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www.comoxseniors.ca
Email: info@comoxseniors.ca



Board of Directors 2025 – 2026

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November 2025 Newsletter

Centre closed Tues. Nov. 11 for Remembrance Day
Christmas Craft Fair Sat. Nov. 15 from 9am-2pm
Tree Decorating Sat. Nov. 22 from 1-3pm
Membership Renewal opens in December

A Message from Alex

Hello d'Esterre Members,

When I lived in Whitehorse, working with Team Yukon 55+ as they prepared for the Canada 55+ Games, our Chef de Mission coined a slogan after a year when everything seemed to go “wrong”: **“We stay classy and flexible.”**

Classy – because we took surprise changes in stride. Flexible – because we could pivot, still have fun, and still reach our goals. That line has stuck with me, and it fits our Centre right now.

Back from parental leave

It's great to be back – fatherhood is wild (in the best way)! Thank you for the kind notes while I was away and on my return. Special thanks to Nina for keeping things moving in the office and taking on many of my duties.

Flood update

In the spirit of being “classy and flexible,” recovery is a moving target and details change daily. We'll keep you updated regularly by email; members not on the email newsletter can check in with the office for the latest.

Memberships & programs – new system coming

Thanks to Nina's tireless work, we're close to launching our new system for programs and memberships. We're on track to offer 2026 memberships to current (2025) members in December. More information is coming soon. Once we open access, we encourage you to try our online portal – renew from home in comfy clothes without braving winter weather!

Dei's Café – listening & improving

Over the next few weeks, we'll pilot some changes based on your feedback and insights from our new point-of-sale system. Huge thanks to Dei and our amazing volunteers. We're forming a small working group (Dei, a few volunteers, and a couple of interested members) to shape these pilots. Please share feedback via the suggestion box or directly to me.

You'll also see little postcards on tables for quick, anonymous input. And don't miss the “new” Wednesday meals this month!

We're always looking for volunteers – check with the office if you'd like to help.

As always, thank you for your patience and good humour as we adapt. Staying “classy and flexible” together is how we keep this place 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 support from the Town of Comox is greatly appreciated.

Events and Notices

- Tues. Nov. 11 – Centre closed for Remembrance Day
- Sat. Nov. 15 – Christmas Craft Fair (see p.4)
- Sat. Nov. 22 – Tree Decorating (see p.6)

Looking ahead:

- 2026 Membership renewal opens in December (see p.3)

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 or stop by for more information.

President's Message

Your voices were heard! The Town of Comox has noted, "During the most recent public review period, staff received a high volume of emails from seniors in the community requesting that the land use designation of d'Esterre House Seniors' Centre be amended from Mid-Rise Mixed-Use to Institutional, and that policies be added to the OCP to speak to the Town's support for the retention of the Seniors' Centre. The land use designation has been amended accordingly, and the following policy has been added to the Community Connection and Wellness section of the OCP: "Recognize the importance of d'Esterre House Seniors' Centre in supporting the physical, emotional and general well being of seniors and continue to support the operation of a seniors' centre in Comox". This is a fantastic result. Thank you to Chris Haslett, our Town of Comox representative, for going to bat for us, and thank you to the very large number of our members who wrote to the Town. It was described as a "deluge" of letters. We are a strong community.

Myrna Holman
President, Board of Directors

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 meals below

Hot Meal Menu

Tuesday	November 4	Shepherd's Pie
Thursday	November 6	Pork Roast
Wednesday	November 12	Chili
Thursday	November 13	Liver & Onions
Tuesday	November 18	Cutlets
Wednesday	November 19	Mac & Cheese
Thursday	November 20	Roast Beef
Tuesday	November 25	Meatloaf
Wednesday	November 26	Beef Stew
Thursday	November 27	Ham & Scalloped Potato

MEMBERSHIP

2025 Membership

Memberships are (\$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

2026 memberships will be \$50, \$45 for renewals of current (2025) memberships.

We anticipate 2026 membership renewals will begin in December on the new registration system. This system will allow for online registration and payment by credit card, in addition to the current system of registering at the office by cash, cheque, and debit.

Details on how to register and purchase your 2026 membership will be sent by email. Also look for more info on group sessions to walk you through the registration process.

November is Tax Planning Time

Now is a good time to review your personal finances.

Make a charitable donation to d'Esterre Seniors Centre Association and save on your 2025 income taxes.

How do I make a donation?

• Donate at the office

You can donate cash, cheque, or use your debit card.

• Donate online

It's easy if you use the [Canada Helps](#) link on our website.

-Consider donating stock or securities.*

It's the most tax efficient way to give.

You don't pay capital gains tax.

You receive a larger charitable donation receipt.

d'Esterre receives the benefit of your capital gain.



Give wisely, give generously, and create lasting change.

Ask your tax planner for details.

**Always contact a qualified financial professional or advisor for personalized guidance and advice specific to your individual financial situation. The information provided here is for general informational purposes only and should not be considered as a substitute for professional financial advice.*

The d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity.

We comply with the CRA's requirements and have been issued a charitable registration number.

Registered Name: d'Esterre Seniors' Centre Association

Business No: 119229763RR0001 CRA REGISTERED

*Recently, the Centre received a very generous donation of securities from a savvy supporter through Canada Helps. **Thank you so much.**



FREE ENTRY

Christmas
CRAFT MARKET

HANDMADE GIFTS FROM THE HEART

**NOVEMBER 15
FROM 9 AM TO 2 PM**

1801 BEAUFORT AVE,
COMOX

COMOXSENIORS.CA

Create the Warmth of Comfort from the Gift Shop



Warm yourself with cozy gift ideas at our annual Christmas Craft Market! Over 30 vendors from Clubs & Gift Shop



Handmade Gifts from the Heart

Waiting for You!

*Visit the Gift Shop for
New arrivals every week!*

Christmas greeting cards available November 3rd

New Consignors welcomed

Contact Nancy @ nancy2fancy@shaw.ca

*Open Monday to Friday
10am -1pm*

Quilt Raffle

This year, the quilt raffle draw will take place on Christmas Day! Quilt raffle tickets will be available in November and at the Craft Market. Look for the quilts to be hanging in the Dining Room.

Special Occasion Cards



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

Betty Edwards By phone: 250-339-9752

By email: thriftstorequeen43@gmail.com

Coffee with Alan

Alan, our webmaster, will be available to help with Android phone and tablet questions on Monday morning from 9-11am on Nov. 17 in the back area of the Dining Room. Learn how to use your microphone to type instead of your finger.



Coffee with Al

Come have coffee with Al on Monday morning from 9-11am on Nov. 3, 10, and 17. Drop in and get your iPad, iPhone, and Apple device questions answered at Al's corner table in the Dining Room.





Crafty Conversations by Deidre Rennie

At this time of year, as the days grow darker and wetter, many of us like to spend an afternoon curled up with a cup of tea and a good book. And if you are looking for literary inspiration you need to look no further than the d'Esterre Gift Shop, where we are featuring not just 1 but 5 books written by Linda Glazier!! And she is currently working on book number 6.

Linda, who writes under the pen name Linda Boire, is a relative newcomer to the Comox Valley having only lived here a year and is even newer to the Centre as she has only just joined. However she is not a newcomer to writing books. She told me she has been writing short stories all her life but started writing books in 2020. Linda describes her genre of writing as "Women's Fiction", encompassing female empowerment, especially of older women, and family values.

Her first 3 books, *All For Love*, *All For Family*, and *All For Peace* are a trilogy but only the first 2 books have a common thread. Book 1 is about a family in turmoil. The father and children leave America in order to find a better and more sustainable life in Bella Coola and the mother stays behind. Book 2 sees the mother reuniting with her family in their new surroundings and their ensuing life there. Book 3 is a stand alone book and is about "secrets, murder and insanity". A mother is forced to face the sad reality of her son's life and how she deals with this realization as she tries to avoid conflict.

Finding Hope is book 4 and is a compilation of the lives of relatives growing up and working in hard times on the prairies. While it is a work of fiction, the main events in the story are true. And finally book 5, *Westerlea Cove*, is actually the first book in what will be Linda's second trilogy and is set on an oyster lease in Clayoquot Sound. It is the story of a young woman whose alcoholic father nearly ruins their family's oyster lease and how she steps in to save it despite her father's objections that a woman could not handle such a strenuous job. Interestingly, Linda has inside knowledge of oyster lease life as she and her husband worked on one many years ago.

I asked Linda approximately how long it takes to write one of her books. She said there are many hours of research involved beforehand and then it takes about 4 months to write and another 4 months to edit and re-write. I asked her if she makes any money at writing and she replied with a definite NO!! However she loves what she does and that is what keeps her writing. Earlier in our interview I had asked Linda if she did any other type of crafts and she replied that, and I quote, "writing is her craft and that she paints with words". Such a beautiful sentiment.

So the next time you are in the Centre stop by the Gift Shop and pick up a book or two and get ready to enjoy Linda's literary painting. And remember Christmas is not far off and books are always a welcome gift to receive.



SPECIAL EVENTS



is it over yet?...

NOPE

NOT EVEN CLOSE!!

November 22,

let's come together to spark a vibrant Christmas spirit by decorating the ballroom and tree, savoring delightful treats, and enjoy a special afternoon with inspiring individuals.

1:00-3:00 PM

Stay tuned for more info on December events:

- ♥ December 13 - we're throwing a Christmas party, and you're invited!
- ♥ December 25 - our annual Christmas dinner, because, priorities!

If you'd like to volunteer to help with these events, contact Cheryl by email cheryl@comoxseniors.ca



INFO SESSIONS

Upcoming Info Sessions

Info sessions will be taking a break in Nov/Dec.

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

Rotary
Club of Comox



wild sockeye

MAPLE BOND HONEY & CANDIED NUGGETS

\$35/lb, save \$15 if you purchase a 5 pack!
Just in time for Christmas, & great for gifting & parties.

Order now while supplies last.
Orders will be available for pickup and delivery starting in November.

ComoxRotary.ca/Salmon
CREATING LASTING CHANGE AROUND THE WORLD

Activities Around the Centre

Wood Workshop

We are conducting a safety seminar in November. A high hazard shop tool is the table saw. We'll talk about the common hazards and how we respond to them.

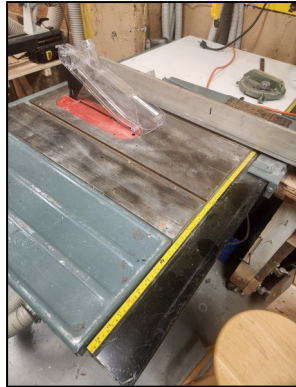
Hands on demonstration and follow-up student operations is essential. We'll also use a short, written assessment.

This is a safety initiative, so we work toward 100% success. Text me so I can schedule you in.

We are closing in on Christmas. Contact me if you would like to participate in a tree decoration project. Training gladly provided!

You can even sell your wooden crafts at the Upcoming Craft Fair!

Contact Jim Cooper at 250-218-5267 or seniorwoodworker@gmail.com.



Silversmith Workshop

The good news is that the Silversmith Club now has two new members, who are currently planning or taking more training from some of our local community Silversmith trainers, including Karen Griffith, Tim Haley, (both in the Comox Valley), the Metalsmith Continuing Education program at North Island College in Campbell River, or the Oceanside Makerspace in Parksville. Also, the Silversmith Club will be participating in the d'Esterre November Christmas Sale.

We were so looking forward to using the new tools, such as the ring bender and the cutters, now available to Club members. Sadly, that has been delayed. The d'Esterre Silversmith Club normal workspace is currently not open due to the recent flooding in the building, which affected the downstairs workshop room. On Monday, October 27, Club volunteers boxed up and moved all the tools, equipment and workbench into temporary locked storage provided by d'Esterre. Once the restorations are completed in our Club space, the Club will move everything back into the renovated area. Meanwhile, some members are taking classes or doing their best to work on their projects at home with their own more limited tools.

Contact Bonnie Luterbach at bluterbach@shaw.ca if you are interested in joining the d'Esterre Silversmith Club.

Art Club

Our studio windows now frame trees festooned with all the colours of autumn. What a joy to behold. When Vicki arrives there is a flurry of activity. Her favourite medium is collage using gel plate prints, canvas panel, acrylic paint, and magazine/napkin cutouts. Her imagination goes wild and one can see the effort she puts into her creations, as well as how much fun doing so. Always willing to share her knowledge, Vicki gave an impromptu workshop on Monday, Oct. 6. She radiated enthusiasm and left us all excited to try using a gel plate as a collage tool. Thanks again, Vicki!

To spur us on in this endeavour, donations of any odd napkins floating around your home would be most welcome. The tissue provides countless opportunities to cut and paste. Once again, everyone is welcome to peek over our shoulders on a Monday morning. Perhaps we can inspire you to join our group.

FMI, email Wendy Tippett: wa.tippett@gmail.com or Judy Mann: judydmann@shaw.ca



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.

Mah Jongg

Thursdays at 1 PM in the Card Room.
FMI 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 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.

Bid Euchre

Mondays at 7 pm in the Card Room.
FMI contact Charlie/Norma Cooper at 250-792-4075

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 bring some dimes 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 or Harry to set up some lessons or refresher games.

High scores for October :

Ladies, Bea H, 715; Gents, Jeff S, 725

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

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

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 Kevin 236-489-1955 or kmcarvill@telus.net

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



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 our Cue Sports Club as our guest and try out our newly installed Eight-ball table and newly recovered Snooker table. You'll be greeted with friendly smiles! Then, if you choose, an annual membership to the Club is only \$20. Contact me if you'd like more details. Mike Couture, Convenor, (250) 898-4633 or couture.mike.r@gmail.com



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.

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

Classes At 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 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.



NEW Beginner class Tuesdays 9-10am. This class offers more instruction and a slower pace than the Experienced class.

Nov. 4,25 – \$13.15

Dec. 2,9,16 – \$19.95

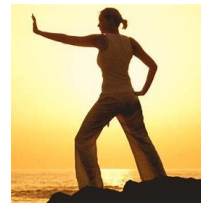
Drop-in \$7.35

Experienced class Mondays 9-10 am

Nov. 3,24 – \$13.15

Dec. 1,8,15 – \$19.95

Drop-in \$7.35



Aloha

FMI contact Nina at nsato@live.com or 778-992-0220.

MAGI'S EXERCISE CLASSES

d'Esterre exercise classes taught by Magi have been on-going 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. & Wed. 11:15am – Strength Training (1 hr)

Exercises using light weights and resistance tubing to build strength. Most of the class is done seated in a chair.

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

The first half of the class works on standing aerobic exercises, the second half is seated light strength work.

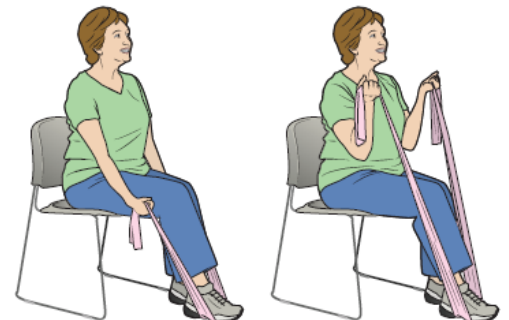
Tues. 11:15am, Wed. 12:15pm, Thur. 11:15am –
½ hour Chair Fit

A 30 minute seated stretch and mobility workout.

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 At 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 November \$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

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.

Nov. 5,12,19 (no class Nov. 26) - \$19.95

Dec. 3,10 - \$13.15

Drop-in \$7.35

FMI Brenda at needham@telus.net

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.

Nov. 5,12,19 (no class Nov. 26) - \$19.95

Dec. 3,10 - \$13.15

Drop-in \$7.35

FMI Brenda at needham@telus.net

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.

Thursdays. 8:55-9:55 am.

Nov. 6,13,20,27 - \$26.25

Dec. 4,11 - \$13.15

Drop-in \$7.35

FMI Susan at westwynde44@telus.net.


Just Dance



Yoga and Core Classes

Monday Chair Rise & Shine 10:00-11:00 Deb Karlstrom

See p.13 Friday 1pm Chair Happy Bodies 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 with a specific focus each month. November – "Reconditioning the fascia – the connective tissue network that supports every muscle, bone, and organ in your body". December – "Yoga for Back Care". This series is open to all levels and no prior yoga experience is necessary. See p.15 for poster with more details.

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

Monday Yoga with Deb 4:45-6:15 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: Linda Barfoot fifthline@gmail.com 250-897-1374
Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

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 4:45-6:15 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 and Core Classes

Thursday Yoga Workshop 12:00-1:30 Various Instructors
 This class changes monthly. Please see poster on p. 15 for the Nov workshops. No workshop in Dec.
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
In Nov and Dec

Thursday Yoga with Deb 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
All Levels Yoga 10:45-12:15
 Yoga means Union - Unification of Body, Breath, and Mind
 Through the practice of:
Asanas - physical postures for strength and flexibility
Pranayama - Breathing techniques to regulate Prana (Life Force Energy)
Meditation - kind focus and awareness of thoughts, feelings and sensations
 Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath. This yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries and you are encouraged to work at your personal level.
 FMI visit www.shoresofserendipityyoga.com or contact Nancy by email at shoresofserendipity@shaw.ca
Coordinator for 9am: Zina Richmond zina.richmond@gmail.com 250-898-1267
Coordinator for 10:45am: Marilynn Holmes rmholm@telus.net 250-702-3205

Friday Chair Happy Bodies 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

Classes At The Centre

For all Yoga classes:

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.



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.

Monday Yoga Series

with Tina Pringle

Mondays 3:00-4:30

November—**Fascia Repair Series** - 4 weeks

Join us for a transformative yoga series focused on healing and reconditioning the fascia—the connective tissue network that supports every muscle, bone, and organ in your body. This gentle, therapeutic series blends mindful movement, breath work, myofascial release techniques, and restorative postures to hydrate and unwind tense fascia, improve mobility, and relieve chronic pain or stiffness. Ideal for anyone recovering from injury, experiencing tension or fatigue, or simply wanting to move with greater ease and fluidity. Each class will build progressively, guiding you toward deeper awareness, enhanced flexibility, and whole-body integration.

December—**Back Care** - 3 weeks

This class is designed to support spinal health and ease discomfort in the back, hips, and shoulders through gentle, targeted movement and therapeutic yoga practices. Ideal for anyone experiencing chronic tension, mild to moderate back pain, or looking to build a healthier relationship with their spine.

Using mindful somatic movements, breath awareness, and supported postures, we will work to release tension, improve posture, and build core strength and pelvic stability—all essential for a resilient back. Each class includes simple sequences that are slow and adaptable to a wide range of abilities. Whether you are recovering from injury, managing ongoing discomfort, or simply seeking tools for long-term spinal wellness, this class offers a safe and supportive space to reconnect with your body and move with greater ease.

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

Thursday Yoga Workshop

Move with Ease

Thursdays 12:00-1:30 pm, November 6, 13, 20, 27

\$40 for four weeks

Move with Ease is a 4-week seated Hanna Somatic Movement series designed for seniors who want to feel more flexible, grounded, and confident in their bodies. Hanna Somatic Movement is a gentle, science-based practice that supports aging bodies. By slowing down and tuning in, we retrain the brain-to-muscle connection—releasing chronic tension, improving posture, and restoring natural movement patterns that have become restricted with age, injury, or habit.

Using simple, gentle movements from a chair and some standing work, we'll explore how to release long-held tension, improve posture and balance, and reconnect the brain to body. Each session includes breath awareness, easy-to-follow seated or standing movements, and education about the benefits of Hanna Somatics for aging bodies. No experience needed. All movements are slow, mindful, and adaptable.

Join Wendy Anderson, Hanna Somatic Movement coach, Yoga Teacher and Breathwork Facilitator to explore how Hanna Somatics can help you to reclaim ease, breath and balance— one gentle movement at a time.

For more information, contact wendyandersonsjoyflow@gmail.com

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 Nov 3,24</p>	<p>T'ai Chi Gong—Experienced Soapstone Carving Art Group</p> <p>Chair Rise & Shine Strength Training Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun & Games Yoga Series Monday Yoga with Deb Bid Euchre</p>	<p>BR CRR AR</p> <p>BR BR CR BR</p> <p>DR DR BR BR CR</p>	<p>9:00 am 9:00 am 9:00 am</p> <p>10:00 am 11:15 am 12:30 pm 1:00 pm</p> <p>1:00 pm 1:15 pm 3:00 pm 4:45 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Wendy Tippett wa.tippett@shaw.ca Judy Mann judymann</p> <p>Deb Karlstrom Bev Haist 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 @gmail.com @shaw.ca</p> <p>778-585-5105 250-871-4299 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 cheryl@comoxseniors.ca</p>	<p>Tuesday Nov 4,25</p>	<p>T'ai Chi Gong—Beginner 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</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR</p> <p>BR</p>	<p>9:00 am 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 4:45 pm 6:30 pm</p> <p>7:00 pm</p>	<p>Nina Sato 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</p>	<p>250-992-0220 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</p>
<p>Pottery Studio Mary Deveau 250-850-9727</p> <p>Wood Shop Jim Cooper 250-218-5267 Seniorwoodworker@gmail.com</p> <p>Cue Sports Mike Couture 250-898-4633</p>	<p>Wednesday</p> <p>Nov 5,12,19 Nov 5,12,19 Nov 5,12,19</p>	<p>French Spoken Beg-Interm Dancefit Spanish Spoken Advanced</p> <p>Glass Studio Strength Training 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 AR</p> <p>CRR BR BR DR BR</p> <p>CR BR</p> <p>BR BR BR</p>	<p>9:00 am 10:00 am 10:00 am</p> <p>10:00 am 11:15 am 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 Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist</p> <p>Deirdre Bowers Diane Owens and Bea Hoyseth Frieda Home friedaho8549@gmail.com Peter Birch or Gerry Woloshyn Susan Toresdahl Brenda Needham needham@telus.net Brenda Needham needham@telus.net</p>	<p>250-871-6277 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299</p> <p>250-650-0651 250-941-8600 250-941-6055 250-465-8154 250-339-3264 250-339-6528 @telus.net @telus.net</p>
<p>Rock and Gem Ralph Bruinink 250-339-6966</p> <p>Glass Studio Isabel Thomas 250-339-9667</p> <p>Silversmith Bonnie Luterbach bluterbach@shaw.ca</p>	<p>Thursday</p>	<p>Exp. Beginner Line Dancing Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Chair Fit 1 Knitting Mah Jongg Yoga Workshop Strength and Core Thursday Yoga with Deb</p>	<p>BR BR CRR AR CR BR DR CR BR BR BR</p>	<p>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</p>	<p>Susan Lock westwynde44 Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela Barbara Havers Linda Barfoot Linda Barfoot Karen Fraser</p>	<p>@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</p>
<p>Special Occasion Cards Betty Edwards 250-339-9752 thrifstorequeen43@gmail.com</p> <p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p>	<p>French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Chair Happy Bodies 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 1:00 pm 2:30 pm 3:30 pm 4:30pm</p>	<p>Raymond Morin Zina Richmond Marilynn 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>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)