



March 2025 Newsletter

AGM

Wed. Mar 19 – 1pm in the Ballroom

A Message from Alex

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



"Springtime is the land awakening.
The March winds are the morning
yawn."
Lewis Grizzard

Board of Directors

Myrna Holman, President
Raymond Morin, Past President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Lois Higgins, Secretary
Ele Clarke, Director
Jim Cooper, Director
Paul Dreyer, Director
Barbara Havers, Director
Nancy Kremer, Director
Peggy Rasmus, Director
Cheryl Smith, Director
Chris Haslett, Town Rep

Hello d'Esterre Members,

With spring just around the corner, it's the perfect time for renewal and new beginnings. I encourage you to embrace the season by trying something new at the Centre – whether it's joining a fitness class, attending a social event, or volunteering in a new capacity. Stepping out of your routine can lead to new friendships, skills, and a greater sense of belonging.

This month, I would like to express my heartfelt thanks to our outgoing board directors: Raymond Morin (Past President), Susan Toresdahl (Vice President), Julie Spooner (Treasurer), Ele Clarke (Director and Coordinators liaison), and Paul Dreyer (Director). Your dedication and service have made a lasting impact on our community. I also want to thank those who are continuing to serve and welcome our new board members – I look forward to working together to support and grow our Centre. A reminder to all members that our **Annual General Meeting will be held on March 19th**. Your participation is vital to the success of our not-for-profit organization, and I encourage you to attend.

I appreciate your continued patience with the ongoing construction outside the Centre. For the latest updates, search "**Comox Valley Sewer Conveyance Project**" online or inquire at the office. For example, **single-lane traffic on Comox Avenue** is slated to start on March 10th. This one-way traffic will move **west**, from the Town of Comox to the City of Courtenay between 6:00 am and 8:00pm. **Beaufort Avenue** will continue to experience construction and improvements until May 2025. Please give yourself enough time to make it to your activities.

Lastly, our kitchen team is making great progress with the new Point of Sale system. Please continue to be patient as our volunteers learn this system.

See you around the Centre!

Best,

Alex Jegier

Executive Director

alex@comoxseniors.ca

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

Events and Notices

- Class Registration open for March & April
- Thurs. Mar 13 – Library Mini Book Sale 9-1 pm
- Sat. Mar 15 – Info Session: Probate, Executors, and dealing with Estates at 10:30am
- Wed. Mar 19 – AGM at 1pm in the Ballroom

Looking Ahead:

- Class Registration for May & June opens April 1.
- Fri. April 18 – Centre closed for Good Friday
- Mon. April 21 – Centre open on Easter Monday

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.

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

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 email lafonddeidre378@gmail.com.

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

March	4	Tuesday	Roast Beef
March	6	Thursday	Liver & Onions
March	11	Tuesday	Meatloaf
March	13	Thursday	Ham & Scalloped Potatoes
March	18	Tuesday	Shepherd's Pie
March	20	Thursday	Liver & Onions
March	25	Tuesday	Roast Pork
March	27	Thursday	Baked Chicken

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.

Library Mini Book Sale

**Thursday March 13th
9:00am to 1:00pm.**

Sale items (books, DVDs, puzzles) will be on display in the library area.



Regarding general donation of items to the library, we gladly accept books, audio books, DVDs, and puzzles that are in GOOD condition.

Please do not donate any of the following: bathroom "reader" books, gardening books, cookery books, children's books, travel guides, hiking books, manuals, comic strip books, and puzzle books.

We simply do not have the space for all of these additional categories and for which there is little or no demand. This results in extra work for the library volunteers as we then have to somehow dispose of them. Thank you for your cooperation.
Roger - Librarian.

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 March 10, 17, 24, & 31. 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 March 10 in the back area of the Dining Room. Alan can help you with your questions about your Android device.



March 17, 2025



FOR ALL MEMBERS



President's Message

March is the month that d'Esterre holds its Annual General Meeting (AGM) and your board is hoping to see many of you on March 19th at 1:00 p.m. in the ballroom. The BC Societies Act requires non-profits like ours to hold an AGM so that members of the Association have an opportunity to review the past year financial statement and elect the next Board of Directors. Board members can serve for a maximum of five one-year terms, and we're fortunate to have a good slate of returning directors and new nominees. Additionally at this AGM, the Board will be presenting updated bylaws which have removed things that are not required by the Societies Act and are better dealt with in policy. The Act requires that any changes to the bylaws, be voted on at an AGM. Your volunteer board members have worked hard this past year fulfilling their obligations to our Association and we look forward to sharing important information and highlights. Please come and join us.

Look for the AGM Special Edition newsletter coming soon to your Inbox.

Myrna Holman
Board President

Message from Our Special Events Coordinator

I cannot believe it is March already; tiny little purple crocuses are springing up everywhere and long dark evenings are slowly shortening. Spring is in the air.... I hope.

I know everyone is looking forward to our Ukrainian Night, but you will have to bear with me a little longer as we work out the details. Once I have a confirmed date, an email will be sent and posters will be displayed on our bulletin boards, website, and our Facebook page.

We changed it up! **February's Pub Night is in the books.** Dancing shoes, laughter, and good old fashion socializing created a great night. Thank you all.

We have had requests for another evening of music, food, and dance. It has been brought to my attention that a couple of things should be adjusted.

- Maybe have a DJ playing old time rock and roll, and a little country as this would support a wider range of music and encourage more dancing.
- More non-alcoholic drinks
- Buffet needs improvement. Not my favourite way to serve food but I will work on it.
- Earlier start and end.

Now as we bring new exciting and different events to the Centre, the more input we get, the better the events and experiences you will have. I am always looking for new ideas. Constructive criticism is always Welcome. Please feel free to reach out to Cheryl: smithcherylgee@gmail.com





Upcoming Info Sessions

March 15—Probate, Executors, and dealing with Estates

April 12*—MARS Wildlife Rescue

due to the long weekend April's 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.

Probate, Executors, and Estate Planning

Knowledge in wills and estate-planning is vital for our Association membership.

Sasha Nowicki will present and discuss Wills and Estate Planning and what's involved in these areas, especially for our executors.

Sasha brings 20 years of legal experience to us, as a lawyer in national law firms and now in her own law firm. She lives and works in the Comox Valley.



February Session:

Christine Colbert, Comox Valley Hospice Society's Executive Director, gave a very informative and thoughtful presentation on the organization's mission, resources available, and opportunities to an audience of 45 people.

The Gift Shop (Handmade Gifts from the Heart)

***Happy St. Patrick's Day
A rainbow of luck to you and yours.***



As we transform into Spring of rebirth so does the Shop. With the installation of new flooring, the Shop is brighter and more open. With a wee bit of luck, our wish list for track lighting and cube organizers will complete the Shop. All in good time.

We welcome your visit to the Shop to see what's new or for a chat.

New creations blooming in colour are coming in weekly. New and returning consignors are crafting gift ideas for upcoming special occasions. Quilter Renate has thrifted antique doilies and tablecloths to make eyeglass or scissor cases. For the seamstress, there are pincushions of colourful fabrics. Carol's basket of fabric dolls are perfect for the little miss in your heart. All of these are priced at just \$15 each.

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 to consign or donate. Consignors, we will accept your Easter items starting March 18th..

Crafty Conversations by Deidre Rennie

This month we are featuring one of our fabric artists – the talented Heather James! Heather was born in Port Alberni and moved to the Valley in 1964 when her father was transferred here with the Airforce from Sea Island in the lower mainland.

Heather started sewing in school because, being a petite person, she found it hard to find clothes to fit so she decided to make her own and then did the same for her daughters when they were younger. She also took up quilting about 30 years ago and in addition to working with fabric, she has also done stained glass. Her absolute favourite things to make are quilts and especially memory quilts which she only makes for family and friends. To make a queen size quilt takes her about 8 hours a day for 5 days.

Heather has only been a member at d'Esterre for 3 or 4 years; she really enjoys all it offers and is happy to sell her creations in the Gift Shop. She makes all her products from 100% cotton and likes to seek out big bold prints with lots of color. The Gift Shop sells her microwave bowl cozies, finger mitts, cosmetic bags, shoulder and cell phone purses. Heather's shoulder and messenger bags are made out of recycled fabric.

Thank you Heather for all the lovely creations you bring to our Gift Shop!!





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 to find out more.



Activities Around the Centre

Wood Workshop

We have been making some cool things in the Shop. Clive is turning boxes, Greg is making turned wood bunnies and Roger has used our thickness sander for tabletops. Jim has made a charcuterie board and a few pens, too. Several new members have come in, 2 with skills. If you would like an introduction or tutorials, now is the time to join in!

Cheers, Jim builder@shaw.ca



Silver Smith Workshop

Although the February meeting was held a week later than usual due to illness, the March meeting is scheduled for 10:00 am on the second Friday of the month as usual. Members are planning to enjoy lunch together at d'Esterre and then spend the afternoon in the workshop to work on our projects. Members continue to focus on topics to improve our skills. The latest interest has been on ways to improve the finish of our projects.

All members have paid their 2025 d'Esterre memberships and their dues for January through June. 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, including weekend workshops offered by North Island College and local Silversmiths in our community who offer training.

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 person: Sharon shpaterson@shaw.ca



Activities Around the Centre

Duplicate Bridge

The Duplicate Bridge Club has its own website to communicate game results, requests for partners and other information of interest to players. Users can access the website by entering d'Esterre Seniors Duplicate Bridge Club or by using the following link: [d'Esterre Seniors' Duplicate Bridge, Comox, British Columbia, Canada \(bridgewebs.com\)](http://d'Esterre Seniors' Duplicate Bridge, Comox, British Columbia, Canada (bridgewebs.com))

Games are held 3 days per week: Tuesdays at 7 pm, and Wednesdays and Saturdays at 1 pm. You must have a current membership and playing fee is \$2. You will need to have pre-arranged a partner with whom to play. Please arrive 10 minutes before play time.

Canasta

Join us on Fridays 1:00pm-3:00pm and play Hand & Foot Canasta, one of the many variations of Canasta. Learning is easy and playing is fun! New members are most welcome. If you have any questions, drop by and visit the group or call Harry at 250-702-5948.

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 February:

Ladies: Angela V, 843; Mary K, 834

Gents: Harry P, 824; Bob R, 822

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.

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

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.

Art Club

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

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

Information About Classes at the Centre

REGISTRATION FOR MARCH & APRIL CLASSES ONGOING
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.

CLASS FEES

Average 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)

Peaceful Morning of Guided Meditation

With Julie Blais

Starts in March \$25/month



When: Tuesdays—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!

Classes Around the Centre

DANCEFIT

Classes are on Wednesdays, 10-11am. Cost, \$26.25 per month, 4 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.

Mar. 5, 12, 19, 26

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

\$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

MARCH & APRIL

Mindful Movement YOGA for a Healthy Body with Akiko Shima

**Mondays 3:00-4:30 March and April
Register at the office**

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.

Thursday Yoga Workshops

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

APRIL

**Ball Rolling Workshop
with Nancy Moelaert
Thursdays 1:15 to 2:45
April 3,10,17,24
\$40 for four classes
Register now at the office**

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**

MAY

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**

Registration opens April 1

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. Register at the Office and 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

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.

