



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

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



Spring has arrived at the Centre!

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Nina Sato, Secretary
Bernice Blonarwitz, Director
Ele Clarke, Director
Gayle Cousins, Director
Francine Dawson, Director
Alida Gafuik, Director
Dave Robinson, Director
Glenn Woods, Director
Town Rep, Mayor Russ Arnott

April 2022 Newsletter

Masks are recommended and vaccinations required until the Provincial Health Orders are changed.

President's Message

To say that this has been a busy period would be an understatement!

It was only six months ago that we had our double AGM and now we're back with a new Board of Directors, ready to take on the challenges of 2022-23. We had a good turnout with close to fifty members in attendance.

A special thank you to outgoing directors Mike Corkish, Isabel Thomas, and Lorrie Smith for their important contributions to the Centre. We are very pleased to welcome Alida Gafuik and Bernice Blonarwitz as new directors.

An important motion to convert the elevator funds partly donated by our members to the operating funds was passed. The Town of Comox waived our financial commitment to the elevator renovations in order to allow us to recover financially from the recent COVID closure period. We gratefully acknowledge the Town's ongoing support and the interest that Mayor Arnott has shown towards our Centre.

Mayor Arnott made a special presentation in the form of a Letter from the Town of Comox recognizing Mike Corkish's contribution to our Centre in the last six years as President.

Five Life Memberships were awarded to very deserving candidates. They are Barb Taylor, Linda Barfoot, Eleanor Sen, Pat Jones, and Susie English (in memory). Life Memberships are awarded to members who have gone above and beyond in their contribution to the welfare of the Centre.

Also recognized with Thank You cards were Mike Corkish, Jacqueline Moore (our accountant), Chris Robinson (our former webmaster), and Darlene Petzinger (our former programmer).

Alan Pattinson presented the Centre's new website to a very enthused audience. More about this in the Newsletter. And I've run out of space on this front page.

*"If you can't do great things, do small things in a great way."
Napoleon Hill.*

~Raymond Morin, President

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

Events and Notices

Volunteer Appreciation Tea –
Wed., April 13 at 1 pm in the Ball-
room; invitations in the office

Centre closed on Good Friday –
Fri., April 15

Centre is open Mon., April 18

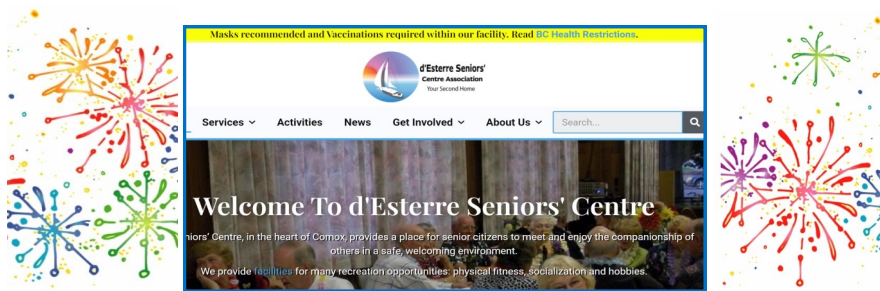
Board Meeting – Mon., April 18 at
10:30 am in Council Chambers

Looking ahead:

Pancake Breakfast and Spring
Sale – Sat., May 7

Spring Tea and Fashion Show –
Sun., May 29

THE CENTRE HAS A NEW WEBSITE!



There is a new website for the Centre! The address is still the same ([d'Esterre Seniors' Centre Association \(comoxseniors.ca\)](http://d'Esterre Seniors' Centre Association (comoxseniors.ca))), but it is a much more contemporary website – easy to navigate, attractive, and informative. It has been under development for a year, brought to 75% completion as a course project by Priyanka Chakraborty, a student in the NIC Digital Arts program, who laid an excellent foundation. The website has undergone its final 25% of development and refinement in the very capable hands of Alan Pattinson, who has volunteered to be the webmaster for the Centre.

JOIN US

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 cheque 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 Meal Menu



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

Tuesday	April 5	Roast Beef
Thursday	April 7	Shepherd's Pie
Tuesday	April 12	Cordon Bleu
Thursday	April 14	Liver & Onions
Tuesday	April 19	Salisbury Steak
Thursday	April 21	Roast Pork
Tuesday	April 26	Ham & Scalloped Potatoes
Thursday	April 28	Liver and Onions

Kitchen volunteers are badly needed on Tuesdays and Thursdays. Hot meals may be cancelled if there isn't enough help in the kitchen. 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.



2022 Special Events Calendar

Here's what's planned for the year:

Wed., April 13	Volunteer Appreciation Tea
Sat., May 7	Pancake Breakfast and Spring Sale
Sun., May 29	Spring Tea and Fashion Show
Sun., Sept. 25	Fall Tea and Fashion Show
Sat., Oct. 8	Thanksgiving Dinner
Sat., Nov. 5	Pancake Breakfast and Fall 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.

We are thrilled that Special Events will be returning to the Centre this year now that COVID restrictions are being lifted.

The Pancake Breakfast and Spring Sale is a fun event with crafts, books, bake sale, garage sale, and of course, yummy pancakes. This is a fundraiser for the Centre and open to the public. We need lots of help to make this a successful event, so please volunteer! Look for the sign-up sheet on the bulletin board at the Centre and put your name next to the job that suits you. There are jobs that can be done in advance, the day before, and the day of the event.

*Many Hands
Make Light Work*



Gift Shop Help

Do you like being surrounded by beautiful crafts? Join the Gift Shop team and help out. You'll get to know the talented crafters and their wares, and chat with the members and customers. Contact Nan Kremer at nancy2fancy@shaw.ca or 250-650-2193.

Kitchen

The kitchen is a fun, social place to be. Volunteers are welcome, especially on Tuesdays and Thursdays when Dei is cooking hot meals. Contact Dei at 250-650-6459 or by email at deidei@shaw.ca.

Office

So many people stop by the office and it's a welcoming place for new members. If you like to meet people and share your love of the Centre, become an office volunteer. Answer the phone, take memberships, give out information. 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 and database. If you are able to help, contact Dave Robinson at note2dave@shaw.ca or 250-703-2536.

Did You Know?

Helpful Information and Links

Guidelines for COVID exposures: [Self-Isolation and Self-Monitoring \(bccdc.ca\)](https://www.bccdc.ca)

News From the Centre

Hippity Hop to the Gift Shop....Easter's on its way

Colors of the rainbow are exploding in the Gift Shop in preparation for Easter. Excitement is bubbling as the Gift Shop Gals make up Easter baskets of hand-made kitchen items and tea cups full of chocolates. All these have been generously donated to raise funds for the Centre.

Grandparents, we have handmade bracelets, cute bunnies and chicks for that special Easter gift. There are even squeeze-your-cheeks bunnies with a special treat inside, specially hand crafted by Janet D.

Don't miss out guessing how many chocolate eggs are in the jar. Enter to win by donation. Fill out a ballot with your guess, name, and phone number. To be drawn April 8, just in time for Easter.

A splash of beautiful colors awaits you with hand painted silk scarves by our talented artisans, Jennifer, Judi, and Karen. Accessorize your spring wardrobe or give as a gift. These scarves are uplifting and eye catching.

Need a card for that special gift? We have a great selection. All occasion handcrafted, unique local photos, and painted silk designed by Lynne, Evelyn, Laura, Tresa, and Jennifer.

Attention all Artisans; the Centre is planning the Pancake Breakfast and Sale on May 7th. The Gift Shop will have two tables set up in the Ballroom as well as the Gift Shop will be open. This is the day before Mother's Day which means this is a great opportunity to promote your crafts as well as the Gift Shop.

Lets make this a prosperous event for yourselves and the Centre.

What crafts do you want to showcase? Email or call me to schedule a time for your crafts. nancy2fancy@shaw.ca or 250-650-2193.

*Happy Easter!
Gift Shop Gals*



Art Club

When you hear the word Artist what comes to mind? Monet's water lilies, Van Gogh's sunflowers, Picasso and cubism? Do you say, "I couldn't be an artist, I can't draw"? The dictionary defines an artist as "a person skilled in the fine arts". But what does that really mean? All people have artistic skills, they just don't realize it. Think of the knitter who turns a skein of wool into a lovely sweater, baby clothes, mittens, and socks for their children - is that not artistic? What about the sewers who make wonderful quilts from scraps of cloth? Embroidery and crochet work is a form of art. So, too, is the ability to darn a hole in a sock or shirt, to make clothes from strips of fabric. Creating a wonderful garden of flowers and vegetables from a plot of land. Making bread or cakes and pies from flour, butter, and eggs. Not to forget the woodworkers and metalsmiths, etc. If you think of all the skills used each day to create a home for your family, each one of you is an artist - you just don't paint.

Coffee and Computers with AI ...with the view thrown in!



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. And enjoy the spring view.

Activities Around the Centre

Quilter's Group



The two quilts pictured here hanging in the dining room will be raffled off! Tickets go on sale April 5th at \$2 each or 4/\$5. The draw will be on May 7th at noon at the Pancake Breakfast. Tickets are available for purchase from the quilters and all proceeds benefit the Centre.

The Quilters have lots of other quilted items for sale. We have lap quilts, baby quilts, table toppers/runners, placemats, bags, and more. A percentage of all sales are given to the Centre. 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 Cashman, quilting coordinator, at 250-890-0222 or email monacashman@shaw.ca. Donations of Cotton Fabric appreciated.



Improvements to the Cue Sport Club Room You'll Enjoy

Take note of the new sign outside the entry to the Cue Sport and Darts Club Room. It tells you that you have come to the right place.

Once inside, take note of the new signage that gives guidance about how to brush the table felt, how to sanitize the things you touch during your session once you are finished playing, and the membership conditions for using the pool and snooker facility.

Finally and perhaps foremost, take note of the new position of the pool table. It has been moved away from the wall sufficiently to assure your cue enjoys the freedom to play without hindrance. Thanks to the Centre's President, Raymond Morin, and Bill Brown, the Cue Sport Coordinator, the shelving that was imposed on your space alongside the pool table and was causing interference with play has been relocated. We look forward to the day we reclaim all of our space from its current imposed storage function. This will permit us to restore access to our dart boards. The last thing to be done for our pool players is to move the overhead light to once again center it over the table.

The members who prefer the game of pool report that these improvements are making the pool experience eminently more satisfying, although a few complain that a handy excuse for poor shots is no longer available to them.

Play is picking up by the day as we settle in following the pandemic and our membership returns to play our favorite cue sports. Please take the time to make yourselves familiar with the new sanitization protocols and remember to clean the balls, cues, rests, triangles, score board and table rails and pockets following each session. Please take great care at all times not to allow the cleaning solution to get on the table felt. If you divide the chores among those who shared the table with you, the end of session sanitization protocol will take no time at all, and help to keep your fellow players safe.

A meeting of members will be called in the near future to share some thoughts about future directions and to hear your suggestions. We will review our Management Committee positions and be looking to fill in any gaps. That's about it for April. May the Cue Sport Gods give you a balanced stance and a firm stroke.

Notice: A meeting of members will be held in the clubroom on Tuesday, April 12 @ 1:00 pm.

Classes Around the Centre

EXERCISE CLASSES

Studies have shown that older adults can benefit greatly by staying physically active on a regular basis. When older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they are not active. Exercise helps people with high blood pressure, balance problems, or difficulty walking. Regular, moderate physical activity can help manage stress and improve your mood. Strength exercises like weights and using resistance bands can increase muscle strength. Engaging in group exercise classes will have the added benefit of increasing your social time.

Magi Schoffield-Reid is our instructor in the Strength Training, Fitness, and Chair classes. She has taught classes for seniors at d'Esterre for many years. Now that restrictions are being lifted, we have room in our classes for more participants.

Classes are twice a week. Fees for the Strength Training and Fitness classes are \$18/month and Chair class \$8/month (½ hr. class) payable in two month increments. Phone the coordinator listed on the back page for more information.

YOGA AND CORE

This month's opportunity to maintain your strength, balance, and flexibility. Register now! Please **contact the Coordinator** on the last page of the newsletter if you are interested.



*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: www.peacefulpathwellness.com.

*Tuesday Men Only Stretch from 5:00-6:30 with instructor, Deb Karlstrom

This all levels class is for men only. It is a practice to encourage stretching, strengthening, and finding connection with one's body. Rediscover the breath and use it to dissolve tensions and be present to life now. Necessary is a sense of humour and willingness to do less. "Motion is lotion" is the motto of this class that explores simple movement practices and yoga postures. A comfortable body is encouraged through the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed.

*Wednesday Slow & Gentle Somatic Yoga from 3:00-4:30 with instructor, Wendy Anderson

In this class, gentle movements will soften & stretch your body's connective tissue before exploring somatic and restorative movements designed to release tension, aches & pain. Enjoy a final restorative relaxation pose with a soft Gong sound bath to calm your nervous system. This practice has been shown to reduce stress & anxiety, improve mobility, breathing, relieve shoulder, neck, back pain and much more. The class will allow plenty of time to unwind, release stress, breathe and move with ease. This class is done on the mat and is appropriate for every body. To learn more about Wendy: www.wendyandersonsjoyflow.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 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 to accommodate less flexibility, and you are encouraged to work at your personal level. To learn more: www.shoresofserendipityyoga.com

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

*Wednesday Evening Soma Nidra is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. Join Wendy Anderson for her next session which will be an extended 8 week session starting Wednesday May 11 to June 29th, 5:00-6:30 pm. This All Levels class is open to all d'Esterre members. The cost for the 8-week class will be \$80.00. To save your spot, email Wendy at wendyandersonsjoyflow@gmail.com for a link to register online.

BREAKING NEWS

There are four spaces available in the current 6 week session of Soma Nidra. These classes will run from April 6th to April 27th. Contact wendyandersonsjoyflow@gmail.com to receive a link to register online. Cost will be prorated at \$10 a session.

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.

DANCEFIT SILVER (formerly Zumba Gold)

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

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 or \$7 drop-in.
 Contact Robynn at robynnk@gmail.com or 250-338-3502.



DRIVER TESTING

Join the information session

WHAT TO EXPECT, HOW TO PREPARE

SATURDAY APRIL 30th @ 10:30am in the Centre

Tour d'Esterre Centre

It's APRIL...already. Spring is showing its beauty with flowers and birds singing their songs....I'LL be showing the d'Esterre Senior Centre in all its glory...even in the "dungeon".

THURSDAY, APRIL 14 1:00 pm

PLEASE BRING PROOF OF VACCINATION and wear your masks.

We meet at the first round table in the Cafeteria.

See you there...

Sherry

This Month's Chuckles

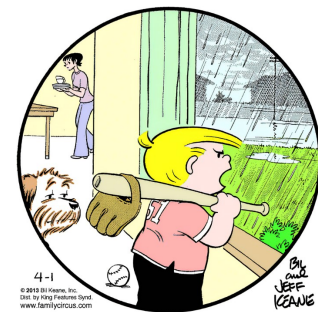
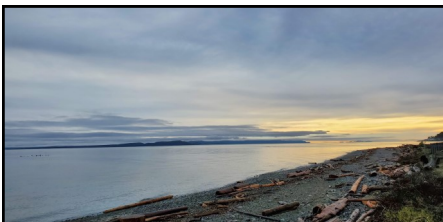


Photo and Poetry Corner



It Was An April Morning
 By William Wordsworth

It was an April morning: fresh and clear
 The Rivulet, delighting in its strength,
 Ran with a young man's speed; and yet the voice
 Of waters which the winter had supplied
 Was softened down into a vernal tone.

The spirit of enjoyment and desire,
 And hopes and wishes, from all living things
 Went circling, like a multitude of sounds.

d'Esterre Seniors' Centre Association Clubs & Activities

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

Centre Office 250-339-5133 M-F 10 am-1 pm Kitchen Hours M-F 8 am-1pm President Raymond Morin romorin@shaw.ca 250-339-5133 (office)	Monday	T'ai Chi Gong (Rise & Shine) T'ai Chi Gong Soapstone Carving Painting Strength Training Bridge (Partners) Carpet Bowling North American Mah Jongg Yoga (Hatha) Bid Euchre Whist	BR BR CRR AR BR CR BR LIB BR CR BR	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	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	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
Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193 Library Roger Taylor rogetaylor@gmail.com 250-890-9422	Tuesday 2 nd Tuesday	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	BR BR AR CRR CR BR LIB BR BR CR BR	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	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	250-339-0847 250-465-1683 250-890-0222 250-339-9667 250-338-4573 250-339-6706 250-897-1374 250-890-0082 778-585-5105 250-923-5687 250-339-7714
Pottery Studio Lorrie Smith 250-339-1902 Wood Shop Dave Robinson 250-703-2536 Snooker Bill Brown 250-339-3020	Wednesday	Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced Strength Training Carpet Bowling Table Tennis I Yoga (8 week sessions) Whist	BR BR AR BR BR BR BR CR	9:00 am 10:00 am 10:00 am 11:00 am 1:00 pm 3:00 pm 5:00 pm 7:00 pm	Nina Sato Diana Fright Margaret Allen or Derek Richmond Janet Liszt or Bev Haist Gabrielle McCormack Peter Birch or Gerry Woloshyn wendyandersonsjoyflow Garry Mills	778-992-0220 250-339-7714 250-339-3772 250-218-3442 250-890-3332 250-871-4299 250-339-0113 250-465-8154 250-339-3264 @gmail.com 250-336-2252
Newsletter Nina Sato nsato@live.com 778-992-0220 Greeting Card Lady Pam Brown 250-339-3020	Thursday	Fitness I Fitness II Glass Creations Quilters Chair Exercise Knitting Mah Jongg Yoga	BR BR CRR AR BR CR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:00 am 12:15 pm 3:00 pm	June Lunny Pat Jacobson Isabel Thomas Mona Cashman Pat Jones Elaine Kivela Ethel Ashcroft Karen Fraser	250-339-0847 250-465-1683 250-339-9667 250-890-0222 250-339-6706 250-941-2518 250-898-3887 250-890-0608
D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-792-2256 Special Events Francine Dawson 250-702-1735	Friday	Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Chair Yoga Table Tennis I Bid Euchre Social Duplicate Bridge	AR BR BR BR BR BR CR	10:00 am 9:30 am 11:30 am 1:30 pm 3:00 pm 7:00 pm 7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Peter Birch or Gerry Woloshyn Marj & Charlie Richardson Coordinator Needed	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-465-8154 250-339-3264 250-897-0015
Rentals Frieda Home comoxseniors.rentals @shaw.ca 250-339-5133 (Office)	Saturday	Bridge (Duplicate) Bingo	CR DR	1:00 pm 1:00 pm	John Godfrey Coordinator Needed	250-923-5687
Custodian Bill Brown 250-339-3020	Sunday					

*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