



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



Board of Directors 2025 – 2026

Myrna Holman, President
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

We respectfully acknowledge
that we live, work, and play on

January 2026 Newsletter

Happy New Year!

Class Registration for Jan and Feb available now
Info Session Sat. January 31: L'Arche Comox Valley
Pub Night Sat. January 31 – tickets on sale Jan. 15

A Message from Alex

Happy New Year, everyone.

January often brings talk of resolutions — and those can be great — but I also think this is a month for reflection and intention-setting. What did we learn last year? What do we want more of this year? At the Centre, we're doing the same. Over the next couple of months, we'll be pulling together the story of 2025 — what we delivered, what we improved, and where we're heading — and this will culminate in our first full Annual Report, which we'll present at the Annual General Meeting in a couple of months.

Memberships & Programs

A huge thank you to our members for your patience and support through our transition: at the time of writing, we already have over 950 members for 2026 — an incredible start to the year.

Programs are underway as of January 5, and you may notice some schedule changes as we respond to a growing need for space across the Centre. Please double-check your program start times to make sure you arrive at the right time. Some programs still have room. The best way to see what's available is to check online, or simply drop by the office and we'll help you find a good fit.

Café Updates

We've heard you loud and clear that the café is an important part of Centre life — not just for food and coffee, but for connection.

Starting now, the café will be open longer. We're still experimenting with what time works best and what's available after 12:30pm, but please don't hesitate to stop by and see what's on offer until 1:30pm

Café Hours (until further notice): 8:00 a.m. – 1:30 p.m.

We also need to adjust our coffee and tea prices due to rising costs. To keep things fair and welcoming, we're pairing this with a simple perk: free refills while you're at the Centre.

- **Coffee: \$3.00 (tax included), with one free refill**
- **Tea: \$3.00 (tax included), with one free refill** (This is an increase from \$2.25.) For now, this refill perk is available to anyone visiting the Centre, though it may evolve as we develop better ways to confirm membership.

Thank you for understanding — these small changes help us keep the café sustainable while still offering good value.

Continued on p. 2

Events and Notices

- 2026 Membership available online or in-person (p. 7)
- Jan/Feb Program registration online or in-person (p. 11)
- Info Session: L'Arche Comox Valley – Sat. Jan. 31 at 10:30am (p. 6)
- Pub Night – Sat. Jan. 31 (p. 4)

A Message from Alex (continued)

Winter Weather Cancellations

One final improvement with our new program system; if there is inclement weather, you will now receive an email or text message before your class if we need to cancel.

As a reminder, we follow School District decisions when conditions are unsafe.

Wishing you a steady, healthy start to 2026 — and thank you for being part of this community.

— Alex
 Alex Jegier
 Executive Director
 alex@comoxseniors.ca



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 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 meals below

Hot Meal Menu

Tuesday	January	6	Shepherds Pie
Wednesday	January	7	Lasagna
Thursday	January	8	Liver & Onions
Tuesday	January	13	Roast Pork
Wednesday	January	14	Cabbage Rolls
Thursday	January	15	Meatloaf
Tuesday	January	20	Ham & Scalloped Potatoes
Wednesday	January	21	Mac & Cheese
Thursday	January	22	Liver & Onions
Tuesday	January	27	Chicken Cordon Bleu
Wednesday	January	28	Hamburgers
Thursday	January	29	Roast Beef



Gift Shop 2025 Highlights

What makes our Gift Shop unique? Our members and clientele. Over 80 members consigned their creations earning over \$18,000 in commissions. Between donations and the Centre's 20% commission, over \$5400 was raised for the Centre.

Changing consignor payouts to direct deposit for secure balancing and less processing for Gift Shop volunteers, and implementing direct deposit and the debit machine has been successful both financially and operationally.

Comox Summer Fest and Nautical Days were markets Crafters participated in for the first time. The Christmas Craft Market was very successful for its fourth year. These markets brought awareness about the Centre to future members.

Deirdre's Crafty Conversations delves into the stories of our Crafters, their craft, and their past career. What's your story? Contact Deirdre Thursdays at the Gift shop to set up an appointment.

We look forward to highlighting new updates in 2026. Most of all we look forward to seeing you in the Shop.



Handmade Gifts from the Heart

Visit the Gift Shop for New arrivals every week!

New Consignors welcomed, now accepting new items for January.

(Consignors selling in the Shop must have a current membership.)

Top Ten Craft Consignors Sales Producers for 2025:

- | | |
|---------------------------|---------------------------|
| <i>1. Corinne Wester</i> | <i>2. Heather James</i> |
| <i>3. Deb Karlstrom</i> | <i>4. Jean Hurrie</i> |
| <i>5. Gabriele Lang</i> | <i>6. Erika Mathesius</i> |
| <i>7. Marsha McGregor</i> | <i>8. Ida Sauve</i> |
| <i>9. Aggie Sabo</i> | <i>10. Julie McDonald</i> |





Special EVENTS



As we bid farewell to 2025, let's welcome 2026 with open arms and a year full of possibilities! Our exciting events kick off with Pub Night on January 31 - secure your tickets through d'Esterre's new online platform or in person at our office starting January 15. Then, on February 14, join us for an enchanting evening of dinner and music, celebrating friendship and love. Later, on March 7, witness the elegance and poise of d'Esterre Women in our Fashion Show.

On a personal note, I'd like to extend my heartfelt gratitude and admiration to each extraordinary volunteer who helps make our events truly unforgettable. Your dedication ignites a sense of joy and fulfillment in everyone who participates, and it's the culmination of our events that brings us all together. You are the driving force behind d'Esterre Seniors' Centre's special events, and without your selflessness, our events would not thrive. If you're inspired to join our volunteer team for future events, please don't hesitate to reach out via cheryl@comoxseniors.ca. Thank you.

d'Esterre's

PUB
night

LIVE PERFORMANCE
THE OPTIMISTS

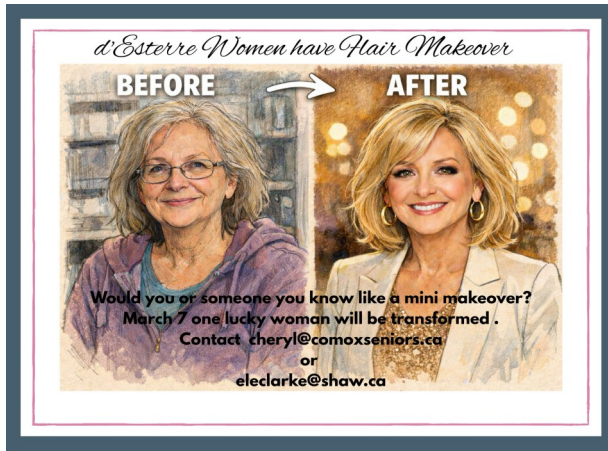
JAN 31/26
DINNER 5:30 DANCING 6:30
TICKETS ON SALE JAN 15/26
MEMBERS \$35.00 NON-MEMBERS \$45.00

RIBS, WINGS, BAKED POTATOES, GARLIC BREAD, CAESAR SALAD, DESSERT

'd'Esterre Women Have Flair
March 7 / 26



Model Curtain Call
Contact
cheryl@comoxseniors.ca
eleclarke@shaw.ca
volunteer models needed



Would you like to be the model for this makeover at the d'Esterre Women Have Hair Fashion Show?

Make a Difference
DONATE!

The Spirit of Giving

As we ring in the New Year, we would like to thank everyone who made a donation in 2025. We are so grateful for your incredible generosity.

Your donations remind us that there are compassionate individuals out there who genuinely care about making a positive difference in the lives of others.

We want to extend an invitation to all those who possess the same spirit of giving, to join us by becoming a donor. Your contribution, no matter the size, has the power to bring hope to those who need it the most.

If you can, please support us on a regular basis to help make a big impact every single month in your community.

GIVE NOW

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

QUILT RAFFLE RESULTS

THROUGH CREATIVE SPIRIT, TIRELESS EFFORT, AND BOUNDLESS GENEROSITY

THE QUILTERS GROUP HAS ACHIEVED A REMARKABLE MILESTONE,

RAISING OVER

\$1,000.00 FOR THE CENTRE.

KUDOS

TO CAROL DOYLE AND MARLENE DIXON,

THE FORTUNATE RECIPIENT OF THE EXQUISITE

QUILTS

↑ INFO SESSION ↑

Info sessions are back on a monthly schedule for 2026.
This year, the info sessions will take place on the last Saturday of each month
at 10:30am in the Ballroom
Everyone welcome – No registration necessary

January



We are privileged to have Lynda come in to speak to us about the accomplishments of L'Arche, Comox Valley on Saturday, January 31, 2026 at 10:30 a.m.

L'Arche Comox Valley, is a registered not-for-profit charity that is organized and operated by a volunteer Board of Directors. We are one of 29 L'Arche communities across Canada, operating nearly 200 homes and work places, and part of a network of 145 communities in 40 countries around the world.

We are a community of people with and without disabilities sharing life together. We celebrate the unique value of each person, revealing each others' gifts and recognizing our need for one another.

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 at the entrance.

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



Coffee with AI

Come have coffee with AI on Mondays from 9-11am on **Jan. 12, 19, 26**. Drop in and get your **iPad, iPhone, and Apple device** questions answered at AI's corner table in the Dining Room.



No Coffee with Alan in January

Alan will not be available to help with **Android** phone and tablet questions in January. Check the February newsletter for dates and availability.

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





MEMBERSHIP

2026 Membership

You can now purchase a membership using a credit card online.

Click [here](#) to access the on-line form (also on our website in the yellow banner). Or if you prefer in-person, visit the Centre office at 1801 Beaufort Avenue between 10 am-1 pm, Monday to Friday.

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.

For program registration, see p. 11.



In Memoriam

Gladys Tait
1927 –2025

Gladys loved her exercise classes and friends at d'Esterre. She was there twice a week, rain or shine to enjoy Magi's classes, lunch and the company of her friends.

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 info@comoxseniors.ca

GET INVOLVED

Make A Difference

50th Anniversary Working Group

As a reminder, **summer 2026** will mark the **50th anniversary of our building**. We're still looking for volunteers to help plan a celebration worthy of the Centre and our community. If you have a knack for event ideas and enjoy working as part of a team, please connect with Alex through the office.

Volunteer

Our volunteers are 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

Contact the office to find out about opportunities and add your name to the volunteer list.

Info@comoxseniors.ca (250) 339-5133

Activities Around the Centre

Wood Workshop

The Woodshop has a new fee structure, dispensing with a Club fee plus an additional usage charge. These were both set for increases in 2026, as our costs rise. After consultation, we decided that a more appropriate method of ensuring our sustainability is to have a single, annual fee.

This charge of \$80.00 offsets our costs to provide you a shop with thousands of dollars of equipment, all typical maintenance and consumable costs offset and also provides for many contributions to our Center. Volunteers supply you with expert instruction in shop safety and in most aspects of woodworking. There's nothing in the Comox Valley quite like it!

We recently made a cutting board, a charcuterie board and a table-top lazy Susan. We also repaired a broken chair!



Have a Suggestion?

There is a suggestion box on the wall next to the office window, along with a pen and suggestion cards.



Art Club

New beginnings, new projects. Time to shout out a “Happy New Year” to Felicity, our summer member from Belgium. Felicity always has a goal in mind when she opens her tiny watercolour box, lays out a pocket size sketchbook, and dips her brush. That goal is to paint a scene and to email it to a friend in Britain. She always succeeds at warp speed. I envy her talent and the dedication she brings to her art.

Once again, everyone is welcome to peek over our shoulders on a Monday morning. If you would like to join our group, pop down for a chinwag 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. Susan at cypresstech3@shaw.ca, 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; late-comers 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 December :

Ladies—Diane O, 716 ; Gents—Bob R , 719

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 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

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 12:30 pm.
Fee for play is 50 cents a day.
Everyone welcome!
Diane Owens 250-941-8600
Bea Hoyseth 250-941-6055



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

Whether you're new to cue sports or looking to sharpen your game, we invite you to be our personal guest at the Cue Sports Club in the Centre's lower level! Come try our newly installed and increasingly popular Eight-ball table and our freshly recovered Snooker table. You'll find the atmosphere here warm and friendly. It's the perfect place to socialize and practice. Then, if you choose to join, an entire year of membership 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 Art 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

Information About Classes at the Centre

CLASS REGISTRATION

Register for Jan. and Feb. classes on-line or in-person.

There are some changes in the program schedule for 2026. See p. 12-15 for the updated schedule of classes. Fees for classes vary and are available online or inquire at the office. If a class is full, you can add yourself to the waitlist and you will be notified if a space opens up.

You must have a 2026 membership to register for classes.

Click [here](#) to view and register for programs on-line. There is also a link on our website (comoxseniors.ca) in the yellow banner.



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.



Starting 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.



2026 Weekly Class Schedule

Monday Tai Chi Gong—Experienced 9:00-9:55 Nina Sato

The perfect activity for the rest of your life. 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. This is an Experienced class with minimal instruction. The focus is on the practice itself. For those new to Tai Chi, there is a Beginner class offered on Tuesday at 9am.

Instructor/Coordinator: Nina Sato nsato@live.com 778-992-0220

Monday Chair Yoga with Deb 10:00-11:00 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. This class is also offered on Fridays at 12pm.

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

Monday Magi’s Strength Training 11:15-12:15 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This Strength class is geared to the older adult seeking a programme to build and maintain strength using light (1-2lb) weights and resistance tubing. Most of the class is done seated in a chair. There may also be standing exercises but no mat work. This class is also offered on Wednesday.

Coordinator: Bev Haist haistbg@gmail.com 250-871-4299

Monday Gentle Hatha Flow Yoga 2:30-3:45 Janet Haigh

Each mat-based class will incorporate gentle movement matched with intentional breathwork, culminating in a relaxing Yoga Nidra guided meditation. Each class will encompass floorwork, standing postures, balance and strengthening practices. There will be a special emphasis each month; all bodies welcome, no previous yoga experience required. For more information, email Janet at janet@blueskyyoga.ca. See poster on p. 11.

January: **Let the Good Times Roll:** Low back, hip and pelvic wellness—If you stretch your back, hips and pelvis, your overall physical range of motion will expand and radiate from there. Come learn how to loosen this area with specific practices, and roll away ready to tackle other activities with greater ease.

February: **Popeye Power:** Build strength and energy using gravity—Explore strength training by employing your body weight against gravity’s pull, and feel your energy level surge in response. We will employ a chair, a wall, the floor, and various isometric stances to engage our muscles to feel the rewarding hum of their reverberations.

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

Monday Yoga with Deb 4:00-5:15 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.

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

CLASS FULL

Tuesday Tai Chi Gong—Beginner 9:00-9:55 Nina Sato

See a full description of this class on p. 12 Monday 9am Tai Chi Gong. This class offers more instruction and a slower pace than the Monday Experienced class.

Instructor/Coordinator: Nina Sato nsato@live.com 778-992-0220

Tuesday Magi's Fitness 10:00-10:55 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This Fitness class is geared to the older adult seeking a programme to maintain a baseline activity level. The 55 minute class starts with a mild aerobic workout followed by seated strengthening exercises using resistance tubing and 1-2 lb wrist/ankle weights. This class is also offered on Thursday.

Coordinator: Pat Jacobson pfjacobson@shaw.ca 250-465-1683

Tuesday Magi's Chairfit 11:00-11:30 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This seated 30 minute class is geared toward the older adult with mobility limitations with a series of gentle stretching and mobilization exercises done in a chair. This class is also offered on Thursday.

Coordinator: Pat Jones patanderrol@gmail.com 250-339-6706

Tuesday Always Be Strong 11:45-12:45 Liz Hills

Gentle but effective strength-based sessions tailored to support healthy aging, balance, and independence. Liz will guide you through a full-body functional strength class using 5+lb weights and resistance tubing. This class will mostly be done standing but also incorporate work on or using a chair. No mat work. Liz previously led classes at the Seniors Center in Sechelt. To learn more about Liz, visit [Always Be Strong with Liz Hills](#). This class is also offered on Thursday.

**Tuesday Core 1:00-2:00 Steve Thomson
2:10-3:10 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. This class involves both standing and mat work.

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374
Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Tuesday Slow & Gentle Soma Yoga 3:30-4:45 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. To learn more about Wendy, visit [Wendy Anderson's Joyflow](#).

Coordinator/Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com 250-898-3021

Tuesday Men's Stretch & Strength 5:00-6:15 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.

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

Wednesday Dancefit 10:00-11:00 Lyla Pettis
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.
Coordinator: Diana Fright dianaterry@shaw.ca 250-339-7714

Wednesday Magi's Strength Training 11:15-12:15 Magi Schoffield-Reid
See full description of this class on p. 12 Monday 11:15 Magi's Strength Training.
Coordinator: Bev Haist haistbg@gmail.com 250-871-4299

Wednesday Soma Nidra 4:30-5:45 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 [Wendy Anderson's Joyflow](#).
Coordinator: Susan Toresdahl storesdahl@shaw.ca 250-339-6528

Wednesday Line Dancing Level 1 6:00-7:00 Brenda Needham
Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.
Level 1: 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. No class in January; classes begin Feb. 11.
Instructor/Coordinator: Brenda Needham needham@telus.net

Wednesday Line Dancing Level 2 7:10-8:10 Brenda Needham
Level 2: 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.
Instructor/Coordinator: Brenda Needham needham@telus.net

Thursday Line Dancing Level 3 8:55-9:55am Brenda Needham
Level 3: 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.
Coordinator: Susan Lock westwynde44@telus.net

Thursday Magi's Fitness 10:00-10:55 Magi Schoffield-Reid
See full description of this class on p. 13 Tuesday 10am Magi's Fitness.
Coordinator: Pat Jacobson pfjacobson@shaw.ca 250-465-1683

Thursday Magi's Chairfit 11:00-11:30 Magi Schoffield-Reid
See full description of this class on p. 13 Tuesday 11am Magi's Chairfit.
Coordinator: Pat Jones patanderrol@gmail.com 250-339-6706

Thursday **Always Be Strong** **11:45-12:45** **Liz Hills**

See full description of this class on p. 13 Tuesday 11:45am Always Be Strong.

Thursday **Strength and Core 2:15-3:15** **Signi Caine**

CLASS FULL

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

Thursday **Yoga with Deb** **3:30-4:45** **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** **9:00-10:15** **Nancy Moelaert**
10:30-11:45

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 continued guidance to keep the awareness of the breath, you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries and you are encouraged to work at your personal level.

To learn more about Nancy, visit www.shoresofserendipityyoga.com

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

Coordinator for 10:30am: Marilynn Holmes rmholm@telus.net 250-702-3205

Friday **Chair Yoga with Deb** **12:00-1:00** **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. This class is also offered on Mondays at 10am.

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

Saturday **Yoga Workshop** **10:00-11:30** **Various Instructors**

This class will offer workshops of varying session length and instructors. There is no workshop scheduled for January.

d'Esterre Seniors' Centre Association Clubs & Activities

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

Centre Office M-F 10 am-1 pm 250-339-5133 Kitchen Hours M-F 8 am-12:30 pm Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133	Monday	T'ai Chi Gong—Experienced Soapstone Carving Art Group	BR CRR AR	9:00 am 9:00 am 9:00 am	Nina Sato Lorraine Kendall Wendy Tippett Judy Mann Deb Karlstrom Bev Haist Jane Jenssen Diane Owens and Bea Hoyseth Susan Ward Harry Piercy Deborah Holmes Deb Karlstrom Charlie/Norma Cooper	778-992-0220 250-339-1983 @gmail.com @shaw.ca 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
		Chair Yoga with Deb Magi's Strength Training Bridge (Partners) Carpet Bowling	BR BR CR BR	10:00 am 11:15 am 12:30 pm 12:30 pm		
Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193 Library Roger Taylor rogetaylor@gmail.com 250-890-9422 Special Events cheryl@comoxseniors.ca	Tuesday	T'ai Chi Gong—Beginner Magi's Fitness Quilters Glass Studio Rock & Gem Club Magi's Chairfit Always Be Strong Core Core Skillbuilder's Bridge American Mah Jongg Gentle Soma Yoga Men Stretch & Strength Duplicate Bridge	BR BR AR CRR CR BR BR BR CR CR BR	9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:00 am 11:45 am 1:00 pm 2:15 pm 1:00 pm 1:30 pm 3:30 pm 5:00 pm 6:30 pm	Nina Sato Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Lori Carter Susan Ward Wendy Anderson Deb Karlstrom Judy Morrison and Rona Lawson Diana Fright or Harry Piercy	250-992-0220 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 403-512-8203 250-339-2979 250-898-3021 778-585-5105 250-890-1053 250-339-5491 250-339-7714 250-702-5948
		Cribbage	BR	7:00 pm		
Pottery Studio Mary Deveau 250-850-9727 Wood Shop Jim Cooper 250-218-5267 Seniorwoodworker @gmail.com Cue Sports Mike Couture 250-898-4633	Wednesday	French Spoken Beg-Interm Dancefit Spanish Spoken Advanced	AR BR AR	9:00 am 10:00 am 10:00 am	Raymond Morin Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist Diane Owens and Bea Hoyseth Frieda Home Deirdre Bowers Peter Birch or Gerry Woloshyn Susan Toresdahl Brenda Needham Brenda Needham	250-871-6277 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-941-8600 250-941-6055 @gmail.com 250-650-0651 250-465-8154 250-339-3264 250-339-6528 @telus.net @telus.net
		Glass Studio Magi's Strength Training Carpet Bowling	CRR BR BR	10:00 am 11:15 am 12:30 pm		
Rock and Gem Ralph Bruinink 250-339-6966 Glass Studio Isabel Thomas 250-339-9667 Silversmith Bonnie Luterbach bluterbach@shaw.ca	Thursday	Duplicate Bridge Recorder Table Tennis I	CR DR BR	1:00 pm 1:30 pm 2:30 pm		
		Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing	BR BR	4:30 pm 6:00 pm 7:10 pm		
Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43 @gmail.com Newsletter Nina Sato nsato@live.com 778-992-0220	Friday	Exp. Beginner Line Dancing Magi's Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Magi's Chairfit Knitting Always Be Strong Mah Jongg Strength and Core Thursday Yoga with Deb	BR BR CRR AR CR BR DR BR CR BR BR	8:55 am 10:00 am 10:00 am 10:00 am 10:00 am 11:00 am 11:30 am 11:45 am 1:00 pm 2:15pm 3:30 pm	Susan Lock Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela Barbara Havers 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 250-465-0118
		French Spoken Advanced All Levels Yoga All Levels Yoga Spanish Spoken Advanced Silversmith Meeting Chair Yoga with Deb 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 10:30 am 10:00 am 10:00 am 10:00 am 12:00 pm 1:00 pm 1:00 pm 2:30 pm 3:30 pm 4:30pm		
	Saturday	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)