



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

www.comoxseniors.ca

Email: office@comoxseniors.ca



Popular Lunch Spot

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

September 2023 Newsletter

Many classes and activities resuming in September, and new ones starting up as well!

Calling all volunteers—lots of opportunities to help.

President's Message

"It is the long history of humankind (and animal kind) that those who learned to collaborate and improvise most effectively have prevailed."
Charles Darwin (1809-1982). Naturalist, biologist, geologist.

For me, September is like the start of a new year, a new beginning, a fresh start. The travel frenzy has abated, schools reopen, adult learning classes are offered, fall programs kick in, cooler weather, shorter days and some rain.

Once I got over the anxiety of the blank page, I chose collaboration as this month's theme. One need not look further than around our Centre to witness collaboration. Pause and read your September Newsletter and you'll find evidence of teamwork on every page.

Our Centre is a beehive of activity (without a queen bee). At first glance, things appear calm but it's buzzing below the surface. In case you're wondering where the buzzing sound is coming from, here are a few possible sources. Forty activities offered, art and crafts created, card games played, meals prepared and served, classes enrolled, memberships sold, plans made and executed, bills paid, cash balanced, keys sorted, grants applied for, minds stimulated, friends met, faux pas made, egos bruised, issues resolved, yogis and yoginis OMing, newcomers welcomed, books shelved, reports produced, repairs made, ceremonial ribbons cut, archives organized, snooker played, clay molded, floors polished, information sessions offered, and dreams dreamt.

All this is done through teamwork and the collaborative efforts of volunteers and our valuable employees. Peruse this month's newsletter and look for opportunities and join one of the worker-bees' teams who keep this Centre a-buzzing. You may find a honey of a deal inside the revised Committee List in the following pages. Or, simply dare to register for a class that you've put off until now. September is the time for new beginnings.

"You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins." Jim Stovall (1958-). Author and humanitarian.

~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. Sept. 3 – Centre closed for Labor Day

Wed. Sept. 12 – Tour 10:30 am

Sat. Sept. 16 – Info Session
“Religion vs. Spirituality”
10:30am in the Ballroom

Mon. Sept. 18 – Board meeting
10:30am in Council Chambers

Looking Ahead:

Mon. Oct. 9 – Centre closed for Thanksgiving holiday

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

In September, memberships for the last 4 months of the year are half-price, \$17.50, and can be purchased at the office, M-F 10 am-1 pm. 2024 membership renewal will begin Oct. 1.

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.



Hot Meal Menu

Tuesday	Sep 5	Roast Beef
Wednesday	Sep 6	Shepherd’s Pie
Thursday	Sep 7	Ham & Scalloped Potatoes
Tuesday	Sep 12	Roast Pork
Wednesday	Sep 13	Chicken Wings & Fries
Thursday	Sep 14	Liver & Onions
Tuesday	Sep 19	Meatloaf
Wednesday	Sep 20	Fish & Chips
Thursday	Sep 21	Pork Cutlets
Tuesday	Sep 26	Lasagna
Wednesday	Sep 27	Chili
Thursday	Sep 28	Liver & Onions

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.

News From the Centre

From The Gift Shop

Thank you to all who came to the Gift Shop's Grand Opening celebration. It was very humbling to see the Cafe full of members, consignors, and Board Directors. Even Glen and Doug from the Town of Comox showed up to help celebrate. These guys were instrumental in performing the changes to modernize the Gift Shop.

The celebration started off with Gift Shop Coordinator Nancy thanking everyone and introducing the Gift Shop Gals who volunteer. Director Dave Robinson cut the ribbon declaring the Gift Shop reopened. Cake and coffee were served.

If you have not yet seen the set up of the new shop, stop in to see what's new from our talented consignors. 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% helps fund 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.

As summer changes into Fall with crisp air and nature's colourful palette, warm slippers and hats will soon be showing up in the shop. Time to start thinking of creating or purchasing gift ideas at the Craft Market in November.

We welcome you for a peaceful shopping experience where **handmade gifts from the heart** are available.

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

Welcome to our Centre! Now that summer is coming to a close, plan your autumn and winter activities in a friendly, happy atmosphere...here at d'Esterre. Find out about all the exciting programs and "hidden" corners that perhaps you didn't know about. All are welcome...members and those thinking about becoming members...I'm sure there is something for everyone. You won't be disappointed. The way to find out is to take a guided tour:

WEDNESDAY, SEPTEMBER 12 at 10:30.

We gather in the lounge/sunroom to start.

Email me sherbry650@gmail.com

Phone 250-941-1808 and leave a message.

Sherry



Coffee with AI



Come have coffee with AI on Mon. Sept 11, 18, 25, and Oct. 2 from 10-11 am. Drop in and get your iPad, iPhone, and other computer questions answered at AI's corner table in the Dining Room.

September Info Sessions

Information Session Calendar

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

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

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

Due to facility commitments, NO session in November or December.

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.

If you have a suggestion for a future presentation and a presenter, please contact Gayle at couswhite@shaw.ca

Info Session for SEPTEMBER

? September 16th ?
at 10:30am
in the Ballroom

Religion and Spirituality: What is the Difference?

The Presenter Robert McDonald

Fewer people attend formal Religious services these days, and more people call themselves Spiritual, but what do these terms mean? Religion and Spirituality are often presented as an Either / Or choice, but Spirituality has always been part of Religion, so there is also a Both / And choice.

How can someone develop regular spiritual practices to deepen their Spiritual life, either within their religious tradition or as part of their own unique Spiritual journey?



TRANSIT SMART WORKSHOP

Date: Wednesday October 4
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 September 28th

Space is limited to 20 people



Our August Info Session had another good turnout. End of Life Practitioner, Janet O'Dell, stressed the importance of discussing death and dying, and covered numerous questions asked by the engaged crowd.



d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox

SPECIAL EVENTS

Thanksgiving dinner is next up for the Special Events Planning Committee. Mark your calendars for Sat., October 7th for a traditional turkey dinner with all the trimmings.

Tickets go on sale Mon., September 18th at 10am in the Cafe in front of the Office.

Tickets are limited to 4 per person. Please have the full names of your guests for their tickets to participate in door prizes. Seating is for 96. Doors open at 4:30. Entertainment by Luke Blu Guthrie.

If you would like to donate your points for a QF turkey, please advise Dei or Nancy. Or you can donate your points to Comox Seniors' Centre (d'Esterre) at the checkout. We are requesting four large turkeys for the dinner prepared by Quality Foods.

The kitchen is still in need of volunteers for preparing the vegetables on the day of the dinner. We are also in need of a volunteer to oversee the preparations with Food Safe certificate. Contact Nancy at nancy2fancy@shaw.ca or Dei in the kitchen.

Let's fall into September's colourful season to be thankful for October's feasting.

Upcoming Special Events:

November 18th Christmas Craft Market

December 9th Christmas Dinner



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.

Thanksgiving Dinner
Saturday,
October 7th
5 pm (Doors open at 4:30)

Door Prizes

Traditional
TURKEY & HAM
with All the Trimmings

50/50 Draw

Tickets:
Limit 4 per person
\$20 for Members
\$25 for Non Members

Live Entertainment
Luke Blu Guthrie

Tickets on Sale starting
September 18th at 10am.
Limit is 96 seats.

d'Esterre Seniors' Centre
1801 Beaufort Ave, Comox
250-339-5133

Easy Ways to Donate



Donate your Quality Food Points to the Centre.

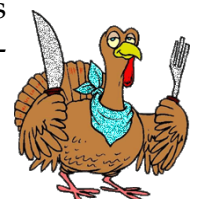
We're hoping to collect enough QF points to

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

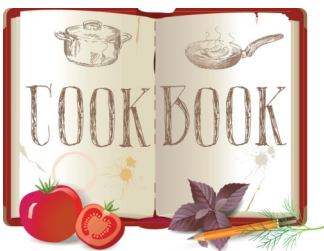
From the Desk of Diane Stewart, Centre Coordinator

Daily operation of the office consists of an ever increasing amount of activity and now that fall is upon us it is worth noting where one aspect of office operations were just one year ago. With the decision to move class registration and payment to the office, the Centre was in uncharted waters. At that time, over 400 members wanted to register and pay for their classes, all in one day! Now the office has a great system in place where each member can register and pay for their classes on their own time, either at the office window or by filling out a Class Registration Form along with payment and dropping it into the office mail slot, giving members the ability to register for one or more months at a time. WOW, what great progress!

The locked cupboards in the Centre are now all numbered and assigned to those who require space for their group's items. For years many have tried to organize the keys at the Centre, corresponding cupboards, and those that hold a key. This has been an ongoing project that never quite saw a desired result. This project was quite the organizational feat that I enjoyed working on and I am proud to see a simple process now in place.

As many of you have probably noticed, a new SANDWICH BOARD has been placed outside the Centre at our walk's end advertising DEI'S CAFE and the newly renovated GIFT SHOP. This sandwich board is a contributing factor to an increase in membership; now at 1060 along with a notable increase in activity in the kitchen and the Centre in general with many new people coming in and commenting, "I didn't know you were here!"

This fall also brings with it a busy and exciting time at the Centre with offerings of new options to partake in, including MONDAY MORNING SING-A-LONGS, CIRCLE DANCING, three LINE DANCE CLASSES, two YOGA WORKSHOPS and much more. A big shout out to Ele, one of our Board members who has worked tirelessly on finding space in our ballroom to hold these new offerings. With September's Newsletter full of new and exciting things happening at the Centre, I would like to say a big THANK YOU! to Nina, who never fails to pull the d'Esterre monthly newsletter all together!



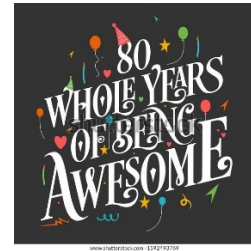
Calling All Cooks

LAST CHANCE—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**



SAVE THE DATE!

All d'Esterre members, family and friends are welcome to attend

Dei's 80th Birthday Celebration

"Come and Go" between 2:00pm & 4:00pm

Friday, October 6th in the Ballroom

Birthday Cake and Refreshments, Guest Book, Musicians, Visiting and Hugs!

A basket will be set up for Birthday Cards and

includes a "Dei's Holiday" collection for anyone who wishes to contribute to a much earned holiday Dei's is planning in the future.

No Gifts please.

This Month's Chuckles



Common sense is not a gift. It's a punishment because you have to deal with everyone else who doesn't have it.

Some people are like clouds, once they disappear it's a beautiful day.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do it's because I missed my exit.

Life is like a helicopter. I don't know how to operate a helicopter either.

It's probably my age that tricks people into thinking I'm an adult.





CALLING ALL HR PROFESSIONALS: MAKE A DIFFERENCE AS A VOLUNTEER!

Are you a seasoned HR professional looking to channel your expertise into meaningful action? We invite you to bring your expertise and insight to our HR Committee as a volunteer. Join us in defining HR strategies and creating an environment where both employees and d'Esterre Seniors' Centre can thrive. Your valuable experience can make meaningful change to our Centre – join us today. Contact Susan at storesdahl@shaw.ca to take the first step toward a fulfilling volunteer journey.

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.

VOLUNTEERING IS GOOD FOR YOUR SOUL

Our Centre relies heavily on volunteers. If you have background and experience in certain areas and feel the desire to put your skills to use and contribute to the Centre, there's a need you can help fulfill. Take a look at the committees below and consider volunteering to join one. Each committee is chaired by a Board member who then reports to the entire Board. Interested in finding out more? Contact the office to be directed to the appropriate chairperson.

COMMITTEES

1. Building Maintenance and Security: Raymond
2. Kitchen: Lois
3. Relations with the Town of Comox, Granting Organizations, Stakeholders, Outreach, Media: Susan, Raymond
4. Fundraising, Donations, Sponsorships, Comox Rotary Club: Raymond
5. Communications and IT, A-V Equipment, Website, Newsletter: Dave, Nina
6. Office and Membership Records, Library, Archives: Susan
7. Treasurer, Budget, Financial Reports: Julie
8. Gift Shop: Nancy
9. Program Schedules and Registrations, Coordinators Liaison, Space Allocation: Ele
10. Strategic Planning, Member Surveys, Board Development, Nominations, Annual General Meeting: Ele, Susan, Gayle, Nina
11. Grant Applications and Reporting: Raymond, Susan
12. Special Events, Info Sessions: Nancy, Gayle
13. Rentals: comoxseniors.rentals.ca. (Michele Morton & Diane): Raymond
14. Emergency Response-Equipment inventory and usage: Lois
15. Policy and Procedure Review: Susan, Ele, Gayle
16. HR Committee: Susan, Raymond
17. Finance Committee: Julie, Peggy

*Many Hands
Make Light Work*

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

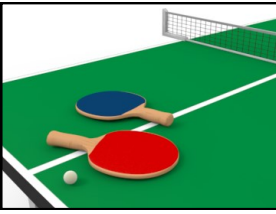
All Emergencies CALL 911

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

Activities Around the Centre

Table Tennis



Calling all table tennis players. There's an opportunity to extend our playing time on Fridays from 4-6 pm. All that is needed is two folks, more would

even be better, to collect the activity fee and lock up the Centre after playing. Peter can explain to anyone interested all they will need to know to get table tennis started at this additional time. If you are that interested person, contact Peter at 250-465-8154.

Cue Sports

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.

If you'd 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 and 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

Here we are in September, it just doesn't seem possible that the children are back to school and we seniors are looking at our routines being picked up again. The Art Club will be renewing weekly attendance with renewed enthusiasm and we hope for some new ideas to keep us busy; no doubt there will be lots of interest in what each has been doing during the summer as we catch up on summer activities. We meet Monday mornings at 10 am downstairs in the art room.



Quilters' Group

Our Summer is over and we are ramping up once again for the fall season.

The quilting ladies have been busy this summer working on the quilts for the Fall Raffle and the tickets will go on sale later in October. We are always looking for fabric donations to help defray the cost of producing the quilts. As always, the proceeds go to the Centre to assist with activities.

We have also been busy practicing on our new machine and becoming more confident in our work. There are quilts for sale in the cafeteria and if you don't see anything you like there, you may find something more to your liking downstairs in the quilting area.

If you would like information about the group you can contact Donna Englehart at 250-702-9493.



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.



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.

American Mah-Jongg

The Monday Mah-jongg will resume September 11 at 1:30 PM and the Tuesday Mah-Jongg group will resume September 12 at 1:30 PM. Both will be in the library area as previously agreed. FMI contact Wanda at 780-742-5336.

Fun & Games on Friday

Ready for laughter, fun, and enjoyment? Well, we are a group that is all that. We've been playing Mexican Train and hope to expand into Rumoli and a word game similar to password. Teams of 3 compete against the clock to get their team to guess the hidden word. Call Sherry 250-941-1808 to join in the fun!! See you Friday.

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

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.

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.

Bid Euchre

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

Cribbage

High scores for August:

Ladies: Lyse C, perfect score of 847; Margaret S, 846.

Gents: Harry P, 840; Gerry B, 821.

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 have some dimes on hand in case you get skunked.

New players are always welcome.

FMI contact Diana, 250-339-7714, dianaterry@shaw.ca, or Harry 250-702-5948.

For the Love of:

Bid Euchre – call Lori at 403-512-8203

Canasta – call Harry at 250-702-5948

Cribbage – call Diana 250-339-7714/Harry 250-702-5948

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

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



Introduction to Somatic Movement

with Wendy Anderson

Thursdays September 6th to 28th

1:15 pm-2:45 pm

Cost is \$40.00 for 4 classes



Welcome men! Welcome all!

Every *body* can benefit from Somatics. Come try this gentle Introduction to Somatic Movement.

Benefits of a Gentle Somatic Movement Practice Include:

- Easing chronic pain
- Increasing flexibility and joint mobility
- Promote relaxation and peace of mind

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



www.wendyandersonsjoyflow.com

ALL ARE WELCOME TO OUR NEW

FREE 

'Monday Morning Singalong'

Join Mary Bittroff on the piano

Jacqui Graham leading the singing

as we sing the old-time favourites together

in the Ballroom.



Start your week singing on
Mondays from 10:00-11:00
on September 11, 18 and 25
in the Ballroom

Sign up at the office, a d'Esterre membership is required.
For more info, email Mary at buddiesatthebay@gmail.com

Learn

CIRCLE DANCING

Tuesday,
September 19th
to October 10th
7:00pm - 8:30pm
in the Ballroom

Instructions
by:
Laura Forgie

**Everyone
Welcome**



These dances come from a wide variety of traditions and cultures, some quite ancient and others more contemporary that often honour a festival, the harvest, the seasons, connections between heaven and earth and celebrate our human connection. The dances embrace simple steps done in a circle with others . . . sometimes quite

meditative and other times quite boisterous and always lots of fun!

No previous dance experience necessary!

Bring your water bottle, soft soled shoes and of course, enthusiasm and an open mind to learn something new!

The cost is **\$20.00**
for 4 weeks
or \$7.00 drop in fee.
Register at the office.
Membership required.



Contact is Marsha McGregor
250-871-1101
mam7520@gmail.com

d'Esterre Seniors' Centre
1801 Beaufort Ave, Comox
250-339-5133

Yoga Therapy Workshop Series

with

Nancy Moelaert

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



**In this 4 Class Workshop
each Class will have a Different Focus;**

Yoga to stretch and strengthen.
Breathing and building a meditative awareness.
Self-physiotherapy and massage using
our hands, foot props or 4 to 10 inch balls.

October 5 Our foundation - Feet and Knees
October 12 The pelvis - Hip stability, flexibility and mobility
October 19 Spine - Low back
October 26 Spine - Upper Back, Neck and Shoulders

Will help you alleviate your muscular tension,
pain or discomfort and learn ways to self-heal.

Cost of \$ 40, for the 4 Classes
Drop-in if space is available \$15 per class
Register at the Office by September 26th

Classes Around the Centre

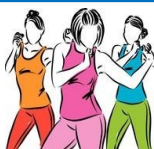
DANCEFIT SILVER

Dancefit Silver classes will resume on Wednesday, September 6.

This Zumba-style exercise programme is tailored for the older person and will have you working out with easy dance movements to up-beat music from around the world. The focus is on having fun while moving your body without discomfort.

Classes are on Wednesdays, 10-11am. Cost \$20 per month. Drop-ins are welcome, \$7 per class, so why not give it a try?

Register at the office. FMI contact Diana at 250-339-7714, or dianaterry@shaw.ca



LINE DANCING WITH BRENDA

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



ABSOLUTE BEGINNER CLASS consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Wednesdays 6:15 pm-7:15 pm.

LOW BEGINNER CLASS 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 7:15pm-8:15 pm

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

-Sept. 6-Oct. 18 will be a 7-week session for all 3 classes. \$35/7 weeks or \$7 drop-in per class.

-There will be no line dancing classes Oct. 25, Nov. 1, Nov. 8.

-Nov. 15-Dec. 20 will be a 6-week session for all 3 classes. \$30/6 weeks or \$7 drop-in per class.

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.



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.

FMI contact Nimisha at 250-897-9689 or shaktistar@yahoo.com



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.

FMI contact Nimisha at 250-897-9689 or shaktistar@yahoo.com



Magi's September Classes Fitness! Fun! Friendship!

~ MONDAY ~

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

~ TUESDAY ~

9-10 → **Fitness1** (Arobics&Flexability) \$10/mo
10-11 → **Fitness2** (Arobics&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



Chair Fit2
NEW!

~ THURSDAY ~

9-10 → **Fitness1** (Arobics&Flexability) \$10/mo
10-11 → **Fitness2** (Arobics&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.

Classes Around the Centre

MAGI'S EXERCISE CLASSES

Studies have shown that older adults can benefit greatly by staying physically active on a regular basis. When older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they are not active. Exercise helps people with high blood pressure, balance problems, or difficulty walking. Regular, moderate physical activity can help manage stress and improve your mood. Strength exercises like weights and using resistance bands can increase muscle strength. Engaging in group exercise classes will have the added benefit of increasing your social time.



d'Esterre exercise classes taught by Magi have been ongoing for over 30 years! Anyone is welcome to join our fitness, strength training, or chair fit for fitness, fun, and friendship. Don't hesitate; it's never too late to start. Phone the coordinator listed on the back page for more information.



On Tuesday, Aug 15th the d'Esterre "Mad Hatters", a group of ladies from Magi's Chair Exercise class, donned their favorite hat to remind everyone how important it is to wear a hat during the hot weather.



Survey Coming Soon

In 2022, the Centre sent out its first ever survey to collect information from our members. Members' feedback was gathered on many different aspects of the Centre and this information helped inform the Board's strategic planning session in November 2022. Suggestions for additional classes and activities were implemented and the very successful information session program was started based on survey results.

The 2023 survey will be available next month. Similarly to 2022, the survey will be on-line and will be simple to complete in 5-10 minutes. There will be a printed version available as well. We hope that the majority of our members will participate in the survey.

Classes Around the Centre

A Perfect Match for Seniors

Imagine a form of exercise that not only tones your body but also calms your mind. That is exactly what Soma Nidra Yoga offers. It is a practice that combines deep relaxation, breathing techniques, and visualization to revive your whole being. It is especially good for seniors who want to enjoy the benefits of yoga without straining their joints or muscles. At d'Esterre we practice Soma Nidra Yoga lying down on our mats for the whole session. Our instructor, Wendy, also provides the added benefit of a gong bath.

Here are some of the comments from our class:

- ◆ "Small gentle, subtle movements. I often feel like I am floating on a cloud, drifting away to a very pleasant place. I leave this class always in an alternate state for the better." Marlene Z
- ◆ "I love the somatic/Nidra/gong combination. It is a miraculous re-set for mind and body. Nothing has been better for my dysregulated nervous system." Donna M
- ◆ "I found somatic yoga to be a very gentle way to explore my body, work out the kinks and discover a new way of being. . . it is a form of physiotherapy but better." Ray S
- ◆ "...a gentle, respectful approach that honors all capabilities, never pushing you to stretch beyond your limits. Wendy's work is a gift to body, mind, and soul." Sheila D

If you are looking for a simple and effective way to improve your health and well being, regardless of your background or ability, try our Soma Nidra Yoga class on Wednesdays at 4:30 pm. You will be amazed by how much better you feel. Namaste.

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.

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: https://www.facebook.com/peacefulpathwellness</p>			
<u>Coordinator:</u> Deborah Holmes debholmescomox@yahoo.ca 250-339-4313			
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>			
<u>Coordinator:</u> Karen Fraser frasertransfer@shaw.ca 250-890-0608			
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>			
This class will break for August but will resume in September			
<u>Coordinator:</u> Deborah Holmes debholmescomox@yahoo.ca 250-339-4313			
	Linda Barfoot	fifthline@gmail.com	250-897-1374
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.</p>			
<u>Coordinator:</u> Wendy Anderson wendyandersonsjoyflow@gmail.com			
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>			
<u>Coordinator& Instructor:</u> Deb Karlstrom drolston@shaw.ca 778-585-5105			
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>			
<u>Coordinator:</u> Susan Toresdahl storesdahl@shaw.ca 250-339-6528			

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!
Coordinator: Susan Youds shoediva7@gmail.com 250-339-0906
 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

d'Esterre Seniors' Centre Association Clubs & Activities

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

<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 Sept. 11,18,25 Starts Oct 16</p> <p>Starts Oct 16</p>	<p>T'ai Chi Gong Sing-a-long Music and Motion Soapstone Carving Painting Strength Training</p> <p>Line Dance Easy Bridge (Partners) Carpet Bowling American Mah-Jongg Yoga (Hatha) Yoga Bid Euchre</p>	<p>BR BR BR CRR AR BR BR CR BR DR BR BR CR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:30 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Nina Sato Buddiesatthebay@gmail.com Nimisha Jimenez Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Nimisha Jimenez Jane Jenssen Gabrielle McCormack Wanda Bell Deborah Holmes Karen Fraser Lori Carter</p>	<p>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 780-742-5336 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>Sep 19-Oct 11</p>	<p>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</p> <p>Cribbage Circle Dancing</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR BR 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 7:00 pm 7:00 pm</p>	<p>Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Wanda Bell Judi Murakami wendyandersonsjoyflow@gmail.com Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Diana Fright Marsha McGregor</p>	<p>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 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-871-1101</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Dave Robinson 250-703-2536</p> <p>Cue Sports Mike Couture 250-898-4633</p> <p>Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>Sep 6-Oct 18 Sep 6-Oct 18</p>	<p>Exp. Beginner Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Glass Creations/Stained Glass Strength Training</p> <p>Chair Fit 2 Carpet Bowling Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing</p>	<p>BR BR AR CRR BR BR BR CR CR BR BR BR</p>	<p>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 7:15 pm</p>	<p>Ginny Crowley Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist or Caroline Hoon Caroline Hoon Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Diane Stewart Brenda Needham</p>	<p>250-941-2522 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-339-0816 250-339-0816 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 250-339-5133 250-890-2054</p>
<p>Rentals Michele Morton 250-465-0333 Michelemorton12@gmail.com</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p>	<p>Thursday</p> <p>2nd Thur. Sep</p>	<p>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</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>Iris Vansterkenburg Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Bonnie Luterbach Linda Barfoot Karen Fraser</p>	<p>250-890-0686 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</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 Contact for Corrections</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Fit 2 Chair Yoga Canasta Fun & Games Table Tennis I</p> <p>Bid Euchre</p>	<p>AR BR BR BR BR CR DR BR CR</p>	<p>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</p>	<p>Derek Richmond Barb Taylor Barb Taylor Caroline Hoon Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch or Gerry Woloshyn Lori Carter</p>	<p>250-218-3442 250-890-3446 250-890-3446 250-339-0816 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</p>					

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