



# December 2023 Newsletter

## 2024 Memberships Now Available

The Centre will be closed starting on Saturday, December 23rd and will reopen on Tuesday, January 2nd, 2024.  
Weather Closure – The Centre is closed if schools in School District 71 are closed. Monitor the news for notifications.

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



Winter Days

## President's Message

We had an excellent response to our Member Survey with close to 400 respondents. The survey results will soon be posted on our website. This survey offers us valuable guidance in the policy decisions that your Board will make in the coming year.

The Christmas Craft Fair was a great success with a wonderful ambience, as one guest described it. Thanks and congratulations go out to Nancy, Dei and so many others who organized and participated in this event.

The 2024 membership sales since October 1st have been amazing with 88 new members and 445 renewals. Consider that this represents 533 in-person transactions over two months. Kudos to Diane and Patty.

As previously announced, Diane has decided not to renew her employment contract with us. She played an integral role in the smooth functioning and efficiency of our Centre during the last eighteen months. Please join our Board of Directors in wishing her good fortune and nothing but success in all her future endeavors.

Cheryl, a new member, and nine volunteers will be hosting the Christmas Day Dinner while Francine is away. We're a resilient organization, aren't we? Francine promises to be back with her family to host the 2024 Dinner.

Town Councillors will be touring our Centre on December 13th at 4:00 p.m. The Town of Comox has been a key partner and stakeholder in the Centre since 1975. We'll be celebrating our Golden Jubilee in 2025!

I'm pleased to announce that Georgia has accepted the position of Centre Coordinator and begins her orientation on December 11th. Please give her a warm Senior's welcome and help her as she faces new challenges.

*In the brightest of seasons, may you find happiness. Merry Christmas/ Joyeux Noël, and cheers to an even better year to come.*

~Raymond Morin, President

## 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

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

Sun. Dec. 3 – Family & Friends day at the Gift Shop

Sat. Dec. 9 – Christmas Luncheon

Mon. Dec. 25 – Christmas Day Dinner

Holiday closure Dec. 23-Jan. 2

Looking Ahead:

Tues. Jan. 2 – Centre reopens

## MEMBERSHIP

### 2024 Membership

2024 memberships available.

- 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](mailto:office@comoxseniors.ca).

## Centre Rentals

The Centre is available for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life. The Ballroom has a capacity of 115 and the dining room holds 50. Members of 2 years or more receive a discounted rate.

Rental information can be found on the website: [Services – Comox Seniors\\* Centre](#).

For more info or to book a rental, contact Michele Morton at [Michelemorton12@gmail.com](mailto:Michelemorton12@gmail.com) or 250-465-0333.

The Centre Ballroom



## 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.**



### Hot Meal Menu

Tuesday	Dec 5	Ham & Scalloped Potatoes
Thursday	Dec 7	Shepherd's Pie
Tuesday	Dec 12	Roast Pork
Thursday	Dec 14	Liver & Onions
Tuesday	Dec 19	Meatloaf
Thursday	Dec 21	Roast Beef

*The kitchen has been very busy this fall and Dei is in need of more volunteers. If you would like to be part of the kitchen team, contact Dei to volunteer at [lafonddeidre378@gmail.com](mailto:lafonddeidre378@gmail.com) or 250-650-6459.*

## News From the Centre

### **From The Gift Shop**

*It's beginning to look a lot like Christmas in the Gift Shop with handmade gifts from the heart. If you missed out on the Christmas Market, there's still time to shop this Sunday, December 3 from 1pm-4pm. Enjoy an afternoon of shopping and a coffee and sweet in Dei's Cafe.*

*We have a great selection of Christmas greeting cards, fabric bags, gift boxes, tea towels, hand painted tree ornaments, fused glass or polymer tea lights, and elf slippers full of treats. So many gift ideas to choose from...For comfort: books, slippers, hats, heat pack bags...Kitchen ideas: aprons, bibs, oven mitts, scrubbies, pottery, pure honey from our local bee keeper, and Erika's low sugar jams and jellies...Accessories of mitts, handbags in many sizes, one of a kind pendants, and a great selection of earrings and bracelets.*

*Many items have been donated to the Gift Shop ensuring 100% of sale goes to the Centre.*

*Note to consignors: We will not be accepting any items as of December 1st unless upon request. There are four weeks till Christmas then the shop will be completing inventory over the Centre closure. We will reopen January 2 prepared to take your items for sale.*

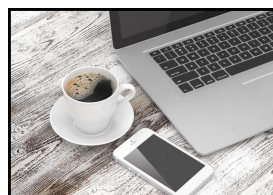
*Thank you to members who have consigned or the customers who have purchased the many heartfelt gifts. We have accomplished many goals in the Gift Shop...updating the shop, inviting new members to sell their crafts, inviting the public in by promoting the talent of our community, and increasing sales over last year thus funding the Centre and consignors.*

*Most of all we have met some wonderful people with unique stories to tell.*

*Thank you!*

*The Gift Shop Gals wish you a safe and happy holiday.*

*Drop in to say hi; we welcome you.*



### **Coffee with Al**

Come have coffee with Al on Monday mornings from 10-11am, Dec. 4, 11, 18. Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room.



### **Coffee with Alan**

Alan, our webmaster, will be offering his knowledge to help members with their android phone and tablet questions. He will be available in the back area of the Dining Room on Monday mornings from 9-11am, Dec. 4 and 18.

Here are some things he can help with:

How to create an email signature

Best way to setup multi emails

Speed up your phone

Make the text larger/smaller

How to backup important files, photos - automatically

How to delete old photos, texts, downloads (after backing up of course!)

Remove unwanted apps that slow your device down, like news, weather, games

Change ringtone

# SPECIAL EVENTS

The Christmas Craft Market was a successful event. Thank you to all who participated and attended. Photos will be uploaded to the website soon.

The Gift Shop looks forward to hosting next year's Christmas Craft Market.

The Special Events planning committee looks forward to hosting our final event of the year...the Christmas Luncheon. Ticket sales were limited to two per person to ensure more members were able to attend. As always ticket sales the first day were very busy and the event has SOLD OUT!

Chef Ronald and team are preparing for a scrumptious French Canadian menu. Dei is working on her delectable desserts.

It is sure to be a great afternoon of good tidings and music!

It has been a great creative experience giving back to the Centre with the many events this past year. It was an opportunity; an opportunity to learn, to grow, to make mistakes. It was a beautiful opportunity. Now it's time for this Special Events Coordinator to focus on one Coordinator position for 2024...the Gift Shop. Many thanks to all the volunteers who helped to make our events successful. To all the members who participated in the events and the Board of Directors...thank you for your support.

Special Events is looking for members interested in creating exciting events for 2024. The position requires a Coordinator and a planning committee of volunteers. If anyone is interested, please contact the office.

Life isn't a line but a circle. The ending of each year brings with it a new beginning. Let the new year bring wisdom, inspiration, and joy.

Wishing you a very merry Christmas and a healthy, happy New Year.

Nancy

## UNLOCK THE POWER OF A PARTY!

Join Us as a Volunteer Event Coordinator

Are you the person who organizes the fun family dinners or reunions? Do you have a heart for seniors and a knack for organizing events that bring joy and connection? If you answered yes, we invite you to join us as our Volunteer Event Coordinator. This is not just a volunteer role; it's an opportunity to make a difference that is fun and meaningful for our members.



Volunteers are the heart and soul of our operation. We rely on their kindness, dedication, and energy to run our Centre. As our Volunteer Event Coordinator, you will work closely with other remarkable volunteers, to mount a wide range of events, from dinners to fashion shows to craft fairs.

At d'Esterre we believe our events showcase the joy of shared experiences and the importance of human connection. But to make events possible, we need a dedicated and passionate individual to take the lead. That's where you come in. If you have the drive to make a difference, we would be delighted to have you as our Volunteer Event Coordinator. Please email [office@comoxseniors.ca](mailto:office@comoxseniors.ca) with your contact information and we will be in touch.



## News from the Centre

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

WOW! It is hard to believe that three months has passed since I informed the Board of Directors, I would not be signing a new contract at the end of this year!

I will be forever grateful to the d'Esterre Senior Centre for allowing me to bring the office to the smooth and efficient level it is at today.

Some accomplishments I am very proud to have been a part of by working with others at the Centre include, but are not limited to:

- ✓ Creating, implementing, and maintaining the Class Registration Binder, collecting fees for those classes and ensuring a balanced Daily Cash Report.
- ✓ Organizing the keys and key holders with the locked cupboards.
- ✓ Organizing and maintaining a functioning, efficient office space.
- ✓ Facility rental increase by implementing a Rentals Spreadsheet and Rentals binder.
- ✓ Creating many spreadsheets providing a 'snapshot' of useful information.

As of September 30th, 2023, the total membership was 1,232, the highest ever! On October 1st, 2023, memberships went on sale for 2024 and since that time 85+ new members have joined. My hope is that Georgia Greetham, my replacement, will benefit from what I have put in place in the office, and it will continue to run smoothly for the members.

Meeting and getting to know so many members of d'Esterre has been a highlight for me, and your kind words of thanks and encouragement were always greatly appreciated. THANK YOU!

*I Wish You All a Very Peaceful and Stress-free Holiday Season*



### Wishing You the Best

Diane Stewart, who has been the Centre Coordinator for the past year and a half, will be leaving her position at the end of the year. Diane took this newly created position on in July, 2022 and ran with it. She brought to the Centre her organizational talent, dedication, and incredible work ethic. She helped the Centre attain a new level of functioning and instituted processes and procedures to increase efficiency. All of this with a smile and friendly words for everyone. Thank you, Diane, for all that you have done for the Centre. We wish you all the best in your next endeavor. You will be missed!



### The d'Esterre Seniors' Centre community appreciates a very generous contribution from Canadian Tire.

Elizabeth Witthoeft designed and decorated the activities room at the Centre with an elegant Christmas display. Elizabeth and Canadian Tire owner Bert Heeringa generously donated their time and decorations for the Centres' members to enjoy. Pictured d'Esterre Executive Directors Susan Toresdahl, Julie Spooner, Raymond Morin, and Elizabeth Witthoeft (left center).



## Library News

In an attempt to make the library experience better, I now have a complete database of all books, DVDs, and Talking Books that are or were in the library and storage area. When new items are donated, they are checked against the database to see if we have the item in our system. If we already have a copy of any donated item, then the duplicate is automatically put into our next sale.

I have heard rumblings that some members do not think the items in the library are changed frequently enough. I try to rotate items in and out of storage so that new titles regularly appear on the shelves. Of course, which items are rotated is dependent on our current inventory at any given time, and our inventory is dependent on donated items, i.e., we do not purchase items. The frequency of refreshing stock in the library also has to allow enough time for members to borrow items, read them, listen to them, watch them, etc., and then return them. As the Centre now has over 1,200 members, to help with the above rotation process, please remember to return whatever you borrow from the library as soon as you are finished with it.

There will be new sign out sheets in the binder from January 1st. When signing out an item or items, please remember to select the page that has the lettered tab that your last name starts with. This makes it easier for you when returning items and signing them back in.

There will also be a section at the back of the binder for any comments or suggestions you may have.

Thank you for supporting the library and the periodic library sales that we have. All funds raised go to the Centre. The next sale will be in early spring, and the date will be posted in the newsletter and on the notice board.

Roger, Library Coordinator

## Christmas Day Dinner Monday, December 25th, 2023

Doors open at 3:30 pm, dinner served at 4 pm. This Christmas Day dinner is for those who may not have family around with whom to celebrate. Seating is limited to 40 and will be on a first-come, first served basis, tickets available beginning Friday, December 1st. Members and spouses or singles with one guest only. Please inform the office if you require gluten free options.

Donations for this popular event are greatly appreciated if you wish to contribute. If you are unable to attend and would like to support this event, drop by the office anytime between Monday and Friday, 10am-1pm to do so.



## Tour d'Esterre Centre

The last tour of 2023 will be on WED., DEC. 13 at 10:30.

We will explore the many rooms and find out about all the exciting and I might add, busy, activities members enjoy. We also have quiet relaxing areas to see. Something to fit the personality of everyone.

Email is the best way to contact me...

sherbry650@gmail.com

Or phone 250 941-1808 and leave me a message.

Hoping the only thing you catch this month is a smile.

Sherry

## INFORMATION SESSIONS

NO session this month

Jan 20th - My Electric Vehicle Journey - Pros & Cons

Feb 16th - Reduce Waste and Increase Recycling

## Give the Gift of Community Support Affordable Senior Programs at d'Esterre

'Tis the season of giving.

Many people struggle to find the perfect gift for their loved ones. If you have someone who is difficult to buy for, consider giving them a gift that will benefit their community.

Seniors stay active and connected when they visit d'Esterre Seniors Centre.

Your donation helps us keep our programs more affordable for seniors.

How do I make a donation?\*

- You can donate online through the Canada Helps link on our website. [Donate - Comox Seniors' Centre](#). Once at Canada Helps key in d'Esterre Seniors Centre.
- Make a One-time Gift or join our Monthly Giving program. It's safe and easy to do on the Canada Helps secure website.
- You can give in honour of a loved one, and there's an option to send an e-card for special occasion gifts.
- Make a donation at the office using cash or debit.

*\*Always contact a qualified financial professional for advice specific to your individual financial situation. The information provided here is for general informational purposes only and should not be considered as a substitute for professional financial advice.*

d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity. No. 119229763RR0001.



## NIC Nursing Students

First year students from the North Island College BSc in Nursing programme will again be spending time at d'Esterre next year as part of the curriculum.



The purpose of the practicum is to provide students with the opportunity to interact with active older adults. While the students are at d'Esterre they will engage in conversation with members, observe and possibly participate in the various activities the Centre offers, and learn how to be with community members in a professional role. The students will not be performing hands-on assessments.

Hosts will be needed to provide the students with a warm welcome when they arrive, give them a tour of d'Esterre, and acquaint them with the various activities and resources available to members.

Once oriented, the students may then be left to engage with members to learn about the needs of seniors with respect to their physical and mental health, activities of daily living, relationships and social life, and the community supports available to them.

The students will attend in pairs, and will be at d'Esterre on Tuesdays from 9am to 3pm on the following dates: January 16, 23, and 30; February 6, 13, and 27.

If you are able to spare a little time to host the students on any of the dates, please contact me, Diana, 250-339-7714, or [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca).

## Activities Around the Centre

### Cue Sports

As I have stated in previous newsletters, improving the overall aspects of our Cue Sports Club is a work in progress. Purchasing a new 4 x 8 table, new pool table lights and refurbishment of the room have been researched and proposals have been submitted to the Board who, I must add, has been a pleasure to work with. Understandably, our requests will percolate to the top of our Centre's financial priorities as quickly as possible. Meanwhile, ways to offer lessons and to create group sessions are being implemented with the input of our members. In its current state, our Cue Sports room remains a great place to relax with friendly seniors and billiards. Don't hesitate to get in touch with me if you would like to learn more. Mike Couture, Convenor, Cue Sports Club, (250) 898-4633, couture.mike.r@gmail.com



### Art Club

Another year ending already, how quickly the months seem to fly by. The Art Club members will be enjoying their annual Christmas lunch on December 11th, beautifully catered as usual by Dei and her volunteers. This is an opportunity for members, past and present, to come together to celebrate the Christmas season when we hope for peace and goodwill for all. Please let Wendy or Dorothy know by December 4th whether you will be attending. Guests are also welcome.



### 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



### Wood Shop

Jim The Shop has been very busy over the last several weeks! We had more pens made by Elves Jim and Ray, Elf Greg has created a sack full of elegant Mushrooms, Gary has turned out some festive tree Ornaments. Jim also turned a fish Bonker and a Pepper Mill - both Birthday gifts. Eileen has created a bonker, too!

Here is a terrific opportunity for novice and somewhat experienced turners: Gary has kindly offered to mentor our Members in the creation of heritage Ornaments. He even has provided the necessary wood! Don't wait - Christmas will not! Sign up here, with your reply. Amber is the first!

Some Members have really stepped up with the overdue clean-up of the Storage Room. Thanks to Greg, Ray and Gary for their hours of effort. These 3 are also ever-aware of the ongoing need for housekeeping and maintenance.

If you would like help with your project, please ask. We have several talented Members waiting to assist you! Season's Greetings! Jim

Contact Jim to join in the fun at 250-218-5267 or builder@shaw.ca



## Activities Around the Centre

### Fun & Games/Mexican Train

I am happy to report that MEXICAN TRAIN is a hit! So much so, that we have added Mondays at 1 to accommodate more players. We've also added Mexican train CHICKEN FEET, thanks to Marg for Facilitating this on Mondays. Come and check it out.

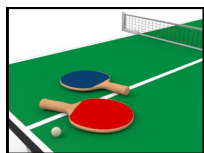
For 2024, we will also play Rumolli on Fridays, as well as Mexican train and perhaps Scrabble if we get enough requests.

It all happens in the Cafeteria....except if there is a meeting or an event...which happens, especially this time of year. Please call or email me as this is a drop in event. There is a fee of 25c per afternoon.

Sherry 250 941 1808 Sherbry650@gmail.com

### 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 .



### Quilters' Group

A quilt makes a unique Christmas gift for anyone on your list! As always, the proceeds go to the Centre to assist with activities. We are always looking for fabric donations to help defray the cost of producing the quilts. 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.

### 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.



### Singalong

Due to popularity of this new activity, it will continue as a regular activity on Monday mornings from 10-11am.

Everyone is welcome. Song sheets are provided. There will be the regular activity fee of 25 cents. FMI contact Mary Bittroff email: buddiesatthebay@gmail.com or Jacqui Graham email: music2grow123@yahoo.com.



### Recorder

Research has shown that the study of music has a positive impact on brain health, including cognitive skills and memory function. It's also a great social activity!

I have devised a multi-level approach to teaching the recorder whereby complete beginners in music learn the basics and play a simple part in a two or three-part piece, while those more proficient can choose a more challenging part. All students can make music together from the first lesson.

In my 20+ years teaching music in Ottawa, I proved that this method works well, and I feel it would work well for any age group.

If you would like to experience what wonderful music can be made with the recorder, google "Recording Vivaldi, Amsterdam Loeki Stardust Quartet".

For this class you will need a soprano recorder. Yamaha makes a very decent one (model YRS-24B) for only \$10

including tax. They are available at Long and McQuade in Courtenay. It is possible to make a group purchase if that is more convenient. You will also need a (portable) music stand. I see them on Amazon for about \$20 and up but you may find a used one.

The class will begin on Wednesday, January 3, 1-2 pm in the dining room. A minimum of 8 students are required to hold the class. The maximum size of the class will be 18 students. Sign up and purchase your d'Esterre membership at the office. There is no charge for instruction. A 25 cent activity fee will be collected at each class.

If you have any questions please email me at bowers.deirdre@gmail.com or text/call (250) 650-0651.



## Activities Around the Centre

### 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

### 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 at 1pm and Tuesdays at 1:30 PM in the library area. FMI contact Susan at cypress-tech3@shaw.ca, or phone 250-339-2979 or 778-585-1487.

### Canasta

Join us on Fridays 1:00pm-3:00pm and play Hand & Foot Canasta, one of the many variations of Canasta.

Learning is easy and playing is fun! New members are most welcome.

If you have any questions, drop by and visit the group or call Harry at 250-702-5948.

### 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.

### Cribbage

Tuesdays, 7pm, in the ballroom

High scores for November:

Ladies: Delores C, 840; Penny S, 836.

Gents: Harry P, 840; Charlie R, 845.

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 for the 'skunk' jar.

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 Susan at 250-339-2979

Learn Mah-Jongg – call Harry at 250-702-5948



## Classes Around the Centre

### LINE DANCE EASY

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

Nov. 20- Dec. 11

The 4 week series is \$20.00, drop in \$7.

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

### 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 and will help you get fit and stay in shape. Dance is a great way to strengthen muscles and bones, stimulate the brain, and improve posture and balance.



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. FMI contact Diane at 250-339-5133.

**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. FMI, contact Kim at 403-863-0738 or kimfell2009@gmail.com.

**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. FMI contact Marlene at 250-336-2171 .

Next 6 week session for all 3 classes runs Jan. 3 – Feb. 7. \$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.





### Special Occasion Cards

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

Betty Edwards By phone: 250-339-9752

By email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)

### Weather Closures

The Centre closes for weather if School District 71 calls a snow day. If school is not in session and the Centre closes due to weather, an email will be sent out. The easiest and quickest way to check whether the Centre is closed is to call the office as the answering message will indicate a closure.



### This Month's Chuckles



### 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

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).

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**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

**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](http://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

**Thursday Yoga Workshop 1:15-2:45 Carolyn Pigott**  
**Gentle Somatic Moves in January with Carolyn Pigott, RMT & Somatic Yoga Instructor**  
**January 4,11,18,25, \$40 for 4 classes**



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

## Gentle Somatic Movement

Thursdays 1:15-2:45pm January 4, 11, 18 and 25, 2024.



\$40 for 4 classes. Please register through 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.](#)
- [www.carolynrmt.com](http://www.carolynrmt.com) for more information.

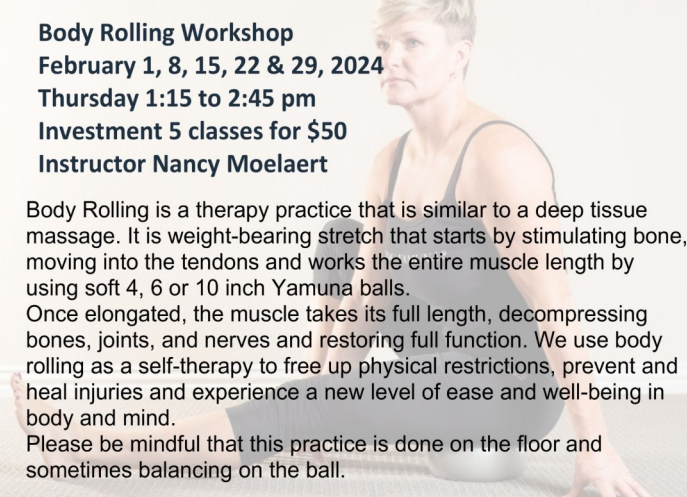
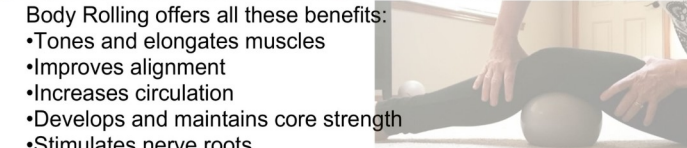
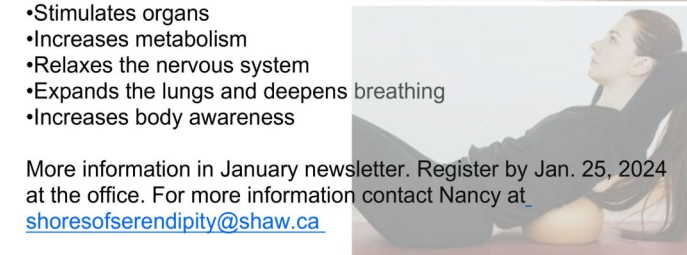
**Body Rolling Workshop**  
**February 1, 8, 15, 22 & 29, 2024**  
**Thursday 1:15 to 2:45 pm**  
**Investment 5 classes for \$50**  
**Instructor Nancy Moelaar**

Body Rolling is a therapy practice that is similar to a deep tissue massage. It is weight-bearing stretch that starts by stimulating bone, moving into the tendons and works the entire muscle length by using soft 4, 6 or 10 inch Yamuna balls. Once elongated, the muscle takes its full length, decompressing bones, joints, and nerves and restoring full function. We use body rolling as a self-therapy to free up physical restrictions, prevent and heal injuries and experience a new level of ease and well-being in body and mind.  
 Please be mindful that this practice is done on the floor and sometimes balancing on the ball.

Body Rolling offers all these benefits:

- Tones and elongates muscles
- Improves alignment
- Increases circulation
- Develops and maintains core strength
- Stimulates nerve roots
- Stimulates organs
- Increases metabolism
- Relaxes the nervous system
- Expands the lungs and deepens breathing
- Increases body awareness

More information in January newsletter. Register by Jan. 25, 2024 at the office. For more information contact Nancy at [shoresofserendipity@shaw.ca](mailto:shoresofserendipity@shaw.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.shoresoferendipityyoga.com](http://www.shoresoferendipityyoga.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.shoresoferendipityyoga.com](http://www.shoresoferendipityyoga.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

**Don't forget to bring a KING size pillow case to sanitarily cover a bolster for YOGA classes. Participants are to bring their own mat and props; including blocks, pillow case to hygenically cover bolster, blanket, and yoga strap. Nice to have would be an eye pillow.**

## d'Esterre Seniors' Centre Association Clubs & Activities

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

<b>Centre Office</b> <b>Diane Stewart</b> <b>Centre Coordinator</b> M-F 10 am-1 pm 250-339-5133  <b>Kitchen Hours</b> M-F 8 am-1pm  <b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)	<b>Monday</b>	T'ai Chi Gong Sing-a-long Soapstone Carving Painting Strength Training	BR BR CRR AR BR	9:00 am 10:00 am 10:00 am 10:00 am 11:00 am	Nina Sato Buddiesatthebay@gmail.com Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Nimisha Jimenez Jane Jenssen Gabrielle McCormack Susan Ward Sherry Brydon Deborah Holmes Lori Carter	778-992-0220  250-339-1983 250-339-2788 250-871-4299 250-339-0816 250-897-9689 250-871-0350 250-339-0113 250-339-2979 250-941-1808 250-339-4313 403-512-8203
	Nov 20-Dec 11	Line Dance Easy Bridge (Partners) Carpet Bowling American Mah-Jongg Mexican Train Yoga (Hatha) Bid Euchre	BR CR BR DR DR BR CR	12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm		
<b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193  <b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422  <b>Rentals</b> Michele Morton 250-465-0333 Michele.morton12@gmail.com	<b>Tuesday</b>	Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge  Cribbage	BR BR AR CRR CR BR BR BR DR CR BR BR CR  BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm  7:00 pm	Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Judi Murakami wendyandersonsjoyflow@gmail.com Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Diana Fright or Harry Piercy	250-890-0686 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 250-339-2979 250-218-5431 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948
	2 <sup>nd</sup> Tuesday					
<b>Pottery Studio</b> Lorrie Smith 250-339-1902  <b>Wood Shop</b> Jim Cooper 250-218-5267 builder@shaw.ca  <b>Cue Sports</b> Mike Couture 250-898-4633	<b>Wednesday</b>	Exp. Beginner Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced  Glass Creations/Stained Glass Strength Training  Chair Fit 2 Carpet Bowling Duplicate Bridge Table Tennis I  Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing	BR BR AR  CRR BR  BR BR CR BR  BR BR BR	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	Marlene Lally 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 Kim Fell	250-336-2171 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 403-863-0738
	Nov 22-Dec 20 & Jan 3-Feb 7					
<b>Rock and Gem</b> Ralph Bruinink 250-339-6966  <b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com	<b>Thursday</b>	Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Silversmith Club Yoga Workshop Yoga	BR BR CRR AR CR BR BR DR CR CRR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:15 pm 3:00 pm	Iris Vansterkenburg Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Bonnie Luterbach Linda Barfoot Karen Fraser	250-890-0686 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-897-1374 250-941-2518 250-898-3887 250-465-1948 250-897-1374 250-890-0608
	1st Thur. Jan 4-Jan 25					
<b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-941-1808  <b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220 Contact for Corrections	<b>Friday</b>	Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I Table Tennis 2 Bid Euchre	AR BR BR BR CR DR BR BR CR	10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm 4:00 pm 7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Lori Carter Sheila Buchanan	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-5772 403-512-8203 250-218-6049
	<b>Saturday</b>	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	<b>Sunday</b>					

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