



# February 2024 Newsletter

Come enjoy a hamburger at Dei's Café on Valentine's Day  
Centre closed Feb. 19 for Family Day  
AGM March 20

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



Come in out of the rain!

## 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

Good highways generate their own traffic. Our reputation as a Centre at times exceeds our human resources capacity.

The year-end financials were presented at the Board's January meeting. We realized a small operating surplus with increased revenues and expenditures. The 2024 draft budget will be presented at our February 20th Board Meeting.

Our Annual General Meeting will be held on March 20th. Let's make the 2024 AGM the first year where we have elections for 12 positions rather than nominations by acclamation! There are surely enough talented and motivated candidates amongst our members to make this possible. It's not a rumour but a fact that our Centre does not operate on auto-pilot. There is a lot of behind-the-scenes work happening in managing a centre with 1200 members with 40 programs and shops and we need your help. Ele and Gayle are your contacts on the Nomination Committee.

The Office had a very busy January with class registrations, membership sales, and service and information requests. Georgia and Patty are doing super jobs dealing with high service demands while orienting themselves in a new office environment. Kudos to both! Georgia is again welcoming office volunteers for challenging and interesting opportunities to serve your fellow members.

Two new members came forward to fill key volunteer positions; that of Special Events Coordinator (Charlene Janzen) and Rentals Coordinator (Yvette Ménard). Thank you, both!

Volunteering is a mutual commitment to accountability. Not because you must but because you may.

*"A rumour can travel half-way around the world while the facts are still putting on their shoes." Anonymous*

~Raymond Morin, President



We respectfully acknowledge that we live, work, and play on the traditional lands of the K'omoks First Nation Gila 'kasla...Hay ch q' a'. Major support from the Town of Comox is greatly appreciated.

## Events and Notices

Office hours M-F, 10 am – 1pm  
 Fri. Feb. 9 – Visit from MP Rachel Blaney  
 Sat. Feb. 17 – Info session  
 “Reduce Waste and Increase Recycling” 10:30 am in Ballroom  
 Mon. Feb. 19 – Family Day, Centre closed  
 Tues. Feb. 20 – Board meeting in Council Chambers 10 am  
 Looking Ahead:  
 Wed. Mar. 20 – Annual General Meeting 1 pm in Ballroom

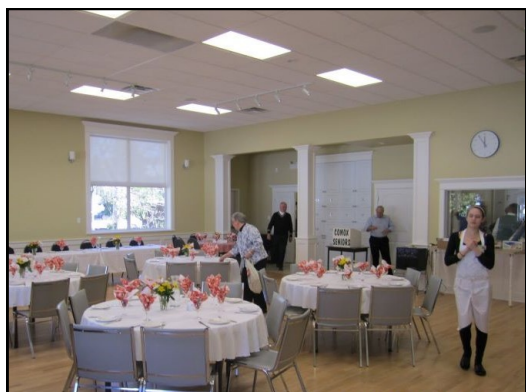
## Centre Rentals

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 Yvette Menard at [rentals@comoxseniors.ca](mailto:rentals@comoxseniors.ca).

The Centre Ballroom



## MEMBERSHIP

### 2024 Membership

2024 Memberships are available for purchase at the Office Mon-Fri 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.

## Dei’s Café



*Hours of Operation: 8am-1pm (Last call for lunch orders 12:30pm)*

**BREAKFAST SERVED MON. TO FRI. 8:00am-10:30am.**

*Enjoy a full breakfast or a breakfast sandwich to start off your day.*

### Hot Meal Menu

Thursday	Feb. 1	Ham & Scalloped Potatoes
Tuesday	Feb. 6	Cordon Bleu
Thursday	Feb. 8	Liver & Onions
Tuesday	Feb. 13	Pork Roast
Wednesday	Feb. 14	Hamburgers ♥
Thursday	Feb. 15	Roast Beef
Tuesday	Feb. 20	Meatloaf
Thursday	Feb. 22	Liver & Onions
Tuesday	Feb. 27	Cutlets
Thursday	Feb. 29	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](mailto:lafonddeidre378@gmail.com) or 250-650-6459.*

## News From the Centre

### Happy Valentine's Day From The Gift Shop Gals

Love is in the air at the Shop with heartfelt Valentine's gift ideas. Corinne's creative sweet treat mice are a fun gift to say "I love you". Her Valentine cards are pretty sweet, too.

We welcome the following new consignors and their creations:

Bev Derby's wall plaque hearts, Judy Taylor's hanging animal shell art, and Cheryl Taylor's recycled earrings, greeting cards, and art deco marine chart gift/display bag. Every week we showcase new consignors or creations. Don't miss the newest pottery delivery from the Pottery Club.

The Club workshops have many talented members with so many unique creations. We extend a special invite to Club members to bring in your items to sell. The Gift Shop would love to share your handcrafted gifts with others.

All crafters who love to create – consign and sell your creations in the Gift Shop. We offer 80% of the sale to you, 20% helps fund the Centre. Come join our Gift Shop community to earn your payouts. Schedule an appointment with Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) or call 250-650-2193.

Handmade Gifts From The Heart

The Gift Shop Gals



### Special Occasion Cards

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

Betty Edwards By phone: 250-339-9752

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



### Tour d'Esterre Centre

WED. FEB. 14TH 10:30am CAFETERIA. Everyone welcome.

Come and see our Centre in action. Get a peek at just a few of the activities in progress as we tour both floors. Somethings old, somethings new...and everything in between. Come and explore with me. Please reserve a spot by phone 250-941-1808 or email [sherbry650@gmail.com](mailto:sherbry650@gmail.com)

### Coffee with Al



Come have coffee with Al on Monday mornings from 9-11am, Feb. 12 and 26. 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 morning from 9-11am, Feb. 26 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

# JOIN OUR TEAM

## Who Wouldn't Want to Work With This Team?

### Seeking Office Volunteers

There are two main types of jobs in the office: 1) Customer service and 2) Computer work.

Customer Service involves responding to phone calls and front desk inquiries, registering people for classes, and receiving payments. These volunteers serve a minimum 3.5 hr/day from 9:45-1:15pm.

Computer work involves entering data into excel, sorting and organizing data, printing, responding to emails, and other depending on experience. While it's ideal to be in the office during open hours, this work does not necessarily have to fit within the 9:45-1:15 time frame, and work from home may be possible.

We are interested in supporting volunteers in finding their niche, so if you have an interest in supporting d'Esterre's office team ensuring a smooth running office, please reach out to Georgia or Patty in the office for more information.



## Volunteers Make a Difference

We asked and you answered! We welcome two new volunteers who have stepped up to become our Special Events Coordinator and our Rentals Coordinator. A huge thank you for taking on these very important roles for the Centre.



My name is Charlene Janzen and I am the new Special Event Coordinator. I have lived in the Comox Valley for five years now. If you would like to volunteer to help with events or have any questions, please contact me at [events@comoxseniors.ca](mailto:events@comoxseniors.ca)



Yvette is thrilled to take on her first volunteering position with d'Esterre Centre as the new Rentals coordinator. Yvette brings a wealth of volunteer and organizational experience to the job. She has volunteered with the March of Dimes, the Sierra club, Big Sisters, provided dental care to patients at the Victoria Cool Aid Clinic as well as to orphans in Bolivia.

Yvette will do everything she can to make your rental experience a smooth success! Please feel free to contact her if you have any questions.

## This Month's Chuckles



## More News Around the Centre

# AGM

## Annual General Meeting

Save the Date! The Centre's AGM is coming up on Wed., March 20th at 1 pm. All members are encouraged to attend to hear about what's been going on behind the scenes at the Centre and about future plans. The Board of Directors has openings for new members.

# JOIN US

### **NOMINATIONS FOR BOARD OF DIRECTORS OPENINGS**

**DEADLINE IS TUESDAY, FEBRUARY 28th**

What would your life be like if there was no d'Esterre Seniors' Centre?

Please consider taking up the torch and putting your name forward.

All you need is the ability to communicate by email, attend a Board meeting once a month and enjoy working with a team.

**Sign up on the Special Events Bulletin Board Nomination List**

or

Let the office know of your intention

or

Contact the Nominating Committee

Ele Clarke 250-339-5919 or Gayle Cousins 250-871-6277

# GET! INVOLVED!

### **Board of Directors, Treasurer Position**

d'Esterre Seniors' Centre Association has begun a search for a Director in the position of Treasurer. This is a volunteer position on the Board.

We are looking for an applicant with experience in bookkeeping or a small business environment. The treasurer is responsible for overseeing the financial operations of the Centre. This is a multifaceted position that continues to evolve as the Centre's business focus grows.

If you are interested in discussing this position, please contact Julie Spooner at [comoxseniors.treasurer@shaw.ca](mailto:comoxseniors.treasurer@shaw.ca)

# INFORMATION SESSION

February 17<sup>th</sup>  
at 10:30am  
in the Ballroom

## REDUCE WASTE and INCREASE RECYCLING

*The Presenter*  
**Lindsay Eason**

Lindsay is the Community Educator for Comox Strathcona Waste Management. She will provide an overview on waste disposal in our region, how to best divert waste through current recycling and composting options, as well as ideas on how to transform how we think about waste.

The presentation will include videos and time for questions.



## Info Sessions

We had one of our best attendances at the January 20th Information Session on Electric Vehicles (EV). Dale Erhart, our guest speaker, gave a well researched and professionally delivered presentation supported by an impressive body of research.

### 2024 Info Session Calendar

Mark your calendar for the 3rd Saturday of each month

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](mailto: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

## Goings-On at the Centre

Hello neighbors,

I'm thrilled to be dropping in next week on February 9th, over the lunch hour, to meet with you all and hear your invaluable stories. I welcome any concerns you'd like to share with me, whether about dental care, affordability, health care or others, as I'm always happy to bring your voice to Parliament, or to just have a nice chat and tea together.

On that note, I'm happy to announce that at the end of this year, dental coverage will finally be here and will help over 9 million Canadians and save an average family around \$1,300 every year! New Democrats' goal is to get universal coverage for all and we'll be continuing to push for universality for everyone on important issues like pharmacare. My office will be sending out more details shortly about the dental care announcement and will assist you with applications and eligibility concerns.

I hope I can see you on Feb 9th but if you can't make it that day, please don't hesitate to contact my office by phone or email: 1-800-667-8404 or [Rachel.Blaney@parl.gc.ca](mailto:Rachel.Blaney@parl.gc.ca)

Additionally, in case you hadn't heard, I'll be hosting a telephone town hall with NDP Leader Jagmeet Singh on February 13 from 6-7 PM (PST). I hope you can join in on our conversation about affordability concerns. We are looking forward to hearing your comments and concerns and taking your questions. To register and get more information, visit:

<https://rachelblaney.ndp.ca/rachel-s-telephone-town-hall-feat-ndp-leader-jagmeet-singh>

Thank you and I'm looking forward to speaking with you,

Rachel Blaney, MP

North Island - Powell River



## Winter Parking Options

As many of you pointed out in the survey, parking is a key challenge at the Centre, especially for those with mobility issues. 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.

Members are encouraged to park in this new spot or in the existing lower-level Town Marina vehicle parking area. The extra uphill steps will help you stay fit during this rainy weather! This will also give members with mobility challenges 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.



## Activities Around the Centre

### 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.



### Cue Sports

The new year is off to a great start in our Cue Sports Club. There's a healthy sense of belonging among the new and returning members. I like the feel! I'll keep you posted regarding any changes that might be expected. Meanwhile, enjoy our great game in our great room and don't hesitate to contact me if I can help. Mike Cou-ture, Convenor, (250) 898-4633, cou-ture.mike.r@gmail.com



### Quilting Group

The Quilting Group are up and running once again after a very busy fall and Christmas Season. and hopefully snow days are over. The Fall Craft Sale was a big success. The winners of the Raffle Quilts were Jutta Frederickson and Jo Argenta. We have a few new members to the group and everyone is welcome. Come out and see what we do, have some fun, and get to know other members at the center. A big thank you to those who donated fabric. If you are interested or have any questions call Donna Englehart at 250-702-9493.

### 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 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

Big news!

Due to overwhelming demand, the Shop has a new lathe! We have many members that are eager to create woodturnings. We do schedule times but the line ups are over. Many thanks to Gary and Greg for their contributions to this acquisition.



I noticed a few comments in the Member's Survey about some Clubs being "exclusive", "unfriendly", "only for experts" or "unwilling to train" novices. Well, come down to our Wood Shop! We are very welcoming and friendly. We have several members who have volunteered to train new Woodworkers and have assisted others with their projects. We have acquired many, new members who are active and thriving! We only ask that you are patient, cooperative, safety-minded and are prepared to have some fun!

Recently, we had two new members interested in making spoons and spatulas - we do that! A new member wanted Greg's help to turn a bowl - we do that! Our member, Al is making cabinets and doors - we do that! Gary will teach you the joy in turning wooden boxes, this month. Ray has created some fantastic pens in wood and acrylic! Please ask him to help you with yours. And I have 50 years of woodwork-ing stories to tell!

If you would like a Wood Shop orientation or have a project in mind, please send me an email to schedule a time. Don't be shy!

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

### Art Club

We welcome anyone seeking an artistic outlet. Members create in their medium of choice and share ideas and feedback. Join us on Monday mornings at 10 am in the downstairs Art Room.



## Activities Around the Centre

### Fun & Games/Mexican Train

Mondays and Fridays at 1:30 pm in the Cafeteria (unless there is a reserved event.)

WANTED: People to play RUMOLLI.

Mexican train is going strong and on Mondays there is a group playing "chicken feet", a form of Mexican train.

Do you have a favourite table game and want to play with others? Call Sherry to help set it up.

See you soon...stay warm and dry....come join us .... have some fun.

Mon. Coordinator Marg 250-898-1158

Fri. Coordinator Sherry 250-941-1808

### 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 is on Friday at 7 pm. FMI contact Lori Carter 403-512-8203 or Sheila Buchanan 250-218-6049.

### Learn to Play Mah Jongg

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

Wednesdays at 1:00 pm. Playing fee is \$2. 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. There are prizes for top scores and others to make it more exciting. Play is about 3 hours. For more info, contact Jane Jenssen at 250-871-0350.

### Cribbage

Tuesdays, 7pm, in the Ballroom

High scores for January:

Ladies: Dianne F, 842; Lyse C, perfect score, 847

Gents: Leon V, perfect score, 847; Harry P, 837

Play starts at 7pm sharp, but 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.

The number of regular players is creeping up to almost pre-pandemic levels, but new players are always welcome, and if you'd like to play but don't know how or are 'rusty' contact Diana to set up some lessons or refresher games.

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

### 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.

### 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



## 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 a good way to get fit and stay in shape. It features simple choreography to music from around the world, and is tailored for the older adult.



The focus is on having fun while moving the body without discomfort. Dance is a great way to strengthen muscles and bones, stimulate the brain, improve posture and balance to prevent falls.

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. \$20 per 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 Kim 403-863-0738 or kimfell2009@gmail.com.

**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 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 Mar. 13 –Apr. 17. \$30/6 weeks or \$7 drop-in per class.



## Classes Around the Centre

### T'ai Chi Gong

T'ai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai Chi Gong focuses on a series of movements, syncing up breath and body and incorporating meditation and mindfulness into the practice. Each movement is done continuously and then pauses for a moment of stillness so the energy (Chi) can settle. It is performed in a dance-like manner, with flow and rhythm and is often referred to as "meditation in motion". T'ai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. T'ai chi can be easily adapted for anyone, from the most fit to those with mobility challenges or recovering from surgery.

Research suggests that T'ai Chi positively impacts:

- Static and dynamic balance
- Musculoskeletal strength and flexibility
- Cardiovascular health
- Respiratory function
- Sleep quality and duration
- Emotional health
- Immune response
- Bone density



Though T'ai Chi is a simple practice, it has transformative power. Rebalance your energy, focus your mind, and experience joy through movement.

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### 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 Series      1:15-2:45

### Body Rolling Workshop

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

Register at the office.

Cost is \$50 for 5 classes

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



### Gentle Somatic Movement

with Carolyn Pigott, Registered Massage Therapist & Somatic Yoga Instructor

Thursdays, March 7, 14, 21, 28 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.

### Yoga for Mental & Emotional Wellness

with Janet Haigh C-IAYT

Yoga Workshop Series

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

Cost is \$40 for 4 classes



Let's face it: Life happens, and at times it is "brutal-ful"! This Yoga for Mental & Emotional Wellness Series will explore how gentle movement, breathing techniques, positive self-talk (mantra) and mindful meditation can assist us when dealing with some of life's trickier experiences such as bereavement, trauma and mental restlessness. Each Thursday afternoon class in April will focus on a different aspect of reducing tension and maintaining equilibrium. Handouts will be provided for your reference and continued practice at home.

Week 1 we will examine how Yoga can help alleviate anxiety,

Week 2 how Yoga can address depression,

Week 3 how Yoga can dissipate angry or turbulent thoughts, and

Week 4 how Yoga can help us move through grief.

Join Certified Yoga Therapist Janet Haigh of Blue Sky Yoga on your mat, all levels of experience welcome. Learn more about Janet at [www.blueskyyoga.ca](http://www.blueskyyoga.ca) or write [janet@blueskyyoga.ca](mailto:janet@blueskyyoga.ca).

Register at the office by March 2

## 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, 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).

*Make a Difference!*  
**DONATE**

Donating to a cause that's close to your heart provides support for something you're passionate about. By supporting the Centre, you're promoting physical and mental health and reducing feelings of loneliness and depression among seniors.

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

## NIC Nursing Students

First year students from the North Island College BSc in Nursing programme will again be spending time at d'Esterre 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: 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).



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

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

<b>Centre Office</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 Soapstone Carving Painting Strength Training	BR CRR AR BR	9:00 am 9:00 am 10:00 am 11:00 am	Nina Sato Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Jane Jenssen Gabrielle McCormack Susan Ward Marg Fowler Deborah Holmes Lori Carter	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
	<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> Yvette Menard rentals@comoxseniors.ca	<b>Tuesday</b>  2 <sup>nd</sup> Tuesday Feb 6-27	Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Art Play 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  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
<b>Special Events</b> Charlene Janzen events@comoxseniors.ca  <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> Mar13-Apr17   Mar13-Apr17 Mar13-Apr17	Exp. Beginner Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced  Glass Creations/Stained Glass Strength Training  Chair Fit 2 Recorder Carpet Bowling Duplicate Bridge Table Tennis I  Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing	BR BR AR  CRR BR  BR DR 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 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 Deirdre Bowers Gabrielle McCormack Frieda Home Peter Birch or Gerry Woloshyn Susan Toresdahl Kim Fell 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 250-650-0651 250-339-0113 250-339-0077 250-465-8154 250-339-3264 250-339-6528 403-863-0738 403-863-0738
<b>Rock and Gem</b> Ralph Bruinink 250-339-6966  <b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thrifystorequeen43@ gmail.com	<b>Thursday</b>   1st Thur. Feb 1-Feb 29	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 Series 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
<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 1:30 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)