  
Gayle Cousins, Director  
Francine Dawson, Director  
Dave Robinson, Director  
Lorrie Smith, Director  
Isabel Thomas, Director  
Glenn Woods, Director

## President's Message

Let me begin by wishing you all health and happiness in the New Year. Bonne Année, 2022!

We can all be proud of what we've accomplished together since our Centre's reopening on July 5th after the Great COVID-19 Slumber of sixteen months! With the good will of our volunteers, coordinators, your board, committees, Dei and Bill, we're close to offering a level of services and programs that existed before the shutdown. Now that's a recovery in spite of strong COVID headwinds!

Not only are we back on our feet but we have renewed the hot meal program, refurbished/reenergized the Gift Shop and Library, built a new website to be launched in January, filed three grant applications, established sub-committees and posted a record early membership renewal rate. The Town of Comox has renewed its commitment to our Centre by appointing Mayor Russ Arnott as the Town's representative on our board. A warm welcome, Mr. Mayor!

We have to recognize that after our September AGM, we launched from a solid base due to the efforts of previous leadership and volunteers who have kept this Centre going since 1975! We are blessed with a wonderful building in a prime location due in large part to the support of the Town of Comox over the past 45 years! It is indeed a "second home" for 800+ seniors in the Valley.

Congratulations and thanks to everyone for abiding by the Public Health Orders. Remaining micro-challenge; how do we keep our darn glasses from fogging up?!

Your board, volunteers and staff took a well-deserved rest over the Holidays and we will be back with fresh energy to take on the challenges of 2022. Don't forget to support your kitchen in 2022. It is an essential service. Try a cup of our new freshly ground Café Supremo. Only at Dei's, you say. Pity!

*"Without great plans, it is hard, and often self-defeating, to make little ones. David Riesman, American Sociologist and Educator (1909-2002) Let's be thankful of big challenges, it prevents us from focusing on micro-issues." Anonymous.*

~Raymond Morin, President

The d'Esterre Senior Centre is grateful for the support it receives from the Town of Comox

## **IMPORTANT**

### **ANNOUNCEMENT**



### **Events and Notices**

Centre closed through Jan. 18th

Board Meeting – Mon., Jan. 17th  
at 10:30 am

Stay tuned for updates regarding  
the reopening of the Centre

The Centre is closed through January 18th, 2022. This is in compliance with the most recent Provincial Health Order restricting indoor gatherings, exercise and dance classes. The goal of the restrictions is to slow the rate of transmission of the COVID-19 Omicron variant in the community. We hope that the PHOs will allow for reopening after Jan. 18th, and will communicate information regarding the Centre as it becomes available. In the meantime, please stay safe and healthy, as well as warm and dry with this wintry weather.

Tired of cooking? Frozen meals are available during the Centre closure – see below.



### **2022 Membership**

Membership is \$35.00 for the 2022 year.

**Cash or cheque only.** Please make checks payable to “d’Esterre Seniors’ Centre Association”. There is a stamp with this official Centre name available in the office.

### **Centre Rentals**

The Centre will be available for rentals when permitted by the PHOs. Keep the Centre in mind for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life.

Rental information can be found on the website: [d'Esterre Seniors' Centre Association \(comoxseniors.ca\)](http://d'EsterreSeniors'CentreAssociation.comoxseniors.ca)

You can contact Frieda Home, rental coordinator, through the office at 250-339-5133 or email Frieda at [comoxseniors.rentals@shaw.ca](mailto:comoxseniors.rentals@shaw.ca).

## **Dei's Café**

### **Frozen Meals Are Back!**

*During the Centre closure, a good selection of frozen take-out meals will be available on Wednesdays and Fridays between the hours of 10:00 and 12:00 starting on January 5th.*



*No need to phone ahead to order, just drop by and Dei will be there with a list of meals available. Frozen meals are \$8.00 each.*

*Assuming the Centre reopens after Jan. 18th, here is the hot meal schedule.*

<i>Thursday</i>	<i>Jan 20</i>	<i>Meatloaf</i>
<i>Tuesday</i>	<i>Jan 25</i>	<i>Pork Roast</i>
<i>Thursday</i>	<i>Jan 27</i>	<i>Liver &amp; Onions</i>

*From Dei: Thank you to all our volunteers, you are a great bunch of people!*



### **Thank you to Francine Dawson and Family**

Sadly, with the COVID restrictions, the Christmas Day dinner had to be cancelled. Instead, Francine and her family cooked all day and made up 34 take-out turkey dinners for those who had signed up for the dinner.

Thank you also to all who made donations towards the purchase of the food for the dinner. It was much appreciated!



Perhaps one of your New Year's resolutions is to give back to the community in a meaningful way. Volunteering is a great way to fulfill this resolution, keep your mind and body active, and make use of your special skills. Here are some ways that you can volunteer at the Centre.

#### **Special Events Help**

Francine Dawson, Special Events coordinator, is looking for a volunteer that has computer skills to make posters, tickets, table cards, etc. for the events. Contact Francine at 250-702-1735.

#### **Technical Volunteer**

Individuals with Windows-based technical skills are needed to help maintain our computer system. Technical skills in any of the following areas: Microsoft Word, MS Access Data Base, networking, Microsoft certified technician, experience in computer support, Web design/Web maintenance. If any members have any of these skills we would love to talk to you. Or if you know of someone outside of our Centre that you think might be able to help, please let Dave Robinson know at [note2dave@shaw.ca](mailto:note2dave@shaw.ca) or 250-703-2536.

#### **Kitchen**

Volunteers are always welcome in the kitchen, especially on Tuesdays and Thursdays when Dei is cooking hot meals. Make sandwiches, sanitize dishes, brew coffee – it's the place where you see and chat with everyone. Contact Dei at 250-650-6459 or by email at [deidei@shaw.ca](mailto:deidei@shaw.ca).

#### **Office**

There are always open slots for office volunteers. Answer the phone, take memberships, give out information. It's a fun place to get to know folks at the Centre. Contact Penny Shelton at 250-941-2248 or [jeffnpj@shaw.ca](mailto:jeffnpj@shaw.ca).

### **Did You Know?**

Helpful Information and Links

The governmental website covers many areas pertaining to seniors including managing money, pension plans, health, safety, and more.

[Programs and services for seniors - Canada.ca](https://www24.intel.gc.ca/program/eng/eng.asp)

## News From the Centre

### *Happy New Year From the Gift Shop*

*It has been a very successful and exciting half a year for the Gift Shop. So much talent showcased over the Christmas Season with some remarkable sales and payouts. Thank you, Artisans & Crafters – your donations for the Christmas fundraiser for the Centre went over very well. We raised \$515.00! Thank you! Thank you!*

*Those of you who celebrate the Chinese New Year know it is the year of the Water Tiger. As 2021 has been a turbulent, upside down year, 2022 will be the year of positive change and hope. I'm looking forward to the positive changes for the Gift Shop and hope to see all of you selling or shopping.*

*Although the closure of the Centre is disappointing, it was the right time. COVID thinks it has one upped us, but Mother Nature is protecting us from getting out with her buckets of snow, icy roads, and freezing temperatures. Stay safe and warm.*

*With the closure, I'm taking the opportunity to pack up Christmas decorations and Christmas product to be returned. Then inventory will begin and the implementation of recording all of this into our new laptop and Consignment program. This program will save time with Artisan & Crafters products by sales, inventory control, payout calculations, and bookkeeping. Then training of volunteers will be the next step.*

*Once the Centre has reopened I will have a meeting with sellers, as there will be some new changes implemented. As Valentine's Day is the next on the agenda for the shop, I would like to see a few items come in once we open. If you have some items made for Valentine's please email a picture to [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca). Please do not drop off items until you hear from me.*

*Health, Happiness, & Safety for 2022  
Gift Shop Gals*



Board President, Raymond Morin, and Treasurer, Julie Spooner, accepting the \$515 donation from Nancy Kremer, Gift Shop coordinator



The Gift Shop Gals with the moola



The Centre and its Board of Directors would like to say a special Thank You to the crafters and artisans who donated the proceeds of their sales to the Centre. A big thank you to Nancy Kremer, Gift Shop coordinator, for coming up with the idea and for making the Gift Shop a vibrant and busy little place, attracting customers with beautiful displays and an amazing assortment of items.

## News From the Centre

### The Art Club

Now that all the holidays are over – hope everyone had a nice time with family and friends – it's time for us to think of projects for the coming season. January can be such a gloomy month so we hope to have some paintings to lighten the mood.

*The Artist's World by April Cornell*

*An Artist's world is there to see, a hand to guide, an eye to find, in all the world the clarity of nature's own sagacity. All of life's pictures duly noted, the sweep, the curve, the arching grace, that makes no movement commonplace. The line, the eye that follows it, and thinking hand that renders it. This one moment caught in time, by penciled brush and studied line ignites a visual memory of nature's own sweet history.*



### Quilter's Group

The Quilters have lots of quilted items for sale. Drop downstairs Tuesday or Thursday mornings and check them out. The Quilting group is looking for new members. We have vacancies for Tuesday and Thursday quilters, one day or both days. To join – all you need to do is be a member of d'Esterre, there are no other fees. You need to have your own working machine and supplies and a sense of humour. You can work on your own projects, or you can work on our fund raiser quilts. If you are a new quilter, don't fear – lots of expertise to help you learn both your machine and how to quilt. Please feel free to drop in on a Tuesday at 10 AM or a Thursday at 10 AM if you want to see some of the stuff we do. If you need more information, contact Mona at 250-890-0222 or email [monacashman@shaw.ca](mailto:monacashman@shaw.ca). Donations of Cotton Fabric appreciated. Mona Cashman, Quilt Coordinator

### Tour d'Esterre Centre

Happy New Year, everyone. Let's work together to make 2022 a healthy and joyous one.

Due to Provincial Health regulations, tours of the Centre are cancelled for January. Hope to start again in February.

Be safe, be healthy and above all...be happy.

Sherry (cell) 250-792-2256



The Centre was busy in December with members in activities, enjoying the café, and shopping in the Gift Shop

### The Library

We have been busy completing the categorisation of all the donated books in the downstairs store room. Once this had been achieved we replaced all of the "General Fiction" and "Thriller/Mystery" titles in the main library upstairs with fresh stock from the store room. Hopefully our members will find new titles by their favourite authors on the library shelves.

We are now in the process of listing all of the books removed from upstairs. The plan is to produce a folder that will be available in the main library area that will list all removed books by author and by title. If you find a book in this list that you would like to borrow, we will be able to retrieve it for you from the store room. I will provide details on this process once we have completed the listing.

On another note, I would like to ask our members again not to donate any more books, DVDs, or jigsaw puzzles to the library. Under normal circumstances we would have had a book sale in the Fall, but with the current pandemic protocols this has not been possible. A consequence of this is that we literally have no more storage space in which to hold any newly donated stock. Sadly this could mean that we would have to immediately discard any newly donated items.

I thank you for your understanding and anticipated cooperation.

Roger Taylor, Librarian

## On to 2022!

Some things we never outgrow, regardless of age. One of them is the need to set goals and keep pushing ahead. It doesn't really matter if you are 60, 70, 80 or more. Research confirms that setting New Year's resolutions is especially beneficial for senior adults. Studies have concluded that setting goals is good for the physical, mental, and spiritual health of senior adults. A study in the Journal of the American Medical Association found that seniors with a strong sense of purpose tend to retain strong hand grips and walking speeds, signs of healthy aging. Studies conducted by Rush University found that seniors with discipline, organization, and purpose are less likely to develop Alzheimer's disease. Resolutions, or goals, give us purpose and structure. Here are some ideas for 2022.

### Pursue a purpose larger than yourself

There's something inside us that pushes us to look beyond ourselves and be part of a larger cause. This innate trait doesn't diminish with age. Most of us want to be remembered for something more significant than our golf score or the size of our bank account. We want to use our limited time and opportunities well and leave the world a better place. We want to leave a positive legacy.

### Stimulate your mind

Mental fitness is just as important as physical fitness, helping to keep our minds sharp and delay age-related cognitive decline. Learning new skills is stimulating and healthy. This year, commit to giving your brain a "workout" by engaging in mentally stimulating activities. Some ideas include learning a new language, enrolling in a continuing education course, playing games and cards, completing puzzles, or taking on a reading challenge for 2022! You may discover that exercising your brain gives you a boost in focus, memory, and confidence.

### Be a mentor and encourager

When we were younger, most of us benefitted from the encouragement, words of wisdom, and support of one or more older people. Now it's our turn to be the mentors. We each have our own unique spheres of influence. Someone out there needs you to be their role model or guide. It might be a grandchild, a neighbor, or someone you see each week at church. As part of your New Year's resolutions, think about who these younger people are and how you can best be there for them. If they live at a distance, then your relationship may grow via texting, email, or social media. Find ways to praise them when they do well, show you believe in them, and take interest in what's important to them. Be available and ready when and if they seek your advice. You can make a real difference in one or more younger people's lives this coming year.

### Reconnect with a favorite hobby (or try something new!)

Having a hobby is beneficial for people of all ages, especially for retirees who have newfound free time. Hobbies help us reduce boredom, relieve stress, and connect with others. This year, why not reignite an old passion or branch out with a new activity you've always wanted to try? From artistic pursuits like painting, knitting, photography, or playing an instrument to outdoor activities like golfing, fishing, and gardening, there's no shortage of fun, engaging hobbies to explore in your retirement years.

### Be an Optimist

Remember Eeyore, the character from Winnie the Pooh? He was always the pessimist, the one who saw the cup as half empty, not half full. Let's face it, some of us seniors have a tendency to fall into the habit of acting like Eeyore. We can lapse into perpetual negative talking and complain about how bad the world is today. In the New Year, resolve to be an optimist. See the good in the world and in other people. Guard your words, and make sure you don't lapse into a real-life, old, and cranky version of Eeyore.

## More News From the Centre

### Donate to the Centre

Making donations is easier than ever as the Centre is a member of Canada Helps, which provides donation processing and instant tax receipts as well as options to give monthly, give anonymously, and track your personal donations. Of course, you can also stop by the office and make a cash or cheque donation directly to the Centre.

[d'Esterre Seniors' Centre Association | Charity Profile | Donate Online | Canadahelps](#)

### Photo and Poetry Corner



Winter Wonderland

### Classes

All YOGA and CORE classes are cancelled until the current Provincial Health Order is lifted. All Exercise classes, Line Dancing, Dancefit, and T'ai Chi are also cancelled during the Centre closure. The PHO is in place until January 18th and the Board of Directors will be monitoring the situation and making any specific decisions for d'Esterre Centre. Please watch for any emails from the Coordinators to let you know when we will be able to commence classes again.

### Activities

Activities are cancelled during the Centre closure, and will hopefully be able to restart after Jan. 18th depending on the PHOs at that time.

There are a few activities in the current schedule (canasta, whist, bridge, Bingo) that need a coordinator to get them back up and running. If you are interested in becoming a coordinator for an activity or you have an idea for a new one, please contact Ele Clarke at [eleclarke@shaw.ca](mailto:eleclarke@shaw.ca) with class or activity proposals.

## This Month's Chuckles



## d'Esterre Seniors' Centre Association Clubs & Activities

Please contact the coordinator listed to sign up for an activity or class

<p><b>Centre Office</b> 250-339-5133 M-F 10 am-1 pm</p> <p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong (Rise &amp; Shine) T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling North American Mah Jongg Yoga (Hatha) Bid Euchre Whist</p>	<p>BR BR CRR AR BR  CR BR LIB BR CR BR</p>	<p>8:30 am 9:30 am 10:00 am 10:00 am 11:00 am  12:30 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm 7:30 pm</p>	<p>Robynn Honeychurch Robynn Honeychurch Lorraine Kendall Dorothy Gardner Janet Liszt or Bev Haist Jane Jenssen Gabrielle McCormack Lori Labatte Deborah Holmes Susan Warner Coordinator Needed</p>	<p>250-338-3502 250-338-3502 250-339-1983 250-339-2788 250-890-3332 250-871-4299 250-335-1227 250-339-0113 250-338-3476 250-339-4313 250-871-3255</p>
<p><b>Craft Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p>	<p><b>Tuesday</b></p> <p>2<sup>nd</sup> Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock &amp; Gem Club Chair Exercise Canasta Drop In Fitness/Core Gentle Soma Yoga Men Only Stretch Duplicate Bridge Cribbage</p>	<p>BR BR AR CRR CR BR LIB BR BR CR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:15 pm 3:00 pm 5:00 pm 7:00 pm 7:00 pm</p>	<p>June Lunny Pat Jacobson Mona Cashman Isabel Thomas John Fisher Pat Jones Coordinator Needed Linda Barfoot Donna McKinnon Deb Karlstrom John Godfrey Terry and Diana Fright</p>	<p>250-339-0847 250-465-1683 250-290-0022 250-339-9667 250-338-4573 250-339-6706  250-897-1374 250-890-0082 778-585-5105 250-923-5687 250-339-7714</p>
<p><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Dave Robinson 250-703-2536</p> <p><b>Snooker</b> Bill Brown 250-339-3020</p>	<p><b>Wednesday</b></p> <p>Starts Jan.19</p>	<p>Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Strength Training</p> <p>Bridge (Drop In) Carpet Bowling North American Mah Jongg Table Tennis I</p> <p>Yoga (6 week sessions) Whist</p>	<p>BR BR AR  BR  CR BR LIB BR  BR CR</p>	<p>8:55 am 10:00 am 10:00 am  11:00 am  12:15 pm 1:00 pm 1:00 pm 3:00 pm  5:00 pm 7:30 pm</p>	<p>Nina Sato Diana Fright Margaret Allen or Derek Richmond Janet Liszt or Bev Haist Jane Jenssen Gabrielle McCormack Lori Labatte Peter Birch or Gerry Woloshyn Nancy Anderson Garry Mills</p>	<p>778-992-0220 250-339-7714 250-339-3772 250-218-3442 250-890-3332 250-871-4299 250-335-1227 250-339-0113 250-338-3476 250-465-8154 250-339-3264 250-898-3021 250-336-2252</p>
<p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p> <p><b>Greeting Card Lady</b> Pam Brown 250-339-3020</p>	<p><b>Thursday</b></p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Knitting Mah Jongg Yoga</p>	<p>BR BR CRR AR BR CR BR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:00 am 12:15 pm 3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Mona Cashman Pat Jones Elaine Kivela Ethel Ashcroft Karen Fraser</p>	<p>250-339-0847 250-465-1683 250-339-9667 250-290-0222 250-339-6706 250-941-2518 250-898-3887 250-890 0608</p>
<p><b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-792-2256</p> <p><b>Special Events</b> Francine Dawson 250-702-1735</p>	<p><b>Friday</b></p>	<p>Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Chair Yoga Table Tennis I</p> <p>Bid Euchre Social Duplicate Bridge</p>	<p>AR BR BR BR BR  BR CR</p>	<p>10:00 am 9:30 am 11:30 am 1:30 pm 3:00 pm  7:00 pm 7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Peter Birch or Gerry Woloshyn Marj &amp; Charlie Richardson Coordinator Needed</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-465-8154 250-339-3264 250-897-0015</p>
<p><b>Rentals</b> Frieda Home comoxseniors.rentals@shaw.ca 250-339-5133 (Office)</p>	<p><b>Saturday</b></p>	<p>Bridge (Duplicate) Bingo</p>	<p>CR DR</p>	<p>1:00 pm 1:00 pm</p>	<p>John Godfrey Coordinator Needed</p>	<p>250-923-5687</p>
<p><b>Custodian</b> Bill Brown 250-339-3020</p>	<p><b>Sunday—1st</b></p>	<p>Bridge (Partners)</p>	<p>CR</p>	<p>1:00:pm</p>	<p>Coordinator Needed</p>	

\*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), AR (Art Room)

For changes or corrections to the schedule or for newsletter items, email newsletter editor Nina Sato at [nsato@live.com](mailto:nsato@live.com)