



July 2023 Newsletter

The office is open Mon-Fri 10am-1pm throughout the summer
The Gift Shop will be closed for renovations starting July 4th
Some classes and activities may be suspended during the summer
so check with the coordinator

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



Come on in and cool off!

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 is a great month! The beginning of summer, outdoor concerts, backyard barbeques, the outdoor farmer's market, fresh produce, garden tours and, of course, the camping season.

The Board of Directors will not be meeting in July and August. After a busy and productive first six months of this year, we all need a summer break. The next Board meeting will be on September 18th and members are invited to attend as guests. By the way, the minutes of our board meetings are available on the main entrance bulletin board.

When we return from the July long weekend, we will have a new member on our team. Patty Anderson was the successful candidate on the job posting for an office assistant that was just completed. Congratulations, Patty!

With all the additional responsibilities and services that the Office provides, the Board decided that we needed a part-time staff member in the Office. Diane can now take some well-earned holidays and return to her four-day week.

Speaking of Diane, July 4th will mark her 1-year anniversary as Centre Coordinator in the office. She has brought such positive energy, organizational ability, and an exceptional work ethic to her job; it makes you wonder how the Centre operated without her!

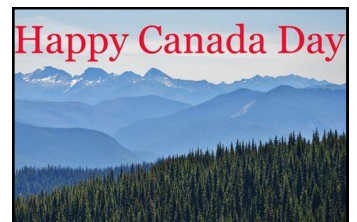
The Office will remain open five days a week during this summer period in order to serve our 1000+ members.

The Gift Shop will be closed for renovations in the first 2 weeks of July, thanks to the work of Nancy, gift shop coordinator *extraordinaire*, funding from New Horizons for Seniors, and the crew from the Town of Comox. We look forward to seeing the end result!

"To 'see both sides' of a problem is the surest way to prevent its complete solution. Because there are always more than two sides."

Idries Shah (1924-1996) Afghan author, teacher of the Sufi tradition.

~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. July 3 – Centre closed for Canada Day Holiday

Tues. July 4 – Gift Shop closes for renovations

Sat. July 15 – Info Session “Falls Prevention” 10:30am in Ballroom

Wed. July 26 – Transit workshop 2:30pm in Dining Room

Looking Ahead:

Mon. Aug. 7 – Centre closed for BC 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



BREAKFAST SERVED MON. TO FRI.
8:00am-10:30am. Breakfast includes: 2 eggs, Hash browns, Bacon, Ham, or Sausage, and Toast \$10

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

Hot Meal Menu

| | | |
|-----------|---------|--------------------------|
| Tuesday | July 4 | Roast Beef |
| Wednesday | July 5 | Chicken Wings & Fries |
| Thursday | July 6 | Cordon Bleu |
| Tuesday | July 11 | Ham & Scalloped Potatoes |
| Wednesday | July 12 | Lasagna |
| Thursday | July 13 | Liver & Onions |
| Tuesday | July 18 | Meatloaf |
| Wednesday | July 19 | Fish & Chips |
| Thursday | July 20 | Shepherd’s Pie |
| Tuesday | July 25 | Pork Cutlets |
| Wednesday | July 26 | Taco Salad |
| Thursday | July 27 | Liver & Onions |

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

The Gift Shop Reno is on! Starting July 4th, the gift shop will undergo a face lift. Out with the old fixtures, in with the new. The Town of Comox Facilities Manager Mike Springer and his crew will be undertaking the renovation. The Shop will be closed down for 2 weeks to complete the work, as well as re-merchandising.

The Gift Shop is greatly appreciative to the Board of Directors, the New Horizons grant funding, and the Town of Comox for making this renovation possible.

Consignors and new consignors, please contact Nancy at nancy2fancy@shaw.ca to schedule an appointment July 10-14 to bring in items to sell.

We look forward to seeing you soon!
The Gift Shop Gals

Gift Shop Closed for Renos



July 1st, 2023



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 Al



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

Centre Equipment

Your annual membership at the Centre does not include use of the equipment in the club areas such as the quilting machine, the glass, pottery, and silversmithing studios, the woodworking shop, and even the Cue Sports room. If you are interested in these activities, please contact the coordinator to find out how to participate. Use of this equipment requires some training on complex and expensive machines.

July Info Sessions

Information Session Calendar

- July 15th – Falls Prevention
- Aug 19th – Death and Dying: The Dynamic Journey
- Sept 16th – Religion - Spirituality: What is the Difference?

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.

PREVENTING
A FALL IS
EASIER
THAN
YOU
THINK!



DR. GARRETT WILTSE
MODERN CHIROPRACTOR

ORIGIN
INTEGRATED HEALTH



STEPHANIE DEVONSHIRE
REGISTERED KINESIOLOGIST

JOIN US AS WE
GUIDE YOU
THROUGH EASY
FALL PREVENTION
STRATEGIES

JULY 15TH 10:30AM @
FREE ADMISSION



d'Esterre Seniors'
Centre Association
Your Second Home

This Month's Chuckles

- Favourite Oxymorons:**
- Assistant supervisor
 - New tradition
 - Original copy
 - Uninvited guest
 - Authentic reproduction
 - Limited lifetime guarantee

Reality Check by Dave Whamond



TRANSIT SMART WORKSHOP

Date: Wednesday July 26
Time: 2:30-4:30
Location: d'Esterre dining lounge

Ready to try transit in the Comox Valley?

Join Lindsay, Transit Ambassador, for classroom learning, personalized trip planning and a free bus ride around town. You'll learn how to read the Rider's Guide, how to use online tools as well as tips and tricks for a successful bus ride.



Free to attend

Please register in advance
@ the office (250) 339-5133
prior to July 15th

Space is limited to 20 people



d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox

SPECIAL EVENTS

The Father's Day Pancake Breakfast was enjoyed by 54 attendees.

Thank you, Joan Tufford and volunteers, for cooking a scrumptious breakfast of pancakes, eggs, bacon, and sausages.

Many thanks to the ladies who served up the food, door hostesses, and door prize hostess.

Special thanks to Ralph who set up the tables and who steps up to help out at every event.

Harriet and her husband were first through the door and very surprised to have won the door prize. The 50/50 draw of \$83.00 was won by Clayton.

Donations from Canadian Tire (hat and lanterns for door prize) and \$200.00 for food.

We greatly appreciate the community support from these donors.

Up coming Special Events: No events until...

- ◆ October 7th Thanksgiving Dinner
- ◆ November 18th Christmas Craft Market
- ◆ December 9th Christmas Dinner

Until then, enjoy summer.



Door prize winner Harriet



1000th Member

The d'Esterre Senior Centre in Comox reached an exciting milestone, welcoming its 1000th member!

Carol G of Comox had no idea when she entered the Centre to have lunch with friends that her decision to become a new member would draw so much attention. The celebration included balloons, picture taking, and a gift certificate for "Dei's Café".

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.

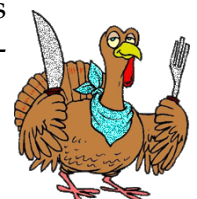
We're hoping to collect enough QF points to

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

Although activities have somewhat slowed at the Centre anticipating the summer months and awesome weather ahead, the office has been an exciting place. A d'Esterre Senior Centre membership milestone was reached in June. Although we inched closer to this milestone every day, we had no idea when the lucky person would come up to the counter and want to purchase a membership. On Thursday, June 22nd, first time member Carol G. become our 1000th member! We celebrated with balloons, picture taking and some prizes. It truly was exciting to be a part of this event and those that were at the Centre at the time were able to take in the celebration.

We are excited to welcome and congratulate our newly hired Centre Coordinator Assistant, Patty Anderson. Patty will be a great asset to d'Esterre and the smooth operation of the office, bringing with her an engagement with members that is calm, a willingness to learn, and initiative with a "getting it done" attitude.

Another milestone will be reached on July 4th, the one-year anniversary of my hire as Centre Coordinator at the d'Esterre Centre. A lot has been accomplished over the past year in the office. The members I have come to know, the positive changes achieved, and just being a part of the Centre has truly been something I will treasure. The Centre is no doubt a great place to be as the membership numbers steadily increase.

A new and popular "Absolute Beginner" Line Dancing class on Wednesdays at 6:15pm started in June and filled very quickly. Instructor Brenda Needham's infectious enthusiasm and "have fun" attitude leads the group and inspires many to keep on dancing.

Great opportunity presents itself during this quiet time at the Centre to get all the projects done that seem to have settled on the back burner, keeping us busy and helping us prepare for a busy fall.

Have a great summer everyone! Enjoy, have fun, eat cake, take care of yourself and each other!

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 to do the quilting on our own projects. As the saying goes, "practice makes perfect." Things are slowing down during the summer but we are still meeting on Tuesdays and Thursdays to get ready for the fall raffle. Have a safe summer.

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.

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

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

Now that July is here, one's thoughts turn to holidays. A good way to remember a special holiday is to create a travel journal. It's so easy to do. Take one notebook and a pen or pencil (coloured are good) and each day draw a little sketch of something or someplace you see that's interesting enough to catch your eye; it could be an old building or doorway, a fountain in a central square or perhaps a street vendor, an outdoor table under an umbrella – with perhaps an unusual person sitting there. Nothing needs to be too detailed, just a little doodle. Do something each day remembering to name and date the piece. You can still take photos but in the journal you will have a wonderfully personal reminder of a delightful time.



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

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: Angela V, a perfect score of 847; Leanne R, 844; Bea H, 839; Vreny B, 831.

Gents: Terry F, 841; Charlie R, 821; Jeff S, 817; Dean B, 802. Congratulations to Vreny for scoring 42 points in one deal: 4 fives in her hand, a Jack cut, and 1 six, 1 seven and 2 eights in the crib. The maximum possible points for the dealer to score, excluding pegging, is 53.

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. 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 250-335-1227

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

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 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.

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 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. Classes will resume in September. See you there! FMI contact Nimisha at 250 -897-9689 or shaktistar@yahoo.com



DANCEFIT SILVER

Dancefit Silver classes are suspended for July and August, but will start again in September, same day and time, Wednesdays at 10am. Wishing all a great summer, and hope to see you again in the Fall. FMI, contact Diana, 250-339-7714, or dianaterry@shaw.ca



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.

Last chance for yoga and fitness for the summer...

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 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. Modified schedule in July and August.

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

Wednesday Soma Nidra 4:30-6:00 pm Wendy Anderson

Are you living with chronically tight muscles? Do you feel stressed out or anxious? Do you struggle to get a good night's sleep? Try Soma Nidra with Wendy and find relief, ease, and deep relaxation. This gentle class is accessible and breath focused. It includes a blend of gentle somatic movements and restorative postures, ending with a replenishing guided meditation. Need a tender time out? Join us every Wednesday at 4:30 pm. Feel free to contact Wendy Anderson at wendyandersonsjoy-flow@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

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.

Cards and Games for Brain Fitness



Research suggests that brain stimulating games might improve cognitive functioning in older adults, as well as possibly reducing the risk of developing dementia. The exact role of brain games in dementia prevention and treatment is unknown, and more research is needed to determine just how helpful these games can be. Still, even if we don't know for sure whether games can help with dementia, we do know one thing: that they're a fun way to keep the brain engaged, active, and entertained at any age.

Exercise Your Brain To Keep It Fit

Getting older is a fact of life. While we fight the physical effects of aging with exercise and diet, we should also be concerned with our brain fitness. Recent research shows that new brain cells continue to be produced even as we age. Many studies of older people have determined that decline in cognitive abilities can be slowed by actively exercising our brains and challenging our brains with a variety of stimulating activities.

Keep Those Neurons Firing

The National Institute on Aging says that strategy games, including card games, board games, word games, Sudoku, and crossword puzzles are all brain fitness exercises. Some of these "exercises" are enjoyed alone while others have the added benefit and stimulation of social interaction. Card and board games involve concentration, reasoning, problem solving, memory, information processing, and focus. Playing cards is one activity that many people have enjoyed all their lives, and continuing to play card games can help seniors maintain their brain power as they age. By challenging brain cells with these kinds of games, the neuronal pathways are stimulated and continue to grow and develop despite cell damage that may be caused by aging or medical conditions.

Card and board games are also great ways to be socially active and connected to a community, which is important to combat isolation. Check out all of the options to participate in card and board games at the Centre; there's sure to be something that matches your interest.

d'Esterre Seniors' Centre Association Clubs & Activities

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

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| <p>Centre Office Diane Stewart Centre Coordinator M-F 10 am-1 pm 250-339-5133</p> <p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p> | <p>Monday</p> <p>NO Aug class</p> | <p>T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Line Dance Fusion Bridge (Partners) Carpet Bowling Yoga (Hatha) Yoga Bid Euchre</p> | <p>BR CRR AR BR</p> <p>BR CR BR BR BR CR</p> | <p>9:00 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 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 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>NO Aug class NO July/Aug</p> <p>NO July/Aug</p> | <p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass 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 1:30 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 In July/Aug NO July/Aug</p> | <p>Low Beg. Line Dancing Jul/Aug Exp. Beg. Line Dancing Jul/Aug Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Glass Creations/Stained Glass Strength Training</p> <p>Carpet Bowling Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing</p> | <p>BR BR BR AR</p> <p>CRR BR</p> <p>BR CR BR</p> <p>BR BR</p> | <p>8:55 am 10:00 am 10:00 am 10:00 am</p> <p>10:00 am 11:00 am</p> <p>1:00 pm 1:00 pm 3:00 pm</p> <p>4:30 pm 6:15 pm</p> | <p>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</p> | <p>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</p> |
| <p>Rentals Michele Morton 250-465-0333 Michelemorton12@gmail.com</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p> | <p>Thursday</p> <p>1st Thursday NO July/Aug</p> | <p>Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Exercise Pilates Knitting Mah Jongg Silversmith Club Yoga Sessions 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>Newsletter Nina Sato nsato@live.com 778-992-0220</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 CR DR BR</p> <p>CR</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 Lori Carter</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 403-512-8203</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>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