



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

www.comoxseniors.ca

Email: office@comoxseniors.ca



Ushering in 2023

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

January 2023 Newsletter

Weather Closure – The Centre is closed if schools in School District 71 are closed. Monitor the news for notifications.

President's Message

I hope that your Christmas break was as enjoyable and relaxing as mine was. Ten meeting free days to muse and reflect on the past year and what incredible strides we have made together this year.

- ✓ 900 members including Life and Permanent members. 650 membership renewals since October 1st;
- ✓ Eight Special Events ranging from a Volunteer Appreciation lunch to two Christmas dinners;
- ✓ Strong post-Covid financial recovery with a full range of programs being offered;
- ✓ Membership Survey and Strategic Planning Session completed. (Results to be released to members in January);
- ✓ Centre Coordinator in place and offering a broad range of services in the Office with trained volunteers;
- ✓ Numerous policies created and updated ranging from Activity Contractors guidelines, 17 Subcommittees established, Snow Days policy, Rental Guidelines and others;
- ✓ Library and Gift shop expansion of services and engaged management;
- ✓ Consolidations of Club funds accounts to the Treasurer for management;
- ✓ Monthly release of an information packed newsletter to 1100+ e-subscribers;
- ✓ Many other achievements which will be presented at the AGM in March, 2023.

Grass root support from our members, subcommittee leaders, Activity Coordinators, employees, and your board were the elements that made this possible. In order to continue on this trajectory we will need more members to step forward and volunteer for these positions. Don't let these opportunities slip by. Next time you see a Board member, ask how you can get involved!

All members are invited to attend the Board's monthly meetings. Want to demystify what goes on behind those Council Chamber doors? Drop in and have coffee with us. We know there are talented people amongst our 900 members who could contribute to the management of "Your Second Home".

"From each according to his abilities, to each according to his needs". Karl Marx, (1818-1883) German political philosopher, economist, sociologist and journalist.

~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

Tues., Jan. 3 – Centre reopens

Mon., Jan. 16 – Board meeting in Council Chambers

Looking Ahead:

Mon., Feb. 20 – Family Day, Centre closed

MEMBERSHIP

2023 Membership

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



The Centre closes for weather if School District 71 calls a snow day. If school is not in session and the Centre closes due to weather, an email will be sent out. The easiest and quickest way to check whether the Centre is closed is to call the office as the answering message will indicate a closure.

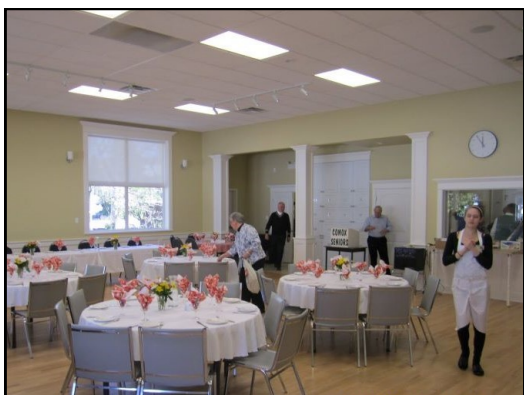
Centre Rentals

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!



Wednesday	January 4	Beef Stew
Thursday	January 5	Chicken Cordon Bleu
Tuesday	January 10	Ham & Scalloped Potatoes
Wednesday	January 11	Mac & Cheese
Thursday	January 12	Liver & Onions
Tuesday	January 17	Roast Beef
Wednesday	January 18	Fish & Chips
Thursday	January 19	Roast Pork
Tuesday	January 24	Shepherd's Pie
Wednesday	January 25	Chili
Thursday	January 26	Liver & Onions
Tuesday	January 31	Cutlets

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

As we move from 2022 into 2023 we give gratitude for a successful year in the shop.

Our goals for 2022 were to bring awareness of our unique little shop, showcase members and their creative talents, and surpass 2021 sales. We have more than accomplished our goals. Sales year-to-date reached over \$15,000.00. Payouts to consignors over \$11,000. Donations and payout to Centre over \$4000. These achievements would not have been possible without the Artisans, Gift Shop Gals, and Customers. Thank you.

New and existing consignors have been inspired to bring their crafts to the Shop as a great place to sell their wares. The news of our Gift Shop and Centre is spreading in the community by word of mouth and advertising. Our successful Craft Market brought more traffic into the shop as well as new members to the Centre!

First up for 2023 is an inventory of the shop and renewal of our consignment program. In January, we will also be accepting consignor's creations. Reminder to consignors to please renew your 2023 memberships to sell your items in the shop. Also, please check for your payouts the first week of each new month.

Warm up this January with our large selection of hats for the family, scarves, and crocodile mocs/slippers. Watch for sales on items throughout the month. Consignors, we invite you to participate in our January Blow Out Sale. Let us know if you have items to sell at reduced prices for quick sales. Contact Nancy 250-650-2193 or nancy2fancy@shaw.ca

We look forward to serving you in 2023.

Gift Shop Gals



LOOKING FOR NEW BOARD MEMBERS

All you need is interest, enthusiasm, and the ability to communicate by email.

Join us to observe what's involved and how decisions are made. The next Board meeting is Monday, January 16th at 10:30 a.m. in the Town Council Chambers across the bridgewalk from the Centre's front door.

If you are unable to attend but have interest, contact Gayle Cousins at 250-339-1967.

Tour d'Esterre Centre

HAPPY NEW YEAR EVERYONE...

Have you been on our tour lately and seen all the mysterious and wonderful things our Centre has available?

One way to evade the January blues is to come and enjoy a quick trip through the rooms and find out what's behind the "dungeon" door! You may find there is something you never thought you'd enjoy doing...who knows until you investigate. EVERYONE is welcome, new or existing members.

Please reserve a spot for WED., JAN. 11 AT 10:30

By email Sherbry650@gmail.com or phone 250 941 1808.

Stay happy and healthy,
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 Dinner

Once again the Christmas dinner sold out within a couple of hours. Our event dinners are so popular! Good company, food, and entertainment make for a fabulous evening.

Thanks to everyone who participated in the preparation and delivery of a very successful Christmas Dinner 2022! The evening went like a fine symphony concert with not one sour note.

With gratitude we recognize the following for their assistance in a successful evening:

-Dei, Anna, Rita, and Quality Foods for preparing the traditional meal.

-Linda, Sandy, and the Glacier Grannies for serving and cleanup in a seamless organized manner. Ladies, you were awesome!

-Our steadfast Ralph and Glenn who set up and take down the tables and chairs for all of our events.

-Table decorators Babs, Audrey, and Marsha set a fine table.

-Thank you, Sherry and Diane, for a successful 50/50 of \$410.

-Special thanks to Judy and the Doc Boys for the entertainment.

-Master of Ceremonies, Linda M., directed the evening beautifully.

Coordination of this event was made possible by Board Members and volunteers.

Interested in being part of the Special Events Committee for 2023?

Do you have ideas for events? Contact your Board Members if interested.

Prize winners were: Babs B., Marilyn H., Sherry F., Iris, Ralph W, Janet L., Warren S.

50/50 Winners of \$100 each: Dei and Lori L.

Members, we thank you for your support. See you at the next event.



Christmas Day Dinner

The Christmas Day Dinner was another successful event, with 40 members and guests enjoying a delicious home-cooked turkey dinner made by Francine Dawson and her family. Many thanks to Francine and her sous-chefs for organizing, cooking, and serving. Thank you also to members who donated funds towards the dinner to cover the food costs.



January Information Session



d'Esterre Seniors'
Centre Association
Your Second Home

COMOX VALLEY
ElderCollege
NORTH ISLAND COLLEGE

CALLING ALL LIFELONG LEARNERS

Are you insatiably curious? Are you looking for a way to learn, expand your interests and make new friends?

Then you should think about taking one of the fascinating courses offered at the Comox Valley Elder College. No exams. No homework. Just lots of fun learning new things and meeting new people.

Find out more when the College's Mike Fuller shares with us all that Elder College has to offer.

d'Esterre Seniors' Centre
Saturday, January 21
10:30 a.m.

You'll also learn how you can give back to your community by volunteering at the Comox Valley's leading seniors learning organisation.

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

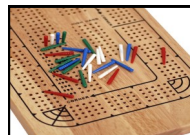
Partner Bridge – call Jane at 250-335-1227

Duplicate Bridge – call Jeannette at 250-339-7161

Team of Four Bridge – call Chuck at 250-338-3554

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

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



More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

As we begin this new year with excitement and hope, the office hours will remain Monday-Thursday 10am-1pm. All 2023 memberships for the d'Esterre Centre for new and renewals are \$35.00.

The Office is excited to welcome some new faces to the Volunteer teams in the new year. We welcome Dianne, Cecile, and Ginny to the team, and your patience is once again appreciated while these much-appreciated team members "learn the ropes".

January and February Class registrations and payments at the office remain high, make sure you get registered and pay for any classes you are interested in. Many classes are filling fast so do not miss securing your spot.

You may have noticed the new bulletin board outside the office above the office mail slot. This bulletin board will provide the "Class Registration/Drop-in Form" and envelopes for those who wish to register and pay for a class when the office is closed. Simply complete the form and along with your payment (cash or cheque), slip it into an envelope and put the envelope in the mail slot. By filling out this very useful form completely, the office can ensure you are registered in the correct class.

At this time, I would like to thank all those who helped me navigate through the last six months in my role as Centre Coordinator. Much has been accomplished and I look forward to 2023 with enthusiasm and contributing to the Centre's future endeavors.

Activities Around the Centre

Cribbage

Cribbage will start up again on Tuesday 03 January, 7pm sharp in the Ballroom. Please plan to arrive a little early to help set up the tables; play begins promptly. We play 7 games, then round off the evening with a cup of decaf coffee and some goodies. Please bring your 2023 d'Esterre membership cards as we are required to record the numbers. Cost is \$2 (and sometimes it's free), plus some dimes for the skunk jar. FMI contact Diana and Terry, 250-339-7714 or dianaterry@shaw.ca

Team of Four Bridge in January

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

BOARD (Bored) Game Friday IS BACK

We are starting up again (board) BORED GAMES on Fridays at 1 pm starting on Jan. 6th in the Dining Room. It is a drop in and we play a variety of games, Mexican Train, our favourite, will be played on Jan 6. Parcheesi for 4 players, Rummoli for 6 or more. If you have a game you would like to play, bring it with you. We are always looking for new ones to learn. Everyone is welcome. Come and enjoy the company and cosy indoors. Bring your own drink. Water is available. FMI, contact Sherry at Sherbry650@gmail.com or by phone 250-941-1808.

Sunday Social Conversations

Would you like to break the January doldrums and meet with others on a Sunday afternoon for social conversation?

Drop in and bring your own beverage if you like.

To start, the first gathering will be on SUNDAY, JAN.

8TH at 2:00 pm in the Dining Room.

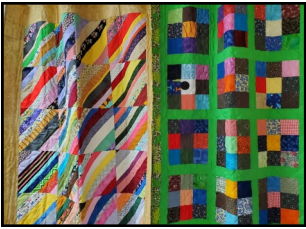
Please reply by email Sherbry650@gmail.com

Or phone 250-941-1808 or cell 250-792-2256

and start the New Year happy. See you then,
Sherry

Activities Around the Centre

Quilter's Group



December has been very slow for our quilting group. The weather coupled with the holidays has interfered with our productivity and

ability to meet. Our members are looking forward to meeting once again on January 3rd. All are welcome to come and see what we are working on. New members and donations of quilting cotton are always welcome. Contact Donna Engelhart at 250-702-9493.

Knitting Group



Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and

tell. We meet Thursdays at 12:30 in the Dining Room.

FMI, contact Elaine at 250-941-2518.

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 at shpaterson@shaw.ca

Art Club

Now that the festive season is over our thoughts often turn to refreshing one's home. The question is, do you want to repaint or just re-arrange the furniture layout and perhaps put up some new art work. Just thinking about re-arranging can be quite exciting and stimulating. The word "art" includes photographs, framed embroideries, and fabric art, as well as paintings. In the home, generally speaking, the rule of thumb is that the art work should be hung at eye level, e.g. between 1.6 and 2 meters from ground level. The items should be displayed so as not to appear "regimented" but to create a focal point which is pleasing to the eye and encourages the viewer to enjoy the experience. Of course, in the big galleries there are people who specialise in the hanging of works.

A large painting behind the sofa should be approximately 60 centimeters above the back of the sofa, for obvious reasons.

Should you have a collection to display, e.g. favourite family photos or perhaps a set of botanical prints, it's best if they are all framed in the same way, irrespective of size. It's a good idea, having decided where on the wall they will be placed, to lay them out on a flat surface (the floor is ideal) and then play with the placements until they create an interesting flow which encourages the eye to move smoothly from one to another. This layout can then be transferred onto your wall. Similarly a number of small paintings of different sizes can be treated in the same way.

The hanging of large paintings is important so that they don't "lean" from the wall. It's a good idea to use two hooks placed about a hand span apart so that the wire on the frame is placed tautly over both hooks, this helps to carry the weight of the painting and prevents it from sliding out of sync. Small frames can be hung on one hook of a suitable size to carry the weight.

So if you're thinking of a change – go for it and enjoy the experience.

Join us for Art Club on Mondays from 9-11 am .



Classes Around 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.

Insufficient Registration

All classes are subject to cancellation due to insufficient registration. These decisions are made up to one week prior to the start date and a full refund will be issued for cancelled programs.

Benefits of Pilates for Seniors

Thursday 12:00-1:00 with Jenny Aird

- Pilates increases strength, flexibility, and endurance through gentle, controlled movement
- It focuses on building a strong core which positively impacts posture
- We use diaphragmatic breath which improves the quality of the breath and helps with circulation
- There is a focus on quality of movement rather than quantity of repetitions
- It heightens body awareness, stability, and balance, helping to prevent falls
- It improves upon and maintains mobility of the muscles and joints
- With Mat Pilates, all of the exercises can be done at home and it can be tailored to every body

Our instructor, Jenny Aird, uses clear imagery, verbal cuing and hands-on feedback which allows students to meet the goal of taking what you learn in Pilates class out into the world and allows you to feel better everyday. Perfect for all bodies

Register at the office. For information, contact Linda Barfoot fifthline@gmail or 250-897-1394.

Improve your joint health and movement

Thursday 1:15-2:45 with Claire Vardy

Six week YOGA session from January 12-February 16

Cost is \$60 for six week session

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: Bees 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

Register at the office. If you have any questions contact Linda Barfoot fifthline@gmail.com or 897-1374.

Class Registration

Class registration and payment of fees is now done through the office and can be paid by cash, cheque, or debit. 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.

Do your New Year's resolutions include adding some exercise to your routine?

There are spaces for d'Esterre members in the following Yoga/Core and Pilates 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

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

Classes Around the Centre

DANCEFIT SILVER

Dancefit Silver will start up again on Wednesday, January 4th, 10-11am in the Ballroom. Cost is \$20/month or \$7 drop in, register and pay at the office. This Zumba-style class features simple dance moves tailored for the older adult and lively music from around the world. FMI contact Diana, 250-339-7714 or dianaterry@shaw.ca



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.

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



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

This Month's Chuckle



Holiday Celebration in Magi's Class with entertainment by Magi!



Nursing Students' Practicum

First year nursing students from North Island College will be spending time at d'Esterre Seniors' Centre on Tuesdays, January 17th, 24th and 31st, for community practice experience. The purpose of the placement is to provide them with an opportunity to interact and communicate in a professional way with older adults in the community in order to understand how people in this cohort maintain their health, and the role community services and supports play in meeting their health needs.

The students will engage in conversation with individuals to learn about the beliefs, practices and the resources they use to optimize health and well-being. The success of the students' placement at d'Esterre will depend on members' participation, so you are encouraged to spend time with a student and share your personal health narrative. In this way the student will gain a first-hand perspective of the health issues faced by older people and this knowledge will inform their practice in a future professional role.

Hosts are needed to greet the students, give them a tour of the Centre and its facilities, and connect them with people who are able to contribute to their learning experience.

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

Belonging



"We all long to belong.
How do you know where you belong?
Well, it's usually a place
"where everybody knows your name, and
they're always glad you came." (from "Cheers")
Have you ever noticed someone sitting by themselves?
This person might be a regular member
or a newcomer.
Go and sit with the person. If you know their name, use it.
If you don't recognize them, say,
"I don't believe we've met," and then introduce yourself.
A welcoming Centre doesn't leave someone sitting alone,
even if you don't recognize them.
Each day, take the opportunity to let someone know that
you're glad they came.

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 Centre.coordinator @comoxseniors.ca</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</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR CR BR BR CR</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</p>	<p>BR BR AR</p> <p>BR</p> <p>BR BR</p> <p>BR</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</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>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 thriftstorequeen43@ gmail.com</p>	<p>Thursday</p> <p>Jan 12-Feb 16</p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Pilates Knitting Mah Jongg Yoga (6 week session) Yoga</p>	<p>BR BR CRR AR BR BR DR CR BR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:15 pm 3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Donna Englehart Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Linda Barfoot Karen Fraser</p>	<p>250-339-0847 250-465-1683 250-339-9667 250-702-9493 250-339-6706 250-897-1374 250-941-2518 250-898-3887 250-897-1374 250-890-0608</p>
<p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p>Rentals Centre Office 250-339-5133 Office@comoxseniors.ca</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Board Games Table Tennis I</p> <p>Bid Euchre</p>	<p>AR BR BR BR CR DR BR</p> <p>BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 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 Sherry Brydon 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 250-941-1808 250-465-8154 250-339-3264 250-897-0015</p>
<p>Special Events Open</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