



January 2024 Newsletter

The Centre reopens 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



Ringin in 2024

President's Message

I wish to begin by introducing our new Centre Coordinator, Georgia Greetham, who successfully completed a comprehensive orientation in December. We are delighted to have Georgia as our new coordinator. I am sure that her enthusiasm will be most welcome by our many members. Georgia, along with Patty and the Office volunteers, will continue to provide the many services you need and expect.

December has been a very busy month with 700+ membership renewals, two Christmas dinners, record Gift Shop sales, a full rentals schedule, and Cafeteria and Library services, to name just a few. Special recognition and thanks to our Board member Nancy and her committee for serving a wonderful Christmas luncheon with the help of Chef Ronald, his wife Trish, and the Glacier Gran-nies.

In addition, Cheryl Smith, who just joined our Centre, managed to host with her volunteers a traditional Christmas Day Dinner for some fifty members. Congratulations and thank you, Cheryl!

Each of our volunteers and employees bring so much to our Centre and I want to thank you for helping us achieve one of our most successful years. You need only to take a glance at the "Completed Project" board in the Centre or read our Newsletter to realize what's been accomplished in 2023.

I wish to thank an anonymous donor who donated \$1000 through Canada Helps. This donation and others will go towards a much-needed storage cabinet in the Kitchen area.

As we venture into the new year, I wish each and every one of you joy, fulfillment and inspiration. May the coming year bring new opportunities, connections, and satisfaction. Here is to a wonderful year ahead, filled with meaningful experiences and endless opportunities.

~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



2024

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

Office hours M-F, 10 am – 1pm

Tues. Jan. 2 – Centre reopens

Sat. Jan. 20 – Info session “My Electric Vehicle Journey” 10:30 am in Ballroom

Mon. Jan. 22 – Board meeting in Council Chambers 10 am

Looking Ahead:

Mon. Feb. 19 – Family Day, Centre closed

MEMBERSHIP

2024 Membership

2024 Memberships are available for purchase at the Office Mon-Thurs 10 am-1 pm for \$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.



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.

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 the Centre office at centre.coordinator@comoxseniors.ca or 250-339-5133.

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.



Hot Meal Menu

Tuesday	Jan 2	Pork Cutlets
Thursday	Jan 4	Beef Stew
Tuesday	Jan 9	Roast Pork
Thursday	Jan 11	Liver & Onions
Tuesday	Jan 16	Meatloaf
Thursday	Jan 18	Roast Beef
Tuesday	Jan 23	Ham & Scalloped Potatoes
Thursday	Jan 25	Liver & Onions
Tuesday	Jan 30	Shepherd's Pie

The kitchen has been very busy 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

Happy New Year From The Gift Shop Gals

The Centre has accomplished so much in leaps and bounds in 2023 due to our members and volunteers. We have so much to celebrate going into 2024. Toot your horns and applaud yourselves for being a part of a vibrant, active centre in the Comox Valley. The Gift Shop is thankful for the accomplishments they have attained in 2023.

Gratitude list:

- ◆ *Consignors for selling in the shop*
- ◆ *Customers shopping for "handmade gifts from the heart"*
- ◆ *Renovated shop for merchandising consignor's items*
- ◆ *Gift Shop Gals Volunteers*
- ◆ *Christmas Craft Market for showcasing our talented artisans*

The Gift Shop is proud to celebrate surpassing their sales goal for 2023 of \$20,000.

Consignor's payouts were \$16,237, Centre payout of 20% plus donations was \$4742.

This a remarkable increase over last year.

Top Consignors for 2023 in order are:

#1 Corinne Wester

#2 Jean Hurrie

#3 Deb Karlstrom

#4 Diane Stewart

#5 Heather James

#6 Aggie Sabo

#7 Donations

#8 Wendy Nelson

#9 Dorothy McDowell

#10 Karen MacRae

We look forward to exciting changes, new consignors, products, and events at the Gift Shop. We welcome you and will enjoy seeing you in 2024.



Coffee with Al

Come have coffee with Al on Monday mornings from 10-11am, Jan. 15, 22, 29. 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 available to help with android phone and tablet questions on Monday mornings from 9-11am, Jan. 8 and 22 in the back area of the Dining Room.

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

Change ringtone

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



VOLUNTEER OPPORTUNITY AS RENTAL COORDINATOR

Are you an energetic, enthusiastic, service-oriented person with a flair for marketing? We have a challenge for you right here in the Centre as Rental Coordinator.

Rental income is an important source of revenue for the Centre. We have a wonderful facility to offer to the Valley community for special events.

Our processes and procedures have been refined in the past year and we are now looking for one or two buddy-volunteers.

Michele Morton has done a super job on this important file in the past year and she wishes to move on to other challenges. Full orientation is offered and the Rental Coordinator will have the support of the Office. Please contact Raymond through office@comoxseniors.ca or by phone at 250-339-5133.

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. Email office@comoxseniors.ca with your contact information and we will be in touch.

CENTRE SURVEY

A big thank you to all members who completed the 2023 survey. Survey results are important to the Board for future planning. The first Centre survey was offered in 2022, and the results were used to bring about some changes and improvements. You asked and the Board provided:

- * Presentations, Talks, and Educational Events: Monthly Information Sessions on a wide range of topics were begun in 2023.
- * Food Services Variety: The kitchen now provides gluten free and vegetarian options, take home baked goods and frozen meals.
- * Improved ticket purchasing procedures
- * Additional class and activity offerings
- * Class sign-ups two months in advance for all classes
- * Improved communications through an upgraded website and Facebook page for access to information.

369 members filled out the 2023 survey, which is approximately a 37% response rate.

Of the respondents:

75% are in the 71-89 age range

37% are relatively new members of 0-2 years

91% are Satisfied to Very Satisfied with the Centre

Results and comments were reviewed during the Board's Strategic Planning session in November and will help guide the Board's focus in 2024. A summary of the 2023 survey results is posted on the Centre's website. A printed copy will be available in the office.

News from the Centre

Welcome to our new Centre Coordinator, Georgia Greetham.

You may have seen Georgia around the Centre. We are pleased to welcome her. We hope her answers to a few questions will help you get to know her.

Georgia, what was your first impression when you toured the Centre?

I was impressed by the spirit and energy of the members, staff and volunteers when I walked around upstairs. When I went downstairs, I was totally surprised. There is so much going on!

What do you see as the most exciting or interesting parts of your new position?

I'm excited about being in a position to support active, engaged people enjoying some leisure and social time together. What could be more enjoyable?

What types of workplaces have you been in before this position?

I've worked in a lot of different offices such as real estate, accounting, government, private sector, and a long time in the non-profit and charities sector. Most recently, I worked from my home office for an online nation-wide non-profit.

What would you say is your strongest skill that will be helpful in your new position? *My ability to adapt.*

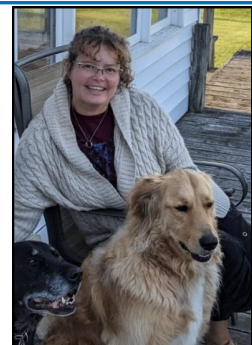
Have you set any short term goals to implement in the Centre yet?

I'm looking forward to having some time with the Board to discuss some ideas that are coming up. Some key volunteers have just come to the end of their term in their roles. I am already hunting for new recruits :-) We are looking for a Special Events Coordinator, a couple of office volunteers, a Rentals volunteer, another baker and possibly a Bingo facilitator!

What do you enjoy doing in your free time?

I enjoy exploring the outdoors and nature with my dog, Bodhi. I also enjoy doing crafts and I am finding inspiration from the d'Esterre Gift Shop and workshop folks.

There are more fun things to know about Georgia so stop and chat with her.



Winter Parking Options

Parking is a key challenge at the Centre with so many keen members taking part in activities, clubs, enjoying the Cafe and Gift Shop. Your Board of Directors is aware of this issue and is looking within our limited means at ways to provide more accessible parking. We reached out to Comox Valley Marina which owns the property that Harbour Air uses for its seasonal patrons.

The owner of the private Comox Marina, John Neville, has given permission for d'Esterre Seniors members to park up to 15 cars in the designated Harbour Air parking lot but only up to March 31, 2024. We thank Comox Marina for this generous offer.

This area is the gravel space located adjacent to the Town's parking area. Yellow concrete blocks are located at the entrance of the parking area. The spaces are defined with concrete parking markers. Please see the photos below.

Able-bodied members are encouraged to park in this new spot or in the existing lower-level Town Marina vehicle parking area. As a result, members with mobility challenges will have greater opportunities to park closer to our building or along the curb next to the willow tree.

Although this is a short-term solution, please keep in mind the best interest of your fellow members when parking.



INFORMATION SESSION

My Electric Vehicle Journey
- Pros and Cons

January 20th 2024
10:30am
in the Ballroom

Presenter is Dale Erhart

Battery Electric Vehicles (BEVs)



Plug-in Hybrid Electric Vehicles (PHEVs)



Hybrid Electric Vehicles (HEVs)



Fuel-cell Electric Vehicles (FCEVs)



Info Sessions

2024 Info Session Calendar

Mark your calendar for the 3rd Saturday of each month

Jan 20th – My Electric Vehicle Journey - Pros and Cons

Feb 17th – Reduce Waste and Increase Recycling

Mar 23rd – Kus-Kus-Sum Project Watershed

Information Sessions are provided solely for informational and educational purposes and are not intended to be an endorsement of any particular product, service, or business.

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



Library News

In an attempt to make the library experience better, I now have a complete database of all books, DVDs, and Talking Books. If we already have a copy of any donated item, then the duplicate is automatically put into our next sale.

I try to rotate items in and out of storage so that new titles regularly appear on the shelves. 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

Thank You for Your Gift of Community Support

As we bring in a New Year, we thank everyone who made a donation in 2023. Thank you for your incredible generosity. Your donation helps keep our programs affordable for seniors.

Your donations have reminded us that there are compassionate individuals out there who genuinely care about making a positive difference in the lives of others.

We want to extend an invitation to all those who possess the same spirit of giving, to join us in becoming a donor. Your contribution, no matter the size, has the power to create ripples of change and bring hope to those who need it most.

Together, we can make a difference in the lives of seniors in our community, and create a world where compassion and generosity thrive.

You can donate at the Office or through our Donate tab on our comoxseniors.ca website.

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



We thank the anonymous donor who donated \$1000 to the Centre.



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

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.

Activities Around the Centre

Glass Creations

All of us in the Glass Creations group would like to thank Jim Cooper for the great work he did in the craft room. It is very much appreciated, we now have doors and locks on the shelving unit for all the sensitive equipment and tools we use.

Cue Sports

As the year-end approached, a wave of new interest in our Cue Sports Club membership grew along with the momentum we've established to tweak our room and Club atmosphere to respond to our social and "athletic" needs. 2024 will be a fun year! A special "Thank You!" to our Board of Directors for their BS&T throughout the year and to Nina for keeping us all so pleasantly informed with an outstanding Newsletter. I'll keep you posted about our Cue Sports Club. Happy New Year, everyone! Mike Couture, Convenor, Cue Sports Club (250) 898-4633 or couture.mike.r@gmail.com.



Knitting Group

Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and tell. We meet Thursdays at 12:30 in the Dining Room. Cost is 50 cents. FMI contact Elaine at 250-941-2518.



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.



Walking Group

Individuals walk at their own pace, meet other like minded individuals and have a social connection. We meet at d'Esterre Centre Dining Room at 9am Tues., Wed., Fri. Exceptions: 2nd Tues. of the month—meet at Pharmsave, 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

Wow! The Fall was very busy, with many of us making use of our Shop for Christmas gifts. The lathe was especially popular, with people being advised to book their times. Gary suggested that we consider purchasing another lathe for smaller projects, to reduce the pressure. Great idea!

I researched a few and decided on a Nova Comet II midi lathe. I have a hold on one, pending our application for some funding from our Board. In the mean time, Gary, Greg and I have donated funds towards that purchase. It will open more opportunities to prospective turners. The big lathe will then be used primarily for bowls and large turnings. If any of our Membership can contribute towards this Midi lathe purchase, it's much appreciated. Donations over \$100 are eligible for a tax receipt!

Work on Shop improvements is continuing. My goal is to have our spaces and equipment tidy, orderly and functional. This is even more important with Shop usage increasing significantly. If you have an interest in participating, please let me know! There is more to do! Shout outs to Greg and Ray, who are always there to help!

We have a new member, John Barlow, who comes to us with a lifetime of woodshop experience. He is well qualified to assist our Members when they need instruction or assistance. He recently jumped right in to help mount casters on our big planer. Thanks, John.

Thanks also to Al, who donated a compressor to our Shop. It's getting better and better!

I'm looking forward to seeing many more participants in 2024, and to more beautiful creations coming out! Please have a Happy, healthy New Year! Jim

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



Activities Around the Centre

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-

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.

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 cypresstech3@shaw.ca, or phone 250-339-2979 or 778-585-1487.

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. Email Frieda at home@shaw.ca

Partner Bridge

Come and join us Mondays at 12:30 pm. Meet a fun bunch of swell people. In addition to prizes for top scores, there are additional ones to make it more exciting. Play is about 3 hours. For more info, contact Jane Jenssen at 250-871-0350.

Fun & Games/Mexican Train

The New Year brings a new time of 1:30 for both days, Monday and Friday.

FRIDAY, along with Mexican train, introduces RUMMOLI, both for beginners and experienced players.

MONDAY will be MEXICAN TRAIN (counting points) and "CHICKEN FEET", a spin off from Mexican train.

An activity fee of 25c per afternoon is charged. Please call or email me as this is a drop in event.

Mon. Coordinator Marg 250-898-1158

Fri. Coordinator Sherry 250-941-1808

Cribbage

Tuesdays, 7pm, in the Ballroom

High scores for December:

Ladies: Diana F, 840; Gents: Leon V, 844

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

Fun & Games (M) – call Marj at 250-898-1158

Fun & Games (F) – call Sherry at 250-941-1808



New Activities Around the Centre

Art Play for Everyone



Discover your inner artist AND improve brain function with guided creative activities in “Art Play for Everyone” presented by Margaret McKenzie.

Research has shown that engaging in the arts has a positive impact on brain health, including cognitive skills and memory function. Enjoy meeting others and having fun! An art journal and materials will be provided. You will make a painting, sculpture, pen & watercolour cards, and a collage. No artistic experience is necessary – just curiosity and a willingness to try! Those with experience will learn new ways to approach and expand their talents. If you have any questions, please email Margaret at silverbowerbird@gmail.com.

(Please send Margaret a message if you have any allergies such as strong odours from glue or paint.)

Instructor Bio:

After a career as a High School educator, Margaret joined her partner in running Hitec Printing-Brazen Sportswear, a commercial screen-printing company. Now a certified Therapeutic Arts Practitioner, she facilitates arts workshops, group or individual therapy and outdoor eco-art experiences. As an active member in the arts and business community Margaret finds her greatest enjoyment is helping others to discover their creative self.

Four sessions:

1. The Joy of Creativity: Explore different art media.- heart painting
2. Squeeze out the Worry: Play with Sculpture
3. Artful Calm: Discover Zendoodles – cards, bookmarks, ornaments.
4. Artsy Connections: Caring Collage

Tuesday, February 6, 13, 20, 27 from 2-4 pm.
Cost: \$40 for the 4 sessions. No drop-ins.
Register at the office.

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 is 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.

Classes Around the Centre

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 classes for fitness, fun, and friendship. Don't hesitate; it's never too late to start.



Mon. and Wed. 11:00am – Strength Training
Tues. and Thurs. 9:00am and 10:00am – Fitness and Strength Training
Tuesday (11:15am), Wednesday (12:15pm), Thursday (11:15am) – ½ hour Chair Fit

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

T'AI CHI GONG

Come experience "joy through movement". Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It can improve circulation, balance, flexibility, and alignment, and restore and rebalance your chi energy. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music. Mondays from 9-10 am with instructor, Nina Sato. Register at the Office \$20/month or \$7 drop-in. FMI contact Nina at nsato@live.com or 778-992-0220.



LINE 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.



Tour d'Esterre Centre

For existing and potential members 2024 JAN. 10TH at 10:30

A New Year and another chance to make your life as you wish it to be...One way is to tour our happy place, d'Esterre Seniors' Centre, 1801 Beaufort Street. A secret no more.

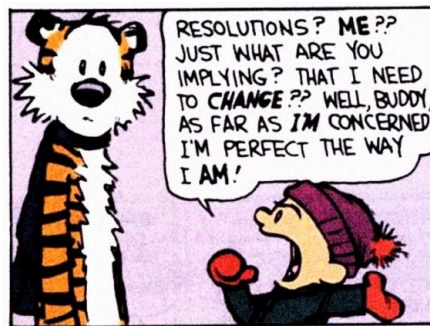
You do not have to be a member to tour our activity place, only reserve a spot by email or phone.

The tour around the centre takes about an hour – sample some of the activities in process and discover something you may want to try.

Looking forward to meeting you. HAPPY NEW YEAR!

Sherry 250-941-1808 sherbry650@gmail.com

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.

Thursday Yoga Workshop 1:15-2:45

Gentle Somatic Movement

with Carolyn Pigott, Registered Massage Therapist & Somatic Yoga Instructor

January 4, 11, 18, 25 from 1:15-2:45 pm

Cost is \$40 for 4 classes

For more information, please email carolynrmt@yahoo.ca

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.

Join Carolyn Piggett 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 movements 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.



Body Rolling Workshop

Thursday, February 1, 8, 15, 22 and 29, 1:15 to 2:45 pm

Register by Jan. 25, 2024 at the office.

Cost is \$50 for 5 classes

For more information contact Instructor Nancy Moelaert at shoresofserendipity@shaw.ca

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 or foot props.

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. Also, a deep tissue massage may be uncomfortable.

Relaxing into the ball is key to receiving the most benefit!

Body Rolling offers all these benefits:

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

Each class will start with the spinal routine to release all the nerves and decompress the vertebra. Then each class will have a different focus from Feet and Knees, Pelvis, Abdominals and Digestion, Shoulders and Neck, These classes will be dedicated to help you find ways to release tension and therefore pain. Relaxation into the ball is very important as well as coming to class hydrated. Please wear tight-fitting clothing as loose or baggy clothes get caught up in the ball.

Hope to have a ball with you in February!



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

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

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, blanket, and yoga strap. Nice to have would be an eye pillow.

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

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

d'Esterre Seniors' Centre Association Clubs & Activities

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

<p>Centre Office M-F 10 am-1 pm 250-339-5133</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p>Monday</p>	<p>T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling American Mah-Jongg Fun & Games Yoga (Hatha) Bid Euchre</p>	<p>BR CRR AR BR CR BR DR DR BR CR</p>	<p>9:00 am 10:00 am 10:00 am 11:00 am 12:30 pm 1:00 pm 1:00 pm 1:30 pm 3:00 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Jane Jenssen Gabrielle McCormack Susan Ward Marg Fowler Deborah Holmes Lori Carter</p>	<p>778-992-0220 250-339-1983 250-339-2788 250-871-4299 250-339-0816 250-871-0350 250-339-0113 250-339-2979 250-898-1158 250-339-4313 403-512-8203</p>
<p>Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p>Rentals Centre Office 250-339-5133 office@comoxseniors.ca</p>	<p>Tuesday</p> <p>2nd Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm 7:00 pm</p>	<p>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</p>	<p>250-890-0686 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 250-339-2979 250-218-5431 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Jim Cooper 250-218-5267 builder@shaw.ca</p> <p>Cue Sports Mike Couture 250-898-4633</p>	<p>Wednesday</p> <p>Jan 3-Feb 7 Jan 3-Feb 7</p>	<p>Exp. Beginner Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Glass Creations/Stained Glass Strength Training</p> <p>Chair Fit 2 Recorder Carpet Bowling Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing</p>	<p>BR BR AR CRR BR BR DR BR CR BR BR BR BR</p>	<p>8:55 am 10:00 am 10:00 am 10:00 am 11:00 am 12:15 pm 1:00 pm 1:00 pm 1:00 pm 3:00 pm 4:30 pm 6:15 pm 7:15 pm</p>	<p>Marlene Lally Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist or Caroline Hoon Caroline Hoon Deirdre Bowers Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Diane Stewart Kim Fell</p>	<p>250-336-2171 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-339-0816 250-339-0816 250-650-0651 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 250-339-5133 403-863-0738</p>
<p>Rock and Gem Ralph Bruinink 250-339-6966</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@ gmail.com</p>	<p>Thursday</p> <p>1st Thur. Jan 4-Jan 25</p>	<p>Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Silversmith Club Yoga Workshop Yoga</p>	<p>BR BR CRR AR CR BR BR DR CR CRR BR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:00 pm 1:15 pm 3:00 pm</p>	<p>Iris Vansterkenburg Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Ethel Ashcroft Bonnie Luterbach Linda Barfoot Karen Fraser</p>	<p>250-890-0686 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-897-1374 250-941-2518 250-898-3887 250-465-1948 250-897-1374 250-890-0608</p>
<p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808</p> <p>Newsletter Nina Sato nsato@live.com 778-992-0220 Contact for Corrections</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I Table Tennis 2 Bid Euchre</p>	<p>AR BR BR BR CR DR BR BR CR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:30 pm 3:00 pm 4:00 pm 7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Lori Carter Sheila Buchanan</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-5772 403-512-8203 250-218-6049</p>
	<p>Saturday</p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) & John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>
	<p>Sunday</p>					

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