



December 2022 Newsletter

Weather Closure – The Centre is closed if schools in School District 71 are closed. Monitor the news for notifications.
Dei's Café is now serving hot meals Tuesday, Wednesday, and Thursday

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



Welcoming Windows

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Nina Sato, Secretary
Ele Clarke, Director
Gayle Cousins, Director
Nancy Kremer, Director
Dave Robinson, Director
Chris Haslett, Town Rep

President's Message

A warm welcome to Councillor Chris Haslett as the newly appointed Town liaison on our Board. Congratulations on your election as Town Councillor and we look forward to working with you in achieving the ambitious goals we've set for the Centre.

We had a wonderful turnout at our first Christmas Craft Market. Nancy and her committee of volunteers (too many to name) pulled off a very successful event. Thanks to Dei and her volunteers for offering Cafeteria service on Saturday and to all those who had craft tables. This event replaced the traditional Fall Pancake Breakfast and Garage Sale. It was time to try a different recipe and it appears that we've found a winner.

On November 26th, your Board and seven members at large attended a Strategic Planning Session facilitated by Maureen Clarke of the consulting firm The Blueprint Group. One of the inputs to this session was the results of the recent Member Survey. This workshop will give us a better sense of direction for our Centre. The results will be published when available.

The Dec. 10th Christmas Dinner tickets sold out within hours and we look forward to a wonderful dinner hosted by Dei with the help of the Glacier Grannies. Thanks to the organization committee for putting it all together. Sincere apologies to those members who were not able to get tickets.

All is not lost though... Francine and her family are back hosting a sit-down Christmas Day Dinner. Francine has room at the Inn for forty guests. Note that this dinner is intended for those who do not have family with whom to spend Christmas Day. Tickets are limited to one member and a guest and will be available at the Office in December.

On November 11th a good friend of the Centre, Mayor Russ Arnott, passed away. Russ served on our Board as the Town's liaison and valued the partnership that we have with the Town. Our condolences to his wife Yolanda and her family.

"If life is only a passage; along this path at least sow flowers." Michel de Montaigne (1533-1592) In Russ's case, those flowers are likely perennials.

~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

Thurs., Dec. 1 – Registration open for Jan & Feb classes

Sat., Dec. 10 – Christmas Dinner

Mon., Dec. 19 – Board meeting in Council Chambers

Sun., Dec. 25 – Christmas Day Dinner

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

Looking Ahead:

Tues., Jan. 3 – Centre reopens

MEMBERSHIP

2023 Membership

2023 memberships are available for purchase at the Office Mon-Thurs 10 am-1 pm

- **Last chance** for the Early Bird 2023 Membership renewals 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.

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](#).

For more info or to book a rental, contact the Centre Office at 250-339-5133 or office@comoxseniors.ca.

The Centre Ballroom



Dei's Café

Hot Meal Menu

Hot meals are now available on Wednesdays!



| | | |
|-----------|-------------|--------------------------|
| Thursday | December 1 | Ham & Scalloped Potatoes |
| Tuesday | December 6 | Cutlets |
| Wednesday | December 7 | Salisbury Steak |
| Thursday | December 8 | Liver & Onions |
| Tuesday | December 13 | Shepherd's Pie |
| Wednesday | December 14 | Beef Stew |
| Thursday | December 15 | Pork Roast |
| Tuesday | December 20 | Roast Beef |
| Wednesday | December 21 | Chili |
| Thursday | December 22 | Liver & Onions |

Help is always welcomed in the kitchen. It's a bustling and lively place to spend some time. 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

*It's beginning to look a lot like Christmas
Everywhere you go
Take a look at the d'Esterre Gift Shop it's glistening once again
With inspirational stones and sparkling gems aglow.*

*It's beginning to look a lot like Christmas
Sweaters, toys, and so much more
But the prettiest sight to see is the ornaments that will be
On you and your fir tree.*

*A pair of crocodilly mocs and a warm hat that fits
Is the wish of Diane and Elaine
Jams and jellies to fill the belly
Is the hope of Erika and Dei
And Gift Shop Gals can hardly wait for the sales to start again.*

*It's beginning to look a lot like Christmas
Everywhere you go
There's a tree in every winter storm soap bar, squeaky clean by far
An ideal gift that lasts longer than the snow.*

*It's beginning to look a lot like Christmas
Sweet smells in the kitchen to taste
But the prettiest sight to see is Mom in her apron baking for me
With heartfelt thanks there's no waste.*

*Sure, it's Christmas once more in the Gift Shop.
It's the most wonderful time of the year.*

Merry Christmas from the Gift Shop Gals



Window Artist Rebecca and her daughter

Tour d'Esterre Centre

**HAVE YOURSELVES A VERY MERRY DECEMBER,
EVERYONE.**

BE SAFE, WARM, and HEALTHY.

Join our tour of the wonderful, undiscovered d'Esterre Centre...Wed. DEC. 14th at 10:30. Meet at the round table in front of the OFFICE. Discover the many activities, back rooms and little known facts about our happy 2nd home. Join in after the tour for coffee, tea, or lunch...See you then.

RESERVE YOUR SPOT, email sherbry650@gmail.com or phone 250-941-1808.

Be well and happy,
SHERRY

Coffee with AI



AI will be at the corner table in the Dining room from 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

Special Events

Christmas Craft Market

The Christmas Craft Market was a huge success for vendors and the Centre. With all the craft fairs going on that day, it was amazing to see the crowd of shoppers taking the time to add our market to their list. Santa was a hit with the kids; thank you, Santa.

Shoppers were very pleased with the wide selection of gift ideas and the inexpensive prices for quality handmade crafts. Dei's Cafe did a roaring business with her lunch menu. Four freshly baked lemon meringue pies were gone before you knew they were baked. Great food and excellent service! Thanks, ladies.

Puzzles were going fast on Lynne's Library tables. Isabel and Teresa from Fused Glass were very happy with their sales. Rock and Gem had a spectacular display with their fairy lighted wood arbour. The Potters showcased some beautiful pieces – so much talent. Homemade baking was gone in no time. The Gift Shop Gals were very pleased with sales and customer traffic. The Quilter's raffle sold out with a nice donation to the Centre. Two lucky winners, one local, one from the mainland.

The Christmas Craft Market donation to the Centre was just over \$1900.

Thank you Vendors, Quilters, Library, Baking, Dei's Cafe, and the Gift Shop.

Our market was a success due to the volunteers, vendors, staff, and Board Members who supported our first annual Christmas Craft Market. Let's do it next year!

Check out www.comoxseniors.ca for some of the pictures from the market.

FYI: The Christmas dinner for December 10th sold out within an hour. It's got to be Dei's cooking...so good, it's like coming home to Mom's traditional turkey dinner.

Thanks to the Glacier Grannies for assisting with serving and clean up.

With gratitude for all your support. I wish you a happy, healthy holiday.

Nancy K.





Christmas Day Dinner

Sunday, Dec. 25th, 2022

Doors open at 3:30 pm, dinner served at 4 pm

This Christmas Day dinner is for those who may not have family around with whom to celebrate. Tickets are free but you must sign up and get a ticket at the Office. Seating is limited to 40 and will be on a first-come, first-served basis. Members and spouses or singles with one guest only.



Seeking Dinner Donations Towards the Christmas Day Dinner

If you would like to donate towards the turkey or ham for the dinner, please see Dei or leave the donation clearly marked at the office. The Centre usually purchases the food for the dinner, and any donation would be appreciated.

Nursing Students' Practicum

First year nursing students from North Island College will be coming to d'Esterre Seniors' Centre on Tuesdays, January 17th, 24th and 31st, and February 7th, 14th and 28th, for community practice experience.

The purpose of their placement at d'Esterre is to provide the students with an opportunity to develop an understanding of how older adults maintain their health, and how community services and supports may play a role in assisting seniors with meeting their health needs.

The students will not be performing hands-on nursing assessments. Rather, they will be engaging in conversation with individuals about their health journey. In this way the students will learn how to be with community members in a professional role as they link nursing theory to practice.

You are encouraged to be part of the students' learning experience by engaging with them and sharing your own narrative. Your support for the NIC BSN nursing programme will contribute significantly to the education of these future health care professionals.

Hosts will be needed to greet the students, give them a tour of the Centre and its many amenities, and connect them with people who are able to provide the students with a deeper understanding of the challenges of the "golden years".

If you are able to volunteer to be a host, or want further information, please contact Diana Fright at 250-339-7714 or dianaterry@shaw.ca



Magi's exercise classes are collecting small items for the homeless men and women in the Comox Valley. We would appreciate donations from Centre members of new items such as socks, gloves, scarves, hats, underwear, personal hygiene products, as well as small gifts like lipstick and candy. The collection boxes will be in the dining room beside the water fountain as of December 1st. They will be given to Care-A-Van, a non profit, community funded mobile outreach health unit, on December 19th to be distributed before Christmas.

Information Session

PLEASE TELL US:

If we can arrange an info session in the new year on

"HOW TO AVOID FALLING VICTIM TO SCAMS AND FRAUD"

WOULD YOU ATTEND?

Let us know by signing the posted sign-up sheet or advise the office at (250) 339-5133.

More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

The desire to become a member of the d'Esterre Centre is apparent by over five hundred people who have purchased or renewed their membership to the Centre in just two short months at the office. A huge part of why the Centre is successful in planning Special Events, activities, tours, providing food services, office opening times, and many other behind the scenes preparation is due to the hard work of a dedicated group of members who "Volunteer" their time so all can enjoy what the Centre has to offer.

I would like to express a "Great Big Thank You" to Nancy Kremer, our Gift Shop Manager and Board member, who dedicated a huge amount of time ensuring the success of the first annual Christmas Craft Market for all to enjoy. This event proved to be fun, well attended, and profitable.

A big thank you also goes out to those members who have committed to volunteering their time and dedication to the "Team Approach" in the office. While happenings at the Centre are ever changing, training volunteers is a work in progress and the patience and positive feedback from members during this time is greatly appreciated, while we strive to provide d'Esterre members with consistent, accurate information about the Centre.

Now that December is here, another thank you goes out to all those who have volunteered their time to create a festive atmosphere at the Centre for all to enjoy! Merry Christmas, everyone!



Kitchen

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

Office

Our Office is offering our members a broad range of essential services. The scope of these services has grown exponentially in the last two months. These services cannot be offered without skilled and dedicated Office volunteers! If you are looking for a challenge and are willing to make a contribution, get in touch with Diane at (250)-339-5133 or email centre.coordinator@comoxseniors.ca.

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 had another successful quilt raffle. All 500 tickets were sold and over \$600.00 was raised with all monies going to the Centre. Thank you to everyone who purchased tickets.

Diane Brown won the Churndash quilt and Greg Englehart of New Westminster won the Rainy Day quilt. Also, thank you to those who have donated fabric and quilt kits to our group, so appreciated. We have also donated \$200.00 to the Centre from the sale of quilted items at the Nov.19th Craft show. 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.

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.

Art Club



The month of December brings many things – the excitement of the children being most obvious.

For the Art club it means painting Christmas cards, etc. for special relatives and friends and finding inspiration for suitable cheerful subjects for display in the coffee shop. We hope you'll all enjoy our efforts. We shall be enjoying a Christmas lunch on December 5th, which will be created for us by Dei and her lovely volunteers. It is a good time for us all to get together to celebrate this special season. We wish you all a very Happy Christmas time and best of good wishes for the coming year. If you are interested in joining the Art Club, come see us downstairs in the Craft Room Mondays between 9 and 11 am.

Team of Four Bridge in January

Dates: Sunday, Jan 29. After that the 3rd Sunday of every month February-June
Place: Downstairs Card Room
Time: 10 am – 5 pm
Coordinator: Chuck Hodson 250-338-3554

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 250-702-5948

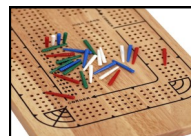
Cribbage – call Diana and Terry at 250-339-7714

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

Registration is now open for Jan. and Feb. classes at the office Monday – Thursday 10am-1pm.

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.

Get in shape for Christmas by adding some exercise to your routine.....

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 Core Plus Fitness 12:30-1:30 pm or 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. This class enables you to be stronger and more confident in your daily activities.

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 through 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 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.

Coordinator & Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com

Thursday Pilates 12:00-1:00 pm Jenny Aird/Rachel Bood

Come try this new class! 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 Claire Vardy

If you are curious about how joints function, how they support the body and how to best support your joint health, join Claire in this 6-week session of joint exploration and movement. Each week will include knowledge of joint anatomy, alignment and range of motion along with yoga poses and modifications that support joint movement, strength, stability and mobility. Each session will close with time for restorative rest and integration of your yoga practice.

Session #1: Meet & Greet your Ankles & Feet

Session #2: Bee's Knees

Session #3: Your Hipster Hips

Session #4: Slinky Shoulders

Session #5: Let's Connect with our Neck

Session #6: Handy Wrists & Hands

Recommended props include: Yoga mat, yoga belt, foam block, yoga blocks and a blanket. Nice to have: eye pillow & extra blanket. Suitable for all bodies. 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 or 10:45-12:15 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

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

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

What can we do to help ourselves maintain our health and happiness? 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.



LINE DANCING

You don't need cowboy boots, just a desire to move and groove to music. Line Dancing is a fun, active way to exercise body and mind. 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 nsa-to@live.com or 778-992-0220



COMMUNICATION WORKSHOP

Tips and tools for communicating more effectively by Amber Freer

Four Saturday mornings 10:00 am-12:00 pm
Cost: \$40.00 for d'Esterre members

This four week workshop will look at how to remove roadblocks to effective communication and learn to ask for what we need.

January 7th : Active listening skills

January 14th : Assertiveness

January 21st: Boundaries

January 28th: Self-advocacy

Amber Freer is a retired teacher who has extensive mediation training and was on the Internal Mediation Services roster with the BCTF and the Mediate BC associate civil mediation roster. She has co-facilitated communication workshops for Dialogue and Dispute Resolution Services, a non profit organization in Victoria. She has presented a four week series at the Cook Street Senior's Centre in Victoria on self-advocacy for seniors.

For more information, contact Amber Freer at dolphin.a@shaw.ca.

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. Nimisha has 30 years experience teaching Yoga and 5 years of Dance.

Mondays, 12 -1 pm, 7 week session Dec. 5, 12, 19; Jan 9, 16, 23, 30. Cost is \$45 for the 7 weeks. Drop-ins welcome, \$7 – please come 10 mins. early.

FMI contact Phyllis Ketterer at (250) 339-4633 or pketterer55@gmail.com



And Last But Not Least



Hilde and Natanya in Magi's Class



"Run, Run" – Students in Magi's class

This Month's Chuckle



Member Spotlight: Hildegard Stotling

If you're lucky enough to be in the lively, always laughing, chatty exercise class that Magi runs, you will meet a woman called Hilde. She is slender, wiry, and focused. Magi turns to her for help if she sometimes loses count in an exercise because Hilde is infallibly aware and reliable.

Hilde just celebrated her 102nd birthday on Nov. 13th. She lives alone and loves to cook and care for herself. One of her great pleasures is to go for walks in the NE woods or help in her daughter's vegetable garden.

She has had a part in cultural diversity and international travel. She is from Germany and her first language is German, but she lived great portions of her youth in Bolivia, South America, so she is fluent in Spanish as well as English. She crossed the ocean by boat 10 times and loved the experience of life on the high seas in luxury liners.

Hilde came to Canada in 1955 and lived in Montreal and Toronto before settling in the Comox Valley. She has two sons and a daughter living here as well. She joined our Centre and at first helped in the kitchen. She started Magi's class 22 years ago and is still putting the rest of us to shame.

She attributes her longevity to a life of exercise, being in nature, and a diet of fruits and vegetables.

You will love Hilde. She is warm, vibrant, and informed. Just be warned. You may not want to stand next to her in exercise class. It's a bit embarrassing to have a 102 year old raising her leg higher than you can.

~Written by Dedee Koski



Strategic Planning Session

Board members and 7 other participants spent a busy and productive Saturday with consultant Maureen Clarke. There was plenty of brainstorming, discussion, and evaluation of the Centre – where we've been, where we are now, and where we want to go.

d'Esterre Seniors' Centre Association Clubs & Activities

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

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|---|---|--|--|---|--|--|
| <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>Dec 5 –Jan 30</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</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 Phyllis Ketterer Jane Jossen 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 250-339-4633 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</p> <p>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>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 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>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>Jan 12-Feb 16 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 Open</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</p> <p>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 250-702-5948 250-465-8154 250-339-3264 250-897-0015</p> |
| <p>Rentals Centre Office 250-339-5133 Office@comoxseniors.ca</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 3rd Sunday</p> | <p>Bridge (Team of Four) - starts Jan 29, 2023</p> | <p>CR</p> | <p>10:00 am</p> | <p>Chuck Hodson</p> | <p>250-338-3554</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