



# March 2024 Newsletter

**AGM March 20**  
Centre closed Friday, March 29 for Good Friday

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



Come in and enjoy a warm bowl of soup and friendly faces.

## President's Message

Thanks and congratulations to our current board members and members at large who are letting their names stand for a director position on our board. Your Nomination Committee and I welcome you and wish you the best results at our Annual General Meeting (AGM) on March 20th at 1:00p.m. The AGM is an important event on the Centre's calendar and I encourage members to attend.

I regret to announce that our Centre Coordinator, Georgia Greetham, will be leaving her position on March 8th. She has decided to accept a different position that offers full-time hours along with a benefits package. We wish her well in her new career.

In the meantime, Nina Sato, our present Board Secretary, is stepping off the Board and will assume on an interim basis the job responsibilities of Centre Coordinator. Our Centre will benefit from the broad experiences and competencies that Nina brings to this important position.

Your board is responding to feedback from our members regarding our Centre's cleanliness standards by increasing the hours made available to our Custodian/Janitor starting on March 1st. This is warranted due to the increase in memberships numbers and programs offered.

Some 25 years ago I read a life-changing book titled Seven Habits of Highly Effective People by Stephen Covey. (1932-2012). This book sold 22 million copies. One of the themes that stuck with me was "What is Loyalty to the Absent?"

Quote: "Never say anything about anyone in their absence that you wouldn't say in their presence". Great advice then and now...

Looking forward to seeing you all on March 20th.

~Raymond Morin, President

**Board of Directors**  
Raymond Morin, President  
Susan Toresdahl, Vice-President  
Julie Spooner, Treasurer  
Nina Sato, Secretary  
Ele Clarke, Director  
Gayle Cousins, Director  
Lois Higgins, Director  
Nancy Kremer, Director  
Peggy Rasmus, Director  
Dave Robinson, Director  
  
Chris Haslett, Town Rep



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

## Events and Notices

Thurs. Mar 14 – Library Book Sale  
9am-1pm in Library

Sat. Mar 16 – Info Session “Kus-  
kus-sum” 10:30 am in Ballroom

Mon. Mar. 18 – Board meeting  
10am in Council Chambers

**Wed. Mar. 20 – Annual General  
Meeting 1 pm in Ballroom**

Fri. Mar. 29 – Centre closed for  
Good Friday (Stat holiday)

Looking Ahead:

Wed. Apr. 17 – Volunteer Appreciation event

## 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.

**Register at the office for classes.** You can sign up for 2 months in advance and pay by cash, cheque, or debit. If you need more information about a class, please contact the coordinator listed in the class description or on the back page of this newsletter.

## 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

Tuesday	Mar. 5	Roast Beef
Wednesday	Mar. 6	Hamburgers
Thursday	Mar. 7	Ham & Scalloped Potatoes
Tuesday	Mar. 12	Roast Pork
Wednesday	Mar. 13	Chili
Thursday	Mar. 14	Liver & Onions
Tuesday	Mar. 19	Meat Loaf
Wednesday	Mar. 20	Fish & Chips
Thursday	Mar. 21	Cutlets
Tuesday	Mar. 26	Shepherd’s Pie
Wednesday	Mar. 27	Lasagna
Thursday	Mar. 28	Liver & Onions

*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

### ***From The Gift Shop***

*March has arrived with a full month of events. Starting with springing forward with Daylight Savings on March 10th, followed by St. Patrick's Day on the 17th, and the first day of Spring on the 19th. Don't forget the Centre's AGM meeting on the 20th. Then Easter wraps up the month. Lots going on in the Gift Shop, too!*

*If you missed out on Corinne's Valentine mice you won't want to miss out on her Mom's Easter bunny treats baskets. These two crafty ladies love creating.*

***We are now accepting Easter and Spring creations in the Shop.***

*We welcome two new consignors...Valarie Wallace and Wayne Ferrand. Valarie's two styles of tea cozies will be sure to keep your tea hot. Choose from wrap or dome fabric cozies. Wayne is a photographer and author of "One Thousand Days of Wolseley". Beautiful photographic images of the neighbourhood of Wolseley, Winnipeg, Manitoba.*

***Meet Wayne and other authors on Saturday, April 20 at our "Meet the Authors" session. Authors' books are available for sale in the Shop.***

*Looking for a great gift idea that adds a personal touch? Ray from the Wood Shop has crafted wood and acrylic pens. He has used some unique wood and beautiful colors in the acrylic. You really have to check these out.*

*Yoga mat bags are now in. Select from regular or wide for your mats. More yoga block bags coming soon.*

*New items arrive weekly...don't miss out!*

*New consignors welcome. Schedule an appointment with Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca).*

*Handmade Gifts From The Heart*

*Happy Easter from 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)



### **Coffee with Al**

Come have coffee with Al on Monday mornings from 9-11am, Mar. 11, 18, 25. 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, Mar. 4, 11, 18 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

## More News From the Centre

**d'ESTERRE  
SENIORS' CENTRE**

**AGM**

**ANNUAL GENERAL MEETING**

**WEDNESDAY  
MARCH 20<sup>th</sup>, 2024  
1:00 pm  
in the ballroom**

*Membership required. Kindly  
have your membership card  
available for presentation.*

### AGM Info

The Centre will be holding its 2024 AGM on Wednesday, March 20 at 1:00 pm. We encourage all members to attend. Hear about all the great things going on "behind the scenes", and meet new and returning members of the Board.

**Board nominee bios will be sent out and posted in early March.**

The Centre's Strategic Plan priorities will be presented and coffee and tea will be served.

Please have your membership card ready to show at the door. If you have any questions about the AGM, you can email Ele Clarke, Nomination Committee chair, at [eleclarke@shaw.ca](mailto:eleclarke@shaw.ca)



### Join Our Team: Treasurer Extraordinaire Wanted!

Are you a numbers pundit with a heart of gold? Do balance sheets make your heart sort of skip a beat (well only the healthy skips)?

Guess what - we need YOU to help us balance the books and keep the good vibes flowing! As our Treasurer, you'll be the guardian of our coffers, the maestro of our budgets, and the superhero of our financial strategy. But hey, don't worry - you won't be flying solo! Our team is here to cheer you on and make sure you're set up for success.

Responsibilities:

- ♥ Work your magic to create budgets that make every dollar dance with joy.
- ♥ Partner with our team to brainstorm creative ways to fund our centre.
- ♥ Spread smiles and high-fives wherever you go - because hey, saving the world should be fun

Perks:

- ♥ Flexibility galore - because we know life happens.
- ♥ High-fives, fist bumps, and virtual hugs from a team that's more like family.
- ♥ The warm fuzzies of knowing you're making a real, tangible difference for seniors

d'Esterre Seniors' Centre is not your average organization - we're a group of dream-weavers, and high-fivers! Our mission? Making the world a better place for seniors, one volunteer at a time. So, What Are You Waiting For? Contact Julie, [j.spooner5334@gmail.com](mailto:j.spooner5334@gmail.com), today to assist a cause you believe in!



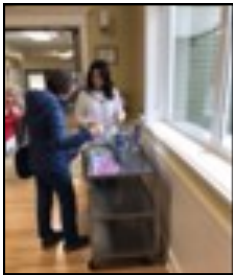
## Info Sessions

# INFORMATION SESSION

March 16<sup>th</sup> at 10:30am  
in the Ballroom



Join Caila Holbrook to hear all about project Kus-kus-sum, the restoration of the 8.3 acre saw mill site to natural estuarine habitat



Lindsay Eason, Community Educator for Comox Strathcona Waste Management, gave an excellent February presentation, "Reduce Waste and Increase Recycling".



### Upcoming Info Sessions

Mar. 16th - Kus-kus-sum – Project Watershed

Apr. 20th - Meet the Authors

May 25th - Discover an Experience of Mindfulness

\*\* Note\*\* due to the Victoria Day long weekend, May's Session has been changed to the 4th Saturday. Please mark your calendar.

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.

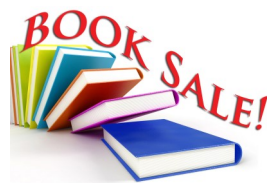
If you have a suggestion and presenter for a future presentation, please contact Gayle at [couswhite@shaw.ca](mailto:couswhite@shaw.ca)

# Thank You



Coastal Community Credit Union (CCCU) has donated \$5000 to d'Esterre Seniors Centre. This donation will be used to upgrade our Audio/Visual System. We gratefully acknowledge this generous contribution made under CCCU's Building Healthier Communities Fund.

## Happenings Around the Centre



The Centre library is holding another mini sale of library items on March 14th. It will be held in the library area from 9:00 AM to 1:00 PM. All sales are by donation, with the proceeds going to your Seniors' Centre. Please bring your friends.



### Tour d'Esterre Centre

WELCOME, SPRING! Time to clear out Winter and get a fresh start...One way to begin is to tour our Centre. Did you know that you don't NEED to be a NEW member to take a tour?

So many existing members have not seen the many different activity rooms/spaces on both floors. So my invitation is OPEN to ALL.

WEDNESDAY, MARCH 13 at 1:30 pm

Meet at the table outside of the office and come explore with me. Find out about what the kitchen has to offer. There is also a peek at the Gift Shop. Find out about the downstairs – we have a Pool room!

A simple phone call or email will reserve a spot. There is a limit of 6 with an optional date for over limit reservations.

Look forward to meeting you....

RSVP to Sherry (250) 941-1808 or Sherbry650@gmail.com



### Any Old Photos Any Old Newsletters Any Old Correspondence



The Archives Group is hoping to bring the d'Esterre Archives up to date.

You may have noticed in the Lounge, two small pamphlets for you to peruse.

They are "d'Esterre House Senior Centre Association 1976 to 1996" and "Comox Senior's Centre Association – An Overview & Timeline 1997 to 2012"

These two pamphlets give us a good overview of our organization up to 2012.

We think it is time to do show our organization 2013 to the present.

There are a few holes in our older history. For some reason there are no newsletters for 1988.

If anyone knows why or happens to have copies we would like to talk to them.

Likewise if anyone has photos of Senior's activities (parties, trips, community participation) from any year we would love to see them.

The last dozen years has seen the rise of digital photographs and recording. Very few of these digital files have come to the archives. If anyone has files on their computer at home, the archives would like to have copies.

You can contact the Archives Group:

Tom Gooden – tomg.7191@gmail

# SPECIAL EVENTS

## 2024 Calendar of Events



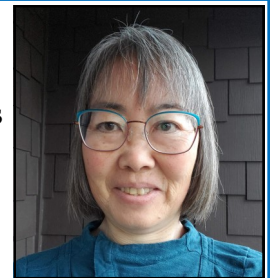
- Wednesday, April 17 – Volunteer Appreciation Event
- Saturday, May 11 – Spring Tea Fashion Show
- Saturday, October 12 – Thanksgiving Dinner
- Saturday, December 14 – Christmas Dinner
- Wednesday, December 25 – Christmas Day Dinner



If you have computer skills designing posters, tickets and various other projects, or would like to help at the events, please contact Charlene Janzen at [events@comoxseniors.ca](mailto:events@comoxseniors.ca)

### Welcome to Interim Centre Coordinator, Nina Sato

In light of Georgia's resignation from the Centre Coordinator position, Nina Sato has been appointed by the Board as interim coordinator. Nina joined the Centre as a member in 2020 and became a Board director during the COVID closure. She took on the position of Board Secretary in 2021 and became the newsletter editor as well. Her work on the Board includes chairing the IT Committee and writing and submitting grants.



Nina's previous work life has been in the non-profit education world as a teacher and subsequently Head of School at Carden Academy of Maui, a PreK-Gr. 8 independent school.

Nina teaches T'ai Chi Gong at the Centre. She also participates in the recently formed Recorder group and enjoyed Line Dance class prior to her injuries. Nina feels that her varied involvement at the Centre gives her a broad perspective. Stop by the office to say hello and please have patience as she gets up to speed on her new role.

### Last Month for This Parking Option

March is the last month that we have use of the Harbour Air parking lot of the private Comox Marina. This area is the gravel space located adjacent to the Town's parking area. Yellow concrete blocks are located at the entrance and the spaces are defined with concrete parking markers.

Members are encouraged to park in this new spot to give members with mobility challenges greater opportunities to park closer to our building.

This parking can only be used until March 31.



### This Month's Chuckles



## Activities Around the Centre

### Art Club

By now you will all have seen the changes which have been made to the Art Wall, which is the culmination of our ideas and efforts over the past year.



The new system, which is the same as is used at the Pearl Ellis Gallery, will show off the work of our artists to best effect and we anticipate will be more interesting to viewers.

We wish to thank the Board for providing funding for this project and also John Bayley (Art Club) for preparing the slot-board, Jim Cooper (Wood Shop) for making and installing the lighting, and both John and Jim for successfully effecting the installation.

If you are interested in purchasing a painting, please call the artist in person. 15% of sales are donated to the Centre.

If you'd like to explore painting yourself, please do come down on Monday mornings to see us at work and perhaps get some inspiration.

### Cue Sports

Whether you've played snooker or pool before or whether you just want to know if you'd enjoy these games at all, you might consider becoming part of our Cue Sports Club where membership is only \$10 annually over general d'Esterre Centre membership. Want to know more? Contact me any time. Mike Couture, Cue Sports Club, (250) 898-4633, 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.



### Wood Shop

Our woodshop remains well utilized, with many interesting projects coming out. John Barlow has been a great help in getting our planer running. Thanks, John!

I had a novel inquiry, "Can I make a spoon?" I've never done this before but boldly stepped up. "Sure!", I replied. I did some research and purchased a specialty tool. Mickie came in, looking forward to getting started. We first drew a pattern, then roughed the spoon out on our bandsaw. Mickie used the bowl gouge to hollow the cup. She then used our sanding equipment and finished up with a beautiful and functional wooden spoon!



I also had a request from Nancy to build a toolbox for her gardening requirements. That's certainly in my wheel house! I've guided about 800 Carpentry students in this, usually their introductory project. We drafted a plan and Nancy supplied the wood. She did the work needed to complete her excellent project in 2-1/2 hours!



If you look at these pictures you'll see that we go from apprehension to a smiling success story in short order. Why not make an appointment, then stop by the Shop to get your own project going! Contact Jim to join in the fun at 250-218-5267 or builder@shaw.ca

### 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

## Activities Around the Centre

### Fun & Games/Mexican Train

Monday and Fri **1:15** in the Cafeteria  
MEXICAN TRAIN CHICKEN FEET CRIB  
SCRABBLE RUMOLLI

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

### Skillbuilder's Bridge

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

### Bid Euchre

Mondays at 7 pm in the Card Room.

FMI contact Lori Carter 403-512-8203.

### 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 February:

Ladies: Marjory R, 842; Bea H, Audrey D, both 835

Gents: Ron W, 838; Harry P, 824

Play starts at 7pm sharp, but please 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.

### 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.

### For the Love of:

Bid Euchre – call Lori at 403-512-8203

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, boost cardio function, stimulate the brain, improve posture, coordination, 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 and Activities Around the Centre

### **RECORDER ENSEMBLE**

If you have some experience playing the recorder as well as some ability to read music, this group may interest you.

We meet on Wednesdays 1-2 pm in the cafeteria.

For more information call, text or e-mail me:  
Deirdre Bowers  
[bowers.deirdre@gmail.com](mailto:bowers.deirdre@gmail.com)  
250-650-0651



### **ART PLAY FOR EVERYONE**

**BACK BY POPULAR DEMAND**

This is a continuation of the previous sessions with some variations and no experience is necessary.

Tuesdays April 9, 16, 23, 30 and May 7, 14  
10 am-12 pm in the downstairs Card Room.

**COST: \$60 for 6 sessions includes all materials. No Drop-ins**

Sign up at the office.

Pay the instructor at the first class.

The instructor will contact the students a week prior to the first class to confirm participation.

If you have any questions, please email Margaret at [silverbowerbird@gmail.com](mailto:silverbowerbird@gmail.com).

### **Gentle Somatic Movement**

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



\$50 for five weeks

Register at the office by April 25

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

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

### **Ball Rolling & Meditation Workshop Series**

with Nancy Moelaert

Thursdays 1:15 to 2:45

June 6, 13, 20 & 27

Cost: \$40 for 4 classes

Register at office by May 23

**Try out this amazing combination to soothe your body and calm your mind**

**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 Yamuna balls or foot props.

**Meditation** will calm the mind and allow you to cultivate awareness, a witnessing of our inner being and to release judgment that is dominated by our thoughts or feelings.

**June 6<sup>th</sup>** Ball Rolling will focus on the pelvis, SI joint, sciatic and piriformis muscles

**June 13<sup>th</sup>** Ball Rolling will focus on the upper torso, shoulders and neck

**June 20<sup>th</sup>** Explore a variety of Meditation techniques to find one that works for you

**June 27<sup>th</sup>** Explore Osho's Dynamic Kundalini Meditation  
Meditation can be fun! In fact if it is more enjoyable the more you practice.

Join **Nancy Moelaert** to teach you skills on your mat to incorporate into your life. Everyone welcome. Contact Nancy at [shoresofserendipity@shaw.ca](mailto:shoresofserendipity@shaw.ca) for more information.



#### **4 Ways Monthly Donations to d'Esterre Benefit You**

Are you looking for a way to streamline your donations? Monthly donations are a smarter, eco-friendly, and more impactful way to support d'Esterre.

1. Smaller amounts are more manageable.

When you build a monthly donation into your budget, it's easier on your budget.  
It's harder to come up with a lump sum donation once a year.

2. It's easy to do.

Once you've decided on a monthly amount, visit our giving page at Canada Helps.  
<https://www.canadahelps.org/en/charities/comox-seniors-centre-association/>  
It's easy to set up a monthly donation and that saves you time.

3. You reduce your use of paper.

There are no cheques to write and no envelopes to address.  
That's better for the environment and more economical for you.

4. Show your loyalty.

Monthly donations are one way to support d'Esterre all year long.  
Your dollars will be invested with the health and well being of seniors in mind.

Your donation helps us keep our programs more affordable for seniors. Together, we can make a difference in our community, and create a world where compassion and generosity thrive.

Registered Name: d'Esterre Seniors' Centre Association

Business No: 119229763RR0001 CRA REGISTERED

#### **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

### **Gentle Somatic Movement**

**with Carolyn Pigott, Registered Massage Therapist & Somatic Yoga Instructor**

Thursdays, March 7, 14, 21, 28 from 1:15-2:45 pm

Register at the office

Cost is \$40 for 4 classes

For more information, please email [carolynrmt@yahoo.ca](mailto:carolynrmt@yahoo.ca)



### **Yoga for Mental & Emotional Wellness**

**with Janet Haigh C-IAYT**

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

Register at the office by March 28

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).

### **Gentle Somatic Movement**

**with Carolyn Pigott, Registered Massage Therapist & Somatic Yoga Instructor**

Thursdays, May 2, 9, 16, 23, 30 from 1:15-2:45 pm

Register at the office by April 25

Cost is \$50 for 5 classes

For more information, please email [carolynrmt@yahoo.ca](mailto: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 and Meditation Workshop (see p. 12 for more info)**

**with Nancy Moelaert**



## 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).

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

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

<p><b>Centre Office</b> M-F 10 am-1 pm 250-339-5133</p> <p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun &amp; Games Yoga (Hatha) Bid Euchre</p>	<p>BR CRR AR BR</p> <p>CR BR</p> <p>DR DR BR CR</p>	<p>9:00 am 9:00 am 10:00 am 11:00 am</p> <p>12:30 pm 1:00 pm</p> <p>1:00 pm 1:15 pm 3:00 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Dorothy Gardner Bev Haist or Caroline Hoon Jane Jenssen Diane Owens and Bea Hoyseth 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 250-941-8600 250-941-6055 250-339-2979 250-898-1158 250-339-4313 403-512-8203</p>
<p><b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p><b>Rentals</b> Yvette Menard rentals@comoxseniors.ca</p> <p><b>Special Events</b> Charlene Janzen events@comoxseniors.ca</p>	<p><b>Tuesday</b></p> <p>2<sup>nd</sup> Tuesday Apr 9-May 14</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock &amp; 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</p> <p>Cribbage</p>	<p>BR BR AR CRR CR CR BR BR BR DR CR BR BR CR</p> <p>BR</p>	<p>9:00 am 10:00 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</p> <p>7:00 pm</p>	<p>Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Margaret silverbowerbird Pat Jones Linda Barfoot Linda Barfoot Susan Ward Judi Murakami Peg MacMillan Deb Karlstrom Jeannette Baron (Coord.) &amp; 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 @gmail.com 250-339-6706 250-897-1374 250-897-1374 250-339-2979 250-218-5431 250-941-3656 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948</p>
<p><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Jim Cooper 250-218-5267 builder@shaw.ca</p> <p><b>Cue Sports</b> Mike Couture 250-898-4633</p> <p><b>Rock and Gem</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b></p> <p>Mar13-Apr17</p> <p>Mar13-Apr17 Mar13-Apr17</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</p> <p>Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing</p>	<p>BR BR AR</p> <p>CRR BR</p> <p>BR DR BR</p> <p>CR BR</p> <p>BR BR BR</p>	<p>8:55 am 10:00 am 10:00 am</p> <p>10:00 am 11:00 am</p> <p>12:15 pm 1:00 pm 1:00 pm</p> <p>1:00 pm 3:00 pm</p> <p>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 Diane Owens and Bea Hoyseth Frieda Home Email: home Peter Birch or Gerry Woloshyn Susan Toresdahl Kim Fell 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 250-941-8600 250-941-6055 @shaw.ca 250-465-8154 250-339-3264 250-339-6528 403-863-0738 403-863-0738</p>
<p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p> <p><b>D'Esterre Centre Tours</b> Sherry Brydon sherbry650@gmail.com 250-941-1808</p>	<p><b>Thursday</b></p> <p>1st Thur. Mar 7-Mar 28</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 Series 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 1:15 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><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220 Contact for Corrections</p>	<p><b>Friday</b></p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun &amp; Games Table Tennis I Table Tennis 2</p>	<p>AR BR BR BR CR DR BR BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:15 pm 3:00 pm 4:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden</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</p>
	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) &amp; John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>
	<p><b>Sunday</b></p>					

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