



# March 2023 Newsletter

The Office is now open 5 days a week, Mon-Fri 10 am to 1 pm.

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



Come on in to your Second Home

## President's Message

Hasn't this month just flown by? Hopefully the cold and flu season is soon over and your waiting period for surgery will be short. Have you noticed that we aren't talking about Covid-19 anymore?

The Board just released our Strategic Plan by email a few days ago. The fifteen participants who worked on this plan are very proud of the results. We're very pleased with our new "road map" and we hope that you find it useful as well. We will have paper copies available at the Annual General Meeting (AGM). In the meantime, it's just one easy click away on the banner of our website at comoxseniors.ca.

The next big event is our AGM on Wednesday, March 22nd at 1:00pm. We are pleased to announce that we have a full slate of candidates for the Board positions. Thank you for coming forward and letting your name stand for the Executive or Director positions and thanks to the diligent Nomination Committee. We look forward to seeing many of you at the AGM. This is your Centre; so, come out and see what we've accomplished together in the last year.

I also want to thank our 100+ volunteers who keep this Centre buzzing and who make this Centre a "second home" for our 900 members. We have a Volunteer Recognition event planned for April 19th.

The cafeteria had one of its best monthly sales ever in January. Congratulations to Dei and her volunteers who provide tasty food with a smile as a bonus. Don't forget to drop a coin or two in that little piggy tip jar! Which reminds me of a newly arrived minister's sermon: "This church welcomes all denominations but we prefer nothing less than 10s or 20s."

*"Not one of us alone knows what we know together." Lao Tsu (571-531 B.C.E.)*

~Raymond Morin, President

### 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



**March 22, 2023 at 1:00 pm**

Annual General Meeting

Calling all members

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

The Office is open Mon-Fri from 10 am-1pm

Mon. Mar. 20 – Board meeting 10:30 am in Council Chambers

Wed. Mar. 22 – Annual General Meeting 1:00 pm in Ballroom

Sat. Mar. 25 – Info session “Scams and Fraud” 10:30am in the Ballroom

Looking Ahead:

Wed. Apr. 19 – Volunteer Appreciation Celebration

## MEMBERSHIP

### 2023 Membership

2023 memberships are available for purchase at the Office Mon-Fri 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.

### Let Us Know...

Please let the office know if you have a change of address or phone number. The information in the member database can then be updated to reflect your current and correct contact info. You can call the office at 250-339-5133 or send an email to [office@comoxseniors.ca](mailto:office@comoxseniors.ca)

## 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 Michele Morton at [Michelemorton12@gmail.com](mailto:Michelemorton12@gmail.com) or 250-465-0333.

The Centre Ballroom



## Dei's Café



### Hot Meal Menu

Wednesday	March 1	Chili & Bun
Thursday	March 2	Ham & Scalloped Potatoes
Tuesday	March 7	Chicken Cordon Bleu
Wednesday	March 8	Fish & Chips
Thursday	March 9	Liver & Onions
Tuesday	March 14	Roast Beef
Wednesday	March 15	Beef Stew
Thursday	March 16	Meatloaf
Tuesday	March 21	Cutlets
Wednesday	March 22	Hot Dog & Fries
Thursday	March 23	Liver & Onions
Tuesday	March 28	Shepherd's Pie
Wednesday	March 29	Lasagna
Thursday	March 30	Roast Pork

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

## News From the Centre

### ***From The Gift Shop***

*Can you believe March is here? Rebirth is showing with shoots poking their heads up through the ground. Leaves are sprouting on bushes and trees. New beginnings awakening. What a lovely thought.*

*The Gift Shop is looking forward to some new beginnings with a renovation come Spring. The Shop has been allocated funding through a New Horizons grant. Renovations will consist of removing the existing fixtures, fresh paint, and installing slat wall. The space will be more open and slightly larger. So exciting!*

*We welcome Corinne Wester to the shop as a volunteer Gift Shop Gal and a consignor. Corinne creates beautiful miniature dolls and bags to name a few of her amazing fibre creations.*

*A warm welcome to Ron Clough who has made a wonderful selection of cutting boards in three sizes from light and dark hardwoods. Care instructions included plus his food safe wax for sale. Ron will make custom boards, check out his photo album of designs.*

*We have some very talented woodworkers showcased, come in to see the many wood designs.*

*The Shop will be cleaning up and returning winter items to make way for Spring and Easter items. Please check if you have items to pick up when you come in for your payouts. Payouts are ready at the beginning of each new month.*

*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% funds the Centre. Come join our Gift Shop community to earn your payouts. Schedule an appointment with Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) or call 250-650-2193. The shop is now accepting your creations.*

*The Gift Shop accepts cash or cheques.*

*The Gift Shop Gals*



### **Special Occasion Cards**

Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)

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

Have you been on our tour lately and seen all the mysterious and wonderful things our Centre has available? 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., MARCH 15TH at 10:30 Meet in Sunroom/lounge beside Office.

By email [Sherbry650@gmail.com](mailto:Sherbry650@gmail.com) or phone 250-941-1808.

Stay happy and healthy,  
Sherry

### **Coffee with AI**



AI is at the corner table in the Dining room from 9-11 am on Mondays, except for the 1st Monday of the month. Put your name on the sign up sheet and get help with your computer, tablet, iPad, or iPhone questions.

## More News from the Centre

# d'ESTERRE SENIORS' CENTRE

# AGM

## ANNUAL GENERAL MEETING

**WEDNESDAY  
MARCH 22<sup>nd</sup>, 2023  
1:00 pm  
in the ballroom**

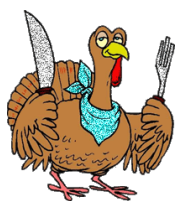
*Membership required. Kindly  
have your membership card  
available for presentation.*

The Centre will be holding its 2023 AGM on Wednesday, March 22<sup>nd</sup> at 1:00 pm. We encourage all members to attend. Hear about all the great things going on "behind the scenes", and meet new and returning members of the Board.

There will be a slide show of the Strategic Plan presented and coffee and tea will be served following the meeting.

Please have your membership card ready to show at the door. If you have any questions about the AGM, you can email Ele Clarke, Nomination Committee chair, at [eleclarke@shaw.ca](mailto:eleclarke@shaw.ca)

## Easy Ways to Donate



Quality Foods Premium Turkey please!!

Help your Centre by donating your accumulated and new Quality Food Points.

We now have a donation account with Quality Foods in Comox and Courtenay. We're hoping to collect enough QF points to pay for the turkeys served at our Thanksgiving and Christmas dinners.

When checking out, just say "Please donate my points to Comox Seniors' Centre (d'Esterre)." Donating made easy! Thanks and see you at our next dinner...



Another easy way to help your Centre

You can now donate the proceeds from redeemable beverage containers that normally are part of the community's recycling program. Bring your redeemable containers to the Centre and put them into the receptacle in the cupboard nearest the office. Please rinse them before you bring them. Or if you want to take them to the Courtenay Return-It Depot yourself, just say "Please donate the money to Comox Seniors' Centre (d'Esterre)."

## 2023 Candidates for Election to the d’Esterre Centre Board of Directors

The elected Board of Directors is composed of the Executive: President, Vice-President, Secretary, and Treasurer, and eight directors at large.

The following members have agreed to allow their names to stand for election to the d’Esterre Seniors’ Centre Association Board of Directors for 2023:

<b>Executive:</b>	<b>President:</b>	<b>Vice-President</b>	<b>Treasurer:</b>	<b>Secretary:</b>
	Raymond Morin	Susan Toresdahl	Julie Spooner	Nina Sato
<b>Directors at Large:</b>	Ele Clarke	Gayle Cousins	Lois Higgins	Nancy Kremer
	Peggy Rasmus	Dave Robinson		

### For President Raymond Morin

I arrived in the Valley seven years ago. I started out as an Office volunteer then Director, Secretary to the Board, and now President since September 2021. I am living proof that anyone can aspire to be President (pun intended!). I had a career with the federal government in management positions. I volunteered with Habitat for Humanity, Francophone Associations and Refugees-Immigrant’s support organizations. I am a lifelong learner and trilingual. If re-elected I want to contribute to the sustainability of our Centre and ensure that it continues to be an enjoyable “second home” for all our members.

### For Vice-President Susan Toresdahl

I think you will agree that d’Esterre Seniors’ Centre is a wonderful asset to our community. I want to keep it that way. I take many classes at the Centre and enjoy its social aspect. I have attempted to “play it forward” as they say by serving on the Board as a Director for the past six years. I have lived in the Comox Valley for over 30 years. I retired from North Island College as the Director of College Relations and the Executive Director of the North Island College Foundation in 2008. I have enjoyed volunteering in the Community on the Board of the Comox Valley Airport. I have also served as volunteer President of Comox Valley Economic Development for ten years and volunteered at the Art Gallery when I first moved to the Valley. I am always happy to meet and hear what our members have to say about our wonderful Senior Centre.

### For Treasurer Julie Spooner

I grew up and was educated in Victoria. After that, I spent forty years with my family living in most of Canada, parts of the US, and Germany. Finally, I came home to the Island and settled in Comox. I am so fortunate that my family lives here as well...

I am an educator and have taught all school grades, college level and other various and challenging environments. Moving and adapting to so many situations, I learned to be adaptable, innovative and collaborative. Since retirement from SD 71, I have volunteered at Elder College and served on the executive for four years. I was also active in fundraising and events organizing for ALSBC (Lou Gehrig's Disease) in the Valley. Living in a strata opened a new world and I sat on the executive for several years.

In addition to the past year and a half serving as Treasurer, I am a longtime participant in Yoga at the Centre. When I have more time, I hope to play bridge at the Centre. I would like to continue to offer my banking experience and Math teaching skills to my current position.

### For Secretary Nina Sato

I moved to Comox from Maui with my husband in Dec. 2019. I retired after 20 years in education as a teacher and then Head of School at a small, independent school. While seeking to get involved in the community and stay busy, I decided to volunteer at several organizations including the Therapeutic Riding Society, the Newcomers’ Club, and here at the Centre, where I joined the Board during the COVID closure. I took on the Secretary position in 2021 and will stand for Secretary again. I have taken on the position of newsletter editor and have really enjoyed getting to know the Centre. I have also helped with grant applications to secure funding for various projects at the Centre. I currently participate in Tai Chi Gong and line dancing class and have also taken yoga and core classes. I am excited to continue on the Board to keep the Centre a vital and active place for seniors.

## Directors At Large

### For Director Ele Clarke

I have been a member of the Centre since 2013 and participated in the Spanish conversation group, take a yoga class, and play bridge. In the twenty three years I've lived in Comox, I've volunteered on the Board of the Beaufort Childcare Center at NIC and the Comox Recreation Commission. I've been on the d'Esterre Board for 1 1/2 years. I joined as the Centre was re-opening after the many COVID closures to help the Centre return to full operations. I participate on the Volunteer Coordinator Liaison committee, the Governance committee, and the Strategic Plan committee. I enjoy the collaboration with the dynamic Board team and look forward to another year of interesting challenges.

### For Director Lois Higgins

I am pleased to let my name stand for Director. I was born in the Comox Valley, moved when I was 12 and returned 10 years ago for work. My working career started with working in Long Term Care Facilities then working in a group home setting with adults with developmental disabilities. I then supported individuals in their employment. I retired June 2022 and was looking for somewhere to volunteer. I visited the Centre and I have been volunteering in the kitchen since October. I worked for non profit agencies for 33 years. During this time I had to report to the board as well as attend board meetings. I understand the workings of a board and what it entails. During my working career I was involved with my union. I facilitated health and safety training courses for the BCGEU all over British Columbia. When my agency was preparing for the accreditation process I was tasked with the job of making sure our agency was up to CARF standards. This entailed auditing all safety drills on a monthly basis as well as ensuring all earthquake, first aid and vehicle kits were up to standard. I also helped with the Board Governance standards. When my children were younger I coached track and field in Duncan as well as coordinating the Stuart Channel Little League in Chemainus.

### For Director Dave Robinson

I am pleased to let my name stand for Director. I have served on the Board since 2003, as President in 2007, 2008, 2013 and 2014. I am a member of the IT (Information Technology) Committee as well as providing support for the Audio Visual equipment. I serve as the Treasurer for the Rock and Gem Club, help coordinate Monday Bridge, and am the Coordinator for the Wood Shop. If elected, I look forward to continuing to serve this great Centre on your behalf.

### For Director Gayle Cousins

2022 was my first full year serving on the Board having joined mid-Covid in August 2021. My first official duty was to organize the "driver testing" information gathering. That proved to be such a success I agreed to continue to organize and arrange speakers for ongoing Saturday "Information Sessions". Thanks to your continued attendance these sessions are now scheduled into our calendar for the 3rd Saturday of each month (allowing for changes due to Special Events). In that regard, if you have any suggestion or recommendation of topics or presenters please feel free to contact me. Hoping to further contribute to our wonderful Centre, I again allow my name to stand as Director for another year. My husband and I have made the Valley our home since 1993. In 2001, I was introduced to d'Esterre and the duplicate bridge clubs. Later I joined the Nia group and now along with my Board duties, I'm also part of the volunteer team in the office. Thanks to this Centre I have formed many wonderful long lasting friendships. I believe d'Esterre Seniors' Centre is a vital part of our community and I am honoured to be a contributing member.

### For Director Peggy Rasmus

I moved to the Comox Valley with my husband from North Vancouver in 2016 after retiring from our thirty plus years in the construction industry. With the construction company I ran the office and took care of the accounting and bookkeeping. We have two grown children, both living in Courtenay. During my retirement I'm enjoying working out at the gym, hiking, gardening, golf and bridge. At d'Esterre I have participated in line dancing and Dance Fit as well as bridge and I look forward to serving as a director on the board.

### For Director Nancy Kremer

As a recently new Director in 2022 I look forward to this year working with the Board with the planning of a sustainable future for our Centre. The beautiful Comox Valley has always been my home. I'm a lifetime native. After retiring in 2021 from 45 years in retail, customer service, and management I took over as the Gift Shop Coordinator. Volunteering in the Gift Shop has been a successful experience. Promoting our little hidden gem and showcasing the talent of our members to the Valley is very rewarding. I have held positions on the following committees...Zellers Better Relations Committee President, Comox Valley Seniors Village Family Advocate President, and Comox Seniors Special Events Coordinator. I continue to work as liaison with our Special Events Planning Committee. I enjoy Pilates, yoga, aqua fit, walking, and boating.

## More News from the Centre

### SPECIAL EVENTS

Thank you to all who came to the Special Events planning get together. We had a great turnout and formed a Special Events Committee. We look forward to planning some exciting events.

Our first very important event is our Volunteer Appreciation Celebration.

The d'Esterre Comox Seniors' Centre would like to show their appreciation to volunteers who dedicate their time to lend a helping hand.

Join fellow volunteers on Wednesday, April 19<sup>th</sup> from 4-5:30pm for your celebration party.

Pick up your invitation ticket at the office starting March 20<sup>th</sup>. Last day for ticket pick up is April 8<sup>th</sup>. Please advise the office if you are unable to attend.

See you in the Ballroom!



### Information Session Calendar

Keep the 3rd Saturday of the month in mind (except for May....due to the long weekend, that session has been moved to the 4th Saturday). Here are the next 3 sessions. Mark your calendar now so you don't miss out.

Mar 25th - SCAMS and FRAUD

Apr 22nd - The Story of Dusty d'Esterre

May 27th - Wills and Estate Planning

### March Information Session

**"INFO SESSION"**  
**Saturday, March 25<sup>th</sup>**  
**10:30am**  
**in the ballroom**

**AVOID FALLING VICTIM  
TO SCAMS & FRAUD**



**Presenter:**  
**RCMP Cst Monika Terragni**

Vancouver Island is hardly immune to an ever-increasing number of seniors being targeted by scams and fraud.

Be aware. It comes from all directions...online, door to door solicitation, telephone, snail mail.

**Join us for important tips  
to prevent falling victim**



d'Esterre Seniors' Centre  
1801 Beaufort Avenue, Comox



### News From the Library

On February 9th the Centre's library held its first small book sale in the library area. Apart from books, the sale offered a small selection of CD's, DVDs, puzzles, and talking books. All of the revenue generated was by donation. The sale generated \$140+, an amount that goes directly to the Centre's funds.

We considered the sale to be a success and as such, we plan to hold further small sales in the future. They will be advertised in the d'Esterre Centre's monthly newsletter and in posters around the Centre. So, keep your eyes open for the next small sale and be sure to let all of your friends know.

Thank you to everyone who participated and helped to contribute to the success of our sale.

## More News from the Centre

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

The month of March welcomes more positive changes for our Centre. The first being NEW OFFICE HOURS now open five days a week from MONDAY to FRIDAY 10:00am to 1:00pm starting FRIDAY, MARCH 3, 2023. With these new hours comes a request to those who would like to join the solid Office Volunteer Team to help assist our members at the office window at the d'Esterre Centre. If you have considered wanting to join the current group of dedicated volunteers, NOW is the time to take the plunge!

Class Registration continues to be a big part of the day-to-day office tasks and is going very well. Members who are not able to register for a class at the window during office opening times continue to use the Class Registration/Drop In Form. Attention to filling out this form in its entirety with accurate information aids the volunteers to register you in your desired class correctly and easily.

The new available option to donate your "Refundable Containers" to the d'Esterre Centre is now set up in the closet closest to the office. This is the 3rd fundraising effort Frieda and her team have instigated and solidified, including DONATING YOUR POINTS at QUALITY FOODS, DONATING YOUR REFUNDABLES at COURTENAY BOTTLE DEPOT and ANNOUNCING AND COLLECTION OF REFUNDABLES at the CENTRE. THANK YOU, FRIEDA!

The exciting "Pop-Up" classes will be held Wednesdays 8:55am-9:55am in March! (Excluding March 1st.) These "Pop-Up" classes give our members the opportunity to experience a class on a "Try me" basis. Register at the office. TRY ONE or TRY THEM ALL!

→Wednesday, **March 8th - LINE DANCE FUSION** with NIMISHA

→Wednesday, **March 15th - SUNRISE SOMATICS YOGA** with WENDY ANDERSON

→Wednesday, **March 22nd - BEGINNER LINE DANCING** with GINNY

→Wednesday, **March 29th - ALL LEVELS HATHA YOGA** (beginners welcome) with CHARLENE FRITZ

Here's to SPRING, NO MORE SNOW, and SUNNY days ahead!

## Activities Around the Centre

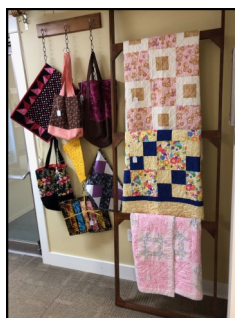
### Art Club



March's many weathers are upon us - spring is definitely on its way. The Art Club is happy to have welcomed some new members recently to swell our numbers.

We're looking forward to a morning workshop before too long, which will be new work for some but a refresher for others. Although we haven't quite decided on the theme or who the workshop artist will be, it is an exciting prospect which we hope will trigger our imaginations and produce some new ideas. Join us on Monday mornings at 9 am in the Art Room downstairs.

### Quilter's Group



The quilters are busy working on quilts for the spring raffle. The winning tickets will be drawn during the Spring Fashion Show in May. All proceeds will go to the center to be used for new, existing, and future programs. Thanks to all members who have donated fabric and hours of time to make these quilts. Donations of quilting fabric are always welcome and will be used for future raffle quilts. All are welcome to stop by on Tuesdays and Thursdays to see what we are currently working on. Contact Donna Engelhart at 250-702-9493.

## Activities Around the Centre

### Knitting Group



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

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

FMI, contact Elaine at 250-941-2518.

### Team of Four Bridge

Dates: 3rd Sunday of every month March-June

Place: Downstairs Card Room

Time: 1 pm – 6 pm

Coordinator: Chuck Hodson 250-338-3554

### Wednesday Duplicate Bridge

Every Wednesday starting at 1:30. Playing fee for members of CSC is \$2; non members is \$5. Non duplicate bridge players are welcome. Bring a partner and give it a try. Questions? Email Frieda at [home@shaw.ca](mailto:home@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 at [shpaterson@shaw.ca](mailto:shpaterson@shaw.ca)

### Pottery Club

The pottery studio has been a valued part of d'Esterre for about 10 years, and it has always been a hub of creativity. If you drop by you might see some interesting work being done on one of the pottery wheels or maybe the finishing touches being put onto a bowl or mug, or if you're really lucky, the glazing kiln is just being opened and you can witness the smiles (or frowns!) as potters finally get to see the results of glazing. Surprises are not uncommon!



Members of the pottery group are hobby potters, with varying degrees of experience, but all with a love of working with clay. The group has grown in recent months and due to the limitations of space and facilities, there is currently a waitlist to join. It is also important to note that as this is not a teaching facility, potential new members should already have a level of competency in working with clay to enable them to work independently and safely within the studio.

For more information about the pottery group, please contact facilitator, Lorrie Smith, 250-339-1902

### 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 (T,S) – call Jeannette at 250-339-7161

Duplicate Bridge (W) – email Frieda at [home@shaw.ca](mailto:home@shaw.ca)

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



## Classes Around the Centre

### 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 cueing 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 250-897-1374.

### Yin Yoga Session with Nancy Moelaert

Thursday from 1:15 to 2:45 pm Feb. 23 to Mar. 30 (six weeks) \$60 for six sessions

This class will start with Pranayama. These breathing exercises will get our mind focused and our energy moving. We will then flow through the 6 movements of the spine to warm and loosen the body:

- |                                    |  |
|------------------------------------|--|
| 1 - Cat - a soft arch of the spine | 3 & 4 - Spinal twists each direction               |
| 2 - Cow - a soft backbend          | 5 & 6 - Lateral (side) stretches in each direction |

The majority of the class will be practicing Yin Yoga. Yin yoga is a practice of long-holding prop-supported poses which invites large muscles of the body to relax allowing the benefits of the stretch to travel deep into the fascia or connective tissues of the body.

With the challenge of calming the mind and releasing fear we will focus on the unity of Breath, Body, and Mind which is the meaning of yoga!

Register at the office. Contact shoresofserendipity@shaw.ca with any questions.

Registration will be pro-rated if you join after start date!

### Yoga Care with Clare

Thursdays from 1:15-2:45 April 6 - May 11 (six weeks) \$60 for six sessions

Explore your physical body, mind & spirit with healing guidance from Claire. With gentle movement, yoga poses, breathwork and meditation practices, we will journey through the Koshas - our bodies' energetic layers. All classes will include postural alignment, healthy range of motion, muscle strengthening and joint care.

Recommended props: yoga mat, yoga belt, foam pad, yoga blocks, blanket & eye pillow.

FOR ALL LEVELS

Register at the office. If you have any questions please contact yogacarewithclaire@gmail.com

### Gentle Yang and Yin Yoga with Janet Haigh C-IAYT

Thursdays from 1:15-2:45 May 18 - June 22 (six weeks) \$60 for six sessions

Together we will begin with some activating, energetic Yang practices including standing poses and flowing movement, then we will dial down the tempo to move into slower Yin postures done on the mat which we will hold for longer periods of time. Our intentions will include balancing energies and exploring movements that transition to stillness over the course of the practice, with a focus on breathwork to match each activity. No previous yoga experience is required; all persons are most welcome. This class will be taught from a trauma-sensitive approach and you will be offered options to try every step of the way. Come learn how to tailor a yoga practice to serve your changing needs. Conducted by certified Yoga Therapist Janet Haigh of Blue Sky Yoga. Looking forward to seeing you there!

FOR ALL LEVELS

Register at the office. If you have any questions please contact janet@blueskyyoga.ca

## 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.

### Calling all fitness friends...

There is space 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 with any questions.**

#### **Monday          Hatha Yoga          3:00-4:30 pm          Anne-Marie Hartman**

This yoga practice is for those who want to foster a deeper connection with their body through mindful movement and breath. Physical benefits include increased strength, flexibility, balance and relaxation. Modifications and rest are encouraged as needed. If you would like to learn more about Anne-Marie, please visit: [www.peacefulpathwellness.com](http://www.peacefulpathwellness.com)

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

#### **Tuesday          Core Plus 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.

#### **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](mailto:wendyandersonsjoyflow@gmail.com).

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

#### **Thursday          Pilates          12:00-1:00 pm          Jenny Aird**

Pilates is a gentle and controlled way to create functional strength, as well as increasing flexibility and endurance. Pilates heightens our body awareness and balance, helping with stability to prevent falls. It improves upon and maintains strength and mobility, allowing us to move through life with a bit more ease and enjoyment. We will work through age-appropriate exercises and build upon the skills we learn each week and we'll have a bit of fun while we're at it! Coordinator: Linda Barfoot [fifthline@gmail.com](mailto:fifthline@gmail.com) 250-897-1374

#### **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](http://www.shoresofserendipityyoga.com)

Coordinator: Barb Taylor [barbtaylor88@gmail.com](mailto:barbtaylor88@gmail.com) 250-890-3446

## Classes Around the Centre

### 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, March 6, 13, 20, 27. Drop-ins welcome, please come 10 mins. early - \$7.

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



### 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 [nsato@live.com](mailto:nsato@live.com) or 778-992-0220



### 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](mailto: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.



### 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! Mondays 8:30 Rise and Shine class or 9:30 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](mailto:robynnkh@gmail.com) or 250-338-3502.



A number of floor mats have been stored in the cupboards used by Magi's exercise classes. If you think you might be the owner of a mat, please phone Pat Jones at 250-339-6706 or email her at [pej@shaw.ca](mailto:pej@shaw.ca) to arrange for pickup. If you would like a free mat from those not claimed before disposal, please let Pat know.

**POP UP CLASSES ~ WEDNESDAYS  
IN MARCH 8:55AM - 9:55AM  
Register at the office**

Wed, Mar 8 → LINE DANCE FUSION with Nimisha \$7

Wed, Mar 15 → YOGA - Gentle Somatics with Wendy A \$10

Wed, Mar 22 → BEGINNER LINE DANCE with Ginny \$7

Wed, Mar 29 → HATHA YOGA with Charlene Fritz \$10



**CANCELLATION POLICY AND REFUNDS FOR ALL CLASSES**

**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.

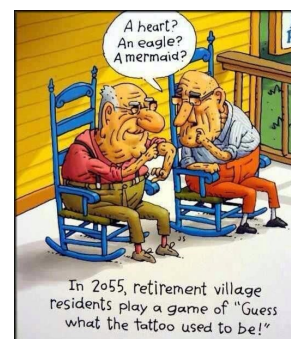
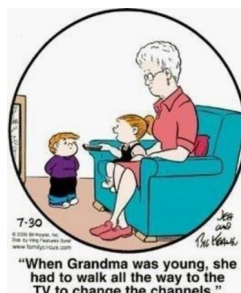
**Unforeseen Closures**

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.

**This Month's Chuckles**



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

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

<p><b>Centre Office</b> 250-339-5133 M-Th 10 am-1 pm <b>Diane Stewart</b> Centre Coordinator 250-339-5133 Centre.coordinator @comoxseniors.ca</p> <p><b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong (Rise &amp; Shine) T'ai Chi Gong Soapstone Carving Painting American Mah Jongg Strength Training</p> <p>Line Dance Fusion Bridge (Partners) Carpet Bowling Yoga (Hatha) Yoga Bid Euchre</p>	<p>BR BR CRR AR CR BR</p> <p>BR CR BR BR BR CR</p>	<p>8:30 am 9:30 am 10:00 am 10:00 am 10:00 am 11:00 am</p> <p>12:00 pm 12:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Robynn Honeychurch Robynn Honeychurch Lorraine Kendall Dorothy Gardner Wanda Bell Bev Haist or Caroline Hoon 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><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p>	<p><b>Tuesday</b></p> <p>2<sup>nd</sup> Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock &amp; Gem Club Chair Exercise Core Plus 1 Core Plus 2 American Mah Jongg Gentle Soma Yoga Men Only Stretch Duplicate Bridge</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.) &amp; 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><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Dave Robinson 250-703-2536</p> <p><b>Cue Sports</b> <b>Rock and Gem</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b></p>	<p>Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Strength Training</p> <p>Carpet Bowling Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga</p>	<p>BR BR AR</p> <p>BR</p> <p>BR CR 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 1:30 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 Frieda Home 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 250-339-0077 250-465-8154 250-339-3264 @gmail.com</p>
<p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p> <p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@ gmail.com</p>	<p><b>Thursday</b></p> <p>1st Thursday Feb 23-Mar 30</p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Pilates Knitting Mah Jongg Silversmith Club Yoga (6 week session) Yoga</p>	<p>BR BR CRR AR BR BR DR CR CRR 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 1:00 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 Bonnie Luterbach 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 250-465-1948 250-897-1374 250-890-0608</p>
<p><b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p><b>Rentals</b> Michele Morton 250-465-0333 Michelemorton12 @gmail.com</p>	<p><b>Friday</b></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 &amp; 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><b>Special Events</b> Open</p>	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) &amp; John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>
<p><b>Custodian</b> Bill Brown 250-339-3020</p>	<p><b>Sunday</b> 3rd Sunday</p>	<p>Bridge (Team of Four)</p>	<p>CR</p>	<p>1:00 pm</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**