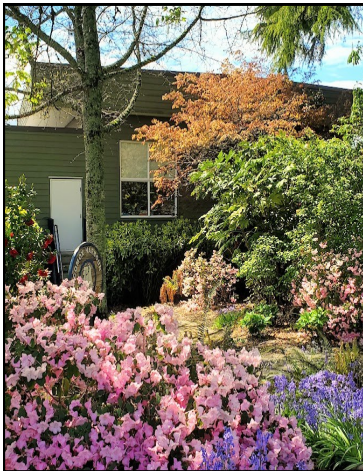




May 2024 Newsletter

Centre will be **closed** on Monday, May 20 for Victoria Day
Get your Quilt Raffle Tickets – Draw on May 11
Info Session Sat. May 25

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



Spring is abloom at the Centre!

President's Message

Just when I thought I could ride off into the sunset and leave the challenges of being President of this fine organization, no one stepped forward to carry the torch. You'll recall that we were able to fill all the board positions at our March AGM except one, that of President. It was the Board's prerogative to appoint a President and they did so at the April meeting.

"Life is a journey and every goodbye paves the way for a new Hello."
Anonymous

Once the position of Executive Director is filled in early July, being President and a Board Director will be easier. We'll be able to hand off many of the day-to-day operations to a competent manager. An executive director is the norm for non-profit organizations of our size and scope. With an executive director in place, we will move the needle from being an operating board to a governance board.

We had a wonderful Volunteer Recognition event on April 17th with over fifty volunteers attending. We were really touched by the testimonials made by volunteers who spoke of their experiences contributing to our Centre. A special thanks to the organizers of this event; Nancy, Charlene, Amber, Ralph, Roger and many others.

Volunteers are invaluable and they are the ones who make this Centre a second home for all of us.

~Raymond Morin, Past President

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Lois Higgins, Secretary
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



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

Mon. May 20 – Centre closed for Victoria Day

Sat. May 11 – Quilt Raffle Draw

Tues. May 21 – Board Meeting
10am in Council Chambers

Sat. May 25 – Info session
“Mindfulness” 10:30am in Ballroom

Looking Ahead:

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

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 for May and June 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)

BREAKFAST SERVED MON. TO FRI. 8:00am-10:30am. Enjoy a full breakfast or a breakfast sandwich to start off your day.



Hot Meal Menu

Thursday	May 2	Ham & Scalloped Potatoes
Tuesday	May 7	Roast Beef
Thursday	May 9	Liver & Onions
Tuesday	May 14	Meatloaf
Thursday	May 18	Pot Roast
Tuesday	May 21	Cordon Bleu
Thursday	May 23	Liver & Onions
Tuesday	May 28	Cutlets
Thursday	May 30	Shepherd's Pie

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

News From the Centre

From The Gift Shop

Mother's Day is generally observed on the second Sunday of May. It is a day dedicated to honouring and celebrating mothers.

To all the extraordinary, caring, smart, strong, and amazing mothers...Happy Mother's Day! Treat yourselves with a gift of nurturing love. Celebrate the women who are mothers in your circle with a gift from your heart.

Deb Karlstrom has brought in some fabulous designs in her soaps. Apparently she has some new soaps coming in for Mother's Day as well as a surprise soap. Karen Hasegawa has beautiful floral photos on cards with a dragonfly. Her dragonfly necklaces and window hangers are a nice token gift.

We welcome three new consignors...Ilene Yeomans with her fused glass jewellery, Monika Koernig with greeting cards of her paintings, and Dorothy Gardner with her knit fabric shoulder handbags. Every week there is a new consignor...don't miss checking the shop for these new arrivals.

Many thanks to the local Authors who participated in the "Meet the Authors" info session. They were given the opportunity to inform attendees about their books. Books are available in the Gift Shop for purchase.

Coming this month, purchases in the Gift Shop can be paid by debit, cash, and cheque. Credit cards are not accepted. The debit machine is a new process for us, please be patient with the Gift Shop Gals.

There is a new updated contract for consignors to sign this year. There are a few changes that you need to be aware of. Please stop in to sign your contract.

Handmade Gifts from the Heart

Happy Mother's Day 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

Coffee with Alan

Alan, our webmaster will be available to help with android phone and tablet questions on Monday morning from 9-11am, May 6 and 13 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.



NO Coffee with Al



Al will be away for October. He will be back at the corner table on June 17th.

More News From the Centre

NOW HIRING!

IMPORTANT ANNOUNCEMENT



Employment Opportunities:

d'Esterre Seniors' Centre is offering two employment opportunities: Executive Director and Office Coordinator. The Board recognized the need for additional staff to meet the challenges of managing the multifaceted Centre with its growing membership and successfully secured funding for these positions. We are now ready to accept applications. Details of the postings and job descriptions can be found on our website at [Comox Seniors' Centre - Your Second Home...](#) . Please share with persons within your network and acquaintances that you think might be interested and help us find the right people to keep the Centre a vibrant, lively, social place to be and fulfill our mission to provide people with a better quality of life as we age. Application deadline is May 22.

**Happy 80th
Birthday!**

Magi's birthday celebration was a well attended event that filled the Dining room with well-wishers.

Magi's sister, who was visiting from Scotland, wrote and presented this poem:

"For Margaret's eightieth birthday this is my second rhyme
As she said the first was too long so this will take less time
I want to thank d'Esterre for keeping her employed
She started for the wages but it was the job she enjoyed
And that's because she is good as you must already know
She's talented, dedicated and has chat to make each class flow
I'm here to say that at eighty she is independent, capable and fit
While I depend upon my husband and am happy to just knit
Mum said she had common sense but I was the clever one
But I am in awe and admiration of all that she has done
Thank you for arranging this special day she won't forget
But she'll see you at your next class as she's not retiring yet."



Magi and Hilde, 103 year old member of her class, showing that old age need not be a barrier to staying active



Magi has been teaching classes at the Centre for over 30 years!
She says, "Huge thank you to all for all the flowers and gifts and Birthday Party for my 80th Birthday. Much appreciated."



GET INVOLVED

Make A Difference

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, today, to assist a cause you believe in!



Honour Mom This Mother's Day

This Mother's Day, let's celebrate the extraordinary women who have shaped our lives with love, care, and guidance. A charitable donation in her honour is the perfect present.

Donate to the d'Esterre Senior's Centre as a meaningful tribute to Mom. By contributing to this vital community hub, you enrich the lives of seniors in our community. Whether it's providing essential support, organizing engaging activities, or fostering a sense of belonging, your donation will make a tangible difference in the lives of many.

Make this Mother's Day truly special. Whether it's in honor of your mom, grandma, auntie, god-mother, or any other fantastic "mom" figure in your life, your thoughtful gesture will be deeply appreciated.

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

SPECIAL EVENTS!

The Volunteer Appreciation Tea took place on a sunny Wednesday afternoon. Just over 50 volunteers were in attendance. Charlene, Angela, and the Board of Directors set up, decorated and served cake. Many thanks to Costco for the donations of two cakes. Board Members introduced themselves with their length of service and the committees they head up. Volunteers shared their length of service as well as the many volunteer jobs they fulfill at the Centre. It was unanimous; the d’Esterre Centre is a wonderful place to be, to gather, to share, and to be active.

The Mother’s Day Spring Tea Fashion Show has been cancelled this year. A request for volunteers to step forward to coordinate this year’s show did not happen. As mentioned previously, Cheryl Smith will be accepting the Special Events Coordinator position in September. She will organize the fashion show next year. Special Events will be taking a siesta until October.

Upcoming Events:

- Thanksgiving Dinner
- Christmas Craft Market
- Christmas Luncheon
- Christmas Day Dinner



We  our volunteers!



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

Info Sessions

INFORMATION SESSION

**May 25th at 10:30am
in the Ballroom**

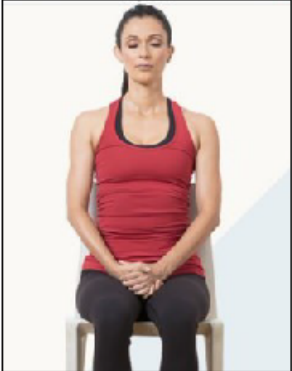
DISCOVER AN EXPERIENCE OF MINDFULNESS

lower stress

enhance calmness

manage moods and emotions

improve sleep



understand pain

reduce brain chatter

hone your ability to focus

find relaxation

Presenter - Julie Blais

Upcoming Info Sessions

Remember, due to the long week-end, May's presentation will be on the 4th Saturday

May 25th - Discover an Experience of Mindfulness

June 15th - Comox Valley Settler

July 20th - Cyber Safety

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.

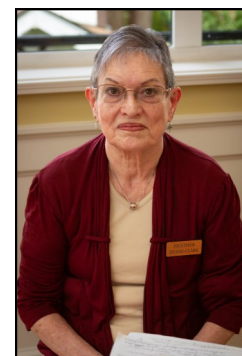
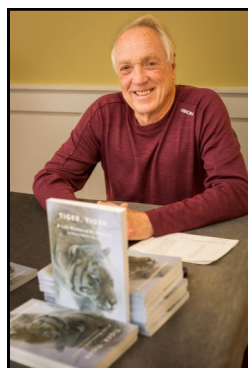
Authors (clockwise from top):

Clyde Woolman, Stewart Goodings, Heather Dean-Clark, Kathleen Kelly, Charlene Helm, Marie Maccagno, Patrick Herzog



April Info Session: Meet the Authors

Those that missed April's Meet the Authors presentation truly missed out. It was a morning to not only learn about the authors personally, but to hear what inspired their wonderful works. You can, however, still obtain any of these books in our Gift Shop.....so pick one up and enjoy!



Activities Around the Centre

Quilt Raffle

Buy a chance to win a beautiful heirloom quilt. This quilt has been completely hand-stitched and is a generous 82" x 98" to cover your Queen bed in style.

Tickets are \$2 each or 4 for \$5 and can be purchased from the Office, Kitchen, or Gift Shop.

The drawing is scheduled for Saturday, May 11.



Silversmith Workshop



During March and April, the Silversmith Club members enjoyed participating in five Friday morning Workshops at d'Esterre, taught

by an excellent instructor, Karen Griffith, Living Silver Designs, Courtenay.

We expanded our skills in making jewellery designs as we learned more about sawing, piercing, soldering, polishing, finishing and wireworks. We developed our skills while making pendants, key chains or earrings using silver, copper or bronze.



New members are required to take training, available from various Silversmiths in Comox and Cumberland, North Island College Continuing Education in Campbell River, and at Makerspace in Parksville. There is a fee for using the workshop. Once trained, the Silversmith Workshop is available for members to work every afternoon Monday through Thursday and all-day Fridays. All members must take training before using the workshop. For further information, contact Bonnie Luterbach, Coordinator at bluterbach@shaw.ca.

Wood Shop

Our Woodshop was very active, as usual. Welcome to our newest members. The enthusiasm we enjoy is contagious and people want to be part of it! Please come in with your projects or ideas. We can help repair things, build and assemble things. Are you struggling with Ikea furniture? Please let us help you.

Dozens of fascinating creations are produced each month. The wood lathes are very busy with Ray's pens, Greg's bowls and Gary's imaginative boxes, holders and ornaments. Many other, more utilitarian products are part of our Shop output. Shown, are two recent projects:

Myriam has built a beautiful, cedar door for her garden shed.



Jim built a yellow cedar garden bench as a 50th Anniversary gift. Surprise yourself by discovering your own natural talents. Pay \$10 and come on down!



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) 898-4666, 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. May 15 start time 10 am at Elk Falls tourist info. parking area Campbell River, followed by lunch at a local restaurant. Arrange your own travel.

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

Contact person: Sharon shpaterson@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.



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.



Comox Rotary Drive-Thru Shredding Day

Spring cleaning time is right around the corner and Comox Rotary is pleased to announce their 2nd annual Drive-thru Shredding Day to be held Saturday, May 4th from 10am to 2pm at the Driftwood Mall parking lot, Courtenay.

"Who doesn't have a box or two of outdated tax returns or old, personal papers cluttering up their garage?" remarked Comox Rotary President Maureen Fritz-Robert. "We are putting the call out to the public to load those boxes of old documents into their cars and come on down to the Driftwood Mall on May 4th. We will take care of the rest." Partnering with Record Express, Comox Rotarians are excited to work with the professional shredding company. "Secure document destruction is their business and we know we are in good hands" stated President Fritz-Roberts. New this year is the addition of a second drive thru shred lane to allow for quicker service.

Rotarians like to help their community and Drive-thru Shredding Day will help Valley residents to de-clutter and at the same time support the good works of Rotary. Cost is \$15.00 per banker's box or equivalent. Cash, debit or credit card accepted.



Activities Around the Centre

Duplicate Bridge

The d'Esterre Seniors' Centre Duplicate Bridge Club now has its own website. It will be used 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'EsterreSeniorsDuplicateBridge.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 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.

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 1:30 PM 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 April:

Ladies: Diane O, 846 Gents: Glen S, 840

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.

Fun & Games/Mexican Train

Monday and Fri 1:15 in the Cafeteria. Come join us for games such as Mexican Train, Scrabble, Crib, Chicken Feet. We need more Rumolli players!

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. Dancefit is 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 .

6 week session May 1-June 5, \$30/6 weeks or \$7 drop-in per class.



Classes Around the Centre

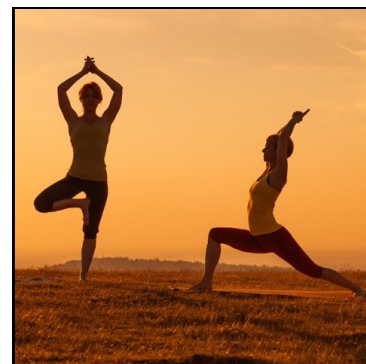


Daylight Savings Yoga

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



MAY

Gentle Somatic Movement

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



\$50 for five weeks

Register at the office

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.](http://www.carolynrmt.com)

JUNE

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 shoresofserendipity@shaw.ca for more information.

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.



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

Thursday Yoga Workshop Series 1:15-2:45

Gentle Somatic Movement (see poster on p. 12)

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

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 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 poster on p. 12)

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.

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. 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.

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.

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 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 778-585-5105 403-512-8203</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 Apr 9-May 14</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock & Gem Club Art Play Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</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 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 @gmail.com 250-339-6706 250-897-1374 250-897-1374 250-339-2979 250-218-5431 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 May 1-June 5</p> <p>May 1-June 5 May 1-June 5</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>Silversmith Bonnie Luterbach bluterbach@shaw.ca 250-465-1948</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p>	<p>Thursday</p> <p>1st Thur. May 2-May 30</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 Barbara Havers 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 250-792-5103 250-465-1948 250-897-1374 250-890-0608</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p> <p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-941-1808</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)