



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

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



The Centre in February

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

March 2022 Newsletter

Vaccination is required for entry into the Centre.
Masks are required in the Centre.

President's Message

The theme I chose for this month's message is, "There's more to the Centre than..." So, what does that mean, you say? We are gifted with the finest Seniors' Centre on the Island, bar none. I would also bet that few of us are aware of what's going on next door or on the next floor of the Centre.

There's more to the Centre than your own group, exercise class, craft shop, pool-room, or card group. It's time for our members to explore and get to know their Centre. You'll be pleasantly surprised to discover by yourself or through Sherry's guided tours, a whole new world. Check out our Activity Calendar in the Newsletter and contact the coordinator for a drop-in class. Drop in at the pottery or glass studios. Visit the Office and find out what our volunteers are doing. Do you realize that 640 membership applications were processed in the last five months? That's 640 different encounters with members! Ever think of contributing your skills to the Office or in the Kitchen? It's a great way to get out of your comfort zone. Browse in the Gift Shop. These are not appeals; these are opportunities!

We all have networks in the Valley, be they friends, other clubs, spiritual affiliations, newcomers, former work mates, etc. Next time you see one of them, give or subscribe them to our Newsletter, invite them for coffee or lunch in our Dining Room. We don't serve Starbucks Double-Frappés but you don't need a degree in Coffee Science to order a coffee in our cafeteria. Next time your group breaks up from its activity, pause a while and enjoy a cup of coffee or a lunch. Dei's group will be glad to serve you.

What I'm suggesting is that you explore the possibilities of your Centre and create new opportunities for yourself, for your friends, and for your Centre.

In closing and to plagiarize an old cliché...*Ask not what your Centre can do for you – ask what you can do for your Centre.* (JFK's speechwriters probably plagiarized as well.)

~Raymond Morin, President

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

Events and Notices

Board Meeting – Mon., March 21
at 10:30 am in Council Chambers

AGM – Wed., March 23 at 1 pm
in the Ballroom

Looking ahead:
Volunteer Appreciation Tea –
Wed., April 13 at 1 pm in the Ball-
room



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. Hear about all the great things going on “behind the scenes”, and meet new and returning members of the Board.

Please have your membership card and vaccine card ready to show at the door. If you have any questions about the AGM, 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 Meal Menu

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



Tuesday	March 1	Lasagna
Thursday	March 3	Cordon Bleu
Tuesday	March 8	Meatloaf
Thursday	March 10	Liver & Onions
Tuesday	March 15	Ham & Scalloped Potatoes
Thursday	March 17	Beef Stew
Tuesday	March 22	Shepherd's Pie
Thursday	March 24	Liver and Onions
Tuesday	March 29	Chili and Bun
Thursday	March 31	Roast Pork

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.

News From the Centre

Spring is in the Air at the Gift Shop

New beginnings come to mind when I think of Spring – to awaken and come to life again, to be reborn to life's new possibilities.

Artisans, you have revived our little gift shop with your amazing creations. It's such an uplifting feeling to rebalance the year ahead with a successful reopening of the Gift Shop in 2021 and a great start to 2022.

We welcome the following new Artisans:

Susan Y – check out the benefits of her flaxseed/lavender eye pillows. Ideal for relaxation, recovery, or yoga.

Judi M – designer of beaded eyeglass chains...never misplace your glasses again.

Marilyn's beautiful hand painted sea shells make a great gift.

Michelle S created a CD with her favorite solo piano melodies to soothe the soul.

Color is exploding in the shop with the array of hand painted silk scarves from our three talented artisans...Jennifer H., Karen McC., & Judi P.

Looking for a new bracelet to accent your new Spring outfit? Check out these two artisans...Mable & Maryann.

Add life to your garden or walkway with Betty's painted rocks and inspirational signs.

There are new items weekly...come in to see them.

Exciting events are ahead with Easter around the corner and Mother's and Father's days to follow.

Consignors, bring in your creative Easter and Spring items now to sell. Don't wait to spring into the shop...we love the excitement it creates.

Do you have items you're not using? We can use them for displays.

We can use silk flowers, Easter decorations, tissue, bags...don't throw it away, donate to the Gift Shop. Greatly appreciated! Also 250ml jars with lids needed.

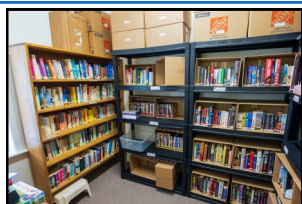
Looking for volunteers in the Gift Shop for Tuesdays or as spares.

Contact Nancy at nancy2fancy@shaw.ca

We welcome you to visit, shop or consign in our Gift Shop.

As always, thank you from

The Gift Shop Gals



Library News

Wow – Take a look at the organized library storeroom! In the coming weeks we hope to be trialing a system that will make members aware of the titles that are available in the store room and how we can arrange for any requested books to be brought up to the library on the second floor for collection.

Roger Taylor, Library Coord.

Tour d'Esterre Centre

HAPPY MARCH, EVERYONE!

If you haven't had a Tour of our busy, exciting Center... now's the time....well, not right now, but on WED. MARCH 16TH @ 1:00 pm. We will explore the hidden...and in plain sight...all that is...d'Esterre Seniors' Centre.

You don't have to be a member to be on the tour, so bring a friend or two. RSVP is essential as there is a limit of 6 at a time. Do you have a group of 6 or more? We can schedule a special tour.

Please bring proof of vaccinations and wear a mask.

Email sherbry650@gmail.com or phone 250-941-1808 to leave a message.

See you all soon....wear a smile under those masks....now THAT is worth catching.

Be happy...

Sherry

2022 Candidates for Election to the d’Esterre Centre Board of Directors

The elected Board of Directors is composed of the Executive: President, Vice-President, Secretary, and Treasurer, and eight directors at large. The Past President is an honorary member of the Executive.

The following members have agreed to allow their names to stand for election to the d’Esterre Seniors’ Centre Association Board of Directors for 2022:

Executive:	President: Raymond Morin	Vice-President Susan Toresdahl	Treasurer: Julie Spooner	Secretary: Nina Sato
Directors at Large:	Bernice Blonarwitz Alida Gafuik	Ele Clarke Dave Robinson	Gayle Cousins Glenn Woods	Francine Dawson

For President Raymond Morin

I arrived in the Valley seven years ago. I started out as an Office volunteer then Director, Secretary to the Board, and now President since September 2021. I am living proof that anyone can aspire to be President (pun intended!). I had a career with the federal government in management positions. I volunteered with Habitat for Humanity, Francophone Associations and Refugees-Immigrant’s support organizations. I am a lifelong learner and trilingual. If re-elected I want to contribute to the sustainability of our Centre and ensure that it continues to be an enjoyable “second home” for all our members.

For Vice-President Susan Toresdahl

I have been a member of the Board as a Director and Vice President over the past five years. I enjoyed getting involved as an office volunteer and working with the archives team. I was most recently part of the reopening team which included meeting with all the great Activity Coordinators. I have lived in the Comox Valley for the past 30 years and I believe that the Centre is a wonderful asset for our community. I retired from North Island College as the Director of College Relations and the Executive Director of the North Island College Foundation in 2008. I have enjoyed volunteering in the Community on the Board of the Comox Valley Airport. I have also served as volunteer President of Comox Valley Economic Development for ten years and volunteered at the Art Gallery when I first moved to the Valley.

For Treasurer Julie Spooner

I have been privileged to live in most Canadian provinces, Oklahoma and Washington State, and Germany. I am an educator and have taught all grades, at the college level, and in various other challenging and exciting environments. My strength has been in my collaborative and problem-solving working style. Since retirement, I have volunteered at Elder College and served on the executive for four years. I have been on the executive council at my Strata for several years and I will be retiring as President this year. With all the various challenges of that position, I felt fiscal responsibility to the owners to be most important. Working within our strata budget during these difficult times, I learned skills that will help me fulfil the same responsibilities in the position of Treasurer for the Centre. This is a time of growth and careful change as we move out of the disruptions of the past two years. I look forward to the role of Treasurer to support these changes in our vibrant community.

For Secretary Nina Sato

I moved to Comox from Maui with my husband in Dec. 2019. I retired after 20 years in education as a teacher and then Head of School at a small, independent school. While seeking to get involved in the community and stay busy, I decided to volunteer at several organizations including the Therapeutic Riding Society, the Newcomers’ Club, and here at the Centre, where I joined the Board during the COVID closure. I took on the Secretary position last September and will stand for Secretary again. I have also taken on the position of newsletter editor and have really enjoyed getting to know the Centre. I currently participate in T’ai Chi Gong and line dancing class and have also taken yoga and core classes. I am excited to help make the Centre a vital and active place for seniors.

Directors At Large

For Director Bernice Blonarwitz

I have been retired for 20 years and joined d'Esterre Seniors' Centre at that time. I spent several years organizing special events – teas, dinners, and entertainment, as well as volunteering in the kitchen.

I am retired RMT, unable to return to work due to injury. I was the President of professional and licensing bodies for BC, the chief examiner for licensing RMTs, and an inspector for MSP. I am a past president of the Comox Golf Club and past president of the Newcomers' Club. I currently attend exercise class, play bridge, and have lunch at d'Esterre.

For Director Gayle Cousins

I've been on the Board as a Director for 5 months. It's been a shortened term since COVID restrictions resulted in a late held 2021 AGM. I am hoping to be able to further contribute; I happily allow my name to stand as a Director for another year.

My husband and I have made the Valley home since 1993. Retiring in 2001 after 34 years at CIBC, I was introduced to d'Esterre Seniors' Centre and the duplicate bridge clubs. Later, I enjoyed the Nia group and now along with my Board duties, I'm part of the volunteer team in the office.

Over the years, thanks to this Centre, I have formed many wonderful long lasting friendships. To me, d'Esterre is a vital part of our community and I'm honoured to be a contributing member.

For Director Alida Gafuik

My husband Rick and I moved from Edmonton to Comox in 2008 for a lifestyle change. I retired from my position as Business Manager of a large Edmonton high school and shortly after settling in, I accepted a position as a Litigation Assistant where I worked and learned for two years. My volunteer experiences include: Victim Services Advocate with Edmonton City Police, The Filberg Lodge, Christmas Hamper delivery, Vancouver Island MusicFest, and I am currently our Strata Treasurer, a position I have held for the past 12 years.

I have enjoyed attending several classes at d'Esterre Seniors' Centre including yoga and core, and have volunteered as coordinator for a yoga class. I appreciate the role the Centre plays in the health and wellness of our community and hope to contribute by volunteering.

For Director Ele Clarke

My husband and I moved to Comox from Whistler to "retire" in 2000 and because we have grandchildren here. In the Valley I volunteered on the Board of Beaufort Childcare Center at NIC and on the Comox Recreation Commission. While in Whistler I was a trustee on the Board of School District #73 and was a member of the Sea to Sky Community Health Council. I've been a member of d'Esterre since 2013. I signed up for yoga, joined the Spanish conversation group, and play bridge. I would like to offer my board governance experience to the dynamic team of volunteers who keep this important community organization operating.

For Director Francine Dawson

I have been a member of the Board for the past five years and enjoy making a contribution to the Centre which is so important to the community of seniors. I have been the Special Events Coordinator for four years and have organized many special luncheons and dinners. I moved to the Valley nine years ago after retiring following thirty-nine years with the Royal Bank.

For Director Dave Robinson

I am pleased to let my name stand for Director. I have served on the Board since 2003, as President in 2007, 2008, 2013 and 2014. My committee work includes the Building, Membership, and Communications and IT Committees as well as keeping the Office Database running and up to date. I participate in Rock and Gem, Bridge, and as Coordinator of the Wood Shop. I look forward to continuing to serve this great Centre on your behalf.

For Director Glenn Woods

I moved to the Valley from Williams Lake five years ago for the climate and lifestyle. My wife and I have three adult children with very successful careers. I had a very interesting career ranging from time in the Navy, construction, federal government employee/contractor in the employment field, real estate sales and development. I was active with the Williams Lake Rotaries for thirty-four years. I am interested in community development and in contributing my time and knowledge to the d'Esterre Seniors' Centre.

Activities Around the Centre



Cue Sport Activity Starting to Ramp Up Again

Sweet is the sound of the cue ball striking an object ball and driving it toward a pocket. After a long pandemic-induced layoff, pool and snooker players are beginning to show up in the Cue Sport Club Room to make rhythms on the baize once again. All who love honing a hand-eye skill and the thrill of competition are welcome to join us, returning members and newbies alike. If you do not know these games, there is always someone ready to give you pointers. The Cue Sport Club Room is open whenever the Centre is open. All are welcome. You will need a current membership with the Centre and a \$10 annual fee to join the Cue Sport and Darts Club. Yes, we have dart boards too. To join the Club, all you need to do is put \$10 in an envelope along with your particulars (name, address, telephone number and email), write the name Bill Brown on the outside of the envelope and leave it at the Office. That's it. Now you have free access to the Club Room. Inside you will find one 6' x 12' snooker table (perfect for English billiards as well) and a 4' x 8' pool table. Access to the tables is on a first come, first served basis. If the room is busy, all you need to do is write your name on the white board and wait your turn. Otherwise, just set up the balls for break off and begin to play. The light over the snooker table is metered and it costs \$0.25 per half hour to play. There is no additional charge to play pool. The table is not metered. We have some ideas about clinics for those who wish to learn the game or improve their skills and competitions but more about that later. We hope to welcome every interested players in the near future. For more information, contact Bill Brown at 250-339-3020.



Valentine's Line Dancing



Table Tennis Fun

Art Club

With March comes the hope that the worst of winter is behind us as we look forward to spring and the blooming of the first flowers; delicate snowdrops and bright yellow aconites were showing in February, a harbinger of daffodils and other floral delights to come. The members of our art group are hobby painters who enjoy being creative and seek to interpret the beauty around us. Each piece is original and is labelled with the name and contact details so you can contact the artist directly if interested in making a purchase. In pricing our work, many things must be taken into consideration such as cost of materials, paint, paper, canvas, brushes and paints (which do not come cheap), and the cost of framing, mats, glass etc. Then, of course, the artist's time and skills should be taken into account. We try to be as reasonable as possible and, of course, a percentage of the sale is donated to the Centre. We hope you enjoy our work, and feedback is always welcome.



Carpet Bowling

Knitting Group

Do you enjoy knitting or crocheting? Come and join us, for good conversation, sharing patterns, and show and tell. We meet Thursday @ 11 a.m to 1 p.mdownstairs in the card room. For more info, contact Elaine at 250-941-2518.



Student Nurses practicum allows them to see how active seniors can be

Classes Around the Centre



YOGA AND CORE

It's so important to maintain your strength, balance, and flexibility. Why not register for a Yoga class? There are a **few spaces** available 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

*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 visit: 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 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. You are encouraged to work at your personal level. To learn more, visit www.shoresofserendipityyoga.com.

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

Join Wendy Anderson for her second 6 week series starting Wednesday March 16 to April 27th 5:00-6:30 pm. (There will be no class on March 30.) All Levels class is open to all d'Esterre members. The cost for the 6-week class is \$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.

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

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.

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.

More News From the Centre

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:

Wed., March 23	Annual General Meeting
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., Nov. 5	Pancake Breakfast and Fall Sale
Sat., Dec. 10	Christmas Dinner
Wed., Dec. 25	Christmas Day Dinner

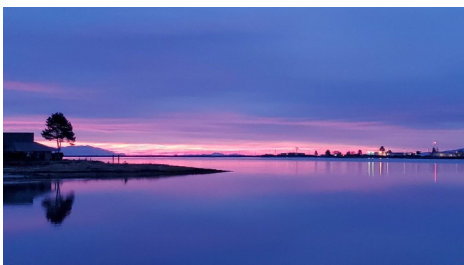
If you would like to help out with any of the events, please contact Francine Dawson at 250-702-1735.



A Debit Machine...a step into 2022 and beyond! You may have noticed the new addition to the Dei's Café this month. You can now pay by debit card when you purchase food from the kitchen. You will soon be able to use the machine to pay for Memberships, for class registrations, and Gift Shop purchases.

This is a big step in offering our members more ease for their transactions at the Centre.

Photo and Poetry Corner



Beautiful February Marina Sunrise

Wintertime Blues
wintertime blues melt
March ushering in springtime
frogs joining the choir

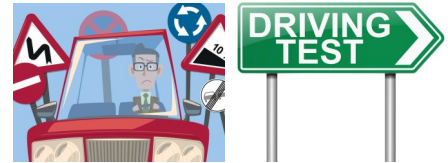
A haiku by L. Milton Hankins

Did You Know?

Helpful Information and Links

Information regarding medical exams for drivers over 80 years of age:

[Senior drivers - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov2/senior_drivers)



DO YOU HAVE AN UPCOMING DRIVER'S TEST?

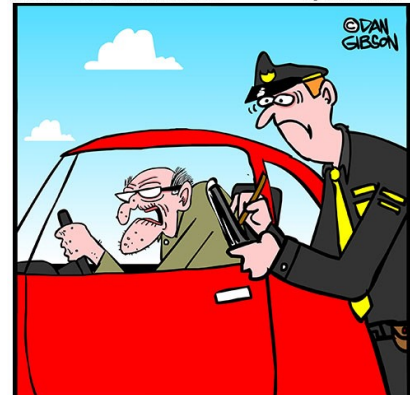
We have an offer from an examiner to go over what to expect and how to prepare. This would be held on a Saturday. LET US KNOW if interested. Call the office Mon - Fri 10am- 1pm at (250) 339-5133

This Month's Chuckles



FACEBOOK.COM/GIBBLEGUTS

By Dan Gibson



Shoulder check before changing lanes?
I'd need a chiropractor and couple
of paramedics to pull that one off!



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.

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. What a great place to leave COVID isolation and get back to seeing and chatting with people! 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. Technical skills in any of the following areas: Microsoft Word, MS Access Data Base, networking, Microsoft certified technician, experience in computer support.

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.

The Rotary Club of Comox extends an invitation to attend our Rotary Club of Comox meetings.

We are back in our home away from home - d'Esterre Centre on Thursday nights! Our first meeting is March 3rd; doors open at 6:30, the meeting begins at 7:00pm.

March's theme is Water and Sanitation, and our speaker will be Tim Cowan, Chair of the World Service Committee, who will be Zooming in his presentation from his current locale in Arizona. All things being equal, Tim's presentation will start around 7:10 and will be followed by a Q & A.

We are still under PHOs that must be followed at d'Esterre. Please observe the following:

- Bring your ID and proof of vaccinations on your phone or as a card to be scanned at the door.
- Paperwork will be taken care of in the main room by John North, Chair of the COVID Transition Committee.
- Masks are required when in the Centre. You can take them off once you are seated at your table.
- There will be hand sanitizing stations at both doors for your convenience.
- The Social Committee, in conjunction with our newly formed Green Committee, reminds you to bring your own wine, beer, coffee or tea container.
- Snacks will be sold at the bar in individual packets so we aren't creating additional waste.
- Be sure to wear your badge, which will be available just inside the main room entrance. With any luck we may have guests. Just ask our Greeter for March 3rd - Marianne van Vliet - to point them out.
- People wishing to attend this meeting should call Henrie Beaudoin at 250-898-9010 ahead of time to ensure adequate seating.
- It will be wonderful to be back together again. I am really excited about seeing as many of you as can make this first meeting.

Valerie Fetherston - Rotary Club of Comox President

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>Mar 16-Apr 27</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 Wendy Anderson wendyandersonsjoyflow 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 @gmail.com 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