



June 2024 Newsletter

Register for July & August classes starting June 3
Summer salads are here! New offerings at Dei's Café
Library Book Sale June 11th
Info Session June 15th

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



A welcoming place to be.

Board of Directors

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Susan Toresdahl, Vice-President
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Jim Cooper, Director
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President's Message

This month I'd like to write about our parking "issue".

There is no magic wand that can be waved to solve this one. Demand exceeds supply due to the popularity of the Marina area and our Centre's growing membership.

Your Board of Directors continues to work with the Town in finding solutions. However, there are certain "baby steps" that we can take to improve the situation.

1. The Centre's own parking lot will now have a total of four (4) Accessible parking spots once repaving and painting is completed.
2. The Town has just opened five new parking spots on the upper lot across Beaufort Avenue.
3. We had a BC Transit representative do presentations on the use of public transportation. Those presentations were well attended.
4. Consider CARPOOLING. Carpooling can be organized informally within your group. For instance, rather than having 2 or 3 solo drivers competing for the same coveted spots, two passengers can be dropped off at the front entrance.
5. If you choose to drive solo and do not have a physical disability, park at the far ends of the available parking spaces. Your gesture will open closer spots for mobility-challenged members.
6. We will again have access to Harbour Air's gravel parking lot from October to March 31, 2025. This is offered courtesy of the Comox Valley Marina owners.

Parking is not a THEY problem, it is a WE challenge, and each member's choices can make a small difference in the parking scramble.

We can expect traffic detours in August due to the Sewage Conveyance Project. Access to the Centre and the Marina will not be interrupted. Please visit this website for more information:
[Sewer Conveyance Project Construction Map for 2024 \(arcgis.com\)](http://arcgis.com)

~Raymond Morin, Past President



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

Events and Notices

Mon. June 3 – Class registration opens for July and August

Fri. June 7 – Comox Rotary Ducky 500 ticket sales 9:30am-12:30pm

Tues. June 11 – Library Book Sale 9am-1pm

Sat. June 15 – Info session “CV Settlers” 10:30am in Ballroom

Mon. June 17 – Board Meeting 10am in Council Chambers

Looking Ahead:

July 1 – Centre closed for Canada Day

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. Sign up starting on June 3rd for July and August classes 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.

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.

The Centre Ballroom

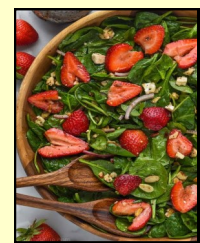
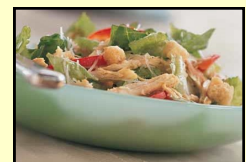


Dei's Café

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

NEW! SUMMER SALADS are here!

Check out the weekly salad specials in the kitchen: Spinach & Strawberry, Roasted beets and mandarin oranges with feta, Chicken Caesar



Hot Meal Menu

Tuesday	June 4	Pierogies & Sausage
Thursday	June 6	Liver & Onions
Tuesday	June 11	Cold Plate
Thursday	June 13	Chicken w/Greek salad, pita, tzaziki
Tuesday	June 18	Chicken Caesar wrap
Thursday	June 20	Liver & Onions
Tuesday	June 25	Hamburger & Fries
Thursday	June 27	Pork Cutlet

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

News From the Centre

From The Gift Shop

Happy Father's Day on June 16th. Wishing fathers of all ages a very relaxing family day.

Guys and gals, if you haven't checked out the spectacular wood creations handmade by our members, make sure you check them out. We thank Gary Fabris from the Woodworking Club, who brings in his vases, tea lights, and mushrooms in all kinds of unique woods. Gary sells his wood items to raise money for the Woodworking Club. He donates to help support upgrading the equipment in the club. Ray Friesen's unique wood pens are an ideal gift for Dad or for a graduating grandson/daughter. Ink refills can be purchased from stationary stores. A lifetime keepsake.



A warm welcome to Bob Rasmus, who turns beautiful wood bowls. These will warm up any home with their rich wood grains and many uses. Bob's all in one chip & dip bowl is perfect for parties.

The birds will be chirping, thanks to Harry Piercy and his wood bird houses. Harry makes these at home in many sizes. We also have a great selection of fused glass bird hangings to catch the sunlight in your windows.

We welcome all members from the Centre's clubs to sell their creations in the Gift Shop.

New items and consignors freshen the shop. Come in and let us sell your creations.

Local foot traffic into the shop is becoming more prominent every week, thanks to our sandwich board sign out front, as well as word of mouth. Keep sharing!

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 Alan



Alan, our webmaster, will be available to help with android phone and tablet questions on Monday morning from 9-11am, June 17th 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.

Coffee with Al



Come have coffee with Al on Monday morning from 9-11am, June 17th. Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room.

Info Sessions

INFORMATION SESSION
June 15th at 10:30am
in the Ballroom

COMOX VALLEY SETTLERS

Port Augusta: the First Two Decades

Presenter
CHRISTINE DICKINSON

*What was happening on the Comox Peninsula in the early years of settlement?
Who were the families?
How did they shape their surroundings?*

This presentation will use historic photographs to illustrate the early development of today's Comox, formerly known as Port Augusta or The Landing.

The Royal Navy, loggers, farmers, business owners, courageous women, and the port all played a part.

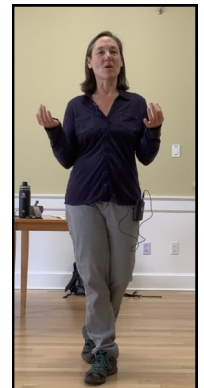
Upcoming Info Sessions

June 15th - Comox Valley Settlers
July 20th - Cyber Safety
Aug 17th - Intergenerational Connections

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.

May Info Session: Discover Mindfulness

Julie Blais captivated the well attended crowd who joined to "Discover an Experience in Mindfulness" at May's session.



FATHER'S DAY

♥ MAKE A DONATION ♥

Celebrate the Spirit of Father's Day

This June, celebrate the spirit of fatherhood by giving back to those who have given us so much. Honour the father in your life by making a donation to d'Esterre Seniors' Centre. Your support helps us provide engaging activities and services for seniors, ensuring they stay active and connected.

Together, we can make a difference in the lives of seniors in our community, and create a world where compassion and generosity thrive. Donate online at Canada Helps or stop by the office to make your donation today.

Activities Around the Centre

Quilt Raffle

Even though there was no Fashion Show event, the quilting group got together on Sat., May 11th for the drawing. The winning ticket was Mary Finnan's. Mary was very excited to receive the beautiful heirloom quilt.

A big thank you to the quilting group and to all those who purchased tickets. The raffle raised \$500 and the proceeds were donated to the Centre.



Silver Smith Workshop

The Silver Smith Club is open to all current members during June, July and August and new members with silver smith training who have met with the Coordinator, Bonnie Luterbach prior to mid June. The next workshop meeting will be in September.

New members must take silver smith training prior to working in the d'Esterre Silver Smith Club workshop. If you are interested in joining but need training, why not consider taking training over the summer and join the Club in the fall? Check the list of places and silver smith instructors that offer training in our area. The list is posted on the Bulletin Board in the Silver Smith workshop area (same area as the Glass Creations).

Starting July 1, the Club membership fee will be \$50.00 per person every six months. d'Esterre receives \$10.00 per person of the fee to cover space rental for each six-month period and the remainder is used to cover the Silver Smith Workshop needs. All members can access the d'Esterre Silver Smith workshop every afternoon Monday to Thursday and all day on Friday without having to book your space.

The goal of the Club is to increase the availability of tools so that members can work more collaboratively. You will need to purchase your own metals and materials that are used up, (such as solder) or broken easily (such as saw blades).

The SS Club contact during the last half of June and all of July and August is Jacqueline Moore, (email jfmoore@shaw.ca) as Bonnie Luterbach will be away. Eileen Phillips (email singingsandbeach@gmail.com) is the alternate contact if Jacqueline is away. See you in the fall! Bonnie Luterbach, Coordinator, d'Esterre Silver Smith Club.

Wood Shop

The Woodshop remains very busy! We have seen an abundance of beautiful creations produced. As well, we have been busy with activities at the Center: hanging Mike's inspired signage, installing locks on Kitchen drawers and other fix-it things. Nancy brought a table by for some assistance with assembly. Please bring your projects in to the Shop if you'd like help.

Our tired dust collector could not keep up with the demand. There were frequent blockages in the ducting and wood dust was filling the Shop and our lungs. We are fortunate to be able to upgrade our system, with Club funds and with the generous support from Greg and Gary. I really appreciate those that contribute something extra to our facility! These two always step up!

More Activities Around the Centre



There is a new counter cabinet in the Dining Room! Lots of drawers for storage and a nice large countertop for dining needs.

Cue Sports



At our d'Esterre Centre Cue Sports Club, enjoying snooker or pool with other friendly people and having fun is more important than winning. Mike Couture, Convenor, (250) 898-4633, couture.mike.r@gmail.com.

Art Club



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

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. If you are interested or have any questions call Donna Englehart at 250-702-9493.

Walking Group

Individuals walk for approximately one hour at their own pace, followed by a coffee break social. Tues-Fri start time 9 am at d'Esterre Centre Dining Room

Sat. start time 9 am at the Strathcona Plaza, Comox.

Exceptions:

2nd Tues of the month start time 9 am at Pharmasave, Comox.

Wed. June 19 Powell River walk - Meet at the Little River ferry terminal for a 9:55 am departure.

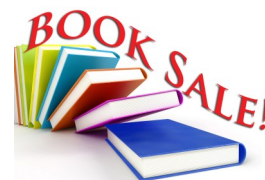
Lunch will be at the Coastal Cookery. The return ferry departs Powell River at 5:15 pm.

4th Tues of the month start time 9 am at the Air Park south parking lot, Courtenay.

Contact person: Sharon shpaterson@shaw.ca



Some library shelves are looking bare again. To allow all users of the library the same opportunity, if you have borrowed anything from the library, please return it to the bin provided in the library area as soon as you have finished with it. Please do not put any returned items back on the shelves. There will be another sale of library items on June 11th, 9:00AM to 1:00PM in the library area.



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.



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. FMI contact Elaine at 250-941-2518.



Activities Around the Centre

Duplicate Bridge

The Duplicate Bridge Club now has its own website to communicate game results, requests for partners and other information of interest to players. Users can access the website by entering d'Esterre Seniors Duplicate Bridge Club or by using the following link:

[d'Esterre Seniors' Duplicate Bridge, Comox, British Columbia, Canada \(bridgewebs.com\)](http://d'EsterreSeniors'DuplicateBridge,Comox,BritishColumbia,Canada(bridgewebs.com))

Games are held 3 days per week: Tuesdays at 7 pm, and Wednesdays and Saturdays at 1 pm. You must have a current membership and playing fee is \$2. You will need to have pre-arranged a partner with whom to play. Please arrive no later than 10 minutes before play time.

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 Lori at 403-512-8203

Fun & Games/Mexican Train

CHICKEN FEET MONDAYS 1:15
MEXICAN TRAIN FRIDAYS 1:15
Looking for more players for Rumolli OR if you have a game you would like to introduce to us, please phone me and I will help set it up. Sherry 250-941-1808.

Mah Jongg

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

American Mah-Jongg

American Mah-Jongg is on Mondays at 1pm and Tuesdays at 1:30pm in the library area. FMI contact Susan at cypresstech3@shaw.ca, or phone 250-339-2979 or 778-585-1487.

Learn to Play Mah Jongg

Thursdays 10am-12pm in the Card Room. d'Esterre membership is required. \$1.00 per person. Please contact Harry at 250-702-5948 to schedule, no drop-ins.

Cribbage

Tuesdays, 7pm, in the Ballroom

High scores for May: Diane O, 836; Gents: Gerry B, 844

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.

Bid Euchre

Mondays at 7 pm in the Card Room.

FMI contact Charlie/Norma Cooper at 250-792-4075

For the Love of:

Bid Euchre – call Charlie/Norma at 250-792-4075

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
friedaho8549@gmail.com

Skillbuilder's Bridge – call Lori at 403-512-8203

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



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.



DANCEFIT SILVER (formerly Zumba)

Dancefit Silver classes are suspended for the months of July and August but will resume in September.

FMI contact Diana at 250-339-7714 or dianaterry@shaw.ca



LINE DANCING WITH BRENDA

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.



ABSOLUTE BEGINNER

CLASS consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Wednesdays 6:15 pm-7:15 pm. FMI contact 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 levels ends Wednesday, June 5.

The next 4 week session, for all 3 levels, will be Wednesdays July 3, 10, 24, 31 (no classes on Wednesday, July 17). The cost for this 4 week session will be \$20, or \$7 drop-in.





From the Men's Only Stretch Class

"I joined this class about 3 months ago because my wife suggested it might help me. I'm 63 and I was giving up on life, my body hurt and was so stiff & tired, which was impacting me emotionally. Since that first class I haven't looked back."

He got a round of applause and several, "That's a boy, just keep coming!"

Benefits of Yoga for Men

1. Flexibility & Mobility

This may be an obvious place to start, but the dynamic movements and stretches in yoga help the body become more flexible and mobile – creating far-reaching benefits for whatever other physical activity you might want to be doing. It's why there's a long-standing relationship between martial arts and yoga, and why everyone from professional footballers, basketball players and Olympic athletes, to soldiers on tour are increasingly factoring yoga into their lifestyle.

2. All over body strength & conditioning

Let's bust myth number one – Yoga is not all gentle and easy. As with most types of exercise, you can find the intensity and duration that suits you, your level, and your mood. Whilst with some forms of intense exercise the trick can be to divert your attention away from the pain and discomfort by thinking about something – anything – else, yoga really encourages you to place your full attention on every movement, giving you a greater appreciation of every muscle and joint in your body.

3. Correct years of body imbalance & prevent injuries

If, like many men, you spent a lot of your youth playing sports like football, rugby, running or weight-training, chances are high you'll have developed or stretched some muscles more than others, leaving you feeling quite inflexible in places. Hip flexors and hamstrings in particular are two areas where men are often especially rigid. Yoga is your passport to addressing your imbalances, and leading you to feeling human again through head-to-toe attention and restorative movements.

4. Reduce Stress

Yoga can release mental and physical tension, which is of particular benefit to men who have a tendency to internalize stress and anxiety. Yoga also helps to reduce levels of the stress hormone cortisol. Excess cortisol can suppress thyroid function, decrease muscle tissue, increase blood pressure, lower immunity, and increase inflammatory responses. On top of that, yoga has been found to increase your body's ability to respond to stress more effectively, by reducing heart rate, blood pressure, and easing respiration in stressful situations that typically increase these responses.

5. Get Better Sleep

A 2013 study found that older yogis reported fewer sleeping disturbances, required a shorter time to fall asleep, and scored higher on measures of sleep quality than those who didn't do yoga. The focus on breathing in yoga helps improve the strength of your respiratory muscles, which can help guard against sleep-interfering conditions like snoring or sleep apnea.

(Continued)

Benefits of Yoga for Men (Continued from previous page)

6. Enhance Brain Function

It's been proven that focus, productivity, and creative insight are all improved thanks to time on the mat. A study in the Journal of Physical Activity and Health found that 20 minutes of Hatha yoga stimulates brain function more than walking or jogging on the treadmill for the same amount of time. Yoga moves the body, creating physical space and stirring up energy. Then, when we sit in meditation, we observe that energy settle so we feel the deep stillness. This extra headspace leads to better decisions, better work relationships, and increased productivity.

Of course, the benefits of yoga are not just for men! Yoga can benefit men and women of all ages. And men are not limited to taking the Men's Only Stretch class; they can enroll in any of the yoga, core, and Pilates classes offered at the Centre. Find out about the variety of classes on the next few pages and you're sure to find one that suits your needs and your schedule.

CLASS REGISTRATION

Class registration and payment of fees is done through the office and can be paid by cash, cheque, or debit. 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. You must be a member of the Centre to register for the classes; you are allowed one drop-in to try a class as a non-member if the class offers a drop-in option.

CLASS FEES

Each class has a monthly fee and a drop-in fee (for those classes where drop-in is available). Monthly and drop-in fees vary, FMI contact the coordinator.

Beginning in July, monthly fees will be calculated based on the number of classes in the month. The standard number is 4 weekly classes per month, but due to variations in the calendar and stat holidays, there could be 3 or 5 classes in a particular month. Previously, a flat fee was charged, but starting with July registration, if there are 3 or 5 classes that month, the fee will reflect that.

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

Are you looking for the challenge of the standing Asana poses to strengthen, lengthen, straighten and fine-tune your balance? Learn their names, and how to enter your pose safely and feel invigorated. This might be the class for you to make the biking/hiking/tennis/swimming & golf even better. The class is spent exploring our bodies standing, sitting, lying & hands/knees. Life moves us in all directions and so does this class. For more information or to see if this class will be good for you, call Deb 778-585-5105 to chat. See poster on p.12.

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: Barb Taylor barbtaylor88@gmail.com 250-890-3446

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

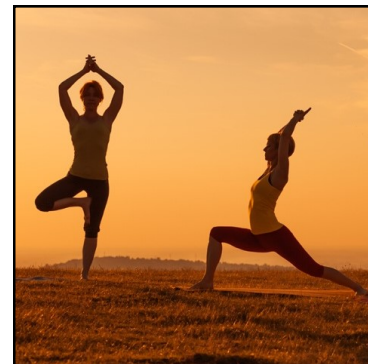
Yoga and Core Classes at the Centre



Daylight Savings Yoga

Now that the days are getting longer, enjoy this class with Deb Karlstrom on Mondays at 5pm. This stretching and strengthening class will make your summer activities (bike, hike, tennis, swim, golf) even better.

- ♥ Practice standing Asana poses to lengthen, strengthen, and fine-tune your balance
- ♥ Learn how to enter poses safely and feel invigorated
- ♥ Explore poses standing, sitting, lying, and hands & knees



Register at the Office now. For more information about this class and how it can benefit you, contact Deb at drolston@shaw.ca 778-585-5105

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 Workshop Series 1:15-2:45

Body Rolling Workshop (see poster on p. 13)

with Nancy Moelaert

Thursdays 1:15 to 2:45

June 6, 13, 20 & 27

Cost: \$40 for 4 classes

Register at office as soon as possible

Body Rolling skills will relieve tight muscles and allow you to do self-massage therapy



Core and Pelvic Floor Strengthening (see poster on p. 13)

with Signi Caine

Thursdays from 1:45-2:45

July 4, 11, 18 and 25

\$40 for 4 classes

Register at the office by June 27



Therapeutic Yoga for Back Care (see poster on p. 13)

with Tina Pringle

Thursdays from 1:45-2:45

August 1, 8, 15 and 22

\$40 for 4 classes



Thursday Yoga Workshops

JUNE

Ball Rolling Workshop Series

with Nancy Moelaert
Thursdays 1:15 to 2:45
June 6, 13, 20 & 27
Cost: \$40 for 4 classes

Register at the office as soon as possible

**Body Rolling skills will relieve tight muscles
and allow you to do self-massage therapy**

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.

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

JULY

Core and Pelvic Floor Strengthening With Signi Caine

Thursdays from 1:45-2:45
July 4, 11, 18 and 25
\$40 for 4 classes
Register at the office by June 27

Come join a class with Signi Caine designed to strengthen your pelvic floor along with your back and lower abdominals. You will also focus on breath work to support your core. You will see an increase in your overall Core Strength. Strong core and pelvic floor muscles not only support your internal organs but also aid in mobility, injury prevention, balance, and wellness.

About the instructor – Signi Caine
Signi is a Personal Trainer, a Group fitness instructor, as well as a Yoga Instructor. Signi is also qualified as a Medical Exercise Rehabilitation Specialist. She works with individuals and classes addressing their fitness goals.

AUG

Therapeutic Yoga for Back Care With Tina Pringle

Thursdays from 1:45-2:45
August 1, 8, 15 and 22
\$40 for 4 classes
Register at the office by July 25

If you suffer from occasional low back pain, this therapeutic yoga class is for you! Studies of Hatha yoga and back pain show that gentle core strengthening and spinal flexibility exercises can significantly reduce the reoccurrence of back pain. In this class, we will work on strengthening the musculature that supports the spine as well as releasing hips, hamstrings, and shoulders. This class includes an educational component so you will get to know your body better and learn how you can help yourself continue to feel good in it. Motion is lotion for your spine, keep it feeling great with this gentle movement class. No previous yoga experience is required.

About the instructor – Tina Pringle, Evolve Yoga Therapy
Tina is an advanced teacher of therapeutic yoga, Yoga Therapist, Reformer Pilates and group fitness instructor. She works with individuals and small groups addressing specific goals by exploring mindful movement, breathwork and the many tools of yoga therapy to allow the unfolding of each individual's highest potential for wellbeing. More information about Tina see [Evolve Therapeutic Yoga - Home](#)

Thirty-Seventh Annual Swimming of the Ducky's

For the 37th year running, the Comox Rotary Club will be hosting Ducky 500, the club's biggest fundraising event of the year! This year's event will begin at 11 am at Lewis Park on Canada Day, July 1st.

At 1pm we set 4,000 ducks loose in the river at Condensory Bridge. They then race towards the finish line at the 5th Street Bridge, where our Duck wranglers will fish them out of the river. The first eight ducks to make it past the finish line are the prize winners. They will be contacted shortly afterward.

You can show your support by purchasing ducky tickets online at [Ducky 500 - Rotary Club of Comox \(comoxrotary.ca\)](https://ducky500-rotaryclubofcomox.comoxrotary.ca). Also this year, physical tickets will be sold in person. Cash and credit cards will be accepted.

Comox Rotary welcomes all d'Esterre Seniors to come down to the park and enjoy the race and Canada Day festivities. Ducky's have been training hard for the big day, which in Rotary's humble opinion, is the premier duck race in all of Canada!

A single ticket is \$20, a three pack is \$55; or the best deal is 5 for \$75. Prizes this year are better than ever, with over \$11,000 in prizes, including three nights luxury accommodation at the fabulous Tofino Wickaninnish Inn and \$3,000 spending money, a stay-cation valued at over \$1,700 and more (see website).

All proceeds support local charities, such as Dawn to Dawn Action on Homelessness Society. The WeCanShelter project, started by our club, built four shipping container homes and the project continues successfully under the We Can Shelter Society. Our most recent collaborative project was the Comox Valley Child Development Association Accessibility Ramp project. Please help support these great organizations.

We are selling physical tickets and our plans include setting up a table for ticket purchase. We will be at d'Esterre Centre on June 7th from 9:30 till 12:30. If demand is great we can also set up another time.

Hope to see you on Canada Day, cheering on your ducks! And good luck!



d'Esterre Seniors' Centre Association Clubs & Activities

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

<p>Centre Office M-F 10 am-1 pm 250-339-5133</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p>	<p>Monday</p>	<p>T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun & Games Yoga (Hatha) Yoga (Daylight Savings) Bid Euchre</p>	<p>BR CRR AR BR</p> <p>CR BR</p> <p>DR DR BR 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 5:00 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 Deb Karlstrom Charlie/Norma Cooper</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 778-585-5105 250-792-4075</p>
<p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p>Rentals Yvette Menard rentals@comoxseniors.ca</p> <p>Special Events events@comoxseniors.ca</p>	<p>Tuesday</p> <p>2nd Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR</p> <p>BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 5:00 pm 7:00 pm</p> <p>7:00 pm</p>	<p>Iris Vansterkenburg Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Lori Carter Barb Taylor Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Diana Fright or Harry Piercy</p>	<p>250-890-0686 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 250-339-2979 403-512-8203 250-890-3446 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Jim Cooper 250-218-5267 builder@shaw.ca</p> <p>Cue Sports Mike Couture 250-898-4633</p> <p>Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>July 3-31 No class July/ Aug</p> <p>July 3-31 July 3-31</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 friedaho8549 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 @gmail.com 250-465-8154 250-339-3264 250-339-6528 403-863-0738 403-863-0738</p>
<p>Silver Smith Jacqueline Moore jfmoore@shaw.ca</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p>	<p>Thursday</p> <p>1st Thur. June 6-27</p>	<p>Fitness I Fitness II Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Silver Smith 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 Barbara Havers Jacqueline Moore jfmoore@shaw.ca 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 250-792-5103 shaw.ca 250-897-1374 250-890-0608</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & 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>Saturday</p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) & John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>

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