



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

www.comoxseniors.ca  
Email: comoxseniors@shaw.ca



September Light

#### 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

# October 2022 Newsletter

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

## President's Message

We just closed off a banner year with 887 memberships sold in 2022. Thanks to our existing members for renewing en masse and a warm welcome to new members. Your Board's top priority is to make our Centre a welcoming place and your second home.

Have you tried to made travel arrangements lately, renew your passport, find a family doctor, book a tradesperson, or find your favourite bottle of wine? If so, you likely realize that we are still in the "post-Covid Recovery Period". Organizations in the private, public, and non-profit sectors are having difficulties finding staff (they're mostly retired and found at the d'Esterre Centre). Our Centre is facing transitional challenges as well. Fortunately, we have Dei and Bill and now Diane as our Centre Coordinator to get us through this challenging period. We ask for your patience, solidarity and goodwill as we make changes to improve activities, services, and communications.

We have a mutual interest in making the Centre a well-managed and sustainable organization. That shared interest goes beyond the Board members and is one that concerns all 900 members.

Want to get involved and make a difference? Here's how. Volunteers still play a key role in keeping the Centre humming with a broad variety of programs. We can't offer these services without our volunteers! With the recent centralization of the Class Registrations into the Office and the roll-over to 2023 membership sales on October 1st, we need a few more volunteers with previous office experience in the Office.

Dei could also use volunteers with the fall increase in cafeteria traffic and an ambitious Special Events schedule that we have prepared for you. Do come forward! Talk to Diane and Dei and offer to volunteer three hours a month. Even busy people can find three hours in their calendar. Best place to find out about your Centre and have an impact is by volunteering. I would be remiss if I didn't recognize all the existing volunteers on both floors of our Centre.

Special thanks to Diane Brown who theme-decorates the Centre for us. Diane is one of those hidden hands who work in the shadows and makes the Centre look seasonally-appropriate for your enjoyment.

Have a wonderful fall month of October!

*"As far as possible, without surrender, be on good terms with all persons."* Quote from the poem Desiderata written in 1927 by Max Ehrmann; American lawyer and poet (1872-1945)

~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

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

Sat., Oct. 8 – Thanksgiving Dinner

Mon., Oct. 10 – Centre closed for Thanksgiving

Tues., Oct. 11 – Survey begins

Sat., Oct. 22 – Information Session: Organizing/Downsizing at 10:30 am in the Ballroom

Mon. Oct. 31 – Happy Halloween

Looking Ahead:

Sat., Nov. 19 – Christmas Craft Market

## 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.

## 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	October 4	Ham & Scalloped Potatoes
Thursday	October 6	Meatloaf
Tuesday	October 11	Roast Pork
Thursday	October 13	Liver & Onions
Tuesday	October 18	Lasagna
Thursday	October 20	Roast Beef
Tuesday	October 25	Chicken Cordon Bleu
Thursday	October 27	Liver & Onions

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

*Crisp mornings, warm afternoons, ending with some amazing sunsets...Fall has arrived. Don't you just love it! Slowly our attire changes into a warmer palette of fall colors. The shop is embracing Fall too, as new items arrive each week.*

*Knitted hats have arrived for women along with children's cardigans, sizes newborn to ages 2-3. Petra crafted a beautiful one-of-a-kind ladies ruby angora tunic sweater, size medium. Absolutely beautiful!*

*Does your shoulder strap on your seat belt drive you crazy? Check out Kinder Kuffs by Joan. Handmade colorful padded Kuffs velcro over seat belt for comfort. Ideal for adults or children. Non toxic, washer and dryer friendly.*

*Welcome, potters Rod and Lori, for consigning their fabulous and unique pottery. Mugs, bowls, platters and a pillow pot are just some of their creations – ideal Christmas gifts.*

*What are you creating that you want to share with our community?*

*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. 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. The shop is now accepting your creations.*

*Reminder to any consignors who want to rent a table for the Christmas Craft Market November 19th to book your table. The Gift Shop will also be open that day for all consignor's Christmas crafts you have consigned.*

*Happy Thanksgiving!  
Gift Shop Gals*



### Tour d'Esterre Centre

WELCOME new members, existing members, or anyone thinking of becoming members...all are invited to tour our interesting Center. Join us on WED., OCTOBER 12th at 10:30 am.

RESERVE YOUR SPOT BY EMAIL [sherbry650@gmail.com](mailto:sherbry650@gmail.com) or phone 250-941-1808.

We meet at the round table in front of the office. See you then.

Be well and happy,  
SHERRY

### NO Coffee with AI



AI will not be available for computer help in October, but will be back in November.

### 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

Just like the fall leaves, some changes occur quickly at the Centre. Registration and payment for classes being accepted at the office has challenged the office volunteers and me for sure, but the good news is the office is fine tuning everyday helping to make things easier, quicker and more efficient for members to register and pay for any class they enjoy taking. I truly would like to thank all the members, class instructors, and class coordinators for their patience during this time of transition. Fall is my favorite time of year. May we all enjoy these beautiful fall days!

### Class Registration

Class registration and payment of fees is now done through the office and can be paid by cash, cheque, or debit. As of Oct. 3rd, registration is open for Oct., Nov., and Dec. You can register and pay for one or more months. If you are interested in a class, please contact the coordinator to get more information, find out if there is space available, and arrange for a drop-in if that option is available for that class.



Wow, who would have thought our first event would sell out in a day...not us! The English Tea/Seabreeze Fashion Show was enjoyed by all. With organized planning and volunteer teamwork, the show ran smoothly with a few minor improvements for next time.

Dei and her awesome volunteers set out a scrumptious array of sandwiches and baked goods. Special thanks to Deb Karlstrom for donating her handmade soap samples and Lindy Watson's donation of gift bags for prizes. Lindy also stepped in when one of the models was unable to attend.

A huge round of applause for dressers and Sherry for keeping models on time. Models, you were spectacular and looked amazing in every outfit. Thank you, all! There is a slide show of photos from the Fashion Show at the Gift Shop, so stop by and enjoy. Models wanting photos of the show can contact Bernice at 250-871-4818 or benice9150@gmail.com.



Mark your calendars October 8th for a traditional Thanksgiving dinner. Tickets on sale at the office. Members \$20, nonmembers \$25. Limit of 80 seats. Doors open at 4:30 with dinner at 5pm. Special entertainers before and after dinner. Come out enjoy an evening of good food and friends.

The Christmas Craft Market, a new event, is on Nov. 19th! Table rentals are filling up. Reserve your table with Nancy at nancy2fancy@shaw.ca before November 1st. Rental fee of \$20.00 per table is due November 4th. This is a great time to showcase your talents.

Happy Thanksgiving!

Nancy Kremer and Bernice Blonarwitz, Special Events Coordinators



## October Special Event

## October Info Session

### Thanksgiving Dinner

Saturday,  
**October 8<sup>th</sup>**

5 pm (Doors open at 4:30)

Door  
Prizes

Traditional  
**TURKEY & HAM**  
with All the Trimmings



Live  
Entertainment  
Prior to Dinner

Special Guest  
Entertainer  
after Dinner

Tickets:  
\$20 for Members  
\$25 for Non Members

Tickets on Sale starting  
September 26th at the  
Office. Limit is 80 seats.

d'Esterre Seniors' Centre  
1801 Beaufort Ave, Comox  
250-339-5133

## October Information Session

### ORGANIZING AND DOWNSIZING

Presented by MYRNA LOGAN

**SATURDAY, OCTOBER 22, 2022-10:30AM**  
d'Esterre Ballroom

### News From the Library



We are still short of a considerable number of items that have been borrowed from the library and not returned. The majority of these items have been on loan, i.e. absent from the library shelves, for months. This makes it very difficult to manage library stock and so I have reluctantly decided to implement a sign-out system for borrowing library items. This will be in effect from October 1st. From that date there will be a sign-out folder in the library. It will contain clear instructions on how to enter borrowed items under an individual's name. Please make sure to familiarise yourself with the signing out procedure before removing an item from the library. Sign the borrowed items out and then make sure to update the folder once you return any items. Note: this procedure applies to books, including talking books, and DVDs only.

Thanks for your anticipated cooperation,  
Roger Taylor  
Librarian

### 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)

## Activities Around the Centre

### Quilter's Group



The quilting group is busy preparing their raffle quilts for the Nov. craft sale. With the support of the membership, we can once again anticipate selling all tickets as the total sales are returned to the Centre. Tickets will go on sale Oct.18, they are \$2.00 each or 4 for \$5.00. Since the quilting group began in Feb. 2010, over \$10,000.00 has been donated to the Centre through our raffles and sale of quilts. Our quilt members have been very generous donating fabrics and their time to make these quilts. In 2021, our group donated 12 quilts to the Upper Island Women of Native Ancestry and this year we donated 14 quilts to the same group. We are always looking for new members, if you are interested please contact Donna Engelhart at 250-702-9493.

### Art Club

And so we come to October, that lovely "season of mists and mellow fruitfulness", in the words of the poet John Keats. Now Mother Nature starts to clothe the trees and hedgerows in the wonderful fall colours which so delight the artist's eye. The hedgerows are full of seedheads, the last of the blackberries, elder berries, jewel-like rose hips etc. there to provide food for wintering birds. Fields of colourful pumpkins just waiting for Halloween. Our art group is now in full swing, discussing ideas for winter projects and future displays in the coffee shop. We hope you will all enjoy our efforts, remembering that a percentage of all sales is donated to the Centre. We meet Monday mornings. New members and visitors are welcome.

### Silversmith Club

Eleven members confirmed their interest in the Centre's new Silversmith Club. The first meeting was held Tuesday, September 27. The Centre funded the purchase of one workbench and some equipment. The Silversmith Club will be operating Monday through Thursday afternoons in the Glass Studio. Members are currently taking classes from local professional Silversmiths in our community to develop their skills.

Bonnie Luterbach, Coordinator  
bluterbach@shaw.ca 250-465-1948

### Soapstone Carving

A group of soapstone carvers meet Monday mornings at 9:30 in the lower level craft room of the Centre. We share ideas and encouragement over a cup of coffee. We have room for more if you are interested.



### Pottery Club

Did you know that there is a Pottery Studio downstairs that is equipped with everything a potter could desire? There are pottery wheels, kilns, a slab roller, extruder, glazes, tools, etc. The only equipment you will need is a box of clay. Space is limited and there is no teaching or instruction involved. So if you have taken a ceramic course, know how to work with clay, and want to be involved, we would be happy to meet with you and show you around. For more information, please contact Lorrie Smith at 250-339-1902, email landksmith@shaw.ca, or come by the studio and chat with whoever is there.

Come and see some of our creations at the November 19th Craft Sale in the Ball Room or look for a mug or bowl in the d'Esterre Gift Shop.





**The Centre needs you! We are looking for volunteers for the Kitchen and 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](mailto:deidei@shaw.ca).

### **Office**

The Office is in need of volunteers, especially with membership renewals going full swing in October. If you have previous office experience and enjoy meeting people and working with others, please contact Diane, Centre Coordinator at [centre.coordinator@comoxseniors.ca](mailto:centre.coordinator@comoxseniors.ca) or call the office at 250-339-5133.

## **Activities Around the Centre**



### **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 is cribbage night at d'Esterre and everyone is welcome, regardless of skill level.

Play begins at 7pm sharp, so plan to arrive a little early to help set up the tables. Bring a toonie, a few dimes, enjoy the games, and round off the evening with coffee and snacks.

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



### **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.

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

## Classes Around the Centre

Try a class this fall and see the amazing benefits to your body and spirit.....

There are spaces for d'Esterre members in the following Yoga/Core and Pilates classes. You may register now at the office for all of these classes.

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

**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

**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 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

Come try the Wednesday class. Cost is \$10.00 for drop ins. Current session ends Oct. 12.

Next 6 week session is November 9-December 14 and time will be 4:30-6:00 pm.

**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 classes feature three instructors that each teach a six-week session on a rotational basis.

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)

Six week session with **Alana Taylor** October 27- December 1

Alana's yoga class should be labelled, "yoga for every body".... Providing a space where people can connect, create community and develop a personal practice is at the heart of each class. "My goal is always to teach in such a way that a student develops the knowledge, awareness and confidence to take their practice home - or wherever they go. This Hatha class allows students to start where they are and grow their practice as time unfolds." What this means is that classes (always new and interesting) are comprised of poses which can be varied to suit one's needs. A student can take it easy or try the more challenging moves. Classes always include breath work, slower more gentle openings followed by a variety of more challenging asana, finishing with some floor work (various core stabilizing/strengthening movements), and then an easy stretch into savasana. A little philosophy and intention-setting can sometimes slip in, all delivered with compassion and a nice balance of humour and reverence to this time honoured practice. Please contact Alana with any questions at [alana.thinkyoga@gmail.com](mailto:alana.thinkyoga@gmail.com).

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

**All levels Yoga      10:45 am-12:15 pm      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

## Classes Around the Centre

### 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  
robynnkh@gmail.com or 250-338-3502.



### LINE DANCE FUSION

A holistic and new approach to line dance. Begin with a few stretches, move to dance routines, and end with chi movements as a way to balance the body and mind. There's a little bit of country, a little bit of pop, a little bit of soul, and a lot of fun. Mondays, 12-1 pm. 7 week session Oct. 17-Nov. 28.

Cost is \$45 for the 7 weeks.  
FMI contact Ele Clarke at  
eleclarke@shaw.ca or 250-339-5919.



### LINE DANCING

Line Dancing is a fun, active way to get your body moving and your mind engaged. 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. \$20/month or \$7 drop-in.

FMI Contact Nina at nsato@live.com or 778-992-0220



### DANCEFIT SILVER

This exercise programme is tailored for the older person and will have you working out with easy dance movements to upbeat music from around the world.

Classes are on Wednesdays, 10-11am. Drop-ins are welcome, so why not give it a try?

Register and pay at the office. \$20/month or \$7 drop-in. FMI contact Diana at 250-339-7714, or 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.



### YOGA WORKSHOP SERIES ON CHAKRAS

December 8, 15, and 22 with Nancy Moelaert  
Cost is \$35 for members and \$45 for non-members  
Registration at the office. Non-members will be able to register after Dec 1.

We are energy beings! In this Workshop series of three classes, Nancy Moelaert will introduce us to our Energy centers called Chakras. We will explore these Chakras with yoga postures, breathing exercises and meditation. There are 72,000 Nadis, (Meridians) or energy pathways in the body. At the intersections of these energy pathways are 7 major Chakras that run the length of the spine to the crown of the head. Yoga postures are designed to open our energy channels but it is the breath that gets the energy moving. These energy pathways are also the basis for acupuncture, reflexology, medical qi gong and much more.

Look for more info in the November newsletter.



## And Last But Not Least

### Survey in October

Yes, the survey was going to be in September, but the month was so busy at the Centre that we decided to hold off until after Thanksgiving. The first ever Centre member survey will be out on Oct. 11th. 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 only takes 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.

We would love to hear from each and every one of our members, so please give us your input!

### This Month's Chuckles

I have a few jokes about unemployed people, but none of them work.

How does an attorney sleep? First, he lies on one side, then he lies on the other side.

How do you make holy water? You take some regular water & boil the hell out of it.

Will glass coffins be a success? Remains to be seen.

What's the difference between a hippo and a zippo? One is really heavy and the other is a little lighter.

Hear about the new restaurant called Karma? There's no menu - you get what you deserve.

I went to buy some camouflage trousers yesterday but couldn't find any.

What do you call a bee that can't make up its mind? A maybe.

I tried to sue the airline for losing my luggage. I lost my case.

When everything is coming your way, you're in the wrong lane.

### Photo and Poetry Corner



Wild geese sunlit sky  
Changing seasons homeward bound  
Hear the lonesome calls



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

For more information, contact the coordinator listed for an activity or class

<p><b>Centre Office</b> 250-339-5133 M-Th 10 am-1 pm <b>Diane Stewart</b> Centre Coordinator 250-339-5133</p> <p><b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p><b>Monday</b></p> <p>Oct 17-Nov 28</p>	<p>T'ai Chi Gong (Rise &amp; Shine) T'ai Chi Gong Soapstone Carving Painting American Mah Jongg Strength Training</p> <p>Line Dance Fusion Bridge (Partners) Carpet Bowling Yoga (Hatha) Yoga Bid Euchre</p>	<p>BR BR CRR AR CR BR</p> <p>BR CR BR BR BR CR</p>	<p>8:30 am 9:30 am 10:00 am 10:00 am 10:00 am 11:00 am</p> <p>12:00 pm 12:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Robynn Honeychurch Robynn Honeychurch Lorraine Kendall Dorothy Gardner Wanda Bell Bev Haist or Caroline Hoon Ele Clarke Jane Jenssen Gabrielle McCormack Deborah Holmes Karen Fraser Lori Carter</p>	<p>250-338-3502 250-338-3502 250-339-1983 250-339-2788 780-742-5336 250-871-4299 250-339-0816 250-339-5919 250-335-1227 250-339-0113 250-339-4313 250-890-0608 403-512-8203</p>
<p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p>	<p><b>Tuesday</b></p> <p>2<sup>nd</sup> Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock &amp; Gem Club Chair Exercise Core Plus 1 Core Plus 2 American Mah Jongg Gentle Soma Yoga Men Only Stretch Duplicate Bridge  Cribbage</p>	<p>BR BR AR CRR CR BR BR BR BR CR CR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p> <p>7:00 pm</p>	<p>June Lunny Pat Jacobson Donna Englehart Isabel Thomas John Fisher Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Peg Macmillan Deb Karlstrom Jeannette Baron (Coord.) &amp; John Godfrey (Director) Terry and Diana Fright</p>	<p>250-339-0847 250-465-1683 250-702-9493 250-339-9667 250-338-4573 250-339-6706 250-897-1374 250-897-1374 780-742-5336 250-941-3656 778-585-5105 250-339-7161 250-923-5687 250-339-7714</p>
<p><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Dave Robinson 250-703-2536</p> <p><b>Cue Sports</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b></p> <p>Sep 7–Oct 12 Nov 9-Dec 14</p>	<p>Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Strength Training</p> <p>Carpet Bowling Table Tennis I</p> <p>Soma Nidra Yoga (6 weeks) Soma Nidra Yoga (6 weeks) Whist</p>	<p>BR BR AR</p> <p>BR</p> <p>BR BR</p> <p>BR CR</p>	<p>8:55 am 10:00 am 10:00 am</p> <p>11:00 am</p> <p>1:00 pm 3:00 pm</p> <p>5:00 pm 4:30 pm 7:00 pm</p>	<p>Nina Sato Diana Fright Margaret Allen or Derek Richmond Bev Haist or Caroline Hoon Gabrielle McCormack Peter Birch or Gerry Woloshyn wendyandersonsjoyflow</p> <p>Coordinator Needed</p>	<p>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</p>
<p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p> <p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p>	<p><b>Thursday</b></p> <p>Sep 15-Oct 20 Oct 27-Dec 1</p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Knitting Pilates Mah Jongg Yoga (6 week session) Yoga (next 6 week session) Yoga</p>	<p>BR BR CRR AR BR CR BR CR BR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:00 am 12:00 pm 1:00 pm 1:15 pm</p> <p>3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Donna Englehart Pat Jones Elaine Kivela Linda Barfoot Ethel Ashcroft Linda Barfoot</p> <p>Karen Fraser</p>	<p>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</p> <p>250-890-0608</p>
<p><b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p><b>Special Events</b> Nancy Kremer Bernice Blonarwitz</p>	<p><b>Friday</b></p>	<p>Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Chair Yoga Canasta Table Tennis I  Bid Euchre</p>	<p>AR BR BR BR CR BR</p> <p>BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 3:00 pm</p> <p>7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Peter Birch or Gerry Woloshyn Marj &amp; Charlie Richardson</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-792-5948 250-465-8154 250-339-3264 250-897-0015</p>
<p><b>Rentals</b> Bernice Blonarwitz benice9150@gmail.com 250-871-4818</p>	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) &amp; John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>
<p><b>Custodian</b> Bill Brown 250-339-3020</p>	<p><b>Sunday</b></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 editor Nina Sato at [nsato@live.com](mailto:nsato@live.com)