



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

www.comoxseniors.ca
Email: office@comoxseniors.ca



Here comes the sun...

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Nina Sato, Secretary
Ele Clarke, Director
Gayle Cousins, Director
Lois Higgins, Director
Nancy Kremer, Director
Peggy Rasmus, Director
Dave Robinson, Director

Chris Haslett, Town Rep

May 2023 Newsletter

The Centre is closed on Victoria Day, Monday, May 22

President's Message

Volunteering is Weaving us Together...

The big event in April was the Volunteer Appreciation Celebration on Wednesday, April 19th. This is likely the most important event of the year for our one hundred volunteers.

Everyone was impressed with the organization and delivery of this yearly event. Consider all the elements that came together to pull off such a fiesta. The formation of a committee and defining roles, program details, menu and food preparation, decorations and prizes, sponsorships, thank you cards, audio-visuals and photography, set-up and take-down, washing dishes and clean-up.

The program flowed like a finely choreographed symphony orchestra concert from start to finish. Speaking of finish, the volunteers didn't just leave when the fun was over, no! They stuck around to put the Ballroom and Kitchen back in its original good order.

There are too many persons to thank for this event but I would be remiss if I didn't highlight the above and beyond contributions made by Nancy, Dei, and Diane.

On April 22nd we had 65 attendees at the "Dusty d'Esterre and the Beginnings of Tourism in Comox" presentation. Local historian and writer Christine Dickenson entertained us with anecdotes and photos of this early settler, investor, and bon vivant. These Saturday Information Sessions are gaining in popularity with every passing month. Next up is "Wills and Estate Planning" on May 27th. Even Dusty felt the need for a will in which he donated to the Town the land on which our Centre now stands.

Seven Board Directors completed an excellent Board Governance workshop offered by the Comox Valley Community Foundation on April 12th. It was a great learning opportunity.

Aren't we all looking forward to a warmer May?

*"Service to others is the rent you pay for your room here on earth."
Muhammad Ali, American boxer (1942-2016)*

~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

Sat. May 6 – Coronation on TV beginning at 9am in Dining Room

Sun. May 14 – Mother’s Day Spring Tea & Fashion Show 2pm

Mon. May 15 – Board meeting 10:30 am in Council Chambers

Mon. May 22 – Centre closed for Victoria Day

Sat. May 27 – Info Session “Wills and Estate Planning” 10:30am

Looking Ahead:

Sat. June 17 – Father’s Day Pancake Breakfast

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

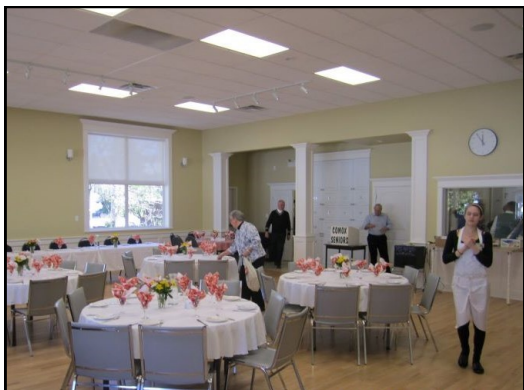
Centre Rentals

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 or 250-465-0333.

The Centre Ballroom



Dei’s Café

Hot Meal Menu



<i>Tuesday</i>	<i>May 2</i>	<i>Cutlets</i>
<i>Wednesday</i>	<i>May 3</i>	<i>Mac & Cheese</i>
<i>Thursday</i>	<i>May 4</i>	<i>Roast Beef</i>
<i>Tuesday</i>	<i>May 9</i>	<i>Shepherd’s Pie</i>
<i>Wednesday</i>	<i>May 10</i>	<i>Lasagna</i>
<i>Thursday</i>	<i>May 11</i>	<i>Liver & Onions</i>
<i>Tuesday</i>	<i>May 16</i>	<i>Roast Beef</i>
<i>Wednesday</i>	<i>May 17</i>	<i>Fish & Chips</i>
<i>Thursday</i>	<i>May 18</i>	<i>Ham & Scalloped Potatoes</i>
<i>Tuesday</i>	<i>May 23</i>	<i>Meatloaf</i>
<i>Wednesday</i>	<i>May 24</i>	<i>Beef Stew</i>
<i>Thursday</i>	<i>May 25</i>	<i>Liver & Onions</i>
<i>Tuesday</i>	<i>May 30</i>	<i>Cordon Bleu</i>
<i>Wednesday</i>	<i>May 31</i>	<i>Hot Dog & Chips</i>

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

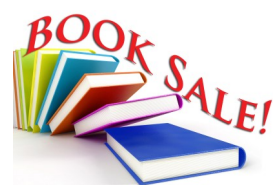
In May we celebrate and honour our mothers. What better way to say, "I love you, Mom" than spending time with her. If unable to spend time, say it with flowers or a beautiful handmade gift from the Gift Shop.

Say "I love you" with...a silk scarf crafted in lovely pastel shades...colourful fabric sewn bags in many sizes...woodcrafted twig vases, cutting boards, coasters, and benches...pottery mugs, bowls, and vases in an array of glazes...fabulous greeting cards of flora, wildlife, and artistic designs...fused glass window hangings and jewelry. So many unique gifts to celebrate Mom.

Welcome new member and consignor, Heather James, with her beautiful fabric shoulder bags. Going for a walk or activity? Choose the small cell phone bag or the larger zippered pocket bag for everyday use.

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 you, 20% funds the Centre. Come join our Gift Shop community to earn your payouts. Schedule an appointment with Nancy at nancy2fancy@shaw.ca or call 250-650-2193. The shop is now accepting your creations.

*Happy Mother's Day!
From the Gift Shop Gals*



Library News

The next mini sale of library items will be in June. Keep your eyes open in the Centre for posters giving the date and time of the event. This information will be included in the June newsletter as well.



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

Tour d'Esterre Centre

Here it is...Spring with bright flowers, birds singing and we are feeling good about new beginnings.

Find out what is going on at our favourite activity and social centre with a tour on WED., MAY 10 @ 10:30 am. Meet in the sunroom by the office. Follow it with a wonderful lunch from Dei's kitchen or shop at our gift shop. You might discover a new activity or time to socialize with new friends...join me on an exciting and informative trip around Comox's best kept secret.

Contact me at sherbry650@gmail.com or 250-941-1808.

Stay Happy,
Sherry

NO Coffee with AI



AI will be away for the month of May. He will be back at the corner table in June.

May Info Session

May Special Event

“INFO SESSION”

Wills and Estate Planning

Saturday, May 27th
10:30am in the ballroom

Presenter:
Lyle Carlstrom
- Partner CR Lawyers LLP



The diagram shows 'Estate Planning' in a central blue circle, connected to five surrounding circles: 'Wills' (red), 'Power of Attorney' (green), 'Advanced Healthcare Directive' (yellow), 'Trusts' (purple), and 'Probate' (pink).

Offered for Sale:
Planners for \$10.00
and
Executor Guides
for \$5.00



d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox

Spring Tea & Fashion Show

Sunday, May 14th
2:00 - 4:00 pm

Come for Tea and See what the New Trends are for this Spring and Summer.

Fashions from the Valley's Finest Shops

Door Prizes 50/50



The collage features a yellow and blue dress, a straw hat, a tiered tray of pastries, and a blue butterfly.

TICKETS:
\$15 per person
Limit of 4 tickets per person
Tickets on sale at the Office on Monday, April 24th during office hours
250-339-5133

d'Esterre Seniors' Centre
1801 Beaufort Ave.,
Comox

Information Session Calendar

Here are the upcoming info sessions – mark your calendars:

May 27, 2023 - WILLS and ESTATE PLANNING **note** 4th Saturday - due to the long weekend

June 17, 2023 - No Info Session - due to the Father's Day Pancake Breakfast

July 15, 2023 - FALL PREVENTION



Dusty d'Esterre a Spy??

On Saturday, April 22, despite wind and rain, the Ballroom was packed with 65 people attending the Info Session on Dusty d'Esterre, namesake of our Centre. Presenter Christine Dickinson, entertained the group with interesting tales of Dusty (real name was Sydney) and his efforts to bring tourism to Comox. Known as 'the mystery man', Dusty had many anecdotes surrounding him, including the monogram of spy. Aside from some of the myths, we do know he was instrumental in the growth of Comox. Christine also shared many historical facts about Comox along with slides showing sites and buildings.

The monthly Saturday Info Sessions are proving to be very popular with our members. Next up is "Wills and Estate Planning" offered on Saturday May 27 at 10:30. The sessions are free and all are welcome. Board member, Gayle Cousins, is the organizer of the sessions and she welcomes suggestions for future topics.

SPECIAL EVENTS

Sixty volunteers attended the Volunteer Appreciation Celebration in the ballroom on the Wednesday afternoon of National Volunteer Appreciation week. Volunteers from many areas of the Centre celebrated together with good food and non alcoholic wine. Raymond Morin, President, toasted and thanked the volunteers for giving their time to keep our Centre a welcoming, thriving place to be. Thank you to Quality Foods, Thrifty Foods, and Johns Independent for food donations. Special thanks to Dei and her team for the cake and additional food items they prepared. The floral arrangements designed by Jennifer Harrison were raffled off along with Volunteer Appreciation water bottles. A generous donation of two tickets to Symphony at the Sid were won by Bernice Blonarwitz.

Photos by Roger Taylor can be seen on the comoxseniors.ca website.

May Special Event: Mother's Day Spring Tea & Fashion Show on May 14th from 2-4pm.

Enjoy an afternoon tea with friends and see the new fashion trends from Shar-on's, Gardenworks, Packables, and Winners. Win door prizes and 50/50 raffles.

Tickets are limited to four per person. Please check with the office for tickets.

Happy Mother's Day!



More News from the Centre

You Asked, We Listened

At the Centre's Annual General Meeting on March 22, several members asked if the Board would revisit the idea of posting Board minutes and financials on the bulletin board. The Board once practiced this but stopped doing so after determining that no one seemed to look at them.

Seems some of our members did and would like to continue to do so. As a result, the Board will once again resume this practice. Starting in May, Board minutes and summary financials will be posted on the bulletin board. You asked, we listened! Thank you to those members who voiced their opinion, they are most welcome.

Easy Ways to Donate



Here's an easy way to help your Centre and the environment.

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.

More Options for Return-It Fundraising

Either bring your recyclable containers to the Centre or take them to an Express Return-It yourself. There are two of these locations in the Comox Valley: Comox Mall and the Return-it Depot in Courtenay. If you choose to use the latter, you will need an acceptable bag, an appropriate label and a cell phone. Labels and bags are available from the office. An instruction sheet also is available at the office or you can email Frieda Home at home@shaw.ca for a copy. Please consider helping your Centre in this way. Also, ask your friends and family for their support as well.

Coronation of King Charles III

The coronation of King Charles III will be shown on the television in the Dining Room at the Centre beginning at 9 am on Sat., May 6. The program will be set to repeat through the day. Bring your coffee and enjoy taking in the program with other interested members.



BC Senior Games

The 55plus BC Games are coming to Abbotsford August 22-26, 2023. Registration is now open for 29 sports and activities. Abbotsford is working hard at providing first-class venues to provide the best possible experience for the more than 3500 participants. Visit the website at

[55+ BC Games – For Life, Sport and Friends. \(55plusbcgames.org\)](https://www.55plusbcgames.org)

to find the activity for you and get registered. For further inquiries, contact zone2@55plusgames.org.



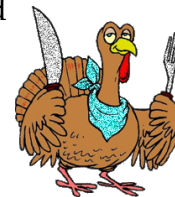
Help your Centre by donating your accumulated and new Quality Food Points.

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'Estere)."

Donating made easy! Thanks and see you at our next dinner...

Quality Foods Premium Turkey please!!



More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

The month of April was a very busy time at the Centre. Many of our over 900 members continue to engage in activities available and the Volunteer Appreciation Celebration showed the enthusiasm and dedication of those who volunteer their valuable time and talents to enhance our centre every day. One dedicated volunteer, Nancy Kremer, a director on our Board, devotes many hours of her time planning, leading, and implementing Special Events. With her eye for detail Nancy guides many of our “behind the scenes” volunteers towards successful events.

Some new programs taking hold in April include a Bridge Skillbuilders group hosted by Judi, Tuesdays at 1pm in the card room, and Harry Piercy begins a “Learn to Play Mah Jongg” on Thursdays at 10am in the card room and Sherry Brydon, our knowledgeable centre Tour Guide, has initiated Friday afternoon Board Games at 1pm in the lounge and hosted a New Members Coffee Circle on Wednesday, April 26th. Sherry also volunteers her time when and where she can.

A very exciting “Absolute Beginner” Line Dance class starting Wednesday, May 17th at 6:15pm will be instructed by our very own, talented, and enthusiastic Line Dance instructor Brenda Needham. Space for this class is filling fast, sign up at the office to reserve your spot.

The office welcomes our newest volunteer Patty, joining the team of dedicated office volunteers who strive and work hard every day to implement decisions made by your board of directors to ensure your member experience is a good one.

Activities Around the Centre



Cue Sports at Our Centre

If you're drawn to our Centre by the friendly, social atmosphere, to take advantage of equipment and tools that you simply don't have at home, or to partake in activities that keep you physically and mentally fit, you'd very likely enjoy playing pool or snooker in our Cue Sports Club room.

If cues are in your past, our two tables will help ease you back into the game. If you'd simply like to find out how relaxing (or challenging) cue sports can be, come by and chat with whoever is in the room. Or, call me any time and we could arrange to meet there. I'd be pleased to show you around. I look forward to welcoming you. Mike Couture, Cue Sports Club Coordinator, 250-898-4633

From The Cue Sports Club

There are several personal pool cues locked on the pool cue rack in our Centre's Cue Sports Club room that have not been used for quite a while. (They appear to have been forgotten.) We'd like to identify the owners in order to do some housekeeping in the room. If you are the owner of any of those cues or if you know who might be, we'd appreciate hearing from you and the other owners.

The 4x8 pool table in our Cue Sports Club room is a fundamental source of pleasure and relaxation there. Unfortunately, our cherished table has seen better days. It needs to be replaced. It is beyond economical repair. Finding a pre-owned table is not easy. If you know of a table that could use a new home, please let us know. We appreciate your help.

Mike Couture, Cue Sports Club Coordinator
250-898-4633, couture.mike.r@gmail.com

Activities Around the Centre

Quilter's Group

The Spring Quilt Raffle is finally underway. The quilts can be viewed in the dining room. Tickets are available from



the office, craft store, dining room or from any member of the quilting group. Tickets are \$2.00 each or 4 for \$5.00. The tickets are selling quickly and the draw will take place at the Spring Fashion Show. Don't miss this great opportunity. All proceeds go to the d'Esterre Center to be used for future programs. If you don't need a quilt yourself, I am sure you know someone who would love to receive a great gift. We really do appreciate your support.

We would like to welcome Lois as our newest quilter.

A huge thank you to Mike Englehart and Denise Anderson for helping to set up our new long arm quilting machine and frame. Our members are busy practicing on the new equipment and eager to learn all its capabilities.

Pottery Group

The pottery studio is one of the many areas of creativity within the Centre. Visitors are always welcome to drop by and see what's going on.



Members of this group are hobby potters, with varying degrees of experience, but all with a love of working with clay. 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. Due to the limitations of space and facilities, there is currently a waitlist to join.

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

Art Club

The art club enjoyed a morning workshop with local artist Larrisa McLean at the beginning of April. We had a very good turnout of members. It was a lot of fun trying new ways and methods of painting and new ideas. You may perhaps see some of the results in due course on the art wall. It was the first time we've been able to have a workshop since before Covid and such was the enthusiasm that we are already considering another workshop with a different artist in the future. It is always interesting to see how other artists work and try the methods for ourselves.



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

FMI Sharon Paterson at shpaterson@shaw.ca

Activities Around the Centre

Learn to Play Mah Jongg

with Harry Piercy. Thursdays 10-12 am in the Card Room. d'Esterre membership is required. \$0.50 per person. For information contact Harry at 250-702-5948.

Fun & Games on Friday

Every Friday in the sunroom at 1:00 pm. We are having fun playing Mexican Train these last few months and are looking for more to join in. If you like to show us a new game ... we are up to that too, just contact me. So come bring a friend and have a good time.

Contact Sherry by phone 250-941-1808 or email sherbry650@gmail.com.

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

Team of Four Bridge

3rd Sunday of every month March-June from 1pm-6pm in the Card Room
FMI Chuck Hodson 250-338-3554

Partner Bridge

Come and join us for MONDAY PARTNERS BRIDGE at 12:30 pm which is social contract bridge. Meet a fun bunch of swell people. In addition to prizes for top scores, there are additional ones to make it more exciting. Play is about 3 hours.

For more info, contact Jane Jensen at 250-335-1227.

Skillbuilder's Bridge

You don't need a partner or expertise to play Skillbuilder's Bridge - just basic lessons (recently or in the past). You can bring your toonie, cheat sheets, and talk through your moves in a non-competitive environment. Join us downstairs at 1 PM in the Card Room, and bring your membership card. If you'd like to join this drop-in group, contact Judi: judimm@shaw.ca or call/text 250-218-5431.

Cribbage

The number of people coming out for the Tuesday night games is increasing slowly and steadily, but there is plenty of room for more and new players are always welcome. The games are competitive but friendly and an enjoyable way to spend an evening. Of note, Marjorie Richardson has enjoyed a winning streak recently, achieving 2 perfect scores in a month.

Play starts at 7pm sharp, but come a bit earlier to help set up the tables, and stay after the games are done for a cup of decaf coffee and some goodies. Cost: \$2 (sometimes there's a free night) but be sure to always bring some dimes in case of getting skunked.

FMI Diana or Terry, 250-339-7714, or dianaterry@shaw.ca

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

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

Skillbuilder's Bridge – call Judi at 250-218-5431

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

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

Learn Mah-Jongg – call Harry at 250-702-5948



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; April-May series ends May 29 (6 weeks \$40); June-July 7-week series June 5 till July 24 for \$45. No Line Dance Fusion in August. \$7 drop in, come in early to register at the Office.



FMI contact Andrea Gordon at (250) 650-0192 or acgordon@shaw.ca

DANCEFIT SILVER

This Zumba-style class is a great way to get fit and stay fit. It features simple dance moves to music from around the world, and is tailored for the older adult. The focus is on having fun while moving the body to lively rhythms. Wednesdays at 10 am. Cost: \$20/month or \$7 drop-in. FMI contact Diana at 250-339-7714 or dianaterry@shaw.ca



LINE DANCING WITH BRENDA

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.



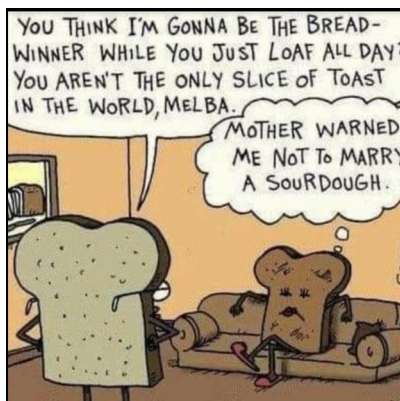
ABSOLUTE BEGINNER CLASS consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Interest in this class is extremely high. Sign up early to ensure you get your spot! Wednesdays 6:15 pm-7:15 pm beginning May 17th.



EXPERIENCED BEGINNER CLASS is for the line dancer who has mastered basic steps and movements. Instruction will be at a quicker pace. It will consist of medium to high level Beginner dances, as well as some Improver level dances which will have more complex dance step patterns, longer steps, syncopation, various rhythms & tempos, and tags & restarts. Wednesdays 8:55 am-9:55 am.

Both classes are \$20/month or \$7 drop-in. FMI contact Brenda Needham at needham@telus.net or (250) 890-2054.

This Month's Chuckles



1. The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.
2. It's weird being the same age as old people.
3. Just once I want a username and password prompt to say CLOSE ENOUGH.
4. If I am ever on life support unplug me and plug me back in and see if that works.
5. Do you ever wake up in the morning and look in the mirror and think. . "That can't be accurate?!"

Classes Around the Centre

T'AI CHI GONG

Come experience “joy through movement”. Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It can improve circulation, balance, flexibility, and alignment, and restore and rebalance your chi energy. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music. Please note time change starting in May, Mondays from 9-10 am with certified instructor, Nina Sato. Register at the Office \$20/month or \$7 drop-in. FMI contact Nina at nsato@live.com or 778-992-0220



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.



Dance Away Dementia

A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. You may have heard about the New England Journal of Medicine report on the effects of recreational activities on mental acuity in aging. The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City. The study examined physical or cognitive recreational activities effect on mental acuity. They discovered that some activities had a significant beneficial effect. The physical activities studied included playing tennis or golf, swimming, bicycling, dancing, walking for exercise, and doing housework. One of the surprises of the study was that only one of the physical activities appeared to offer any protection against dementia. The only physical activity to offer protection against dementia was frequent dancing. Dancing reduced the rate of dementia by 76%. That was the greatest risk reduction of any activity studied, cognitive or physical.



In this study, neurologist Dr. Robert Katzman proposed that those participating in dancing are more resistant to the effects of dementia as a result of having greater cognitive reserve and increased complexity of neuronal synapses. Like education, participation in mentally engaging activities lowers the risk of dementia by improving these neural qualities.

Taking a dance class stimulates your mind as well as your body. Learning new steps will generate the need for new pathways. Dancing integrates several brain functions at once – kinesthetic, rational, musical, and emotional – further increasing your neural connectivity. So get out there and dance and don't worry about two left feet – your brain will thank you!

Classes Around the Centre

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. e.g. 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 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.com or 250-897-1374.

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 by May 13. We want to ensure we have enough people registered for this class.

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

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.

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: Susan Toresdahl storesdahl@shaw.ca 250-339-6528

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 250-897-1374

Friday All levels Yoga 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 250-890-3446

DRIVE-THRU SHREDDING

Presented by Comox Rotary

SAT MAY 6th
10:00 am - 2:00 pm
Driftwood Mall Parking Lot
\$15 per banker's box



COMOX ROTARY DRIVE-THRU SHRED (MAY 6)

Spring is here. And that means spring cleaning time! We are pleased to announce the first annual Drive-thru Shredding Day to be held Saturday, May 6th from 10 am to 2 pm in the Canadian Tire parking lot at the Driftwood Mall, Courtenay.

“Who doesn't have a box or two of outdated tax returns or old confidential personal papers cluttering up their garage, or in my case, the bedroom closet?” remarked Comox Rotary President Lisa Zuk with a smile on her face.

Our Club and the Shredding companies will be set up in the parking lot at Driftwood Mall from 10am to 2pm, ready to take those boxes off your hands. You don't even get out of your car, just drive thru and then drive away feeling good about having disposed of those papers hiding in the crawl space or attic or office. We take debit, credit or cash.

Partnering with Shred-It and local company Home Town Shredders, Comox Rotarians are excited to work with the two professional shredding companies. “Secure document destruction is their business and we know we are in good hands” stated President Zuk.

Rotarians like to help their community and Drive-thru Shredding Day will help Valley residents to declutter and at the same time support the good works of Rotary. Cost is \$15.00 per banker's box or equivalent. Cash, debit or credit card accepted. Mark it in your calendar. We look forward to seeing you on May 6.





CANADIAN ANTI-FRAUD CENTRE BULLETIN

FRAUD: RECOGNIZE, REJECT, REPORT

Following the presentation in March regarding Scams and Fraud, here's some more information. We're exposing some of the top tricks and tactics fraudsters use to victimize Canadians. We're also helping you equip your own toolbox to protect yourself.

What's in a fraudster's toolbox?

Although fraudsters are always changing tactics and using advancements in technology to steal personal information and money, here are some of their common tools:

- **Spoofing:** This is used by fraudsters to mislead and convince you that you're communicating with people you know, or legitimate companies and organizations. Fraudsters can change the caller-ID that is displayed on your phone, the sender address in an email, and often mimic legitimate websites, etc.
- **Urgency:** Fraudsters use urgency to trick you into sending money, personal information or clicking on malicious links. By using urgency, they are trying to give you less time to consider whether the request is suspicious.
- **Emotional manipulation:** Fraudsters play on your emotions to trick you into believing their story and sending them money. They will do this in romance, emergency, grandparent and charity scams, etc.
- **Threats:** Threats are often used alongside urgency and emotional manipulation. A fraudster may threaten arrest, physical harm, financial harm, release of sensitive information or pictures, and make threats against family members if you don't send money. They may also scare you to remain silent about the transaction to further isolate you.
- **Pop-ups:** These are boxes that pop up on your computer or device screen. The pop-ups may say you've won a prize or that your computer is infected and then provide a toll free phone number for you to call. In other cases, they want you to click on them so they can install malicious software or lead you to a fraudulent site.
- **Links:** By sending out hundreds of thousands of messages with malicious links, fraudsters are guaranteed to catch a victim who clicks on one. Malicious links can look suspicious or legitimate. Don't click links in messages.
- **Impersonation:** Fraudsters impersonate anyone you can think of to trick you into sending money or information. In cases of business email compromise, fraudsters study emails and interactions between employees so they can better impersonate someone.

What's in your toolbox?

Be a detective with every message and call you get. Were you expecting this? Are you normally contacted in this way? Are there spelling mistakes? Are they pushing you to click a link? Fraudsters never stop trying to trick you so get ahead by approaching every message and call with suspicion and remembering the tips below.

- **Spoofing:** Hang up and call the official phone number of the company or agency in question. If the call is claiming to be someone you know, hang up and make the outgoing call to the number you have in your contact list.
 - **Email spoofing:** Hover your mouse over the sender's email address or hit reply. After clicking reply, a different email address will appear in many cases.
- **Urgency:** Time is on your side. You do not have to immediately send money, click a link or respond. Take five minutes to think about whether the call or message seems suspicious. Use this time to try out the tools in your toolbox.
- **Emotional manipulation:** Be suspicious of interactions online where someone you just met professes love or friendship to you, tells you a sob story or makes you feel unsafe. Don't feel isolated, reach out to your friends or family and talk about the encounter with them - see what they think. Check out the CAFC's [A-Z index](#) to browse different scams to see if your situation is on there.
- **Threats:** If you get a call that sounds suspicious, hang up! Hang up if you are being threatened, asked for money or personal information or if you're just unsure about the credibility of the call. When you can. Don't use public Wi-Fi or unsecure networks. Never call a phone number provided in a pop-up.
- **Links:** If you get a link sent to you in an email, text message or message on social networking sites, don't click it. You can navigate to the site through your own search engine or find the contact information in your search engine and contact the company directly to see if the message you got was legitimate.
- **Impersonation:** Never trust that a message is from who the sender says they are, especially when it comes with a request for sending something. Verify the person's identity by either searching for their information online, talking to them in person if you know them, or asking them questions only the real person would know.

Anyone who suspects they have been the victim of cybercrime or fraud should report it to their local police and to the Canadian Anti-Fraud Centre's [online reporting system](#) or by phone at 1-888-495-8501. If not a victim, report it to the CAFC anyway.

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-F 10 am-1 pm Diane Stewart Centre Coordinator 250-339-5133 Centre.coordinator@comoxseniors.ca President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p>Monday</p>	<p>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 CRR AR CR BR</p> <p>BR CR BR BR BR CR</p>	<p>9:00 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>Nina Sato Lorraine Kendall Dorothy Gardner Wanda Bell Bev Haist or Caroline Hoon Andrea Gordon Jane Jenssen Gabrielle McCormack Deborah Holmes Karen Fraser Lori Carter</p>	<p>778-992-0220 250-339-1983 250-339-2788 780-742-5336 250-871-4299 250-339-0816 250-650-0192 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 Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR</p> <p>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 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 Judi Murakami 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 250-218-5431 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 Mike Couture 250-898-4633</p> <p>Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>Beg. May 17</p>	<p>Experienced Beg. 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 Absolute Beginner Line Dancing</p>	<p>BR BR AR</p> <p>BR</p> <p>BR CR BR</p> <p>BR 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 6:15 pm</p>	<p>Brenda Needham Diana Fright Margaret Allen or Derek Richmond Bev Haist or Caroline Hoon Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Brenda Needham</p>	<p>778-890-2054 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 250-339-6528 250-890-2054</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>1st Thursday May 18-Jun 22</p>	<p>Fitness I Fitness II Glass Creations Quilters Mah Jongg (Learn to Play) Chair Exercise Pilates Knitting Mah Jongg Silversmith Club Yoga (6 week session) Yoga</p>	<p>BR BR CRR AR CR BR BR DR CR CRR BR BR</p>	<p>9:00 am 10:00 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 1:15 pm 3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy 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 250-702-5948 250-339-6706 250-897-1374 250-941-2518 250-898-3887 250-465-1948 250-897-1374 250-890-0608</p>
<p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p>Rentals Michele Morton 250-465-0333 Michelemorton12@gmail.com</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & 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>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)</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