



April 2024 Newsletter

Registration for May and June classes begins April 1
Pick up your volunteer appreciation ticket on April 1
Volunteer Appreciation Event Wednesday, April 17
Info Session "Meet the Authors" Saturday, April 20

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



Spring has sprung at the Centre!

Board of Directors

- Susan Toresdahl, Vice-President
- Julie Spooner, Treasurer
- Lois Higgins, Secretary
- Raymond Morin, Past President
- Ele Clarke, Director
- Jim Cooper, Director
- Paul Dreyer, Director
- Barbara Havers, Director
- Myrna Holman Director
- Nancy Kremer, Director
- Peggy Rasmus, Director
- Cheryl Smith, Director
- Chris Haslett, Town Rep

President's Message

We had a very successful AGM on Wednesday, March 20th.

It takes many willing and skilled hands to organize such an event. Bylaws, Societies Act and Procedures to review and follow, time-lines to be respected, agenda, board candidates to recruit, reports to prepare, speeches to be written, sound and audio-visual equipment made ready, room to set up, and quorum met.

The AGM committee, composed of Ele, Gayle, and Susan, deserve congratulations and thanks for putting this yearly event together. We also want to thank Chris Haslett, the Town representative, for taking the time out of his busy business and councillor schedule to address our members.

Thank you to the Board members who are leaving although continuing to be involved in other areas. Dave Robinson, Gayle Cousins, and Nina Sato contributed in many ways during their time on the board. A warm welcome to the new board members joining the Board; Jim Cooper, Myrna Holman, Barbara Havers, Paul Dreyer, and Cheryl Smith.

As usual, there were many hidden hands working behind the scenes in order to make this meeting possible. Amongst them were Jacqueline, our accountant, Ralph with room set-up, and Roger, our photographer in residence.

The position of President remains open and this topic will be on the Agenda for our first Board meeting on April 15th. By the way, all Board meetings are open to members.

We accomplished a lot in 2023 and the reports are now posted on our website. We look forward to 2024 with renewed optimism and determination. Most jobs are best done in solidarity rather than in solitary.

~Raymond Morin, Past 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

Thur. Apr. 11 – Town Parks&Trails
Open House 4:30pm in Ballroom

Mon. Apr. 15 – Board Meeting
10am in Council Chambers

Wed. Apr. 17 – Volunteer Apprecia-
tion event 2pm in Ballroom

Sat. Apr. 20 – Info Session “Meet
the Authors” 10:30am in Ballroom

Looking Ahead:

Mon. May 20 – Centre closed for
Victoria Day

Tues. May 21 – Board Meeting

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 coor-
dinator listed in the class description or on the back page of
this newsletter.

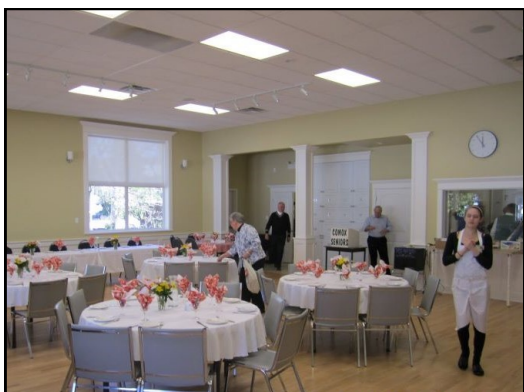
Centre Rentals

The Centre is available for your
event needs: weddings, birthday par-
ties, holiday banquets, family gather-
ings, 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 Sen-
iors* Centre](#).

For more info or to book a rental,
contact Yvette Menard at
rentals@comoxseniors.ca.

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.

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



Hot Meal Menu

Tuesday	Apr. 2	Roast Beef
Thursday	Apr. 4	Ham & Scalloped Potatoes
Tuesday	Apr. 9	Cordon Bleu
Wednesday	Apr. 10	Mac & Cheese
Thursday	Apr. 11	Liver & Onions
Tuesday	Apr. 16	Meat Loaf
Wednesday	Apr. 17	Lasagna
Thursday	Apr. 18	Roast Pork
Tuesday	Apr. 23	Shepherd's Pie
Wednesday	Apr. 24	Fish & Chips
Thursday	Apr. 25	Liver & Onions
Tuesday	Apr. 30	Cutlets

*The kitchen has been very busy and Dei is in need of more volun-
teers. If you would like to be part of the kitchen team, contact Dei to
volunteer at lafonddeidre378@gmail.com or 250-650-6459.*

News From the Centre

From The Gift Shop

The heart of a Volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.

April is Volunteer Appreciation month! We have so many volunteers to celebrate on April 17th. Angels wearing work boots keeping our Centre thriving.

I would like to take a moment to celebrate the Gift Shop Gals who truly are angels.

*These ladies: Lynne Taylor, Heather Thomson, Elaine Kivela, Aggie Sabo, Erika Mathesius, Audrey Donovan, Anna Jordan, Corrinne Wester, Deidre Rennie, and Danielle Shepherd commit to the Gift Shop by volunteering each week. Each one fulfills the running of the shop in some way. They step up to fill in shifts, help out at added events, and enjoy working with each other. **I'm so grateful to you Gals. Thank you!***

In collaboration with the Information Session, the Gift Shop will be hosting "Meet the Authors" on April 20th at 10:30am. Book authors consigning in the shop will speak about their books and answer questions. Cash sales and autographs of books are available.

Some exciting news for the Gift Shop...Owners Guy and Wilf Facey of Signature West Floor & Window Fashions, Inc. have donated vinyl flooring to the shop. Installation was completed on the Easter long weekend. We are very thankful for the kind donation. Come in and take a look at the now complete brighter Gift Shop.

Handmade Gifts From The Heart



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



Coffee with Al

Come have coffee with Al on Monday mornings from 9-11am, Apr. 1, 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 morning from 9-11am, Apr. 1, 8, 22 in the back area of the Dining Room. Alan can help you with your questions about your Android device. Here are some examples: open flashlight quickly, organize most used apps or websites on the Home screen, set up a calendar for reminders, send e-Transfers, quick access to favorite websites, use Maps to get directions, talk to call someone, navigate, or text, use fingerprint to open phone or login.

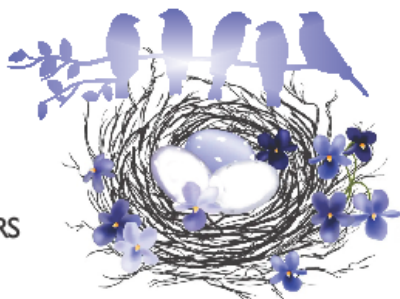


SPECIAL EVENTS!

You are cordially invited to attend the

VOLUNTEER Appreciation Celebration

Wednesday, April 17/24
at 2:00 pm



WE LOVE
VOLUNTEERS

VOLUNTEERS
are
PRICELESS

Please present
your invitation
at the door



Invitations are available from
April 1st - April 12th at the office.

d'Esterre Seniors' Centre
1801 Beaufort Avenue, Comox

The Special Events Coordinator will be changing hands to Cheryl Smith as of September 1st. Cheryl comes with a wealth of experience in organizing and executing great events. Cheryl is a volunteer in the kitchen and a new Director on the Board. Welcome and thank you, Cheryl, for your commitment to the Centre.

Current coordinator Charlene Janzen and volunteers will organize and set-up the Volunteer Appreciation Event for April 17th at 2pm. Tea and cake will be served in celebration of our volunteer members. Volunteers may pick up their tickets on Mon., April 1st from 10am-12pm in the sunroom or until Apr.12th in the office.



Happy 80th Birthday!

It is Magi's 80th birthday on April 4 and she is the poster child for active living. Magi has taught her exercise classes for over 30 years at the Centre and specializes in classes for the older adult. Join us on Thursday, April 4 from 10am-12pm in the Dining Room to celebrate.

Volunteer Urgently Needed!

The Spring Fashion Show booked for Saturday May 11th is looking for a coordinator and volunteers to plan and organize this year's show.

Spring fashion shows are a favorite and fun event for our members. To continue the tradition of the show this year, we are seeking a team of volunteers to take this on. Some of the preparations have begun with stores and models. This is a great opportunity to showcase your talents and teamwork organizing one of the Centre's most successful events. Guidance from previous shows is available.

If you are interested in coordinating or want more info, please contact Nancy at nancy2fancy@shaw.ca or ask at the office/email the Centre Coordinator at centre.coordinator@comoxseniors.ca.

More News From the Centre

Why I Volunteer...Jim Cooper

Make A Difference



We retire, often leaving behind the activities that provided us with purpose and a social network. Research demonstrates that those two things are vital to our health and well-being. This new void is disturbing.

I've enjoyed a lifetime of part-time volunteer service. Many years ago, I determined that once the necessities of life were attended to, my reason to be here was not for grand accomplishments but to be of humble service. That obligation inspires me and gives me a reason to get up and moving. It also provides me with deep satisfaction and a heartfelt sense of gratitude for the many blessings that I enjoy. When I'm gone, I hope that legacy of simple service is sufficient.



Fashion Show Coordinator Opportunity: Springtime is just around the corner and it's time to get out our spring wardrobes. The Fashion Show is scheduled for May 11th but we need someone to coordinate this event or it won't happen. Please see p. 4 for additional information.

Board Treasurer Opportunity: 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. Contact Julie at j.spooner5334@gmail.com to assist a cause you believe in!

THANK YOU TO OUR 2024 VOLUNTEER BOARD OF DIRECTORS

The 2024 AGM was held on March 20th with a quorum present to acclaim the directors to the Board. Thank you to all members who attended to hear about the goings-on at the Centre and a huge thank you to all who stepped up to join the 2024 Board and to Chris Haslett, Town Council representative.



From Left to Right—Front Row: Ele Clarke, Julie Spooner, Nancy Kremer
Middle Row: Myrna Holman, Barbara Havers, Lois Higgins, Peggy Rasmus, Cheryl Smith
Back Row: Chris Haslett, Paul Dreyer, Raymond Morin, Jim Cooper

Info Sessions

INFORMATION SESSION
April 20th at 10:30am
in the Ballroom

MEET THE AUTHORS



Collective Authors



Charlene Helm



Kathleen A. Kelly



Kathleen A. Kelly



Marie Maccagno



Marie Maccagno



Patrick Herzog



Charlene Helm



Kathleen A. Kelly



Kathleen A. Kelly



Marie Maccagno



Marie Maccagno



Patrick Herzog



Charlene Helm



Kathleen A. Kelly



Kathleen A. Kelly



Marie Maccagno



Marie Maccagno



Patrick Herzog

*Author signing and cash only sales at the event.
 Books also available in the Gift Shop.*

Upcoming Info Sessions

Apr. 20th - Meet the Authors

May 25th - Discover an Experience of Mindfulness

June 15th – Comox Valley Settlers

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.



March's Kus-kus-sum Presentation



March Info Session: Kus-kus-sum

Last month's info session was very well attended, with more than 75 members turning out to hear from Caila Holbrook, Manager of Education and Outreach at the Comox Valley Project Watershed Society. As mentioned in the presentation, links below to the website for donating, volunteering, and finding out more information about Kus-kus-sum and Project Watershed.

[Donate - Project Watershed](#) - you can donate online using a credit card, send us an etransfer or cheque or come in person to make a donation.

[Volunteer - Project Watershed](#) - we list all our upcoming activities on this page and have a Volunteer Orientation for new volunteers coming up on April 4th.

[Kus-kus-sum - Project Watershed](#) - with all the information relating to Kus-kus-sum including videos and a photo time lapse.

[Comox Valley Project Watershed Society - Project Watershed](#) - Our main webpage!

Happenings Around the Centre



TOWN OF
COMOX

The Town of Comox is creating its first Parks & Trails Master Plan to guide improvements over the next 10+ years.

There will be community engagement opportunities through March and April.

- ◆ **Community Open House on Thursday, April 11** – drop in from 4:30 to 6:30 at d’Esterre Seniors’ Centre at 1801 Beaufort Ave
- ◆ Pop-up Events in parks and community places throughout the month of April
- ◆ Online Survey and Mapping activities at www.engagecomoxvalley.ca/comoxparks



No Parking

As of April 1, there is no more parking allowed at the Harbour Air parking lot below the Centre as Harbour Air is operating its service again. We are grateful for the use of the lot during the winter months.

LOST & FOUND



There is a lost & found log book in the office where items are recorded. One item that has been “hanging around” in the coat closet since January is a purple coat with an unusual brooch. If anyone knows the owner of the jacket, please inform the office as another member’s purple winter jacket went missing when this one was left in the closet.



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](mailto:tomg.7191@gmail.com)

Activities Around the Centre

Art Club

We had a fun morning recently with a workshop under the guidance of Joanna McCluskey creating "fairy houses" using painted rocks, seashells, found items etc. The designs were varied and many members showed wonderful imaginations in their creations. We all enjoyed the experience and plans are afoot for further workshops on other topics in the future. Remember, you're welcome to pop down on Monday mornings to see the artists at work and perhaps become inspired to pick up a brush and become one of us.



Quilting Group

The Quilting Group is getting ready for the Spring Raffle sale. Tickets are \$2 each or 4 for \$5 and will go on sale soon. The drawing is scheduled for Saturday, May 11 at the Spring Fashion Show.

If you are interested in quilting, come out and see what we do, have some fun, and get to know other members at the Centre.

A big thank you to those who donated fabric. If you are interested or have any questions call Donna Englehart at 250-702-9493.



Knitting Group

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



Wood Shop

The Woodshop has been humming along, with Ray turning out dozens of pens, Gary providing expert instruction, and Greg working on his projects. I built a couple of shrouds for the Glass Shop and did some drawer repairs in the Gift Shop.



Why not schedule a time for your Woodworking projects? We have the time, the expertise and the equipment ready to assist you. Contact Jim to join in the fun at 250-218-5267 or builder@shaw.ca

Rock and Gem Club

The Rock and Gem (Lapidary) Club is open to any member interested. We invite potential new members to take "the tour".



With our club, there's training, field trips, and lots of fun. Contact Ralph Bruinink at 250-339-6966.

Cue Sports

Snooker or pool,

our Cue Sports Club is....

CONVIVIAL! Just ask any member. Mike Couture, Convenor, Cue Sports Club, (250) 898-4633, couture.mike.r@gmail.com



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 quarter, 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 10am-12pm 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,

Mah Jongg

Thursdays at 1 PM in the Card Room. FMI contact Barbara at 250-792-5103.

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 March:

Ladies: Bea H, 834 Gents: Charlie R, 827

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 Barbara at 250-792-5103

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
Tuesday (11:15am), Wednesday (12:15pm), Thursday (11:15am) – ½ hour Chair Fit

DANCEFIT SILVER (formerly Zumba)

This Zumba-style exercise programme is a great 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 of all ability levels.



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.

Classes are on Wednesdays, 10-11am. Cost \$20 per month. Drop-ins are welcome, \$7 per class. It's not just for the lassies, the laddies are most welcome too, so why not give it a try? FMI 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 .

The current 6 week session for all 3 classes is Mar. 13-Apr. 17, \$30/6 weeks or \$7 drop-in per class. Due to a cancellation March 20, the Absolute Beginner & Low Beginner classes have been re-scheduled to Wed. April 24. The next 6 week session will be May 1-June 5, \$30/6 weeks or \$7 drop-in per class.



Classes and Activities Around the Centre

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

Meditation and Ball Rolling Workshop Series

with Nancy Moelaert

Thursdays 1:15 to 2:45

June 6, 13, 20 & 27

Cost: \$20 for Meditation series and \$20 for Ball Rolling
(Do either or both in the series)

Register at office by May 23

Try out this amazing combination to soothe your body and calm your mindfulness

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.

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.

June 6th Explore a variety of Meditation techniques to find one that works for you

June 13th Explore Osho's Dynamic Kundalini Meditation
Meditation can be fun! In fact if it is more enjoyable the more you practise.

June 20th Ball Rolling will focus on the pelvis, SI joint, sciatic and piriformis muscles

June 27th Ball Rolling will focus on the upper torso, shoulders and neck

Join **Nancy Moelaert** to teach you skills on your mat to incorporate into your life. Everyone welcome. Contact Nancy at shoresofserenity@shaw.ca for more information.

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

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.



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.

Unforeseen Closures

Refunds will not be given for inclement weather, instructor absence or other unforeseen closures. e.g. other levels of government required closure.

Insufficient Registration

All classes are subject to cancellation due to insufficient registration. These decisions are made up to one week prior to the start date and a full refund will be issued for cancelled programs.

Yoga and Core Classes at the Centre

Monday HathaYoga 3:00-4:30 Anne-Marie Hartman
 This yoga practice is for those who want to foster a deeper connection with their body through mindful movement and breath. Physical benefits include increased strength, flexibility, balance and relaxation. Modifications and rest are encouraged as needed. If you would like to learn more about Anne-Marie, please visit: <https://www.facebook.com/peacefulpathwellness>

Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Monday Daylight Savings Yoga 5:00-6:30 Deb Karlstrom
 An all-levels co-ed yoga class explores movement & postures to better know your body. Let's slow it down & be present. Building from a grounded foundation, you will explore modifications and alignments. Learn how your body moves & what possibilities are available. Focus on breathing & finding ease. Motion is lotion, flexibility & strength & balance are key. Standing, sitting, lying supine, prone & on your side. Readings & Meditation will finish this class. Let's live our best life.



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

Tuesday Core Plus 1 12:30-1:30 Steve Thomson
Core Plus 2 1:45-2:45 Steve Thomson

All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility and mobility, ending with a stretching session. The class enables you to be stronger and more confident in your daily activities.

Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313
 Linda Barfoot fifthline@gmail.com 250-897-1374

Tuesday Slow & Gentle Soma Yoga 3:00-4:30 Wendy Anderson

In this class, gentle movements will soften & stretch your body's connective tissue before exploring somatic and restorative movements designed to release tension, aches & pain. Enjoy a final restorative relaxation pose with a soft Gong sound bath to calm your nervous system. This practice has been shown to reduce stress & anxiety, improve mobility, breathing, relieve shoulder, neck, back pain and much more. This class will allow plenty of time to unwind, release stress, breathe and move with ease. This class is done on the mat and is appropriate for everybody.

Coordinator: Peg MacMillan rodpeg.macmillan@gmail.com 250-941-3656

Tuesday Men's Only Stretch 5:00-6:30 Deb Karlstrom

This all levels class is for men only. It is a practice to encourage stretching, strengthening and finding connection with one's body. To rediscover the breath and use it to dissolve tensions and be present to life now. Necessary is a sense of humour and willingness to do less." Motion is lotion" is the motto of this class that explores simple movement practices and yoga postures. A comfortable body is encouraged thru the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed.

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

Wednesday Soma Nidra 4:30-6:00 Wendy Anderson

Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished. This class is practiced lying down, so you must be able to lie down on the floor for this class. No experience is necessary, all are welcome. To learn more about Wendy, visit www.wendyandersonsjoyflow.com

Coordinator: Susan Toresdahl storesdahl@shaw.ca 250-339-6528

Thursday Yoga Workshop Series 1:15-2:45

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 or write 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

Cost is \$50 for 5 classes

Register at the office by April 25

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.

Meditation and Body Rolling Workshop (see p. 11 for more info)

with Nancy Moelaert

Thursdays, June 6 and 13 for Meditation

Thursdays, June 20 and 27 for Ball Rolling

Cost is \$20 per workshop (\$40 for both)

Register at the office by May 23



These will be TWO stand-alone workshops. Members can register for both workshops for all four weeks or choose only one workshop.

Thursday Pilates 12:00-1:00 Fae Raven

Pilates is a gentle and controlled way to create functional strength, as well as increasing flexibility and endurance. Pilates heightens our body awareness and balance, helping with stability to prevent falls. It improves upon and maintains strength and mobility, allowing us to move through life with a bit more ease and enjoyment. We will work through age-appropriate exercises and build upon the skills we learn each week and we'll have a bit of fun while we're at it!

Coordinator: Susan Youds shoediva7@gmail.com 250-339-0906
Linda Barfoot fifthline@gmail.com 250-897-1374

Thursday Yoga 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.shoresofserendipityyoga.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.shoresofserendipityyoga.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.

