



October 2023 Newsletter

2024 Memberships Now Available
Happy Birthday, Dei!

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



Come on in for a warm bowl of soup

Board of Directors

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Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
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Gayle Cousins, Director
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President's Message

It seems like it was only last week that I put together my September Newsletter message.

A warm welcome to autumn and looking forward to Thanksgiving day. My theme this month is thanksgiving and gratitude.

Last Friday I decided to take Robert McDonald's advice (our most recent guest speaker at the Saturday Information Sessions) and spend time in Nature. I spent a beautiful sunny day strolling around Paradise Meadows on Mt. Washington enjoying the fresh air, autumn colors, and some down time.

We are blessed to live so close to so much beauty- forest, ocean, mountains in all directions and in so much variety. Spending a day at Paradise Meadows drove home that point for me. Although Robert's talk was on *Religion and Spirituality*, my take-away was the part on gratitude.

Gratitude often leads to looking for ways of giving back. Volunteering is a great way to give back to your "Second Home". If there is one place that has a crying need for more volunteers, it is in Dei's Kitchen. We've seen the demand for meal services grow exponentially while our number of volunteers has remained static. Being a gender-neutral organization, this volunteer opportunity in the Kitchen is also directed to our male members. We have a brand-new Hobart dishwasher yearning for male companionship! I'm sure that Dei and Lois will find an area that fits your interests and strengths.

On a final note, I must share the news that Diane, our Centre Coordinator has chosen not to renew her employment contract and will be leaving her position at the end of December. The Board has accepted her decision with regret and wishes her well in her next adventure. We are grateful for all of her accomplishments at the Centre in moving it forward.

"Gratitude is not only the greatest of virtues, but the parent of all the others." Marcus Tullius Cicero. (106-43 BCE) Roman statesman, lawyer, philosopher, writer, and orator.

~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. Oct. 2 – Centre closed for National Truth & Reconciliation

Fri. Oct. 6 – Dei's Birthday

Sat. Oct. 7 – Thanksgiving dinner

Mon. Oct. 9 – Centre closed for Thanksgiving holiday

Wed. Oct. 11 – Tour 10:30 am

Sat. Oct. 21 – Info Session "The Era of Forestry" 10:30am in the Ballroom

Mon. Oct. 16 – Board meeting 10:30am in Council Chambers

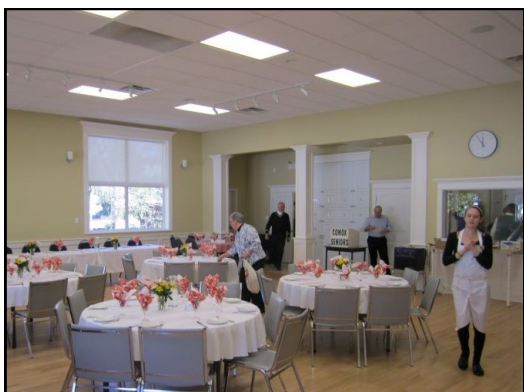
Centre Rentals

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

2024 Membership

2024 memberships available beginning Oct. 1.

- Early Bird 2024 Membership renewals will be discounted to \$30.00 from Oct. 1-Dec. 22nd.
- Full fee of \$35.00 will apply when the Centre opens in January after the holiday break.
- New 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.

Please let the office know if you have a change of phone number or email address. 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.

NO HOT MEALS ON WEDNESDAYS IN OCTOBER AS DEI WILL BE ON HOLIDAY AND THE KITCHEN IS SHORT STAFFED.



Hot Meal Menu

Tuesday	Oct 3	Shepherd's Pie
Thursday	Oct 5	Roast Beef
Tuesday	Oct 10	Hamburger & Fries
Thursday	Oct 12	Liver & Onions
Tuesday	Oct 17	Quesadillas
Thursday	Oct 19	Caesar Chicken Wrap
Tuesday	Oct 24	Roast Pork
Thursday	Oct 26	Liver & Onions
Tuesday	Oct 31	Ham & Scalloped Potatoes

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 Coordinator

My partner and I just returned from a trip to the Maritimes, my first time travelling East. We travelled through Nova Scotia, Cape Breton, and PEI, loving the countryside, the people, beaches, and landscapes. Travelling on planes at full capacity and waiting in airports was exhausting; very hard on the mind and body. We thought we were invincible among so many people and we did not wear our masks. We let our guard down, believing Covid was behind us, but it's making another round as we head into cold and flu season. Needless to say, my partner came down with a Covid cold. He is on the mend. You may be wondering what this has to do with the Gift Shop? Well...we are a small space so please be mindful of others if you have a cold.



It has certainly turned into Fall with the crisp air, colorful leaves, and West Coast weather. Curl up by the fireside with a good book from the shop. We have several local authors to choose from. Snuggle into warm sweaters, hats, and slippers. Diane's Crocodilly Mocs come in sizes Small to Xlarge in an array of colors. Cecile's slippers made of Phentex wool come in sizes for women and men. They wash up and last for years.

Thank you to Corrine's creative mom for making the little pumpkins with caramels. They were a huge hit and sold out. I'm sure she'll have something unique for Christmas. These two ladies always have something in the works. Brenda has brought in her Halloween bags. These are a great size for all kinds of things. They even make great gift or treat bags.

Consigners, we are now accepting warm hats and scarves. Christmas items are welcome in the shop to sell at the beginning of November. If you have slow moving items in the shop, November's Craft Market is a good time to put them on sale. Advise the Gift Shop Gals in advance.

New members who love to create, consign and sell your creations in the Gift Shop, schedule a visit with Nancy on Wednesdays or Fridays for your items. We offer 80% of the sale to to you, 20% helps fund the Centre. Come join our Gift Shop community to earn your payouts.

*With gratitude and wishing you a Happy Thanksgiving,
Nancy nancy2fancy@shaw.ca 250-650-2193.*



Special Occasion Cards

Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: thriftstorequeen43@gmail.com

Tour d'Esterre Centre

Here it is October and we are getting ready to face cooler, shorter days. There is a bright spot. Mark your calendars for our popular tour where you can visit all the niches and corners of our home away from home. Find out why our Center is such a happy, busy place. Need a bit of cheering up? Then this is the place to get your "warm, fuzzy" feeling. Open to all "want-to-be" and present members.

Date: OCTOBER 11 Time: 10:30 am

Meet in the Cafeteria by the office.

Phone 250-941-1808 or email Sherbry650@gmail.com to reserve your spot.

See you there....

Sherry

NO Coffee with Al



Al will be away for October. He will be back at the corner table on Nov. 13th.

October Info Sessions

Information Session Calendar

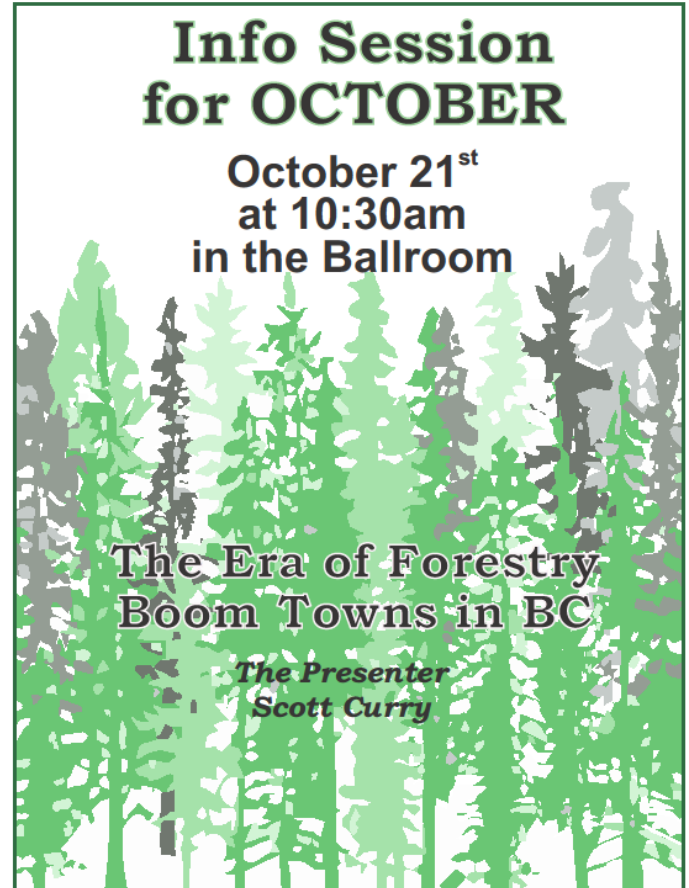
Set aside the 3rd Saturday of the month at 10:30am for these great sessions.

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

Due to facility commitments, NO session in November or December. See you again in January.

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 OCTOBER**

**October 21st
at 10:30am
in the Ballroom**

**The Era of Forestry
Boom Towns in BC**

*The Presenter
Scott Curry*

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



d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox

September Info Session



Robert McDonald has spent his retirement studying belief systems. He kindly shared that knowledge with an engrossed crowd of fellow members at our September Session on Religion and Spirituality: What is the Difference?

SPECIAL EVENTS

Thanksgiving Dinner

Saturday, October 7th from 5-8pm

Thanks to Leanne for taking the initiative in organizing the line up for the Thanksgiving dinner tickets sales. She, along with Audrey and Marsha, ran a smooth ticket sale. Tickets were sold out within the first few hours.

This year's dinner menu will be prepared by Chef Ronald St. Pierre, former owner of Locals. The Centre is very honoured to have Chef Ronald donating his services. Dinner is buffet style, served up by the Glacier Granies.



Look forward to a delightful evening of great food and entertainment. Comox Valley musician, Luke Blu Guthrie, will be performing from 6:30- 8pm.

Master of ceremonies will be Mike Couture. Doors open at 4:30, supper served 5pm. June and Cheryl will be selling 50/50 tickets and there will be door prizes to be won.

November Craft Market

Saturday, November 18th from 9-1pm

There has been such a great response from vendors requesting rental tables. Tables are limited to one table per vendor with exception for the Centre's Clubs. Tables will be located in the Ballroom as well as the six tables in the Cafe. Confirmation, questions, or to register, contact Nancy at nancy2fancy@shaw.ca. We will accommodate as many vendors as there are tables.

Payment for tables can be made at the Gift Shop between 10am-1pm Mon-Fri. Table fees are \$25.00, to be paid by Friday, November 3rd.

Reminder: table displays and cash floats are the vendor's responsibility.

More details to come in the November newsletter.

Enjoy your Thanksgiving and keep crafting.



EMPLOYMENT OPPORTUNITY AT d'ESTERRE SENIORS CENTRE

d'Esterre Seniors Centre is offering an exciting employment opportunity for a Centre Coordinator. This is an ideal position for someone looking for a part-time (25 hours/week) position working in an active and vibrant seniors' recreation centre.

This position is intended to be a long-term position that will begin with a one-year fixed term employment contract.

Additional details and a complete job description can be found on the Centre's website. Interested candidates may submit their resumés by email at centre.coordinator@comoxseniors.ca or in person at 1801 Beaufort Avenue, V9M 1R9, Comox, B.C.

The closing date for applications is October 27th, 4:00p.m. We anticipate a start date of November 27th, 2023.

More News from the Centre

From the Desk of Diane Stewart, Centre Coordinator

As we move into fall, the office is a flurry of activity with everything from fall class registrations to the 2024 membership pre-sales rollout. From Tuesday, October 3rd until the end of December 2023, current members can purchase their 2024 memberships for \$30.00 receiving a \$5.00 discount.

The classes we offer at the Centre are filling up. The result of low fees, increase in membership (1100+), hard work by all involved. Board member Ele Clarke has been working hard to find new opportunities to participate in, like the "Singalong" on Monday mornings and "Circle Dancing" on Tuesday evenings. FUN! Thank you, Ele, and all involved!

On FRIDAY, October 6th, our "Drop-In" surprise birthday celebration event is happening from 2pm-4pm, and all Members of d'Esterre are invited to come and honor our very own Dei's 80th Birthday! Shhh...don't tell Dei, it's a surprise!



The entrance to the Craft Work area at d'Esterre is graced with a beautiful piece of stained glass in its door.

This beautiful creation was designed by Charlie with the help of Isabel and Jan. It took six months for it all to come together.

Once finished, Mike Corkish stepped up and installed the glass and completed the look with trim.

Take a moment to go and look. It is a stunning piece. The centre is grateful we have these talented people in our midst. Thank You.



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.

Thanksgiving is a time for giving and sharing.

D’Esterre Seniors Centre is an important part of our community. It’s a gathering place where people can interact, share experiences, and enjoy what interests them. For many people, it’s their second home.

Your support can help.

Why Donate to d’Esterre?

Strong senior centres lead to stronger, more connected communities.

When seniors are actively engaged and well-supported, they will contribute their wisdom and experience to the community. That enriches us all.

Many seniors face social isolation, health issues, and financial challenges.

D’Esterre offers important services and programs that improve well-being. We help seniors live independent lives for longer.

The centre is a place where seniors can enhance their quality of life. Activities such as fitness classes, delicious meals, and social gatherings are key to combating social isolation.

Your donation helps fund these activities. By supporting your seniors centre, you’re promoting physical and mental health and reducing feelings of loneliness and depression among seniors.

3 Easy ways to donate to d’Esterre Seniors Centre

1. One-time donation at the office

- ◆ face-to-face giving builds connections with your centre
- ◆ your charitable tax receipt will be issued at the end of the year

2. One-time donation through our website using Canada Helps

- ◆ it’s easy to do
- ◆ you can donate in recognition of a special occasion such as a birthday or anniversary
- ◆ you can send an ecard with your donation
- ◆ you can easily access your charitable tax receipt

3. Join our Monthly Giving Program online

- ◆ you can choose the date you would prefer to donate
- ◆ monthly gifts may be accompanied by an ecard

We’ve partnered with Canada Helps, an online service that streamlines the donation process. Here’s the link to Canada Helps:

[d’Esterre Seniors' Centre Association | Charity Profile | Donate Online | Canadahelps](#)

Join us in making a positive impact: Donate today!

Activities Around the Centre

Cue Sports

In collaboration with our Centre's Board of Directors, ways are being considered to bring improvements to our Cue Sports Club room. The small pool table and the lights above both tables need to be replaced and the room refurbished. Meanwhile, our cosy Club room remains a great place to spend quality time with friendly people, women and men, who like to "rack'em up". If you're not a member yet, drop in any time and have a look for yourself. You'll be greeted with a smile. If no one happens to be home, you're welcome to turn the lights on and have a look around. Or, call me. I'll tell you all about the enjoyment you might find in our Club. See you soon! Mike Couture, Cue Sports Club Convenor, 250-898-4633 or couture.mike.r@gmail.com



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.

Quilters' Group

The quilting ladies are working on the quilts for the Fall Raffle and 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 meet on Tues. and Thurs. at 11 am in the downstairs craft room. If you would like information about the group you can contact Donna Englehart at 250-702-9493.

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 Tues. of the month – meet at Pharmasave, Comox at 9 am

4th Tues. 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

This is the season when Mother Nature turns the trees and hedgerows splendid with colour, the last of the fruits are glowing, pumpkins golden in the fields and children looking forward to Halloween. On crisp mornings we're sometimes lucky to come across the work of the tiniest of artists; the lowly spider, overnight, weaves beautiful cobwebs which we can see, suspended seemingly in mid-air glittering with dew in the early sunshine. How can mere mortals hope to compete with such delicate beauty? Nevertheless, the members of the Art Club will be working hard to replicate the gorgeous fall colours in their paintings.



Wood Shop

Jim Cooper has volunteered to help long-time coordinator Dave Robinson with the Wood Shop. Jim will be maintaining equipment and would also like to assist anyone new to this craft that would like to learn safe operation of the machines and embark on a learning journey by building a few projects along the way. Jim has an extensive background in the construction industry, beginning his trade career as a carpenter apprentice. The thirteen years before retirement were spent training young apprentices at the Nanaimo college.

Jim is a new wood-turner and enjoys making bowls, pens, and pepper mills. These things and other projects such as charcuterie boards are lovely gifts, with Christmas on the horizon.

Everyone is welcome but space constraints mean individual instruction or small groups are scheduled. Many women break down old barriers and find creating with wood exciting and gratifying. Contact Jim to join in the fun at 250-218-5267 or builder@shaw.ca

Activities Around the Centre

Table Tennis

Calling all table tennis players. Playing time on Fridays has been extended and a second group meets at 4 pm. If you are interested in joining this group, contact Leon at 250-339-5772 .

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.

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

American Mah-Jongg is on Mondays and Tuesdays at 1:00 PM in the library area. FMI contact Wanda at 780-742-5336.

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 Jensen at 250-335-1227.

Skillbuilder's Bridge

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

Bid Euchre

Bid Euchre on Friday at 7 pm is moving to the downstairs Card Room. FMI contact Lori Carter 403-512-8203 or Sheila Buchanan 250-218-6049

Cribbage

High scores for September:

Ladies: Delores C, 846; Audrey D, 827.

Gents: Gerry B, perfect score of 847; Harry P, 838.

Play starts at 7pm sharp, so come a little 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 403-512-8203/Sheila 250-218-6049

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



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.

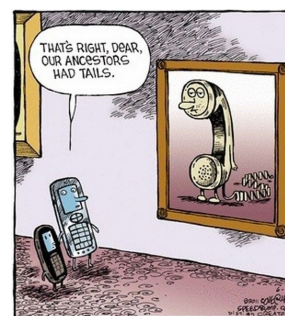
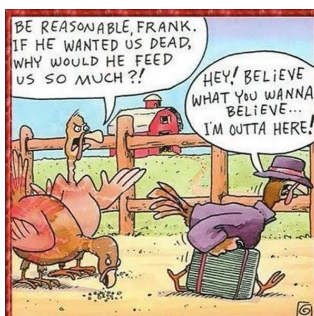
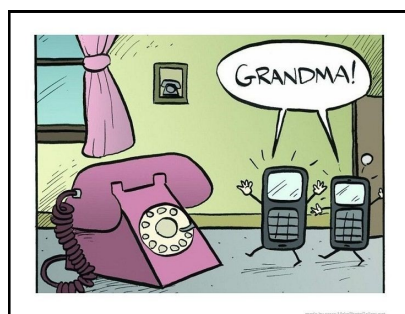
Unforeseen Closures

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.

This Month's Chuckles



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 soon. 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

LINE DANCE EASY (formerly Fusion)

Well-choreographed, EASY BEGINNER DANCES that move your body and soul at a pace suited for 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!



Monday 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

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.



MAGI'S EXERCISE CLASSES

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.



Fitness classes Mon. and Wed., Strength Training Tues. and Thurs., Chair Fit Tues., Wed., and Thurs. For schedule and coordinator information, please refer to the schedule on the back page.

DANCEFIT SILVER

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



Wednesdays, 10-11am. Cost \$20 per month. Drop-ins are welcome, \$7 per class so 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. Wed. 7:15pm-8:15pm

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.

-Nov. 22-Dec. 20 will be a 5-week session for all 3 classes. \$25/5 weeks or \$7 drop-in per class.

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

Gentle Somatic Movement

Thursdays 1:15 – 2:45 November 2,9,16,23,30



\$50 for five weeks
Register at the office

Join Carolyn Pigott, Registered Massage Therapist and
Somatic Yoga Instructor to learn:

- How stress and pain work in your nervous system and how to relieve it with gentle movements.
- How deep breathing and mindfully easing into movement can strengthen your neuromuscular awareness.
- How you can use this new awareness to change your habitual postures of imbalance back to comfortable ways to move in everyday life.
- Handouts will be available for home practice. [This class is suitable for anyone who can get down onto a mat.](http://www.carolynrmt.com)
www.carolynrmt.com

ALL ARE WELCOME TO OUR NEW

FREE



Start your week singing on
Mondays from 10:00-11:00

Continuing into the Fall!

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



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 and Core Classes at the Centre

- Monday HathaYoga 3:00-4:30 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: <https://www.facebook.com/peacefulpathwellness>
Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313
- Monday Yoga 5:00-6-30 Deb Karlstrom**
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.
Coordinator: 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
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.
Coordinator: 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**
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.
Coordinator: Wendy Anderson wendyandersonsjoyflow@gmail.com
- Tuesday Men's Only Stretch 5:00-6:30 Deb Karlstrom**
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.
Coordinator& Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105
- Wednesday Soma Nidra 4:30-6:00 Wendy Anderson**
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
Coordinator: 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

Yoga Workshop Series in October and November

**Thursday Yoga 1:15-2:45 Oct Nancy Moelaert
 Nov Carolyn Pigott**

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 ASAP

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



Gentle Somatic Moves in November with Carolyn Pigott, RMT & Somatic Yoga Instructor

November 2,9,16,23 & 30

\$50 for 5 classes

Register at the office by October 26

Somatics is a gentle, guided practice incorporating deep breathing techniques to sense tension patterns held in the body's deepest postural muscles. This class is suitable for people with injuries, conditions of pain, and stress including arthritis, postural imbalances, and cognitive changes due to trauma. You will be guided to stay within your comfort while moving slowly through micro-movements to reconnect to conscious control using the sensory-motor area of the brain to soothe pain and recreate strong, stable support for activities of daily life. This class also supports your body to be prepared for other types of yoga, sports, and better sleep.

This class is suitable for all ages, abilities, and conditions, or just to stretch out and relax!

For more information, please email carolynrmt@yahoo.ca



More Yoga and Core Classes at the Centre

Thursday Yoga 3:00-4:30 Deb Karlstrom

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 cuing 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 often from Mary Oliver & others and sends one back into their life rejuvenated.

Coordinator: Karen Fraser frasertransfer@shaw.ca 250-890-0608

Friday All levels Yoga 9:00-10:30 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

Friday All levels Yoga 10:45-12:15 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

Friday Chair Yoga 1:00-2:00 Deb Karlstrom

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile.

Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Participants are to bring their own mat and props; including blocks, pillow case to hygienically cover bolster, blanket and yoga strap. Nice to have would be an eye pillow.

Register for all yoga and core classes at the office. Contact the coordinator for more information or to inquire about drop-ins.

If you have any **general questions** about any of these classes, contact Barb Taylor (250-890-3446) or Linda Barfoot (250-897-1374).

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</p> <p>Starts Oct 16</p>	<p>T'ai Chi Gong Sing-a-long 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 CRR AR BR BR CR BR DR BR BR CR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Nina Sato Buddiesatthebay@gmail.com 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 250-339-1983 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 10</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 1:00 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 gmail.com 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 BR BR BR BR</p>	<p>8:55 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 thriftstorequeen43@gmail.com</p>	<p>Thursday</p> <p>1st Thur.</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 1:00 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 Yoga Canasta Fun & Games Table Tennis I</p> <p>Bid Euchre</p>	<p>AR BR BR BR CR DR BR CR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch or Gerry Woloshyn Lori Carter Sheila Buchanan</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 250-218-6049</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)