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Email: info@comoxseniors.ca



Here's to chocolate,  
flowers, and springtime !

### Board of Directors

Myrna Holman, President  
Peggy Rasmus, Vice-President  
Lois Higgins, Secretary  
Susan Kennedy, Treasurer  
Jim Cooper, Director  
Mike Couture, Director  
Carol Doyle, Director  
Barbara Havers, Director  
Nancy Kremer, Director  
Cheryl Smith, Director  
Chris Haslett, Town Rep

# April 2025 Newsletter

Fri. April 18 – Centre closed for Good Friday  
Mon. April 21 – Centre open on Easter Monday

## A Message from Alex

Hello d'Esterre members,

I am always in awe with how quickly spring seems to pop up – quite literally with all the flowers and buds exploding around our community. With spring comes renewal and change, and I am excited to share some of those changes with you now.

Firstly, I would like to again welcome our new board of directors, who stepped up at our Annual General Meeting. I am excited to work together and continue providing a better quality of life as we age. We also had the new bylaws approved by our membership, which allows our staff to work more closely with all the wonderful clubs, programs, and activities we have here at the centre.

As part of this season, we also have the opportunity to do some “spring cleaning”. We continue to grow, both in our membership and in our need for more space. That’s why you may see some changes and movement around the centre as we try and track down where everything is, whether it still serves a purpose for our centre/members, and letting go of things that no longer serve us. For example, we no longer run bingos, so we were able to sell our machine and cards to a deserving First Nations group starting their own centre on the mainland. By the way, they were in awe of what we have here!

Speaking of awe, any time I network with other community members and potential partners I try to take them on a tour of our wonderful space. They are always blown away with our offerings. It is easy to point out the ways we can improve; I do this constantly and come from a culture of “continuous improvement”. These things take time and I am grateful for your patience while we keep serving our centre and members.

As we shared in the most recent two-page spread in the Comox Valley Recreation Guide, it has been a running ‘joke’ to call our centre the “best-kept secret” in Comox. In order to deliver on our constitution and mission, we need to share these amazing facilities, programs, clubs, and activities more broadly. I hope you will join us in this cause and continue to share what makes this place so special.

On a final note: National Volunteer Week takes place from April 27th to May 3rd. Volunteers contribute SO much to our centre, and we want to make sure to celebrate them. As such, we will be having a special dinner and will be sending out a special, separate invitation to the volunteers we have on our list. If you do not receive this email/invitation by Friday April 3rd, please reach out to me directly or through the office.

Warmly,  
Alex, Executive Director  
d'Esterre Seniors' Centre Association

We respectfully acknowledge that we gather and work on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land. Major support from the Town of Comox is greatly appreciated.

## Events and Notices

- Class Registration for May & June opens April 1.
  - Sun. April 6 – Ukrainian Dinner (see below)
  - Sat. April 12 – MARS Wildlife Rescue (see p. 5)
  - Fri. April 18 – Centre closed for Good Friday
  - Mon. April 21 – Centre open on Easter Monday
- Looking Ahead:
- Mon. May 19 – Centre closed for Victoria Day

## Kitchen

### We need kitchen volunteers!

**Do you remember playing store as a child?** With the new Point of Sale system up and running, we need more volunteers, especially if you want to learn new skills. If you are interested in joining the kitchen team,

contact Dei at 250-650-6459 or [lafoddeidre378@gmail.com](mailto:lafoddeidre378@gmail.com).

## 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 [info@comoxseniors.ca](mailto:info@comoxseniors.ca)

## 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

Tues.	April 1	Ham & Scalloped Potatoes
Thurs.	April 3	Liver & Onions
Tues.	April 8	Meatloaf
Thurs.	April 10	Roast Beef
Tues.	April 15	Pork Cutlets
Thurs.	April 17	Liver & Onions
Tues.	April 22	Baked Chicken
Wed.	April 23	Lasagna
Thurs.	April 24	Shepherd's Pie
Tues.	April 29	Roast Pork

## April 6/25

Join us for dinner at 5:00 pm

Doors open at 4:30



## SAVOUR AUTHENTIC UKRAINIAN CUISINE

EXPERIENCE THE AUTHENTIC FLAVOURS OF UKRAINE

Borscht/Beet Soup  
Varenyky/Pierogi  
Holubtsi/Cabbage Rolls  
Bulochki/Sweet Rolls  
Nalysnky Sweet Crepes  
Compot, Tea and coffee  
Wine /Beer Sales  
50/50 Draw

**Members \$30.00 Non-members \$40.00**

Plus Gst

**Office Registration Ends April 3/25**

### GST in 2025

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

- \* 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.
- \* Now that the tax holiday is over (Feb. 15th) all meals and drinks served in Dei's Café 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](mailto:thriftstorequeen43@gmail.com)

### Coffee with Al



Come have coffee with Al on Monday morning from 9-11am on April 14, 21 & 28. 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 April 14 & 28 in the back area of the Dining Room. Alan can help you with your questions about your Android device.



*Good Friday, April 18*  
*Easter Sunday, April 20*

## Happy Easter from the Gift Shop

*Hippity Hop to the Gift Shop...Easter bunnies have brought sweet treats to satisfy your chocolate fix. The Gift Shop Gals design unique ways to package these treats at affordable prices. These make nice gifts for your Easter dinner table or for grandchildren. Easter towel/ dishcloth sets or cupcake dishcloths add a nice colourful touch to any kitchen. Need an Easter card? We have beautiful photo cards. Don't miss these Easter gift items...they just hop right out the door. Support the Gift Shop by guessing how many eggs are in Miss Bunny's jar by donating a Loonie along with your guess, name and phone number. Win the jar of eggs and Lindt bunny.*

*Are you a crafty person who wants to earn money to pay for your materials? Yours could be the heartfelt gift that's purchased and gifted to a special person. Consignors receive 80% of sale. The Centre receives 20%. Proceeds of donated items to the Centre fund the Centre at 100%. Schedule an appointment with Coordinator Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca) to consign or donate.*

*Handmade Gifts from the Heart*

**HELP THE EASTER BUNNY  
COUNT HER EGGS!**  
Win the Chocolate Bunny and her Eggs!



Fill out a Ballot, Donate a Loonie  
Drop them in the Jar

All proceeds will help support our unique  
Little Gift Shop  
Handmade Gifts from the Heart

### Crafty Conversations by Deidre Rennie

#### Introducing from our Pottery Club: Dorothy McDowell.

Dorothy is originally from Ontario, moved to Vancouver where she and her husband lived for many years, then retired in Comox in 2014. Dorothy joined the Centre in 2015. She has always had an interest in pottery and once she moved here she took that interest to the next level. After taking classes at North Island College, she was ready to sell her pottery. In addition to pottery, Dorothy and her husband enjoy cross country skiing and just being outdoors in our beautiful valley.

Dorothy creates her pottery on a wheel as opposed to hand forming it. It takes her approximately 1/2 an hour to make a mug or a bowl, after which it must be fired. This takes 7 hours to get it to the bisque stage where it is sturdy enough to handle and glaze. After glazing it is fired again for 12 hours to develop the colour in the glaze and set it so that it can be used. Her favourite glaze colours are blues and greens and she loves to experiment with different glazing techniques. Dorothy sells her beautiful mugs and bowls in the Gift Shop for a very reasonable price. Purchasing Dorothy's pottery enables her to buy supplies and give back to the Centre for the use of Club's space. If you're looking for a gift for someone or a new mug for yourself come on in to the Gift Shop but be warned....Dorothy's creations sell fast!!



# Information Sessions

## INFORMATION SESSION

April 12th at 10:30 am  
in the Ballroom



**MARS**  
WILDLIFE RESCUE CENTRE

*Presenter*

**Aaron Schmidt**

The MARS Visitor Centre is a must for anyone who cares about nature and is curious about the complex work of wildlife rehabilitation. We welcome animal enthusiasts of all ages. Come and listen to Aaron Schmidt, Education Coordinator, tell the stories of rescue, recovery, rehabilitation, and release of our local, animal patients. This is a special occasion: MARS is celebrating their first 30 years!

*No registration necessary - Everyone welcome*

## Upcoming Info Sessions

**April 12\***—MARS Wildlife Rescue

\*due to the long weekend, this session is on the 2nd Saturday of the month\*

**May 24**—Genealogy

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

## Comox Rotary

# DRIVE-THRU SHREDDING

NEW LOCATION

Presented by Comox Rotary

## SAT MAY 3RD

### 10:00 am - 2:00 pm

### North Island College

(Parking lot A at Ryan Rd. entrance)

**\$20 per banker's box**

*Cash, Visa & Mastercard accepted*



RECORDXPRESS  
Subscribing Canada's Information Journey

Rotary Club of Comox

## March Info Session:

96 people attended the session on Probate, Executors, and Wills. A thorough and informative presentation was given by Sasha Nowicki.



Thank you to all members who supported our successful book, DVD, and puzzle sales event on March 13. All proceeds go directly to the Centre.

# AGM HIGHLIGHTS

**Bylaw Amendments Passed!**

We're excited to share that the membership approved the proposed updates to our bylaws. This marks a continued shift toward better clarity between governance (the Board) and operations (the Executive Director).

**Thank You to Outgoing Board Members**

With gratitude, we thank Paul Dreyer, Ele Clarke, Susan Toresdahl, Julie Spooner, and Raymond Morin for their service and contributions .

**Welcoming your 2025-2026 Board of Directors**



(Top, left to right): Jim Cooper, Lois Higgins, Cheryl Smith, Susan Kennedy, Peggy Rasmus, Carol Doyle, Chris Haslett (Town of Comox Representative)

(Bottom, left to right): Barbara Havers, Mike Couture, Nancy Kremer, Myrna Holman

**Honoring volunteer Ralph Bruinink**



Congratulations to Ralph Bruinink, recipient of the Life Membership Award! Ralph's commitment and volunteer spirit have had a lasting impact on our Centre. Be sure to say congratulations!

Like a wave, volunteering is movement building.

Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer's contribution toward creating impact in our communities.

Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

Each wave is unique and brings something vibrant and new to the ecosystem

**April is Volunteer Appreciation Month**

We appreciate all of our volunteers and a celebration is in the works.

If you volunteer at the Centre, look for an invitation coming out this week.





## Get a 2025 Tax Credit for Your Generosity

Are you looking for a way to streamline your donations? Monthly donations are a smarter, eco-friendly, and more impactful way to support d'Esterre.

### 4 Ways Monthly Donations to d'Esterre Benefit You:

#### 1. Smaller amounts are more manageable.

When you build a monthly donation into your budget, it's easier on your budget. It's harder to come up with a lump sum donation once a year.

#### 2. It's easy to do.

Once you've decided on a monthly amount, visit our giving page at Canada Helps. <https://www.canadahelps.org/en/charities/comox-seniors-centre-association/> It's easy to set up a monthly donation and that saves you time.

#### 3. You reduce your use of paper.

There are no cheques to write and no envelopes to address. That's better for the environment and more economical for you.

#### 4. Show your loyalty.

Monthly donations are one way to support d'Esterre all year long. Your dollars will be invested with the health and well being of seniors in mind.

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.

## VOLUNTEER OPPORTUNITIES

Have some time to spare and looking to give back to the community? There are a variety of opportunities at the Centre:

- ♣ If you love to organize...Conduct an inventory of equipment and assets across our programming spaces
- ♣ If you're a photography buff...Capture high-quality photos/videos of programs and events
- ♣ If you enjoy learning new skills and a lively atmosphere...Run the Point-of Sale system in Dei's Café
- ♣ If you want to be "in-the-know" and part of a team...Volunteer in the office

Come see us and find a rewarding way to contribute and be part of something meaningful. Stop by the office or see Alex, or email [info@comoxseniors.ca](mailto:info@comoxseniors.ca) to find out more.



## Activities Around the Centre

### Wood Workshop

It's Spring and we're thinking of garden projects! We have all the equipment needed to build a beautiful, yellow cedar garden bench, or a table or a garden tool box.

We source the wood from a local mill in Black Creek. We offer instruction and coaching along with flexible schedules. Call, then stop by with your ideas.

Cheers, Jim [builder@shaw.ca](mailto:builder@shaw.ca)



### Silver Smith Workshop

The Silversmith April meeting is scheduled for 10:00 am on the second Friday of the month as usual. At each meeting members focus on a specific topic to improve our skills.

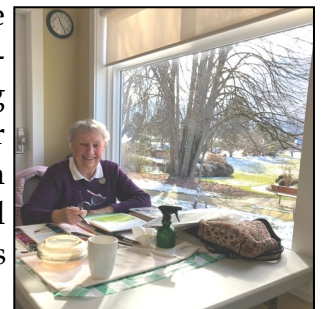
Following the meeting, members are planning to enjoy lunch together at d'Esterre and then spend the afternoon in the workshop to work on our personal projects. The workshop is open for members Monday through Thursday in the afternoons and all-day Friday.

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, including weekend workshops offered by North Island College, by Makerspace in Parksville, and by local Silversmiths who live in our Comox Valley who offer training.

Please contact Bonnie Luterbach at [bluterbach@shaw.ca](mailto:bluterbach@shaw.ca) if you are interested in joining the d'Esterre Silversmith Club.

### Art Club

The winter sun has been streaming through our large windows. We have the best studio in the valley overlooking Marina Park, Comox Harbour and Forbidden Plateau. Inspiration abounds. Brenda Pearson is pushing us into Spring painting tulips. While our "masterpieces" may not be the subject of "Fake or Fortune", they are created in an atmosphere of laughter and camaraderie. With a variety of projects on the go, we learn from each other. Join us if you would like to pick up a brush, pastel, pencil, or gel plate. New members are always welcome.



### Quilters

The quilters made a manly man apron for Alex. Be sure to compliment him on it when you see him wearing it in the kitchen.

If you are interested in quilting, the quilters meet on Tuesday and Thursday mornings. Contact Donna Englehart at 250-702-9493.

## Cards and Games 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 March:

Ladies: Angela V & Dorothy A, 839

Gents: Bob R, 839; Jeff S, 817

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, 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 250-702-5948.

### Skillbuilder's Bridge

You don't need a partner or expertise to play Skillbuilder's Bridge - just basic lessons (recently or in the past). You can bring your quarter, cheat sheets, and talk through your moves in a non-competitive environment. Join us downstairs at 1 PM in the Card Room, and bring your membership card. If you'd like to join this drop-in group, contact Lori at 403-512-8203.

### For the Love of:

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

Canasta – call Harry at 250-702-5948

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

Partner Bridge – call Jane at 250-871-0350

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

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

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

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

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

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

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

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

## Activities Around the Centre

### French Conversation Group

If you are interested in improving your French conversation, try this group. The Beginner-Intermediate level meets on Wednesdays from 9-10am and the Advanced-Native speaker level meets on Fridays from 9-10am in the Card Room downstairs. FMI email Raymond at romorin@shaw.ca.



### 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



### Cue Sports

If you're a member of our Centre and wonder if playing pool would give you the same pleasure it did, or if you simply wonder if you'd enjoy playing pool at all, drop into our Cue Sports Club room and give it a try as our guest. You can then decide if, for only \$20/year, you'd like to become a full-fledged member. Feel free to contact me any time for more details. Mike Couture, Convenor, (250) 898-4633, couture.mike@gmail.com



### 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.

### 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.



### 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.



### Fun & Games/Mexican Train

I hope you are ready for March fun .... we are introducing 4 new games.

#### BACKGAMMON.& SCRABBLE....

Kevin 236-489-1955. kmcarvill@telus.net

#### CHESS teach &/or play....

Bruno 250-339-3881 bantone1@telusplanet.net

**5 CROWNS**....a card game being introduced by one of our Mexican train players.

And of course our favorite laugh out loud **MEXICAN TRAIN**. 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.

All this FUN is in the cafeteria and lounge on Fridays 1:15 start. Gather before 12:30 and have a wonderful inexpensive lunch prepared by our wonderful kitchen crew. I'll be there !! Call me to let me know you wish to come. SHERRY (250) 792-2256

### Walking Group

Individuals walk for approximately one hour at their own pace, followed by a coffee break social.

Tues - Fri start time 9 am at d'Esterre Centre Dining Room.

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

Exceptions:

2nd Tues of the month start time 9 am at Pharmasave, Comox.

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

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



## Information About Classes at the Centre

REGISTRATION FOR MAY & JUNE CLASSES OPENS APRIL 1

### 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.

### 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.

### Peaceful Morning of Guided Meditation With Julie Blais

Tuesdays 9-9:55am

\$31+\$1.55 GST for April (5 sessions)/Drop-in \$7+0.35 GST



#### 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!

## Classes Around the Centre

### DANCEFIT

Classes are on Wednesdays, 10-11am. Cost for April \$32.55 per month, 5 classes. Drop-in \$7.35. Please pre-register and pay at the office.



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. 7:25pm-8:25pm. 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.

Apr. 9, 16, 23, 30 (No class Apr.2)

**NO CLASS IN MAY**

June 4, 11, 18, 25

\$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



*Aloha*

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- 1/2 hour Chair Fit

Just Dance

just breathe

## Yoga Classes at the Centre

### APRIL

#### Mindful Movement YOGA for a Healthy Body

with Akiko Shima  
Mondays 3:00-4:30

This practice, taught by Yoga Therapist Akiko Shima, will integrate movement, meditation/ yoga nidra, and breathing techniques.

If you're interested in gently developing body awareness and enhancing your stability, strength and mobility, this class is for you.

Whether you're seeking relief from chronic pain or aiming to deepen your practice, Akiko's classes are designed to nurture mobility, stability, and relaxation.

We will explore ways to connect with your body and identify patterns of compensation, enabling you to move functionally. As a result, you'll be able to engage in your favourite activities with greater ease.

### APRIL

#### Ball Rolling Workshop

with Nancy Moelaert  
Thursdays 1:15 to 2:45  
April 3,10,17,24

\$40+GST 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](mailto:shoresofserendipity@shaw.ca)

## MAY & JUNE

### BUILD STRONG BONES & A STRONG BODY

taught by Signi Caine

Personal Trainer and Rehab Specialist

Thursdays 1:30-2:30

May 1, 8, 15, 22 and 29, \$50 +GST for 5 classes

June 5, 12, 19, 26, \$40+GST for 4 classes

Unlock a stronger, healthier you! Join our weekly Thursday classes designed to improve your bone density, strength, balance, and flexibility. Our safe, low-impact exercises will help reduce the risk of falls and leave you feeling stronger more confident and energized.

#### DISCOVER THE BENEFITS

1. Weight-bearing activities to strengthen your bones
2. Gentle stretches to improve flexibility and balance
3. Body awareness training to boost your overall well-being
4. A supportive community to keep you motivated and accountable

**This series of classes will run each month from May through August.** Registration open for May and June on April 1st. Take the first step towards a stronger, healthier you!

## 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 Akiko Shima**

This practice will integrate movement, meditation/yoga nidra, and breathing techniques. If you're interested in gently developing body awareness and enhancing your stability, strength and mobility, this class is for you. Akiko's classes are designed to nurture mobility, stability, and relaxation. We will explore ways to connect with your body and identify patterns of compensation, enabling you to move functionally. As a result, you'll be able to engage in your favourite activities with greater ease. See poster on p. 13.

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, 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](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.

**For all Yoga classes:**

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

**Participants are to bring their own mat and props; including blocks, pillow case, blanket, and yoga strap. Nice to have would be an eye pillow.**

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

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

<p><b>Centre Office</b> M-F 10 am-1 pm 250-339-5133</p> <p><b>Kitchen Hours</b> M-F 8 am-1pm</p> <p><b>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p><b>Monday</b></p>	<p>T'ai Chi Gong Soapstone Carving Painting 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>Meditation 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 BR AR CRR CR BR BR BR DR CR BR BR CR</p>	<p>9:00 am 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>Julie Blais MeditatewithJulie@ Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Lori Carter Barb Taylor Deb Karlstrom Jeannette Baron Diana Fright or Harry Piercy</p>	<p>Protonmail.com 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 250-339-7714 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> Apr9,16,23,30          Apr9,16,23,30 Apr9,16,23,30</p>	<p>French Spoken Beg-Interm 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>AR BR BR AR  CRR BR  BR DR BR  CR BR  BR BR BR</p>	<p>9:00 am 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 7:25 pm</p>	<p>Raymond Morin 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>250-871-6277 @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>Silversmith</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></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 250-465-0118</p>
<p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p>	<p><b>Friday</b>  2nd Friday</p>	<p>French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Chair Yoga Canasta Fun &amp; Games Table Tennis I Table Tennis 2 Table Tennis 3</p>	<p>AR BR BR AR CR BR CR DR BR BR BR</p>	<p>9:00 am 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>Raymond Morin Barb Taylor Barb Taylor Derek Richmond Bonnie Luterbach bluterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt</p>	<p>250-871-6277 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><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron</p>	<p>250-339-7161</p>

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