



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



### Board of Directors 2025 – 2026

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## September 2025 Newsletter

Welcome Back – return to our regular hours Mon-Fri.  
Sat. Sep. 20 – Info Session: Your Medications and You  
Sat. Sep. 20 – Special Event: Pub Night  
Tues. Sep. 30 – Centre Closed – National Day for Truth and Reconciliation

### A Message from Alex

Hello d'Esterre Members,

As summer turns to fall, it's a season of change here at the Centre – both personally and organizationally. At the time of writing, I am just three weeks away from starting my parental leave (although, as we all know, babies arrive on their own schedule!). During my month away, Nina will be covering the more pressing matters to ensure everything continues to run smoothly.

Change has been a steady theme this year. We've received a lot of thoughtful feedback and requests from our programs and clubs, and we continue to review these carefully as decisions are made and budgets are updated. If we need more information, we'll be sure to reach out. Thank you for all your input; it really helps us shape the Centre!

This fall you may also notice more changes around storage. We're clearing out unused items, much of which is being donated to local thrift stores. Our goal is to make programming spaces work better for everyone, and we ask for your patience as we continue this work.

Another project underway is a new office software system that will eventually include both programs and memberships. One important note: we will not be taking 2026 memberships until after this new system is in place. So if you stop by the office early to ask about 2026 memberships, we might just have to charge you a quarter for the attempt (just kidding!).

We're also celebrating a milestone of growth – at the time of writing, we have welcomed our 1300th member for 2025! This accomplishment speaks to the value our Centre provides in the Comox Valley.

Looking ahead, summer 2026 will mark the 50th anniversary of our building opening. We'll be forming a working group to plan a celebration worthy of this occasion. If you're interested in joining, please reach out to the office. More details will be shared in November.

Thank you for being part of this community – your involvement and energy keep the Centre thriving.

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

Class Registration open for Sep/Oct

- Mon. Sep. 1 – Centre closed for Labour Day
- Sat. Sep. 20 – Info Session: Your Medications and You (p. 5)
- Sat. Sep. 20 – Pub Night (p. 4)
- Tues. Sep. 30 – Centre closed, National Day for Truth and Reconciliation
- Wed. Oct. 1 – Class registration opens for Nov/Dec classes

## VOLUNTEER



### 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.

We are particularly looking for volunteers for Tuesdays, roughly 10am-1pm, but we can use help on any day that you are available.

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) or stop by for more information

## 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.

### Hot Meal Menu

Tues.	Sep. 2	Ham & Scalloped Potatoes
Thurs.	Sep. 4	Liver & Onions
Tues.	Sep. 9	Roast Beef
Thurs.	Sep. 11	Meatloaf
Tues.	Sep. 16	Shepherd's Pie
Thurs.	Sep. 18	Liver & Onions
Tues.	Sep. 23	Roast Pork
Thurs.	Sep. 25	Cordon Bleu
Tues.	Sep. 30	Centre Closed

## MEMBERSHIP

### 2025 Membership

Memberships are half-price (\$20+GST) for the remainder of 2025.

Memberships are available for purchase at the Office Mon-Fri from 10 am-1 pm. Cash, cheque, or debit are accepted.

Membership is for those aged 55+ and is required to participate in activities and classes at the Centre. Additional fees are charged for classes and activities.

### 2026 Membership

Heads up! There will be a change to the 2026 membership renewal process.

Early renewal will **not** begin in October. We are anticipating the early renewal process to begin in December. This timeline shift is due to the roll-out of a new registration system which will allow for on-line registration (but don't worry, there will continue to be the option of in-person registration at the office). More details to come.

## From The Gift Shop

*-Holy Coo We've Missed You-  
We hope you had a wonderful summer!  
We're looking forward to seeing you!*



**Gift Shop Now Open Monday to Friday  
10am -1pm**

***New & Repeat Consignors Now accepting Fall  
Crafts***

**Handmade Gifts from the Heart**



## Suggestion Box



There is a new suggestion box on the wall next to the office window, along with pen and suggestion cards. Thank you to Jim, for building and installing it.

## 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)

*Make a Difference*  
**DONATE!**

This fall, show appreciation for the seniors in your life by making a donation to d'Esterre Seniors' Centre.

With National Seniors Day coming up on October 1st, it's a wonderful time for Canadians to celebrate the many ways seniors have enriched our community.

Why donate to d'Esterre?

Strong senior centres lead to stronger, more connected communities. We offer important services and programs that improve well-being, helping seniors live independent lives for longer.

Your support will make a difference. 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.

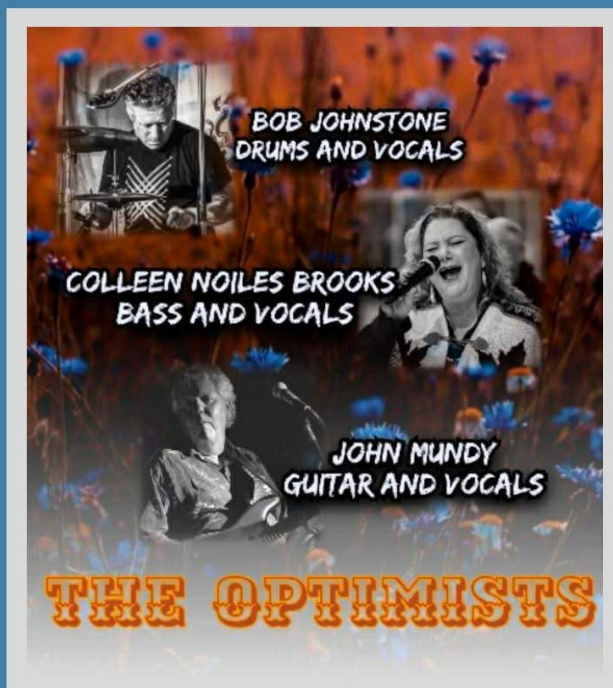




Well, we're back! Fall is in the air and it's time to spill our year-end plans.

- ♥ September 20 - Pub night is back, because you demanded it!
- ♥ October 11 - a traditional Thanksgiving dinner, minus the family drama.
- ♥ November - we're open to suggestions, so don't be shy!
- ♥ December 13 we're throwing a Christmas party, and you're invited!
- ♥ December 25 - our annual Christmas dinner, because, priorities!

## PUB NIGHT BACK BY POPULAR DEMAND!



**SEPT 20**

**Dinner @ 5:30 / Dancing @ 6:30**

**RIBS/WINGS**

**Baked Potatoe/Caesar Salad**

**Dessert**

**Alcohol/Non-Alcohol Bar**

**Members \$30.00      Non Members \$40.00**

**Tickets on Sale Sept 5**





### **Upcoming Info Sessions**

Sessions are Saturdays at  
10:30am in the Ballroom

#### **Sep 20—Your Medications and You**

No registration neces-  
sary.....Everyone welcome!

Information Sessions are  
provided solely for informa-  
tional and educational pur-  
poses and are not intended  
to be an endorsement of  
any particular product, ser-  
vice, or business.

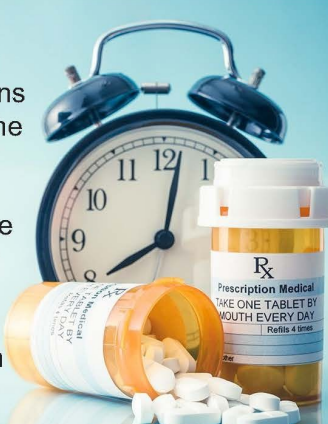
If you have a suggestion for  
a topic and presenter for a  
future presentation, please  
contact Jim at  
seniorwoodworker  
@gmail.com.

## **INFORMATION SESSION**

**Sat. September 20th at 10:30 am  
in the Ballroom**

### **Presenter:**

**Carmella, 4th Year Student Pharmacist,**  
will help answer our important questions  
about medications and vaccinations.



Seniors will rightly  
worry about taking  
the best medications  
or taking them in the  
best way. A  
community  
pharmacist will take  
the time to answer  
our important  
questions. As a  
result, patients can  
then take their  
medications

confidently, getting  
the most from  
them, with fewer  
interactions or side  
effects. There are  
also our questions  
about vaccines:  
which ones should  
I get and why.  
What are the many  
benefits, as  
supported by  
clinical research?

**No Registration Necessary - Everyone Welcome**

### **August Info Session: Rooftop Solar Systems**

Approximately 40 people came to the August presentation to hear from Andrew Popham, who gave a very informative talk on rooftop solar systems.



## Activities Around the Centre



### Coffee with AI

Come have coffee with AI on Monday morning from 9-11am on Sep. 8 and Oct. 6. Drop in and get your iPad, iPhone, and other computer questions answered at AI's corner table in the Dining Room.



### Coffee with Alan

Alan, our webmaster, will be available to help with Android phone and tablet questions on Monday morning from 9-11am on Sep. 15 & 22 in the back area of the Dining Room. Learn how to use your voice to type (rather than typing one letter at a time).



### 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)

## Silversmith Workshop

The Silversmith Club September meeting is scheduled for Friday, September 12 at 10:00 am in the Silversmith Workroom downstairs in d'Esterre, followed by lunch together in the d'Esterre dining room and if members are able to stay, then we return to the workshop to work on projects for the afternoon.

In addition to the general business at each meeting, members take time to focus on a specific topic of interest to Club members. This September, we will be reviewing the new Silversmith tools that we were able to purchase thanks to the approval of a New Horizons Grant proposal that the Club submitted in 2024. The order arrived during the 2025 summer.

During the spring and summer, a number of Club members took part in the June Comox Avenue sale and the Nautical Days sale downstairs in the d'Esterre Cooling Centre during the August long weekend. Our Club members are now planning to prepare products to sell at the d'Esterre November Christmas sale and in the d'Esterre gift shop.

New members are welcome. 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 two Comox Valley Silversmith local trainers, the North Island College continuing education silversmith training in Campbell River and the Makerspace in Parksville, both of which offer weekend workshops. There has also been another trainer giving silversmith workshops in one of the Comox marina buildings this summer. Also, last year we also were able to offer our members the opportunity to take training three times in our own workshop.

Once members have training, they have access to the workshop Monday through Thursday afternoons and all-day Friday. Membership fees include the d'Esterre annual membership plus the Club membership is \$50.00 every 6 months. 20% of each member's fees goes to d'Esterre, while the remainder is available for the Club use to meet our Club identified priorities.

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

## Activities Around the Centre

### Art Club



Like a harbinger of Autumn, a stillness has settled on Comox after the August long weekend festivities. Our studio was part of a very welcomed Cooling Centre during Nautical Days ... such a great idea. With the heat dome finally over, I, myself, feel a little more energy and inspiration to tackle a canvas.

Some of you may remember Judy Mann's African Violets hanging on our gallery wall. They were so real, I had to stop myself from watering them. Judy's affinity for flowers translates into many beautiful water colour paintings. The bubbly personality and smile she brings to our group are infectious.

If you are thinking of trying something different at the centre, come join our group ....we have a great time.

New members are always welcome.

Contact Dorothy Gardner 250-339-2788

### Wood Workshop

The Shop has been productive this month, with a focus on several projects for our Centre.

- \* Alex suggested that a coffee station would be a welcome addition - done!
- \* Organizers for Bil, our custodian - done!
- \* Suggestion box - done!
- \* Clean and refinish the outside sign - done!
- \* Rebuild the carpet bowlers cart - done!
- \* Run cable and mount two display screens - done!

Jim was able to create a "River Table", using our thickness sander to full advantage! It's Julie's Birthday gift. Thanks to our members for giving me the freedom to get it done! And the lathes continue to be busy. Lorne has created an intricate wooden train for his grand-child!

We have acquired a spindle sander for the curvy work and upgraded our table saw to a cabinet-worthy unit!

Wow, nothing but fun! If woodworking may be your passion, please join us! We are committed to training novices. We all started out the same way!

Contact Jim Cooper 250-218-5267 or [seniorwoodworker@gmail.com](mailto:seniorwoodworker@gmail.com).





## 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 6:30 pm, and Wednesdays and Saturdays at 1 pm. You must have a current membership and playing fee is \$3. 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.

### 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.

### Fun & Games/Mexican Train

Mexican Train: FRIDAY 1: 15. Dining Room

We had a fun Summer playing Mexican Train and look forward to an autumn of laughter and fun. For those who have not been to our game, we play for the joy of social interaction and there is a winner every round. Our rules are simple and if you forget them there is always someone to help you. Want to learn or just want to join you are welcome to come. Phone me to let me know you wish to come.

Sherry 250-792-2256

### Backgammon

Offered on the 2nd and 4th Friday of the month.

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

### 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.

### For the Love of:

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

Canasta – Harry at 250-702-5948

Cribbage – Diana 250-339-7714 or Harry 250-702-5948

Partner Bridge – Jane at 250-871-0350

Duplicate Bridge (Tues) – Judy at 250-890-1053 or  
Rona at 250-339-5491

Duplicate Bridge (Sat) – Jeannette at 250-339-7161 or  
Wendy at 250-837-1590

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

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

Mah-Jongg – Barbara at 250-792-5103

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

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

Fun & Games (M) – Harry at 250-702-5948

Fun & Games (F) – Sherry at 250-792-2256

Backgammon – Kevin at 236-489-1955



## Activities Around the Centre

### 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.

On July 8, Bea had a hand of 28 points, one point shy of the elusive perfect 29 points.

High scores for August:

Ladies, Mary K 722

Gents, Ian A, 726

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



### Quilting Group

If you are interested in quilting, come out and see what we do, have some fun, and get to know other members at the Centre. If you are interested or have any questions call Donna Englehart at 250-702-9493.

### Knitting Group

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



### Rock and Gem Club

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



### Cue Sports

New to pool or want to get back into it? Visit as our guest to see if you enjoy it. Full yearly membership is just \$20. Contact Mike Couture, (250) 898-4633 or [couture.mike.r@gmail.com](mailto:couture.mike.r@gmail.com).



### 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



### 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](mailto:romorin@shaw.ca).

### Walking Group

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



Tuesday - Friday start time 9 am at d'Esterre Centre Dining Rm.

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

Exceptions:

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

4th Tuesday 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)

## Information About Classes at the Centre

### 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, 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.

### 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



## Classes Around the Centre

### DANCEFIT

This aerobic exercise programme 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.

Classes are on Wednesdays, 10:00-10:55, in the ballroom.

Cost for September \$26.25, 4 classes. Drop-ins are welcome, space permitting, \$7.35 per class. Please register and pay at the office.

FMI contact Diana at 250-339-7714 or dianaterry@shaw.ca

### 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.



*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.

Sep. 3,10,17,24 - \$26.25

Oct. 1,8,22,29 (no class Oct. 15) - \$26.25

**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.

Sep. 3,10,17,24 - \$26.25

Oct. 1,8,22,29 (no class Oct. 15) - \$26.25

**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. This class has moved to Thursdays. 8:55-9:55 am. FMI Susan Lock at westwynde44@telus.net.

Sep. 4,11,18,25 – 4 classes \$26.25

Oct. 2,9,23,30 (no class Oct. 16) \$26.25  
\$7.35 drop-in

*Just Dance*



## 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 Series      3:00-4:30      Tina Pringle**

Join Tina Pringle for a series of classes from September through December with a specific focus each month. September is "Yoga for Balance & Fall Prevention with Yoga Nidra" and October is "Back Care". This series is open to all levels and no prior yoga experience is necessary. See p. 14 for poster with more details.



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 and Core Classes at the Centre

**Thursday Yoga Workshop 12:00-1:30 Various Instructors**  
 This class changes monthly. Please see posters on p. 15 for the Sept and Oct workshops.  
Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

**Thursday Strength and Core 1:45-2:45 Signi Caine**  
 Strength and Core taught by Signi Caine, Personal Trainer and Rehab Specialist will focus on improving balance, mobility, and overall strength for daily activities. Classes include exercises that strengthen core muscles, which are vital for posture, as well as resistance training with bands to help strengthen muscles and bones. These classes are designed with modifications to accommodate various fitness levels and abilities, making them a safe and effective way for older adults to stay active and independent. Wear comfy clothes, running shoes and bring a yoga mat to class.  
Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

**CLASS FULL**

**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

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 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

## Yoga and Core Classes at the Centre

### For all Yoga classes:

A HUGE thank you to Nancy Moelaert for laundering all of our Yoga Bolsters this summer. We all thank Nancy immensely for this endeavour. It was appreciated by all of our members.

For all yoga classes, we require every yoga class member to bring a KING SIZE PILLOWCASE to hygienically protect our bolsters. **If you want to use a bolster, you must have a pillowcase.**

Yoga participants must bring their own mat and props; including blocks, pillow case, blanket, and yoga strap. It is also nice to have an eye pillow for full relaxation.

### Monday Yoga Series

with Tina Pringle

Mondays 3:00-4:30



September—**Yoga for Balance & Fall Prevention with Yoga Nidra** – 4 weeks

Improve stability, confidence, and mobility in this gentle yoga class designed to help prevent falls and enhance overall balance. Through mindful movement, breath work, and focused poses, you'll strengthen key muscles, improve coordination, and increase body awareness. This class is ideal for older adults or anyone looking to feel steadier on their feet. Modifications and chair support are offered to ensure a safe and supportive experience for all levels. Each class will conclude with a Yoga Nidra (Yogic Sleep) practice. We will set up our mats with props to fully support the body and be guided into a deep state of relaxation. Please bring a yoga mat, blanket and any other props you like to make yourself at ease including eye pillow or mask. Open to all levels—No prior experience necessary. All bodies welcome

October—**Love your Core – fusion of Pilates and therapeutic yoga** – 3 weeks

Strengthen, support, and reconnect with your center in this class designed to help you love your core from the inside out. Blending the mindful movement of therapeutic yoga with the targeted strength-building of Pilates, this class supports core stability, spinal health, and overall body awareness.

Each session offers gentle, intentional movement and guided exploration to help you understand and connect with your core—not just the muscles, but the deeper systems that support your body and breath. You'll not only learn how your core functions but how to engage it correctly. If you are seeking a deeper connection with your body, this class offers a safe and supportive space for all levels. Come as you are—leave feeling informed, empowered, and deeply centered.

Open to all levels—No prior experience necessary. All bodies welcome

Coming in November and December:

November—**Fascia Repair Series**

December—**Back Care**

## Thursday Yoga Workshops

### Gentle Somatic Movement



Thursdays from 12:00-1:30 pm  
September 4, 11, 18 and 25  
\$40 for four weeks  
Register at the office

Join **Carolyn Pigott, Registered Massage Therapist and Somatic Yoga Instructor** to learn:

- ◆ How stress and pain work in your nervous system and how to relieve it with gentle movements.
- ◆ How deep breathing and mindfully easing into movement can strengthen your neuromuscular awareness.
- ◆ How you can use this new awareness to change your habitual postures of imbalance back to comfortable ways to move in everyday life.

Handouts will be available for home practice. [This class is suitable for anyone who can get down onto a mat. www.carolynrmt.com](http://www.carolynrmt.com)

### Healthy, Happy Hips

Thursdays from 12:00-1:30 pm  
October 2, 9, 16, 23 and 30  
\$50 for five weeks  
Register at the office

Join In this workshop, we will focus our attention on our foundation. Learn how our feet and our walking gait affect our pelvis to learn signs that we are headed toward hip problems and what to do about it.

This workshop series will include exploration of hip stability, flexibility, and mobility with emphasis on understanding our muscular tension, pain, or discomfort, and learn ways to self-heal.

The class may include:

- ◆ Breathing and building a meditative awareness of our body and relaxing areas of tension.
- ◆ Visuals of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.
- ◆ Foot props to awaken and restore circulation. Release tension to improve flexibility and increase shock absorption to minimize the impact to the joints above.
- ◆ Using Yamuna 4 to 10 inch Body Rolling Balls to create space in the joints and massage muscles to generate freedom in the pelvis.
- ◆ Yoga poses and exercises to build strength and stability.
- ◆ Yin yoga poses to relax and stretch.

For more information, contact Nancy at [shoresofserendipity@shaw.ca](mailto:shoresofserendipity@shaw.ca)

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

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

<b>Centre Office</b> M-F 10 am-1 pm 250-339-5133  <b>Kitchen Hours</b> M-F 8 am-12:30 pm  <b>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133	<b>Monday</b>	T'ai Chi Gong Soapstone Carving Painting Deb's Monday Chair Strength Training  Bridge (Partners) Carpet Bowling  American Mah-Jongg Fun & Games Yoga Yoga (Daylight Savings) Bid Euchre	BR CRR AR BR BR  CR BR  DR DR BR BR CR	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	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	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
	<b>Tuesday</b>	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	BR AR CRR CR BR BR BR DR CR BR BR CR  BR	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 6:30 pm  7:00 pm	Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Lori Carter Wendy Anderson Deb Karlstrom Judy Morrison and Rona Lawson Diana Fright or Harry Piercy	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 250-890-1053 250-339-5491 250-339-7714 250-702-5948
<b>Pottery Studio</b> Mary Deveau 250-850-9727  <b>Wood Shop</b> Jim Cooper 250-218-5267 Seniorwoodworker @gmail.com  <b>Cue Sports</b> Mike Couture 250-898-4633  <b>Rock and Gem</b> Ralph Bruinink 250-339-6966	<b>Wednesday</b>	French Spoken Beg-Interm Dancefit Spanish Spoken Advanced  Glass Studio Strength Training  Chair Fit 2 Recorder Carpet Bowling  Duplicate Bridge Table Tennis I  Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing	AR BR AR  CRR BR  BR DR BR  CR BR  BR BR BR	9:00 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	Raymond Morin 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 Peter Birch or Gerry Woloshyn Susan Toresdahl Kim Fell Kim Fell	250-871-6277 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
	<b>Thursday</b>	Exp. Beginner Line Dancing Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Chair Fit 1 Knitting Mah Jongg Yoga Workshop Strength and Core Yoga	BR BR CRR AR CR BR DR CR BR BR BR	8:55 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:30 pm 1:00 pm 12:00 pm 1:45pm 3:00 pm	Susan Lock Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela Barbara Havers Linda Barfoot Linda Barfoot Karen Fraser	@telus.net 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-941-2518 250-792-5103 250-897-1374 250-897-1374 250-465-0118
<b>Glass Studio</b> Isabel Thomas 250-339-9667  <b>Silversmith</b> Bonnie Luterbach bluterbach@shaw.ca	<b>Friday</b>	French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Deb's Friday Chair Canasta Fun & Games Table Tennis I Table Tennis 2 Table Tennis 3	AR BR BR AR CR BR CR CR DR BR BR BR	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	Raymond Morin Zina Richmond Marilynn Holmes Derek Richmond Bonnie Luterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt	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
	<b>Saturday</b>	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron and Wendy Kneeland-Peddie	250-339-7161 250 837 1590

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