



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

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



Our beautiful 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

June 2022 Newsletter

Restrictions have been lifted per Provincial Health Orders.
Wearing a mask is a personal choice.

President's Message

May has been a very busy month with two Special Events: the Pancake Breakfast/Garage Sale, the Spring Tea and Fashion Show, and meetings. The Pancake Breakfast/Garage Sale was a major undertaking in terms of scale and complexity. The Fashion Show is less complex and more "fashionable" in nature. There is nothing "fashionable" in a Garage Sale but there were bargains galore!

The Pancake/Garage sale event netted \$2200 in fundraising revenue for the Centre. The event was a topic at our last Board meeting on the 16th of May. The majority of Directors felt the need to reevaluate the format and the energy/resources required vs the benefit of certain areas within this major event. The item was tabled for further discussion.

We are currently working at staffing the Centre Coordinator position and are targeting a start date in July. We hope that our plans and efforts come to fruition. For the first time since the Centre was formed in 1975, we will have management staff to help the Board and its committees meet their ambitious goals.

Speaking of goals, we will be conducting a Membership Survey over the summer to gauge the wants and needs of our membership. This will be followed by the development of a Strategic Plan in the fall of this year.

Thanks to the New Horizon for Seniors federal funds, we are now purchasing equipment for the Quilters, Rock and Gem, Pottery Studio, and the Glass Shop. This equipment will enhance the capabilities of these four important shops.

In closing, I want to thank your hard-working Board members, the Activity/Shop Coordinators, the Office volunteers, our librarians, the Gift Shop groups, Dei and Bill, and all our 100+ volunteers for keeping this dynamic Centre a second home for our 800+ members.

"We started out trying to form a small anarchist community, but we weren't successful. People simply wouldn't obey the rules!" Alan Bennett (1934-), English actor, writer, and playwright.

~Raymond Morin, President

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

Events and Notices

Happy Father's Day – Sunday,
June 19

Board Meeting – Mon., June 20 at
10:30 am in Council Chambers

Looking Ahead:

Canada Day, Friday, July 1, Cen-
tre is closed

Office is closed during July and
August. Some activities or classes
may take a summer break, please
check with the activity coordina-
tors.

JOIN US

2022 Membership

Membership is \$35.00 for the 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.

Membership forms can also be printed from our website and
mailed in with a cheque or dropped off if the office is not
open. Follow this link to the website [Membership & Volun-
teer – Comox Seniors* Centre](#) to access the form and instruc-
tions.

Centre Rentals

The Centre is available for your
event needs: weddings, birthday par-
ties, holiday banquets, family gather-
ings, memorial services, celebrations
of life. The Ballroom has a capacity of
115 and the dining room holds 50.
Members of 2 years or more receive a
discounted rate.

Rental information can be found on
the website: [Services – Comox Sen-
iors* Centre](#).

You can contact Bernice Blonarwitz,
the rental coordinator, at 250-871-
4818 or benice9150@gmail.com.

The Centre Ballroom



Dei's Café

Hot Meal Menu

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



Thursday	June 2	Meatloaf
Tuesday	June 7	Chicken Cordon Bleu
Thursday	June 9	Liver & Onions
Tuesday	June 14	Roast Beef
Thursday	June 16	Shepherd's Pie
Tuesday	June 21	Salisbury Steak
Thursday	June 23	Liver & Onions
Tuesday	June 28	Roast Pork
Tuesday	June 30	Ham & Scalloped Potatoes

*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

From The Gift Shop

We had a successful Mother's Day Pancake Breakfast/Garage/Bake/Gift Shop event. The Centre was a-buzzing with happy shoppers. Thank you to Lorrie for sharing her fantastic pottery collection of mugs and bowls. They were a huge success. We still have some left if you missed out. Thank you to all who made it successful.

With June blowing in on icy winds and rainy skies, we have hopes of warmer weather for the summer. Next up is Father's Day on June 19th. If you're looking for a gift for Dad, we have aprons for barbecuing and bibs for messy foods.

The Gift Shop welcomes new Artisans to sell their crafts in the shop showcasing their talent.

In May, we welcomed the following Artisans:

-Wendy with her beautiful hand painted summer caps, visors, and sun hats.

-Diane's Crocodilly Mocs will keep your feet cozy, her colorful baskets are great as plant pot covers, and hand painted Comox Rocks are an ideal gift.

-Dona's inspirational cards and meditative CD and books are sure to calm or inspire you.

-Dani's journey from France has brought her to settle in the Valley bringing her array of talent to the shop. Her children's toys are a delight.

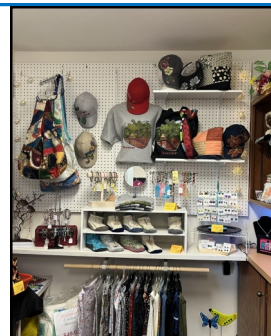
Welcome, ladies!

There is something new every week that you just won't want to miss.

As we head into summer, we look forward to welcoming out-of-town guests to come in and enjoy a meal at Dei's Cafe. Share your Centre with your guests, show them where you like to spend your time.

Those coming by boat, we welcome you. Come see our hidden gems within walking distance of the boat ramp. Enjoy a home cooked breakfast and coffee for less than \$12.00. Take home a hand crafted souvenir from the Gift Shop.

Thank you for shopping locally,
The Gift Shop Gals



Library News



I am currently working through the books, etc., that were donated during our recent Pancake Breakfast event. Once I have completed this, I will update you about further donations.

Would you please return any items you have borrowed from the library once you have finished with them.

Please do not bring back to the li-

brary items you purchased at the sale.

Also, please do not remove stickers on the items you borrow as they are there for the librarian's use.

Roger Taylor

Librarian

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.

SPECIAL EVENTS



The Pancake Breakfast was a busy event! 170 breakfasts were served and the **Garage Sale, Craft Sale, Book Sale, and Gift Shop** all contributed to making the event successful, netting \$2200 for the Centre. The bake sale continues to be a very popular table with all items baked and donated by members of the activity groups.

A huge part of the success of this event was the multitude of volunteers who stepped up to help – like our Board president, Raymond Morin, flipping pancakes. None of this could have happened without the hard work of the Board and many hours put in by volunteers before, during, and after the event.



Thanks to all who visited the Centre Saturday to eat, shop, and have a good time. We welcome your comments and feedback as we consider changes to this event in the fall. Send thoughts or suggestions to comoxseniors@shaw.ca.

2022 Special Events Calendar

Wed., April 13	Volunteer Appreciation Tea
Sat., May 7	Pancake Breakfast and Spring Sale
Sun., May 29	Spring Tea and Fashion Show
Sun., Sept. 11	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.



More News From the Centre

Centre Coordinator

The Centre received funding from the Comox Valley Community Foundation and from BC Gaming to hire a part-time Centre Coordinator. The Board is in the process of finding the right person for the job. We are looking forward to having a staff member who will be able to coordinate the many things that happen at the Centre, oversee the day-to-day operations, and allow the Board to focus on governance and strategic planning for the future of the Centre. The job posting and description can be found in the top yellow bar on [Comox Seniors* Centre - Your Second Home...](#)

And the Survey Says...

The Board would like members' feedback on the many different aspects of the Centre – how you participate, what you enjoy, what you would like to see happen in the future. To collect this information, a survey will be put out in August. The Board will use the information from the survey when they hold a strategic planning session in the fall. We hope all of you will give us input!

Driver's Test Session

Our first INFO SESSION held on Driver Testing was a huge success. 60 attendees were walked through what to expect and how to prepare if summoned to be tested for age or medical reasons. The information provided and questions answered should lessen stress if called to face this situation. Thank you, Joseph Oake, for all the helpful information! And thank you to Gayle Cousins for organizing this session.



Card Lady (or Gent)

A volunteer is needed to take over the Card Lady role from Pam Brown, who has been doing this for several years. The Card Lady sends out cards on behalf of the Centre for various occasions – special birthdays or anniversaries, major life events, condolences. If you are interested, stop by the office.

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.

Activities Around the Centre



Quilter's Group

The Pancake Breakfast and Craft sale is over for May. The Quilters had a Raffle for two lovely lap Quilts and the proceeds donated were **\$531.16**. The Winners were contacted to pick up their quilts. Watch for the next raffle in the late fall, early winter.

The Quilters have lots of quilted items for sale. We have lap quilts, baby quilts, table toppers/runners, placemats, bags, and more. 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 or a Thursday at 10 AM if you would like to see some of the stuff we do. If you need more information, contact Mona at 250-890-0222 or email monacashman@shaw.ca.

Donations of Cotton Fabric appreciated. There is a Yellow Bin on the counter where donations can be dropped off.

Mona Cashman, Quilt Coordinator

Cribbage

The cribbage group welcomes new members, whether learners or competent players. The number of people showing up to play is still rather low post-Covid, so we would truly appreciate having new players.

The cribbage group meets in the ballroom on Tuesdays and play begins at 7pm sharp, but please plan to arrive a little early to help with setting up.

The cost is \$2, some nights it's free, and cash prizes are awarded for highest scores. A levy of 10 cents is imposed for each skunk scored, and a draw for this money is made from among those who were skunked.

We play 7 games, then move to the dining area for coffee, snacks, conversation, and the awarding of the prizes.

High scorers for May were: ladies, Margaret Summerfield, 838 points; and gents, Leon vanNorden, 821 points.

FMI call Terry and Diana 339-7714, or email dianaterry@shaw.ca



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 am to 1 pm...downstairs in the card room.

For more info contact Elaine at 250-941-2518.

More Activities Around the Centre

For more info on any activity, see the schedule on the last page of this newsletter

T'AI CHI GONG

Wake up your body, mind, and spirit with Rise and Shine T'ai Chi. Great for increasing mental focus, staying limber, improving energy levels, building muscle and bone density and bringing joy and peace into your day. Easy to learn and follow along with! Our 8:30 Monday class has room for YOU!



\$20 per month or \$7 drop-in.
Contact Robynn at
robynnkh@gmail.com or 250-338-3502.

LINE DANCING

Line dancing is a fun, active 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 group and love dancing to all kinds of music.



Come dance with us!
Wednesdays 8:55 am-9:55 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)

Dancefit Silver classes will be suspended for the months of July and August, but will resume in September. Details of the September schedule will be announced in the August newsletter, or contact Diana at 250-339-7714, dianaterry@shaw.ca



Exercise Classes Ukrainian Fundraiser



Under the direction of Magi, some of us helped make hundreds of yellow and blue flower pins to raise funds for the Red Cross Ukrainian Humanitarian Crisis Appeal. Magi's exercise classes raised \$420!

The Board allowed us to have a table at the Pancake and Spring Sale and \$261.80 was donated. We want to thank Diane Steward of Comox Rocks who handed us some of her Ukraine rocks and Susie Evans who gave us some of her yellow and blue heart pins to add to our table. They disappeared quickly.

Thank you to all the donors. We have flower pins left over and if any group would like some to raise funds for the Ukrainian crisis, please email Pat Jones at patanderrol@gmail.com.

Tour d'Esterre Centre

Thought I would do a NEW TIME for Summer tours. So for WED., JUNE 15th at 10:30, we will meet by the office in the Cafeteria. Please RESERVE a spot by email or phone: Sherbry650@gmail.com
Cell #: 250 792-2256

There is so much to see while classes are on, and a visit to the best kept secrets is always interesting. Then we can all have lunch together after the tour.

*** Note the time change
Wearing masks is optional.
Be happy.
Sherry

Classes Around the Centre



YOGA AND CORE

This month's chance to improve your strength, balance and flexibility. There are a few spaces for d'Esterre members in the following Yoga classes. Register now.

All yoga and core classes will run in the summer but our instructors will take some time off and you will have the opportunity to experience another instructor.

Please contact the Coordinator if you are interested. The Coordinator's contact information is on the Activity Schedule of this newsletter (last page).

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

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

Tuesday 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 everybody. To learn more about Wendy, visit: www.wendyandersonsjoyflow.com

Friday Chair Yoga from 1:30- 2:30 pm with instructor, Deb Karlstrom

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance with one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized and wearing a smile.

Summer 6 week Soma Nidra Yoga classes

Join Wendy Anderson for her next six week session starting Wednesday July 6th to August 10th. From 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.

Wendy is offering a current session running until June 22nd which still has some room left in it. This class will greatly improve your stress level and your sleep.

This is a perfect opportunity to have a full day of summer activity and then finish it up with a relaxing and rejuvenating Soma Nidra class.

Somatics is for Everyone



A somatic yoga class is being offered by Wendy Anderson on Tuesdays at 3 pm and Wednesdays at 5 pm.

Gentle Somatic Yoga is a brain to muscle re-education that combines gentle yoga postures, Hanna Somatics, pranayama (breathing techniques), and guided meditation.



Through customized movements and meditation, muscles are reprogrammed to release chronic pain, improve range of motion, and regain strength and control. A regular Soma Yoga practice can help to effectively retrain the following areas of your body:

- Neck and shoulders
- Upper and lower back
- Hips, legs, and knees

Soma Yoga is therapeutic and educational. The practice will help to activate the sensory motor cortex part of your brain, and this creates new neural pathways to help you dissolve old patterns of holding stress and pain in your body. Within a Soma Yoga practice, you are empowered to take over your own healing process. As you are guided to sense inwards and through conscious movement, you begin to shift into a 'first person' experience of self-sensing and self-correcting.

Overall benefits of a Soma Yoga Practice include:

- Erase chronic pain
- Increase flexibility and range of motion
- Improve joint mobility
- Strengthen muscles
- Enhance balance and coordination
- Affect overall physiological efficiency
- Promote Relaxation
- Inspire Peace of mind

With regular Soma Yoga practice the positive effects are cumulative. The more you practice and explore the movements with internal awareness, the more long-term benefits you will enjoy. Small movements practiced often = powerful results.

Wendy Anderson RYT 500, SE.



Thirty Fifth Annual Running (swimming) of the Duckys

For the 35th year running, the Comox Rotary Club will be hosting the Ducky 500! The action takes place at Lewis Park on Friday, July 1. Action starts at 11 am with the first Duckys to cross the finish line around 1 pm. The raffle winner will be drawn at 1:00 pm.

Ticket prices have been the same for decades and remain at \$10 (3 for \$25 and 10 for \$75). The tickets were a deal 10 years ago and a bigger deal today!! Our objective, as always, is to raise money for the great causes our club supports and for you to have fun. Please, buy a raffle ticket, come down to the park, and enjoy yourself!

For newcomers, this event is a Canada Day tradition in the Comox Valley and is, for many, a highlight of the year. Food, fun, and hundreds upon hundreds of rubber Duckys racing down the river to the finish line at the 5th Street bridge.

These Duckys have been training hard for months for this event, which is the premier ducky race/raffle in all of Canada! You can purchase raffle tickets at [Order tickets for the Ducky 500 - Online Raffle and Race | Raffle Nexus](#)

Because the duckys have trained so hard and for so long for this event, your cheering and support is important. This year's entrants feature a Mandarin Duck as well as a South African Shelduck Duck!! Worldwide press coverage is possible, but unlikely. We need your support!

The event is inclusive and fun. Hotdogs, burgers, and soft drinks will be available at the park served by Rotarians. This event is a Canada Day tradition in the Comox Valley and is one of the Comox Rotary Clubs biggest fundraising events of the year. Funds support local projects that our club funds. This year's event is somewhat scaled down (so chances of winning are greatly increased!) as just over 2000 tickets are being sold.

Please consider coming down to the park and enjoying Canada Day, Comox Valley Style. We would love to see you!



And More...

Photo and Poetry Corner



When the rains of life
Fall upon you, the rainbow
is not far behind.

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](#)

This Month's Chuckles

If the person who named
Walkie Talkies named
everything

Stamps - Lickie Stickie
Defibrillators - Hearty Starty
Bumble bees - Fuzzy Buzzy
Pregnancy test - Maybe Baby
Bra - Breastie Nestie
Fork - Stabby Grabby
Socks - Feetie Heatie
Hippo - Floatie Bloatie
Nightmare - Screamy Dreamy



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</p>	<p>BR BR CRR AR BR CR BR LIB BR CR</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</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</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</p> <p>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 Linda Barfoot Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) & Terry and Diana Fright</p>	<p>250-339-0847 250-465-1683 250-890-0222 250-339-9667 250-338-4573 250-339-6706 250-897-1374 250-897-1374 778-585-5105 250-339-7161 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>Cue Sports Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>July 6-Aug 10</p>	<p>Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Strength Training</p> <p>Carpet Bowling Table Tennis I</p> <p>Yoga (6 week sessions) Whist</p>	<p>BR BR AR BR BR BR BR CR</p>	<p>8:55 am 10:00 am 10:00 am 11:00 am 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Nina Sato Diana Fright Margaret Allen or Derek Richmond Janet Liszt or Bev Haist Gabrielle McCormack Peter Birch or Gerry Woloshyn wendyandersonsjoyflow Coordinator Needed</p>	<p>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</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p> <p>Greeting Card Lady Volunteer Needed</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 250-890-0222 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 Bernice Blonarwitz benice9150@gmail.com 250-871-4818</p>	<p>Saturday</p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) & John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>
<p>Custodian Bill Brown 250-339-3020</p>	<p>Sunday</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