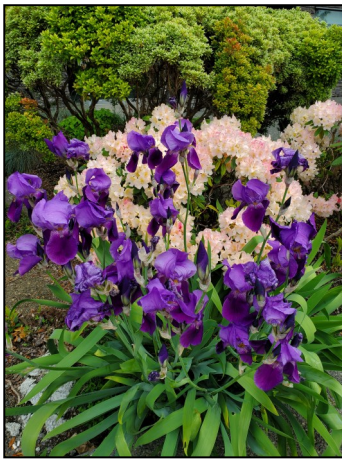




1801 Beaufort Avenue
 Comox , BC V9M 1R9
 250-339-5133
 www.comoxseniors.ca
 Email: info@comoxseniors.ca



Flowers are everywhere!

Board of Directors 2025 – 2026

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

June 2025 Newsletter

Mon. June 2 – Class Registration opens for July & August
 Sat. June 14 – Info Session: Beekeeping
 Sat. June 21 – Fashion Show
 Sat. June 28 – Town of Comox Summer Fest

A Message from Alex

Hello d'Esterre Members,

It is hard to believe that by the end of this month I will have been working here for a year. Time flies! I guess I only have about one more month to use the excuse "I'm new here" ... but I still hope you will allow me the grace and patience as I continue to learn, develop, and improve and try to make the Centre better for all.

As the weather warms up, we naturally start to head outdoors to recreate. While the Centre have a walking group, there are also other outdoor activities that our members get up to that don't necessarily involve our centre. Naturally, this means that we have less programs and less people coming through our doors. As a result, we've decided to close the kitchen, office, and gift shop on Fridays for two months, July and August. The Centre will still be "open" for those members coming for their Friday programs.

Also coming up over the summer months will be some focus groups and opportunities to continue work on feedback we have received from our last survey and "world café." This includes the opportunity to hear your thoughts and feedback on a potential new member and program software to reduce, and in some cases eliminate, the need to come to the Centre office and register in-person. Not to worry, this option will still be available for those that need or want this! More information on the focus groups and other opportunities to be involved will be posted at the Centre and emailed to members once we finalize details.

Finally, we are trying out more opportunities to get out there and share what the Centre does. This includes the upcoming Comox Summer Fest and Nautical Days in August. More information about Summer Fest is included in this newsletter. For Nautical Days, we have been invited to open the lower part of our centre as a "cooling station", where we will serve simple refreshments and also feature some items from the gift shop and other vendors. Please reach out to Nancy for more information for either of these wonderful ways to showcase what we do and offer your support.

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 for July & Aug. opens Mon. June 2
- Sat. June 14, 10:30am – Info Session: Beekeeping (p.6)
- Tues. June 17 – Board Meeting 10 am – 12 pm, Council Chambers
- Sat. June 21 – Fashion Show (p.3)
- Sat. June 28 – Town of Comox Summer Fest (see p.5)

Looking Ahead: Office, Kitchen, Gift Shop closed Fridays in Jul/ Aug

Kitchen

We need volunteers!

The kitchen is a fun, lively place to be. Come check it out if you are looking for a way to connect, help out, and give back to the community.

There are a variety of options to suit anyone, and we welcome everyone to join the team. Volunteer and make a difference!

If you are interested or would like to know more, contact Dei at 250-650-6459 or email lafonddeidre378@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

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.

New for Summer: Taco Salad



Hot Meal Menu

Tuesday	June 3	Ham & Scalloped Potatoes
Thursday	June 5	Roast Pork
Tuesday	June 10	Lasagna
Thursday	June 12	Liver & Onions
Tuesday	June 17	Shepherd's Pie
Thursday	June 19	Turkey
Tuesday	June 24	Meatloaf
Thursday	June 26	Liver & Onions

Coffee with Alan



Alan, our webmaster, will be available to help with Android phone and tablet questions on Monday morning from 9-11am on June 16 in the back area of the Dining Room. Learn how to use your voice to type (rather than typing one letter at a time).

Coffee with Al



Come have coffee with Al on Monday morning from 9-11am on June 2,9,16,23,30. Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room. Al will not be available in July or August.

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

Special EVENTS

Registration opens Monday,
June 2 at the office

d'Esterre Women Have Flair

Celebrating elegance and style
June 21
1-3 pm



Paris comes to d'Esterre with an expertly curated fashion show, clothes and accessories from Ivory and Grey, Repeat Boutique, Pharmasave Boutique, and Vision Works Optometry.

Charcuterie boards showcasing an array of sweet and savory delights.

Tea /Coffee

A selection of sparkling wine, sparkling fruit juice, red/white wine and sodas available for purchase

Door prizes and 50/50

\$25.00 members/\$35.00 nonmembers plus GST

*June marks the beginning of a well-deserved summer break for the d'Esterre Seniors Centre's Special Events, culminating in a special finale event, **d'Esterre Women have Flair**, which promises to be an inspiring experience. Gentlemen, we invite you to volunteer and contribute to the success of the women's fashion show on June 21 from 1-3 pm. We are seeking servers, bartenders, dishwashers and more - if you can lend a hand, please contact Cheryl at 236 255 0255 or smithcherylgee@gmail.com, or call the office.*

WANTED

**10 Good Men
willing to keep 96
beautiful crazy
women happy!**

**June 21
High Noon until 3**

**Bartenders, Servers, and a
Couple of Good Old Boys
willing to help with clean up**

**Cheryl call 236-255-0255
email smithcherylgee@gmail.com**

The Gift Shop (Handmade Gifts from the Heart)



I spent a little R&R at Butchart Gardens to recharge for upcoming summer events. Sidney by the sea is a great little town that offers so much in a small space. Kinda reminds me of our Gift Shop!

This month we feature Gary Fabris's wood creations of vases, candle holders, and much more, crafted in many types of wood. These are ideal keepsake gifts for Father's Day. Does Dad need a new BBQ apron? We have bib aprons and messy food bibs in "manly" fabrics.

The Gift Shop is thrilled to support Club members and consignors participating in Comox Summer Fest on June 28th. This is a one day street sale with local businesses showcasing their handmade crafts. This is an opportunity to introduce residents and tourists to our Centre to shop, dine in the Café, or become a member. Come out to support our vendors and Centre. Spread the word...share and like on Facebook. Bring family and friends.

The Centre will take part in Nautical Days on the long weekend in August. The Centre will provide a cooling station for festival shoppers with refreshments and light snacks. Tables will be available for vendors to sell their crafts indoors. Club members and consignors interested in participating can contact Nancy at nancy2fancy@shaw.ca. More to come on this event.

Handmade Gifts from the Heart



Crafty Conversations by Deirdre Rennie

This month's Crafty Conversation features the unique work of one of our fabric artists, Renate Wilson. Renate came to the Comox Valley 20 years ago from the lower mainland. She joined the Centre 3 months ago, becoming a member of the Quilting Club. Quilting has been her passion since the 1980's. She shared the love of her craft by teaching others how to quilt. She makes lap quilts and quilted bags to give to friends and family. With the change in the weather, Renate is enjoying spending her time in her garden, leaving quilting for indoor days.

The Gift Shop is pleased to showcase Renate's exquisite glasses/scissor cases and pincushions all made from rescued, recycled and repurposed fabrics. She thrifts for vintage hankies, doilies, and table linens that have lace or embroidery on them. She washes and irons the fabric and cuts away any embroidered sections or lace. She then sews the sections she wants onto backing and fashions it into the cases or pincushions. Renate's stitching is so tiny and meticulous that it is almost impossible to see. And every single one of these works of art is different and unique. If only we knew the stories and origins behind all that beautiful old fabric.

Cases and pin cushions make great keepsake gifts for crafters scissors and pins. The cases are ideal for travel to protect eyeglasses or cell phones. Reasonably priced from \$10-\$15.



Summer Fest is coming to Comox Ave!

Find us at Comox Summer Fest on Saturday, June 28 - drop by to say HI and shop at our booth! You'll love what you find from our Club and Gift Shop members.

Make a day of it at Summer Fest! Join us in Downtown Comox for music, markets, and summer fun.

A great family event!

Support your Centre.

See you there!

The Centre Office, Kitchen, and Gift Shop will be closed on Fridays in July and August. All programs—classes, activities, etc. will take place as usual.



Celebrate the Spirit of Father's Day

This June, celebrate the spirit of fatherhood by giving back to those who have given us so much. Honour the father in your life by making a donation to d'Esterre Seniors' Centre.

Your support helps us provide engaging activities and services for seniors, ensuring they stay active and connected. Together, we can make a difference in the lives of seniors in our community, and create a world where compassion and generosity thrive.

Donate online at Canada Helps or stop by the office to make your donation today.

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.

Upcoming Info Sessions

Sessions are Saturdays at 10:30am in the Ballroom
June 14—Beekeeping
July 19—Filberg Lodge
Aug 16—Rooftop Solar Installations

No registration necessary.....Everyone welcome!

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.



June Information Session Beekeeping

**From Flower to Frame:
The Story of Honey**
By Rachel Halliwell

HOME GROWN BEE 

Join Rachel Halliwell, founder of Home Grown Bee, for a fascinating look into the world of honeybees and the process of honey production.

Saturday, June 14

10:30 am

*No Registration Necessary
Everyone Welcome*

We'll follow the journey of nectar—from the moment it's collected from flowers to how it's transformed and stored inside the hive. I'll explain how bees build their iconic hexagonal comb, convert nectar into honey, and how beekeepers extract it. The presentation includes real beekeeping equipment, a frame of honey, uncapping tools, a hand-crank extractor, and—if possible—a live observation hive so everyone can safely see bees at work.

If there's time I'd like to talk about mason bees as well! Mason bees are gentle, solitary, native pollinators that thrive in backyard settings.

Activities Around the Centre



Happy Birthday, Eva!

On April 19th, Eva Szmeck celebrated her 100th birthday, surrounded by family, friends, and fellow cribbage enthusiasts. Eva served as President of d'Esterre Seniors', 1996-7. She is a formidable cribbage player and until recently was a regular participant in the Tuesday night games.

If you're interested in Cribbage, see info on p.9.

Art Club



The bright orange poppies are struggling to peek over the studio windows, and the pollarded old willow's knobs are sprouting thousands of new shoots. Wendy Tippett arrives early and turns her workspace into a vessel containing pots of acrylics in a multitude of colours. She concentrates on painting scenes closest to her heart, the Yorkshire Dales (definitely James Herriot country), brightly coloured beach huts hugging a British coastline, and presently Qualicum's 1930's St. Andrew's Lodge. Wendy always extends a warm welcome to new members and her bright smile always greets us when we enter the studio.

New members are always welcome.

Contact Dorothy Gardner 250-339-2788

Wood Workshop

We continue to have new members join us! We take great pride in assisting our new members with new wood skills. We can provide initial orientation and extensive, expert mentoring in most aspects of woodworking.

Our Shop is small but very well **outfitted** with tools and equipment. You only need to bring your enthusiasm! Our Club membership is \$12 annually and then a fee for consumables of \$1.25 per hour.

Make arrangements to come in and look around. If you are experienced and have a project in mind we can help you get going. This is a great time for building your garden projects, too!

Contact Jim Cooper 250-218-5267 or builder@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

Tuesday evenings in the Ballroom.

Play starts promptly at 7pm, please come a little earlier to help set up the tables and arrange partners, latecomers cannot be accommodated. Stay after the games are over 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.

High scores for May:

Ladies: Audrey D & Diana F, 726;

Gents: Leon V & Ian A, 725

FMI contact Diana, 250-339-7714, dianaterry@shaw.ca or Harry at 25-0-702-5948

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 Harry at 250-702-5948

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.



Fun & Games/Mexican Train

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

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.

Silversmith Workshop

New members are welcome in September. All new members of the Silversmith Club 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 Silversmith Club workshop downstairs, including North Island College in Campbell River and Makerspace in Parksville, both of which offer weekend workshops, and by local Silversmiths who live in our Comox Valley and offer training. Contact Bonnie Luterbach at bluterbach@shaw.ca in September if you are interested in joining the d'Esterre Silversmith Club.

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



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



Activities and Classes Around the Centre

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 Comox Mall, Independent Grocer entrance.

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.

One Saturday a month there will be a walk starting from different locations.

Check the d’Esterre bulletin board for details.

Contact person: Sharon shpaterson@shaw.ca



Information About Classes at the Centre

REGISTRATION FOR JULY & AUGUST OPENS JUNE 2

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.

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 must be informed immediately if medical leave is required.

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

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 re-balance 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.



Aloha

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. Wed. 6:15pm-7:15pm. 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. Wed. 8:55-9:55 am in June, 10-11am in July/Aug. FMI Susan Lock at westwynde44@telus.net.

June 4, 11, 18, 25

July 2, 16, 23, 30 (no classes July 9)

August 6, 13, 20, 27

\$25/mo.(+\$1.25GST), \$7 drop-in (+\$0.35GST)



DANCEFIT

Dancefit classes are cancelled for the months of June, July and August but will resume in September.



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. **No classes in July.**

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

Registration is for each class by day (M,T,W,Th)

Cost for 1 hour classes is \$10/month (+GST) per day

Cost for ½ hour Chair Fit classes is \$5/month (+GST) per day



Yoga, Core, and Pilates Classes at the Centre

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

See p.15 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. See p. 14 for poster.

Coordinator: Deborah Holmes: debholmescomox@yahoo.ca 250-339-4313



Monday Spring Forward 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 & Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com 250-898-3021

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 Workshop 1:30-2:30 Signi Caine

This workshop by Signi Caine is designed to build strong bones and a strong body. See more details on the poster on p. 14.

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

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.

FMI visit www.shoresofserendipityyoga.com or contact Nancy by email at shoresofserendipity@shaw.ca

Coordinator for 9am: Zina Richmond zina.richmond@gmail.com 250-898-1267

Coordinator for 10:45am: Marrayllynn Holmes rmholm@telus.net 250-702-3205

Friday Chair Yoga 1:00-2:00 Deb Karlstrom

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile.

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

Yoga, Core, and Pilates Classes at the Centre

For all Yoga classes:

You **MUST** bring a KING-size pillowcase to hygienically cover a yoga 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.

Monday Yoga with Janet Haigh

Mondays 3:00-4:30
Register at the office



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.

BUILD STRONG BONES & A STRONG BODY

taught by **Signi Caine**

Personal Trainer and Rehab Specialist

Thursdays 1:30-2:30 pm

Registration for July and August opens June 2

June class is full

July 3, 17, 24, 31 \$40 + GST for 4 classes (NO class on July 10)

Aug 7, 14, 21, 28 \$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. Take the first step towards becoming healthier and stronger!

Thirty-Eighth Annual Ducky 500

For the 38th year running, the Comox Rotary Club is hosting Ducky500, the club's biggest fundraising event of the year! This year's event begins at 11 am, at Lewis Park on Canada Day, July 1st.

At 1pm we set 4,000 Duckys loose in the river at Condensory Bridge. They will race towards the finish line located at the 5th Street Bridge, where our Ducky wranglers will fish them out of the river. The first eight Duckys to make it past the finish line, are the prize winners! Winners will be contacted shortly after the race. You can show your support by purchasing Ducky500 tickets online @ www.ducky500.ca.

This year, paper tickets will be sold in person. Cash and credit cards are accepted. Comox Rotary is setting up a table at the D'Esterre Centre to sell tickets on **Monday June 9 and Friday June 13, from 11—12:30pm.**

Comox Rotary welcomes all D'Esterre Seniors to come down to Lewis Park and enjoy the race and Canada Day Festivities. Duckys have been training hard for the big day, which in Rotary's humble opinion, is the premier Ducky race in all of Canada!

A single ticket is \$20; a three pack is \$55; or the best deal is 5 for \$75. Prizes this year are better than ever, with over \$12,000 in prizes, including three nights luxury accommodation at the fabulous Tofino Wickaninish Inn and \$3,000 spending money; a stay-cation valued at over \$2,000 and more (see website)

All proceeds support local charities such as Ground Search and Rescue, HOSPICE, LUSH, MARS Wildlife Rescue Hospital, Foundry's Kid Start Program, Dawn to Dawn Action on Homelessness Society, The We Can Shelter Society – Comox Rotary helped start this initiative and helped build four shipping container homes and there are many more worthy charities Rotary supports.

Comox Rotary installed a Bicycle Repair Station at the Comox Community Centre and is installing two more benches at the Comox Splash Park!

Please help support these great organizations and community initiatives!

Comox Rotary Members look forward to seeing you on Canada Day, cheering for your Ducky!
GOOD LUCK!!



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-12:30 pm</p> <p>Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p>Monday</p> <p>No July/Aug No class July</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 Jessen Diane Owens and Bea Hoyseth Susan Ward Harry Piercy 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 250-702-5948 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</p> <p>No class July</p> <p>No class July</p>	<p>Fitness Quilters Glass Studio 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 Cribbage</p>	<p>BR AR CRR CR BR BR BR DR CR BR BR CR BR</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 Wendy Anderson Deb Karlstrom Jeannette Baron 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 250-898-3021 778-585-5105 250-339-7161 250-339-7714 250-702-5948</p>
<p>Pottery Studio Mary Deveau 250-850-9727</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>No July/Aug</p> <p>No class July</p> <p>No class July</p>	<p>French Spoken Beg-Interm Exp. Beginner Line Dancing Dancefit Spanish Spoken Advanced</p> <p>Glass Studio 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>Glass Studio Isabel Thomas 250-339-9667</p> <p>Silversmith Bonnie Luterbach bluterbach@shaw.ca</p>	<p>Thursday</p> <p>No class July</p> <p>No class July</p> <p>6/5,12,19,26</p>	<p>Fitness Glass Studio 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 1:30 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>Special Occasion Cards Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p> <p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p> <p>No June mtg</p>	<p>French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Chair Yoga Canasta Fun & 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 Zina Richmond Marrylynn Holmes Derek Richmond Bonnie Luterbach bluterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt</p>	<p>250-871-6277 250-898-1267 250-702-3205 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</p>	<p>250-339-7161</p>

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