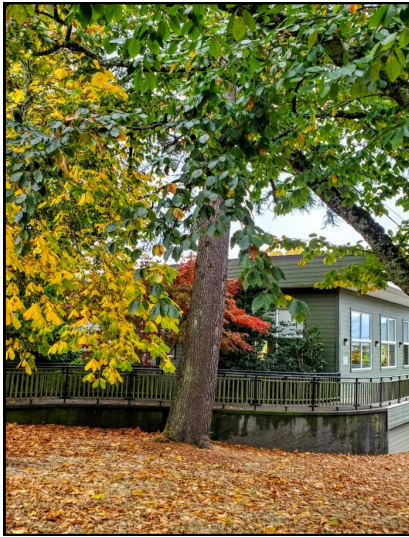




November 2023 Newsletter

Christmas Craft Market Sat. Nov. 18
Centre closed Mon. Nov. 13 for Remembrance Day
2024 Memberships Now Available
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



Lovely Autumn Days

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Nina Sato, Secretary
Ele Clarke, Director
Gayle Cousins, Director
Lois Higgins, Director
Nancy Kremer, Director
Peggy Rasmus, Director
Dave Robinson, Director

Chris Haslett, Town Rep

President's Message

We had one of our best Thanksgiving dinners ever, thanks to the organizational skills of Nancy and her team, the Glacier Grannies, and Chef Ronald Saint-Pierre formerly of Locals Restaurant. Special thanks to the Coastal Community Credit Union of Comox for their \$500 sponsorship towards this dinner. Next opportunity for dining together will be at our Christmas Luncheon on Saturday, Dec. 9th.

We are now entering the season of craft fairs, bazaars, and the beginning of the seasonal party planning. Not to be outdone; preparations are well underway for our 2nd annual Christmas Craft Market on Saturday, November 18th.

It is also the grant writing season. We are in the middle of writing several grant applications for equipment and projects for the 2024 year.

Our Ballroom is fully rented out for weekend events in November and December. I congratulate Michele and Diane for revising the rental processes and managing a record number of bookings in 2023.

We appreciate the high number of members who filled out the Member Survey on-line and on paper. This is an opportunity for members to provide feedback on how their Centre is doing. The information will be very useful for the Strategic Planning workshop on November 25th.

In closing we are pleased to offer you a virtual tour of your Centre without leaving your easy chair. Simply go to [Virtual Tour – Comox Seniors' Centre](#) . Enjoy!

"It is not because things are difficult that we do not dare. It is because we do not dare that they are difficult."

Seneca (5 BC 65 AD), Roman Statesman

~Raymond Morin, President

REMEMBRANCE DAY



LEST WE FORGET

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. Nov. 13 – Centre closed in observance of Remembrance Day

Sat. Nov. 18 – November Craft Market

Mon. Nov. 20 – Board meeting 10:30am in Council Chambers

Looking Ahead:

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

Sat. Dec. 9 – Christmas Luncheon
Holiday closure Dec. 22-Jan. 2

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.

Hot Meal Menu

Thursday	Nov 2	Lasagna
Tuesday	Nov 7	Roast Beef
Thursday	Nov 9	Liver & Onions
Tuesday	Nov 14	Shepherd’s Pie
Thursday	Nov 16	Pork Roast
Tuesday	Nov 21	Meatloaf
Thursday	Nov 23	Liver & Onions
Tuesday	Nov 28	Ham & Scalloped Potatoes
Thursday	Nov 30	Cutlets



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 or 250-650-6459.

News From the Centre

From The Gift Shop

Referring to the 2022 November newsletter, I talked about asking the universe for something and then receiving it. This past week, the Gift Shop Gals asked for an extra table in the shop to make room for more items. We were very lucky to purchase two small black tables to go with our decor. Ask and you shall receive!

Consignors, we are now taking Christmas and winter wear in the shop. Please check in with the Gals Mon-Fri 10am-1pm. New consignors can schedule an appointment with Nancy at nancy2fancy@shaw.ca.

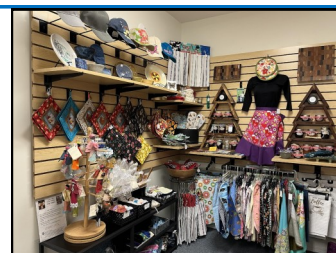
We welcome two authors who are now selling their books in the Shop: Clyde Woolman's newest release, Growing Up Canadian, Canada and its youth come of age 1960-1980 and Kathleen Kelly's memoir, Where Dogs Dwell: A nun's solidarity as a nurse midwife in South America in the turbulent 1970s and '80s and Tornadoes We Create. Indulge in a good book in your comfy chair.

The Gift Shop will be open for the Christmas Craft Market on Saturday, November 18th 9-1pm. For this day only, save the tax. This is a great time to get a head start on your gift shopping.

Here's another date to mark on your calendar...Sunday, December 3rd from 1-4pm. The Gift Shop will be open for Family & Friends to shop. We are offering this opportunity for those who are unable to make regular shop hours. Dei has offered to have the Cafe open for coffee and treats.

The Gift Shop and Cafe are open to non members Mon-Fri. Come in and enjoy!
We look forward to seeing you in the heart of the Centre.

Handmade Gifts from the Heart
The Gift Shop Gals



Tour d'Esterre Centre

Wednesday, Nov. 8th at 10:30

Come on my guided tour of one of the best kept secrets of Comox. Our favourite happy place...Comox Senior Centre. Full of laughter, love, and life (sounds like a good title for a book)...Our home away from home is a hive of activity...AND...Quiet, relaxed areas...Everyone is invited, you don't have to be a member. Phone or email me to reserve a spot. There is a limit of 6. Be well and happy

Sherry

Sherbry650@gmail

250-941-1808



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, Nov. 6, 20, and 27 (Centre is closed Nov. 13).

Coffee with Al



Come have coffee with Al on Monday mornings from 10-11am, Nov. 20 and 27. (Centre is closed Nov. 13). Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room.

SPECIAL EVENTS



Christmas Craft Market
2023

Saturday November 18th
9am-1pm

d'Esterre Seniors' Centre
2nd Annual Craft Market
featuring
Hand Made Items by

Talented Artisans

Handmade Gifts from the Heart

- Handmade crafts
- Pottery
- Baking
- Books
- Puzzles
- Fused glass
- Quilting
- Lapidary

CASH ONLY

Gift Shop OPEN

Doi's Cafe OPEN

d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox
(across from Town Hall)

Christmas Craft Market

Mark your calendar, Saturday, November 18th 9am-1pm, for our second annual Christmas Craft Market.

Pick up a poster from the front entrance and invite friends and family. Promote the market by spreading the word. Advertisements to various papers, Facebook, and the website have been submitted.

Start your shopping early with hand made gifts from the heart. Choose from pottery, fused glass, jewelry, lapidary, fibre crafts, and so much more. Quilters are selling raffle tickets for their handmade quilts located in the Cafe. Tickets available at the kitchen or Gift Shop. Winners will be drawn at the market.

Due to the space taken for Christmas decorations in the Ballroom, table layout will be slightly different from last year's market.

Vendors who have reserved tables please pay your table rental at the Gift Shop. Rental fee is \$25.00 to be paid by cash or cheque. Fee due by November 3rd.

Vendors please arrive on Friday, November 17th at 3pm to set up your displays. Tables will be set up at 2pm after the last yoga class. Vendors who have round tables in the Cafe may set up at 2pm. Tables will be identified by vendor's name.

Reminder to have your cash float ready. Treasurer Julie will be available Saturday to make change if needed. Please arrive Saturday morning between 8:15-8:30am.

Any questions, please contact Nancy at 250-650-2193.

Christmas Market Baking Donations

Joan Tufford is requesting donations of homemade baked goods. Please bring these in on Friday, Dec. 17th to the kitchen.

Coordinators of clubs and activities, please communicate with your classes for baking donations. All sales from baking go directly to the Centre. Joan is also requesting volunteers to assist her with sales.



Christmas Luncheon

This year's Christmas Dinner will be an afternoon event on Sat., December 9th. A luncheon will take place from 12:30-4pm. Menu is French Canadian Cuisine. Tickets will be on sale November 20th in the sun room. Ticket prices are members \$20 and non members \$25. Limit 2 tickets per person. Seating for 96. Entertainment by Greg DeSchutter, singing the golden oldies and Christmas carols.

Volunteers are needed for kitchen, ticket sales, door host/ess, 50/50 ticket sellers. Please contact Nancy at nancy2fancy@shaw.ca to volunteer.



Thanksgiving Dinner

The ballroom was bathed in a soft glow and the tables were set and adorned with colorful fall dahlias from Michele Morton's garden. Guests arrived and were greeted at the door by hostesses. Master of Ceremonies, Mike Couture, welcomed all and set the timeline of the event. An excellent Thanksgiving menu of turkey, ham, veggies, and salads by Chef Ronald was enjoyed. Dessert of pumpkin pie and orange cranberry cake ended the meal. Entertainer Luke Blu Guthrie was a one man show with some toe tapping music.

Twelve prize winners, one from each table, won a gift bag with either a coffee card to Dei's Cafe or a coupon worth \$20 to use towards their activity. A Comox rock or koi fish soap from the Gift Shop along with chocolate made up the prizes. Lucky prize winners were Pat Schmidt, Margaret Sutherland, Gerti Griatniski, Harry Doughty, Kathleen Redmond, Doug Beale, Cheryl Bennett, Don Ryan, Wendy Bryne, Gene Murray, & Don Graves. Leona Murray was the 50/50 winner of \$223. Congratulations to all.

The Board applied for a grant from the Comox Valley Coastal Credit Union and were successful in receiving a donation of \$500 towards our Thanksgiving dinner. We thank the Credit Union for their generosity and the Board for making this possible.

The details and preparation that went into this Special Event would not have been successful without the many volunteers that gave their time. Thank you to all who helped.

A special recognition to the Glacier Grannies who came out to serve and clean up. These ladies were organized and efficient. Dei's kitchen was spotless!

We were very fortunate to have Chef Ronald St. Pierre and his wife Trish preparing the meal and assisting the Grannies.

Thank you!

Roger Taylor, our photographer, took lots of photos. These will be uploaded to the website soon.

Thank you to all!

Christmas Day Dinner

WE NEED YOUR HELP!

It has been our practice to offer a Turkey Dinner on Christmas Day for 40 members who are celebrating Christmas alone. For the past few years, Francine Dawson, her husband, and her Sister's family have volunteered to put the dinner on. However this year they are not able to do it. Consequently we are faced with cancelling the event if we cannot find someone willing to take this on as well as volunteer helpers. If you are able and willing to help with this dinner, please sign up at the office or send an email to the Centre Coordinator at centre.coordinator@comoxseniors.ca.



Receiving the \$500 check from the Credit Union



Information Sessions

There are no sessions in November and December. See you again in January.

I want to say a huge thank you to everyone who has helped make these Info Sessions such a great success. Raymond for all his many suggestions, Dave and Derek for their help with the audio and visual, Ralph with room setup and tear down, Marsha, Diane, Nina, Al T, Alan, and Theresa for the in-house, newsletter, and Facebook advertising, Michele for booking, and Susan and Raymond for introducing many of the speakers. I've thoroughly enjoyed being part of this success, but by no means could I have done it without all their help. A special appreciation also to all members who came out to support these Info Sessions.

See you again the 3rd Saturday monthly in 2024.

Gayle

Make a Difference!
DONATE

November is Tax Planning Time

As we get closer to the year-end, it's a good time to review your personal finances. Donating to a cause that's close to your heart provides support for something you're passionate about.

You also benefit from a tax credit.

Make a charitable donation to d'Esterre Seniors' Centre Association and save on your 2024 income taxes.

How do I make a donation?

- You can donate online through the Canada Helps link on our website.
[Donate - Comox 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 or advisor for personalized guidance and 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. The d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity. We comply with the CRA's requirements and have been issued a charitable registration number.

Registered Name: d'Esterre Seniors' Centre Association

Business No: 119229763RR0001 CRA REGISTERED

Warning to all members!

Phishing is the fraudulent practice of manipulating people via emails, texts, websites or phone calls into disclosing sensitive information, like credit card numbers or login credentials, that can then be used to access and attack systems.

During the last week members of the Centre have been getting phished from someone pretending to be Raymond. If the request looks suspicious simply hover over the email of the originator and you're likely to see eduoffice@virginmedia.com or some other suspicious email. Delete that message immediately.

Check out this website to learn more on protecting yourself from phishing.

[What Is Phishing \(pulseway.com\)](http://What Is Phishing (pulseway.com))

Just when you thought it was safe to go back into the water...

Activities Around the Centre

Cue Sports

Plans to refurbish our Cue Sports room are on-going. Also, since members and potential members of our Club have indicated that organized pool group sessions and skills improvement sessions would be a good idea, we're working on that. Meanwhile, our cozy Club room is still a great place to spend quality time with friendly people, women and men, who enjoy the pleasures of pool. If you're not a member yet and think that you might like to sharpen (our knock the rust off) your skills or if you simply want to learn more about the potential pleasures of pool, we'd be pleased to have you drop in. You'll be greeted with a smile. Should no one happen to be playing at the time, please feel comfortable turning on the lights and having a look around. If you're interested and would like more information, please don't hesitate to get a hold of me. Mike Couture, Cue Sports Club Convenor, 250-898-4633 or couture.mike.r@gmail.com



Art Club

All the excitement of Thanksgiving and Halloween is over and we enter into November, a gloomy month to be sure. Artists of every kind will be beavering away to create gifts for Christmas. No doubt many will be featured in the d'Esterre Craft Market scheduled for November 18th. Members of the Art Club will also be working on seasonal subjects for display in the coffee shop so do take time to view their work. Happy crafting.



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.



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

Quilters' Group

The quilting ladies are working on the quilts for the Fall Raffle and tickets are on sale at Dei's Café and the Gift Shop.. 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.

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.

A big thank you to the Town of Comox for clearing shrubbery and for providing tools for the wood shop.

Thank you to Parkside Design Studio for supplying wood to the shop.

12 people have now enjoyed making unique and elegant pens in the Wood Shop. We will be starting lessons on turning pepper mills and small bowls, soon. Please join us!

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

Cribbage

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, dianater-y@shaw.ca, or Harry 250-702-5948.

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.

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

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.

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/Mexican Train

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.

Mexican Train will also expand to Mondays at 1 pm in the dining area.

Call Sherry 250-941-1808 to join in the fun!! See you Friday.

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



Activities Around the Centre

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.

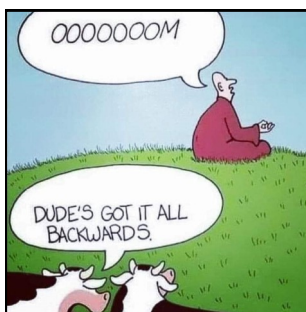
If you would like to experience what wonderful music can be made with the recorder, google "Recording Vivaldi, Amsterdam Loeki Stardust Quartet".

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.

This Month's Chuckles



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

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.



Classes Around the Centre

LINE DANCE EASY **NEW PRICE**

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

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. 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 5 week session for all 3 classes runs Nov. 22-Dec. 20. \$25/5 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.



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.

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.](#) www.carolynrmt.com

Meditation experience
Dec. 7th and 14th
Thursday 1:15 to 2:45 pm
Investment \$20
Instructor Nancy Moelaert

Meditation may be described as;
“Self-regulation of kind awareness of the present moment in your inner space”

Although there are many techniques to meditation, the aim of all meditations is to calm the mind and feel tranquil. To cultivate awareness, witnessing of our inner being and to release judgment that is dominated by our thoughts or feelings.

On Dec. 7th we will explore a variety of techniques to find one that works for you.

On Dec, 14th we will explore Osho’s Dynamic Meditation

More information in November newsletter.
Register by Nov. 30, 2023

When the surface of the lake is still, you can see deep, when the waters, like the mind are agitated it is impossible to see. Meditation eases the thoughts and gives us clarity to see clearly. Meditation is like defragmenting your hard drive!

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).

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

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 in November

Thursday Yoga 1:15-2:45 Carolyn Pigott



**Gentle Somatic Moves in November with Carolyn Pigott, RMT & Somatic Yoga Instructor
November 2,9,16,23 & 30, \$50 for 5 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

A Perfect Match for Seniors

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

Here are some of the comments from our class:

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

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

Meditation Workshop in December

Thursday

Meditation

1:15-2:45

Nancy Moelart



Meditation Experience on Dec. 7th and 14th with Nancy Moelart

\$20 for 2 sessions

Meditation is described as;

“Self-regulation with kind awareness of the present moment in your inner space.”

One cannot learn to meditate, any more than one can learn how to sleep. One falls into both states.

Although there are many techniques to meditation, the aim of all meditation is to calm the mind and feel tranquil. To cultivate awareness, a witnessing of our inner being, and to release judgment that is dominated by our thoughts or feelings.

All of us have meditated at one time or another without realizing it. When you are in the “zone”, time goes by unnoticed. Sports, painting, music, walking or gardening can bring you into this space.

There are many techniques to invite the mind to be anchored into this present moment. Away from dreaming of the future or reliving the past, but being right here, right now, present to your inner being. The most common and effective is watching the breath. Other techniques might include body scans, energy movement, pulse beats. Some people find that inner place by staring at a candle, repeating a mantra or prayer. Letting music be a channel or even using visualization as a guide. All these techniques have the same goal, to feel calm and tranquil to find inner stillness.

On Dec. 7th we will explore a variety of techniques to find one that works for you.

On Dec, 14th we will explore Osho’s Dynamic Meditation.

Most of us assume that meditation is sitting still, focusing on one particular thing, concentrating and being passive. In our busy world, most of us not only do not have the time but find this very difficult.

Meditation can be fun! In fact if it is enjoyable, it is more likely that you will practice.

Dynamic meditation is an effective way to release accumulated stress leaving space for inner peace. Learn techniques to actively awaken your consciousness. You will be encouraged to send your awareness inward to witness the breath, thoughts and sensations through music, movement and other methods of witnessing consciousness. This experience will open your energy channels, release tension to provide you a deeper sense of self.

When the surface of the lake is still, you can see deep, when the waters, like the mind are agitated, it is impossible to see. Meditation eases the thoughts and gives us clarity to see clearly. Meditation is like defragmenting your hard drive!

Testimonial; When I did the Dynamic Meditation at d’Esterre with Nancy Moelaert, I had the most emotional experience. I have Parkinson’s and all my days I tell myself to stop shaking. In part of this meditation I was given instruction to shake. Unbelievable, after class I was so steady and still I remember it to this day!



d'Esterre Seniors' Centre Association Clubs & Activities

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

Centre Office Diane Stewart Centre Coordinator M-F 10 am-1 pm 250-339-5133 Kitchen Hours M-F 8 am-1pm President Raymond Morin romorin@shaw.ca 250-339-5133 (office)	Monday	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 Deb Karlstrom 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 778-585-5105 403-512-8203
	Nov 20-Dec11	Line Dance Easy Bridge (Partners) Carpet Bowling American Mah-Jongg Mexican Train Yoga (Hatha) Yoga Bid Euchre	BR CR BR DR DR BR BR CR	12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm	Linda Barfoot Linda Barfoot Susan Ward Judi Murakami wendyandersonsjoyflow@gmail.com Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Diana Fright or Harry Piercy	250-897-1374 250-897-1374 250-339-2979 250-218-5431 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948
Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193 Library Roger Taylor rogetaylor@gmail.com 250-890-9422 Rentals Michele Morton 250-465-0333 Micheleorton12@gmail.com	Tuesday	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	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 nd Tuesday	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 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 250-339-5133 403-863-0738
Pottery Studio Lorrie Smith 250-339-1902 Wood Shop Dave Robinson 250-703-2536 Jim Cooper 250-218-5267 builder@shaw.ca Cue Sports Mike Couture 250-898-4633	Wednesday	Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Silversmith Club Yoga Sessions Yoga	BR BR CRR AR CR BR BR DR CR CRR BR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 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
	Nov 22-Dec 20	Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I Bid Euchre	AR BR BR BR CR DR BR CRR BR BR	10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm	Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch or Gerry Woloshyn Lori Carter Sheila Buchanan	250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-3264 403-512-8203 250-218-6049
Rock and Gem Ralph Bruinink 250-339-6966 Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com	Thursday	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	1st Thur.	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808 Newsletter Nina Sato nsato@live.com 778-992-0220 Contact for Corrections	Friday	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	Nov 22-Dec 20	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron (Coord.) & John Godfrey (Director)	250-339-7161 250-923-5687
	Saturday					
	Sunday					

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