



# July 2024 Newsletter

Centre closed Monday, July 1 for Canada Day  
Info Session July 20, "Cyber Safety"

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



Summer at the Centre

### 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

### President's Message

The big news in June was the hiring of our first Executive Director (ED), Alex Jegier. Your Board began discussions on hiring an ED four years ago and we finally achieved that objective. Alex comes with the skills and experience to manage a seniors' centre such as ours. He managed ElderActive in Whitehorse for several years with a good deal of success.

I'm pleased to announce that Nina has also been confirmed in her present position in our Centre's Office. As well, Patty will continue as the office assistant.

We will now begin the transition from a Working Board governance model to a Governing Board model. A Working Board model with a membership of 1200 is not a sustainable model. All non-profit organizations of our size or smaller have an Executive Director leading and managing the day-to-day operations and staff. Our transition to a different governance model will take around six months. The day-to-day management responsibilities and tasks will be delegated gradually from the President, the Executive Committee (in particularly from the Treasurer), and certain Board-chaired working committees to the ED.

We still need and value our 100 volunteers who coordinate our Clubs, Activity Groups, Kitchen, Gift Shop, Office, Library, on the Board and on Committees. We are and will remain a volunteer-based Centre. The 1000 members and clients who come through our doors every week will continue to be well served and in large part by volunteers. A year ago we did a corner of the napkin count of 1000 volunteer hours a month put in by volunteers.

Special thanks to the Working Group led by Mike Couture, who arranged for Office space for Alex downstairs. The former Library Storage/Sorting function has been moved to the Cue Sports room at very little cost. A great example of team collaboration within this group.

~Raymond Morin, President



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

## Events and Notices

Mon. July 1 – Centre closed for Canada Day

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

Sat. July 20 – Info session “Cyber Safety” 10:30am in Ballroom

Looking Ahead:

Mon. Aug. 5 – Centre closed for B.C. 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.

You must be a member to participate in any activities or classes offered at the Centre. Non-members can enjoy eating at Dei’s Café and shopping in the Gift Shop.

## Centre Rentals

The Centre is available for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life. The Ballroom has a capacity of 115 and the dining room holds 50. Members of 2 years or more receive a discounted rate.

Rental information can be found on the website: [Services – Comox Seniors\\* Centre](#).

For more info or to book a rental, contact Yvette Menard at [rentals@comoxseniors.ca](mailto:rentals@comoxseniors.ca).

### The Centre Ballroom



## 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	July 2	Meatloaf
Thursday	July 4	Liver & Onions
Tuesday	July 9	Ham & Scalloped Potatoes
Thursday	July 11	Shepherd’s Pie
Tuesday	July 16	Chicken Caesar Wrap/Potato Salad
Thursday	July 18	Liver & Onions
Tuesday	July 23	Cold Plate
Thursday	July 25	Roast Pork
Tuesday	July 30	Roast Beef
Thursday	Aug 1	Liver & Onions

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

## News From the Centre

### From The Gift Shop

There's a whole lot of monkey business going on in the Shop this month. Line dancer mama, Brenda, is looking for homes for her little monkeys. Each one has a unique name, made from socks for that cozy, cuddly feeling. Come in and hang out with these little guys...they are sure to make you smile.



July is a great month for summer fun and celebrating our Canadian heritage. Our maple leaf flags fly high, rippling in the winds and showing our pride.

The Gift Shop takes pride in showcasing the wide range of talent our members bring in to share.

Relatively new to the art of pottery, Lyne's designs show her Canadian pride. Decorative plates crafted into textured maple leaves, fish, and leaves. Lyne's retirement gift of a potter's wheel has opened up a whole new talent she is enjoying. Come in to see all of her works of art.



Potter Lori has brought in her latest pillow pockets. What's a pillow pocket? These are waterproof vases that look like pillows. They are ideal for succulents, short stem blooms, or dry flowers. Made from clay and glazed uniquely to complement any home decor.

Looking for a specialty card designed for that special person in mind? Our selection of cards come in many crafted and photographic designs. Priced from \$4 to \$6, these cards are keepers. Give a card from the heart.

New consignors always welcome. Contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) to consign your creations.

Handmade Gifts from the Heart



June was a busy month for the library. The Book Sale made \$150 with all proceeds donated to the Centre! Thank you to all who came by and participated. The extra book storage that had been located in the room below the office was moved to the Cue Sports room to accommodate the new ED office.

### NO COFFEE WITH AL OR ALAN



Al and Alan will not be available for computer help in July.

### Special Occasion Cards



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

Betty Edwards By phone: 250-339-9752

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

## Info Sessions

**INFORMATION SESSION**

**July 20<sup>th</sup> at 10:30am  
in the Ballroom**

**CYBER SAFETY**



**Presenter  
Terry Hooper**

***ARE YOU SAFE?  
Join us and learn***

### Upcoming Info Sessions

July 20<sup>th</sup> – Cyber Safety

Aug. 17<sup>th</sup> – Intergenerational Connections

Sept. 21 – Understanding Arthritis

Information Sessions are provided solely for informational and educational purposes and are not intended to be an endorsement of any particular product, service, or business.

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

### June Session: Comox Valley Settlers

Christine Dickinson presented an informative history of the early settlers of the Comox Peninsula.



*Make a Difference!*  
**DONATE**

Donating to a cause that's close to your heart provides support for something you're passionate about. You also benefit from a tax credit.

How do I make a donation?

- You can donate online through the Canada Helps link on our website.
- Make a One-time Gift or join our Monthly Giving program. It's safe and easy to do on the Canada Helps secure website.
- You can give in honour of a loved one, and there's an option to send an e-card for special occasion gifts.
- Make a donation at the office using cash or debit.

The d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity.

Registered Name: d'Esterre Seniors' Centre Association

Business No: 119229763RR0001 CRA REGISTERED

## More News From the Centre



d'Esterre Centre welcomed its first Executive Director, Alex Jegier, with a cake and coffee celebration on June 27th. Members, volunteers, staff, and board enjoyed chatting with Alex while partaking of strawberry shortcake baked by kitchen volunteer Sarah (our Angel Baker for Dei's Cafe) and assembled by Lois and Joan.

Before moving to the Comox Valley, Alex was the Executive Director of the ElderActive Recreation Association in Whitehorse, Yukon, where he was accountable for planning, leading, and evaluating the delivery and operation of their programs and services and guiding the organization through the COVID-19 pandemic. He has successfully managed teams, secured essential funding, and fostered positive community relations. This experience is a perfect fit for our new Executive Director role.

Alex holds a Specialized Honours Bachelor of Science in Kinesiology and Health Science and is currently pursuing a Master of Business Administration in Executive Management at Royal Roads University.

From Alex: "I am honored to join the d'Esterre Seniors' Centre Association as its inaugural Executive Director. I look forward to working closely with the Board, staff, volunteers, and community members to enhance the quality of life for seniors in the Comox Valley. Together, we will continue to build a supportive and vibrant community for all our members."

Alex will be working out of his office downstairs (across from the elevator) and familiarizing himself with the Centre and its activities. He is eager to meet everyone so feel free to introduce yourself.



The beautiful and delicious cake



Alex and Board member Myrna



Alex chats with members



## Happenings Around the Centre

### EMBRACE MINDFULNESS with Julie Blais



#### Free Weekly Guided Meditation in July

Embarking on a journey of mindfulness offers a wealth of enriching benefits. Regular meditation practice can improve focus, cultivate inner peace, and foster a deep sense of tranquility. By becoming more present in your life, you enhance self-awareness, gaining invaluable clarity and insights. Additionally, meditation is a powerful tool for navigating anxiety, worries, sleep troubles, and chronic pain.

Join Julie Blais, an experienced practitioner and instructor, for a weekly 30-minute guided meditation session and experience the transformative power of mindfulness firsthand. Each session is followed by a Q&A to address any questions you may have. These sessions are thoughtfully crafted to support both beginners and those with experience, providing accountability and helping establish a regular meditation practice in a serene and secular environment.

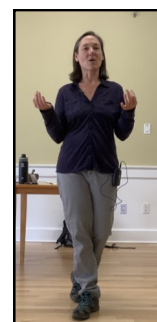
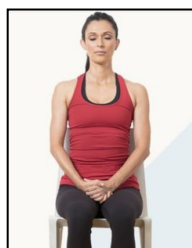
Embrace mindfulness with Julie and unlock its profound potential for your well-being.

When: Wednesdays - July: 3rd -10- 17- 24th.

Time: 10 am

Duration: 45 min.

This session is free but you must hold a 2024 membership to participate.



## This Month's Chuckles

### Puns for Educated Minds

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was had-up for littering.

Two silk worms had a race. They ended up in a tie.

A hole has been found in the nudist camp wall. The police are looking into it.

Atheism is a non-prophet organization.

Two hats were hanging on a hat rack in the hallway. One hat said to the other, "You stay here; I'll go on a head."

A sign on the lawn at a drug rehab centre said: "Keep off the Grass."

The midget fortune-teller who escaped from jail was a small medium at large.

A backward poet writes inverse.

When cannibals ate a missionary, they got a taste of religion.

If you jumped off the bridge in Paris, you'd be in Seine.

A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion per passenger."

Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

## Activities Around the Centre

### Gift Shop Volunteer

Volunteer with a team dedicated to promoting & selling talented artisan's crafts.

Commit once a week.

Cash, customer service, computer skills, & retail experience an asset.

Training available



Join our Team of Dedicated Volunteers

Contact:  
Nancy Kremer  
Gift Shop Coordinator  
nancy2fancy@shaw.ca



#### All in the Family

Here are mom and daughter Iris Peterson and Leanne Ward going to yoga together. Leanne is our newest member #1205! How lucky to be able to yoga with her mom!



### 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.

## More Activities Around the Centre

### Cue Sports

Changes are happening in our Cue Sports Club room. New pool table lights and... roomies! The corner of the pool room, where stuff has been stored for years, is being converted into our Centre's librarians' new work area. Their original area, near the lower level elevator, is being converted into our new Executive Director, Alex Jegier's, office. Care is being taken to ensure that all occupants sharing facilities can continue to work and play comfortably and in the friendly spirit that we promote throughout our Centre. Alex's baptism was by fire as he rolled up his sleeves with other members and did much of the heavy lifting during some of the conversion work. You're off to a great start Alex! Welcome! Mike Couture, Convenor, (250) 898-4633, couture.mike.r@gmail.com.



### Wood Shop

The big news for the Woodshop is our new, dust extraction system. Our old unit was allowing dusty air to circulate throughout the Shop and elsewhere. The new one is three times the capacity of the old unit and it really "sucks"!

We had a courtesy inspection of our Shop by WorkSafe B.C. I was pleased we could be in compliance with regulations for air quality and possible fire risks from wood dust. All machine guarding was acceptable and our Shop cleanliness was notable.

Shop activity is slower, now we are into Summer. This is a great time to get your favorite project going or to have some instruction. Contact Jim at builder@shaw.ca or 250-218-5267.

### 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.



### 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.



### 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-



### 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. July 17th Pub to Pub trail along the Oyster River. The start time is 10 am.

North of the Comox Valley when you go over the Oyster River bridge, turn right on Glenmore Rd. then left on Regent Rd for the parking area.

Lunch will be 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



## 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'Esterre_Seniors_Duplicate_Bridge_Comox_British_Columbia_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 10 minutes before play time.

### 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

FUN & GAMES will continue through the summer

MON 1:15 Chicken feet & Mexican train (no points)

FRI 1:15 Rumolli & Mexican train (no pts)

We are looking for more players to join us. All are welcome...the more, the merrier. Come stay cool and have some laughs with us. Enjoy the summer....be healthy, happy and stay hydrated! 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 June: Jenepher M, 839; Gents: Terry F, 819

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.

New players are always welcome, and if you'd like to play but don't know how or are 'rusty' contact Diana to set up some lessons or refresher games.

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

### Skillbuilder's Bridge

You don't need a partner or expertise to play Skillbuilder's Bridge - just basic lessons (recently or in the past). You can bring your 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

### 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](mailto: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.

The July session for the evening classes has 3 classes on Wednesday July 3, 24, 31 (no class on July 10 or 17). The cost for this 3 week session is \$15, or \$7 drop-in.

**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 July session for the morning class has 4 classes on Wednesday July 3, 10, 24, 31 (no class on Wednesday, July 17). The cost for this 4 week session is \$20, or \$7 drop-in.





## 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](mailto:drolston@shaw.ca) 778-585-5105

### 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 Yoga 3:00-4:30 Janet Haigh**

Come explore the benefits of gentle movement with intentional breathing to soothe your nervous system, release turbulent thoughts, ease physical tension, balance energy, and leave feeling refreshed body, mind and spirit. Yoga is the gift you give yourself! Options offered to encourage you to try, linger, rest and breathe as you require, moment by moment. Classes led from a trauma-sensitive approach to optimize choice-making. Learn more about Janet by visiting [www.blueskyyoga.ca](http://www.blueskyyoga.ca).

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

## Yoga and Core Classes at the Centre

**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**

**Core and Pelvic Floor Strengthening** (see poster on p. 14)

**with Signi Caine**

Thursdays from 1:45-2:45

July 4, 11, 18 and 25

\$40 for 4 classes

Register at the office



**Therapeutic Yoga for Back Care** (see poster on p. 14)

**with Tina Pringle**

Thursdays from 1:15-2:45

August 1, 8, 15 and 22

\$40 for 4 classes

Register at the office by July 25



**Gentle Somatic Movement** (see poster on p. 14)

with Carolyn Piggott, Registered Massage Therapist & Somatic Yoga Instructor

Thursdays from 1:15-2:45 pm

September 5, 12, 19, and 26

\$40 for 4 classes

Register at the office by August 22. 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 re-connect 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 Piggott 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.

# Thursday Yoga Workshops

## 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 1:15-2:45

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](#)

## SEPT

### Gentle Somatic Movement

Thursdays 1:15 – 2:45

September 5, 12, 19 & 26

\$40 for 4 weeks

Register at the office by Aug. 23



Join [Carolyn Pigott, Registered Massage Therapist and Somatic Yoga Instructor](#) to learn:

- How stress and pain work in your nervous system and how to relieve it with gentle movements.
- How deep breathing and mindfully easing into movement can strengthen your neuromuscular awareness.
- How you can use this new awareness to change your habitual postures of imbalance back to comfortable ways to move in everyday life.

Handouts will be available for home practice. [This class is suitable for anyone who can get down onto a mat.](#)

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

## Yoga and Core Classes at the Centre

**Thursday**      **Yoga**      **3:00-4:30**      **Deb Karlstrom**

This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cuing is offered, modifications explored and encouragement of willingness to entertain possibilities.

To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings often from Mary Oliver & others and sends one back into their life rejuvenated.

Coordinator: Karen Fraser      frasertransfer@shaw.ca      250-890-0608

**Friday**      **All levels Yoga**      **9:00-10:30**      **Nancy Moelaert**

This KRIPALU yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath, to find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and also includes variety to accommodate less flexibility and you are encouraged to work at your personal level. To learn more about Nancy visit [www.shoresoferendipityyoga.com](http://www.shoresoferendipityyoga.com)

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

**Friday**      **All levels Yoga**      **10:45-12:15**      **Nancy Moelaert**

This KRIPALU yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath, to find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and also includes variety to accommodate less flexibility and you are encouraged to work at your personal level. To learn more about Nancy visit [www.shoresoferendipityyoga.com](http://www.shoresoferendipityyoga.com)

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

**Friday**      **Chair Yoga**      **1:00-2:00**      **Deb Karlstrom**

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile.

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

**Don't forget to bring a KING size pillow case to sanitarily cover a bolster for YOGA classes.**

**Participants are to bring their own mat and props; including blocks, pillow case, blanket, and yoga strap. Nice to have would be an eye pillow.**

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

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

<p><b>Centre Office</b> M-F 10 am-1 pm 250-339-5133</p> <p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun &amp; Games Yoga 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><b>President</b> Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p><b>Rentals</b> Yvette Menard rentals@comoxseniors.ca</p> <p><b>Special Events</b> events@comoxseniors.ca</p>	<p><b>Tuesday</b></p> <p>2<sup>nd</sup> Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations/Stained Glass Rock &amp; 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.) &amp; John Godfrey (Director) Diana Fright or Harry Piercy</p>	<p>250-890-0686 250-465-1683 250-702-9493 250-339-9667 250-339-6966 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><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Jim Cooper 250-218-5267 builder@shaw.ca</p> <p><b>Cue Sports</b> Mike Couture 250-898-4633</p> <p><b>Rock and Gem</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b> Jul 3,10,24,31 No class July/ Aug</p> <p>July 3,24,31 July 3,24,31</p>	<p>Exp. Beginner Line Dancing <del>Dancefit Silver (prev. Zumba)</del> 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><b>Silver Smith</b> Jacqueline Moore jfmoore@shaw.ca</p> <p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p>	<p><b>Thursday</b></p> <p>1st Thur. Jul 4,11,18,25</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><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p>	<p><b>Friday</b></p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun &amp; Games Table Tennis I Table Tennis 2</p>	<p>AR BR BR BR CR DR BR BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:15 pm 3:00 pm 4:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-5772</p>
	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) &amp; John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>

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