



# December 2024 Newsletter

**Centre closures for the holidays:**  
The Centre will be closed from Sat. Dec. 21-Sun. Dec. 29.  
The Office and Kitchen will be open Dec. 30-31 and Jan. 2-3.  
Classes resume Jan. 6.  
**Centre reopens fully Mon., Jan. 6, 2025**

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



*It's beginning to look a  
lot like  
Christmas...everywhere  
you go!*

### 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,

And just like that, the holiday season is upon us. I know that Christmas can be a difficult time for many people, and I hope that you take good care and find moments of joy during this time of year. Moments of joy that I look forward to are taking evening walks to admire the Christmas lights displays and watching Christmas classics such as 'The Bishop's Wife'.

At the centre we have two special events to look forward to: The Christmas luncheon on December 14 and Christmas dinner on December 25 - more information is in this newsletter, so read on!

While you're at the centre this month, please consider doing some Christmas shopping at our gift shop - there are plenty of unique, handcrafted items for sale! From wood-turned, unique pens, to jams and gifts for the new grandkids in your life, there is truly something for everyone.

Although we haven't seen much snowy, winter weather (a welcome reprieve), I wanted to remind members that we follow the school district's direction on snow day closures. We will send an email and Facebook memo if we need to close the centre. Speaking of Facebook, I wanted to give a shout out to Cheryl for all the wonderful photos and updates she's been posting on our page. Please find us under "D'Esterre Seniors Centre" on Facebook and give us a follow if you aren't already. There are great pictures and updates happening more regularly than this monthly newsletter.

Another big shout out goes to our custodian, Bill. He has been with us as custodian for 20 years this week! Prior to taking on his current role, he was an active board director as well as Cue sports and Woodshop director. A man of many talents! If you see him this week, be sure to extend your appreciation for his behind-the-scenes hard work and loyalty.

As many of you know, construction on Beaufort Avenue continues, and access to the Centre remains an ongoing challenge. I want to express my gratitude to all members for your patience and adaptability during this time. Please remember to leave the loading zone by the lower entrance clear for drop-offs and pick-ups.

As we approach the end of the year, I want to thank each of you for making d'Esterre Seniors' Centre a warm and welcoming community. I am coming up on six short months at the Centre and I look forward to the New Year with anticipation and how we can make our centre a place where we empower and enrich your lives. I will leave you with an invitation to take our annual survey, which will help guide the important work we do here. The link to the survey is below, and hard copies will be available at the office starting December 9th.

Here's to a joyful December and an exciting year ahead!

<https://www.surveymonkey.com/r/9BSVDFP>

Best,  
Alex Jegier  
Executive Director

Take our survey and you can win one of three \$50 gift cards to a local store of your choice!



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

- Class Registration for Jan & Feb 2025 begins Dec. 3
- Christmas Luncheon Sat. Dec. 14, 12:30pm
- Board Meeting Mon. Dec. 16, 10am in Council Chambers
- Christmas Dinner Wed. Dec. 25, 4:30pm

### Centre closures for the holidays:

- The Centre will be closed from Sat. Dec. 21-Sun. Dec. 29.
- The Office and Kitchen will be open Dec. 30-31 and Jan. 2-3.
- Classes resume Mon., Jan. 6.

## 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, contact the office at [office@comoxseniors.ca](mailto:office@comoxseniors.ca)

## 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. If you are interested in joining the kitchen team, contact Dei at [lafonddeidre378@gmail.com](mailto:lafonddeidre378@gmail.com) or 250-650-6459.

## 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. 31. In Jan. 2025, all memberships will be \$40 + GST.

If you are a new member or have been a member in the past but not in 2024, the 2025 membership fee is \$40 and includes the rest of 2024.

**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.

## 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	December 3	Shepherd's Pie
Thursday	December 5	Liver & Onions
Tuesday	December 10	Roast Beef
Thursday	December 12	Ham & Scalloped Potatoes
Tuesday	December 17	Cordon Bleu
Thursday	December 19	Liver & Onions
Tuesday	December 24	Closed
Thursday	December 26	Closed
Tuesday	December 31	Meatloaf

The kitchen is a great place to volunteer. If you would like to be part of the kitchen team, contact Dei to volunteer at :

[lafonddeidre378@gmail.com](mailto:lafonddeidre378@gmail.com) or 250-650-6459.

# JOIN US

## 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

## GET INVOLVED

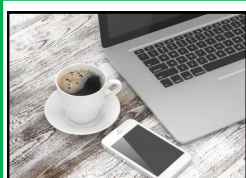
### Make A Difference

#### 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 Dec. 9 and 16. 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 Dec. 9 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

**Upcoming  
Information  
Session**

**SPECIAL EVENTS**

**Upcoming Info Sessions**

No Info Session in December.

Jan 18 – Providence Living at The Views

Feb 15 – Comox Valley Hospice Society

\*\*\*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)



**Christmas Luncheon**  
*Join Us*  
**December 14/24**  
*Register with the Office*

Menu  
Ham and Cheesy Scalloped Potatoes  
Salads  
Rolls  
Chocolate Trifle or Lemon Trifle  
Served Family Style

Doors open at 12:30 pm  
Lunch served at 1:00 pm

25.00 Member \$30.00 Non Member

**Tree Decorating**

The smell of baking cookies wafted through the Centre as members turned out to help decorate the tree. Decorating the tree got underway as ladies gussied up the gifts for under the tree.

Meaningful donated decorations of all kinds adorn the tree. Thank you to those that crafted their decorations. The tree looks so beautiful and full of community spirit. Cheryl served up coffee, hot chocolate, and cookies with a little help from kitchen elves. It was a lovely afternoon sharing this moment with you all.



## More Special Events

Despite the nasty weather that December can throw at us, it's still my favorite month. Why? Simply put, December is the month that can help us to turn strangers into friends and friends into family. Here at d'Esterre Seniors' Centre, we have plans to help you do just that as we host two Traditional Events this month.

Dec. 14 – The Christmas Luncheon – Register with the office. This event is filling up fast. \$25.00 members \$30.00 nonmembers

Dec 25 – Christmas Day Dinner – Registration will begin Dec 11 at the office. Christmas Day dinner is a way for us to create a little holiday joy for those of us who may not have family or friends in the area to spend the day with. We rely on donations of both time and money to make this a successful event. Every little bit helps us create a memorable evening.

All monetary donations will be collected by the office. If you would like to volunteer your time, you can leave your name and number with the office, reach out to me via email [smithcherylgee@gmail.com](mailto:smithcherylgee@gmail.com), or call or text 236-255-0255.

Throughout the New Year, there will be a mixture of new and traditional events. Plans are in the works for a weekend afternoon of The Tournament of Champions of pool, crib, and table tennis, to name a few. We will, of course, include an afternoon buffet. There will also be an occasional Saturday or Sunday workshop or activity. Yes Ladies, we will be hosting a fashion show in the spring and a high tea in the fall.

The first of these activities will begin in January; we have arranged for an afternoon Sound Bath. A meditative practice where people lie down (or sit) and listen to resonant sounds to create a state of relaxation. (Tickets for this event will be limited.) Details will be in the January newsletter.

Occasionally, I will ask for your input and/or your help, and this is one of those occasions. To chase the "Winter Blues" away, I would like to create an evening of music, dancing, a buffet of finger foods, and a small selection of beer and wine. This event is still a work in progress. I am thinking along the lines of a Jam and am looking for local musicians interested in getting together for a couple of hours and playing the music you love. If this sounds like an event you would like to participate in, please reach out to me.

Please note: We will no longer issue tickets for events; we will use a registration system. This is both cost effective and environmentally friendly. Information on upcoming Special Events can be found in our newsletter, on our website, and on our Facebook page: d'Esterre Seniors Centre. Watch for posters displayed around the Centre.

Please reach out with any questions, concerns or ideas of any special events you would like to see take place.

\*Constructive Criticism is Always Welcome \*

Cheryl Smith  
Special Events Coordinator  
[smithcherylgee@gmail.com](mailto:smithcherylgee@gmail.com)

Don't sit at home alone Christmas Day  
Join us for a  
Traditional Christmas Dinner  
Turkey, Ham, all the Trimmings and  
Dessert Just like Momma use to make.  
Doors open at 4:30 Dinner served at  
5:00  
Registration begins Dec 11/24

D'Esterre Senior Centre has been able to host this annual event, due to the generous donations we receive from those attending and those who would like to make someone's Christmas Day a little brighter.



## News From the Centre

### **From the Gift Shop**

The Gift Shop Gals welcome you into the shop. They are ready to assist you with your Christmas shopping. Crafters have outdone themselves with their amazing Christmas ideas. Candies and chocolates fill elf slippers and snowmen. There are felt tree ornaments of acorns and stars. Hand painted hanging balls, a keepsake for your tree.

There are so many gift ideas you just have to come in to see what's new weekly. Grandparents, are you looking for a gift for the grandchildren? We have sweet doll clothes for little miss. Perhaps they'd enjoy a new story called *Woof: the dog that did doggy things*.

Consignors, we will not be taking in any Christmas crafts for December. Please see Nancy for any other items the shop needs.

Our yearly inventory takes place December 23rd to prepare for 2025.

We will be closed December 23-27th Reopening December 30 & 31st 10am-1pm

**We wish you all a Safe & Happy Holiday**

The Gift shop Gals



### **The Gift Shop**

*By Deidre, Gift Shop Volunteer*

*Tis the month before Christmas and all through the shop  
The gals are kept busy...it just will not stop!!  
The crafters are bringing their handmade delights  
For us to display wherever we might.*

*Hats and mitts and slippers galore  
To keep you all cozy as you weather the storms.  
Glass Christmas trinkets to put on your tree  
Pottery mugs for a cup of hot tea  
Wooden pens and bowls and pot stirrers too  
And lovely doll clothes...Wow, these are new!!*

*There are books to read, jam for your toast,  
Beautiful cards and delightful soaps.*

*Earrings and pendants for some Christmas bling  
We even have adjustable rings!!*

*Santa shops here...just so you know  
So come on in before it's all sold.*



### **Christmas Craft Market Update**

Battling a rainy Saturday, customers came out to be amazed at the quality handmade crafts our vendors displayed. The traffic flowed through at a comfortable pace to purchase the many Christmas gift ideas they were looking for, amazed at how much creative talent comes from our Centre. The vendor support to the Centre was outstanding. A total of \$3877 was donated to the Centre.

Donations: Quilters \$975  
Baking \$690  
Kitchen \$458  
Library \$250  
Gift Shop \$323  
Vendors \$118



Thank you to all who participated or volunteered to make this a successful market.

Special thanks to Ralph, Kevin & Lynne for setup, to Dei and Lois for volunteering their time in the kitchen, to Cheryl for rounding up baking for the bake sale table, and to the Gift Shop Gals for always supporting me and the Gift Shop.

Vendors and Clubs, this would not have been possible without you. Many thanks!

Looking forward to next year.

Nancy

Gift Shop Coordinator

## More News From the Centre



### Give the Gift of Community Support Affordable Senior Programs at d'Esterre

Many people struggle to find the perfect gift for their loved ones. If you have someone who is difficult to buy for, consider giving them a gift that will benefit their community.

Seniors stay active and connected when they visit d'Esterre Seniors Centre. Your donation helps us keep our programs more affordable for seniors.

#### How do I make a donation?

- Donate at the Office by cheque or debit card.
- Donate online using the Canada Helps link on our website. <https://www.canadahelps.org/en/charities/comox-seniors-centre-association/>
- Donating securities like mutual funds, stocks, or bonds is one of the most efficient ways to give, as it typically eliminates capital gains taxes you might otherwise pay.\*\* This option can be explored further with the Centre prior to making a donation.

\*\*Always contact a qualified financial professional for 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.

d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity. No. 119229763RR0001.



#### Donations to the Centre

Donations given in October and November totaled \$2000, not including the donations in Ethel Dennis' name. Thank you to all of our supporters – you help keep the Centre the wonderful place that it is!

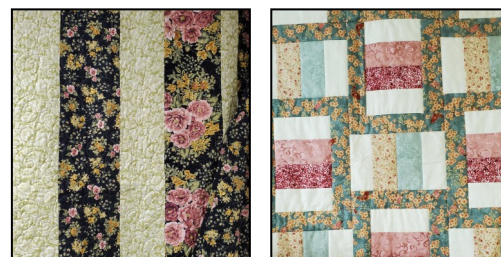
#### In memory of Ethel Dennis:

A celebration of life was held for long-time member, Ethel Dennis, on November 6. The importance of the Centre in Ethel's life was honored by donations totaling \$1000 given to the Centre in memory of Ethel Dennis. We will miss her smiling face and positive attitude in exercise classes and around the Centre.



The lucky winners of the beautiful quilts were Joy Goldie and Leona Stefiuk. The Nov. 16th quilt raffle raised...drumroll, please...\$975!

A huge thank you to the quilters for their hard work and to the Board of Directors for their help in selling raffle tickets. Great teamwork! And of course, thank you to all who purchased tickets.



## More News From the Centre

### GST in 2025

The Centre will begin charging 5% GST in January 2025. Here are answers to some FAQs:

#### Why does the Centre have to charge GST?

The Centre has reached the CRA revenue threshold and is required to register for a GST account.

#### Which items will incur GST?

All goods and services including d'Esterre membership, class fees, rental fees, Special events, Gift Shop, and Dei's Café. However, see below for exemptions.

#### Which items will not have GST?

Club memberships and activity fees are internal fees that do not incur GST.

During the "tax holiday", food items and children's clothing will be exempt from GST. Once the tax holiday is over on Feb. 15th, all meals and drinks served in Dei's Café will have GST added.

### Parking

It has been a challenging time for access and parking at the Centre, and we have all had to practice patience with the road work involved in the Sewer Conveyance Project.

Just a reminder that there are 4 accessible spaces on the lower level of the Centre and a loading zone that can be used for drop-off and pick-up. If you need help with the elevator, please ask.

There is also the Harbour Air gravel lot at the marina, marked by the yellow concrete block at the entrance.

## Activities Around the Centre

### Wood Shop

The Elves have been busy! Greg, Gary and Jim have made 12 Tree decorations for our Festive Celebrations! Thank you! Much of the wood used is local Juniper - often pruned branches. It is a nicely figured wood, with a multitude of colors, perfect for this purpose. Come and make your very own!



After last month's invitation, we have welcomed 8 new Members to our Shop Crew. They have completed our Safety Orientation and most have embarked on projects already! You don't need prior experience to join us, just your interest and enthusiasm. Gary and Greg have been very encouraging and helpful mentors, so kudos to them! Jim is always available, too.

2025 looks to be another enjoyable year with additional Club growth. With more Members, the Shop generates a few more dollars to help us keep things humming along. We recently added a new lathe chuck (replacing one worn out) and we have another couple of small tools coming to complement our inventory. I hope to add a router sled for those who would like to make live edge tables or tops. Your donations are most welcome and are very much appreciated!

Best wishes to all, for Peace and Joy over the Christmas Holidays!

Contact Jim at [builder@shaw.ca](mailto:builder@shaw.ca)

### Silver Smith Workshop

Although there are no Club meetings in December, the Club members have agreed to start regular scheduled meetings again on the second Friday of each month, starting January 10 at 10:00 am. Some members plan to remain in the workshop to work on their project for the Friday afternoon. The workshop is open for members Monday through Thursday in the afternoons and all-day Fridays.

Please contact Bonnie Luterbach at [bluterbach@shaw.ca](mailto:bluterbach@shaw.ca) if you are interested in joining the Club. All new members are required to have basic silversmith training prior to joining the Silver Smith Club. There is a list of trainers on the Bulletin Board in the d'Esterre Club workshop downstairs. 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](mailto:bluterbach@shaw.ca).

## Activities Around the Centre

### Duplicate Bridge

The Duplicate Bridge Club 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

FRI 1:15 Rumolli & Mexican train

We are looking for more players to join us. All are welcome...the more, the merrier. Sherry 250-941-1808.

### Mah Jongg

Thursdays at 1 PM in the Card Room. FMI contact Barbara at 250-792-5103.

### American Mah-Jongg

American Mah-Jongg is on Mondays at 1pm and Tuesdays at 1:30pm in the library area. FMI contact Susan at cypresstech3@shaw.ca, or phone 250-339-2979 or 778-585-1487.

### Learn to Play Mah Jongg

Thursdays 10am-12pm in the Card Room. d'Esterre membership is required. \$1.00 per person. Please contact Harry at 250-702-5948 to schedule.

### Cribbage

Tuesdays, 7pm, in the Ballroom

High Scores for November:

Ladies: Diana F, 847; Delores C, 837

Gents: Charlie R, 840; Harry P, 839

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

### Bid Euchre

Mondays at 7 pm in the Card Room.

FMI contact Charlie/Norma Cooper at 250-792-4075

### For the Love of:

Bid Euchre – call Charlie/Norma at 250-792-4075

Canasta – call Harry at 250-702-5948

Cribbage – call Diana 250-339-7714/Harry 250-702-5948

Partner Bridge – call Jane at 250-871-0350

Duplicate Bridge (T,S) – call Jeannette at 250-339-7161

Duplicate Bridge (W) – email Frieda at  
friedaho8549@gmail.com

Skillbuilder's Bridge – call Lori at 403-512-8203

Mah-Jongg – call Barbara at 250-792-5103

American Mah-Jongg – call Susan at 250-339-2979

Learn Mah-Jongg – call Harry at 250-702-5948

Fun & Games (M) – call Marj at 250-898-1158

Fun & Games (F) – call Sherry at 250-941-1808

## Activities Around the Centre

### Cue Sports

As does the d'Esterre Centre, our Cue Sports Club offers its members a warm, friendly setting where camaraderie abounds and where we joyfully partake in an activity that keeps us smiling and sharp. The physical changes brought to our pool room in the past year and the planned upcoming improvements promise to ensure that our Club continues to be a sweet place to spend quality time. Club membership for 2025 is now open at the Centre's office. For more info, contact Mike Couture, Convenor, at (250) 898-4633 or [couture.mike.r@gmail.com](mailto: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.



### 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 11:30 in the Dining Room. FMI contact Elaine at 250-941-2518.



### Walking Group

Individuals walk for approximately one hour at their own pace, followed by a coffee break social. Tues - Fri start time 9 am at d'Esterre Centre Dinning Rm.

Sat. start time 9 am at the Strathcona Plaza, Comox.

Exceptions:

2<sup>nd</sup> Tues of the month start time 9 am at Pharmasave, Comox.

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

Wednesday, December 11th, start time 10 am at Crown Isle clubhouse parking.

Wednesday, January 1<sup>st</sup>, 2025, start time 10 am at Courtenay Rec. parking lot.

The walk will be along the Puntledge River, Simms Park, on to the Airpark & return. Lunch to follow.

Contact person: Sharon [shpaterson@shaw.ca](mailto:shpaterson@shaw.ca)

### Art Club

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

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

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

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



### Carpet Bowling

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



### 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.



## Classes Around the Centre

### DANCEFIT

Classes are on Wednesdays, 10-11am. Cost \$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

### 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 current session is Nov. 27, Dec. 4, 11, 18 - \$20/4 weeks, \$7/ drop-in.

Jan. session 8-29, \$25/4 weeks, \$7 drop-in  
Feb. session 5-26, \$25/4 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. \$25 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

Just Dance

just breathe

## Information About Classes at the Centre

REGISTRATION FOR JANUARY/FEBRUARY CLASSES BEGINS DECEMBER 3!

### 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. Drop-in fee applies.

### 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.

## Important Update on Program Fee Adjustments

Dear Members and Participants,

Effective for the January-February session, the fees for the following programs will increase as follows:

- ◆ Yoga and Pilates – from \$30 to \$35 per month, per session
- ◆ Line Dance, Dancefit, Tai Chi – From \$20 to \$25 per month, per session

### Why the Increase?

For many years, we have worked diligently to keep our program fees as low as possible to ensure they are accessible to everyone in our community. This is the first fee adjustment we have made in quite some time. The modest increase is necessary to:

- ◆ Fairly Compensate Our Instructors: Our dedicated instructors are the heart of our programs. The adjustment helps us offer them fair compensation for their expertise and commitment.
- ◆ Maintain High-Quality Programs: The additional resources will allow us to continue providing the excellent programs you value and enjoy.
- ◆ Sustain Our Centre's Operations: The increase supports the Centre's ability to cover rising costs and continue offering a variety of services.

### Still Affordable and Competitive

Even with this adjustment, our program fees remain significantly lower than similar offerings in the community. Local recreation centers typically charge between \$12 and \$15 per class, while private studios may charge \$20 or more per class. Our new rate equates to, at most, \$8.75 per class, continuing our tradition of providing exceptional value.

### Looking Ahead

We are committed to continuing to offer high-quality programs at the most affordable rates possible. While this is the first fee adjustment we have made in some time, please know that any future changes will be made thoughtfully, with your best interests in mind, and will be communicated well in advance.

### We Appreciate Your Understanding

We understand that fee changes can be challenging, and we want to assure you that this decision was made after careful consideration. Our goal is to ensure the long-term sustainability of our programs while continuing to serve you effectively.

### Questions or Concerns?

If you have any questions or would like to discuss this change further, please do not hesitate to contact our Executive Director at alex@comoxseniors.ca or 250-339-5133.

Thank you for your continued support and participation. We look forward to seeing you in our upcoming programs.

Sincerely,

The Board of Directors and Alex Jegier, Executive Director, d'Estre Seniors' Centre Association

## Yoga and Core Classes at the Centre



**Monday Chair Yoga 10:00-11:00 Deb Karlstrom**

See p.13 Friday Chair Yoga 1pm for a full description of this class.

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

**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 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](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: Linda Barfoot      fifthline@gmail.com      250-897-1374

**Thursday Yoga Workshop 1:15-2:45 (Time may vary) Instructor 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](http://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.

Registration for Dec. workshop open now. Registration for Jan and Feb workshops opens Dec. 3

### 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 16,23,30



\$30 for 3 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](http://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

