



February 2025 Newsletter

Class Registration open for March & April 2025
GST information including Class Fees (pg. 8)
Bylaw Amendments Meeting (pg. 5)

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“Never regret anything that made you smile.” – Mark Twain

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A Message from Alex

Hello d'Esterre Members,
As we step into February, I invite you to take a moment for a little visualization exercise. Think back to when you first joined the Centre. What made you want to come back? Sure, the programs and activities are a big draw, but it's often the people who make the biggest impact. Was it someone saying hi to you on your first day? Or someone offering up a seat at their lunch table, making you feel welcome right away? This is what truly makes d'Esterre special – the warm, friendly community. I encourage you to pass that kindness along: say hi to someone you don't know yet, or invite someone new to join you at an activity or for a meal. Let's make sure that everyone who comes through our doors feels like they belong.

I want to let you know that I was away for most of January due to another MBA residency, this time closer to home in Victoria at the beautiful Royal Roads campus. My studies are going well, and I'll be focusing on my individual project for the rest of the year, which will be conducted online. It's been a busy time, but I'm excited to be back and reconnecting with all of you.

You may have heard about some changes regarding pricing and GST at the Centre. We recently reached the CRA threshold, meaning we are now required to collect GST. This change will impact the prices of certain services and food items at Dei's Café as well. Even with the rising cost of ingredients and supplies, we remain committed to keeping prices as fair as possible. We're also testing a new point-of-sale system to improve efficiency, so don't be surprised if you see me in the kitchen as we work through the testing and training process. I appreciate your patience as our kitchen staff and volunteers get comfortable with this new system.

Speaking of volunteers, we could use your help! There are plenty of odds and ends around the Centre that need doing, and we'd love to match your skills and strengths with a project. Whether you have a few hours to spare or you're looking for a short-term task, we can find something that fits. For example, if you're an event planning wiz, we need some help with our volunteer appreciation planning for April. Into detective work? We need some folks to help with conducting a thorough inventory of equipment and assets across all our programming spaces.

Continued on next page

We respectfully acknowledge that we live, work, and play on the traditional lands of the K'omoks First Nation Gila 'kasla...Hay ch q' a'. Major support from the Town of Comox is greatly appreciated.

Events and Notices

- Mon. Feb 3 – Class Registration open for March & April 2025
- Wed. Feb 5 – By-Laws Information Meeting 12:30-1:30pm
- Sat. Feb 8 – Pub Night @ 5:30 pm
- Sat. Feb 15 – Info session: Comox Valley Hospice Society 10:30am
- Mon. Feb 17 – Centre closed for Family Day

Upcoming Events

- Sat. Mar 15 – Info Session: Probate, Executors, and dealing with Estates at 10:30am
- Wed. Mar 19 – AGM at 1pm in the Ballroom

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More of a creative-cat? Help us with capturing high-quality photos/videos of programs and events and keeping everything organized in our cloud. And while the board is seeking new directors, we also need volunteers who can take on specific tasks and see them through within a couple of weeks. It's a rewarding way to contribute and be part of something meaningful. Come see me and let's see how we can work together!

As always, my door (and inbox) is open. Whether you have questions, feedback, or ideas for how we can improve, don't hesitate to reach out. We will be going through the survey results over the next weeks and producing a "What We Heard" report with actionable steps to improve our organization. Let's keep working together to make d'Esterre a place where everyone feels at home. See you around the Centre!

Best,
Alex Jegier
Executive Director
alex@comoxseniors.ca

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

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 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

Tuesday	February	4	Ham & Scalloped Potatoes
Thursday	February	6	Liver & Onions
Tuesday	February	11	Meatloaf
Wednesday	February	12	Lasagna
Thursday	February	13	Roast Beef
Tuesday	February	18	Shepherd's Pie
Thursday	February	20	Liver & Onions
Tuesday	February	25	Cordon Bleu
Thursday	February	27	Roast Pork

GST in 2025

The Centre has reached the CRA revenue threshold and is required to collect GST on goods and services sold.

- * As of Jan. 1, the Centre is required to collect 5% GST on all goods and services, including d’Esterre membership, class fees, Special Events, rental fees, Gift Shop items, and Dei’s Café.
- * 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.
- * Club memberships and activity fees are internal fees that do not incur GST.

MEMBERSHIP

2025 membership is \$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.

Membership is required to participate in activities and classes at the Centre. Additional fees are charged for classes and activities; fees vary, inquire at the office or contact the coordinator listed on the back page for more information.

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



Coffee with Al

Come have coffee with Al on Monday morning from 9-11am on Feb. 3 and 24th. 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 Feb 10 in the back area of the Dining Room. Alan can help you with your questions about your Android device.



The Centre is closed on Monday, Feb. 17th for this statutory holiday

Be in the Know!

WED FEB 5th 12:30-1:30 ballroom

BY-LAW ADMENDMENTS

an important update on the
d'Esterre Seniors' Centre Association

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!

A REMINDER!

On Wednesday, February 5, 2025, from 12:30 pm to 1:30 pm in the ballroom, we will be updating members on the proposed d'Esterre Seniors' Centre Association BY-LAW amendments. Join us to find out what is changing and give us your thoughts. Can't make the meeting but have questions? Please contact Susan (storesdahl@shaw.ca) and we can set up a time to meet or leave your name at the office and I will contact you.

See the current By-Laws on our website or at this link:

[Constitution-and-Bylaws-amended-for-Society-Act-May-2023-May-14-2018.pdf](#)

AGM

FOR ALL MEMBERS

Mark your calendars! Our *Annual General Meeting (AGM)* is happening on Wednesday, March 19th at 1:00 PM in the Ballroom.

This members-only event is an important opportunity to have your voice heard as we discuss major bylaw changes and hold our annual Board nominations, including executive positions.

- * Stay informed about upcoming changes
- * Meet the nominees for the Board
- * Cast your vote and help shape the future of our Centre

The AGM agenda will be posted on the bulletin boards sometime after February 10th. We encourage all members to attend—your participation is vital! See you there!



WE LOVE
OUR VOLUNTEERS

Volunteer Award Nominations

Volunteers are vital to the Centre – Dei's Café, the Gift Shop, all the amazing activities and wonderful events couldn't run without their hours of service.

Let's recognize and celebrate our dedicated volunteers!

Nominate someone for an annual award or a lifetime award.

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



Upcoming
Information
Session

Upcoming Info Sessions

Feb 15 – Comox Valley Hospice Society

Mar 15 – Probate, Executors, and dealing with Estates

Apr 12th* - MARS Wildlife Rescue

due to the long weekend April's Session is on the 2nd Saturday of the month

No registration necessary.....Everyone welcome!

***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

INFORMATION SESSION

February 15th at 10:30am
in the Ballroom

 Comox Valley
Hospice Society

Hospice is a philosophy not just a place

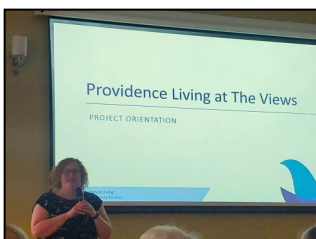
When Connection Matters Most

*Easing the journey of dying and grieving,
and to support dignity at end of life*

Presenter

Christine Colbert

No registration necessary - Everyone welcome



January Info Session – Providence Living at the Views

Over 80 people attended the January info session. The presentation by Kelley Romeril was informative and she patiently and knowledgeably answered many questions.

From the Gift Shop

Happy Valentine's Day from the Gift Shop

It's amazing how a handmade gift spreads so much love and kindness from the creator to the consumer. Each person coming through the shop shops for that perfect gift to show their love to another.

Trish shared her story of purchasing the Glacier Grannies Angels for her granddaughter's angel tree. Her granddaughter Lucy shared her story along with a photo.



I am Lucy and I am 12 years old and live in Winnipeg. I got my first angel from Comox when my mother was visiting my grandparents. I liked it and asked for another and received it last Christmas.

This Christmas I asked for more angels so I could decorate the little tree in my bedroom. The angels are really beautiful and they have incredible details on them. I know buying them helps the African grandmothers take care of orphaned children. The angels are now hanging on my bulletin board.

Do you have a story to share? Send it to nancy2fancy@shaw.ca. Love is in the air; pass it on with your story. The Gift Shop is sharing more stories each month with our new addition to the newsletter. Crafty Conversations by Deidre Rennie: Crafters sharing their story of themselves and their crafts. Crafters interested in sharing their story and craft, contact Nancy at the shop.

Check out Facebook for what's new, upcoming sales and much more in the Gift Shop. Share and like with your friends.

*Gift shop will be closed Friday February 14th, reopening Tuesday 18th at 10am.
Handmade Gifts from the Heart*



Crafty Conversations with Deb Karlstrom

Most of you will know Deb as the well-liked instructor of several yoga classes at the Centre. She also crafts the fabulous Laplander soaps that sell in the Gift Shop! Deb moved to the Valley in 1990 when her husband was transferred for work. They had 3 children and eventually bought the Radio Shack in the Comox Mall...for those of us who remember it! Ten years ago Deb started teaching yoga classes at d'Esterre after having taught yoga for several years at the Kingfisher and the Little Red Church.

About 12 years ago, Deb started making soap after learning the technique from a friend.

Deb makes her Laplander soap in memory of her grandmother....her MorMor....who was from Vilkemena in the Lapland region of northern Sweden and whom Deb was very close to.

The soap making process involves melting hard oils—palm or coconut oil, along with liquid olive or castor oil, then mixing with water and lye. Deb wears protective clothing when working with lye which creates a chemical reaction that causes it to heat up. Natural essential oils add the fragrance along with mica to give color to her designs. She sources her ingredients locally and from a supplier in Vancouver. Delightful swirls of color throughout the bar create a work of art. She also has begun making some soap with no color for those who prefer it au natural. New soap creations are now available at the Gift Shop. Unscented soap designs are also available.

Deb generously donates her soap to her daughter's clients. She is a nurse on the East side of Vancouver helping those in need. Deb's kindness and creativity radiates through all that she shares with others...handmade soaps or yoga. We appreciate all that you bring to our Centre, Deb.



SPECIAL EVENTS



**We're having a party
Gonna change it up
PUB NIGHT!!**

Bring your dancing shoes
and best moves!!
Cold Beer/Wine Sales,
Live Music, Open Buffet
Feb 8, 2025
Doors Open 5:30
Music 6:00



Ryder Bachman
Members \$25.00
Non Members \$35.00

**Ribs, Chicken
Wings
Potato/Caesar
Salad
No bake cheese
cake**

**Office Registration
Closes February 5
Limited Group bookings available
Thru Cheryl 2362550255**

February: the time to get rid of the old and welcome the new. I for one, have always enjoyed the old but I also look forward to the new. Our goals as we move through 2025 is to introduce unique experiences and increase events. To do this we need your support both with input **and** attendance. So here we go.

We were listening when people requested music and dancing into the evening. So on Saturday, February 8, we will be holding our first Pub Night. The evening will consist of live music and an open buffet featuring pub fare. To accommodate the Dance Floor, we have limited attendance to 80 people.

In addition to the food listed on the poster, there will be Chili and Corn bread

Beer \$5.00, Wine \$7.00, non-Alcohol drinks \$3.00, Coffee/Tea on the house

The Sound Bath

Our Host, Joanna Finch, had all the participants floating out of the ballroom silently, letting the experience shape the rest of their day. We received glowing reports from those who participated. Several of the participants, and those that did not attend have asked that I repeat the event.

Constructive criticism is always welcome.

I plan to share the criticism along with the accolades following every event

It has been brought to our attention that several people did not know what a sound bath was, or that it was being offered. That I must wear. Being that this event had limited attendance (25 people) I did not promote this to the best of my ability. Moving forward I will promote all events in the same way the newsletter, bulletin boards, website, Facebook and the occasional email. Limitations, time frames and any other information will be included.

All registrations for Special Events take place through the office. We will be implementing a policy of ending registration three days before the event to prepare and organize the event.

Any questions and concerns can be addressed to Cheryl contact information listed on the back of the newsletter



Get a 2024 Tax Credit for Your Generosity

Good news! The Federal Government has extended the deadline for making donations for the 2024 tax year, to the end of February! That means there is still time to donate to d’Esterre Seniors Centre and get a deduction on your 2024 tax return. Your donation helps us keep our programs more affordable for seniors. Together, we can make a difference in our community, and create a world where compassion and generosity thrive.

Donate online at [Canada Helps](#). It takes less than a minute to setup through Canada Helps using our Donation tab on our website [Donate - Comox Seniors' Centre](#) or stop by the office to make your donation today.

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



Another generous donation was received:
In memory of Anne Langdon,
a long time supporter and past member of d’Esterre.

Activities Around the Centre

Wood Workshop

Not only is our new, thickness sander operating, but we now have a steam box for bending wood! Certain woods lend themselves to steam-bending, such as maple and white oak. It takes time but you can accomplish amazingly contorted wood creations. Please join us! Ask me for our help to get set-up on these or any other shop tool.

Our \$12 annual membership fee is paid at the Office - 10:00 am to 1:00 pm weekdays. Our usage charge is \$5.00 for 4 hours of shop time. Considering our array of equipment, that's such a bargain! We start new woodworkers with a safety orientation and then move into introductory projects. There are several skilled woodworkers who are keen to coach you!

New activities keep our brains stimulated and healthy. Your accomplishments are another reward. Wood is a plentiful and soul-satisfying medium. It presents abundant possibilities for artistic expression. Please join us!

Silver Smith Workshop

On Friday, January 7, 2025, from 9:00 am to noon Club members participated in the second of two workshops taught by Karen Griffith, a local silversmith. Some members remained in the workshop complete their projects Friday afternoon. In addition, we have an interested new member who has now completed her initial basic silversmithing workshops and after touring the workshop and discussing options she will be joining us this coming spring.

A big thank you goes out to Derrick 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. Eileen Phillips, Jacqueline Moore, and Bonnie Luterbach have now documented the donation and worked out an approach for members to access the donations. The members will discuss this at the next meeting.

The Club members now meet on the second Friday of each month, February 14 at 10:00 am. Membership dues of \$50.00 for January through June have been received and Club payments made to d’Esterre.

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 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.

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 January:

Ladies: Audrey D, 847; Diana F, 845

Gents: Charlie R, 843; Harry P, 824

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, 250-702-8802

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

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. To hopefully increase the afternoon's participation we now offer a chance to play Scrabble and Backgammon every second and fourth Friday of the month. It will be drop in and space is limited at this time. To express your interest and have more information, contact Kevin at 236-489-1955 or kmcarvill@telus.net

MEXICAN TRAIN seems to be continuing to be fun to play. We are a cheerful group looking for more people to play a non competitive yet challenging game of Mexican train. We don't count points at the end of each round, instead we have a winner when someone plays their last tile. This makes it easier to drop in at anytime after 1 (until 3). Never played before? We are happy to show you, so come on out and have fun!

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.

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, 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

Cue Sports

Our Centre's pool room is yet another place to relax with friendly folks. If you're not already a member of the Cue Sports Club, drop in and have a look. If you'd like more information, call me. I'll tell you all about it. Cheers! Mike Couture, Cue Sports Club Convenor, (250) 898-4633, 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.



Information About Classes at the Centre

REGISTRATION FOR MARCH&APRIL CLASSES OPENS ON FEB. 3

CLASS REGISTRATION

- ◆ Class registration is done by the month in two-month increments.
- ◆ Registration can be done through the office M-F 10am-1pm by cash, cheque, or debit.
- ◆ After hours, use the forms and envelopes outside of the office window (cash/cheque). Note that registrations done after hours may not be recorded until the end of the next business day.
- ◆ 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.
- ◆ Contact the coordinator regarding space availability in the class for drop-ins.

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.

CLASS FEES

Monthly fees (for 4 weeks; fees are adjusted for 3 or 5 week months):

Tai Chi, Line Dance, Dancefit, Meditation: \$25/month (+\$1.25 GST)

Yoga, Core, Pilates: \$35/month (+\$1.75 GST)

Yoga Thursday workshop: \$40/month (+\$2 GST)

Drop-in for Tai Chi, Line Dance, Dancefit, Meditation: \$7 (+\$0.35 GST)

Drop-in for Yoga, Core, Pilates, Yoga workshop: \$15 (+\$0.75 GST)

CANCELLATION POLICY AND REFUNDS FOR ALL CLASSES

Medical Reasons

In order to receive a refund for classes not taken, it must be for medical reasons. The coordinator will determine the validity of the medical reason. The coordinator must be informed immediately if medical leave is required. The participant will be placed on a list which will allow them to return when medically fit and if there is space available. No credit will be given for classes already missed.

Non-Medical Reasons

No credit will be given if a participant decides to drop out of a class for other reasons.

Unforeseen Closures

Refunds will not be given for inclement weather, instructor absence or other unforeseen closures. e.g. other levels of government required closure.

Insufficient Registration

All classes are subject to cancellation due to insufficient registration. These decisions are made up to one week prior to the start date and a full refund will be issued for cancelled programs.

Classes Around the Centre

DANCEFIT

Classes are on Wednesdays, 10-11am.
Cost, \$25 (+\$1.25 GST) per month, 4 classes. Drop-in \$7 (+\$0.35 GST).

This aerobic exercise program 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 Diana 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. Feb., Mar., and Apr. sessions, \$25/month (+\$1.25 GST), \$7 drop-in (+\$0.35 GST)

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 (+\$1.25 GST) per month depending on the number of classes or \$7 (+\$0.35 GST) 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. 11:15am - 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

Peaceful Morning of Guided Meditation

With Julie Blais



📅 **When: Tuesdays**

Starts in March \$25/month

- Doors open at 9:00 AM, Guided meditation begins at 9:15 AM and lasts 30 minutes.
- Wrap up with a 10-minute Q&A, concluding by 9:55 AM.

📅 **What to Expect:**

- 30-minute guided meditation session. Being exposed to various techniques and styles.
- A brief 10-minute Q&A to deepen your practice, share comments and connect with others.
- Sit on chairs to meditate.
- Microphone will be used to enhance Julie's voice.

📅 **Who Can Join:**

Whether you're new to meditation or have years of experience, this session is designed to support everyone on their mindfulness journey.

📅 **Why Participate?**

- Curious about meditation? Discover if it's the right fit for you.
- Looking to develop a consistent practice? Receive the support of a group to build your routine.
- Explore the proven benefits of group meditation and enjoy the accountability and encouragement that group meditation offers.
- Connect with like-minded individuals who value mindfulness.

Take a moment for yourself to ground, reflect, and recharge. We can't wait to see you there!

Thursday Yoga Workshops

These workshops change monthly – please see the posters below for dates and times.



MAR

APR

SPRING RENEWAL GENTLE YOGA

Join Katherine Andrews

Thursdays **1:15-2:45**

March 6,13,20,27

\$40 for four classes



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

Ball Rolling Workshop

with Nancy Moelaert

Thursdays **1:15 to 2:45**

April 3,10,17,24

\$40 for four classes

Body Rolling is a therapy practice that is similar to a deep tissue massage. This practice is done on the floor and sometimes balancing on the ball.

Body Rolling offers all these benefits:

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

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

Yoga, Core, and Pilates 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.

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, Core, and Pilates 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 Workshops 1:15-2:45 (Time may vary) Instructor Varies

This yoga workshop changes monthly. See posters on p. 13 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 250-465-0118

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.

For all Yoga classes:

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

Participants are to bring their own mat and props; including blocks, pillow case, blanket, and yoga strap.

Nice to have would be an eye pillow.

d'Esterre Seniors' Centre Association Clubs & Activities

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

<p>Centre Office M-F 10 am-1 pm 250-339-5133</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p>Monday</p>	<p>T'ai Chi Gong Soapstone Carving Painting Chair Yoga 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 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>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>Special Events smithcherylgee@gmail.com</p>	<p>Tuesday 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>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.) & 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>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>Silversmith Bonnie Luterbach bluterbach@shaw.ca.</p> <p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p>	<p>Thursday Feb6,13,20,27</p>	<p>Fitness Glass Creations/Stained Glass Quilters Mah Jongg (Learn to Play) Chair Fit 1 Pilates Knitting Mah Jongg Yoga Workshop Series-Osteofit 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 1:45 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 250-465-0118</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday 2nd Friday</p>	<p>Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Chair Yoga Canasta Fun & Games Table Tennis I Table Tennis 2 Table Tennis 3</p>	<p>BR BR AR CR BR CR DR BR 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 2:30 pm 3:30 pm 4:30pm</p>	<p>Barb Taylor Barb Taylor Derek Richmond Bonnie Luterbach bluterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt</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 604-519-6748</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)