



August 2023 Newsletter

The renovated Gift Shop is OPEN Mon-Fri 10am-1pm
“Grand reopening” celebration on Aug. 9
Don't miss the info session on Aug. 19

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



Still busy in August

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

President's Message

July has been a relatively quiet month around the Centre. That is not unusual for the months of July and August. I hope that all our members are enjoying these sunny summer months.

During this period, Board and Committee members are traveling or busy with out-of-town guests. In spite of BC Ferries service issues, the Island remains a very attractive tourist destination. Some tourists find the Valley so attractive that they make plans to move here. More potential members for the Centre!

Appearances can be deceiving as there are projects moving forward and improvements being made in our Centre. Planning, projecting, musings, meetings, and activities are ongoing during this summer lull.

The Gift Shop has been renovated thanks to a New Horizon (NH) grant and Town skilled workers. Nancy and her volunteers are busy restocking the new display arrangement. The space looks larger, more functional, and very attractive, complete with a craftsman office desk.

After seventeen years of dedicated cleaning service, our old dishwasher has been replaced. We'll see if this new one lasts as long as old faithful.

We have a task group working on a new Member Survey scheduled for October and a Strategic Planning session in November. The Finance Committee is doing a mid-year budget review and work has begun on the 2024/25 New Horizon grant application.

By the way, a new Handicap Access Door Switch has been installed for your convenience at the downstairs entrance. Simply press the button on your way in or out. How cool is that! Thanks to the Town of Comox.

We were successful in recruiting Tom, a retired museum curator, to help us organize the Centre's archives in the lower-level Archives Office. We're looking for one or two volunteers to work with Tom on this exciting and long overdue project.

Volunteers are just as important as ever and I want to draw your attention to several opportunities in the Volunteer section of this newsletter.

Wishing you a very pleasant month of August.

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We've created a society that honours the servant and has forgotten the gift."
Albert Einstein. (1879-1955)

~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

Mon. Aug. 7 – Centre closed for BC Day

Wed. Aug 9 – Gift Shop “Grand Reopening” at 10:30am

Thurs. Aug. 17 – Transit trip planning 1:30-3pm in Dining Room

Sat. Aug. 19 – Info Session “Death and Dying” 10:30am in Ballroom

Looking Ahead:

Mon. Sept. 3 – Centre closed for Labor Day

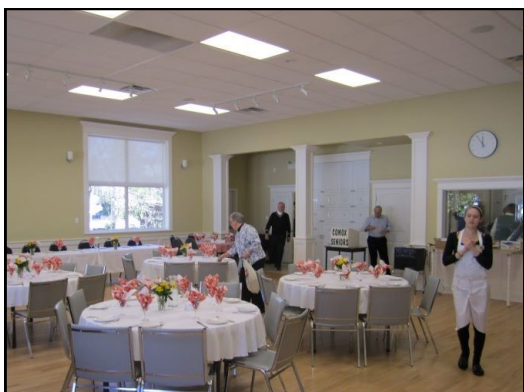
Centre Rentals

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



MEMBERSHIP

2023 Membership

2023 memberships are available for purchase at the Office Mon-Fri 10 am-1 pm. Membership purchases are \$35.00.

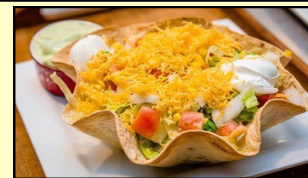
Cash, cheque, or debit! Please make cheque payable to “d’Esterre Seniors’ Centre Association”. There is a stamp with this official Centre name available in the office.

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

Dei’s Café

Hours of Operation: 8am-1pm (Last call for lunch orders 12:30pm)



BREAKFAST SERVED MON. TO FRI. 8:00am-10:30am.

**FREEZER CLEARANCE – FROZEN MEALS 1/2 PRICE
SEE DEI FOR SELECTION & PURCHASE**

Hot Meal Menu

Tuesday	Aug 1	Cordon Bleu
Wednesday	Aug 2	Mac & Cheese
Thursday	Aug 3	Ham & Scalloped Potatoes
Tuesday	Aug 8	Roast Beef
Wednesday	Aug 9	Chili
Thursday	Aug 10	Liver & Onions
Tuesday	Aug 15	Shepherd’s Pie
Wednesday	Aug 16	Lasagna
Thursday	Aug 17	Roast Pork
Tuesday	Aug 22	Bangers & Mash
Wednesday	Aug 23	Fish & Chips
Thursday	Aug 24	Liver & Onions
Tuesday	Aug 29	Meatloaf
Wednesday	Aug 30	Tacos
Thursday	Aug 31	Pork Cutlets

News From the Centre

From The Gift Shop

The Gift Shop is OPEN! The renovation was completed in four days; thanks to Mike and his crew from the Town of Comox. The Shop is brighter, spacious, and has great wall space to merchandise crafts. We were very fortunate to commission Wayne Anderson to custom make our cedar desk and corner shelf unit. Wayne is very crafty when designing with cedar.

The Gift Shop Gals invite everyone to a grand reopening of the Gift Shop on Wednesday, August 9th at 10:30am. Join us for coffee and cake along with ribbon cutting by Board Members. Meet the Crafters who design and sell their creations in the shop. Mark this date on your calendar. We look forward to seeing you!

New items of pottery, jewelry, handbags, soaps, and wood creations have recently come in for sale. There's something new every week; don't miss discovering great gift ideas.

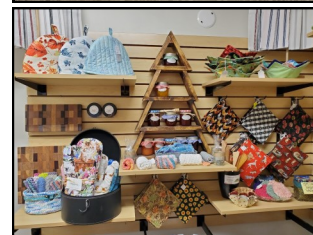
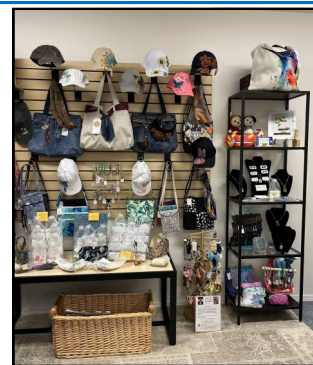
We welcome new members who love to create and would like to sell your creations. Consign and showcase your items in the Gift Shop. We offer 80% of the sale to you, 20% funds the Centre. Come join our Gift Shop community to earn your payouts. Schedule an appointment with Nancy at nancy2fancy@shaw.ca or call 250-650-2193.

Crafters, it's time to start making your Christmas crafts for selling in the shop or the Christmas Craft Market in November. Some of you are already way ahead in your preparations. As always, the Gift Shop Gals are very happy to sell your crafts...we love the smiles of satisfied customers who buy your unique gifts. So much talent in a small space. Thank you for bringing joy to the Gift Shop.

Please join us in celebrating crafters and the Gift Shop community on August 9th at 10:30am.

We look forward to seeing you soon!

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

Tour d'Esterre Centre

Centre tours are closed for the Summer. There will be no more monthly tours of d'Esterre Centre scheduled until Sept.

I will give private tours, though. Please phone or email me to set up a date. All members are encouraged to take a walk about the whole centre and discover what happens in all the rooms. Hope to hear from you...Enjoy your summer, whatever or wherever you do.

Sherry

250-941-1808

Sherbry650@gmail.com

NO Coffee with AI



AI will be away for the summer months. He will be back at the corner table in September.

August Info Sessions

Information Session Calendar

Set aside the 3rd Saturday of the month at 10:30am for these great sessions.

Aug 19th—Death and Dying: The Dynamic Journey

Sept 16th—Religion - Spirituality: What is the Difference?

Oct 21st—The Era of Forestry: Boom Towns in BC

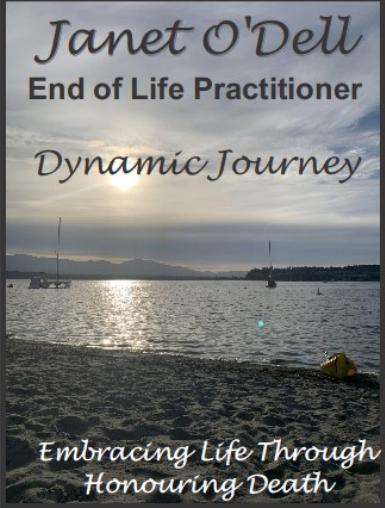
Information Sessions are provided solely for informational and educational purposes and are not intended to be an endorsement of any particular product, service, or business.

Thank you to Board member Gayle for setting up these interesting and informative sessions. If you have a suggestion and presenter for future sessions, contact Gayle at couswhite@shaw.ca


“INFO SESSION”
Saturday, AUGUST 19th
10:30am
in the BALLROOM

Janet O'Dell
End of Life Practitioner

Dynamic Journey



Embracing Life Through Honouring Death



Providing advocacy and compassionate gentle heart centred support for you and your loved ones during the end of life.



The TRANSIT SMART WORKSHOP was so popular and such a success we have been asked to provide it again. So, if you missed out last time or want a repeat performance, please mark your calendars for Wednesday, October 4th, 2:30-4:30 in the dining lounge. Preregistration will be required so keep an eye on the bulletin boards and future newsletters for more information.

Whether you took the July workshop or not, anyone interested in getting help with individualized transit trip planning, come and meet with Lindsay on Thursday, August 17th in the dining lounge from 1:30-3:00pm. This will be a “come and wait”...first come, first served.



An interested crowd of 60 joined Chiropractor Garrett Wiltse and Kinesiotherapist Stephanie Devonshire as they walked us through some helpful tips and demonstrations on preventing falls at our July Info Session.

SPECIAL EVENTS

Up coming Special Events: No events until...

October 7th – Thanksgiving Dinner

November 18th – Christmas Craft Market

December 9th – Christmas Dinner

The Special Events Coordinator is looking for your help with preparing the Thanksgiving Dinner on Saturday, Oct. 7th. Dei will be enjoying time off with her sisters for her 80th birthday. She will be on the other end of this thankful celebration, attending the dinner with her sisters. As Dei has prepped so many of these dinners, it's high time for her to sit back and enjoy.

On Dei's recommendation we will have Quality Foods cook the turkeys and ham.

A team of volunteers for preparation of the vegetables and dessert is needed.

A lead kitchen volunteer will be required to control the timing of the preparations and set up.

Glacier Grannies will hopefully assist with the serving.

Joan Tufford has enlisted Luke Blu Guthrie for entertainment.

Volunteers are needed for decorating, table setup, ticket hostesses, 50/50 ticket sellers, and more.

Are you interested in volunteering with Special Events? Are you interested in organizing an event? Reap the rewards of planning an event and the pleasure you will give to others. Many hands make light work.

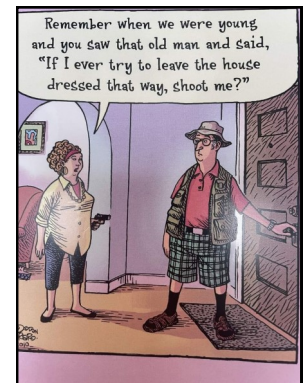
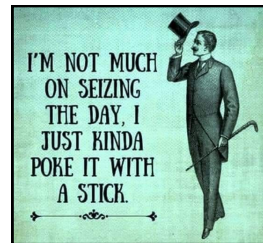
Contact Nancy K for more information

250-650-2193

nancy2fancy@shaw.ca

*Many Hands
Make Light Work*

This Month's Chuckles



Easy Ways to Donate



Here's an easy way to help your Centre and the environment; donate the proceeds from redeemable beverage containers.

You can:

- Bring your redeemable containers to the Centre and put them into the bin in the closet nearest the office. Please rinse before you bring.
- 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
- For the Return-it-Depot, there are special instructions, labels and bags available from the office. Questions? Email Frieda Home at home@shaw.ca.



Donate your Quality Food Points to the Centre.

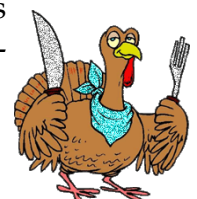
We're hoping to collect enough QF points to

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!!



More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

As we all enjoy this beautiful weather and the Centre's activities are in "Summer Mode", the office is still working behind the scenes to prepare for the upcoming busy season.

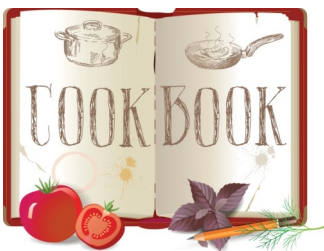
Patty, our new Centre Coordinator Assistant, is being trained in office procedures and getting to know d'Esterre members at the office window, answering calls, and learning what happens in the office. Thank you, Patty, for your enthusiasm and your willingness to learn. Thank you also, to our members for showing patience while Patty learns the ropes.

Many of the classes our members enjoy will resume in September and the office is prepared beginning in August for members to register and secure their place. Magi has added two more half hour Chair Fit classes; one on Wednesday at 12:15 and one on Friday at 12:20. Line Dance classes are the "place to be". Absolute Beginner, Low Beginner and Experienced Beginner Line Dance classes instructed by Brenda are fun and a real work out at the same time. For a peaceful and positive start to your week, join Nina for T'ai Chi Gong on Monday mornings at 9. The d'Esterre Centre offers many of your favorite classes so make sure you check out the back of the newsletter for the full list.

Rental of our beautiful ballroom continues to be high. Our Rental Coordinator Michele works tirelessly to promote this space all while maneuvering around our in-house activities to ensure this space is utilized to its capacity. Michele is one of many volunteers that promotes our facility with a positive approach to bring what we have to offer to the forefront.

Many of you will have noticed cupboards and drawers at the Centre have now been numbered. These numbers indicate the final stage of a long-time issue at the Centre of "Who has a key?" A question that has been impossible to answer. This huge project to answer that question is nearing completion. The final stage of this project is a request of mine. If you have a key to any locked cupboard or drawer at the Centre, please stop by the office and let us know. I thank you in advance for helping us FINALLY get this huge project completed!

Patty and I are also looking forward to doing what we can every day to address any questions, concerns or comments our members have. We are working hard to continue to make the d'Esterre Centre a place that we all can enjoy in whatever capacity it means to you.



Calling All Cooks

SUBMIT YOUR FAVORITE RECIPE

We are looking to compile a collection of FAVORITE RECIPES from our d'Esterre members and put them together in time for "Christmas Gift Giving"

We are looking for our members to:

⇒ Submit two (2) of their favourite recipes to the office. Typed submissions where possible.

⇒ Tell us:

- Your name
- How long you have been a member.
- Optional: Share a fond memory of a connection you have to the Centre.

⇒ Deadline to submit: **Friday, September 29, 2023**

Activities Around the Centre

Quilters' Group



Our ladies have been busy getting familiar with our new quilting machine and practicing quilting on our own projects. As the saying goes, "practice makes perfect." Things slow down during the summer but we still meet downstairs on

Tuesdays and Thursdays at 10 am to work individually and collaboratively, chat, and get ready for the fall raffle. There are always quilts for sale displayed in the dining room.

Cue Sports

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 or couture.mike.r@gmail.com

Walking Group

Individuals walk at their own pace, meet other like minded individuals and have a social connection. Anyone interested in joining the walking group, meet at d'Esterre Centre Dining Room at 9am Tues., Wed., Fri.

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

Art Club

Things are rather quiet with the artists group at the moment. With the summer in full swing there are many other things to take up our time – gardening, family and others visiting etc. so attendance is somewhat sporadic at this time. We expect to be in full flow though, come September. We meet Monday mornings at 10 am downstairs in the art room.



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. Cost is 50 cents. FMI, contact Elaine at 250-941-2518.

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.

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

MEXICAN TRAIN will continue for Fridays at 1:00 in the sunroom or cafeteria. FMI contact Sherry by phone 250-941-1808 or email sherbry650@gmail.com.

Wednesday Duplicate Bridge

Every Wednesday starting at 1:00 pm. Playing fee for Centre members is \$2, non members \$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 Jenssen at 250-335-1227.

Bid Euchre

Bid Euchre on Friday at 7 pm is moving to the downstairs Card Room. FMI contact Lori Carter 403-512-8203.

American Mah-Jongg

American Mah-Jongg is on hold for July and August, resuming in September. FMI contact Wanda at 780-742-5336.

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

High scores for the past month:

Ladies: Margaret S, perfect score of 847; Bea H. 832

Gents: Glen S, 823; Jeff S, 816

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, and always bring some dimes for the skunk pot.

New players are always welcome.

FMI contact Diana, 250-339-7714, dianaterry@shaw.ca, or Harry 250-702-8802.

For the Love of:

Bid Euchre – call Lori at 403-512-8203

Canasta – call Harry at 250-702-5948

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

Partner Bridge – call Jane at 250-871-0350

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





MAKING HISTORY COME ALIVE AGAIN

Calling all members with a passion for preserving history and a keen eye for detail! Join our exciting archive project, under the guidance of archivist, Tom Gooden, and become a guardian of our rich heritage. As a senior, you possess a lifetime of wisdom and experiences, making you an invaluable asset to this project. By lending your expertise to organize and categorize, d'Esterre's historical documents and photographs, you'll play a vital role in ensuring that the stories of the past are not forgotten. Only three to four hours a month to connect with like-minded individuals, share your knowledge, and leave a lasting legacy for our senior centre. Together, let's make history come alive once again! Please leave your name and contact information at the office or email Susan at storesdahl@shaw.ca.

KITCHEN

The kitchen is a busy beehive of activity. If you would like to be part of the kitchen team, contact Dei to volunteer at lafonddeidre378@gmail.com or 250-650-6459.

SPECIAL EVENTS

There are only 3 Special Events left in 2023 – the Thanksgiving and Christmas dinners and the Christmas Craft Market. If you are interested in coordinating or helping out at one of these events, contact Nancy at nancy2fancy@shaw.ca or 250-650-2193.

Classes Around the Centre

Class Registration

Class registration and payment of fees is 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. Drop-in fees vary; FMI contact the coordinator.

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.

Classes Around the Centre

Magi's September Classes

Fitness! Fun! Friendship!

~ MONDAY ~

11-12 → **Strength Training** (Muscle Building) \$10/mo

~ TUESDAY ~

9-10 → **Fitness1** (Aerobics&Flexability) \$10/mo
 10-11 → **Fitness2** (Aerobics&Flexability) \$10/mo
 11:15-11:45 → **Chair Fit1** ("Head-to-Toe" Workout) \$5/mo

~ WEDNESDAY ~

11-12 → **Strength Training** (Muscle Building) \$10/mo
 12:15-12:45 → **Chair Fit2** ("Head-to-Toe" Workout) \$5/mo

~ THURSDAY ~

9-10 → **Fitness1** (Aerobics&Flexability) \$10/mo
 10-11 → **Fitness2** (Aerobics&Flexability) \$10/mo
 11:15-11:45 → **Chair Fit1** ("Head-to-Toe" Workout) \$5/mo

~ FRIDAY ~

12:20-12:50 → **Chair Fit2** ("Head-to-Toe" Workout) \$5/mo



Magi instructs classes in strength, cardio, flexibility and balance in a fun, informative way while keeping an eagle eye on her class and on each participant.

Great class—I need this post surgery, radiation, and chemo. Perfect. Thank you.

I come to Magi's chair exercise class because it makes me feel good.

1. A caring instructor
2. Exercise that covers all parts of the body
3. Do only what you can
4. Music makes it special
5. Make new friends
6. A happy class!!!

I come to the class:

1. Exercise for health
2. Companionship and sociability
3. Habit after many years

I've been coming twice a week for 10 months. Magi changes the program each day so it isn't boring and very helpful for overall health.

Why I love to exercise with Magi:

- Exercise for my old bones.
- Stay for lunch with exercise pals.
- Magi is fantastic!
- Ride to class on Handy Dart.
- People I meet.
- Love the company.

Workouts with Magi are fun. As I age, I feel our movements exercise my body parts so that I am now more confident walking. Bones are creaking less and even the laugh muscles are exercised. You gotta join! We have lots of fun and soon I'll reach my toes!

I have been enjoying Magi's chair exercise class for several years. It's a wonderful class, keeps me mobile and the socializing with class members is very important to us all. Magi makes it fun; the music helps us keep the rhythm.

I really enjoy my Tuesday class with Magi and the friendly welcoming women in the class. I have never experienced such a friendly exercise class. The level of exercise is perfect for people our age!

I started in Magi's classes (chair and weight) when I was 65—one of the youngest in class! I figured I'd leave once my broken leg healed and go to "real" exercise classes. But here I am, 10 years later, in same class. I have come to realize that Magi's multidisciplinary experience for all ages makes her a phenomenal instructor. I have watched people in wheelchairs with barely any mobility improve dramatically. I have improved! Whenever I am off classes, my mobility gets worse. Magi is one of the very best instructors anywhere!

I began classes last fall on Tuesday and Thursday mornings. Almost immediately, I was included in a group of friendly ladies both before class and later for lunch, and have come to feel these are special friends. They are all united in liking Magi, so the feeling in the class is very positive. Magi herself is amazing. She keeps us working hard yet constantly reminds us to avoid doing anything our medical person has advised against, and not to do anything that hurts. The class is upbeat, the music enjoyable to work to, and overall I love attending. I definitely recommend Magi's classes to all.

Classes Around the Centre

MAGI'S EXERCISE CLASSES

Magi instructs strength training, fitness, and chair classes. Please see the poster on p.10 for more information on the various classes and fees for Sept.



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. Mondays from 9-10 am with instructor, Nina Sato. Register at the Office \$20/month or \$7 drop-in. FMI contact Nina at nsato@live.com or 778-992-0220.



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.

LOW BEGINNER CLASS will run for July & August **only**. This class is a natural progression if you have attended the Absolute Beginner class and want to build upon the skills you have already learned. It will consist of low to medium level Beginner dances. Wednesdays 8:55-9:55 a.m. (July & August only)

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. For the months of July & August, this class will be held Wed. 10-11 a.m. In September this class will return to its usual time of 8:55-9:55 a.m.

All classes are \$20/month or \$7 drop-in. To register, see Diane Stewart in the office M-F 10am-1pm.

LINE DANCE EASY (formerly Fusion)

Well-choreographed EASY BEGINNER DANCES that move your body and soul at a pace suited for us seniors. It begins with warm-up stretches, moves onto dance routines, and ends with gentle cool down chi movements. It includes a little bit of country, a little bit of pop, a little bit of soul, and a lot of fun! Mondays, 12 -1 pm
Starts Oct. 16 - Nov. 6; Nov. 13- Dec. 4
Each 4 week series is \$30.00

MUSIC AND MOTION - NEW

Enjoy Chair Line Dance, either seated or with a chair, to music from the 50s, 60s, or 70s. Research shows that moving to the rhythm of music, even while seated, benefits the brain, nervous system, muscles, and circulation. Good for those wanting to experience the good feeling line dance brings and for those with mobility issues. Nimisha has worked with seniors groups in Ontario and Saskatchewan. Mondays, 10-11 am
Starts Oct. 16 - Nov. 6; Nov. 13 - Dec. 4
Each 4 week series is \$30.00.

For both classes, FMI contact Nimisha at 250-897-9689 or shaktistar@yahoo.com

DANCEFIT SILVER

Dancefit Silver classes remain suspended for the month of August, but will begin again in September, same day and time, Wednesdays at 10am. Register for classes at the office, cost \$20 per month or \$7 drop in, pay with cash, cheque or debit card. FMI, contact Diana, 250-339-7714, or dianaterry@shaw.ca



Yoga and Core Classes at the Centre

- | | | | |
|--|------------------------------------|-------------------|---------------------------|
| Monday | HathaYoga | 3:00-4:30 | Anne-Marie Hartman |
| <p>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</p> | | | |
| <p><u>Coordinator:</u> Deborah Holmes debholmescomox@yahoo.ca 250-339-4313</p> | | | |
| Monday | Yoga | 5:00-6-30 | Deb Karlstrom |
| <p>This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cueing is offered, modifications explored and encouragement of willingness to entertain possibilities. To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings from Mary Oliver & others, and sends one back into their life rejuvenated.</p> | | | |
| <p><u>Coordinator:</u> Karen Fraser frasertransfer@shaw.ca 250-890-0608</p> | | | |
| Tuesday | Core Plus 1 | 12:30-1:30 | Steve Thomson |
| | Core Plus 2 | 1:45-2:45 | Steve Thomson |
| <p>All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility and mobility, ending with a stretching session. The class enables you to be stronger and more confident in your daily activities.</p> | | | |
| <p>This class will break for August but will resume in September</p> | | | |
| <p><u>Coordinator:</u> Linda Barfoot fifthline@gmail.com 250-897-1374</p> | | | |
| Tuesday | Slow & Gentle Soma Yoga | 3:00-4:30 | Wendy Anderson |
| <p>In this class, gentle movements will soften & stretch your body's connective tissue before exploring somatic and restorative movements designed to release tension, aches & pain. Enjoy a final restorative relaxation pose with a soft Gong sound bath to calm your nervous system. This practice has been shown to reduce stress & anxiety, improve mobility, breathing, relieve shoulder, neck, back pain and much more. This class will allow plenty of time to unwind, release stress, breathe and move with ease. This class is done on the mat and is appropriate for everybody. To learn more about Wendy, visit www.wendyandersonsjoyflow.com</p> | | | |
| <p><u>Coordinator:</u> Wendy Anderson wendyandersonsjoyflow@gmail.com</p> | | | |
| Tuesday | Men's Only Stretch | 5:00-6:30 | Deb Karlstrom |
| <p>This all levels class is for men only. It is a practice to encourage stretching, strengthening and finding connection with one's body. To rediscover the breath and use it to dissolve tensions and be present to life now. Necessary is a sense of humour and willingness to do less." Motion is lotion" is the motto of this class that explores simple movement practices and yoga postures. A comfortable body is encouraged thru the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed. This class will break for August but will resume in September.</p> | | | |
| <p><u>Coordinator& Instructor:</u> Deb Karlstrom drolston@shaw.ca 778-585-5105</p> | | | |
| Wednesday | Soma Nidra | 4:30-6:00 | Wendy Anderson |
| <p>Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished. This class is practiced lying down, so you must be able to lie down on the floor for this class. No experience is necessary, all are welcome. To learn more about Wendy, visit www.wendyandersonsjoyflow.com</p> | | | |
| <p><u>Coordinator:</u> Susan Toresdahl storesdahl@shaw.ca 250-339-6528</p> | | | |



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



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!

This class will break for August but will resume in September

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

Two Yoga Workshop Series will be featured in September and October

**Thursday Yoga 1:15-2:45 Wendy Anderson
Nancy Moelaert**

Soma Yoga Workshop Series in September with Wendy Anderson

September 7, 14, 21 and 28 from 1:15-2:45

\$40 for the 4 classes

Please register at the office by August 31

Join Wendy Anderson RYT 500 and Somatic Movement Educator for a 4 week Introduction to Gentle Somatic Movement. Each class combines Hanna Somatics, gentle movement, and guided breathing practices. Through slow, gentle movements, muscles are reprogrammed to release chronic pain, improve range of motion, and regain strength and control.

Welcome all men! Men will find much benefit from Soma Yoga. Come give it a try.

Benefits of a Gentle Soma Movement Practice include easing chronic pain, increasing flexibility and joint mobility, along with strengthening muscles. It will promote relaxation and will inspire peace of mind.

This class is accessible to those who are able to get down on the floor to their mats.

For more information email Wendy at wendyandersjoyflow@gmail.com



Yoga Therapy Workshop Series in October with Nancy Moelaert

October 5, 12, 19 and 26 from 1:15-2:45

\$ 40 for the 4 classes

Please register at the office by September 28

Yoga means Union – the union of body, mind and breath.

Therapy - Greek for healing, a treatment that helps someone feel better and grow stronger.

In this 4 class workshop each class will have a different focus:

Oct 5 Our foundation - Feet and Knees

Oct 12 The pelvis - Hip stability, flexibility and mobility

Oct 19 Spine - Low back

Oct 26 Spine - Upper Back, Neck and Shoulders

The emphasis of each class will be to understand our muscular tension, pain or discomfort and learn ways to self-heal.

The classes may include:

- Breathing and building a meditative awareness of our body and relaxing areas of tension.
- Pictures of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.
- Self-massage using our hands, foot props or 4 to 10 inch balls. The use of Yamuna Body Rolling balls are like a deep tissue massage.
- Self-physiotherapy practices to release tension.
- Yoga poses and exercises to build strength and to relax and stretch

For more information, please email Nancy Moelaert at shoresofserendipity@shaw.ca



Familiarize yourself with the location of equipment at the Centre BEFORE an emergency happens. Thank you to Board member Lois Higgins for putting together this much needed chart.

EMERGENCY EQUIPMENT LOCATIONS

All Emergencies CALL 911

DEFIBRILLATOR (AED)	Located on wall in DINING ROOM just outside the kitchen. No experience needed, just follow the voice instructions. ALSO HAVE SOMEONE CALL 911. Complete incident report. Forms available in the office.
ELECTRICAL FUSE BOX	DINING ROOM behind the picture under the clock outside kitchen.
ELECTRICAL-MAIN PANEL	Located in the FURNACE ROOM
FIRE ALARM - MAIN	In the FURNACE ROOM
FIRE ALARM PULL STATIONS	UPSTAIRS - Ballroom inside main ballroom door and at the emergency exit door.
	DINING ROOM - by drinking water dispenser
	DOWNSTAIRS - Card room, Art Room, and Kitchenette.
FIRST AID KITS	KITCHEN - Located over the sink
	CARD ROOM - On the wall by the stairs
	WOODSHOP - Just inside the entrance door
WASHROOM ALARMS	Reset buzzer in the kitchen located on left hand wall as you walk into the kitchen.
WATER SHUT OFF VALVE	Located downstairs in the CRAFT ROOM , on far wall near Potters work area.

EXTINGUISHERS:	
KITCHEN (2)	Stove Hood Fire, pull is outside the door to kitchen. Also beside the stove.
DINING ROOM (2)	Near the water dispenser and at Gift Shop Door.
BALLROOM (2)	Inside entry door and at the Fire Exit door.
CRAFT ROOM (1)	Near pottery wheels.
WOODSHOP (1)	Near entry door
ROCK SHOP (1)	Near entry door
CARD ROOM (1)	Near the exit door

d'Esterre Seniors' Centre Association Clubs & Activities

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

Centre Office Diane Stewart Centre Coordinator M-F 10 am-1 pm 250-339-5133 President Raymond Morin romorin@shaw.ca 250-339-5133 (office)	Monday Starts Oct 16	T'ai Chi Gong Music and Motion Soapstone Carving Painting Strength Training	BR BR CRR AR BR	9:00 am 10:00 am 10:00 am 10:00 am 11:00 am	Nina Sato Nimisha Jimenez Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Nimisha Jimenez Jane Jensen Gabrielle McCormack Deborah Holmes Karen Fraser Lori Carter	778-992-0220 250-897-9689 250-339-1983 250-339-2788 250-871-4299 250-339-0816 250-897-9689 250-871-0350 250-339-0113 250-339-4313 250-890-0608 403-512-8203
	Starts Oct 16	Line Dance Easy Bridge (Partners) Carpet Bowling Yoga (Hatha) Yoga Bid Euchre	BR CR BR BR BR CR	12:00 pm 12:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm	Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Judi Murakami wendyandersonjoyflow@ gmail.com Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Terry and Diana Fright	250-890-0686 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 gmail.com 778-585-5105 250-339-7161 250-923-5687 250-339-7714
Kitchen Hours M-F 8 am-1pm Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193 Library Roger Taylor rogetaylor@gmail.com 250-890-9422	Tuesday 2 nd Tuesday NO AUG class NO AUG class NO AUG class	Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge Cribbage	BR BR AR CRR CR BR BR BR DR CR BR BR CR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm 7:00 pm	Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Judi Murakami wendyandersonjoyflow@ gmail.com Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Terry and Diana Fright	250-890-0686 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 gmail.com 778-585-5105 250-339-7161 250-923-5687 250-339-7714
	Starts Sept	Low Beg. Line Dancing Jul/Aug Exp. Beg. Line Dancing Jul/Aug Dancefit Silver (prev. Zumba) Spanish Spoken Advanced Glass Creations/Stained Glass Strength Training Chair Fit 2 Carpet Bowling Duplicate Bridge Table Tennis I Soma Nidra Yoga Absolute Beginner Line Dancing	BR BR BR BR AR CRR BR BR BR CR BR BR BR	8:55 am 10:00 am 10:00 am 10:00 am 10:00 am 11:00 am 12:15 pm 1:00 pm 1:00 pm 3:00 pm 4:30 pm 6:15 pm	Brenda Needham Brenda Needham Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist or Caroline Hoon Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Diane Stewart	250-890-2054 250-890-2054 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-339-0816 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 250-339-5133
Rentals Michele Morton 250-465-0333 MicheleMorton12 @gmail.com Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@ gmail.com	Thursday NO AUG class 1st Thursday NO AUG class	Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Silversmith Club Yoga Sessions Yoga	BR BR CRR AR CR BR BR DR CR CRR BR BR	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	Iris Vansterkenburg Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Bonnie Luterbach Linda Barfoot Karen Fraser	250-890-0686 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
	Starts Sept	Spanish Spoken Advanced Yoga Yoga Chair Fit 2 Chair Yoga Canasta Fun & Games Table Tennis I Bid Euchre	AR BR BR BR BR BR CR DR BR CR	10:00 am 9:00 am 10:45 am 12:15 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch or Gerry Woloshyn Lori Carter	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-3264 403-512-8203
	Saturday	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	Sunday 3rd Sunday	Bridge (Team of Four)	CR	1:00 pm	Chuck Hodson	250-338-3554

*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), AR (Art Room)