



1801 Beaufort Avenue
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250-339-5133
www.comoxseniors.ca
Email: info@comoxseniors.ca



Spring is Here!

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

May 2025 Newsletter

Mon. May 19 – Centre closed on Victoria Day
Tues. May 20 – Board Meeting 10 am – 12 pm
Sat. May 24 – Info Session: Genealogy

A Message from Alex

Hello d'Esterre Members,

I am writing this during National Volunteer Week, and we just had our volunteer appreciation dinner on the weekend. Volunteer Canada has chosen this year's theme as "Volunteers Make Waves". This is the most apt way of describing the volunteers at our centre – let me prove it.

First, the centre's humble beginnings, based on the history that we have, starts in 1974 with, you guessed it, a volunteer delegation of Seniors. They went to the town and pointed out the need for more recreation programming for Seniors. There is mention in our archives, that over the next twenty years, in full capital letters, that the centre had "NO PAID EMPLOYEES". What an accomplishment! In fact, the first mention of an employee was in 2003, with the hiring of a cook. That is almost 30 years of pure volunteering. Making waves, indeed.

While we now have 5 regular employees, the need for volunteers has not changed. We invited over 100 volunteers to our dinner, showcasing just how critical your efforts are in continuing to make waves and to provide older adults and Seniors a better quality of life as they age.

There are some specific calls to action in this newsletter for more volunteers. Some are required to help as cashiers in the kitchen. Others are needed to help with making the centre a healthy and safe place to continue to enjoy. I know everyone's lives are busy. Time is the one thing that people (including myself) say that they never have enough of. But when I reflect on where my time goes some evenings, I get to see that I can get off my couch and contribute in meaningful ways... or go out for that walk with my family. Either way, it might be the same for you. Please reach out and help us to continue make waves.

Finally, we continue to make improvements around the centre. Health and safety remain a top priority, both in the kitchen and around the centre. With over a thousand members already in the first quarter of the year, we continue to look for ways to rely on technology to help our part-time employees and volunteers with the work that is needed to sustain and maintain such a fantastic place to be.

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

- Mon. May 19—Centre **closed on Victoria Day**
- Tues. May 20— Board Meeting 10 am— 12 pm, Council Chambers
- Sat. May 24, 10:30am— Info Ses- sion: Genealogy— Family History & the Library (pg 4)
- Class Registration for July & Aug. opens Mon. June 2

Kitchen We need kitchen 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 commu- nity. There are a variety of posi- tions from cashiering, making de- licious sandwiches, and keeping our dishes spic and span.

If you are interested in joining the kitchen team, 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 Sen- iors* 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.

Note: Extra protein on salads and sandwiches \$1.00

Hot Meal Menu

Thursday	May 1	Liver & Onions
Tuesday	May 6	Ham & Scalloped Potatoes
Thursday	May 8	Meatloaf
Tues.day	May 13	Roast Beef
Thursday	May 15	Liver & Onions
Tuesday	May 20	Baked Chicken
Thursday	May 22	Shepherd's Pie
Tuesday	May 27	Pork Cutlets
Thursday	May 29	Liver & Onions

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 for those aged 55+ and run to the end of 2025

Membership is required to participate in activities and clas- ses at the Centre. Additional fees are charged for classes and activities; fees vary, inquire at the office or contact the coor- dinator 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



President's Message

As I reviewed the membership survey results, I noted a couple of questions about the work of the Board of Directors. I wanted to let you know that anyone can attend a Board meeting as an observer. We meet on the third Tuesday of the month, from 10:00 a.m. to noon, in the Council Chambers located next door. Also, our minutes are posted on the main floor bulletin board. We're working on a way to get the Board minutes on our website for easier access. **If you have questions or feedback for the Board, you can email me at myrna@comoxseniors.ca.** I can also usually be found at the cash register in the Café on Wednesdays, except for three weeks in May when I will be away.

We've also had a question about the change to our Bylaws making 55 the age eligible to join the Association, rather than 50. There are very few members between 50 and 55 but if you are one, you will remain eligible to renew your membership.



Celebrate The Mothers in Your Life

This Mother's Day, show your gratitude by supporting d'Esterre Seniors' Centre.

The mother figures in our lives have guided and cared for us. Now, is the perfect time to pay that kindness forward. Many seniors face loneliness, health challenges, and financial difficulties. At d'Esterre, they find community and support through programs that promote independence and well-being.

Your donation helps us keep our prices low, so seniors have a welcoming space to call home. Honor the love you've received by giving back. Donate today and make a difference in the lives of seniors who have given so much to ours.

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.

Coffee with Alan



Alan, our webmaster, will be available to help with Android phone and tablet questions on Monday morning from 9-11am on May 7 & 28 in the back area of the Dining Room. Alan can help you with your questions about your Android device.

Coffee with Al



Come have coffee with Al on Monday morning from 9-11am on May 7, 14 & 28. Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room.

The Gift Shop (Handmade Gifts from the Heart)



Time was well spent over the long weekend prepping the Shop for Mothers' Day. So much fun creating displays to enhance the beauty and talent of each Crafter's creations. Come in and enjoy the artistry of fellow members. Take home, share, or give a meaningful gift from the heart.

Check out our Facebook page for What's New. Like, comment, and share.

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 the sale and the Centre receives 20%. Proceeds of donated items to the Centre fund the Centre at 100%. Schedule an appointment with Gift Shop coordinator Nancy at nancy2fancy@shaw.ca to consign or donate.

Heartfelt Gifts from the Heart

One Happy Mom; Ele Clarke, winner of the Bunny's Easter Egg Jar. Ele's guess was 362. There were 360 eggs in jar. Congratulations, Ele!

After Ele picked up her winnings she shared her eggs along the way to her car with the many flag guys working outside the Centre. What a sweet lady!

She did save the Lindt bunny for herself...

Thank you to all who participated and donated to the Gift Shop for new track lighting.



Crafty Conversations by Deirdre Rennie



Anyone who comes to d'Esterre cannot help but notice the quilts and quilted items for sale on display in the dining room.

This month we are featuring the work of Donna Englehart, Quilters' Club coordinator, along with the ladies who love to quilt. Donna and her husband moved to the Valley in 2018 when her son and his wife were posted here with the military and she joined d'Esterre right after settling in.

Donna's hobbies are quilting, knitting, reading, and gardening.

She sells her quilted yoga mat bags in the Gift Shop; which are a very popular item. She loves to be challenged with complicated quilt patterns.

Asked how many years of experience combined the dozen quilters have quilted, she figured it would be well over 300. To make just the top of a double size quilt with an easy pattern takes approximately 5-6 hours. After it is all pieced together and backed, it is then quilted and after that the binding is sewn on...by hand!! This is where the hard work really starts.

Twice a year, the Quilters sew quilts to raffle off with the proceeds going to the Centre. The rest of the time they are doing their own projects in the sunroom downstairs. Their main focus is being together and having fun. Quilting is just an extra bonus.

Members are welcome to join the Club. Contact Donna at 250-702-9493 for information.

Join us!

INFO SESSIONS

Upcoming Info Sessions

Sessions are Saturdays at 10:30am


May 24—Genealogy—Family History & the Library

Join staff from the Comox Branch of the Vancouver Island Regional Library for an informative overview of the Family History resources available at the library. This presentation will highlight tools, collections, and services that can help you begin or continue your genealogy journey. Whether you're just getting started or looking to deepen your research, learn how the library can support your exploration of family history.

June 14—Beekeeping

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.



VANCOUVER ISLAND REGIONAL LIBRARY

Family History & the LIBRARY

Tools, collections, and services that can help you begin or continue your genealogy journey.

- 🕒 10:30 - 11:30 am
- 📅 Saturday, May 24, 2025
- 📍 d'Esterre Seniors' Centre

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

NORTH ISLAND COLLEGE **RECORDERXPRESS** Safeguarding Canada's Information Journey **Rotary** Club of Comox

April Info Session – MARS



About 25 people attended the April info session by MARS Wildlife Rescue.

Volunteer Paige and ambassador bird Marlowe gave an overview of MARS' mission, history, and facility.

Volunteer Appreciation Dinner



Flamenco dancers, a delicious turkey dinner with all the fixings, dessert and coffee made for a wonderful appreciation event for our volunteers. A special THANK YOU to volunteer extraordinaire Cheryl Smith, Special Event coordinator, who put together the dinner.



Volunteer Award Recipients
 Above L-R: Raymond, Gayle, Ann-Marie, Donna, Lois, Cheryl, Lynne, Pat, and Nancy
 Photo left: Pat and Georgina
 Absent: Corinne



We appreciate the service provided by the Glacier Grannies and high school volunteers. They allowed our volunteers to sit back and enjoy the evening.

**VOLUNTEERS
 MAKE
 WAVES**





Looking for a way to make a difference? Contact us for a variety of opportunities, whether you have a few hours a week or a few hours a month. Here are a few ideas:

- ♥ Health & Safety—Join our committee to help with Emergency planning for the Centre. If you have a background in health, safety, handling emergencies, etc., we could use your expertise!
- ♥ Kitchen—If you like to stay busy and social, the kitchen is the place to be! See pg. 2 for details.

SPECIAL EVENTS

May flowers are blooming, the days are warming up and getting longer, filling our hearts with joy and anticipation. We are all eagerly looking forward to spending more time outdoors, embracing the beauty of nature. There are no special events planned for the month of May. June, however, promises to be an exciting month, ladies. **Our fashion show, *d'Esterre's Women Have Flair*, will take place on June 21**, a day to celebrate style and confidence. Tickets will go on sale starting June 2, marking the countdown to a fantastic event.

We would like to extend heartfelt gratitude to Nataliia Lishchinska for the outstanding job she did catering our Authentic Ukrainian Dinner. The Glacier Grannies deserve special thanks for their exceptional service and clean up. We would like to thank all those who joined us for dinner.

Ukrainian Bakes Catering Company

Ukrainian Bakes is a local catering company servicing the Comox Valley. We provide well-organized, hospitable event experiences from coffee gatherings and home catered meals to larger banquets. In a word, we are a turnkey catering service ready to implement your event ideas.

+1 778 5858-816

The Salish Sea

As I sit by the Salish Sea
 I have my notepad on my knee.
 There's so much to see on the Salish Sea.
 There's Humpback whales and Orcas and Greys.
 Many things to see in it's infinite bays.
 Birds in flight like eagles and vultures
 The shoreline alive with various cultures.
 The Indigenous designs have world renown.
 Their totem poles bold and deserving a crown.
 When the tide goes out there's much to inspire.
 The tide pools giving us things to admire.
 Brightly coloured starfish, urchins and bugs.
 None of these you'll find on drugs.
 Cruise ships, sailing ships, barges and tugs.
 They sail along endlessly with nary a shrug.
 The weather can be frightful or even serene.
 Everything looks so sparkly clean.
 So head to the shore and be ready to explore
 What nature has to offer we can only adore.

Arthur Rose



Activities Around the Centre



Art Club

Verna Murray sits quietly at the back of the studio. However, in my imagination, there is a cacophony of animals surrounding her and they all come to life with strokes of her brush. Her watercolours give personality to a curious racoon, a morose Bassett, birds sitting on branches celebrating spring, a chipmunk ready to hide a few nuts and occasionally, she will grace the wall exhibit with a bouquet of flowers. Verna's works make us smile. As the months role by, we hope to showcase each member of our group. Drop by on a Monday morning, put your head over our shoulders and make a commentan ooooooh or an awwwwwww will do nicely.

New members are always welcome.

Contact Dorothy Gardner 250-339-2788

Wood Workshop

The Shop has been humming. Our Members Maureen and Amber have been very diligent in their work on the lathe, under Greg's mentorship. Their accomplishments are impressive and commendable. Greg is very generous with his skill and time in providing gentle, expert instruction to everyone that steps forward. Thank you so much, Greg!

I have a restoration project going ahead on my camper. It was such a convenience to use our wide-belt sander to prepare the cabinet doors for refinishing! They turned out great and the whole lot were processed in less than one hour. This sander needs some expertise to operate correctly so please ask me if you have a need for it. If you are intrigued with the creative possibilities, try our steam box for bending wood. It's an easy process that produces unique pieces! Many clear hardwood species are candidates for bending.

Our Shop is welcoming and lots of fun. Novices are invited to come down for orientation, instruction, skill development and some terrific conversation! The Shop is cozy but "the more, the merrier!"

Woodworking is very gratifying - just ask Amber and Maureen!

Contact Jim Cooper 250-218-5267 or builder@shaw.ca

Silversmith Workshop

The Silversmith Club May meeting is scheduled at 10:00 am on Friday, May 2, and is the last formal meeting until September. In addition to general business, at each meeting, members take time to focus on a specific topic to improve our skills. Throughout the spring and summer, the workshop will continue to be open to members during the afternoons every Monday through Thursday and all-day Friday.

Following each meeting, members enjoy lunch together at d'Esterre and then spend the afternoon in the workshop to work on our personal projects.

Following a presentation by Nancy Kremer, the d'Esterre Gift Shop Coordinator at the April meeting, the Club members plan to offer more of their jewellery in the d'Esterre Gift Shop. In addition, the Club members plan to participate in the three Craft shows supported by the d'Esterre Gift Shop this year, including: the Comox Summer Fest on Comox Avenue in June, the Nautical Days d'Esterre Cooling Station and Craft tables during the August long weekend, and the d'Esterre Christmas Market in November.

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.

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 evenings in the Ballroom.

High Scores for April:

Ladies: Diane O., 847

Gents: Warren McD, 844

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

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

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

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.

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 Pharmsave, Comox.

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

Contact person: Sharon shpaterson@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



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



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.

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

\$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

MAGI'S EXERCISE CLASSES

d'Esterre exercise classes taught by Magi have been ongoing for over 30 years! Anyone is welcome to join our fitness, strength training, or chair fit classes for fitness, fun, and friendship. Don't hesitate; it's never too late to start.

Mon. and Wed. 11:15am – Strength Training (1 hr)

Tues. and Thurs. 10:00am – Fitness (1 hr)

Tuesday 11:15am, Wednesday 12:15pm, Thursday 11:15am – ½ hour Chair Fit

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

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

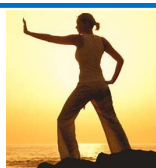
Cost for ½ hour Chair Fit classes is \$5/month (+GST) per day



T'AI CHI GONG

Come experience "joy through movement". Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It can improve circulation, balance, flexibility, and alignment, and restore and rebalance your chi energy. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music.

Mondays from 9-10 am with instructor, Nina Sato. \$25 (+\$1.25 GST) per month depending on the number of classes or \$7 (+\$0.35 GST) drop-in. FMI contact Nina at nsato@live.com or 778-992-0220.



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.

NO CLASSES IN MAY

Next session: June 4, 11, 18, 25

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

DANCEFIT

Classes are on Wednesdays, 10-11am.

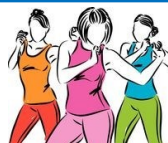
Cost for May \$26.25/month, 4 classes.

Drop-ins (are welcome space permitting) \$7.35/class. 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



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.

May/June 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 currently open for June

Registration for July and August opens June 2

May class is FULL

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

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!

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.

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: 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

For all Yoga classes:

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

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

Nice to have would be an eye pillow.

Thursday 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 1:30-2:30 (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.

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

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>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</p> <p>CR BR</p> <p>DR DR BR BR CR</p>	<p>9:00 am 9:00 am 10:00 am 10:00 am 11:15 am</p> <p>12:30 pm 1:00 pm</p> <p>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 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>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 Barb Taylor 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 250-890-3446 778-585-5105 250-339-7161 250-339-7714 250-702-5948</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Jim Cooper 250-218-5267 builder@shaw.ca</p> <p>Cue Sports Mike Couture 250-898-4633</p> <p>Rock and Gem Ralph Bruinink 250-339-6966</p>	<p>Wednesday No May class</p> <p>No May class No May class</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</p> <p>CRR BR</p> <p>BR DR BR</p> <p>CR BR</p> <p>BR BR BR</p>	<p>9:00 am 8:55 am 10:00 am 10:00 am</p> <p>10:00 am 11:15 am</p> <p>12:15 pm 1:00 pm 1:00 pm</p> <p>1:00 pm 3:00 pm</p> <p>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>5/1,8,15,22,29</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 thriftstorequeen43@gmail.com</p> <p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p> <p>May 2</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 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>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)