



# September 2022 Newsletter

CLASS REGISTRATION AND FEES WILL NOW BE PROCESSED AT THE OFFICE. FEES CAN BE PAID BY DEBIT CARD, CHEQUE, OR CASH. MON-THURS 10 AM-1 PM

1801 Beaufort Avenue  
Comox , BC V9M 1R9  
250-339-5133  
www.comoxseniors.ca  
Email: comoxseniors@shaw.ca



Summer Shadows

## 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  
Nancy Kremer, Director  
Dave Robinson, Director  
Town Rep, Mayor Russ Arnott

## President's Message

August has just flown by and here we are in September. The cooler weather is welcomed by many of us, especially those without air conditioning.

I find that January 1st as the start of a New Year is a seasonal anomaly. September 1st would be a more appropriate date for a New Year. September means the return to school, opening of fall programs, and in our case the reopening of the Office, Activities, Classes, and Special Events. An important initiative taking place this month will be a Member Survey.

Our Office volunteers were back on August 29th offering memberships, event tickets, and Class registrations. Diane will take over from Penny as the Coordinator of the Office Volunteers. Thanks for doing a great job, Penny! A gentle reminder to everyone – Diane is not replacing the Office volunteers in any manner. Her role is to orient, schedule the Office volunteers, and manage the Office operations. In addition, she has new responsibilities with Class registrations now offered from the Office. We need our Office volunteers more than ever to serve our 800+ members.

The Office will be open Monday to Thursday and closed Fridays this fall. This change is due to the volunteers needing oversight by Diane in regards to the Class registration, the option of payment by debit card, and a shortage of volunteers for a five day opening.

The Ballroom rental calendar is filling up fast this fall but there are a few coveted spots on the schedule left for your family and group events. Our new sound system will be introduced gradually once we've had time to train the users. In the meantime, the old sound system remains in use. Nancy and Bernice have an exciting calendar of Special Events planned for members and friends this fall.

By the way, I use the elevator every time I come to the Centre without any problem. It is serviced four times a year and is an essential service particularly for members with mobility issues. Remember: press and hold.

We have two Director vacancies on the Board. Could we interest you in joining us? Get in touch with either Ele Clarke or myself and we'll have a chat over coffee (lunch even) on our dime. We are looking for two excellent candidates to complement the great Directors already in place. Up to the challenge?

*"Anyone who thinks they are too small to make a difference has never tried to fall asleep with a mosquito in the bedroom." Christine Todd Withman*

~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

Starting Sept. – Register and pay for Classes in the Office

New Office hours – Mon-Thurs  
10 am-1 pm, closed Fridays

Mon., Sept. 5 – Labor Day, Centre closed

Sun., Sept. 11 – Fall Tea and Fashion Show 2-4 pm

Board Meeting – Mon., Sept. 19  
at 10:30 am in Council Chambers

Sat., Sept. 24 – Fire Safety Information Session 10:30 am

Mon., Sept. 26 – Ticket sales begin for Thanksgiving Dinner (Sat., Oct. 8)

## 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](mailto:benice9150@gmail.com).

### The Centre Ballroom



## MEMBERSHIP

### 2022 Membership

Memberships for the last 4 months of the year are half-price, \$17.50 for September through December.

### 2023 Membership

2023 memberships will be available beginning on Oct. 1.

- Early Bird 2023 Membership renewals will be discounted to \$30.00 from Oct. 1-Dec. 23rd.
- Full fee of \$35.00 will apply when the Centre opens in January after the holiday break.
- New membership purchases are \$35.00.

**Cash, cheque, or debit!** Please make cheque payable to “d’Esterre Seniors’ Centre Association”. There is a stamp with this official Centre name available in the office.

## Dei’s Café

### Hot Meal Menu

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



Thursday	September 1	Salisbury Steak
Tuesday	September 6	Spaghetti & Meatballs
Thursday	September 8	Liver & Onions
Tuesday	September 13	Chili & Bun
Thursday	September 15	Shepherd’s Pie
Tuesday	September 20	Roast Beef
Thursday	September 22	Liver & Onions
Tuesday	September 27	Lasagna
Thursday	September 29	Chicken Cordon Bleu

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](mailto:deidei@shaw.ca), or stop by the kitchen.

## News From the Centre

### **From The Gift Shop**

*What an amazing summer of sales it has been in the Shop! It's been over a year of transformation for our little Gift Shop. Who would have thought such a small space could hold so many unique crafts from some very talented members? Thank you consignors for all that you craft and sell in the Shop. Thank you to the Gift Shop Gals who volunteer their time. A huge thank you to our member community who shop and spread the word about our quaint little gem.*

*As we move into the Fall, we look forward to getting ready for the Christmas Craft Market and seeing all the crafting ideas come alive. Fall and winter items can start coming into the shop now. We will be receiving Christmas crafts in October.*

*We welcome new members who love to create and would like to sell their creations. Consign and showcase your items in the Gift Shop. We offer 80% of the sale to to you, 20% helps fund the Centre. Consignor payouts from January to July totaled \$5300.00. Come join our Gift Shop community to earn your payouts. Schedule an appointment with Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) or call 250-650-2193.*

*Come check out our new greeting card rack! The displayer holds more cards for a wide range to choose from. Welcome, new members Hans Z. And Heather W. for consigning their beautiful photo print cards.*

*English Tea Seabreeze Fashion Show tickets on sale at the Gift Shop as well as the Office and Seabreeze Boutique. Bring your friends to see the new fashions for the Fall.*

*Fall/winter Gift Shop hours 10 am-1 pm Monday-Friday starting September 6th.*

*Thank you from  
The Gift Shop Gals*



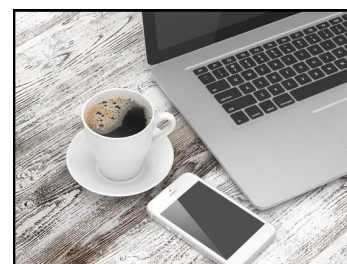
### **Tour d'Esterre Centre**

Welcome to the September Tour. Is it just me, or does September seem like it should be the beginning of a new year? Or perhaps a new beginning?

We will meet at the table outside the office on WED., SEPT. 14th at 10:30 am. Please reserve by the 11th to guarantee a spot. Bring a friend and explore all that is our Centre. Tours are open to existing, new, or non-members, but please reserve. I look forward to showing off all we have to offer and invite you to join us after for lunch or just coffee/tea and some of Dei's great baking.

Stay cool,  
Be happy,  
SHERRY 250-792-2256 [sherbry650@gmail.com](mailto:sherbry650@gmail.com)

### **Coffee with AI**



#### **AI's back!**

Join him 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.

### **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](mailto:comoxseniors@shaw.ca).

## More News from the Centre

### From the Desk of Diane Stewart, Centre Coordinator

OMG! The positive changes happening at the Centre in just the past two months has been invigorating! Including, but not limited to, reconfiguring the office furniture to help implement a more efficient and effective office space, and the addition of a debit card machine allowing members to now pay by debit, cash or cheque. Quilters finally receiving the much awaited regulator for their quilting machine, which by the way, according to Quilting Coordinator Mona Cashman, will be up and running by mid September – way to go, Mona! Director Gayle Cousins has been diligently working on upcoming Information Sessions to be held at the Centre in the coming months. Directors and Special Events Coordinators Nancy Kremer and Bernice Blonarwitz along with their team have been working tirelessly organizing the much desired “Fall Tea and Fashion Show”. Kitchen Coordinator Dei and her team just get things done! And Bill Brown, our custodian, continues to keep our facility sparkling clean. Special thanks go out to former Director Glenn Woods for his willingness to help purge cupboards of unwanted items just taking up space. I would also like to thank Ralph Bruinink for his willingness to step in and get the little things done around the Centre that keep our space “lookin’ good”! The fall opening of the office on Monday, August 29th, has been driven by Penny and although Penny has now stepped away from Office Volunteer Coordinator, she will still continue to be a much appreciated office volunteer. For me, being a part of all these positive changes has been so rewarding. So many volunteers doing great things! Thank you to all who work so hard!



Posters are up, advertising completed, tickets are ready, models, volunteers, entertainment, and food in place. It's coming together for the English Tea/Seabreeze Fashion Show on Sunday, September 11th from 2-4. Tickets on sale for \$10.00 at the Office, Gift Shop, and Seabreeze Boutique. Limited seating of 80, get your tickets early. Come enjoy an afternoon of food, music, prizes, and see what's new for Fall fashions.

As with any event, preparation and organization is key to a successful and fun time. In saying that, we are also in the planning stages for October's Thanksgiving Dinner and the Christmas Craft Market in November.

The dinner is on Saturday, October 8th at 5pm. There will be music and a special after dinner guest along with Dei's scrumptious turkey dinner. Tickets will be \$20.00 for members and \$25.00 for non-members. Tickets will go on sale at the office on September 26th.

The Christmas Craft Market takes place on Saturday November 19th from 9am-12pm. Table rentals will be \$20.00 per table. Work shop clubs and consignors, please contact Nancy at nancy2fancy@shaw.ca for your space, table quantity, and size. Tables are 6' and 8'. Deadline for table rentals is November 1st. This is a good opportunity to showcase your amazing crafts.

Let's show the community the talent within our Seniors' Centre and welcome them to be a part of it. Till next time....enjoy the changing of the season and open your hearts to what comes next.

Nancy Kremer and Bernice Blonarwitz, Special Events Coordinators

## September Special Event

## September Info Session

**SOLD OUT**

**English Tea & Sea Breeze Fashion Show**

*Prizes*

**Only \$10**

**Sunday, Sept. 11 2 - 4**  
(Doors open at 1:30)

*Come for Tea and See what the New Trends are for this Fall and Winter.*

**TICKETS:**  
\$10 per person  
Tickets on sale after August 29th at the:  
- Office or Gift Shop from 10 - 1, Monday to Friday (250-339-5133)  
- Sea Breeze Boutique 17B-215 Port Augusta St., Comox

Our models will be wearing fashions from **Sea Breeze Boutique**

The Gift Shop will be Open 1:30 - 4:30 on the day of the Fashion Show

d'Esterre Seniors' Centre  
1801 Beaufort Ave., Comox



**Join Us It's Free**

**September Information Session**

**FIRE SAFETY AND EMERGENCY PREPAREDNESS**  
Presented by Assistant Fire Chief Jim Lariviere

**SATURDAY, SEPTEMBER 24, 2022-10:30AM**  
d'Esterre Ballroom



### News From the Library



#### Where, oh where, have the little books gone...

Since taking on the role of D'Esterre Librarian, one of my aims has been to give all library users a better experience, so I have catalogued all the books and DVDs currently in our possession. This makes it much easier to track new donations, so that when we swap out stock in the library only new titles will be added to the shelves.

There have been comments that some shelves don't have many books on them and that is true. However, when we restocked the shelves, they were considerably fuller than they are now. Checking our inventory listing against the books in the library, we are missing approximately **300 books** that have been borrowed and not returned. I am reluctant to bring new stock up from storage to put on the shelves at this point as I'm hoping these missing books will reappear. I will reassess the quantity of books in the library at the end of September. I'm sure you appreciate that moving books up and down the stairs from storage to the library is very time consuming. In order to give all members the opportunity to borrow items before they are removed from the shelves, I respectfully ask that you return any books that you have read to the library as soon as it is practical for you to do so.

Older stock from the library is what we use in the book sales that we hold once or twice a year. These sales generate income for the centre.

Please place returned items in the basket provided, NOT to the shelves.

Your anticipated cooperation is very much appreciated.

Roger Taylor,  
Librarian

## Activities Around the Centre



### Bridge

Come and join us for MONDAY PARTNERS BRIDGE at 12:30 pm which is social contract bridge. Meet a fun bunch of swell people. In addition to prizes for top scores, there are additional ones to make it more exciting. Play is about 3 hours. For more info, contact Jane Jenssen at 250-335-1227.



### Knitting Group

Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and tell. We meet Thursday from 11 am to 1 pm, downstairs in the card room.

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



### Cribbage

Tuesday night cribbage will resume on Sept. 6th in the Ballroom.. Play begins at 7pm sharp, so plan to arrive a bit earlier to help set up the tables. The cost is \$2, with a penalty of 10 cents payable for every skunk, so be sure to bring some dimes. Modest cash prizes are awarded to high scorers. We play 7 games, then move into

the dining room for coffee and snacks. Everyone welcome.

FMI contact Terry or Diana at 250-339-7714 or dianaterry@shaw.ca

### Quilter's Group

Summer is almost over and soon everyone will return to the Centre We look forward to seeing everyone back.

The Quilters have a selection of quilted items for sale. We have lap quilts, baby quilts, table toppers/runners, placemats, wall-hangings, bags and more. Drop downstairs Tuesday or Thursday mornings and check them out. 15% of all sales are given to the Centre. On top of our usual 15%, we were able to donate \$250.00 to the Centre at the end of June.

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 Tuesday or Thursday at 10 am if you would like to see some of the stuff we do. If you need more information, contact Donna Englehart at 250-702-9493.

Donations of Cotton fabric appreciated. There is a Yellow Bin on the counter where donations can be left.



### Art Club

With the onset of September and with fall in the air come thoughts of activities to keep us occupied for the coming cooler and then wintry weather. The Art Club will be getting back in full swing with renewed enthusiasm and new members are very welcome. This is not a painting class; each of us follows our own path, whether drawing, sketching, painting with acrylics or water colour, etc. However, we are always willing to help those new to painting with helpful advice or suggestions. There is also plenty of sociable discussion of new ideas, materials or art shows attended locally or in other locations. If you would like to paint and draw in a happy atmosphere, please join us on Monday mornings at 10 am in the downstairs Art room.



## Classes Around the Centre



### LINE DANCING

Line Dancing is a fun, active way to get your body moving and your mind engaged. Improve your basic skills of line dance. Students will continue to learn the basics and gain confidence to get out on the dance floor and have fun! 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.

FMI Contact Nina at [nsato@live.com](mailto:nsato@live.com) or 778-992-0220

### DANCEFIT SILVER

This fun, Zumba style class will have you working out to easy to follow choreography. From Latin salsa to country line dancing, Bollywood and more, move to upbeat music from around the world.



Classes resume on Wednesday, September 7th at 10 am. Information on the new registration process and options for payment is presented elsewhere in the newsletter.

FMI Contact Diana at 250-339-7714 or [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca)

### MAGI'S EXERCISE CLASSES

There are a variety of classes to work on strength and fitness. 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 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! There is room in both the Monday 8:30 and 9:30 classes.

\$20 per month or \$7 drop-in. Contact Robynn at [robynkh@gmail.com](mailto:robynkh@gmail.com) or 250-338-3502.



### New Process for Registration and Fees

Registration and payment of fees for classes will now be done through the office. This allows for payment by debit, cheque, or cash. The coordinator for each class will still be the point of contact for questions regarding the class. Please see individual class information or contact the coordinator for fees.

Looking forward, a new **Line Dance Fusion** class will be offered in October as a 7-week session. It was created by Nimisha Jimenez to integrate wellness with line dance and is an integration of "wholistic" health and the healing power of dance. More details in the Oct. newsletter.



There are new yoga and core classes being introduced to the Centre this fall. The yoga/core schedule and detailed information is given on the next 2 pages, and the new classes are indicated with this symbol.

### Additional information for yoga classes:

Participants are to bring their own mat and props; including blocks, pillow case to hygienically cover bolster, blanket, and yoga strap. Nice to have would be an eye pillow.

For more information, contact the individual class coordinator. Or, if you have any general questions about any of these classes, contact Barb Taylor (250-890-3446) or Linda Barfoot (250-897-1374).

## Classes Around the Centre

### YOGA AND CORE

**Monday Hatha Yoga 3:00-4:30 pm 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. If you would like to learn more about Anne-Marie, please visit: [www.peacefulpathwellness.com](http://www.peacefulpathwellness.com)

Coordinator: Deborah Holmes [debholmescomox@yahoo.ca](mailto:debholmescomox@yahoo.ca) 250-339-4313

**Monday Yoga 5:00-6:30 pm Deb Karlstrom**

This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cueing is offered, modifications explored and encouragement of willingness to entertain possibilities. To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings from Mary Oliver & others, and sends one back into life rejuvenated.

Coordinator: Karen Fraser [frasertransfer@shaw.ca](mailto:frasertransfer@shaw.ca) 250-890-0608



**Tuesday Core Plus 1 12:30-1:30 pm Steve Thomson**  
**Core Plus 2 1:45-2:45 pm Steve Thomson**

All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility, and mobility ending with a stretching session. The class enables you to be stronger and more confident in your daily activities.

Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374



**Tuesday Slow & Gentle Somatic Yoga 3:00-4:30 pm 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. This class runs in 6 week sessions. To learn more about Wendy, visit:

[www.wendyandersonsjoyflow.com](http://www.wendyandersonsjoyflow.com)

Coordinator: Donna McKinnon [donnamckinnon9@gmail.com](mailto:donnamckinnon9@gmail.com) 250-890-0082 or Peg MacMillan 250-941-3656

**Tuesday Men's Only Stretch 5:00-6:30 pm 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. To 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 thru the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed.

Coordinator & Instructor: Deb Karlstrom [drolston@shaw.ca](mailto:drolston@shaw.ca) 778-585-5105

**Wednesday Soma Nidra (Six week session for \$60.00) 5:00-6:30 pm Wendy Anderson**

This All Levels class is open to all d'Esterre members. 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. These classes run as 6 or 8 week sessions and are repeated. To learn more about Wendy, visit: [www.wendyandersonsjoyflow.com](http://www.wendyandersonsjoyflow.com)

Coordinator & Instructor: Wendy Anderson [wendyandersonsjoyflow@gmail.com](mailto:wendyandersonsjoyflow@gmail.com) 250-898-3021

**Thursday (starts Oct 6) Pilates 12:00-1:00 pm Jenny Aird/Rachel Bood**

Pilates is a gentle and controlled way to create functional strength, as well as increasing flexibility and endurance. Pilates heightens our body awareness and balance, helping with stability to prevent falls. It improves upon and maintains strength and mobility, allowing us to move through life with a bit more ease and enjoyment. We will work through age-appropriate exercises and build upon the skills we learn each week and we'll have a bit of fun while we're at it!

Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374



**Thursday Yoga 1:15-2:45 pm Janet Haigh/Alana Taylor/Claire Vardy**

These BRAND NEW classes will feature three instructors that each teach a six-week session on a rotational basis. See below for what to look forward to in the first session of these classes!

September 15- October 20 with Janet Haigh

October 27-December 1 with Alana Taylor

January 12-February 23 with Claire Vardy

Fees are \$60 for each 6 week session.

Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374



Six week session with **Janet Haigh** September 15-October 20

Enhance your day with some deep breathing, stretching, and energization with a gentle Hatha Flow Mat Yoga class. Participants are invited to join Yoga Therapist Janet Haigh C-IAYT, and to try various options and explore movements that serve them best. Together we will cultivate physical, mental, and emotional balance to face whatever life brings. Each class will include breath work, gentle movement, a deep relaxation session as well as a brief explanation of one of the Yogic ethical guiding principles known as the Yamas and Niyamas, to deepen participants' awareness of another limb of Yoga. Classes are offered from a trauma-informed approach, with plenty of choices and freedom to tailor your experience ... let this practice serve you. Please contact Janet with any questions at [janet@blueskyyoga.ca](mailto:janet@blueskyyoga.ca)

**Thursday Yoga 3:00-4:30 pm Deb Karlstrom**

This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cuing is offered, modifications explored and encouragement of willingness to entertain possibilities. To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings often from Mary Oliver & others and sends one back into their life rejuvenated.

Coordinator: Karen Fraser [frasertransfer@shaw.ca](mailto:frasertransfer@shaw.ca) 250-890-0608

**Friday All levels Yoga 9:00-10:30 am Nancy Moelaert**

**All levels Yoga 10:45-12:15 am Nancy Moelaert**

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

Coordinator: Barb Taylor [barbtaylor88@gmail.com](mailto:barbtaylor88@gmail.com) 250-890-3466

**Friday Chair Yoga 1:00-2:00 pm 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 with a smile.

Coordinator & Instructor: Deb Karlstrom [drolston@shaw.ca](mailto:drolston@shaw.ca) 778-585-5105

## ...And Even More News from the Centre



### A Happy Birthday Celebration...

Sarah's birthday was celebrated on Aug 15th at the Centre.

We are so lucky to have Sarah volunteering in the kitchen. She has blossomed from a quiet person to becoming outgoing with coworkers and customers. We look forward to her scrumptious baking. Sarah is our Angel Baker.



### 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](mailto:thriftstorequeen43@gmail.com)

Melba Morris – (nee Carboni Monge)

February 4, 1937 – July 29 2022



After a sudden and unexpected illness, the Conversational Spanish Group has lost one of its key members. Her passing has left a huge void in the group. She always had encouraging words and a wonderful sense of humour. Melba was the glue that bound the group together and she always thought of the Spanish Group as her 'second family'. Born in San Jose, Costa Rica, her native language was Spanish. She was a world traveller and avid reader with an astonishing range of knowledge and experiences. Younger than her years, Melba knew how to live life – and she lived it to the fullest.

She leaves behind a daughter and two granddaughters in the Comox Valley and one other daughter who resides in Spain.

Melba enriched all of our lives and we will be hard-pressed to recover from our loss.

### THANK GOD FOR SENIORS (TGFS)

As a long time resident of Comox Avenue and Church Street I would like to thank all the seniors who still know how to say hello, thank you, you're welcome, and show respect, all without looking at their phone.

TGFS who know how to stretch a dollar to weather through the economic storm of today without spending every dime and then declaring bankruptcy.

TGFS who volunteer their time so many, many charities continue to exist.

TGFS who are willing to fundraise to replace an expensive light outside the Comox Legion that was destroyed by someone deciding to use it as a "chin-up" bar.

TGFS who know how to put a cart back where it belongs once they are done using it.

TGFS who have opted to jump in and fill some of the many jobs available.

TGFS.

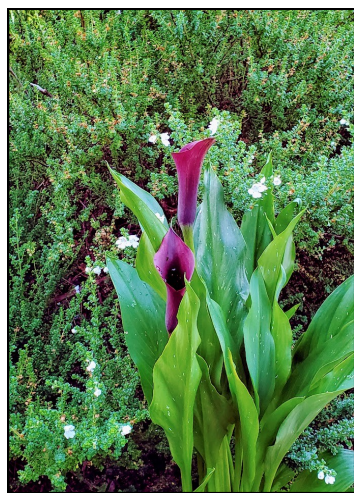
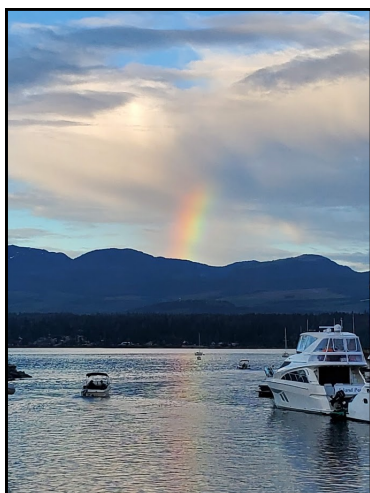
## And Last But Not Least

### Survey in September

The first ever Centre member survey will be sent out after Labor Day. 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. The survey will take only 5-10 min. to complete.

A link to the online survey will be emailed and you are encouraged to fill it out online so that your responses are recorded immediately. For those who are unable to do so, there will be paper copies available through the office; however, there will be extra labor involved in putting your surveys into the computer. Please try to use the online format if possible.

### Photo and Poetry Corner



Lots of rainbows in August—one right over the Centre!

### This Month's Chuckles



## d'Esterre Seniors' Centre Association Clubs & Activities

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

<b>Centre Office</b> <b>250-339-5133</b> M-F 10 am-1 pm <b>Diane Stewart</b> <b>Centre Coordinator</b> 250-339-5133  <b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)	<b>Monday</b>	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) Yoga Bid Euchre	BR BR CRR AR BR  CR BR LIB BR BR CR	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 5:00 pm 7:00 pm	Robynn Honeychurch Robynn Honeychurch Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Jane Jenssen Gabrielle McCormack Lori Labatte Deborah Holmes Karen Fraser Lori Carter	250-338-3502 250-338-3502 250-339-1983 250-339-2788 250-871-4299 250-339-0816 250-335-1227 250-339-0113 250-338-3476 250-339-4313 250-890-0608 403-512-8203
<b>Kitchen Hours</b> M-F 8 am-1pm  <b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193  <b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422	<b>Tuesday</b>  2 <sup>nd</sup> Tuesday	Fitness 1 Fitness 2 Quilters Glass Creations Rock & Gem Club Chair Exercise Core Plus 1 Core Plus 2 Gentle Soma Yoga  Men Only Stretch Duplicate Bridge  Cribbage	BR BR AR CRR CR BR BR BR BR BR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 3:00 pm  5:00 pm 7:00 pm  7:00 pm	June Lunny Pat Jacobson Donna Englehart Isabel Thomas John Fisher Pat Jones Linda Barfoot Linda Barfoot Peg Macmillan and Donna McKinnon Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Terry and Diana Fright	250-339-0847 250-465-1683 250-702-9493 250-339-9667 250-338-4573 250-339-6706 250-897-1374 250-897-1374 250-941-3656 250-890-0082 778-585-5105 250-339-7161 250-923-5687 250-339-7714
<b>Pottery Studio</b> Lorrie Smith 250-339-1902  <b>Wood Shop</b> Dave Robinson 250-703-2536  <b>Cue Sports</b> Ralph Bruinink 250-339-6966	<b>Wednesday</b>  Sep 7-Oct 12	Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced  Strength Training  Carpet Bowling Table Tennis I  Soma Nidra Yoga (6 weeks) Whist	BR BR AR  BR  BR BR  BR CR	8:55 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 Bev Haist or Caroline Hoon Gabrielle McCormack Peter Birch or Gerry Woloshyn wendyandersonsjoyflow Coordinator Needed	778-992-0220 250-339-7714 250-339-3772 250-218-3442 250-871-4299 250-339-0816 250-339-0113 250-465-8154 250-339-3264 @gmail.com
<b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220  <b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@ gmail.com	<b>Thursday</b>  Sep 15-Oct 20	Fitness I Fitness II Glass Creations Quilters Chair Exercise Knitting Pilates Mah Jongg Yoga (6 week sessions) Yoga	BR BR CRR AR BR CR BR CR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:00 am 12:00 pm 12:15 pm 1:15 pm 3:00 pm	June Lunny Pat Jacobson Isabel Thomas Donna Englehart Pat Jones Elaine Kivela Linda Barfoot Ethel Ashcroft Linda Barfoot Karen Fraser	250-339-0847 250-465-1683 250-339-9667 250-702-9493 250-339-6706 250-941-2518 250-897-1374 250-898-3887 250-897-1374 250-890-0608
<b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-792-2256  <b>Special Events</b> Nancy Kremer Bernice Blonarwitz	<b>Friday</b>	Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Chair Yoga Canasta (starts in Sept.) Table Tennis I  Bid Euchre	AR BR BR BR CR BR BR	10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 3:00 pm  7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Contact office Peter Birch or Gerry Woloshyn Marj & Charlie Richardson	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-339-5133 250-465-8154 250-339-3264 250-897-0015
<b>Rentals</b> Bernice Blonarwitz benice9150@gmail.com 250-871-4818	<b>Saturday</b>	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
<b>Custodian</b> Bill Brown 250-339-3020	<b>Sunday</b>					

\*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](mailto:nsato@live.com)