



# August 2024 Newsletter

Centre closed Monday, Aug. 5 for BC Day  
Info Session Aug. 17, "Intergenerational Connections"  
Registration open for Sept and some Oct classes

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



Summer at the Centre

### Board of Directors

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

### President's Message

I have had the honor of serving as President since October 2021, and after six years on the Board, it's time for me to step back. I will continue to serve as Past-President until my term ends at our next AGM in March 2025. We have seen significant growth in our Centre's membership and in program offerings. We had to find the resources to face these challenges and manage this growth.

Throughout my term, I have been fortunate to work with Board members and employees who always sought ways to support and nurture our Centre while offering an excellent service to our members.

It is my pleasure to announce that at our July 15th Board meeting, current Board member Myrna Holman was appointed as President of the d'Esterre Seniors' Centre Association. Please join me in welcoming Myrna, who brings a wealth of experience, wisdom, and energy from her years in management in both the private and non-profit sectors.

Like many organizations, our Centre is facing inflationary cost pressures. Our operating costs, including services, contracts, salaries, and supplies, have risen over the past five years. Secondly, granting organizations are encouraging non-profits like ours to move towards financial self-sufficiency. Accordingly, the Board has reluctantly decided to raise the 2025 yearly membership fees to \$40.00, a modest increase of \$5.00. We will continue to offer the popular \$5.00 early-bird discount for memberships purchased during the period of October 1st to December 20th.

Sincerely,  
Raymond Morin  
Past-President

*"If you think you are too small to make a difference, try sleeping in a closed room with a mosquito."* – African proverb



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. Aug. 5 – Centre closed for B.C. Day

Sat. Aug. 17 – Info session  
“Intergenerational Connections”  
10:30am in Ballroom

Wed. Aug. 28 – Falls Workshop  
10am in Ballroom

Looking Ahead:

Mon. Sept. 2 – Labor Day, Centre closed

Mon. Sept. 30 – National Truth and Reconciliation Day, Centre closed

## Centre Rentals

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

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

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

The Centre Ballroom



## MEMBERSHIP

### 2024 Membership

2024 Memberships are half-price, \$17.50, during August and September. Memberships are available for purchase at the Office Mon-Fri from 10 am-1 pm.

**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.

**Please see p.6 for a message about 2025 membership fees.**

## Dei’s Café

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

**TRY A TACO SALAD TODAY!** Your choice of chicken or beef and the bowl is edible. A great summer lunch option.



### Hot Meal Menu

Thursday	Aug 1	Liver & Onions
Tuesday	Aug 6	Ham & Scalloped Potatoes
Thursday	Aug 8	Shepherd’s Pie
Tuesday	Aug 13	Pork Cutlets
Thursday	Aug 15	Liver & Onions
Tuesday	Aug 20	Roast Beef
Thursday	Aug 22	Cold Plate
Tuesday	Aug 27	Roast Pork
Thursday	Aug 29	Liver & Onions

The kitchen is a great place to volunteer. 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

♪♪ By the sea, by the sea, down by the sea with fishies splashing, that's where I want to be ♪♪



Ride the waves into the shop to explore Rod Smith's pottery creations. New to the shop, but not new to the Pottery Club; Rod brings the ocean species to us with intricately textured fish and starfish. His whale's tails even have barnacles on their fins. We are very fortunate to have these ideal gifts for visitors to the valley or for your home sea escape. Rod's pottery gallery at his B&B is a successful outlet for sharing his talent with many visitors. Thank you, Rod, for sharing with the Centre.

To complete our "By the Sea" theme, Deb Karlstrom has crafted her unscented koi fish, sand dollar, and starfish soaps for small pick up gifts at \$6 each. Looking for a special greeting? We have beach theme cards by Corinne Wester. Karen Hasegawa's dragonfly brooches fit easily in cards for mailing.



You hear talk of Christmas in July. It's mainly a reminder that it's just around the corner and crafters will be preparing their creations for the Christmas Craft Markets. The Gift Shop will be sponsoring the Christmas Craft Market on Saturday, November 16th from 9am-2pm. Clubs and Gift Shop Consignors will have first opportunity to participate. I would like to meet with the Club Coordinators in August to go over participation, table setup, and fees.

Consignors interested in participating can contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca)

Bask in the sun, breathe in the sea air, and enjoy your summer.

Handmade Gifts from the Heart

### Coffee with Alan



Alan, our webmaster, will be available to help with android phone and tablet questions on Monday morning from 9-11am, **Aug. 12th** in the back area of the Dining Room. Alan can help you with your questions about your Android device.

### NO COFFEE WITH AL



Al will not be available for Apple computer help in Aug.

### 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)

## Office of the Executive Director

With space in the Centre at a minimum, an office for the Executive Director had to be carved out. Under the leadership of Mike Couture, the Workspace Working Group concluded that the Library storage space was the best place for Alex. The Library space has been transferred to the northwest corner of the Cue Sports room.

Thanks to librarians Lynne and Roger for agreeing to this transfer and removing the many books and puzzles from the room. Thanks also to Mike of the Cue Sports Club, for inviting the Library to share their space.

The office needed a face lift before Alex moved in.

We are very fortunate and thankful to the following:

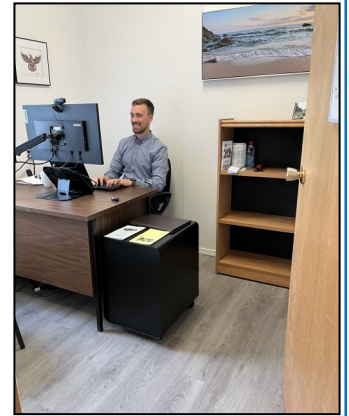
Town of Comox maintenance for painting the office.

Community businesses:

Signature West Flooring – Owners Wilf & Guy Facey donated the flooring. Installer Brice removed old carpet and installed vinyl flooring.

Waypoint Insurance donated a desk and bookshelf.

Alex looks at home in his new office....



### Wednesday, Oct. 23

We would like to share all the things going on at the Centre and to hear from you as well. This will be a "Town Hall" style meeting and we hope that many of our members attend. So put it on your calendar and look for more details to come.



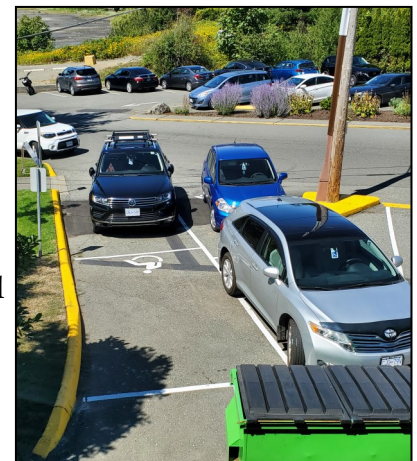
Three new bookshelves were purchased for the library from "Ready, Set, Cabinets" in Courtenay. The company was a pleasure to deal with and



we are very pleased with the standard of workmanship and service. We recommend them highly!

### Parking

We understand that the new parking isn't configured ideally as the forward car gets blocked in by the car behind. However, leaving the front spot unused defeats the purpose of having additional handicapped parking for the Centre. Please pull forward so that someone can park behind you. If you are the car behind, we suggest leaving a note on the windshield of the front car with your name and phone# to contact you if they need to get out. Let's all work together to ease the parking challenge.



## Info Sessions

### INFORMATION SESSION

August 17<sup>th</sup> at 10:30am  
in the Ballroom

### INTERGENERATIONAL CONNECTIONS

Presenter Ann Brown

- ★ *Bringing together seniors, young families and children in the community.*
- ★ *Communities thrive when contributions of all generations are embraced and engaged.*

*The Comox Valley Building Connections project looks to strengthen relationships between older adults and young families. These connections help both older and younger feel cared for and valued. They support understanding and respect between generations, and increase self-esteem and well being for all.*

*Join us to learn more and how you may want to participate.*

**THE BUILDING CONNECTIONS  
FOR VALLEY FAMILIES PROJECT**



### July Cyber Safety Session:

A full house was present when Terry Hooper provided an informative, insightful July presentation on Cyber Safety. In an era of accelerating cyber risks, many targeted at our generation, personal awareness is an absolute must. Hopefully all in attendance gained some very helpful tips. Keep an eye on the Elder College fall lineup for more on this from Terry.

### \*\*\*WARNING\*\*\*

ALERT: DO NOT respond to any email requesting you to purchase a gift card or send money. The email may look like it comes from someone you know through the Centre or other organization to which you belong. Delete the email and call the person who supposedly contacted you.

### Upcoming Info Sessions

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

Sept. 21 – Understanding Arthritis

Oct. 26 – Anti-Inflammatory Diets

\*\*Due to a rental, Oct. Session moved to the 4th Saturday\*\*

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)

### Special Workshop Session

Wed. Aug. 28 at 10am in Ballroom



### FALLS WORKSHOP

JOIN REGISTERED KINESIOLOGISTS STEPHANIE DEVONSHIRE AND KIM JACCARD FOR BOTH AN EDUCATION AND MOVEMENT WORKSHOP. TOPICS DISCUSSED INCLUDE AGE RELATED CHANGES IN THE BODY, RISK FACTORS AS WE AGE, THE DANGERS OF FALLS, AND THE PREVENTATIVE INTERVENTION OF EXERCISE THERAPY.

FREE

AUGUST 28TH  
10:00am

D'ESTERRE  
SENIORS' CENTRE

## More News From the Centre

### 2025 Membership Fees

The cozy feeling that permeates throughout our Centre is a product of the “old-fashioned” way that we run things. The low costs to participate in activities, the low cost of soup and sandwiches in Dei’s Café, and the Centre’s general homey atmosphere are reminiscent of the good old days. (Check out the quilts and locally produced artwork that decorate our Centre’s walls!) A relaxed culture exists within our Centre that makes us all feel warm and welcome. It’s a nice place to be. But... time marches on!

Our Board faces the daunting task of keeping the Centre running while not shaking things up too much. It tries to shield us from the impact of exploding costs by seeking out subsidies and grants wherever they can be found. These grants have allowed the Centre to hire a part-time Executive Director to lead and manage the day-to-day operations and staff. In order to ensure the Centre’s long-term financial sustainability, the Board must find ways to reduce its reliance on grants. As part of this effort, the decision was made to raise the membership fee to \$40 for 2025.

There will continue to be the early renewal discount of \$5. Between October 1 and December 20, renewed memberships will be \$35.



### 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

### Kitchen

The summer has been slower but things will pick up in September. We will be needing kitchen volunteers then and August would be a great time to learn the ropes when it's not quite as busy. Volunteering in the kitchen involves tasks such as taking orders and payment, making sandwiches, running the dishwasher. It's a busy and lively place to be. If you are interested, contact Dei at lafon-ddeidre378@gmail.com or 250-650-6459.

### Office

Just like the kitchen, the office has been a little slower in the summer and we welcome volunteers to come train in August. The main task for office volunteers is signing people up for memberships and classes. A smile and neat handwriting are a plus! Office hours are 10am-1pm. Stop by the office or contact Nina at 250-339-5133 or office@comoxseniors.ca to find out more.



This month, make the most of your charitable donations by supporting our seniors.

d’Esterre Seniors’ Center offers vital services and programs that make a tangible difference.

Our programs combat social isolation, enhance physical and mental health, and ensure that our seniors lead independent, fulfilling lives.

Make a lasting impact by choosing one of our easy donation options today.

1. Visit our office to make a donation and a personal connection.
2. Donate through our website using Canada Helps.
3. Join our easy monthly Giving Program and support the Centre all year long.

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

## Goodbye, Anne-Marie!

We said Goodbye to Anne-Marie Hartman, who has been teaching the YOGA at 3 pm on Mondays since 2021. Anne-Marie accepted a position as a Lighthouse Keeper with the Federal Government and is posted at Quatsino on Kain's Island on the West Coast near Nootka Sound. We will miss Anne-Marie and her amazing classes but look forward to hearing about her adventures. We celebrated her new position with a post-class pot-luck. GOOD LUCK, Anne-Marie!



View from the lighthouse



Kain's Island

## Other News

The Centre's gone international!  
Welcome to our 2 new members,  
Felicity and Mike Pettifer, from  
Geerdemvaart Mechelen, Belgium.  
Here for the summer!



**Comox Recreation at the  
Comox Community Centre**

### **Grandparent & Tot Open Gym**

Birth - 5 years

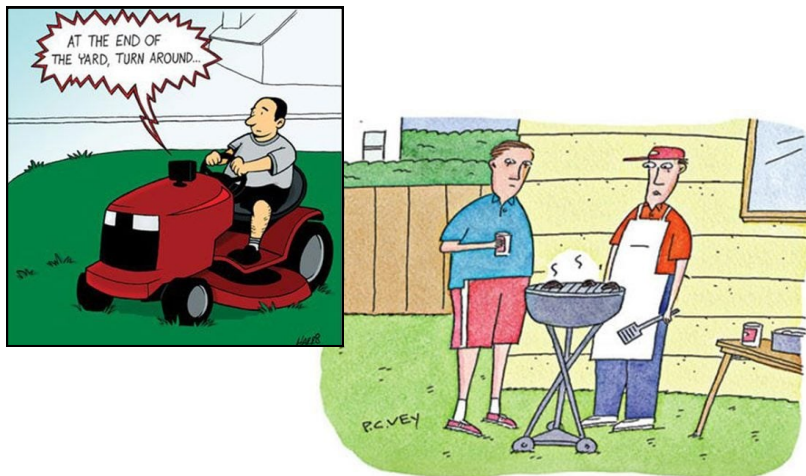
Take advantage of open gym times and drop into our facility to play with your grandchildren and meet other active seniors in the community. A variety of toys and sports are provided. Adult supervision required. No sessions Sep 19 & Nov 7.

Location: Gym A

**Thu | 1:00 - 2:30 pm**

**Drop-in | Sep 5 - Dec 19 | FREE!**

### **This Month's Chuckles**



"And now I just step back and let the grilling process destroy any nutritional value it might have had."

## **Activities Around 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](mailto:jfmoore@shaw.ca)) as Bonnie Luterbach will be away. Eileen Phillips (email [singingsandbeach@gmail.com](mailto: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

As is normally the case in other areas of our Centre during the warm summer season, pool activity has slowed in our Cue Sports Club room. However, the physical changes made to accommodate and share the room with our Centre's librarians continue and should be completed by the time things pick up in a month or so at the tables. Meanwhile, as is always the case, our room is a great place to relax while enjoying the games we enjoy. Cheers, Mike Couture, Convenor, (250) 898-4633, email [couture.mike.r@gmail.com](mailto:couture.mike.r@gmail.com).



### Wood Shop

Things in our Woodshop are a little bit quieter, with Summer here! Greg is often at the lathe in the afternoon. It's a great opportunity to watch a Master turning. Get those mirror neurons working, ask a few questions at appropriate moments. We have had two new members sign up. Karen made a cutting board and is now restoring 2 pieces of heritage garden furniture. Susan was also in, working on her piece. Ralph and I are assisting with the installation of shelving units in the new Library Storage Area. Always my pleasure to work alongside Ralph! I'll be away for much of August, enjoying boating and fishing in our Discovery Islands. See you in September! FMI contact Jim at [builder@shaw.ca](mailto:builder@shaw.ca).

### Rock and Gem Club

The Rock and Gem (Lapidary) Club is open to any member interested. We invite potential new members to take "the tour". With our club, there's training, field trips, and lots of fun. Contact Ralph Bruinink at 250-339-6966.



### 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 250-941-2518.



### 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.

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

Saturday, August 31 start time 10am at Paradise Meadows, Mt. Washington.

Meet in the parking lot on Nordic Dr., lunch will be at the café in the resort area.

Contact person: Sharon [shpaterson@shaw.ca](mailto: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](mailto: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 July: Bea H, 840; Gents: Harry P, 841

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](mailto: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



Aloha

### DANCEFIT SILVER (formerly Zumba)

Dancefit Silver classes are suspended for August but will resume in September.

This aerobic 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, and improve posture, coordination and balance to prevent falls.

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

Wednesdays, 10-11am. \$20/month, \$7 drop-in.



### 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 August session for the evening classes has 4 classes on Aug. 7,14,21,28. The cost for the 4 week session is \$20 or \$7 drop-in.

The Sept session for the evening classes has 3 classes on Sept 11,18, 25. 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 August session for the morning class has 4 classes on Aug. 7,14,21,28.

The Sept session for the morning class has 4 classes on Sept 4,11,18,25. The cost for each 4 week session is \$20, or \$7 drop-in.

## 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 suspended for August and will resume in September.

**Thursday Yoga Workshop Series 1:15-2:45**

**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 as soon as possible.



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

with Carolyn Pigott, 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 23. For more information, please email [carolynrmt@yahoo.ca](mailto:carolynrmt@yahoo.ca)



**Ball Rolling Workshop** (see poster on p. 14)

with Nancy Moelaert

Thursdays from 1:15-2:45 pm

October 3, 10, 17, 24, 31

\$50 for 5 classes

Register at the office as soon as possible.



## 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 to register for a class; 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.

Monthly fees are calculated based on the number of classes in the month.

## 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 Yoga Workshops

## 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](http://evolvetherapeuticyoga.com)  
([evolvemovementtherapy.ca](http://evolvemovementtherapy.ca))

## 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 on to a mat. [www.carolynrmt.com](http://www.carolynrmt.com)

## OCT

### Ball Rolling Workshop Series

OCTOBER

with Nancy Moelaert

Thursdays 1:15 to 2:45

October 3, 10, 17, 24, 31

Cost: \$50 for 5 classes

Register at 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 welcome. Contact Nancy at [shoresofserendipity@shaw.ca](mailto:shoresofserendipity@shaw.ca) for more information.

## 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 250-792-0075</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> Aug 7, 14, 21, 28 No class Aug</p> <p>Aug 7, 14, 21, 28 Aug 7, 14, 21, 28</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@gmail.com 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 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>No class Aug</p> <p>1st Thur. Aug 1, 8, 15, 22</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)