



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



### Board of Directors 2025 – 2026

Myrna Holman, President  
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 Carol Doyle, Director  
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# Summer (July/Aug) 2025 Newsletter

Office, Kitchen, Gift Shop closed Fridays in July&August  
 July 19 – Info Session: Filberg Heritage  
 Centre closed Aug 4 for BC Day, Comox Nautical Days Aug. 2-4  
 Aug. 16 – Info Session: Rooftop Solar Systems

## A Message from Alex

Hello d'Esterre Members,

With the sewer-conveyance project now past our block, the Centre is easy to reach again. Crews are finishing touches on the landscaping, and a few extra parking spots have opened up – much appreciated by everyone. A sincere thank-you to the Town of Comox and their hard-working teams for getting us through the disruption.

Now that the warm weather is here, we invite you to drop in, cool off in our air-conditioned lounge, and catch up with friends. Whether you're here for a program or just a break from the heat, you're always welcome. Just a reminder that many programs run on a lighter summer schedule – so be sure to check ahead to confirm that your activity or class is running before you come.

Behind the scenes, we're busy planning for the Fall. One major initiative is the rollout of our new office software to support program and member registration. Things may look a little different at sign-up time, but the goal is to improve your experience. Thank you in advance for your patience and understanding as we make these changes.

We're also continuing to engage with the Town of Comox as they draft their new Official Community Plan. This is an important opportunity to help shape the future of our Centre, and we'll keep you updated as the process unfolds.

Looking ahead to the BC Day long weekend (August 2-4), the Centre will be open downstairs during Comox Nautical Days as a welcoming space for all. We'll serve as a Cooling Station from 11 a.m. to 4 p.m. each day. We'll also have cold drinks, light refreshments, and a small collection of handmade items from member artisans available for sale.

I also want to take a moment to thank everyone who made our recent fashion show such a success. From the volunteers to the models to the members and guests who joined us – it was a joy to be part of the event and to see such enthusiasm and community spirit!

And finally, thank you for continuing to share your thoughts, ideas, and feedback with me. I'm grateful to know that so many of you care deeply about the Centre and want to see it thrive. Let's keep working on it together.

Warmly,  
 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 sup-

## Events and Notices

Office, Kitchen, and Gift Shop are closed Fridays in July and August

- Sat. July 19 Info Session: Filberg Heritage Lodge & Park (see p.6)
- Centre closed Mon. Aug. 4 for BC Day
- Cooling station for Nautical Days Sat. Aug. 2-Mon. Aug. 4
- Class Registration for Sep. & Oct. opens Tues. Aug. 5
- Sat. Aug. 16 Info Session: Rooftop Solar Systems (see p.6)

## 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!

Please contact the office at [info@comoxseniors.ca](mailto:info@comoxseniors.ca).

## Centre Rentals

The Centre is available for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life. The Ballroom has a capacity of 115 and the dining room holds 50. Members of 2 years or more receive a discounted rate.

Rental information can be found on the website: [Services - Comox Seniors\\* Centre](#).

For more info, contact the office at [info@comoxseniors.ca](mailto:info@comoxseniors.ca)

## Dei's Café

*Hours of Operation: 8am-1pm (Last call for lunch orders 12:30pm)*

*Breakfast: muffins, breakfast sandwich, full breakfast*

*Lunch: soup, salads, and sandwiches daily, hot meal options on Tuesday and Thursday.*

*New for Summer: Taco Salad*



## Hot Meal Menu

Thurs.	July 3	Roast Beef
Tues.	July 8	Ham & Scalloped Potatoes
Thurs.	July 10	Liver & Onions
Tues.	July 15	Roast Pork
Thurs.	July 17	Meatloaf
Tues.	July 22	Pork Cutlets
Thurs.	July 24	Liver & Onions
Tues.	July 29	Shepherd's Pie
Thurs.	July 31	Cordon Bleu

## 2025 Membership

Beginning in August, membership will be half-price (\$20+GST) for the remainder of 2025.

Memberships are available for purchase at the Office Mon-Thurs. 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 classes at the Centre. Additional fees are charged for classes and activities; fees vary, inquire at the office or contact the coordinator listed on the back page for more information.

## Special Occasion Cards

Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)



**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.**

## President's Message

Your volunteer Board of Directors spent a very productive day off-site in June. With meeting space limited at the Centre, we gathered in a Crown Isle meeting room. No golfing took place!

The work for the day included getting to know each other better since some Board members have changed. We also updated the Annual Board Work Plan and determined Committee membership. Alex, our ED, shared information about his Royal Rhodes University Project involving stakeholder engagement which will help with our Strategic Plan. We're at the very beginning stages of determining how the Strategic Plan will be developed with a firm commitment to get member insight.

If you aren't up for the commitment of being a Board member, there are two committees that would really be enhanced with more member involvement. These include the Communication Committee (member communication/feedback, Facebook, Website, volunteer recruitment) and the Fundraising Committee (new sources of sponsorship, donations and revenue). Please email me at [myrna@comoxseniors.ca](mailto:myrna@comoxseniors.ca) if you're interested in joining one of these committees.

A special thank you to all of our Board members who dedicated five hours to this important work.

Myrna Holman

President, d'Esterre Board of Directors



### *This Canada Day Is About Community So Are We*

This Canada Day, we're reminded of what truly matters: connection, care, and community. At d'Esterre Seniors Centre, these values aren't just ideals. We live them every day.

For many seniors, the Centre is more than a gathering place. It's a space to laugh, learn, and feel a sense of belonging.

With your support, we can continue offering programs, friendships, and moments that matter.

Help us grow stronger together — donate today.

Stop by the office with a donation by cash, cheque, or debit.

***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.

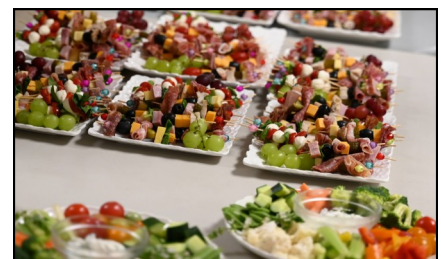
## SPECIAL EVENTS

### d'Esterre Women Have Flair!

It was a fabulous afternoon with scrumptious food, beautiful fashions, dapper servers, and fantastic company.

Thank you to Cheryl (Special Events coordinator extraordinaire), Ele (model coordinator) Paris (fashion consultant), Myrna (M.C.), Alex (stage asst.), the 10+ "Good Men" (set-up, clean-up, servers, bartenders), and the many volunteers behind the scenes preparing the food, assembling gift bags, decorating tables, and the list goes on...

A special thank you to Repeat Boutique, Pharmsave Boutique, and Ivory & Grey for outfitting our models, and to our volunteer make-up artist and photographer.



You can view more photos on the d'Esterre Seniors' Centre Facebook page here: [D'Esterre Seniors' Centre | Comox BC | Facebook](#)

## *The Gift Shop (Handmade Gifts from the Heart )*

*As we move in to summer we look forward to sunny days of relaxation and enjoying a slower pace.*

*As the Centre moves into summer mode the Office, Cafe, and the Gift Shop will be closing on Fridays for July and August. The Shop is open Monday-Thursday 10am-1pm. We encourage you to visit the shop with your family and friends to share the diverse creations our members create.*

*New consignors are welcome to sell their crafts in the shop. Schedule an appointment with Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca).*

*Enjoy your summer!*

**Festival Cooling Station**  
**Beat the Heat**  
**Stay Cool & Refreshed**



The Centre is partnering with the Town of Comox at Nautical Days August 2-4.

The lower floor of the Centre will become a cooling station for attendees at the Marina Festival.

Hours of operation 11am-4pm.

A place to relax and refresh with cold beverages and snacks from the heat of the day.

Artisans from Clubs and Gift Shop will showcase and sell their crafts to the public.

Join us for this spectacular event for entertainment, great food, and talented artisans.

Party in the park!

### **Crafty Conversations by Deirdre Rennie**



Crafty Conversations is pleased to feature Corinne Wester, crafter extraordinaire and Gift Shop volunteer. In addition to her crafts and volunteering, she is dedicated to her church and care of her mother.

As a young girl Corinne wore beautiful handmade clothes made by her mother who taught her to make doll clothes for her dolls. So began her love of designing and creating.

Her craft room features a deluxe sewing machine with all the bells and whistles, a serger, a multitude of coloured threads and neatly folded piles of fabrics in an endless array of colors, patterns, and textures.

She sews beautiful tote bags, which always sell quickly Her doll sets come with intricate clothes and footwear in a carry bag. It takes about 3 months to make 6 to 8 of them. In addition to sewing she does knitting, crocheting, cardmaking, quilting and Polymer clay. When Corinne creates a project she sells half of the items in the Gift Shop and the rest at her church for fundraising.

Corinne likes variety in her projects and finding new ideas. She says that often a new piece of fabric inspires her to try making something completely different. For instance, she recently found some silk and was inspired to make beautiful floral jewelry pouches as well as sleep sets which include a sleep mask, headband, and a hair scrunchie in a pouch. Available in the Gift Shop!!

Corinne came to the Valley in 1998 becoming Vice Principal at Brooklyn Elementary and ending her 35 year career as Principal at Aspen Elementary. She joined d'Esterre 4 years ago and is a big contributor to the Gift Shop with her many crafted items.

Corinne says "A day without crafting is a day without sunshine".

Visit the Gift Shop to pick up a little bit of Corinne's sunshine for yourself or someone special.

Please note that Crafty Conversations will be taking August and September off and will resume in the October newsletter.

# ↑ INFO SESSION ↓

## Upcoming Info Sessions

Sessions are Saturdays at 10:30am in the Ballroom  
**July 19—History of Filberg Lodge & Park**  
**Aug 16—Rooftop Solar Systems**

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](mailto:builder@shaw.ca).

# INFORMATION SESSION

**Sat. July 19th at 10:30 am  
in the Ballroom**



**Presenters  
Shelley, Melanie,  
& Audrey**

Join us for a special presentation to learn about



the rich history of Filberg Park, the work of the Association, and how you can get involved. Discover how this local non-profit helps preserve one of

Comox's most treasured landmarks—and get your questions answered too!

**Filberg Heritage Lodge and Park Association  
250.339.2715 [www.filberg.com](http://www.filberg.com)**

**No registration necessary - Everyone welcome**

## August Info Session: Rooftop Solar Systems

Our presenter for August is Andrew Popham. He has over 20 years of comprehensive experience in the electrical trade. Andrew has become conversant with solar technology and the potential for affordable, residential applications. He will describe the advantages, equipment, the installation, the regulations for grid access and the payback potential of a typical solar installation.

## June Beekeeping Info Session



Rachel Halliwell brought her beekeeping equipment and a viewable hive to her presentation. She gave a very interesting and enlightening talk about bees, their lives, pollination, and honey production to an audience of about 30 people.



## Activities Around the Centre

### Art Club

The studio windows now overlook families spreading colourful picnic blankets under the trees. Now the conundrum, in the cool Monday mornings does one plant flowers or paint them?

Dorothy Gardner is the glue that keeps us together. She is our contact person, treasurer (no bitcoin yet), workshop organizer and festivities link. Her gentle manner and comments are most welcomed and we do appreciate the work she has taken on. Now, down to brass tacks, Dorothy is a master of mixed media and watercolours as evidenced by the body of work displayed in her home. It is always a pleasure in the early spring to receive an invitation to a bag lunch around Dorothy's dining room table. We seem to turn into a giggle of girls reliving bygone days. But at this time, I must note, what is said at Dorothy's, stays at Dorothy's.

Her kind and warm countenance makes new members feel welcome. We do look forward to a few lads joining our entourage.

New members are always welcome.

Contact Dorothy Gardner 250-339-2788

### Wood Workshop

The Woodshop is a little quieter in Summer. What a terrific opportunity to learn or to do your own work with greater access to our equipment! Please call Jim if you would like to begin or to get expert coaching. Jim has been a Red Seal Carpenter since 1978 and is also an experienced cabinet maker. In addition, he taught over 400 Apprentices at V.I.U. in Nanaimo, over his 13 years there.

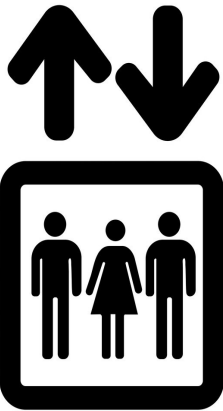
We also have 2 experienced wood turners in our Shop, who love nothing more than mentoring our aspiring turners! Please join us!

Contact Jim Cooper 250-218-5267 or [builder@shaw.ca](mailto:builder@shaw.ca)



## News Around the Centre

### Elevator



The elevator in our Centre is a wonderful convenience. However, some members are hesitant to use it, perhaps feeling a little unsure about how it works. We understand this completely and would like to help encourage more members to become comfortable with our elevator's operation.

Our office staff would be pleased to assist you as needed.

If you haven't already, give it a try.



### No Coffee with Al or Alan

Al and Alan will be on summer break in July and August. They will return on Mondays in September to offer computer/phone help. Dates and details will be in the September newsletter.



June was national Pride month and the Centre has a new sticker at the front entrance recognizing diversity and inclusion. Thank you to Julie Spooner for getting this welcoming flag for d'Esterre.

### Haiku Corner

#### Earth

A rock of blue hues  
with little lakes emerald green  
this planet of dreams

B Taylor  
Member, Comox

#### Sun's Embrace

Sun hugs the blue sky  
Fields bask in golden warmth  
Summer's high noon sigh

Maya Anthony

#### Summer's Canvas

Petals burst with sun  
Yellow, purple, and azure  
Nature's palette glows

Bees hum in the heat  
Butterflies dance on soft breeze  
Life's tapestry weaves

Dew-kissed morning hues  
Emerging from midnight dreams  
Gardens sing of hope

Anonymous

## Activities Around the Centre

### Duplicate Bridge

The Duplicate Bridge Club has its own website which can be accessed at this 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.

### 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.

### Canasta

Join us on Fridays 1pm-3pm and play Hand & Foot 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](mailto: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 June:

Ladies: Marjory R, 726; Gents: Blaine K, 713

FMI contact Diana, 250-339-7714, [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca) or Harry at 250-702-5948

### Fun & Games/Mexican Train

Friday's Mexican Train group is still chugging along with fun, friendship and laughter. With a no counting points we have a winner every round. First time or experienced players are always welcome. Come for an enjoyable experience every FRIDAY at 1:00 in the Dining Room.

Contact Sherry at 250-792-2256

### BACKGAMMON.& SCRABBLE....

Kevin 236-489-1955. [kmcarvill@telus.net](mailto:kmcarvill@telus.net)

### 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](mailto: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 250-792-2256

Backgammon/Scrabble – call Kevin at 236-489-1955

## 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

Try Pool for Free at our Seniors' Centre! Members curious about playing pool again, or those wanting to try it for the first time, are welcome to visit our Cue Sports Club as our guests. See if you enjoy it! Full yearly membership is available for only \$20. Contact me for details. Mike Couture, Conventor, (250) 898-4633, couture.mike.r@gmail.com



### Knitting Group

Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and tell. We meet Thursdays at 11:30 in the Dining Room. FMI contact Elaine at 250-941-2518.



### Rock and Gem Club

The Rock and Gem (Lapidary) Club is open to any member interested. We invite potential new members to take "the tour". With our club, there's training, field trips, and lots of fun. Contact Ralph Bruinink, 250-339-6966



### Walking Group

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



Tues - Thurs start time 9 am at d'Esterre Centre Dining Rm.

Fri. & Sat. start time 9 am at the Comox Mall, Independent Grocer entrance.

Exceptions:

2nd Tues of the month start time 9 am at Pharamasave, 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](mailto:shpaterson@shaw.ca)

### 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.

## 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. July 2, 16, 23, 30 (no classes July 9) \$26.25 August 13, 20, 27 (no classes Aug. 6) \$19.95 \$7.35 drop-in



### DANCEFIT

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



### MAGI'S EXERCISE CLASSES

#### NO CLASSES IN JULY; REGISTER FOR AUGUST IN THE OFFICE

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



## 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-Th 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)

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



## 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](http://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 space permitting**

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      Deb's Monday Chair      10:00-11:00      Deb Karlstrom**

See p.15 Friday Chair 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](http://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](http://www.wendyandersonsjoyflow.com)

Coordinator: Susan Toresdahl      storesdahl@shaw.ca      250-339-6528

## Yoga, Core, and Pilates Classes at the Centre

### **Thursday      Build Strong Bones & Body      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](http://www.shoresofserendipityyoga.com) or contact Nancy by email at [shoresofserendipity@shaw.ca](mailto:shoresofserendipity@shaw.ca)

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

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

### **Friday      Deb's Friday Chair      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><b>Centre Office</b> M-F 10 am-1 pm 250-339-5133</p> <p><b>Kitchen Hours</b> M-F 8 am-12:30 pm</p> <p><b>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p><b>Monday</b>  No class July</p>	<p>T'ai Chi Gong Soapstone Carving Painting Deb's Monday Chair Strength Training</p> <p>Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun &amp; Games Yoga Yoga (Daylight Savings) Bid Euchre</p>	<p>BR CRR AR BR BR  CR BR  DR DR BR BR CR</p>	<p>9:00 am 9:00 am 10:00 am 10:00 am 11:15 am  12:30 pm 1:00 pm  1:00 pm 1:15 pm 3:00 pm 5:00 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Dorothy Gardner Deb Karlstrom Bev Haist or Caroline Hoon Jane 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><b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p><b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p><b>Special Events</b> <a href="mailto:smithcherylgee@gmail.com">smithcherylgee@gmail.com</a></p>	<p><b>Tuesday</b> No class July</p> <p>No class July</p>	<p>Fitness Quilters Glass Studio Rock &amp; Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge 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><b>Pottery Studio</b> Mary Deveau 250-850-9727</p> <p><b>Wood Shop</b> Jim Cooper 250-218-5267 builder@shaw.ca</p> <p><b>Cue Sports</b> Mike Couture 250-898-4633</p> <p><b>Rock and Gem</b> Ralph Bruinink 250-339-6966</p>	<p><b>Wednesday</b> No July/Aug</p> <p>No class July</p> <p>No class July No July.Aug</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><b>Glass Studio</b> Isabel Thomas 250-339-9667</p> <p><b>Silversmith</b> Bonnie Luterbach bluterbach@shaw.ca</p>	<p><b>Thursday</b> No class July</p> <p>No class July</p> <p><b>7/3,17,24,31</b></p>	<p>Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Chair Fit 1 Knitting Mah Jongg Build Strong Bones &amp; Body Yoga</p>	<p>BR CRR AR CR BR DR CR BR BR</p>	<p>10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:30 pm 1:00 pm 1:30 pm 3:00 pm</p>	<p>Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones 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 250-941-2518 250-792-5103 250-897-1374 250-465-0118</p>
<p><b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p> <p><b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220</p>	<p><b>Friday</b></p>	<p>French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Deb's Friday Chair Canasta Fun &amp; Games Table Tennis I Table Tennis 2 Table Tennis 3</p>	<p>AR BR BR AR CR BR CR 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 1:00 pm 1:00 pm 2:30 pm 3:30 pm 4:30pm</p>	<p>Raymond Morin Zina Richmond Marrilyn 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 250-792-2256 250-465-8154 250-339-5772 604-519-6748</p>
	<p><b>Saturday</b></p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron</p>	<p>250-339-7161</p>

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