



# September 2024 Newsletter

Centre closed Monday, Sept. 2 for Labor Day  
Centre closed Monday, Sept. 30 for Truth&Reconciliation Day  
Info Session Sept. 21, "Understanding Arthritis"

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



Welcome back from summer activities!

## 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

## A Message from Alex

Hello d'Esterre Members,

It's hard to believe that I'm already two months into my role as Executive Director here at the Centre! Time has flown by, and I've really enjoyed getting to know many of you and seeing firsthand what makes this place so special.

In my first couple of months, I've been focusing on making sure our staff, members, and building are the safest they can be. The three WorkSafeBC Reports from June, just before I arrived, provided a few recommendations that we are acting on. For example, it was recommended that we install an eye wash station downstairs in the card room, and I am happy to say that this has been done. Thank you, Jim Cooper, for acting so swiftly on this. We also received our kitchen health inspection and will be getting a fire inspection. I'm excited about the progress we're making, and I'm committed to ensuring that the Centre continues to be a safe and supportive space for everyone.

Looking ahead, we've got some great things in the works, like the Town Hall and World Café in October. This will be a chance for members to directly talk with the board and staff, as well as provide critical feedback that will help us better serve you. More info to come! I'd love to hear your thoughts or ideas on how we can make the Centre even better.

I also want to give a big shout-out to everyone who's made me feel so welcome since I started. Your warmth and support have meant a lot to me, and I'm grateful to be part of this amazing community.

Feel free to stop by my office downstairs, catch me in the hallway, or email me if you ever want to chat or share any ideas you might have. I'm always here to listen and learn from you. Together, we're going to keep building something special here at d'Esterre.

While I am gone for most of September for a MBA residency in Grenoble, France, I look forward to catching up when I am back.

See you around the Centre!

Best,  
Alex Jegier  
Executive Director  
alex@comoxseniors.ca

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. Sept. 2 – Centre closed, Labor Day

Mon. Sept. 16 – Board Meeting  
10:30am in Council Chambers

Sat. Sept. 21 – Info session  
“Understanding Arthritis” 10:30am  
in Ballroom

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

Looking Ahead:

Sat. Oct. 12 – Thanksgiving Dinner

Mon. Oct. 14 – Centre closed,  
Thanksgiving holiday

## 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.

Membership renewals for 2025 will begin October 1 and will be \$35 through Dec. 20. New memberships will be \$40.

**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 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

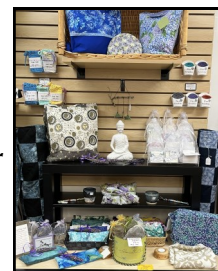
Tuesday	Sept 3	Ham & Scalloped Potatoes
Thursday	Sept 5	Cordon Bleu
Tuesday	Sept 10	Shepherd’s Pie
Thursday	Sept 12	Liver & Onions
Tuesday	Sept 17	Roast Beef
Thursday	Sept 19	Cutlets
Tuesday	Sept 24	Pork Roast
Thursday	Sept 26	Liver & Onions

The kitchen is a great place to volunteer. If you would like to be part of the kitchen team, contact Dei to volunteer at [lafon-ddeidre378@gmail.com](mailto:lafon-ddeidre378@gmail.com) or 250-650-6459.

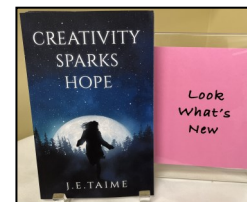
## News From the Centre

### From The Gift Shop

*Cruise into fall with relaxation and activities that keep you moving into a crisp and colourful season. New to yoga or returning? Strengthen and restore your mind, body, and spirit with the many classes that are offered. Need a new yoga bag to carry your mat in, a cover for your foam block, an eye pillow for shavasana? We have a great selection in beautiful fabric colours.*



*Home to relax with a tea cozy warmed pot of tea and your favorite pottery mug from the shop. Snuggle up with a new book from the shop to read, Creativity Sparks Hope, from our newest author Joan Grandbois. A personal story of reality and fantasy by J.E. Taime.*



*We are accepting fall merchandise and clientele look forward to seeing your creations come into the shop, especially warm cozy hats, scarves, and slippers. Create and sell your creations with us. New consignors always welcome.*

*Consignors interested in participating in the Christmas Craft Market please contact me at nancy2fancy@shaw.ca as we are taking vendors names now. More information to follow in the October newsletter.*

*On another cruise note... a few of the Gift Shop Gals & Knitters Club members are off to Alaska on a 7 day cruise. It wasn't planned as a group but it sure will be fun to see familiar faces. Bon voyage!*

*Handmade Gifts from the Heart*

### 2025 Membership

The Board has been very active and successful in receiving grants to help finance operations. 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. New 2025 memberships will be available on Oct. 1 for \$40.

### Coffee with Alan



Alan, our webmaster, will be available to help with android phone and tablet questions on Monday morning from 9-11am, **Sept. 23** 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 September

### 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)

## From the President:

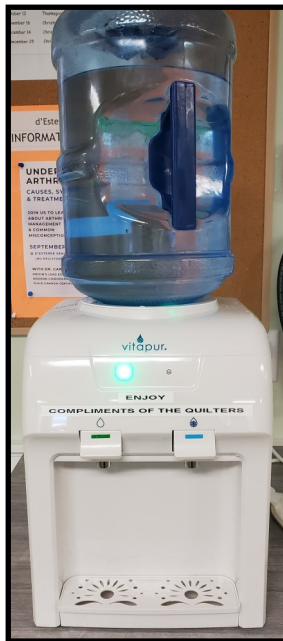
As I take on my new role as Board President, I'd like to thank Raymond Morin, Past President, for his exceptional leadership. With Alex Jegier, our Executive Director, now responsible for the staffing and operations of the Centre, the Board can focus more fully on the governance aspects of its role. Your Board is accountable to ensure that we adhere to all aspects of the BC Societies Act, the legislation that governs not-for-profit organizations. With this in mind, we are undertaking a Bylaw review as well as a review of our governance policies. We'll be working on a new Strategic Plan which will support the continuation of our programs and services with a focus on secure and ongoing funding as well as responding to member feedback from our last survey. If you're curious about the volunteer role of board member, I'd be happy to meet for coffee to discuss what this involves. Please let the office staff know if you'd like to meet with me. We'll be looking for new Board members before our next Annual General Meeting in March 2025.

Sincerely,  
Myrna Holman  
Board President



## Wednesday, Oct. 23 – Town Hall/Global Café

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.



### New Water Cooler

We hope you are enjoying the new water cooler that was donated by the Quilters. Thank you for the fresh, cold water!



### Come Get it; it's Yours

Two armchairs, a pedestal table, a small dresser, a lamp and a lazy Susan are surplus in the Cue Sports Club room and are available (free) to anyone who wants them. After October 1, what's left will leave the room otherwise. Contact Mike Couture at (250) 898-4633.

## More News From the Centre

### SPECIAL EVENTS

#### Save the Date – Thanksgiving Dinner Saturday, October 12

Many of you were disappointed that the Spring Fashion Show was cancelled due to the lack of a volunteer to coordinate it.

Special Events will start up again with the Thanksgiving Dinner on October 12th, thanks to Cheryl Smith stepping up as the volunteer Special Events coordinator. Stay tuned for more details to come in September regarding the dinner and ticket sales.

#### Upcoming Special Events:

Thanksgiving Dinner – Sat. Oct. 12

Christmas Craft Fair – Sat. Nov. 16

Christmas Dinner – Sat. Dec. 14

Christmas Day Dinner – Wed. Dec. 25

If you are interested in helping with any of the events, contact the office and we will be happy to pass on your info to Cheryl.

Quilts below will be raffled at the Christmas Craft Fair on Nov. 16  
Tickets available soon!



Striped Celery Quilt 76"x100"

Framed Coin Quilt 52"x 60"



### Kitchen

The summer has been slower but things will pick up in September. 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 generally 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](mailto:lafonddeidre378@gmail.com) or 250-650-6459.

### Office

Just like the kitchen, the office has been a little slower in the summer and we expect it to get busy in September. The main task for office volunteers is signing people up for memberships and classes. A smile and neat handwriting are a plus! Computer skills are appreciated. Office hours are 10am-1pm. Stop by the office or contact Nina or Patty at 250-339-5133 or [office@comoxseniors.ca](mailto:office@comoxseniors.ca) to find out more.

## Info Sessions

# UNDERSTANDING ARTHRITIS

## CAUSES, SYMPTOMS & TREATMENT

JOIN US TO LEARN ABOUT ARTHRITIS MANAGEMENT & COMMON MISCONCEPTIONS

d'Esterre Seniors' Centre Association  
Your Second Home



SEPTEMBER 21ST AT 10:30 AM

@ D'ESTERRE SENIORS' CENTRE  
(NO REGISTRATION REQUIRED)

WITH DR. GARRETT WILTSE  
ORIGIN'S LEAD EXPERT IN ARTHRITIS  
MODERN CHIROPRACTOR  
GLA:D CANADA CERTIFIED



### This Month's Reflection

**NATIONAL DAY FOR TRUTH AND RECONCILIATION**



**ORANGE SHIRT DAY**

September 30



Listen.  
Reflect.  
Reconcile.

*In their final slumber,  
they awoke a nation*



### Upcoming Info Sessions

Sept. 21 – Understanding Arthritis

Oct. 26 – Anti-Inflammatory Diets

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

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](mailto:couswhite@shaw.ca)

### August Info Session



Ann Brown gave us an informative presentation on how we can become involved in a Valley-wide initiative to strengthen Intergenerational Connections in our communities.

## Other News



This September, show appreciation for the seniors in your life by making a donation to d’Esterre Seniors’ Centre. With National Seniors Day coming up on October 1st, it’s a good time to recognize the contributions seniors have made to society through their work, knowledge, and experience.

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

We offer important services and programs that improve well-being, helping seniors live independent lives for longer. For many people, it’s their second home. Your support can help. Donate online at [Canada Helps](#) or stop by the office to make your donation 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



TOWN OF  
**COMOX**

### 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!



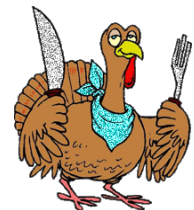
Donate your Quality Food Points to the Centre.

We’re hoping to collect enough QF points to pay for the turkeys served at our Thanksgiving and Christmas dinners.

When checking out, just say “Please donate my points to Comox Seniors’ Centre (d’Esterre).”

Donating made easy! Thanks and see you at our next dinner...

Quality Foods Premium Turkey please!!



## 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, no drop-ins.

### 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

### More Cribbage News

High scores for August:

Ladies: Bea H and Penny S both achieved 847 points by winning every game;

Gents: Bob R, 831.

Brenda J achieved a rarely seen, almost perfect hand of 28 points.



### Cue Sports

If you like playing pool on a 4x8 or on a 6x12 table and if you like pleasant company, you'll really enjoy the d'Esterre Centre's Cue Sports Club. Drop in and have a look. You're always welcome! Cheers, Mike Couture, Convenor, (250) 898-4633.



### 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.



### 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, September 21st, start time 10 am at Nymph Falls. Lunch to follow at Boston Pizza.

Contact person: Sharon shpaterson@shaw.ca



## More Activities Around the Centre

### Silver Smith Workshop

The Silver Smith Club September meeting will be on Thursday, September 12 at 1:00 pm in the Silver-smith Workshop room (same area as Glass Creations). An agenda will be handed out at the meeting.

New members are currently welcome. All members must have taken 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 our area, and the web site for the North Island Continuing Education Metal smith courses offered this fall. The training list is included in the information posted on the Bulletin Board in the Silver Smith workshop area.

Starting July 1, 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 for each six-month period and the remainder is used to cover Silver Smith Workshop Club operating needs.

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 intent is to provide all members access to the d'Esterre Silver Smith workshop every afternoon Monday to Thursday and all day on Friday without having to book your space.

The SS Club contact during August is Jacqueline Moore, (em: jfmoore@shaw.ca) as Bonnie Luterbach, the Coordinator, will be away until September 11. Eileen Phillips (em: singingsansbeach@gmail.com) is the alternate contact if Jacqueline is away. See you September 12! Bonnie Luterbach, Coordinator, d'Esterre Silver Smith Club.

## Information About Classes at the Centre

### 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.

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



### DANCEFIT SILVER (formerly Zumba)

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](mailto: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](mailto: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](mailto:kimfell2009@gmail.com).

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 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)

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: Susan Youds shoediva7@gmail.com 250-339-0906  
Linda Barfoot fifthline@gmail.com 250-897-1374

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

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

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

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

**Friday All levels Yoga 9:00-10:30 Nancy Moelaert**  
**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](http://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

These workshops change monthly – please see the posters below and on the next page. Registration open for Sept. and Oct. workshops. Registration for Nov. and Dec. workshops will open soon.

## 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)

## 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 into 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](mailto:shoresofserendipity@shaw.ca)



# Thursday Yoga Workshops Continued

## 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](mailto:cainesigni@gmail.com)

## 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



**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><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>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133</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>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</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>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 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></p> <p>Sep4,11,18,25</p> <p>Sep 11,18,25 Sep 11,18,25</p>	<p>Exp. Beginner Line Dancing Dancefit Silver (prev. Zumba) Spanish Spoken Advanced</p> <p>Glass Creations/Stained Glass Strength Training</p> <p>Chair Fit 2 Recorder Carpet Bowling</p> <p>Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing</p>	<p>BR BR AR</p> <p>CRR BR</p> <p>BR DR BR</p> <p>CR BR</p> <p>BR BR BR</p>	<p>8:55 am 10:00 am 10:00 am</p> <p>10:00 am 11:00 am</p> <p>12:15 pm 1:00 pm 1:00 pm</p> <p>1:00 pm 3:00 pm</p> <p>4:30 pm 6:15 pm 7:15 pm</p>	<p>Marlene Lally Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist or Caroline Hoon Caroline Hoon Deirdre Bowers Diane Owens and Bea Hoyseth Frieda Home friedaho8549@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 jfmoores@shaw.ca</p> <p><b>Special Events</b> events@comoxseniors.ca</p> <p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p>	<p><b>Thursday</b></p> <p>Thurs. Sep 12 Sep5,12,19,26</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 jfmoores@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)