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## Board of Directors 2025 – 2026

Myrna Holman, President  
Peggy Rasmus, Vice-President  
Lois Higgins, Secretary  
Susan Kennedy, Treasurer

Jim Cooper, Director  
Mike Couture, Director  
Carol Doyle, Director  
Barbara Havers, Director  
Nancy Kremer, Director  
Cheryl Smith, Director

Chris Haslett, Town Rep

# December 2025 Newsletter

Giving Tuesday, Dec. 2  
Christmas Gala Sat. Dec. 13  
Classes end Friday Dec. 19  
Kitchen, Gift Shop, and Office open Dec. 22 and 23  
Christmas Day Dinner Thurs. Dec. 25

## A Message from Alex

Hello d'Esterre Members,

### Season's greetings

December is joyful for many, and tender for others. However you're feeling, please know the Centre is here for companionship, good food, and a place to belong. I'm especially excited for Isabel's first Christmas and for my parents to visit their first grandbaby. If I can sneak it in, I'll rewatch *The Bishop's Wife*, a classic I now try to enjoy each year.

### 2026 memberships: online success

We launched early renewals online and more than **400 members** jumped in before in-person sign-ups. Thank you for the kind notes that it "was so easy." Huge thanks to **Nina** for leading the rollout, and to all the staff and volunteers who made it smooth. If you ran into hiccups, we hear you. Come by the office and we'll help you learn the ropes.

Program registration for the new year is coming soon. Watch the posters around the Centre and your email. We aim to announce the date at least one week in advance. If you already renewed, you're a step ahead.

### Flood recovery

Work is progressing. It remains a moving target, and we're in regular contact with contractors. Thank you for your patience and good humour.

### Kitchen and Café

We're working through updates informed by your comment cards and our operations review. Expect to see good things in the new year. Like a slow-cooked meal, the best results take time. Please keep the feedback coming. We read every note.

### 50th anniversary working group

Summer 2026 marks the 50th anniversary of our building. If you would like to help shape the celebration, please leave your name with me or at the office. We will get started in January.

With gratitude,  
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

- ♥ Giving Tuesday – see p. 5
- ♥ December 3 & 18 – Call for Board Members – Q&A with Board Members in the Café
- ♥ December 13 – Christmas Gala (see p. 3)
- ♥ December 25 – Christmas Day dinner (see p. 3)

If you'd like to volunteer to help with these events, contact Cheryl by email [cheryl@comoxseniors.ca](mailto:cheryl@comoxseniors.ca)

## 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 looking for volunteers for Tuesday and Thursday, 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.



## Board News: Call For Board Members

Warm Season's Greetings to all of our members.

The Board of Directors is already preparing for our Annual General Meeting in March. With that comes the time to ask for interest from our members regarding joining the Board of Directors. We have a great Board, who get a lot done by combining all of our unique skills and contributions. Now is the perfect time for each of you to examine your own areas of expertise and consider becoming a Board member yourself. You would be helping with the governance of this wonderful organization by committing to one meeting a month and some committee work.

We'd like to find some ways for you to get to know who is on the Board and to create opportunities to ask us any questions you may have about our work. On **Wednesday December 3rd at 10:00 am**, a couple of us will be in the Café wearing our name tags. We'll be back on **Thursday December 18th at 11:00 am**. Come and join us.

You can also contact one of the directors below to find out more or if you have questions.

Thank you for your consideration and we look forward to hearing from you.

Myrna Holman (Board President) and Barbara Havers (Director)  
Carol 604-989-8746

Lois 250-702-0802

Barbara 250-792-5103

## 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

|                  |                    |                                     |
|------------------|--------------------|-------------------------------------|
| <i>Tuesday</i>   | <i>December 2</i>  | <i>Ham &amp; Scalloped Potatoes</i> |
| <i>Thursday</i>  | <i>December 4</i>  | <i>Roast Pork</i>                   |
| <i>Tuesday</i>   | <i>December 9</i>  | <i>Shepherd's Pie</i>               |
| <i>Wednesday</i> | <i>December 10</i> | <i>Lasagna</i>                      |
| <i>Thursday</i>  | <i>December 11</i> | <i>Liver &amp; Onions</i>           |
| <i>Tuesday</i>   | <i>December 16</i> | <i>Meatloaf</i>                     |
| <i>Wednesday</i> | <i>December 17</i> | <i>Mac &amp; Cheese</i>             |
| <i>Thursday</i>  | <i>December 18</i> | <i>Roast Beef</i>                   |
| <i>Tuesday</i>   | <i>December 23</i> | <i>Cordon Bleu</i>                  |



As we embark on a season of joy, connection, and celebration, d’Esterre invites you to be a part of two extraordinary events that promise to uplift and inspire. On December 13, our inaugural Christmas Gala will be a memorable celebration of music, Hors d’oeuvres, and a captivating Latin dance demonstration, complete with delightful surprises. Tickets will be available from December 2 to 11, between 10:00 am and 1:00 pm. Our traditional Christmas Dinner on December 25 will once again be a donation-based event, embracing everyone with open arms. We will be selling tickets and accepting registrations and donations from December 2 to 22, between 10:00 am and 1:00 pm. Wishing you a joyous and peaceful Christmas season.

**CHRISTMAS GALA**

An afternoon of warmth,  
cheer, and festive delight  
Hors d’oeuvres, Music,  
Entertainment

↔ WHEN ↔

Saturday December 13th  
1 - 3:30 PM

↔ DETAILS ↔

\$25.00 members  
\$30.00 non members  
plus gst

Tickets on Sale Dec 2-11  
50/50 Cash Bar

**Christmas Dinner**

**DECEMBER 25**  
**4:00-6:00 PM**  
**DINNER 4:45**  
**50/50 CASH BAR**

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**RESERVATIONS: DECEMBER 2-22**  
**10 AM -1:00PM**  
**BY DONATION**

**Special  
EVENTS**

*Happy Holidays from the Gift Shop Gals  
Thank you to all who participated and attended  
the very successful Christmas Craft Market!*



**Gift giving made easy with a little help from the Gift Shop Gals**

**Handmade Gifts from the Heart  
Waiting for You!**

*Visit the Gift Shop for  
New arrivals every week!  
New Consignors welcomed  
Contact Nancy @ [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca)  
Open Monday to Friday  
10am -1pm  
**Holiday Hours:**  
**Open December 22 & 23 10am-1pm**  
**Reopening January 5, 2026***



The Centre Library would like to thank all of you who came out to support the library tables at the recent Christmas Craft Market. We did extremely well. We are in the process of bringing fresh books into the library from storage which we hope to have completed before the renovation downstairs commences.

On another note, the returns basket that sat on the table in the library has disappeared. If anyone has borrowed this or knows of its whereabouts, it would be appreciated if they could arrange for its return.

Thanks,  
Roger Taylor  
Librarian.



### **Friendships...**

Down in the valley lived three little senior gnomes in three little homes.

These little gnomes were very crafty and made many delightful creations.

They crafted so many items that they had no room left to store them.

They heard about a Christmas Craft Market in the Senior Gnome Centre, where they could sell their creations to other gnomes in the valley. Each little gnome prepared for the big day not knowing what to expect as they had never sold their crafts at a market before.

The big day came, their crafts were nicely displayed on tables ready for others to purchase.

There were so many other crafty gnomes selling their creations. Would their crafts sell?

One of the little gnomes created sock monkeys which she sold in the Gnome Centre Gift Shop all year round. She was confident she would sell her items. The other two little gnomes were new to the Centre and little unsure of selling.

As the day went on the little gnomes sold many items from their tables, making them very happy.

They chatted to each other about the exciting market, their creations, and soon they bonded.

They asked the market organizer if they could come back next year and would she place them together.

They chatted on about their upcoming lunch date in the Gnome Centre Cafe the following week.

The day was over, the market was a success, they said their goodbyes as new found friends.

This story began with three little gnomes who never met until they came to a market at the Senior Gnome Centre.

Was it fate that brought these little gnomes together or a Christmas miracle?

Every good story has a happy ending but this one is only the beginning of three blossoming friendships with many chapters to follow.

Good tidings to all and may you find friendships to cherish at your Senior Centre.

Nancy Kremer  
Gift Shop/Market Coordinator  
Board Director



## Why Giving Tuesday Matters

Giving Tuesday is December 2, 2025!

Here in the Comox Valley, our Seniors' Centre is more than a building. It's connection, community, and belonging.

Every day, seniors come here for: • A warm meal • A friendly face • A place to learn, laugh, and stay active • Support in moments when life feels heavy

This week, we'll be sharing stories, impact, and ways you can help – through donations or volunteering.

Together, we can make sure no senior in our community feels alone.

### [GIVE NOW](#)

d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity. No. 119229763RR0001



## Crafty Conversations Poem by Deirdre Rennie

Winter is here, Xmas is near.

The Gift Shop gals are full of good cheer.

Does "Santa" need help packing his sack?

Never fear, us gals have your back.

Slippers, toques and mitts to keep warm, books to read when weathering the storm.

(And I might add, our authors are local.) Pottery mugs for spiced wine or cocoa.

Aprons for cooks, earrings with hooks.

Just come on in and have a good look.

Coasters and hot mats with lovely designs.

Tote bags and purses and jewellery fine.

Bath salts and soaps that smell so divine.

Fused glass nightlights and tealights to cast a warm glow. Artful wood boxes that are not just for show.

Knitted teddies for kids and sock monkeys too.

All carefully crafted especially for you.

So let us help you with your Christmas list and if we could have just one wish

We would fill your hearts with much Christmas cheer...enough to last throughout the year.

Merry Christmas and Seasons Greetings from the Giftshop Gals!!

## 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 250-339-9752 or email: [thriftstorequeen43@gmail.com](mailto:thriftstorequeen43@gmail.com)



## Coffee with Al

Come have coffee with Al on Mondays from 9-11am on Dec 1, 8, 15 and 22. Drop in and get your **iPad, iPhone, and Apple device** questions answered at Al'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 Dec. 15 from 9-11am in the back area of the Dining Room.



## Volunteer Spotlight

Meet our volunteers, the heartbeat of the Centre.

They cook, serve, teach, organize, clean, welcome, listen, and brighten every corner of this place.

Volunteering just 2-3 hours a week can:

- bring joy to a senior who lives alone
- keep meals affordable
- support programs that keep people active and connected
- create friendships that last

If you've been thinking about giving your time, Giving Tuesday is the perfect moment to step in.

[comoxseniors.ca/volunteer](http://comoxseniors.ca/volunteer)

#VolunteerCanada #Comox #GivingTuesday



Dear d'Esterre Seniors' Centre Association,

We are pleased to inform you that on November 24, one of your supporters made a donation of \$75.00 to your charity in support of the general fund.

Donor's message to charity: **Thanks to Joan Hanson (Kitchen Volunteer).**

Kind regards,  
The CanadaHelps Team



**Parking Notice:** The Harbour Air parking lot at the marina is once again available for the winter months. It is the gravel lot with the yellow concrete blocks.

**Reminder:** Chemicals in scented products can be harmful to people with fragrance sensitivities, allergies, asthma, and other medical conditions.

## MEMBERSHIP

2026 Membership renewals will be available in-person at the office beginning Mon. Dec. 1st. Please have your information ready including email address and Emergency contact name and phone number. Payments at the office can be made by cash, cheque, debit, or credit card. We are anticipating long lines so please be patient – or renew on-line from the comfort of home using a credit card.



## Activities Around the Centre



### Wood Workshop

We had good results at the recent Craft Fair: the net proceeds for our Shop were \$300.00! Many thanks to Greg, who was instrumental! We also had 3 special commissions added. We have lots of activity this month, with many people coming in to make Christmas gifts. We have 5 new members joining us this month. Welcome!

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

### Silversmith Workshop

The Silversmith Club is open during renovations required due to the water damage. Club members work in two different areas. Thanks to the d'Esterre manager, Alex Jacquier, we are able to use our workbench and tools stored in his office, when he is not in his office. However, thanks to Jim Cooper, Coordinator of the Woodworking Area, we can work on the woodworking table in the afternoons when it is available. Jim has asked us to contact him if we plan to use that space on a particular afternoon. All the non-toxic liquids that we use in silversmithing are stored in covered containers on the left side of that woodworking table, as indicated by signage.

Our large table is currently out in the card playing area, but we cannot use it as it is covered with boxes of other club's items that were removed from the area that was flooded. Our Club tools are not on this table but are stored in other places downstairs.

We really appreciate the accommodations that have been made for our Club members during this difficult time. The Silversmith Club members are looking forward to returning to its previous workspace early in the New Year. Next Club meeting will be in early January, 2026.



### Art Club

The December winds are whipping at our coattails as we enter the studio. Marlene is studiously bent over a watercolour of red poinsettias. It is coming to life just before Christmas. She always looks up to greet fellow artists with a warm smile. Marlene possesses a quick wit and a wonderful sense of humour, and it is a pleasure to be part of a conversation with her in it. She also possesses a "kick-ass" muffin recipe which she shared with me, so maybe if you asked nicely ..... We all seem to be busy making cards for friends and family. It is so much fun strolling around looking at each other's work and discussing Christmas plans.

Come by and wish us a Merry Christmas on any Monday morning. Perhaps you will be inspired to join our group in the new year!

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: judydman@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](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.

### 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 November :

Ladies, Penny S & Terry F, 726 perfect score, win every game; Gents, Jeff S, 707 & Dean B, 713

FMI contact Diana, 250-339-7714, [dianaterry@shaw.ca](mailto:dianaterry@shaw.ca)

### 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

Duplicate Bridge (W) – email Frieda at  
[friedaho8549@gmail.com](mailto: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](mailto:shpaterson@shaw.ca)

## 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 December \$19.95, 3 classes. No class Dec 24/25 (Christmas Eve). 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

### 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.

Dec. 3 only Drop-in \$7.35

No class in Jan.

FMI contact Brenda at [needham@telus.net](mailto: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.

Dec. 3 only Drop-in \$7.35

No class in Jan.

FMI contact Brenda at [needham@telus.net](mailto: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.

Dec. 4, 11 - \$13.15

Classes in Jan.—registration later in December

Drop-in \$7.35

FMI Susan at [westwynde44@telus.net](mailto:westwynde44@telus.net).



## Classes At The Centre



### T'AI CHI GONG

"The perfect activity for the rest of your life."  
Harvard Health Publishing

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.

Dec. 2,9,16 – \$19.95

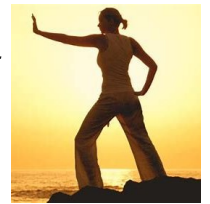
Drop-in \$7.35

Experienced class Mondays 9-10 am

Dec. 1,8,15 – \$19.95

Drop-in \$7.35

FMI contact Nina at [nsato@live.com](mailto:nsato@live.com) or 778-992-0220.



*Aloha*

### 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



## Yoga and Core Classes

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

See p.13 Friday 1pm Chair Yoga 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. 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](http://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. **No Workshop in December**  
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](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:      Marilynn Holmes      rmholm@telus.net      250-702-3205

**Friday**      **Chair Yoga with Deb**      **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

**CLASS FULL**

## 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.

### Monday Yoga Series

with Tina Pringle

Mondays 3:00-4:30

**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

### Coming in January

#### GENTLE HATHA FLOW YOGA FOR STRENGTH, BALANCE AND CALM

WITH JANET HAIGH,  
CERTIFIED YOGA THERAPIST

MONDAYS 3:00 (subject to change)

Explore **mat-based** and **standing postures**,  
breathwork, and a calming Yoga Nidra guided  
meditation each class.

Leave feeling stronger and refreshed.





## Information About Classes at the Centre CLASS REGISTRATION

For all classes – We are currently registering **only** for December classes. Registration for Jan. and Feb. classes will open on-line and in-person in mid-December. Please watch your email for updates. Members who have purchased their 2026 memberships will have first access to class registration.

There will be some changes in the program schedule in 2026—stay tuned for the updated schedule of classes. Expect to see some new offerings as well as some shift in start and end times of Ballroom classes and activities.

The schedule on the back page of this newsletter is for December only. You can register for December classes as usual—at the office or using the drop-in forms and payment outside the office window after hours.

### **Gentle Hatha Flow Yoga for Strength, Balance and Calm**

with Janet Haigh, certified Yoga Therapist C-IAYT

**Mondays 3:00 (time may change)**

**Poster on p. 14**

#### **Starting in January**

Each mat-based class will incorporate gentle movement matched with intentional breathwork, culminating in a relaxing Yoga Nidra guided meditation. Classes are led from a trauma-sensitive approach, offering you options to tailor your practice to suit you best. Each class will encompass floorwork, standing postures, balance and strengthening practices. Please do exactly what works for your body: this is not synchronized swimming! There will be a special emphasis each month; all bodies welcome, no previous yoga experience required. Please bring your own mat, a large pillowcase, a blanket and your curiosity.

#### **January: (4 weeks) Let the Good Times Roll: Low back, hip and pelvic wellness**

Want to get more from your golf game, line dancing or pickleball sessions? If you stretch your back, hips and pelvis, your overall physical range of motion will expand and radiate from there. Stretching and strengthening this interconnected central region of your body will enhance the use of your shoulders, arms and legs. Come learn how to loosen this area with specific practices, and roll away ready to tackle other activities with greater ease.

# d'Esterre Seniors' Centre Association Clubs & Activities

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

|   |                  |  |   |   |   |  |
|---|------------------|--|---|---|---|--|
| <b>Centre Office</b><br>M-F 10 am-1 pm<br>250-339-5133<br><br><b>Kitchen Hours</b><br>M-F 8 am-12:30 pm<br><br><b>Executive Director</b><br>Alex Jegier<br>alex@comoxseniors.ca<br>250-339-5133                               | <b>Monday</b>    | T'ai Chi Gong—Experienced<br>Soapstone Carving<br>Art Group  | BR<br>CRR<br>AR   | 9:00 am<br>9:00 am<br>9:00 am   | Nina Sato<br>Lorraine Kendall<br>Wendy Tippett<br>Judy Mann   | 778-992-0220<br>250-339-1983<br>@gmail.com<br>@shaw.ca   |
|   |                  | Chair Rise & Shine<br>Strength Training<br>Bridge (Partners)<br>Carpet Bowling   | BR<br>BR<br>CR<br>BR  | 10:00 am<br>11:15 am<br>12:30 pm<br>1:00 pm   | Deb Karlstrom<br>Bev Haist<br>Jane Jenssen<br>Diane Owens and<br>Bea Hoyseth  | 778-585-5105<br>250-871-4299<br>250-871-0350<br>250-941-8600<br>250-941-6055   |
|   |                  | American Mah-Jongg<br>Fun & Games<br>Yoga Series<br>Monday Yoga with Deb<br>Bid Euchre   | DR<br>DR<br>BR<br>BR<br>CR  | 1:00 pm<br>1:15 pm<br>3:00 pm<br>4:45 pm<br>7:00 pm   | Susan Ward<br>Harry Piercy<br>Deborah Holmes<br>Deb Karlstrom<br>Charlie/Norma Cooper   | 250-339-2979<br>250-702-5948<br>250-339-4313<br>778-585-5105<br>250-792-4075   |
|   |                  |  |   |   |   |  |
| <b>Gift Shop</b><br>M-F 10 am-1pm<br>Nancy Kremer<br>nancy2fancy@shaw.ca<br>250-650-2193<br><br><b>Library</b><br>Roger Taylor<br>rogetaylor@gmail.com<br>250-890-9422<br><br><b>Special Events</b><br>cheryl@comoxseniors.ca | <b>Tuesday</b>   | T'ai Chi Gong—Beginner<br>Fitness<br>Quilters<br>Glass Studio<br>Rock & Gem Club<br>Chair Fit 1<br>Core Plus 1<br>Core Plus 2<br>American Mah Jongg<br>Skillbuilder's Bridge<br>Gentle Soma Yoga<br>Men Only Stretch<br>Duplicate Bridge | BR<br>BR<br>AR<br>CRR<br>CR<br>BR<br>BR<br>BR<br>DR<br>CR<br>BR<br>BR<br>CR | 9:00 am<br>10:00 am<br>10:00 am<br>10:00 am<br>10:00 am<br>11:15 am<br>12:30 pm<br>1:45 pm<br>1:30 pm<br>1:00 pm<br>3:00 pm<br>4:45 pm<br>6:30 pm | Nina Sato<br>Pat Jacobson<br>Donna Englehart<br>Isabel Thomas<br>Ralph Bruinink<br>Pat Jones<br>Linda Barfoot<br>Linda Barfoot<br>Susan Ward<br>Lori Carter<br>Wendy Anderson<br>Deb Karlstrom<br>Judy Morrison and<br>Rona Lawson<br>Diana Fright or<br>Harry Piercy | 250-992-0220<br>250-465-1683<br>250-702-9493<br>250-339-9667<br>250-339-6966<br>250-339-6706<br>250-897-1374<br>250-897-1374<br>250-339-2979<br>403-512-8203<br>250-898-3021<br>778-585-5105<br>250-890-1053<br>250-339-5491<br>250-339-7714<br>250-702-5948 |
|   |                  | Cribbage   | BR  | 7:00 pm   |   |  |
| <b>Pottery Studio</b><br>Mary Deveau<br>250-850-9727<br><br><b>Wood Shop</b><br>Jim Cooper<br>250-218-5267<br>Seniorwoodworker<br>@gmail.com<br><br><b>Cue Sports</b><br>Mike Couture<br>250-898-4633                         | <b>Wednesday</b> | French Spoken Beg-Intern<br>Dancefit<br>Spanish Spoken Advanced  | AR<br>BR<br>AR  | 9:00 am<br>10:00 am<br>10:00 am   | Raymond Morin<br>Diana Fright<br>Margaret Allen or<br>Derek Richmond<br>Isabel Thomas<br>Bev Haist  | 250-871-6277<br>250-339-7714<br>250-339-3772<br>250-218-3442<br>250-339-9667<br>250-871-4299   |
|   |                  | Glass Studio<br>Strength Training<br>Chair Fit 2<br>Recorder<br>Carpet Bowling   | CRR<br>BR<br>BR<br>DR<br>BR   | 10:00 am<br>11:15 am<br>12:15 pm<br>1:00 pm<br>1:00 pm  | Deirdre Bowers<br>Diane Owens and<br>Bea Hoyseth<br>Frieda Home<br>Peter Birch or<br>Gerry Woloshyn<br>Susan Toresdahl  | 250-650-0651<br>250-941-8600<br>250-941-6055<br>@gmail.com<br>250-465-8154<br>250-339-3264<br>250-339-6528   |
|   |                  | Duplicate Bridge<br>Table Tennis I   | CR<br>BR  | 1:00 pm<br>3:00 pm  | Brenda Needham<br>Brenda Needham  | 250-890-1053<br>250-339-5491<br>250-339-7714<br>250-702-5948   |
|   |                  | Soma Nidra Yoga<br>Absolute Beginner Line Dancing<br>Low Beginner Line Dancing   | BR<br>BR<br>BR  | 4:30 pm<br>6:15 pm<br>7:25 pm   | Brenda Needham<br>Brenda Needham  | @telus.net<br>@telus.net<br>@telus.net   |
| <b>Rock and Gem</b><br>Ralph Bruinink<br>250-339-6966<br><br><b>Glass Studio</b><br>Isabel Thomas<br>250-339-9667<br><br><b>Silversmith</b><br>Bonnie Luterbach<br>bluterbach@shaw.ca   | <b>Thursday</b>  | Exp. Beginner Line Dancing<br>Fitness<br>Glass Studio<br>Quilters<br>Mah Jongg (Learn to Play)<br>Chair Fit 1<br>Knitting<br>Mah Jongg<br>Yoga Workshop<br>Strength and Core<br>Thursday Yoga with Deb                                   | BR<br>BR<br>CRR<br>AR<br>CR<br>BR<br>DR<br>CR<br>BR<br>BR<br>BR             | 8:55 am<br>10:00 am<br>10:00 am<br>10:00 am<br>10:00 am<br>11:15 am<br>11:30 pm<br>1:00 pm<br>12:00 pm<br>1:45pm<br>3:00 pm                       | Susan Lock<br>Pat Jacobson<br>Isabel Thomas<br>Donna Englehart<br>Harry Piercy<br>Pat Jones<br>Elaine Kivela<br>Barbara Havers<br>Linda Barfoot<br>Linda Barfoot<br>Karen Fraser  | @telus.net<br>250-465-1683<br>250-339-9667<br>250-702-9493<br>250-702-5948<br>250-339-6706<br>250-941-2518<br>250-792-5103<br>250-897-1374<br>250-897-1374<br>250-465-0118   |
|   |                  |  |   |   |   |  |
| <b>Special Occasion Cards</b><br>Betty Edwards<br>250-339-9752<br>thrifstorequeen43<br>@gmail.com<br><br><b>Newsletter</b><br>Nina Sato<br>nsato@live.com<br>778-992-0220   | <b>Friday</b>    | French Spoken Advanced<br>Yoga<br>Yoga<br>Spanish Spoken Advanced<br>Silversmith Meeting<br>Chair Happy Bodies<br>Canasta<br>Fun & Games<br>Table Tennis I<br>Table Tennis 2<br>Table Tennis 3   | AR<br>BR<br>BR<br>AR<br>CR<br>BR<br>CR<br>CR<br>DR<br>BR<br>BR<br>BR        | 9:00 am<br>9:00 am<br>10:45 am<br>10:00 am<br>10:00 am<br>1:00 pm<br>1:00 pm<br>1:00 pm<br>1:00 pm<br>2:30 pm<br>3:30 pm<br>4:30pm                | Raymond Morin<br>Zina Richmond<br>Marilynn Holmes<br>Derek Richmond<br>Bonnie Luterbach<br>Deb Karlstrom<br>Harry Piercy<br>Sherry Brydon<br>Peter Birch<br>Leon Van Noorden<br>Ernst Vegt  | 250-871-6277<br>250-898-1267<br>250-702-3205<br>250-218-3442<br>@shaw.ca<br>778-585-5105<br>250-702-5948<br>250-792-2256<br>250-465-8154<br>250-339-5772<br>604-519-6748   |
|   |                  |  |   |   |   |  |
|   | <b>Saturday</b>  | Bridge (Duplicate)   | CR  | 1:00 pm   | Jeannette Baron   | 250-339-7161   |

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