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250-339-5133

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



A rare January blue sky day

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

February 2022 Newsletter

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

President's Message

Welcome back! I hope that you are well rested after an extended holiday closure and getting over your bruises from all that snow shoveling.

It seems that since March 2020, your Board and our Coordinators have been in a COVID-imposed reactive decision making mode. We're hoping that this is the last round of closures and that we can return to our usual programming while still respecting the sanitary procedures, soon!

We have also been very proactive! Your board and committees have been busy with board-member orientations, grant applications, setting up committees, working on a new website, staying in touch with our Activity Coordinators, managing the finances, preparing a 2022 budget, refining policies and processes, getting ready for our March 23rd AGM, and looking for ways and means to better serve our members.

I encourage everyone to read the minutes of our meetings and financial reports posted on the bulletin board at the Entrance. Very insightful information contained therein on how your Centre is managed.

By the way, all board meetings are open to members. We meet on the third Monday of each month in the Town Chambers. You're more than welcome to attend and Dei's coffee is free at our meetings! As well, you get to have coffee with Mayor Russ Arnott. How cool is that?

Who knows, you may discover that becoming a Board Member could be the beginning of a new and exciting opportunity. We invite you to share your mature wisdom and experience by being actively involved in your Centre.

"No wind serves him/her who addresses his/her voyage to no certain port." Michel de Montaigne, French philosopher (1533-1592)

"My life has been full of terrible misfortunes most of which never happened." Montaigne

~Raymond Morin, President

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

Events and Notices

Happy Valentine's Day – Mon.,
Feb. 14th

Family Day – Mon., Feb. 21st
Centre will be closed

Board Meeting – Tues., Feb. 22nd
at 10:30 am

Board nominations close – Feb. 28

AGM – Wed., March 23 at 1 pm



Annual General Meeting (AGM)

The Centre will be holding its 2022 AGM on Wednesday, March 23rd at 1:00 pm. We encourage all members to attend. Find out what's going on! Get involved!

Nominations to the Board are open until February 28th. If you are interested or know of someone interested in joining the Board, we'd love to hear from you. You can email Ele Clarke, Nomination Committee chair, at eleclarke@shaw.ca

MEMBERSHIP

2022 Membership

Membership is \$35.00 for the 2022 year and can be purchased at the Office from 10 am-1 pm, M-F

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 is available for rentals in compliance with 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'Esterre Seniors' Centre Association (comoxseniors.ca))

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

Dei's Café

Hot Meals Are Back!

Meals are available to purchase on Tuesdays and Thursdays with the following menu.



Tuesday	Feb. 1	Ham and Scalloped Potatoes
Thursday	Feb. 3	Cordon Bleu
Tuesday	Feb. 8	Meatloaf
Thursday	Feb. 10	Liver & Onions
Tuesday	Feb. 15	Roast Beef
Thursday	Feb. 17	Shepherd's Pie
Tuesday	Feb. 22	Salisbury Steak
Thursday	Feb. 24	Liver and Onions

Dei is in need of kitchen volunteers, especially with hot meals needing to be cooked! If you enjoy helping out, good conversation, being part of a team, and knowing everything that's going on at the Centre, the kitchen is the place for you! Contact Dei at 250-650-6459, deidei@shaw.ca, or stop by the kitchen.

IMPORTANT

ANNOUNCEMENT



Masks are required in the Centre at all times except when actively eating or exercising. Masks help to reduce transmission of COVID and other viruses in indoor spaces. The most effective masks are well-fitted respirators and medical masks. A cloth mask may not be as effective, but if it fits well, effectiveness can be improved by double-masking and wearing it over a disposable or medical mask. Please help protect our community – wear your mask!



Volunteering is a great way to 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.

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.

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.

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 or 250-703-2536.

Did You Know?

Helpful Information and Links

Our Newsletter now reaches 955 Subscribers via MailChimp. Thank you, Al Tippet, for all that background work that you've done to get us there.

News From the Centre

Happy Valentine's Day From the Gift Shop

Wow, can you believe it? February is here, January slid right by us from ice and snow ending in a fog; (much like our minds and bodies unable to attend our social activities). It is so good to be back at the Centre!

The Gift Shop has undergone a major cleanup of Christmas and reorganization of inventory. For those of you who have not picked up your Christmas items, please do so. Crafters will be asked to fill out a Consignment Contract guideline for selling items in the shop. There are some minor changes as well as a new implementation of keeping inventory and selling.

The Centre has generously provided a laptop along with a consignment program to streamline the inventory, selling, and payouts effectively and efficiently. Thank you!

Valentine's Day is just a couple of weeks away...Artisans and Crafters, if you have items to sell, bring them in. If you are shopping for a gift, we have 20% off on hats and blankets to keep you warm. Don't miss out on this Sweetheart of a Sale!

To keep to the COVID protocols of spacing for customers and volunteers, there will be two customers in the shop at one time.

*We look forward to seeing you as well as new items to sell.
Come in, bring a friend, have a coffee, and shop for hand crafted gifts.*

*Thanks from
The Gift Shop Gals*



The Board of Directors of the Centre would like to say a special thank you to the Quilting Group who donated \$100 to the Centre. We appreciate your gift. You can drop in and see what the group does on Tuesdays and Thursdays at 10 am in the Art Room downstairs. For more information, contact Mona at 250-890-0222 or email monacashman@shaw.ca.

Tour d'Esterre Centre

WELCOME TO OUR RE-OPENING and CENTRE TOUR.

A new day this year...THURS. FEB.17 AT 1:00...meet in the Dining Room at the first round table.

It will be interesting to peek behind doors, learn the secrets, and see where the action is.

Don't forget...please...to wear a mask and bring proof of vaccination. Memberships can be purchased at the Centre's Office between 10 and 1, but one is not necessary to be on the tour.

Attendance is limited to 6, so please reserve as soon as you can by email sherbry650@gmail.com or phone 250-792-2256

Looking forward to meeting you. Until we do, be well, be happy.

Sherry

Coffee with AI



Come have coffee with AI on Mondays between 10:00 and 11:00. Drop in and get your iPad, iPhone, and other computer questions answered at AI's corner table in the Dining Room.

More News From the Centre



We are pleased and proud to announce that the Centre has been awarded a \$4000 grant from the Comox Valley Community Foundation. The grant was awarded to our project, "Post COVID-19 Recovery and Sustainability of the d'Esterre Seniors' Centre". We are extremely grateful for the support of CVCF as we strive to fulfill our mission to focus on the wellbeing of seniors and enhance their quality of life by offering a wide range of opportunities to socialize, be physically fit, and stay mindfully active.

2022 Special Events Calendar

We hope that the Centre can hold some of our usual events this year, depending on the provincial health orders. Here's what's in the works:

Sat., March 12	St. Patrick's Day Dinner
Wed., March 23	Annual General Meeting
Sun., April 17	Volunteer Appreciation Lunch
Sat., May 7	Pancake Breakfast
Sun., May 29	Spring Tea and Fashion Show
Sun., Sept. 25	Fall Tea and Fashion Show
Sat., Nov. 5	Pancake Breakfast and Sale
Sat., Dec. 10	Christmas Dinner
Wed., Dec. 25	Christmas Day Dinner

If you would like to help out with any of the events, please contact Francine Dawson at 250-702-1735.

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



Love is More Thicker Than Forget
by E.E. Cummings

love is more thicker than forget
more thinner than recall
more seldom than a wave is wet
more frequent than to fail
it is most mad and moonly
and less it shall unbecome
than all the sea which only
is deeper than the sea
love is less always than to win
less never than alive
less bigger than the least begin
less littler than forgive
it is most sane and sunly
and more it cannot die
than all the sky which only
is higher than the sky

More News From the Centre



LINE DANCING

Line dancing is a fun, low-key way to get your body moving and your mind engaged. The class is geared to be enjoyable for all levels - even if you've never danced before. We are a supportive and enthusiastic bunch who just love to get together and share great dance energy. We invite you to come dance with us!

Wednesdays 9-10 am.

\$20 per month or \$7 drop-in.

Contact Nina at nsato@live.com or 778-992-0220 to sign up.



T'AI CHI GONG

T'ai Chi Gong has space in the Rise and Shine class on Monday mornings from 8:30-9:30 am. What a wonderful way to start off your day and week! T'ai Chi is "meditation in motion", a fluid series of movements that calms the mind and centers the body. Sign up and feel the joy.

\$20 per month. Contact Robynn at robynnkh@gmail.com or 250-338-3502.

breathe

DANCEFIT SILVER (formerly Zumba Gold)

Tired of sitting at home or going for walks? Why not dance? This fun, Zumba-style class will have you working out to easy-to-follow, dance-style choreography.

From Latin salsa to country line dancing, Bollywood, and more, move to lively, upbeat music from around the world. Every Wednesday from 10-11am, \$20 per month or \$7 drop-in, new participants welcome. FMI contact Diana at: 250-339-7714 or dianaterry@shaw.ca



Dance

STRETCH

Relax

YOGA AND CORE

Do you want to increase your strength, balance and flexibility? Why not register for a Yoga class? There is some available space for d'Esterre members in the following classes. Please contact the Coordinator if you are interested. The Coordinator's contact information is on the Activity Schedule (last page of this newsletter).

*Monday Hatha Yoga from 3:00-4:30 pm with instructor, Anne-Marie Hartman

This yoga practice is for those who want to foster a deeper connection with their body through mindful movement and breath. Physical benefits include increased strength, flexibility, balance and relaxation. Modifications and rest are encouraged as needed. To learn more about Anne-Marie visit: www.peacefulpathwellness.com

*Friday Kripalu Yoga from 11:30-1:00 pm with instructor, Nancy Moelaert

This Kripalu yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath, to find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and also includes variety to accommodate less flexibility and you are encouraged to work at your personal level. To learn more about Nancy visit www.shoresofserendipityyoga.com

Cost for all the Yoga and Core classes is \$30 a month payable in two month increments.

*Brand new 6 week yoga session offered by an extremely gifted instructor

Join Wendy Anderson for a new 6 week series starting Wednesday, February 2nd to March 9th 5:00-6:30 pm. This All Levels class is open to all d'Esterre members. The cost for the 6-week class will be \$60.00. To save your spot, email Wendy at wendyandersonsjoyflow@gmail.com and you will receive a link to register online.

Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished.

This class is practiced lying down, so you must be able to lie down on the floor for this class. No experience is necessary, all are welcome. Visit www.wendyandersonsjoyflow.com for more information.



All You Need is Love

John Lennon sang it and he may have been spot on! With Valentine's Day just around the corner, it's the perfect time to think about and talk about love and how it relates to living a longer, healthier, and happier life.

Research suggests that love may be an important predictor of longevity.

It is not just the strength of our relationships that predict longevity, however, but rather the attitude with which we engage in those relationships that predicts a longer and healthier life. While many think they need to find someone to love them, research shows that the greatest benefits for longevity and well-being come not from receiving love but rather from giving love to others.

There is evidence that connecting with others in a meaningful way helps us enjoy better mental and physical health, even speeding up recovery from disease. One way in which love may boost our health is by buffering us from the negative effects of stress and by helping promote positive feelings. Whereas negative emotions, such as anger and stress, have been linked to physical problems such as cardiovascular disease, social connection is linked to positive emotions and many health benefits including better immune function.

- A study by Stephanie Brown at Stonybrook conducted with an elderly population showed that those who engaged in helping others and supporting others ended up living longer lives.
- A study by Sara Konrath at the University of Michigan supports and extends Brown's findings by showing that volunteerism predicts a longer life. Interestingly, she found that volunteerism lengthened lives only when the volunteerism was done for selfless reasons.
- An intriguing new study on loving-kindness meditation - a practice that involves generating love and benevolence towards others - shows that people who practice generating love on a regular basis have reduced cellular aging.

So this Valentine's Day, generate and share love with those around you and feel the love that comes back to you in return. It's all you need...well, along with a little chocolate.

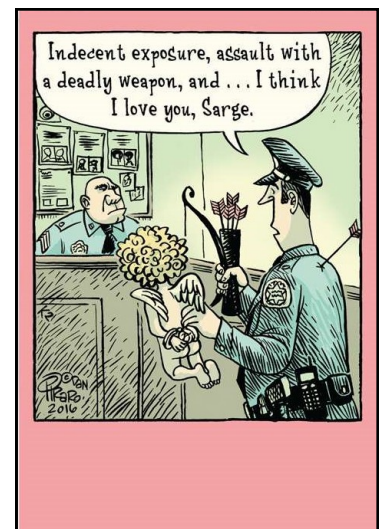


This Month's Chuckles

**OLD AGE COMES AT A
BAD TIME!
WHEN YOU FINALLY
KNOW EVERYTHING,
YOU START TO FORGET
EVERYTHING YOU KNOW.**

One Liners

- ◆ To me, "drink responsibly" means don't spill it.
- ◆ I had my patience tested. I'm negative.
- ◆ When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- ◆ When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- ◆ If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"



d'Esterre Seniors' Centre Association Clubs & Activities

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

<p>Centre Office 250-339-5133 M-F 10 am-1 pm</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p>Monday</p>	<p>T'ai Chi Gong (Rise & 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>Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p>	<p>Tuesday</p> <p>2nd Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock & 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 250-290-0222 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>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Dave Robinson 250-703-2536</p> <p>Snooker Bill Brown 250-339-3020</p>	<p>Wednesday</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>9:00 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>Newsletter Nina Sato nsato@live.com 778-992-0220</p> <p>Greeting Card Lady Pam Brown 250-339-3020</p>	<p>Thursday</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>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-792-2256</p> <p>Special Events Francine Dawson 250-702-1735</p>	<p>Friday</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 & 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>Rentals Frieda Home comoxseniors.rentals@shaw.ca 250-339-5133 (Office)</p>	<p>Saturday</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>Custodian Bill Brown 250-339-3020</p>	<p>Sunday—1st</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