



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

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



Summer View

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
Alida Gafuik, Director
Nancy Kremer, Director
Dave Robinson, Director
Town Rep, Mayor Russ Arnott

August 2022 Newsletter

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

President's Message

Although July has typically been a quiet month at the Centre, it's been quite busy behind the scenes. To say that Diane Stewart, our new Centre Coordinator, has had a busy month would be an understatement. Diane took on this new position with gusto and competence and made it her own in four short weeks. We're amazed with what she has accomplished in the Office and elsewhere in the Centre. Please welcome and congratulate Diane next time you see her. She is in the office Monday through Thursday between 9 am and 2 pm.

I am very pleased to announce that Nancy Kremer has been appointed as Director on our Board. Nancy brings a wealth of experience in retail, management, and volunteerism to this position. She will continue to manage the Gift Shop with her volunteers and in addition will co-chair the Special Events Committee with Bernice. Nancy's enthusiasm is contagious and it is matched by her ability to deliver results.

Regretfully, Glenn Woods is resigning from the Board for personal reasons. Glenn will continue to bring good cheer and show off the Centre to potential members. He also plans to help with Special Events and will continue to liaise with the Comox Rotary Club on our behalf. Thank you, Glenn, for your contributions to the Centre during the last ten months. This is not a "Goodbye", it is simply an "Au Revoir".

Thanks to Joan Tufford and her volunteers for seamlessly keeping the Kitchen and Cafeteria buzzing during Dei's holidays. If you haven't tasted Joan's Borscht Soup special, you're missing a real treat. By the way the Seafood Chowder is excellent as well and at a price very affordable for members and visitors alike.

In other news, your Board approved the purchase of a new sound system for the Ballroom. Unless there are supply chain delays it should be in place by the beginning of September complete with easy-to-follow instructions.

"Sometimes when you innovate you make mistakes. It is best to admit them quickly, and get on with your next innovations"
Steve Jobs, Apple Founder.

~Raymond Morin, President

We respectfully acknowledge that we live, work, and play on the traditional lands of the K'omoks First Nation Gila 'kasla...Hay ch q' a'. Major support from the Town of Comox is greatly appreciated.

Events and Notices

BC Day, Monday, August 1, Centre is closed

Board Meeting – Mon., August 15 at 10:30 am in Council Chambers

Looking Ahead:

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

Labor Day, Sept. 5, Centre closed

Sun., Sept. 11 – Tea and Fashion Show. Tickets go on sale Mon., August 29

JOIN US

2022 Membership

Membership is \$35.00 for the year and can be purchased at the Office between 10 am and 1 pm Mon-Thurs in August. See below for mail-in instructions (or drop off in the mailbox outside the door).

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 & Volunteer - Comox Seniors* Centre](#) to access the form and instructions.

Centre Rentals

The Centre is available for your event needs: weddings, birthday parties, holiday banquets, family gatherings, 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 Seniors* 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.



Tuesday	August 2	Tuna Melt & Salad
Thursday	August 4	Cold Plate & Bun
Tuesday	August 9	Shepherd's Pie
Thursday	August 11	Liver & Onions
Tuesday	August 16	Chicken Cordon Bleu
Thursday	August 18	Roast Pork
Tuesday	August 23	Roast Beef
Tuesday	August 25	Liver & Onions
Tuesday	August 30	Chicken Parmesan

Kitchen volunteers are always 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

As we swing into August starting with BC Day, we look forward to celebrating the long weekend with family and friends. Outdoor markets with many artisans will be busy selling their creations in the park with bustling crowds jostling and making it hard to see their wares. Not ready to mingle in the crowds? Come into the Gift Shop to browse in a less crowded environment, stay out of the heat, and enjoy a tranquil moment of peaceful shopping.



We have some amazing talent right here in our Centre community. Inexpensive gift ideas and no tax! Gift Shop summer hours are 9:30am to 12:30pm Monday to Friday.

Who loves to create and would like to sell their creations? We are looking for new consignors to showcase their items in the Gift Shop. We offer 80% of the sale to you, 20% helps fund the Centre. Schedule an appointment with Nancy at nancy2fancy@shaw.ca or call 250-650-2193.

Calling all existing consignors...the Special Events Committee is requesting donations for prizes for the upcoming Tea and Fashion Show in September as well as future events. Can you imagine how exciting it will be for the prize winner to receive a great gift of your creation? Contact Nancy or drop off your donation to the Gift Shop. All donations are deeply appreciated.

We recognize new consignor Lindy W. who creates unique bags in different sizes that easily fit in handbags and can be used in a variety of ways – gift, cosmetic... Lindy's choices of fabrics are bright, colorful, and eye appealing.

Don't miss out on Wendy's artful hats, this is the last month they will be available. We even have fun bucket hats for kids.

Do you have out of province travellers? Diane's Comox Rocks are an ideal gift to take home to remind them of the Valley. Recently a few have travelled to their new homes in England and Nova Scotia. A painted rock with the Ukrainian flag brought tears to a Ukrainian lady who will make the Comox Valley her new home. She was overwhelmed with the generosity and kindness of the giver. Imagine a small gesture of a gift can brighten one's future.

Quilters and sewers, we have cute little pincushions with fun pins to accent and utilize in your sewing room. These were donated and only \$4.00! All proceeds go to the Centre.

Woodworkers, the Gift Shop is in need of a greeting card rack that will fit under the glass case outside the door. A waterfall tiered floor stand would work well for the amount of cards we would like to showcase. Contact Nancy if this project is something you are willing to take on.

Although we appreciate all donations, fabric and yarn should be passed on to Quilters or Knitting Club as Gift Shop space is limited.

Thanks from the Gift Shop Gals

Tour d'Esterre Centre

There will not be a scheduled tour in August. A tour can be booked by appointment. Contact Sherry at sherbry650@gmail.com
250-792-2256

NO Coffee with Al

Al will not be available for computer help in August. He'll resume his Monday coffee hours in September.

More News from the Centre

Diane Stewart, new Centre Coordinator

As I settle into my new position, I would like to thank all those who had a hand in choosing me to be the Centre Coordinator. All of the skills I have gained over my long work career are now under one roof.

I would like to give a personal shout out to Dave Robinson who started this ball rolling by renting me the last available table at the Spring Pancake Breakfast and garage sale, and to Nancy who approached me to have my "comox rocks" and "crocadilly mocs" as part of the Gift Shop's inventory. And to Julie, who helped me get a membership and a copy of the newsletter - where I saw the "centre coordinator" job posting.

During the last few weeks, it has been my pleasure to meet lots and lots and lots of great people at the Centre; including one on one meetings with many of you.

Thank you all for embracing me, encouraging me, and supporting me as I navigate my way through establishing a foundation of this position.



Francine has stepped back from Special Events coordinator, handing the reins over to Bernice Blonarwitz and Nancy Kremer. We are excited to co-chair and look forward to filling your calendar with fun events. Thank you, Francine, for your many years of coordinating Special Events. We are grateful for your future assistance. Don't go too far - we'll still need your help!

To set the tone, for our first event we are in preparation for September with our English Tea and Seabreeze Fashion Show. Pencil this on your calendar for September 11. Would you like to model in the show? Contact Bernice at 250-871-4818. There will be prizes to win, music, and finger sandwiches with scrumptious sweets. Seabreeze owner Sonja will be showcasing Fall fashions in sizes xsmall to xlarge.

Events for the balance of the year will be Thanksgiving and Christmas dinners in October and December. November will be our Christmas Craft Market with some exciting plans...more on this in September. Clubs and consignors, please contact Nancy to register for your market table.

Special Events is forming a volunteer committee to assist in many areas of specific events. If you would like to volunteer for entertainment, fashion show dressers, set up/tear down of tables and chairs, food prep and kitchen help, decorators...what ever is needed...ladies and gents. Please contact Nancy at nancy2fancy@shaw.ca or 250-650-2193.

Events for 2023 are in preparation...what are your suggestions for events? Let us know!

Thanks,
Bernice and Nancy

Let Us Know...

Please let the office know if you have a change of address or phone number. The information in the member database can then be updated to reflect your current and correct contact info. You can call the office at 250-339-5133 or send an email to comoxseniors@shaw.ca.

Classes Around the Centre

YOGA AND CORE

There are a few spaces for d'Esterre members in the following classes for August.

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

Members may do a DROP IN for \$10 a class during July and August.

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 Core Fitness class from 12:15-1:15 pm with instructor Steve Thomson

All levels are welcome to this fitness class with Steve Thomson. Plenty of strength, balance, core, functional movement ending with basic yoga relaxation poses will allow you to leave feeling both strong and relaxed!

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 Kripalu Yoga from 9:00-10:30 OR 10:45-12:15 with instructor, Nancy Moelaert

Join either of these two Kripalu yoga classes on Friday. KRIPALU yoga 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

Friday Chair Yoga from 1:00- 2:00 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 Class

Busy mind? Aching Body? Need a time out?

Join us for this Somatic movement and Yoga Nidra meditation class.

Let Wendy Anderson help to relax and renew your body, mind, and spirit with this breath focused class involving a blending of gentle somatic movements, some restorative postures, yoga nidra (guided relaxation - waking sleep) and soothing Gong sounds. This class will relax your body, nourish your nervous system and replenish stores of energy to support you in your life. This is an excellent practice for those experiencing symptoms of anxiety, and has been used to help those suffering from pain, stress, busy mind and difficulty sleeping.

You may join as a DROP IN on Wednesday at 5 -6:30 pm. Last class for this session is on August 10 and more Sessions will commence in September.

Drop In Rate is \$10. To save your spot email Wendy at wendyandersonsjoyflow@gmail.com

Classes Around the Centre

New Yoga and Fitness Classes Starting in September

Mondays at 5:00-6:30 pm. Yoga with Deb Karlstrom

Registration/Info : Karen Fraser 250-890-0608

Thursdays from 12:00-1:00 PILATES with Jenny Aird

Registration/Info : Linda Barfoot 250-897-1374

Thursdays from 1:15-2:45 Hatha YOGA featuring three instructors Janet Haigh, Alana Taylor and Claire Vardy Each instructor will teach a six week session on a rotational basis.

Registration/Info: Linda Barfoot 250-897 1374

Final confirmation and more details to follow in the September newsletter.



Magi's Exercise Classes

Magi's exercise classes will continue through the summer months. New participants are welcomed. Chair class fee is \$8/month and the other classes are \$18/month for two classes per week. Strength training on Mon./Wed., Fitness and Chair Exercise classes on Tues./Thurs. Please see the last page of this newsletter for class schedules and coordinator info.

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



Dancefit Silver classes will be suspended for the months of July and August, but will resume in September.

Look for details in the September newsletter or contact Diana at 250-339-7714, dianaterry@shaw.ca

Fun Facts for BC Day

At 31,285 square kilometres and with a population of 850,000, Vancouver Island is:

1. bigger than Belgium, pop. 11.5 million
2. much bigger than Israel, pop. nine million
3. larger than Rwanda, pop. 12.5 million
4. considered overcrowded by those who live here

Activities Around the Centre

Quilter's Group



The Quilters have lots of quilted items for sale. We have lap quilts, baby quilts, table toppers/runners, placemats, bags and more. 15% 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. You need to have your own working machine and supplies and a sense of humour. You can work on your own projects, or you can work on our fund raiser quilts. If you are a new quilter, don't fear – lots of expertise to help you learn both your machine and how to quilt. Please feel free to drop in on a Tuesday at 10 AM or a Thursday at 10 AM if you want

to see some of the stuff we do. If you need more information, contact Mona at 250 890 0222 or email monacashman@shaw.ca.

Donations of Cotton Fabric appreciated.

Art Club



The Art Club winds down a little in July and August – gardens need tending, visitors arriving and journeys to be made now that Covid restrictions are somewhat eased. Our leader Dorothy moved house recently and we much enjoyed a visit and tour of her lovely home which gave us an opportunity to renew our acquaintance with her many crafting ideas including of course her paintings. This was followed enthusiastically by delicious home-made cake washed down by tea and time for some interesting discussions. Come September we'll be taking up our brushes and paints once again.

Walking Group



Individuals walk at their own pace, meet other like minded individuals and have a social connection.

No cost involved.

Anyone interested in joining the walking group, meet at d'Esterre Centre Dining Room at 9:00 am Tuesday, Wednesday, and Friday.

Exceptions:

2nd Tuesday of the month – meet at Pharmasave, Comox at 9 am

4th Tuesday of the month – meet at the south end parking lot of the Air Park in Courtenay at 9 am

Contact: Sharon Paterson shpaterson@shaw.ca

Fun Facts for BC Day

At 944,735 square kilometres, B.C. is larger in area than:

1. California (423,970 square kilometres)
2. Texas (695,622)
3. France (643,801) and England (130,279) combined (a concept, BTW, that would mortify both the French and the English).

More News From the Centre

d'Esterre Senior Centre
LAPIDARY CLUB PRESENTS

Tailgate Rock & Gem Sale Sunday, AUG 28th 10 ~ 3

Located in the Comox Town Hall Parking Lot
1809 Beaufort Ave Comox

\$10.00 for 10x10 spot

INFO: leannereidca@yahoo.ca

Bring your own tent, table, chair

Tools, jewelry, rocks, gems and
used equipment

Library News

The bookshelves in the centre library are very low on stock at the moment, even though we added many new titles earlier in the year and catalogued all of the library inventory. It was brought to my attention recently that some borrowers believe that they should not return borrowed books until further notice. This is not the case. Once you have finished with them, please return any books, CDs or DVDs that you have borrowed as soon as it is convenient to do so. Thank you for your cooperation.
Roger Taylor, Librarian

Card Lady/ Special Occasion Cards

Pam Brown, the former card lady, who volunteered to write cards for special occasions, has stepped down. Thank you, Pam, for your many years filling this volunteer position for the Centre. Betty Edwards has volunteered to take Pam's place with a new title of "Special Occasion Cards". Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.
Betty Edwards By phone: 250-339-9752
By email: thriftstorequeen43@gmail.com
Thanks to Betty for volunteering.



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

The Office will be closed in July and August, but we will need volunteers in September when the Office resumes its usual 5 day a week schedule.

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.

And Last But Not Least

Survey in September

The first ever Centre survey will be sent out in September in order to collect information from our members. 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. We hope that this information will help inform our strategic planning session scheduled later in the fall. We hope to get input from all of our members.

The survey will be available on-line, and you are encouraged to complete it on-line so that your responses are recorded immediately. For those who are unable to do so, there will be paper copies available; however, there will be extra labor involved inputting your surveys into the computer.

This Month's Chuckles



4-4
© 2007 Bill Keane, Inc.
Dist. by King Features Synd.
www.familycircus.com
"Grandma and I are going for a walk, and I'll bring her back here safely."

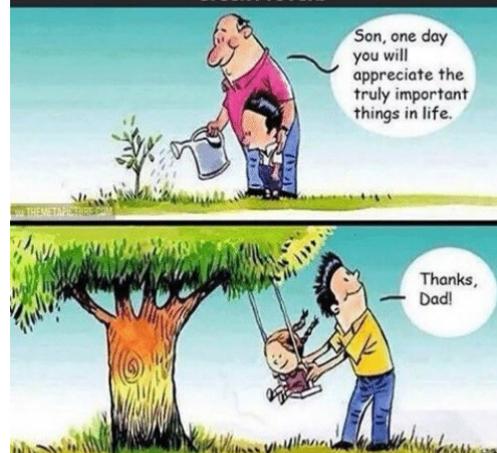
Photo and Poetry Corner



An elderly man, thinking his wife was losing her hearing, went about 20 ft behind her and asked, "Can you hear me, sweetheart?" No reply. He moved to 10 ft and inquired again. No reply. 5 ft and not a word. A few inches behind her, he asked, "Can you hear me now, honey?" His wife said, "For the fourth time, yes."

"A society grows great when old men plant trees whose shade they know they shall never sit in."

-Greek Proverb



...Important things in Life

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 Lori Carter</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 403-512-8203</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 Fitness/Core Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR BR CR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:15 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 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>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</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 Nancy Kremer</p> <p>Bernice Blonarwitz</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Chair Yoga Canasta (starts in Sept.) Table Tennis I</p> <p>Bid Euchre</p>	<p>AR BR BR BR CR BR BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 3:00 pm 7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Contact office Peter Birch or Gerry Woloshyn Marj & Charlie Richardson</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-339-5133 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