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Fall Foliage

Board of Directors

Raymond Morin, President
 Susan Toresdahl, Vice-President
 Julie Spooner, Treasurer
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 Bernice Blonarwitz, Director
 Ele Clarke, Director
 Gayle Cousins, Director
 Nancy Kremer, Director
 Dave Robinson, Director

November 2022 Newsletter

Dei's Café is now serving hot meals Tuesday, Wednesday, and Thursday!
 Mark your calendars and spread the word –
 The first ever Christmas Craft Fair is on Saturday, Nov. 19th

President's Message

What a busy month October has been! With the Centre running at full speed, we can take pride in our many accomplishments this month. First of all, I want to congratulate Dave Robinson, finalist in the Senior Champion category at the annual Local Heroes Awards evening organized by the Comox Valley Record.

This is what we have accomplished this month. First of all, the Thanksgiving Dinner was a great success and appreciated by everyone. The food was excellent (as usual) and great entertainment was provided as a result of Bernice's "Valley's Got Talent" search. A big thank you to Dei and her volunteers for preparing and serving a delicious meal. For December's Christmas dinner on Dec. 10th, we have enlisted the Glacier Grannies in order to provide some relief to Dei and her volunteers.

In the Office we have rolled over, offering 2023 memberships. Diane and our amazing Information Technology volunteer, Terry, reprogrammed the software for new year entries (no small feat). We now have the most up-to-date Microsoft Software 365 suite. Procedures have been established and volunteers have been trained to handle on-going exercise class registrations, sales of dinner tickets, rental spreadsheets, ballroom space and class schedules and much more. Thank you to Diane and her Office volunteers!

And there's more! Your Board has drafted a 2023 Budget, launched a Membership Survey, submitted 2023 grant applications, and planned for a Strategic Planning session in November, as well as our Christmas Craft Fair on November 19th. Of course, this involved many meetings and collaborative efforts from key players.

Without our dedicated (and competent) Board members and volunteers, we could never accomplish as much as we do. Certain volunteers work in the shadows and I call them our "Hidden Hands". Two volunteers who deserve special mention are Ralph and Glenn. They are our "go-to-guys" when we want to set-up and take-down for events, mend equipment, put up shelves, clear-out and haul-away material. They've managed to free up a lot of cobweb-covered out of sight spaces in the last month or two. Thanks, Guys, you're really appreciated!

"If you're passionate about a cause it's not 'work'. It's a legacy that you leave to those who follow you. It also gives purpose to your new day." Charles Robin, (1986-) Philosophy Prof. Univ. de Montpellier, Fr. alias: Le Précepteur.

~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

Fri., Nov. 11 – Remembrance Day, Centre closed

Sat., Nov. 19 – Christmas Craft Market

Mon., Nov. 21 – Board Meeting

Sat., Nov. 26 – Board Strategic Planning

Looking Ahead:

Sat., Dec. 10 – Christmas Dinner

Sun., Dec. 25 – Christmas Day Dinner

Fri., Dec. 23-Mon., Jan. 2 – Centre Closed for winter holiday

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](#).

Contact Raymond Morin at 250-871-6277 or romorin@shaw.ca.

The Centre Ballroom



MEMBERSHIP

2023 Membership

2023 memberships are available NOW:

- Early Bird 2023 Membership renewals are discounted to \$30.00 from Oct. 1-Dec. 22.
- Full fee of \$35.00 will apply when the Centre opens on January 3rd 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

Hot meals are now available on Wednesdays!



Tuesday	November 1	Shepherd's Pie
Wednesday	November 2	Beef Stew
Thursday	November 3	Ham & Scalloped Potatoes
Tuesday	November 8	Pork Roast
Wednesday	November 9	Mac & Cheese
Thursday	November 10	Liver & Onions
Tuesday	November 15	Chicken Cordon Bleu
Wednesday	November 16	Chili & Bun
Thursday	November 17	Meatloaf
Tuesday	November 22	Roast Beef
Wednesday	November 23	Fish & Chips
Thursday	November 24	Liver & Onions
Tuesday	November 29	Chicken Parmesan
Wednesday	November 30	Lasagna

If you would like to be part of the kitchen team, contact Dei to volunteer at lafonddeidre378@gmail.com or 250-650-6459.

News From the Centre

From The Gift Shop

Greetings from the Gift Shop Gals!

The Centre has been bustling with so many members going to and from activities, chatting over coffee, stopping in to the Shop to see what's new. Aaah, it's so nice to see the relaxed Zen atmosphere spreading through the Centre.

Yogis who have not yet covered their chipped foam blocks, we still have covers available made by Marsha. Susan's relaxing eye pillows are available for shavasana as well as for eye strain, headaches, and so much more.

I've noticed lately when you ask the universe for something or someone, that request is granted. Like when you ask to find just the right sweater to complement your wardrobe and there it is! Then you ask to find that unique person who likes making socks and is willing to sell them in the Shop. What do these two requests have to do with each other? Well when Elva brought in a pair of socks she created to see if we would sell in the Shop...they matched my new sweater perfectly. Needless to say I bought them and Elva is busily making more to sell. What an ideal cozy gift they will make or a must have for your wardrobe.

Thanks to the Rock Club and Liz for bringing in some beautiful earrings, pendant and earring sets, rock paper weights, and magnets. Outstanding workmanship! New arrival of pottery has arrived by Dorothy. Mugs, bowls, and butter dishes in blue and green glazes.

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 or call 250-650-2193. The shop is now accepting your creations.

The Gift Shop is looking forward to participating in the Christmas Craft Market on Saturday, November 19th from 9am -1pm. Don't miss this event of talented artisans right here in our Centre. Bring friends, family and share this event with all. Take a poster from the front entrance and post, share on Facebook.

Start bringing in your Christmas creations now. Christmas selling starts November 14th.

Nancy

Gift Shop Coordinator



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., NOVEMBER 9th at 10:30 am. We meet at the round table in front of the office.

RESERVE YOUR SPOT BY EMAIL sherbry650@gmail.com or phone 250-941-1808.

Be well and happy,
SHERRY

Coffee with AI



AI's back! He'll be at the corner table 9-11 am on Mondays. Put your name on the sign up sheet and get help with your computer, tablet, iPad, or iPhone questions.

More News from the Centre



Thanksgiving Dinner

Thank you to everyone involved in our Thanksgiving Dinner preparations. It was a sold out event and there were 80 people who enjoyed an evening of good food prepared by Dei and volunteers and good entertainment. Special thanks to our talented performers Joel Kositsky and Greg DeSchutter. Door prizes were won by Linda Moore, Sonja VanSickle, and Greg DeSchutter.

Thank you to the volunteers who made this event a success. Thank you to those that came out to enjoy. Your heartwarming appreciation was accepted with gratitude.

Nancy Kremer and Bernice Blonarwitz

Christmas Craft Market

The upcoming Christmas Craft Market on Saturday, November 19th 9am-1pm is next on the calendar. Artisans are busily crafting their creations to sell at our first annual Christmas Market. Give a gift from the heart this Christmas from a wide variety of handmade items from local talent. Santa is coming to the market to find his gift for Mrs. Claus. He says he has time to hear wishes from children and adults. Invite your family and friends! Don't miss Santa.

There are a few table rentals available to anyone looking to sell their crafts. Rental is \$20.00 per table. Table rental fees to be paid by Friday November 4th at the Gift Shop.

Vendors, to ensure a seamless and successful market, this is the plan:

- Friday, November 18th 2pm-3pm: Tables will be set up in activities room
- Friday, November 18th 3pm-4pm: Vendors set up their crafts on designated tables
- Bring your own tablecloths or display fixtures – Saturday, November 19th arrive for 8:30 to be ready for 9am – Ensure you have your own cash float (we plan to have an additional float to help with making change)
- Friday, November 18th 10am-2pm: Baking to be dropped off at the kitchen - Packing and clean up after 1pm

Dei's cafe will be open for baked goods and beverages. Takeout frozen meals will be available. Joan Tufford is requesting donations of homemade baked goods of cookies, pies, bars, and loaves for the bake table. All sales go to the Centre. Quilters are raffling off two quilts which are hanging in the Dining Room; tickets are available at the Office, Café, and Gift Shop as well as at the market, and all proceeds go to the Centre. The Library will have lots of puzzles and books with their sale proceeds also donated to the Centre. Hostess Sherry will be greeting at the door and also inviting new members to sign up.

Help support our Senior Centre by donations, purchases, volunteering, and spreading the word about our First Annual Christmas Market.

See you there! Nancy

Christmas Dinner

Yes, there will be a Christmas Dinner this year. It will take place on Sat., Dec. 10th and tickets will be \$20 for members, \$25 for non-members. Seating will be limited to 80 and tickets will be sold at the Gift Shop, start date to be determined. More info to come.

Volunteer Opportunities

Decorating and Baking for Christmas Craft Fair

The Ballroom is in need of its Christmas “wrappings” in preparation for the Christmas Craft Fair and the holiday season. If you can help, join us on Friday, Nov. 11th at 2 pm. Guys and gals needed. Bake sale items are needed. If you love to bake, it’s a great way to contribute to the Craft Fair.

Kitchen

The kitchen is a fun, social place to be. Contact Dei at 250-650-6459 or lafonddeidre378@gmail.com.

Office

If you have previous office experience and would like to volunteer in the office, please contact Diane at 250-339-5133, stop by, or email her at centre.coordinator@comoxseniors.ca.

November Special Event

Christmas Craft Market

d'Esterre Seniors' Centre
First Annual Craft Market
featuring
Hand Made Items by
Talented Artisans

**Saturday
November
19th**

**9am-
1pm**

**FUN
with
SANTA**

Dei's Café
&
Gift Shop
OPEN

Give a Gift
from the
Heart

- Handmade crafts
- Pottery
- Baking
- Books
- Puzzles
- Fused glass
- Quilting
- Lapidary

d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox
(across from Town Hall)

More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

The d'Esterre Centre continues to rely heavily on all its committed volunteers and with many new members and existing members continuing to register for a variety of classes offered at our Centre, purchasing a 2023 membership and looking for information on activities offered, volunteering in the office has proven to be an exciting place to be. Being part of a volunteer team; as I experienced while serving up Thanksgiving Dinner this year was an honor; a great group to spend the day with! The Centre Coordinator position over the past four months has been a rewarding experience getting to know more and more of the membership and learning new things about the Centre every day. Training continues for those who have opted to spend some valuable time volunteering in the office. At the end of October, a group of office volunteers participated in an informative snapshot of what the responsibilities of an Office Volunteer is, taking ownership of the role they play in helping to keep members informed and engaged in the Centre's activities and classes and promoting the opportunity to enjoy a home cooked meal in Dei's Café or browse in the Gift Shop. Card playing, Pottery, Lapidary, Bridge, Canasta, Mahjonn and more are promoted, and we encourage enquiring members to "check it out"! If you would like to be a part of this exhilarating time at the Centre, a member who possesses office skills, loves talking with people and helping to promote all d'Esterre has to offer, the office is a fun place to be!

Congratulations to Our Local Hero

Dave Robinson was chosen as the Local Heroes Senior Champion – an individual who has made an outstanding voluntary contribution to enrich the social, cultural or civic life of our community. He has served as President, Vice-President and Director of the Centre for nineteen years. During his many years on the Board of Directors, Dave has ensured that the Centre remains viable, financially stable, progressive and dynamic through countless hours of dedicated service. Besides his role as board chair, he oversaw in a hands-on fashion all the Information Technology aspects, a skill that he brought over as a retired IBM manager. He is the institutional memory of our Centre which has been open since 1975. He is also a mean bridge player keeping his sharp mind active in his senior years. Dave's award was recognized at a special dinner and the Local Heroes will be featured in the Comox Valley Record in November.



Activities Around the Centre

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

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

Activities Around the Centre

Quilter's Group



The quilting group have two quilts to raffle, they are now displayed in the dining room and will be raffled off at the Crafters market on Nov. 19th.

Please lend your support and buy tickets at 1 for \$2.00 or 4 for \$5.00. All proceeds from this raffle are returned to the Centre.

We are always looking for new members, if you are interested please contact Donna Engelhart at 250-702-9493.

Rock and Gem Club



The Rock and Gem (Lapidary) Club is open to any member interested. We invite potential new members to take "the tour". With our club, there's training, field trips, and lots of fun. Contact Ralph Bruinink at 250-339-6966.

Art Club

November is upon us with gloomy days and dark skies (and hopefully some rain). This is the time when we remember all those who have passed away in various conflicts and we think of poppies blooming in foreign fields. The Art club members are beginning to look ahead to the Christmas season and planning a suitable display for the art wall in the coffee shop which we hope you will all enjoy, and perhaps our efforts will help to lighten for a moment the gloomy weather and even gloomier news, and help us all think of happier times.



Silversmith Club

During the last month, members of the Silversmith Club have been taking training from Tim Haley or Cheryl Jacobs, two professional silversmiths in the



Comox Valley. Cheryl provided Isabel, Eileen and Bonnie with feedback about the original order we submitted for the funding request. Tim Haley was in the workshop on October 28 to review our workshop set-up and provide feedback and further recommendations. Tim Haley is sitting at the workbench in the attached picture, and the four members standing are (from right to left): Leanne, Ray, Jacqueline, and our newest member, Mike. We now have 12 members. The Silversmith Club members who have met Club training requirements can start booking space in the Workbench area starting Monday, October 30. Contact Bonnie Luterbach, Club Coordinator at 250-465-1948 or email bluterbach@shaw.ca for further information.

For the Love of:

Bid Euchre – call Lori at 403-512-8203 (Mon)

or Marj and Charlie at 250-897-0015 (Fri)

Canasta – call Harry at 250-792-5948

Cribbage – call Diana and Terry at 250-792-5948

Partner Bridge – call Jane at 250-335-1227

Duplicate Bridge – call Jeannette at 250-339-7161

Mah-Jongg – call Ethel at 250-898-3887

American Mah-Jongg – call Wanda at 780-742-5336



Classes Around the Centre

Please note the following information regarding classes at the Centre:

CANCELLATION POLICY AND REFUNDS

Medical Reasons

In order to receive a refund for classes not taken, it must be for medical reasons. The coordinator will determine the validity of the medical reason. The coordinator must be informed immediately if medical leave is required. The participant will be placed on a list which will allow them to return when medically fit and if there is space available. No credit will be given for classes already missed.

Non-Medical Reasons

No credit will be given if a participant decides to drop out of a class for other reasons. If they drop out of a class that is fully subscribed, they will go on an Interest List if they want to return to the class at a later date. The coordinator will keep track of the Interest List.

Unforeseen Closures

Refunds will not be given for inclement weather, instructor absence or other unforeseen closures. eg. other levels of government required closure.

November is the perfect time to try a new class and see the improvements to your balance, strength 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

Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

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 778-585-5105

Wednesday Soma Nidra (Six week session Nov. 9-Dec. 14) 4:30-6:00 pm Wendy Anderson

Soma Yoga Nidra is a blend of Gentle Somatic Movements, Guided Yoga Nidra and a Gong Sound Bath. When combined, these practices work together beautifully to soothe the nervous system, calm the mind, and provide relief to tired, sore, and aching bodies. This class is ideal for folks who think they "can't" do yoga. This is NOT a traditional yoga class. If you can get up & down on the mat you can explore Somatic Movement. Still not sure if this is for you? Feel free to contact Wendy Anderson at wendyandersonsjoyflow@gmail.com. These classes run as 6 or 8 week sessions and are repeated.

Cost is \$60 for the six week session. Come try the Wednesday class. Cost is \$10.00 for drop ins.

Coordinator & Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com

Thursday 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 250-897-1374

Thursday Hatha Yoga 1:15-2:45 pm Janet Haigh /Claire Vardy

You are invited to join yoga teachers Janet Haigh and Claire Vardy in a 6-week session of self-care and support, as you move through the Fall season. Using the practices of yoga including pranayama (conscious breath work), meditation and mindful movement, we will explore ways to let go, ground and settle into fall - a time to rest, restore and nourish your body, mind and spirit.

Janet will teach the first 3 weeks of the 6-week session and Claire will teach the last 3 classes. Join us!

No yoga experience is required. Cost is \$60 for 6 week session.

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

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.shoresoferendipityyoga.com

Coordinator: Barb Taylor barbtaylor88@gmail.com 250-890-3466

YOGA Workshop Series on Chakras with Nancy Moelaert

Thursdays 1:15-2:45 pm

December 8, 15 and 22

Cost is \$35 for d'Esterre members. Please register & pay at the office.

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 more.

The Chakras function as pumps or valves, regulating the flow of energy through our energy system. The functioning of the chakras reflects decisions we make concerning how we choose to respond to conditions in our life. We open and close these valves when we decide what to think and what to feel. When we close the valves, blockages are created. In time these blockages produce physical tension, pain, and disease.

Upon registration, additional pre-reading material will be provided to create an intellectual foundation for you which will allow the class time to be more experiential.

Classes Around the Centre

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



LINE DANCE FUSION

A holistic and new approach to line dance at a pace suited for us seniors! 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. Ni-misha has 30 years experience teaching Yoga and 5 years of Dance.



Mondays, 12 -1 pm, 7 week session Oct. 17 - Nov. 28. Cost is \$45 for the 7 weeks. Drop-ins welcome - \$7. FMI contact Bev Smith at bthickett49@hotmail.com or 250-339-1706. Next 7-week session will run Dec 5 - Jan.30.

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

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 the Monday 8:30 Rise and Shine class – it's a wonderful way to start to the day and week. \$20 per month or \$7 drop-in. Contact Robynn at robynnkh@gmail.com or 250-338-3502.



MAGI'S EXERCISE CLASSES

What can we do to help ourselves maintain our health and happiness? Always consult your doctor first, but don't discount the importance of exercising; doing it with others makes it seem less onerous and you will be inclined to continue with it. Engaging in group exercise classes or asking a friend to join you will have the added benefit of increasing your social time. And you will meet new friends. We have room in our classes and welcome you to join us. Before COVID, our classes included men. The men have disappeared but the classes are for you, too. We promise to go easy on you! Magi instructs strength training, fitness, and chair classes and is very supportive of the level each person is at. She keeps an eagle eye on what is going on in her classes and on each participant.



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.

And Last But Not Least

Photo and Poetry Corner



Poppies for Remembrance
By Moira Andrew

Scarlet poppies can flutter
like fragile butterflies
in the dry yellow corn
of summer.

And they can dance
like graceful ballerinas
among the feathery stalks
of barley.

Red poppies can glow
like bright little lamps
on our warm winter coats
in November.

And they can whisper,
like long-lost voices
from the forgotten fields
of Flanders.



These ladies know how to have fun! Magi's Monday Strength class all ready for Halloween!

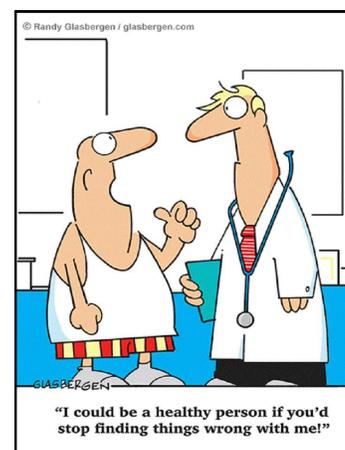
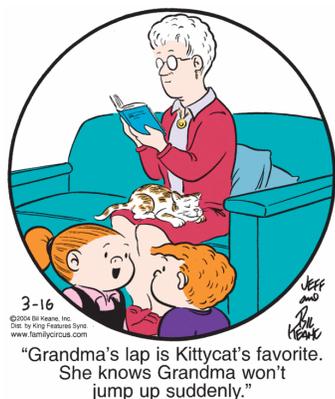
A huge thank you to Diane Brown, long-time Centre decorator for her work over the years. She has been behind the scenes, beautifying the Centre for each season and holiday. We will be looking for someone to take over decorating the Centre, but in the meantime, this year's Christmas decorations will be simple, anchored by window painting of the Ballroom windows. We hope you enjoy the look.



Member Survey

Thank you to all who participated in the survey. Almost 400 of you filled out the survey, which is an amazing response rate. We will be analyzing the results with our consultant in preparation for the Strategic Planning session later this month.

This Month's Chuckles



d'Esterre Seniors' Centre Association Clubs & Activities

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

<p>Centre Office 250-339-5133 M-Th 10 am-1 pm Diane Stewart Centre Coordinator 250-339-5133</p> <p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p>Monday</p> <p>Oct 17-Nov 28</p>	<p>T'ai Chi Gong (Rise & 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 BR BR BR CR</p>	<p>8:30 am 9:30 am 10:00 am 10:00 am 10:00 am 11:00 am 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>Kitchen Hours M-F 8 am-1pm</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 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 BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm 7:00 pm</p>	<p>June Lunny Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Peg Macmillan Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Terry and Diana Fright</p>	<p>250-339-0847 250-465-1683 250-702-9493 250-339-9667 250-339-6966 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>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Dave Robinson 250-703-2536</p> <p>Cue Sports Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>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) 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 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 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>Newsletter Nina Sato nsato@live.com 778-992-0220</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thrifystorequeen43@ gmail.com</p>	<p>Thursday</p> <p>Oct 27-Dec 1 Dec 8,15,22</p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Knitting Pilates Mah Jongg Yoga (6 week session) Three Week Chakra Workshop Yoga</p>	<p>BR BR CRR AR BR CR BR CR BR 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 1:15 pm 3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Donna Englehart Pat Jones Elaine Kivela Linda Barfoot Ethel Ashcroft Linda Barfoot Linda Barfoot 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 250-897-1374 250-890-0608</p>
<p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p>Special Events Nancy Kremer Bernice Blonarwitz</p>	<p>Friday</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 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 Harry Piercy Peter Birch or Gerry Woloshyn Marj & 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>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 editor Nina Sato at nsato@live.com