



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

Email: office@comoxseniors.ca



Hello, fall!
Come on in for a bowl of hot soup.

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

October 2024 Newsletter

Thanksgiving Dinner Sat., Oct. 12
Centre closed Monday, Oct. 14 for Thanksgiving
Info Session Oct. 26, "Anti-Inflammatory Diets"

A Message from Alex

Hello d'Esterre Members,

I am back from my MBA studies in Grenoble, France and ready to dive back into the life and projects here at the Centre. Fall is a great opportunity to reset and get back into healthy routines after a summer of traveling, family visits, or simply enjoying what the Comox Valley has to offer. To all of you, welcome back!

October has traditionally been a time to reap the harvest and give thanks for the bounty in our lives. On that note, I am thankful for the Comox Rotary Club and Coastal Community Credit Union for helping fund our new A/V system in the ballroom. These upgrades will help ensure that we have easy connectivity for music and microphones for our classes and rentals. Thanks to West Coast Home Theatres for installing the system, and all who helped in coordinating, especially Dave Robinson.

Related to giving thanks, I hope that you will join us at our Thanksgiving dinner to celebrate, practice gratitude, and enjoy the company of other members. If you are unable to join this dinner because of our limited capacity or other reasons, I hope you can join the d'Esterre community in other ways.

We are gearing up for our Town Hall and World Café on Wednesday, Oct. 23rd. We ask you to register for this event starting on Oct 4th. Details on how to register will be available through posters around the Centre and via email. Registration is important because it allows us to plan the logistics for this event. It also allows the board and staff to prepare answers to any questions you may have at the Town Hall portion. Remember, this will be a chance for you, our members, to directly talk with the board and staff, as well as provide critical feedback that will help us better serve you.

The World Café portion of the day will be a chance to collaborate on critical areas of our centre and how we can "dream big". This process will be facilitated so all you need to bring is yourself. We are also looking for a handful of volunteers for this event. For those members who have experience with facilitation or members who like to record what other people are saying, please connect with me by emailing alex@comoxseniors.ca or chatting with me.

Another important way for us to gather feedback on how we are doing and what members are wanting at the centre is through our annual member survey. Over the last two years we have seen a fantastic response rate to this survey, which in turn has helped guide the direction of the board, staff, and ultimately, the d'Esterre Centre. Please look for this survey closer to the end of the month.

Continued on next page

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

Sat. Oct. 12 – Thanksgiving Dinner
4:30pm in the Ballroom

Mon. Oct. 14 – Centre closed for
Thanksgiving Day

Mon. Oct. 21 – Board Meeting 10am
in Council Chambers

Sat. Oct. 26 – Info Session “Anti-
Inflammatory Diets” 10:30am in
Ballroom

Looking Ahead:

Mon. Nov. 11 – Centre closed for
Remembrance Day

Sat. Nov. 16 – Christmas Craft Mar-
ket

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



A Message From Alex Continued

Another important way for us to gather feedback on how we are doing and what members are wanting at the Centre is through our annual member survey. Over the last two years we have seen a fantastic response rate to this survey, which in turn has helped guide the direction of the board, staff, and ultimately, the d’Esterre Centre. Please look for this survey closer to the end of the month.

Finally, we have some grant proposals coming due and want to hear from members, activities, and clubs about needed equipment or programming. For example, we’ve already applied for replacing our 15 year-old kitchen stove. Perhaps you have other items that need to be replaced or you have a wish list to help you stay active and engaged? Please talk to me about that and we will see how we can help.

Best,
Alex Jegier
Executive Director
alex@comoxseniors.ca

Dei’s Café

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

Breakfast options include muffins, a breakfast sandwich, or a full breakfast. Lunch options are soup, salads, and sandwiches, as well as hot meal options on Tuesday and Thursday. There are also frozen meals to take home; ask about what is available.

Hot Meal Menu

Tuesday	Oct. 1	Meatloaf
Thursday	Oct. 3	Ham & Scalloped Potatoes
Tuesday	Oct. 8	Lasagna
Thursday	Oct. 10	Liver & Onions
Tuesday	Oct. 15	Roast Beef
Thursday	Oct. 17	Cutlets
Tuesday	Oct. 22	Shepherd’s Pie
Thursday	Oct. 24	Liver & Onions
Tuesday	Oct. 29	Cordon Bleu
Thursday	Oct. 31	Roast Pork

The kitchen is a great place to volunteer. If you would like to be part of the kitchen team, contact Dei to volunteer at lafonddeid378@gmail.com or 250-650-6459.



Membership Renewal

Membership renewal for 2025 opens on October 1st, but you have until Dec. 20th for the Early Bird rate of \$35. So there is no need to rush in to the Centre on Oct. 1 unless you enjoy long lines and stress. Your 2024 membership is valid until the end of the year.

When you come in to renew your membership, please bring your orange 2024 membership card with you to trade in and expedite the process.

You must be a current (2024) member to receive the Early Bird discount rate of \$35 for 2025 membership.

If you have been a member in the past but not in 2024, the 2025 membership fee is \$40 and includes October-December 2024. This also applies to new members.

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 are welcome to eat at Dei's Café and shop in the Gift Shop.

Wednesday, Oct. 23 – Town Hall and Global Café



We want to hear from you and work together to make the Centre the best place it can be. The Town Hall portion of the day will centre around communication with Board and staff. The Global Café will be an opportunity to collaborate and dream big. Look for more info coming soon.



Coffee with AI

AI is back! Come have coffee with AI on Monday morning from 9-11am on Oct. 7, 21, 28.. Drop in and get your iPad, iPhone, and other computer questions answered at AI's corner table in the Dining Room.



Coffee with Alan

Alan, our webmaster, will be available to help with android phone and tablet questions on Monday morning from 9-11am on Oct. 21 and 28 in the back area of the Dining Room. Alan can help you with your questions about your Android device.



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

News From the Centre

From The Gift Shop

Fall...the beginning of holiday celebrating, cool crisp colourful days, and early dark nights. As we move into this season we think of getting back into the kitchen to bake and cook delicious comfort meals. Dei and Erika did just that. Dei whipped up her very special cucumber relish. A delish addition to any meal. Erika's jam is a delight with so many flavours to try. A sweet treat on toast.

What better way to feel comfortable in the kitchen? How about a new apron? Corinne has designed a full reversible criss cross apron made from colourful fabrics.

Maryka's Give Thanks pumpkins with sweet treat inside are back this year. An ideal place setting for Thanksgiving dinner. Don't wait too long to purchase...these pumpkins roll out of the shop fast.

We welcome two new consignors to the shop...Darcelle and Sandra. These ladies like to create in their spare time. Darcelle's earrings are very eye-catching and fashionable. Sandra loves to knit warm shawls and scarves. These ladies will have lots to offer as we make space for all our consignors holiday creations.

We are now accepting warm hats, scarves, mitts, socks, slippers...all the cozy items for the season.

If there are any crafters who would be willing to donate items, the CV Hospice Society is seeking items for the silent auction held at their fund-raising event on Nov. 3. The contact is ed@comoxhospice.com.

Handmade Gifts from the Heart



Christmas Craft Market
2024
Saturday November 16th
9am-2pm
d'Esterre Seniors' Centre
3rd Annual Craft Market
Handmade Gifts from the Heart
Talented Artisans

- Handmade crafts
- Pottery
- Baking
- Books
- Puzzles
- Glass Creations
- Quilting
- Lapidary
- Silver Smith

CASH ONLY
Gift Shop OPEN
Dei's Cafe OPEN
Quiet Raffle

1801 Beaufort Avenue, Comox
(across from Town Hall)

Christmas Craft Market

Saturday November 16th 9am-2pm

Vendors and Clubs will set up on Friday, November 15th at 3pm.

Come and get your holiday shopping done in one place with unique, hand-crafted items from local artisans.

Dei's Cafe will be open.

Additional Christmas Market posters will be available at front entrance to distribute to friends, family, businesses, and places of your choice. Spread the word...

Christmas
IS COMING

SPECIAL EVENTS

Eat, Drink & Be Thankful



Gluten-Free Option

50/50 Draw

Join us for a
THANKSGIVING FEAST
OCTOBER 12

Turkey & Ham with all the Trimmings
Dinner will be served Family Style

\$25.00 per plate
\$30.00 for non-members

Limit 96 people.
Doors open at 4:30
Entertainment 5-5:30
Dinner served at 5:30

Tickets on Sale
Thursday, Sept. 26th
from 9am til 12pm
in the sun room.
After that, purchase
in the office.

Volunteers Needed

contact Cheryl
236-255-0255
smithcherylgee@gmail.com



The quilters are always busy with projects to benefit not only the Centre, but also the community. They recently received thank you's from Comox Valley Hospice and UIWONA for their donations of quilts.

Sales of raffle tickets for the 2 beautiful quilts pictured will begin on Oct. 12th with the drawing on Nov. 16. Tickets will be \$2 or 4/\$5. ALL proceeds from the raffle benefit the Centre so please support your Centre and show your appreciation for the quilters' efforts by purchasing some tickets. You may be the lucky winner of a beautiful quilt!

THANKSGIVING DINNER

There are tickets available for the Thanksgiving Dinner on Sat., Oct. 12. They can be purchased at the office by cash, cheque, or debit. Please have your membership numbers for purchasing tickets.

Upcoming Special Events:

Christmas Craft Fair – Sat. Nov. 16
Christmas Luncheon – Sat. Dec. 14
Christmas Day Dinner – Wed. Dec. 25

Please contact Cheryl if you are interested in helping out with Special Events and stay tuned for exciting new events coming to the Centre in 2025.

Quilts below will be raffled at the Christmas Craft Fair on Nov. 16
Tickets available starting Oct. 12



Striped Celery Quilt 76"x100"
Framed Coin Quilt 52"x 60"



Info Sessions

INFORMATION SESSION

October 26th at 10:30am
in the Ballroom

ANTI-INFLAMMATORY DIETS

Presenter Erin Malin

Food is real magic -
it can transform your day,
your health and your life.



Join us to learn the secrets of an anti-inflammatory diet.



Eye Wash Station

Next time you are downstairs, check out the eye wash station that was installed on the wall next to the men's bathroom. This is a Health and Safety measure for members of the Centre, particularly those involved in the various shops including Wood Shop, Rock&Gem, Silversmith, Glass, and Pottery.

Thank you to Jim Cooper for installing this equipment.

Upcoming Info Sessions

Oct. 26 – Anti-Inflammatory Diets

There will be no Info Sessions in Nov. or Dec.

***Mark your 2025 calendar for Sessions the 3rd Saturday monthly.

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

September Info Session



Garrett Wiltse gave an informative and fascinating presentation to a packed house of 100+ members. The topic of the session was "Understanding Arthritis", and the presentation covered a lot of material. For those of you who missed the presentation as well as for those who attended but would like to review the information, the slides will be posted on the website soon.



Volunteer Award Nominations

Dear d'Esterre Members,

We invite you to recognize the hard work of our dedicated volunteers by nominating someone who has made a difference in our centre. Volunteers are essential to our success, and your nomination will help us show our appreciation for their contributions. Whether they lead a project or support behind the scenes, nominating a volunteer highlights their efforts and inspires others. Let's celebrate those who strengthen our centre through their generosity and service!

Pick up a nomination form at the Office, it will give you all the details.



Seeking New Board Members: Join Us in Shaping the Future

The d'Esterre Senior Centre Board is evolving! With the recent addition of an Executive Director, our Board can now focus on governance rather than day-to-day operations. This shift allows us to concentrate on 'big picture' initiatives and long-term strategy.

As we prepare for our AGM in March, we are looking for new Board members to fill upcoming vacancies.

Who are we looking for?

We need team players who are proactive, available, dedicated, and able to see the broader vision.

As a director, you will help shape policies, drive strategic initiatives, and foster the growth of the Centre. This is your opportunity to guide the future of our Centre and positively influence the lives of our members.

If you're interested in becoming a part of our Board, we encourage you to get involved. Feel free to attend a Board meeting as a guest to see what we do. Our current Directors are also available to answer any questions you may have. Email Susan (storesdahl@shaw.ca) or Peggy (peggyrasmus@shaw.ca).

Don't wait – your senior centre needs you!

Volunteer Opportunities

Kitchen

We need kitchen volunteers! Volunteering in the kitchen involves tasks such as taking orders and payment, making sandwiches, serving customers, and running the dishwasher. In order to work in the kitchen, you must be able to stand on your feet for several hours. Shifts are from 10am-1pm. It's a busy and lively place to be and you can skip your workout that day! If you are interested in joining the kitchen team, contact Dei at lafonddeidre378@gmail.com or 250-650-6459.

Newsletter

I am looking for someone to help with the newsletter. It's fun to put together and you get an inside look at the various happenings around the Centre. Skills needed – ability to write and edit, good sense of layout, and experience with Microsoft Publisher. Contact Nina in the office (250) 339-5133 or by email at centre.coordinator@comoxseniors.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.

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

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. 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.

Cribbage

Tuesdays, 7pm, in the Ballroom

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

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



Activities Around the Centre

Cue Sports

The Cue Sports Club is planning a fun snooker tournament on the afternoon of Thursday, 24 October, in our Cue Sports Club room. This initial event will be limited to eight member players. If you're interested in participating, please get in touch with Kevin Carvill by email (kmcavill@telus.net) or by phone (236) 489-1955.



Carpet Bowling

Come bowling Mondays and Wednesdays at 1 pm. Fee for play is 50 cents a day. Everyone welcome!



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.



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, October 19th, start time 10:15 am at the Salmon Point Resort restaurant parking lot for the Pub to Pub walk. Lunch to follow at the restaurant.



Art Club

Now that summer is almost over the artists are beginning to return to our painting and drawing sessions. Some will have been travelling to far away places, perhaps exotic, or off visiting family and friends, or entertaining visitors.

We hope all will have a renewed urge to put pen or brush to paper and create new works.

We meet Monday mornings from 9 to midday arriving at our leisure. Each of us works independently in whatever medium is preferred and there is plenty of time for social discussion on art topics, critiques and advice. Occasionally we arrange a workshop with a local teaching artist.

If you'd like to join us, whether you're a beginner, a hobby painter or more accomplished artist, you're sure of a warm welcome.



Wood Shop

The Wood Shop has been a little quieter over the summer but will undoubtedly get busy with fall approaching. Become a member of the Wood Shop and get working on your projects. FMI contact Jim at builder@shaw.ca.



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.





Thanksgiving is a time for giving and sharing.

The d'Esterre Seniors' Centre is an important part of our community. It's a gathering place where people can interact, share experiences, and enjoy what interests them. For many people, it's their second home.

Why donate to d'Esterre? Strong senior centres lead to stronger, more connected communities. When seniors are actively engaged and well-supported, they will contribute their wisdom and experience to the community. That enriches us all.

Three easy ways to support d'Esterre Seniors Centre:

1. Make a donation at the office
2. Donate through our website using [Canada Helps](#)
3. Join our Monthly Giving Program online

Join us in making a positive impact: Donate today!

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 Activities Around the Centre

Silver Smith Workshop

The next Silver Smith Club meeting will be on Friday, November 8 at 1:00 pm in the Silversmith Workshop room (same area as Glass Creations). At the September meeting the members agreed to participate in the d'Esterre November Christmas market again this year. On Friday, October 18, Club members will be working together in the Club Room on projects for the Christmas market.

New members are currently welcome. We have set a maximum of 12 members. All members must take basic silver smith training prior to working in the d'Esterre Silver Smith Club workshop.

If you are interested in joining but need training, check the list of private silversmith instructors that offer training in Comox area, the web sites for the North Island Continuing Education Metal smith courses and the Parksville Oceanside Community Maker Makerspace Society. The list of local trainers is included in the information posted on the Bulletin Board in the Silver Smith workshop area.

Starting July 1, 2024, the Club membership fee is \$50.00 per person every six months. d'Esterre receives \$10.00 per person of the fee to cover space rental and upkeep for each six-month period and the remainder is used to cover Silver Smith Workshop Club operating needs.

Two years ago, the Club originally purchased tools and a workbench for one person to work at a time. A 5-day workshop held in our space this past spring confirmed that we have space for up to 12 people to share. Now our goal is to increase the number of available tools for every 2 persons to share. Once this goal is achieved members will be able to access the d'Esterre Silver Smith workshop any time during the afternoons of Monday through Thursday and all-day Friday without booking.

All members need to purchase their own metals (e.g. silver, copper, etc.) and materials that are used up, (such as solder and their own container of Bernzomatic propane for the Club's torch) or materials that are broken easily (such as saw blades). For more info, contact the Coordinator, Bonnie Luterbach at bluterbach@shaw.ca.

Classes Around the Centre

DANCEFIT

Classes are on Wednesdays, 10-11am. Cost, \$20/25 per month, depending on the number of classes each month. Drop-ins are welcome, space permitting, \$7 per class. Please pre-register and pay at the Office.



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

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. 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. Drop-in fee applies.

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 Susan Lock at westwynde44@telus.net .

There are no Line Dancing classes in October. The next session will be Nov. 27, Dec. 4, 11, 18 - \$20/4 weeks, \$7/drop-in.

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. \$15/20 per month depending on the number of classes or \$7 drop-in. FMI contact Nina at nsato@live.com or 778-992-0220.



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 (1 hr)

Tues. and Thurs. 10:00am - Fitness (1 hr)

Tuesday 11:15am, Wednesday 12:15pm, Thursday 11:15am- ½ hour Chair Fit



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.

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. FMI or to see if this class is suitable 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

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: Linda Barfoot fifthline@gmail.com 250-897-1374
- Thursday Yoga Workshop 1:15-2:45 Varies**
This yoga workshop changes monthly. See posters on p. 14-15 for updated information.
- 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**
10:45-12:15
Yoga means Union – Unification of Body, Breath, and Mind
Through the practice of:
Asanas - physical postures for strength and flexibility
Pranayama - Breathing techniques to regulate Prana (Life Force Energy)
Meditation – kind focus and awareness of thoughts, feelings and sensations
Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath. This 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 you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries 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 250-890-3466
- 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

Thursday Yoga Workshops

Thursday Yoga Workshops 1:15-2:45pm unless noted otherwise on poster
These workshops change monthly – please see the posters below and on the next page.
Registration for Nov. and Dec. workshops open now.

OCT

Ball Rolling Workshop

with Nancy Moelaert
Thursdays 1:15 to 2:45
October 3, 10, 17, 24 and 31
Cost: \$50 for five classes
Register at office by Sept 20

Try out this amazing workshop to soothe
your body

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 in to the tendons and works the entire muscle length by using soft Yamuna balls or foot props.

Once elongated, the muscle takes its full length, decompressing bones, joints, and nerves and restoring full function. We use body rolling as a self-therapy to free up physical restrictions, prevent and heal injuries and experience a new level of ease and well-being in body and mind.

Please be mindful that this practice is done on the floor and sometimes balancing on the ball. Also, a deep tissue massage may be uncomfortable. Relaxing into the ball is key to receiving the most benefit!

Body Rolling offers all these benefits:

- Tones and elongates muscles
- Improves alignment
- Increases circulation
- Develops and maintains core strength
- Stimulates nerve roots
- Stimulates organs
- Increases metabolism
- Relaxes the nervous system
- Expands the lungs and deepens breathing
- Increases body awareness

For more information, contact Nancy at shoresofserendipity@shaw.ca

NOV

OSTEO FIT WORKSHOP

Enhance your Bone Strength in this 4 week class
taught by Signi Caine

Personal Trainer and Rehab Specialist

Thursdays from 1:45-2:45

November 7, 14, 21 and 28

\$40 for four classes

Register at the office by October 25

Build Muscle & Bone in this full body strengthening class.

This class will focus on exercises which improve strength, flexibility, posture, balance, and body awareness. All aspects of this program are derived from evidence-based research in the field of osteopenia and osteoporosis. This should help you if you already have a diagnosis of bone deficiency or want to enhance your bone strength and density.

It will include:

- ◆ Back and core strengthening exercises
- ◆ Balance exercises for fall prevention
- ◆ Flexibility exercises
- ◆ Posture education
- ◆ Body awareness training

For more information contact cainesigni@gmail.com



Thursday Yoga Workshops Continued

DEC

Meditation Experience

with Nancy Moelaert
Dec. 5th and 12th
Thursday 1:15 to 2:45 pm
\$20 for two sessions

Meditation is described as;

“Self-regulation with kind awareness of the present moment in your inner world.”

Most of us assume that meditation is sitting still, focusing on one particular thing, concentrating and being passive. In our busy world, most of us not only do not have the time, but find this very difficult.

All of us have meditated at one time or another without realizing it. When you are in the “zone”, time goes by unnoticed. Sports, painting, music, walking or gardening can bring you into this space.

There are many techniques to invite the mind to be anchored into this present moment.

Meditation can be fun!

In fact if it is enjoyable, it is more likely that you will practice.

- On Dec. 5th we will explore a variety of techniques to find one that works for you.
- On Dec, 12th we will explore Osho’s Dynamic Meditation

JAN

Gentle Somatic Movement

Thursdays 1:15 – 2:45
January 9,16,23,30
\$40 for 4 weeks
Register at the office in Dec.



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



For all Yoga classes:

Don't forget to bring a KING size pillowcase to sanitarily cover a bolster.

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>Centre Office M-F 10 am-1 pm 250-339-5133</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133</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 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>Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p>Rentals Yvette Menard rentals@comoxseniors.ca</p>	<p>Tuesday</p> <p>2nd Tuesday</p>	<p>Fitness Quilters Glass Creations/Stained Glass Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR AR CRR CR BR BR BR DR CR BR BR CR</p> <p>BR</p>	<p>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>Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Lori Carter Barb Taylor Deb Karlstrom Jeannette Baron (Coord.) & John Godfrey (Director) Diana Fright or Harry Piercy</p>	<p>250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 250-339-2979 403-512-8203 250-890-3446 778-585-5105 250-339-7161 250-923-5687 250-339-7714 250-702-5948</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Jim Cooper 250-218-5267 builder@shaw.ca</p> <p>Cue Sports Mike Couture 250-898-4633</p> <p>Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday</p> <p>No class Oct</p> <p>No class Oct</p>	<p>Exp. Beginner Line Dancing Dancefit 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>Susan Lock westwynde44 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>@telus.net 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-339-0816 250-339-0816 250-650-0651 250-941-8600 250-941-6055 @gmail.com 250-465-8154 250-339-3264 250-339-6528 403-863-0738 403-863-0738</p>
<p>Silver Smith Bonnie Luterbach bluterbach@shaw.ca.</p> <p>Special Events events@comoxseniors.ca</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p>	<p>Thursday</p> <p>Oct 3,10,17, 24,31</p>	<p>Fitness Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Yoga Workshop Series Yoga</p>	<p>BR CRR AR CR BR BR DR CR BR BR</p>	<p>10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:30 pm 1:00 pm 1:15 pm 3:00 pm</p>	<p>Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Linda Barfoot Elaine Kivela Barbara Havers Linda Barfoot Karen Fraser</p>	<p>250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-897-1374 250-941-2518 250-792-5103 250-897-1374 250-890-0608</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga Yoga Chair Yoga Canasta Fun & Games Table Tennis I Table Tennis 2</p>	<p>AR BR BR BR CR DR BR BR</p>	<p>10:00 am 9:00 am 10:45 am 1:00 pm 1:00 pm 1:15 pm 3:00 pm 4:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-5772</p>
	<p>Saturday</p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) & John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>

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