



1801 Beaufort Avenue  
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www.comoxseniors.ca  
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Spring Sunshine!

#### 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  
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Dave Robinson, Director  
  
Chris Haslett, Town Rep

# April 2023 Newsletter

The Centre will be closed Fri. April 7 for Good Friday  
April is Volunteer Appreciation month

## President's Message

We had a very successful Annual General Meeting on March 22nd with a good turnout and interesting exchanges with our members. All the information presented is available on the Centre's bulletin board and will soon be on our website at comoxseniors.ca.

Preparing an annual general meeting involves a lot of detailed behind-the-scenes work and I want to thank all the board members and others who pitched in to realize this important annual event.

We have ten out of twelve Board of Directors positions filled with enthusiastic and competent candidates. Special thanks to the Nomination Committee composed of Ele, Susan, and Gayle. Together your new Board, our Volunteers, and Employees are ready to face the challenges in the coming year.

Our Strategic Plan, our 2023 Budget, and feedback from our members will help guide the priorities and decisions that we'll have to make during the coming year. If the current trends continue, I believe that we are heading for a banner year in 2023. There certainly will be challenges and faux-pas made along the way but I am confident that together we'll be successful. Let's be thankful for big challenges – it prevents us from focusing on micro-issues.

We are blessed with a great Centre, the Town's support, willing volunteers, and a large number of supportive members. We'll manage it to the best of our ability in order to make the Centre a pleasant and stimulating second home for Comox Valley Seniors.

I wish to highlight in closing that the Resonate Baptist Church congregation is celebrating its one-year anniversary in our Centre. They are great renters and we appreciate their ongoing presence on Sunday mornings.

*"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." Epicurus, Ancient Greek philosopher (341-270 BC)*

~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

Fri. Apr. 7 – Centre closed for Good Friday

Mon. April 17 – Board meeting 10:30 am in Council Chambers

Wed. Apr. 19 – Volunteer Appreciation Celebration 4 pm in the Ballroom

Sat. Apr. 22 – Info session “The Story of Dusty d’Esterre” 10:30am in the Ballroom

Looking Ahead:

Sun. May 14 – Mother’s Day Fashion Show Tea

Sat. May 27 – Info Session

## 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



## 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)

## Dei’s Café



### Hot Meal Menu

Tuesday	April 4	Roast Beef
Wednesday	April 5	Lasagna
Thursday	April 6	Ham & Scalloped Potatoes
Tuesday	April 11	Shepherd’s Pie
Wednesday	April 12	Spaghetti & Meat Sauce
Thursday	April 13	Liver & Onions
Tuesday	April 18	Meatloaf
Wednesday	April 19	Fish & Chips
Thursday	April 20	Roast Pork
Tuesday	April 25	Cordon Bleu
Wednesday	April 26	Hot Dog & Chips
Thursday	April 27	Liver & Onions

Help is always welcomed in the kitchen. It’s a bustling and lively place to spend some time. If you would like to be part of the kitchen team, contact Dei to volunteer at [lafonddeidre378@gmail.com](mailto:lafonddeidre378@gmail.com) or 250-650-6459.

## News From the Centre

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

*April is a month of "rebirth" that we celebrate in many ways...Spring brings us new growth in nature...Easter is the resurrection of the Lord and the visit from the Easter Bunny...We celebrate Mother Earth with Earth Day. At d'Esterre, we celebrate our loyal volunteers with appreciation and gratitude for keeping the Centre running smoothly.*

*I would like to thank the Gift Shop Gals; Lynne, Heather, Elaine, Aggie, Erika, Audrey, Anna, and Corinne. Without these dedicated, loyal ladies the Gift Shop would not be as successful as it is today. With heartfelt gratitude, I thank you ladies!*

*The Gift Shop's rebirth will come in the summer if all goes as planned. The shop will undergo a new face lift with the existing square footage. Old fixtures will be removed and replaced with slat wall and new movable merchandising fixtures. A fresh coat of paint will brighten the area. To complete this renovation, we are looking for someone with the skills to take on this small job. Please contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) for information. Please pass on to family and friends who may be interested in helping us rejuvenate the shop.*

*Easter has arrived at the shop with cute handmade Easter bunnies full of sweet treats for the grandkids. Splashes of soft vibrant colors and patterns enhance silk scarves. Beautifully painted rocks, glass infused jewelry and magnets, pottery mugs and bowls are some of the new items arriving every week.*

*Decorate your home with a small maple bench made by Brian B. His handcrafted sturdy benches come in different height sizes. Thank you, Brian, for sharing your craft with the Gift Shop.*

*The Gift Shop would not be a success without the many talented consignors, your patronage, and the positive comments received. Thank you for your support.*

*Happy Easter from  
Nancy & 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**

WELCOME, EVERYONE. Come and discover the hidden secrets of our Center. From what's behind the closed doors in the far corner of the downstairs, where is the silversmithing done, and what does it cost to borrow books in the library? Have you tried our elevator yet?

We gather in the sunroom/lounge on Wed., APRIL 12 AT 10:30 am.

GROUP IS LIMITED so please don't wait till the last minute to phone or email.

Sherry 250-941-1808

[Sherbry650@gmail.com](mailto:Sherbry650@gmail.com)

### **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.

## Avoid Falling Victim to Scams & Fraud

RCMP Cst. Monica Terragni presented information to 60+ d'Esterre members at a recent Saturday Info Session on ways to avoid falling victim to Scams and Fraud. There are literally hundreds of scams designed to steal your money. Once you send money it can rarely be recovered if it is a scam or fraud. These scammers are very skilled at impersonating legitimate web sites like the CRA, online retail outlets, or even your grandchild! A big thank you to Board member Gayle for setting up these valuable info sessions.

Some Pointers to Keep in Mind:

- ◆ If you are requested to send money urgently via Gift Cards or Wire Transfer, it is probably a scam. You should take the time to independently verify the request. There is no rush, it is your money so take your time to validate any such requests.
- ◆ If requested to call a phone number given to you by phone or Email, do not use the number provided. Instead, look up the number yourself on the internet or in a phone book. For example, you can call the number on the back of your credit card to contact them rather than a number the requester provides. Also immediately call a friend or relative next in case the scammer can intercept your next phone call.
- ◆ If you are on the Internet check that the site is secure. The address should start with https:// The "s" means the site is secure. Check out our web site [comoxseniors.ca](https://comoxseniors.ca) as an example of a secure web site address.
- ◆ Don't click on an email link that is provided to you from someone you do not know.
- ◆ If you didn't enter a contest, you can not be a prize winner.
- ◆ Change your passwords periodically and keep them secret.
- ◆ If someone claims to be your grandchild requesting money, call the parents to verify. Voices can be computer generated to fool you.
- ◆ Do not leave your wallet or purse in an unlocked car or in plain sight.
- ◆ There is no rush to respond to these requests, slow down and research.
- ◆ The Coastal Community Credit Union (CCCU) has a couple of useful booklets on Frauds and Scams available at your local branch.

For more information or to report a scam, search on-line for the "Canadian Anti-Fraud Centre" or phone (1-888-495-8501).



## More News from the Centre

### Information Session Calendar

PLEASE NOTE....due to presenter availability and the upcoming long weekend, both April and May sessions will be on the 4th Saturday. Kindly make changes to your calendar.

Apr 22nd - The Story of Dusty d'Esterre

May 27th - Wills and Estate Planning

There will be no session in June; instead, join us at the "Special Event":

June 17th - Father's Day Pancake Breakfast

### 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](mailto: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.

### April Information Session

#### "INFO SESSION"

#### Dusty D'Esterre and the Beginnings of Tourism in Comox

Saturday, April 22<sup>th</sup>  
10:30am in the ballroom

Presenter:

**Christine Dickinson**

The first white settlers arrived in Comox, or Port Augusta in 1862, but there was little growth for 60 years, until the arrival of Sydney (Dusty) D'Esterre. A wealthy man, and a man of vision, Dusty was also an adventurer, a charming bon vivant, and a man of mystery.

*Our Centre is the namesake of this very interesting man.  
Join us to hear his story.*



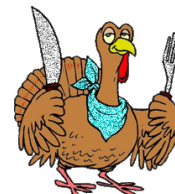
d'Esterre Seniors' Centre  
1801 Beaufort Avenue, Comox



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...

Quality Foods Premium Turkey please!!



# SPECIAL EVENTS



The Volunteer Appreciation Celebration takes place on Wednesday, April 19 in the ballroom from 4-5:30. Join fellow volunteers for a late afternoon soiree with food and beverages.

Let's celebrate our individual and collective actions in creating a strong, interconnected, and vibrant community! Volunteering weaves us together; strengthening our community by sharing our time, talent, and energy to support one another.

Club and activities coordinators, kitchen, office, Gift Shop, Board members, Special Event Planning Committee; every member who volunteers is welcome to attend. If you are unable to attend please advise the office. Pick up your invitation at the office before April 8th. A head count is needed prior to the event to order food for all.

There will be a meeting of the Special Events Planning Committee on Friday, April 14th at 1pm to finalize the event.

Celebrate our volunteers – Members, show our volunteers we appreciate all they do for our d'Estre Senior Centre! Post a heartfelt thank you to a volunteer for making a difference on the board located in the dining room. Volunteer appreciation quotes welcome you at the front entrance.

Want to be a volunteer?

Being a volunteer is rewarding, fulfilling, and only takes a few hours of your time. There are many areas that need volunteers. Check the newsletter and website for available positions. We look forward to celebrating you as a volunteer.

Upcoming Special Event:

Mother's Day Fashion Show Tea...Sunday, May 14th from 2-4pm.

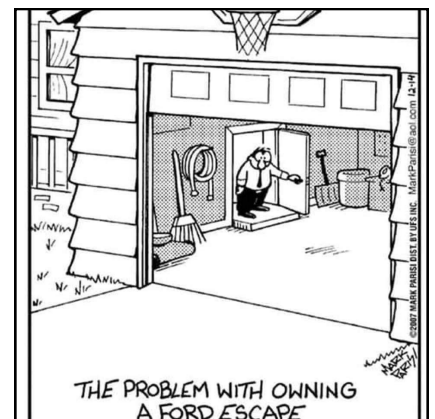
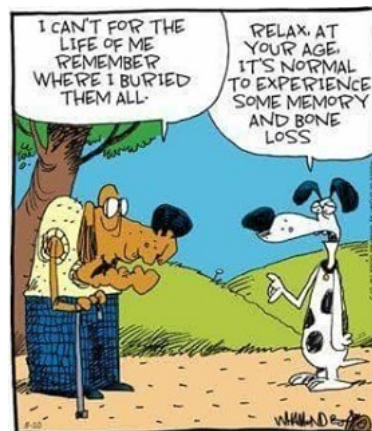
Interested in modelling spring and summer attire from a variety of clothing shops? We are looking for 10-12 models...gentlemen included. Contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca).



## New Bike Rack

We now have, thanks to the Town of Comox, a bike rack where you can park and lock your favourite bike. It can be found sheltered under the seque leading to the Town Chambers at the base of the entrance stairs.

## This Month's Chuckles



## More News from the Centre

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

With the office moving into a slow period at the window, office volunteers are taking a welcome break from regular office volunteer hours. Office volunteers have now moved to a "Project Driven" model, using their volunteer time and talents to work on projects as they arise. This model, during this slower period, is proving to be a great use of time and creates greater efficiency in the office. If you do volunteer anywhere at d'Esterre Centre, don't forget to pick up your free ticket prior to April 8th to this year's "Volunteer Appreciation Celebration" to be held on Wednesday, April 19th. This event is a great opportunity to mingle with many other volunteers you might not otherwise get a chance to see or chat with. Looking forward to seeing all Volunteers! Any volunteers unable to attend, please also register your name at the office.

So many reasons to spend time at the Centre, whether volunteering or taking in the beautiful view while you enjoy breakfast, lunch, or a homemade dessert, work on a puzzle or shop in the Gift Shop, attend a class, play board or card games, Mahjongg, Canasta, or Bridge and so much more – the d'Esterre Centre is where you belong.

## Activities Around the Centre

### **\*\*\*NEW GROUP\*\*\* NEW MEMBERS COFFEE CIRCLE**

We are so glad to have you join our center, that we would like to invite you to attend an informal get together. There will be free coffee, tea, and cookies to enjoy, along with informative and interesting conversation. WED. APRIL 26TH AT 1:30 IN THE CAFETERIA. There may be a board member to answer any questions or comments you might have. Any new member (2023) may attend or bring a friend who might be interested in joining. Please contact Sherry at sherbry650@gmail.com to reserve a space.

### **Art Club**

The members of the Art Club are a group of amateurs who enjoy meeting each week to paint together, share ideas, and offer tips. Not all attend every week, sometimes life intervenes. We each do our own thing whether it's acrylic, watercolour, pen and ink, or other ways of making art. We enjoy convivial discussions. During April we are looking forward to a workshop with a local teaching artist who will be showing us how she creates her own work and perhaps some of her ability will rub off on our members. We hope you are enjoying the work we display in the coffee shop. Your comments are appreciated.

### **Quilter's Group**

The quilters are in the final stage of preparing the quilts for the spring raffle. The winning ticket will be drawn during the Fashion Show on May 14th. Diane is helping to prepare the tickets and they will go on sale April 6th. Welcome to our newest quilters, Cindy and Barb.

Check out the quilters corner in the dining room as items are changed frequently. Thanks for all donations of quilting fabrics. All are welcome to stop by on Tuesdays and Thursdays to see what we are currently working on. FMI Contact Donna Engelhart at 250-702-9493.

### **Cue Sports Club**

A well-known veteran member of our Centre, Ralph Bruinink, has handed the Cue Sports Club Coordinator baton to a newly-minted rookie member, Mike Couture. Since joining, Mike has learned that the light continues to shine brightly on our Cue Sports Club thanks to the tireless dedication of familiar, stalwart members. It must be recognized that Bill Brown, David Clark, and Ralph Bruinink have most recently seen our Club through tough times and deserve enormous credit from all the members who enjoy the pleasures of the Club. Thank you, gentlemen, and thank you also to all the others who've contributed throughout the years. We are very grateful! Mike Couture, Coordinator, 250-898-4633

## Activities Around the Centre

### NEW Learn to Play Mah Jongg

with Harry Piercy. Beginning in Thursday, April 6, 10-12 am in the Card Room. d'Es-terre membership is required. \$0.50 per person. For information contact Harry at 250-702-5948.

### Fun & Games on Friday

We are adding TRIVIA to our list of games. If you want to participate, call Sherry and bring a list of 20 questions and the answers. We will take turns to ask them. Mexican train is being taught and we play in the cafeteria table by the office. Please let me know if you can come, 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

### 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

### NEW 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. We're starting on Tuesday, April 18 at 1 pm in the dining room. 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. Lately several players have achieved the perfect score of 847 points, winning every game: Bea Hoyseth, and Marj and Charlie Richardson. However, the games are friendly and whether the scores are high or low, playing cribbage is a pleasant way to spend an evening. Games start at 7pm sharp so 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 to play, plus 10 cents for every skunk.

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

### 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. Cost: \$20/month or \$7 drop-in. FMI contact Diana at 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.

### LINE DANCING

Brenda is back to teach beginning Wed., April 5! 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



### 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. A new class is being offered from 10 am-11 am beginning Monday, April 3 with certified instructor, Nina Sato.



(Previous classes scheduled on Mondays at 8:30 am and 9:30 am have ended). Register at the Office to ensure a place in the new class. \$20/month or \$7 drop-in. FMI contact Nina at [nsato@live.com](mailto:nsato@live.com) or 778-992-0220

### LINE DANCE FUSION

A holistic and new approach to line dance at a pace suited for us seniors! Begin with a few stretches, move to dance routines, and end with chi movements as a way to balance the body and mind. There's a little bit of country, a little bit of pop, a little bit of soul, and a lot of fun. Nimisha has 30 years experience teaching Yoga and 5 years of Dance. Mondays, 12-1 pm; April-May series begins April 17 for \$40/6 weeks. \$7 drop in, come in early to register at the Office.



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



## 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](mailto:fifthline@gmail.com) or 250-897-1374.

### 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](mailto: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



## 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          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

## 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-F 10 am-1 pm <b>Diane Stewart</b> Centre Coordinator 250-339-5133 Centre.coordinator @comoxseniors.ca <b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p><b>Monday</b></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>10:00 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><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>Starts Apr. 18</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock &amp; 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 CR DR 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 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.) &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 250-218-5431 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> Mike Couture 250-898-4633</p> <p><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 thrifystorequeen43@ gmail.com</p>	<p><b>Thursday</b></p> <p>1st Thursday Apr 6-May 11</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 1:00 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><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 Fun &amp; 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>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](mailto:nsato@live.com)