



# January 2025 Newsletter

**The office and kitchen will be open Jan. 2-3, 2025  
Centre reopens fully Mon., Jan. 6, 2025  
Classes resume Jan. 6.**

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250-339-5133  
www.comoxseniors.ca  
Email: office@comoxseniors.ca



*You are never too old to  
set another goal or to  
dream a new dream—  
C.S. Lewis*

## 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 the President, Board of Directors

Hello d'Esterre Members,

Welcome to 2025 at d'Esterre. As the new year begins, I'd like to offer my thanks to a few super stars that have contributed so much in 2024. Nina Sato and Patty Anderson, our two office employees, keep things running smoothly with an abundance of class registrations, always with welcoming smiles. Nina also creates our newsletter assisted by volunteer Dawn Lawrie. Bill Brown, our custodian, reached a 20-year employee milestone recently, making sure our Centre is clean and ready for members to enjoy. Dei Lafond, our cook, well, it goes without saying, she keeps our tummies happy. Ralph Bruinink, a super volunteer, quietly works in the background, setting up the ballroom for events and picking up his hammer and tools to fix things at the simplest mention of a need.

Cheryl Smith, a board member and special events ninja, has brought a renewed energy to the Centre with Thanksgiving and Christmas meals and plans for some new and interesting events coming up. Nancy Kremer, also a board member, keeps the Gift Shop interesting and filled with beautiful gifts. She organized the Christmas Craft Fair, raising \$3,877 for the Centre. Julie Spooner is a board member extraordinaire, filling the role of Treasurer, with many hours of dedication, making sure our finances are in order. Diane Brown decorates our Centre throughout the seasons, bringing a special touch to our ambiance. The Quilters continue to make beautiful quilts for raffles, the last one raising \$975 for the Centre and a total of \$1470 for the year. Our many activity and shop coordinators need special recognition for making the Centre such an active and interesting place to be. And, we must mention Alex Jegier, our Executive Director, who in a few short months has brought such wisdom and knowledge to the role he fulfills so exceptionally. These are just a few examples of the individuals who make everyone's experience at the Centre a good one.

Thank you to everyone who makes d'Esterre the place we've all come to love and enjoy.

Happy New Year,  
Myrna Holman  
President, Board of Directors

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 open for Jan & Feb 2025
- Classes resume Mon. Jan. 6.
- January Info Session: Providence Living at the Views, Sat. Jan. 18, Ballroom – see p. 6
- January Special Event: Sound Bath, Sun. Jan 19, Ballroom, see p. 4

### Looking Ahead

- Wed. Feb 5 – By-Laws Information Meeting at 12:30 in the Ballroom

## 2025 MEMBERSHIP

As of January 1, all 2025 memberships will be \$40 + 5% GST = \$42.

Memberships are available for purchase at the Office Mon-Fri from 10 am-1 pm.

**Cash, cheque, or debit!** Please make cheque payable to “d’Esterre Seniors’ Centre Association”. There is a stamp with this official Centre name available in the office.

## 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.

## 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

Thursday	January	2	Roast Beef
Tuesday	January	7	Ham & Scalloped Potatoes
Thursday	January	9	Liver & Onions
Tuesday	January	14	Beef Stew
Thursday	January	16	Shepherd's Pie
Tuesday	January	21	Roast Pork
Thursday	January	23	Liver & Onions
Tuesday	January	28	Pork Cutlets
Thursday	January	30	Chicken Cordon Bleu

**Happy New Year from the Gift Shop**  
*2024 was a great year for the Shop for so many reasons.*

**Highlights were:**

- \* Promoting talented Crafters to the Comox Valley community via the Shop and Craft Market
- \* "Meet the Author" Event introduced local authors to the Centre community.
- \* A successful Craft Market with a donation of \$3800 to the Centre.
- \* Adding the debit machine as another form of tender increased sales.
- \* Gift Shop sales of over \$24,000 surpassed our goal of \$21,000 for the year.
- \* Consignors 80% payouts were over \$18,000
- \* Over \$5700 was raised between the Centres' 20% payout and donations.

These highlights are possible due to the members that create for the love of creating and to the customers who purchase handmade creations as a gift to themselves or others. This is what makes our Gift Shop unique...you make it possible.

**Thank you!**

We welcome new consignors to sell their creations in the Shop. Contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca).  
Now accepting new items for January.

**Handmade Gifts from the Heart**

**Ten Top Consignors sales producers for 2024:**

- |                     |                    |
|---------------------|--------------------|
| 1. Corinne Wester   | 6. Brenda Needham  |
| 2. Heather James    | 7. Aggie Sabo      |
| 3. Deb Karlstrom    | 8. Tresa Falk      |
| 4. Jean Hurrie      | 9. Erika Mathesius |
| 5. Dorothy McDowell | 10. Ilene Yeoman   |



**Special Occasion Cards**



Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)



**Coffee with Al**

Come have coffee with Al on Monday morning from 9-11am on Jan, 13, 20, and 27. 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 Jan 6 and 13, and Feb 10 in the back area of the Dining Room. Alan can help you with your questions about your Android device.

## SPECIAL EVENTS

2025!!! Wow, I can't believe it, we have a whole year to fill with traditional, new, exciting, and diversified events. If you have any ideas and or suggestions, we are all ears. We are always looking for volunteers interested in helping to make these events possible. If you'd like to volunteer, please email Cheryl at smithcherylgee@gmail.com or call 236-255-0255.

On Sunday, January 19 at 12:45pm, we will be presenting our first Sound Bath. Joanna Finch will guide you through a meditative afternoon involving singing bowls and other instruments. Tickets will be limited. If there is a huge demand, we will arrange for a second session. Registration during office hours will begin Jan 9. Registration fee: \$30.00.

On Saturday, February 8, we will be holding our first Pub Night. We will be taking this evening to introduce a limited selection of beer and wine. The evening will consist of live music and an open buffet featuring pub fare. More details to come.

For more information about any of our events please check our Facebook page, our website and or bulletin boards around the center.

### Christmas Luncheon and Dinner at d'Esterre

#### A Thank You to the Volunteers

The Board of Directors would like to thank all of the volunteers who worked so hard to make the Christmas Luncheon and Dinner successes. That hard work was rewarded by a shared feeling of accomplishment and camaraderie. New friendships were ignited between volunteers who had never had the opportunity to get to know other members at d'Esterre. It was direct evidence that volunteering is not just about service to others but also enriches your own life.



Special thanks go to Cheryl Smith, our Special Events Coordinator, who organized and orchestrated the Christmas Luncheon and Dinner. Putting on these events for so many people is a complex and demanding task, which Cheryl carried out with aplomb. She had a ready solution for every problem and one of her superpowers is organizing people as to what to do to get things done.

Recognition must also be made of Denise, who at 85 proved that age is no barrier to volunteering. Few could match her energy and dedication to making Christmas evening a success.

Not all of the volunteers who made the Christmas Dinner such a success were in attendance Christmas Day. Their contribution came earlier. The prizes given to each member at the dinner were hand made by our own members. Each one was a little treasure and appreciated by every recipient. And how Susan Toresdahl, our Vice-President, managed to give Raymond Morin, our former President, the Green Pickle as a prize will always remain a mystery. No one could think of anyone more deserving.

For those who are considering volunteering you should speak to Cheryl as she is contemplating organizing a Fashion Show in the Spring – if she can get enough volunteers.

**Now is your chance.**

Paul Dreyer, Board Director

**GET INVOLVED**  
Make a Difference!



## News From the Centre

### Christmas Day Dinner



Now to keep a promise made Dec 14th during our Christmas luncheon. Here it is:

### Lemon Trifle Recipe

We start with

Madge Richardson Lemon Pound Cake

Combine:

1 1/2 c flour

1 tsp baking powder

1/2 tsp salt

Cream

1/2 c margarine or butter

1 c sugar

Add

2 eggs beat well

Stir in

Zest of one lemon

Mix in alternating between dry ingredient and

1/2 c milk

Mix well

Pour into a greased loaf pan

Bake at 350 for 50-60 mins.

Immediately Poke holes in top of baked cake

Pour juice of 1/2 lemon mixed with 1/4 c sugar over the top

I always make the pound cake days before then hide it the freezer, makes it easier to cube and ensures no one eats it. (Including me)

The day before you serve it:

Make a lemon syrup: using in a small pot mix up 1/4 c sugar and 1/4 c fresh lemon juice over medium heat stir until the sugar is completely dissolved then set aside to cool.

One package of Dream whip mixed with 1 c cold milk

Whip until soft peaks form

One package of lemon pudding (I used Jello pudding) to Dream

Whip add 1/2 c milk

Whip until thick

Assemble

Cube pound cake

Layer pound cake brush with

Lemon Syrup

Add layer of dream whip mixture

Pound cake brush with Lemon Syrup

layer of dream whip mixture

Refrigerate at least 4 hours (I prefer overnight)

Before serving

I add layer of real Whip Cream

Sprinkle with grated White Chocolate, garnished with lemon slices, fresh mint and if desired some fresh lemon zest.



## More News From the Centre

**Upcoming  
Information  
Session**

*Save  
the  
Date*

### Upcoming Info Sessions

Jan 18 – Providence Living at The Views

Feb 15 – Comox Valley Hospice Society

Mar 15 – Probate, Executors, and dealing with Estates

\*\*\*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)

### MARK YOUR CALENDAR:

#### BE IN THE KNOW

*Save the date! Join us on Wednesday, February 5, 2025, from 12:30 PM to 1:30 PM in the ballroom for an important update on the d'Esterre Seniors' Centre Association BY-LAW amendments.*

This is your opportunity to learn about the proposed changes ahead of our March Annual General Meeting—what's being updated and why it matters.

Think this sounds boring? Think again! These amendments are crucial to how our Centre is governed, and your input is invaluable. This is your chance to ask questions, share your thoughts, and stay informed.

Don't miss out—your voice matters!

### INFORMATION SESSION

**January 18th at 10:30am in the Ballroom**



***Presenter Kelley Romeril***

**PROVIDENCE LIVING at THE VIEWS**

***will tell about the exciting new Village that has emerged within our Town.***

*Make a Difference!*  
**DONATE**

As we ring in the New Year, I wanted to thank everyone who made a donation in 2024. Thank you for your incredible generosity.

Your donations remind us that there are compassionate individuals out there who genuinely care about making a positive difference in the lives of others.

I want to extend an invitation to all those who possess the same spirit of giving, to join us in becoming a donor. Your contribution, no matter the size, has the power to create ripples of change and bring hope to those who need it the most.

If you can, please support us on a monthly basis to help make a big impact every single month in your community.

It takes less than a minute to setup through Canada Helps using our Donation tab on our website. [Donate - Comox Seniors' Centre](#)

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



A generous donation was received *in memory of Anne Langdon*, a long time supporter and past member of d'Esterre.



A generous donation was received *in memory of Cal Nixon*, a long-time member of d'Esterre.



A generous donation was received *in memory of Ethel Dennis*, we will miss her smiling face and positive attitude around the Centre.

**In Honour**

A generous donation was received *in honour of Brenda Sarvis*

## Join Our Changed Board – Big Picture, Less Legwork!

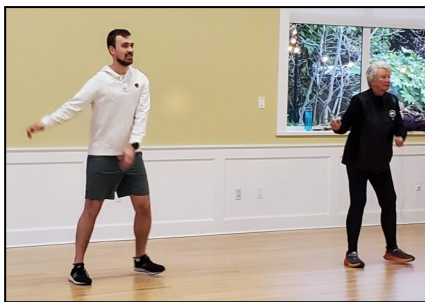
Our board has transitioned to a governance-focused model, and we're seeking new members who are excited to lead without the hands-on work. If you want to contribute your insights without getting bogged down in day-to-day operations, this is the perfect opening for you.

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](mailto:storesdahl@shaw.ca)) or any d'Esterre Board Member to discuss



Executive director Alex enjoys some morning exercise with Magi and her class.

## Information About Classes at the Centre

**REGISTRATION FOR JANUARY/FEBRUARY CLASSES OPEN. CLASSES BEGIN JANUARY 6, 2025**

### 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.

## 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

### Pottery Group



The pottery studio is one of the many areas of creativity within the Centre. Visitors are always welcome to drop by and see what's going on.

Members of this group are hobby potters, with varying degrees of experience, but all with a love of working with clay. Potential new members should already have a level of competency in working with clay to enable them to work independently and safely within the studio. Due to the limitations of space and facilities, there is currently a waitlist to join.

For more information about the pottery group, please contact Lorrie Smith, 250-339-1902.

### Silver Smith Workshop

On Friday, January 17, 2025, Club members will be participating in the second of two workshops taught by Karen Griffith, a local silversmith. Some members plan to remain in the workshop to continue to work on their projects Friday afternoon. In addition, we have an interested new member who has now completed her initial basic silversmithing workshops and will be joining us this coming spring.

A big thank you goes out to Derek Harris, a long-time d'Esterre member, who no longer pursues his silversmith activities and kindly donated his own silversmith tools to the Club this past 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. The \$50.00 membership dues for January through June are due. The workshop is open for members Monday through Thursday in the afternoons and all-day Fridays. Please contact Bonnie Luterbach at 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 Silversmith Club. There is a list of trainers on the Bulletin Board in the d'Esterre Club workshop downstairs.

## 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%20Seniors%20Duplicate%20Bridge%20Comox%20British%20Columbia%20Canada%20(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.

### Bid Euchre

Mondays at 7 pm in the Card Room.  
FMI contact Charlie/Norma Cooper 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 sharp, in the Ballroom

High Scores for December:

Ladies: Marjory R, 837; Angela V, 831

Gents: Harry P, 847; Leon V, 823

Play starts promptly at 7pm, 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 be sure to 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, 250-702-880

### 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

### Fun & Games/Mexican Train

Here's to a HAPPY, HEALTHY NEW YEAR. one of the ways to have a good time is to join in on a game and no better than on Friday afternoons 1:15.

Kevin has joined our group and wishes to find people to play Scrabble and Backgammon. Are you interested? It will be a drop in participation same as MEXICAN TRAIN. FMI contact Kevin at 236-489-1955 or kmcarville@telus.net.

MEXICAN TRAIN seems to be continuing to be fun to play. We don't count points at the end of each round, but celebrate each person's win of each game. It makes it less competitive but still challenging. If you would like to join us please come by 1:15 on every FRIDAY in the Cafeteria or Sun room (adjacent to cafeteria)

The charge is \$1 a month to the Center. We also collect \$1 a month towards a June outing and then a December event. Hope you come out and have fun with us...always room for 1 more player.

Sherry

### 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.

### 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:

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.

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

### Cue Sports

Throughout the 2025 New Year, we will all



continue making our Cue Sports Club a fun place to spend quality time with friends we've made and friends we'll make (guys and gals), playing a sport that keeps us sharp and happy, no matter our skill level. Two very different-sized tables satisfy our varying needs. To find out more, call or write to me any time. Mike Couture, Convenor, 250-898-4633 [couture.mike.r@gmail.com](mailto:couture.mike.r@gmail.com).

### 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.



### Carpet Bowling

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

Everyone welcome!

Diane Owens 250-941-8600

Bea Hoyseth 250-941-6055



### 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 SILVER (formerly Zumba)

Classes are on Wednesdays, 10-11am. Cost, \$25 per month, 4 classes. Drop-ins are welcome, space permitting, \$7 per class. Please pre-register and pay at the Office.



This aerobic exercise programme is a great way to get fit and stay in shape. It features simple choreography to music from around the world, and is tailored for the older adult of all ability levels.

The focus is on having fun while moving the body without discomfort. Dance is a great way to strengthen muscles and bones, boost cardio function, stimulate the brain, and improve posture, coordination and balance to prevent falls.

FMI contact Diana at 250-339-7714 or [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca)

### 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](mailto:nsato@live.com) or 778-992-0220.



### LINE DANCING WITH BRENDA

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.



**ABSOLUTE BEGINNER CLASS** consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Wednesdays 6:15 pm-7:15 pm. FMI contact Kim 403-863-0738 or [kimfell2009@gmail.com](mailto:kimfell2009@gmail.com).

**LOW BEGINNER CLASS** This class is a natural progression if you have attended the Absolute Beginner class and want to build upon the skills you have already learned. It will consist of low to medium level Beginner dances. Wed. 7:15pm-8:15pm. FMI, contact Kim 403-863-0738 or [kimfell2009@gmail.com](mailto:kimfell2009@gmail.com).

**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](mailto:westwynde44@telus.net).

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

### 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. 11:15am - 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

## 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. 15 for updated information.

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

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

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

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

**Friday All levels Yoga 9:00-10:30 Nancy Moelaert**  
**10:45-12:15**

Yoga means Union - Unification of Body, Breath, and Mind

Through the practice of:

Asanas - physical postures for strength and flexibility

Pranayama - Breathing techniques to regulate Prana (Life Force Energy)

Meditation - kind focus and awareness of thoughts, feelings and sensations

Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath. This yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries and you are encouraged to work at your personal level.

To learn more about Nancy visit [www.shoresofserendipityyoga.com](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 for dates and times.

Register for Jan and Feb workshops at Office

### JAN

#### Gentle Somatic Movement

Thursdays 1:15 – 2:45

January 16,23,30



\$30 for 3 weeks

Register at the office

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

### MAR

#### SPRING RENEWAL GENTLE YOGA



Join Katherine Andrews

Thursdays 1:15-2:45

March 6, 13, 20, 27

\$40 for four classes

Registration begins at office in February



Embrace the Spring Equinox! These classes are designed with a mindful approach of cleansing renewal as we move into spring.

Gentle and intentional movement help us release long held tension and lean towards compassionate self awareness. This series of classes **builds bone mass, increases mobility, and refreshes our spirit.**

FMI about the instructor, please visit [www.katherineandrewsyoga.com](http://www.katherineandrewsyoga.com)

## d'Esterre Seniors' Centre Association Clubs & Activities

For more information, contact the coordinator listed for an activity or class

<p><b>Centre Office</b> M-F 10 am-1 pm 250-339-5133</p> <p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong Soapstone Carving Painting Chair Yoga Strength Training</p> <p>Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun &amp; Games Yoga Yoga (Daylight Savings) Bid Euchre</p>	<p>BR CRR AR BR BR  CR BR  DR DR BR BR CR</p>	<p>9:00 am 9:00 am 10:00 am 10:00 am 11:15 am  12:30 pm 1:00 pm  1:00 pm 1:15 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Dorothy Gardner Deb Karlstrom 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 778-585-5105 250-871-4299 250-339-0816 250-871-0350 250-941-8600 250-941-6055 250-339-2979 250-898-1158 250-339-4313 778-585-5105 250-792-4075</p>
<p><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p><b>Special Events</b> <a href="mailto:smithcherylgee@gmail.com">smithcherylgee@gmail.com</a></p>	<p><b>Tuesday</b>  2<sup>nd</sup> Tuesday</p>	<p>Fitness Quilters Glass Creations/Stained Glass Rock &amp; Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR AR CRR CR BR BR BR DR CR BR BR CR</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  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.) &amp; 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><b>Pottery Studio</b> Lorrie Smith 250-339-1902</p> <p><b>Wood Shop</b> Jim Cooper 250-218-5267 builder@shaw.ca</p> <p><b>Cue Sports</b> Mike Couture 250-898-4633</p> <p><b>Rock and Gem</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b></p>	<p>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  CRR BR  BR DR BR  CR BR  BR BR BR</p>	<p>8:55 am 10:00 am 10:00 am  10:00 am 11:15 am  12:15 pm 1:00 pm 1:00 pm  1:00 pm 3:00 pm  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><b>Silver Smith</b> Bonnie Luterbach bluterbach@shaw.ca.</p> <p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p>	<p><b>Thursday</b>  Jan 16,23,30</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 11:30 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><b>Tours</b> Sherry Brydon 250-941-1808</p> <p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p>	<p><b>Friday</b>  2nd Friday</p>	<p>Yoga Yoga Spanish Spoken Advanced Silver Smith Meeting Chair Yoga Canasta Fun &amp; Games Table Tennis I Table Tennis 2</p>	<p>BR BR AR CR BR CR DR BR BR</p>	<p>9:00 am 10:45 am 10:00 am 10:00 am 1:00 pm 1:00 pm 1:15 pm 3:00 pm 4:00 pm</p>	<p>Barb Taylor Barb Taylor Derek Richmond Bonnie Luterbach bluterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden</p>	<p>250-890-3446 250-890-3446 250-218-3442 @shaw.ca 778-585-5105 250-702-5948 250-941-1808 250-465-8154 250-339-5772</p>
	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron (Coord.) &amp; John Godfrey (Director)</p>	<p>250-339-7161 250-923-5687</p>

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