



November 2024 Newsletter

Centre closed Monday, Nov. 11 for Remembrance Day
Christmas Craft Market Sat. Nov. 16
Tree Decorating Party Sun. Nov. 24

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

A Message from Alex

Hello d'Esterre Members,

The weather has certainly changed here in the Comox Valley, and change is the theme of this message to you all... so strap in!

Firstly, you may have noticed that Beaufort Avenue in front of the Centre is now closed to parking and construction crews with the CVRD Sewer Conveyance Project are now doing their preliminary digging to prepare for installation of the "forced main". Lingo aside, this means that access to the Centre will become more difficult. If you haven't already, I encourage you to read my letter from October 28th, accessible on our website (comoxseniors.ca) in the yellow header at the top or posted on the bulletin boards. In summary, please give yourself ample time to come to the centre to take part in activities and programs, as detours and access changes regularly. I would like to thank the Comox Marina and Harbour Air for once again allowing us to park in their northern lot. We are actively working on other solutions for our members as well, so stay tuned. A reminder that the loading zone next to our lower entrance should be kept clear for those members getting picked up/dropped off at the centre. Again, more information is included in my letter.

Another upcoming change you might see in the coming weeks is the introduction of a point-of-sale system in the kitchen. This change has been a long time coming and we will slowly be training our kitchen staff and volunteers. Your patience while we navigate this change is greatly appreciated.

The town hall and world café event on October 23rd was a fantastic success. Thank you to all the members who came out to learn more about what the board and staff are up to, as well as share their ideas for the future of our organization. The next step you may see in the next little bit is the launch of our annual survey. Please consider sharing your feedback and experiences, as we will be compiling the information gathered from both the survey and the world café and sharing a "What We Heard" report in time for the new year. Finally, our custodian, Bill, is taking some well-deserved vacation. While we have coverage for most of his time off, we are still looking for coverage for November 7th-10th, inclusive. If you can help the centre out and have some experience with custodial duties, please connect with me. This is a paid position.

With our craft fair, quilt raffle, and many things in between, this is a great opportunity to get involved... take a look at this newsletter and get involved!

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. Nov. 11 – Centre closed for Remembrance Day

Sat. Nov. 16 – Christmas Craft Market, 9am-2pm

Sun. Nov. 24 – Tree Decorating Party, 2-4pm

Looking Ahead:

Sat. Dec. 14 – Christmas Luncheon

Wed. Dec. 25 – Christmas Day Dinner

Centre closed for the holidays – Dec. 21-Jan. 5.

Centre reopens Mon. Jan. 6

2025 MEMBERSHIP

Memberships are available for purchase at the Office Mon-Fri from 10 am-1 pm. 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. This rate is available until Dec. 20. In Jan. 2025, all memberships will be \$40 + GST.

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.

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 office@comoxseniors.ca.

The Centre Ballroom



Dei's Café



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

Breakfast: muffins, breakfast sandwich, full breakfast

Lunch: soup, salads, and sandwiches daily, hot meal options on Tuesday and Thursday.

Note: Extra protein on salads and sandwiches \$1.00

Hot Meal Menu

Tuesday	Nov. 5	Ham & Scalloped Potatoes
Thursday	Nov. 7	Liver & Onions
Tuesday	Nov. 12	Meatloaf
Thursday	Nov. 14	Roast Beef
Tuesday	Nov. 19	Beef Stew
Thursday	Nov. 21	Liver & Onions
Tuesday	Nov. 26	Roast Pork
Thursday	Nov. 28	Cordon Bleu
Friday	Nov. 29	Cabbage Rolls and/or Turkey Pot Pie

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.

GET INVOLVED

Make A Difference

Join Our Changed Board – Big Picture, Less Legwork!

Our board has transitioned to a governance-focused model, and we're seeking new members who are excited to lead without the hands-on work. If you want to contribute your insights without getting bogged down in day-to-day operations, this is the perfect opening for you.

As a governance board member, you'll:

1. **Focus on Strategy, Not Details:** Help shape our long-term vision and mission without taking on daily tasks.
2. **Lead with Purpose:** Offer guidance and help us stay aligned with our goals.
3. **Enjoy a Balanced Commitment:** Our new structure means your role is less time-intensive, with an emphasis on decision-making and policy.

If you're interested in bringing your outlook, experience, and desire to a governance role, join us and be a part of steering our organization's future – without the heavy lifting!

Contact Susan (storesdahl@shaw.ca) or any d'Esterre Board Member to discuss

THANK YOU VOLUNTEERS



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.



Coffee with Al

Come have coffee with Al on Monday morning from 9-11am on Nov. 4 and 18. Drop in and get your iPad, iPhone, and other computer questions answered at Al'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 Nov. 4 and 18 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

Lest we forget...November is a month of remembrance.

Gabriel's handmade red felt poppy brooches have arrived in time for Remembrance Day. These are beautifully made to be worn over your heart in remembrance all year long.

Remembrance of the many Crafters showcasing their crafts at the Christmas Craft Market Saturday, November 16th 9am-2pm. Remember to share this event with friends, family, on Facebook, and businesses or organizations. Pick up a poster from the office to distribute.

Remember to bake delicious treats for Dei's Cafe to sell at the Market Bake Sale. Bring in home baked goods on Friday the 15th.

Remember to pick up your quilt raffle tickets at the Gift Shop, Cafe, Office, quilters, or any Board member. Two winners will be drawn for the two quilts at the Market.

Remember to gather together for a Sunday afternoon of Christmas Tree Decorating on November 24th from 2-4pm. Decorate the Centre tree with your donated ornament. Share stories and conversation with warm beverages and cookies.

Remember your feedback is important to us. Please fill out the Strategic Survey so we may serve the needs of our members for the future.

Remember to give your hugs to all you hold dear with Lynne and Jacqueline's Christmas cards. Now available for early giving.

Handmade Gifts from the Heart



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 Craft Market
2024
d'Esterre Seniors' Centre
3rd Annual Craft Market
Saturday November 16th
9am-2pm
Handmade Gifts from the Heart
Talented Artisans
CASH ONLY
• Handmade crafts
• Pottery
• Baking
• Books
• Puzzles
• Glass Creations
• Quilting
• Lapidary
• Silver Smith
Quilt Raffle
Dei's Cafe OPEN
1801 Beaufort Avenue, Comox
(across from Town Hall)

SPECIAL EVENTS

Decorate & Tree Lighting Invitation

You are Invited to **Decorate**
the Ballroom Christmas Tree
with Your Donated Ornament



Sunday
November 24th
from 2:00 - 4:00



- * Christmas tree decorating is a time to gather together.
- * Represent our Centre by sharing your spirit of Christmas on our tree.
- * Do you have a favourite ornament that you would like to donate?
- * Do you have a memory or story to tell?
- * Share an afternoon of Christmas decorating and enjoying each others company
- * Clubs and activities show your spirit with a donation of what your group represents.



THANKSGIVING DINNER

Fall is in the air, Thanksgiving dinner is in the books. I'd like to thank all those who sold tickets, set up and dressed tables, cooked, served, sold tickets, and cleaned up. It takes a lot of dedicated people to pull off such a successful event.

Upcoming Special Events:

Christmas Craft Market – 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.

Nancy is busy pulling together the craft market on Sat., Nov. 16, sponsored by the Gift Shop, and her new event, the Decorating and Lighting of our Tree on Sun., Nov. 24. I, on the other hand, am in the early stages of planning the annual Christmas Luncheon and the Christmas Day dinner. It's going to be an epic finish to the year 2024.

Do you need or want more information? Check out our Facebook page. d'Esterre Seniors Centre, our webpage, or one of the several bulletin boards around the Centre.

If you would like to volunteer, have any questions or concerns, email Cheryl at smithcherylgee@gmail.com.

Constructive Criticism is always welcome.

CHRISTMAS LUNCHEON

The Christmas Luncheon will take place on Saturday, December 14. Tickets will go on sale Tuesday, November 26th at 9am in the Sunroom. Tickets will be \$25 for members, \$30 for non-members. Please bring your 2024 or 2025 membership card with you to purchase tickets. A maximum of 4 tickets can be purchased per person.



MoreNews From the Centre



Buy your tickets now! Tickets are \$2 or 4/\$5 and can be purchased at the office, Gift Shop, Café, and from the quilters and board members. The draw will take place on Nov. 16th at the Christmas Craft Market. 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!



Striped Celery Quilt 76"x100"



Framed Coin Quilt 52" x 60"

This Month's Reflection



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

*Thank you
For your service
For your courage
For your sacrifice
For our Freedom*



MP Rachel Blaney To Visit the Centre

MP Rachel Blaney will visit Dei's Café on Friday, November 29th from 10:30 AM to 12:30 PM for a Christmas Open House. Please join her for a casual visit and let her buy you lunch.

Info Sessions

Upcoming Info Sessions

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

October Info Session



Presenter Erin Malin spoke about her experience with food and anti-inflammatory diets. It was an engaging presentation to a packed room of 100 people.



November is Tax Planning Time

With the year end approaching, now is a perfect time to assess your personal finances.

When you donate to a designated charity, you receive a tax credit.

This year, choose a charity that supports seniors in your community.

Donate to d’Esterre Seniors Centre Association and save on your 2024 income taxes.*

How do I make a donation?

- Donate online through the Canada Helps link on our website [Canada Helps](#)
- Join our Monthly Giving program. It’s safe and easy to do on the Canada Helps secure website.
- You can give in honour of a loved one; there’s an option to send an e-card for special occasion gifts.
- Make a donation at the office using cash or debit.

*Always contact a qualified financial professional or advisor for personalized guidance and advice specific to your individual financial situation. The information provided here is for general informational purposes only and should not be considered as a substitute for professional financial advice.

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

We comply with the CRA’s requirements and have been issued a charitable registration number.

Registered Name: d’Esterre Seniors’ Centre Association

Business No: 119229763RR0001 CRA REGISTERED



Kitchen

We need kitchen volunteers! The kitchen is a lively and social place to be – it’s a great way to meet everyone at the Centre, hear the latest news, and enjoy giving back to your community. You’ll stay busy and have fun. If you are interested in joining the kitchen team, contact Dei at lafon-ddeidre378@gmail.com or 250-650-6459.



The Centre is no longer accepting recyclables as our volunteers, Susan and John, are no longer able to haul the recyclables to the depot. We extend a huge thank

you to them for providing this service and hope they can now enjoy spending time at the Centre minus this responsibility.

Please do not drop off your recyclables at the Centre.

Your recyclables can still benefit the Centre if you take them to an Express Return-It yourself.



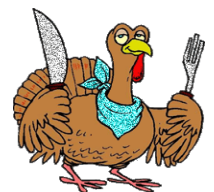
Donate your Quality Food Points to the Centre.

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

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.

Bid Euchre

Mondays at 7 pm in the Card Room.

FMI contact Charlie/Norma at 250-792-4075

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

High Scores for October:

Ladies: Diana F, 846; Angela V, 844

Gents: Charlie R, 844; Terry F, 842

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.

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

Last month, our Club  held a snooker "meet and greet". (We were reluctant to call it a "tournament" as we were not focussing on taking home any prizes.) Kevin Carvill, the organizer, thought it would be a good idea to draw members together for fun and to get to know each other better. Although the group was not large, the aim was very satisfyingly met. Some hands were shaken for the first time, and all the participants had a great time. We all agreed that more "meet and greets" are in our Cue Sports Club's future. Thanks, Kevin! For more info, contact Mike at (250) 898-4633 or couture.mike.r@gmail.com

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.



Carpet Bowling

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



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, November 16h, start time 10:am Kin Beach. Meet at the Astra Rd. street parking lot in front of the shelter. The walk will be to the Singing Sands Rd. area. Lunch to follow.

Contact person: Sharon shpaterson@shaw.ca

Art Club

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.



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.



More Activities Around the Centre

Wood Shop

Our Wood Shop is gearing up for Christmas: gifts, ornaments and heirlooms coming up. This is a great time to come in for some instruction! We have several maple bowl blanks: they are dry and roughed out, already- don't wait to learn to turn. \$10 each.

You can start off easily with a pen - We have blanks for free and mechanisms are inexpensive. The midi lathe is waiting for you.

Another possibility: Danny has offered up wood/epoxy kayak kits at great prices. If you've considered a bigger project, these are 16' long, seaworthy, and will be beautiful, once completed. These take a fair bit of enjoyable time. You'd be ready for Spring opportunities. We can also arrange for tutorials.

We have welcomed new members in October. Free safety orientation and instruction is provided. In November, how about you? Contact Jim at builder@shaw.ca



Silver Smith Workshop

On Thursday, November 7, starting at 1:00 pm, all the Silver Smith Club members will be participating in the first of two more workshops with Karen Griffith in the Silversmith Club room. These workshops will focus on Basic Wire Works components.

A short Club meeting will follow this first workshop, replacing the original planned Club meeting for November 18. The first topic will be establishing a date for the second workshop with Karen Griffith. The second topic is the Club's participation in the Nov. 16 d'Esterre Christmas Market. Ruth Miller is the Club Organizer for the Club's participation. She will be addressing the Club's plans for the Christmas market.

New members are welcome. We currently have 8 members and have set a maximum membership of 12 members, based on our available space. All members must take basic metal 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 the Comox area. The list of local trainers is included in the information posted on the Bulletin Board in the Silver Smith workshop. Also check the web sites for the North Island Continuing Education Metal smith courses and the Parksville Oceanside Community Maker Makerspace Society.

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

If you have questions, please contact the Coordinator, Bonnie Luterbach at bluterbach@shaw.ca.

Winter Parking Options

The owner of the private Comox Marina, John Neville, has once again given permission for d'Esterre members to park up to 15 cars in the designated Harbour Air parking lot through March 31, 2025. We thank Comox Marina for this generous offer.

This area is the gravel space located adjacent to the Town's parking area. Yellow concrete blocks are located at the entrance of the parking area. The spaces are defined with concrete parking markers.

Able-bodied members are encouraged to park in this lot or in the existing lower-level Town Marina vehicle parking area. As a result, members with mobility challenges will have greater opportunities to park closer to the Centre.

Although this is a short-term solution, please keep in mind the best interest of your fellow members when parking.

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.

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 for Back Care 3:00-4:30 Tina Pringle



In these therapeutic yoga classes for November and December, we will find our breath and move in a way that feels good. We will gently strengthen and release our bodies from head to toe. We will also focus on Back Care. 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. 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 your very best. Motion is lotion for your body, keep it feeling great. No previous yoga experience is required. Getting up and down from the floor is necessary. About Tina: <https://www.evolveovementtherapy.ca/>
Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Monday Fall-Back 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 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 250-890-3446

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

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.

Thursday Yoga Workshops

These workshops change monthly – please see the posters below and on the next page.

Registration for Dec. workshop open now. Registration for Jan and Feb workshops opens Dec. 1

DEC

Meditation Experience

with Nancy Moelaert

Thursday Dec. 5th and 12th 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.

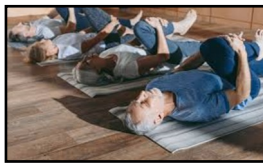
Meditation can be fun!

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

FEB

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

February 6,13,20,27

\$40 for four classes

Register at the office in Dec.

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



Comox Rotary is again offering Candied Smoked Salmon Nuggets for sale for the upcoming holiday season. Rotary fundraisers support a wide range of projects, both locally and internationally.

Comox Rotary partners with Hardy Buoys from Port Hardy to provide the best of Vancouver Island sockeye salmon nuggets, hot smoked and maple candied. The salmon pieces are packaged in one-pound portions, vacuum sealed and frozen for optimum freshness.

Comox Rotary smoked salmon nuggets are great for holiday entertaining. Even better, the profits are used to support both local and international projects, including water, sanitation, and educational projects in Honduras. You can get the best smoked salmon in the world and give a community clean water for Christmas, plus you are buying local.

The Comox Rotary Club has been making this popular treat available for over 17 years. In that time, numerous villages in Honduras have received the lifesaving gift of unpolluted drinking water and hundreds of children whose mothers make a subsistence living in the markets have been educated.

The Comox Rotary Club does good things locally too. If you take your children or grandchildren to the waterpark in the Comox Marina, then you have had the chance to see the results of Rotary in action. The club has also been at the forefront of supporting housing the homeless in the valley, of supporting seniors and of finding other ways to make the Comox Valley a better place to live.

At \$35 per pound it's a great value and you are supporting Comox Rotary's good works, both domestically and internationally. You can even save a bit of money by ordering five pounds. Five pounds will cost you \$150, a saving of \$25. Delivery in the Valley is free for orders over 5 lbs. Local pickup is also available in November and December.

Just visit comoxrotary.ca/salmon to order your salmon nuggets. And if you are interested in becoming a Rotarian, visit <https://comoxrotary.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 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.

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 office@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>Nov 27-Dec 18</p> <p>Nov 27-Dec 18</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>Nov 7, 14, 21, 28</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>Tours Sherry Brydon 150-941-1808</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)