



February 2026 Newsletter

Class Registration for March/April opens Thursday, Feb. 5
Centre Closed Monday, February 16 for Family Day
Info Session Dragon Boating Saturday, February 28

A Message from Alex

Hello d'Esterre Members,

Water Escape Restoration Update (please see the full update on page 7):

As many of you know, in October we experienced a water escape from the upstairs men's washroom. Thanks to quick action by staff and volunteers, further damage was minimized. The main affected areas—the glass and silversmith studios—remain closed while restoration work proceeds.

Before the holidays, **asbestos abatement** was completed. After the break, the **Town of Comox and their insurance provider approved the scope**, and insurance has now cleared the repair work to move forward. The approved scope includes key repairs and improvements such as concealed plumbing work, ceiling and lighting updates, inspector requirements related to kiln clearance, cabinet/layout adjustments, and replacement of the downstairs flooring for continuity.

A sincere thank you to **Jim Cooper** for installing temporary shelving to safely store equipment, tools, and supplies from the affected areas, as well as everyone else involved through the pottery, glassworks, silversmithing clubs and their respective friends, spouses, and more! What a testament to working together!

Next steps include confirming remaining cabinetry/sink needs, advancing the pottery clay trap purchase/installation, continuing storage clean-up to improve access, and finalizing the flooring selection. There will be some downtime during the flooring phase; we'll share timing as soon as we have it.

Thank you again for your patience and understanding as we work through this carefully and correctly. Please read more on **page 7**.

Stay informed: For the most up-to-date changes (including weather-related cancellations), please watch for email notices, check postings around the Centre, or call the office.

Volunteers: If you'd like to help in small ways—front desk, café, set-up/tear-down—please connect with the office. Even a short shift makes a big difference.

With gratitude,

Alex Jegier

Executive Director

alex@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 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

- 2026 Membership available online or in-person (p. 11)
- Thu. Feb. 5 – Mar/ April registration opens 10am (p. 11)
- Mon. Feb. 16 – Centre Closed for Family Day
- Thu. Feb. 20 – Tickets go on sale for Mar. 7 Fashion Show (p. 5)
- Sat. Feb. 28 10:30am – Dragon Boating Info Session (p. 6)

Board of Directors

The board of directors is seeking interest in **the Treasurer position** on the board starting in April 2026.

This role is crucial in helping to manage our finances and to ensure our ongoing success.

Do you have the financial skills to help support the Association in this way?

If you have an interest, reach out to the nominating committee and we can get together and answer any questions you may have.

Lois Higgins lois.higgins.302@gmail.com

Carol Doyle cjdoyle1@telus.net

Barbara Havers barbarahavers@shaw.ca

VOLUNTEER OPPORTUNITIES



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 Wednesday, 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-1:30pm

Breakfast: muffins, breakfast sandwich, full breakfast

Lunch: soup, salads, and sandwiches daily, hot meals below

Hot Meal Menu

| | | |
|-----------|-------------|--------------------------------------|
| Tuesday | February 3 | Pork Roast |
| Thursday | February 5 | Liver & Onions |
| Tuesday | February 10 | Lasagna & Caesar Salad |
| Wednesday | February 11 | Hot Dogs |
| Thursday | February 12 | Meatloaf |
| Tuesday | February 17 | Roast Beef |
| Thursday | February 19 | Liver & Onions |
| Tuesday | February 24 | Quiche & Caesar Salad with Croissant |
| Thursday | February 26 | Chicken Parmesan |

President's Message

I want to thank everyone for renewing their memberships. The on-line system has been a great success for memberships and classes. It's convenient for those who want to use the system, while others who prefer the in-person experience are not waiting as long at the office to be served.

We are happily anticipating the delivery of a new stove for the Cafe, purchased through funding from the Comox Valley Community Foundation (CVCV) Community Enrichment Grant and the Government of Canada New Horizons for Seniors Grant. With delivery and installation anticipated at any time, but a bit uncertain, we are unfortunately going to have to cancel the Valentine's Dinner event. Some construction and electrical work will be required when the new stove arrives with some down time in the kitchen. We would be in a terrible spot if we sold tickets and then didn't have a working stove on the event day. Thank you for your understanding. We're looking forward to the fabulous Fashion Show on March 7th.

Finally, I wanted to remind everyone to be very careful about email scams. People have received emails from "me" and others, asking for gift cards or simply to call me. It's prudent to check the email address of a sender and never respond if you aren't certain of the sender. Asking for gift cards is an email that should simply be deleted. Always check the email address of the sender and if it doesn't match the person sending the email, it's another occasion to simply delete. Being cautious will save some potentially very negative consequences.

Myrna Holman
President, Board of Directors



FOR ALL MEMBERS

Mark your calendars! Our *Annual General Meeting (AGM)* is happening on Wednesday, March 18th.

This members-only event is an important opportunity to:

- * Stay informed about upcoming changes
- * Meet the nominees for the Board
- * Cast your vote and help shape the future of our Centre

We encourage all members to attend – your participation is vital!

See p. 2 for an important volunteer opportunity as Board Treasurer.

Valentine's Day Giving

Giving in honor of someone you love can make Valentine's Day even more meaningful. Instead of flowers or chocolates, your gift can create a lasting impact while showing how much you care.



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

THE GIFT SHOP



*Handmade Gifts from the Heart
Happy Valentines Day
Visit the Gift Shop for Sweet Treats*



Deb's Heart Soaps in Delightful Scents



*We welcome new consignor Pam Wallace
& her cuddly crochet animals.*

Perfect gifts for your special someone!

New Consignors welcomed , Contact Nancy @ nancy2fancy@shaw.ca

*Open Monday to Friday
10am -1pm*

XOXOXO

*Would you like to be the model
for this makeover at the d'Es-
terre Women Have Flair
Fashion Show?*

Contact cheryl@comoxseniors.ca

or

eleclarke@shaw.ca

d'Esterre Women have Flair Makeover

BEFORE → **AFTER**

Final Curtain Call

*Would you or someone you know like a mini makeover?
March 7 one lucky woman will be transformed .
Contact cheryl@comoxseniors.ca
or
eleclarke@shaw.ca*

Special Event

d'Esterre Women Have Flair

March 7 / 26

FINAL MODEL CURTAIN CALL



Your Commitment

Saturday, February 21st

Model casting call 10:30 a.m. - 12 P.m.

In the Ballroom.

Please bring two pairs of shoes suitable for runway walking and showcase your modeling skills with confidence.

Participants will be photographed have their measurements including dress size and height taken to facilitate preparations with the shops.

The shops select the clothing items to be modeled

Saturday February 28th

Rehearsal and Show Preparation

10:30 a.m.- 12:00 p.m.

In the cafe.

Models are advised to bring a notebook

February 6th

Fittings

Late afternoon

Time and places to be announced

March 7th

Our Show

10:00 am until 3:00 pm

Contact

eleclarke@shaw.ca

cheryl@comoxseniors.ca



*d'Esterre Women Have Flair
Tickets on Sale Feb 20*

Watch for Posters, Our Facebook and Website
for more information

\$25.00 members \$35.00 non members

↑INFO SESSION↑

Info sessions take place on the last Saturday of each month at 10:30am in the Ballroom

Everyone welcome—No registration necessary

Contact Jim at seniorwoodworker@gmail.com with questions or suggestions for speakers.

INFORMATION SESSION

*Saturday, February 28th at 10:30 am
in the Ballroom*



Presenter: Gaetane Palardy

The mission of the Comox Valley Dragon Boat Society is to encourage cancer survivors to live full and active lives by participating in the team sport of Dragon Boat Racing.

Our hope is that the message "there is life, love, and laughter after treatment" will reach other women facing the disease and will perhaps make a positive difference to their recovery. Check us out, you will be glad you did.



No Registration Necessary - Everyone Welcome

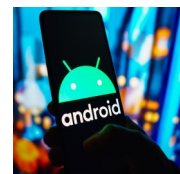


January Info Session—About 22 people braved the weather to attend a great presentation on L'Arche by Lynda.



Coffee with AI

Come have coffee with AI on Mondays from 9-11am on February 9, 16, 24. Drop in and get your iPad, iPhone, and Apple device questions answered at AI's corner table in the Dining Room.



Coffee with Alan

Alan, our webmaster, will be available to help with Android phone and tablet questions on Mondays from 9-11am on February 9 and 16 in the back area of 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 250-339-9752 or thriftstorequeen43@gmail.com





Water Escape (Flood) Update

As many of you know, in October, we experienced a **water escape** from the upstairs men's washroom (a toilet issue). Fortunately, staff and volunteers were in the building at the time and were able to quickly mitigate further damage.

The main areas affected—**the glass and silversmith studios**—remain closed. Here's a brief update on where things stand:

What's been completed:

- All **asbestos abatement** in the affected areas was completed **before the holidays**.
- After the break, **the scope of work was approved** by the Town of Comox and their insurance provider.
- Insurance has now **cleared and approved** the repair work.

What's included in the approved scope:

- Plumbing repairs to concealed piping in the workshop ceiling
- Installation of missing mechanical protection where required
- Installation of a **suspended tile ceiling** throughout the workshop
- Inspector approvals related to kiln clearance and ceiling height
- Addressing door clearance and extending various fixtures as needed
- Lighting modifications to accommodate the new ceiling
- Cabinet reconfiguration and layout adjustments
- Flooring upgrade for the majority of the downstairs areas



A big thank you to **Jim Cooper** for quickly installing temporary shelving to safely store equipment, tools, and supplies from these areas and for all the various club members, partners, and other members for helping with the continuous storage needs!

What's next:

- Finalizing lower cabinet replacement needs, sink, and clay trap purchase/installation for pottery
- Continued storage cleanup to allow greater access to the pottery studio and other areas for temporary program needs
- **Finalizing flooring choice. All downstairs flooring in the card room, sunroom, and pottery/glass/silversmith studio spaces will be replaced for continuity (this was within scope)**

There will be some downtime during the flooring installation phase. At this point, we don't yet have a firm timeline, as drywall and other preparatory work will happen first. We'll continue to share updates as we know more.

Thank you again for your patience and understanding as we work through this process carefully and correctly.

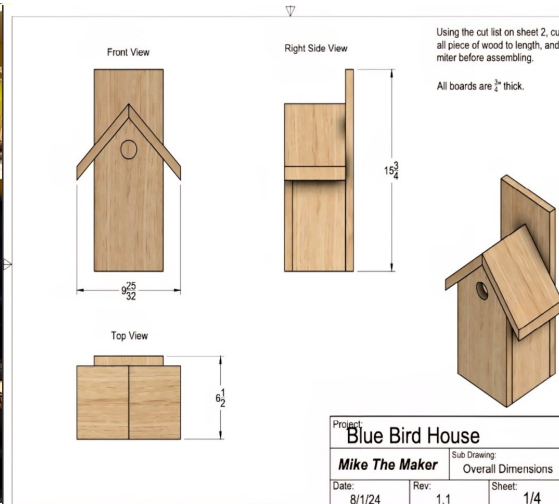


Activities Around the Centre Wood Workshop

This month we had 3 guests from Berwick come in to build Birdhouses! Our Board encourages outreach to the greater community. This project was very enjoyable for Diana, Dale and Jess. Diana, in her 80's was excited, "I've always wanted to run a drill press!", she exclaimed. Credit to Greg for his expert assistance. The swallows have already booked Spring accommodation!

Susan and Peter made our ever popular pens! They did a beautiful job, in spite of my shaky instruction - it's been a while. Susan and Teresa are advancing to making pepper mills! Working in our Shop creates contagious, creative energy. Bring your own project ideas and allow us to help get you going! Your very own birdhouse or garden tool box...?

FMI contact Woodshop coordinator Jim Cooper at seniorwoodworker@gmail.com.



Silversmith Club

During this period of renovations in our usual work area, the Silversmith Club is pleased to be able to use our workbench, which is now closer to the woodworking area, where the Club members are also able to do silversmithing on some afternoons, given advanced confirmation with the Woodworking Coordinator.

The next meeting of the Silversmith Club will be at 10:00 am, Friday, February 13, upstairs at d'Esterre.

If you are interested in joining the Silversmith Club, contact Bonnie Luterbach, Coordinator, at bluterbach@shaw.ca.



Art Club

The sun is out and I can smell the aroma of seafood chowder wafting down the stairs. A perfect day about to begin! When Jacquie arrives, she works studiously on her acrylic paintings. Her flights of fancy are full of colour and movement, usually a reflection of the wonderful bright colours she is wearing. Our group is steadily growing with each member contributing ideas and different methods.

Come by for a visit any Monday morning. There will always be someone eager to show you around.

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 **12:45pm** 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 January :

Ladies—Mary K, 720; Gents—Charlie R , 718

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 (W)—Leslie at 250-331-1498

Duplicate Bridge (Sat)—Jeannette at 250-339-7161

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 are off to a happy start of Mexican train for 2026. New members and a returning group of "trainers" meet in the cafeteria at 1pm every Friday.

This year it will be a cost of \$1 payable on the first Friday of each month. If there are more than 6 players, we will draw for a second table to give everyone a chance to play with different people.

All members of d'Esterre are welcome to drop in and join us. See you Friday.

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 \$1 a day.

Everyone welcome!

Diane Owens 250-941-8600

Mike Dodds 250-923-7390



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 11:30am 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! 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 Room.

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

MEMBERSHIP

You can purchase a membership using a credit card online. Click [HERE](#) to access the online form or scan the QR code. There is also a link in the yellow banner on our website (comoxseniors.ca).



Or if you prefer in-person, visit the Centre office at 1801 Beaufort Avenue 10 am-1 pm, Monday to Friday.

To expedite the process, 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.



Information About Classes at the Centre CLASS REGISTRATION

Registration is currently open for February classes and opens for **March & April classes on Thursday, February 5 at 10am.**

- ♥ We offer a variety of classes to suit everyone including some **NEW** classes.
- ♥ Check out the schedule and descriptions of classes on p. 12-15.
- ♥ Fees for classes vary and are available online or inquire at the office.
- ♥ You must have a 2026 membership to register for classes.

Click [HERE](#) to view and register for programs online or scan the QR code.

Use the filters to search by day or type of class to find the perfect fit for you.



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, pillow case, and blanket. It is also nice to have an eye pillow for full relaxation. Check out the Gift Shop for eye pillows and yoga mat carriers.

2026 Weekly Class Schedule

Classes that are full for February are marked. You can put your name on a Waitlist for the class either online or in the office. You will be notified by email if a space opens up.

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.


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

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. This class is also offered on Wednesday at 9am.

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 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. This class is also offered on Tuesday at 9am.
Instructor/Coordinator: Nina Sato nsato@live.com 778-992-0220



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 **UpLift** **1:00-2:00** **Alana Hoever**

UpLift is a brand new, FUNctional feel-good class that blends up a strategic mix of strength training (to build muscle and support joints) and heart-healthy lower impact cardio (to improve coordination, stamina and mood). Simple brain-boosting exercises and dynamic balance moves will be sprinkled throughout to enhance brain function by creating new neural pathways. This class is designed for participants who have done basic strength training previously and are looking to progress to something a little more challenging.



This class begins in March.

Coordinator & Instructor: Alana Hoever alana.hoever@gmail.com

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

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: Marrayllynn 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. This class is also offered on Mondays at 10am. See full description of the class on p. 12.

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

d'Esterre Seniors' Centre Association Clubs & Activities

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

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|---|------------------|---|---|---|--|---|
| Centre Office M-F 10 am-1 pm 250-339-5133 Kitchen Hours M-F 8 am-1:30 pm Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133 | Monday | T'ai Chi Gong—Experienced Soapstone Carving Art Group Chair Yoga with Deb Magi's Strength Training Bridge (Partners) Carpet Bowling American Mah-Jongg Fun & Games Gentle Hatha Flow Yoga Monday Yoga with Deb Bid Euchre | BR CRR AR BR BR CR BR DR DR BR BR CR | 9:00 am 9:00 am 9:00 am 10:00 am 11:15 am 12:30 pm 12:30 pm 1:00 pm 1:15 pm 2:30 pm 4:00 pm 7:00 pm | Nina Sato Lorraine Kendall Wendy Tippett Judy Mann Deb Karlstrom Bev Haist Jane Jenssen Diane Owens and Mike Dodds Susan Ward Harry Piercy Deborah Holmes Deb Karlstrom Charlie/Norma Cooper | wa.tippett@gmail.com judydmann@shaw.ca 778-585-5105 250-871-4299 250-871-0350 250-941-8600 250-923-7390 250-339-2979 250-702-5948 250-339-4313 778-585-5105 250-792-4075 |
| | 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 Cribbage | BR BR AR CRR CR BR BR BR BR CR DR BR BR 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 7:00 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 |
| 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 | T'ai Chi Gong—Beginner French Spoken Beg-Intern Dancefit Spanish Spoken Advanced Glass Studio Magi's Strength Training Carpet Bowling Duplicate Bridge Recorder Table Tennis I Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing | BR AR BR AR CRR BR BR CR DR BR BR BR | 9:00 am 9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:00 pm 1:30 pm 2:30 pm 4:30 pm 6:00 pm 7:10 pm | Nina Sato Raymond Morin Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist Diane Owens and Mike Dodds Leslie Graham Deirdre Bowers Peter Birch or Gerry Woloshyn Susan Toresdahl Brenda Needham Brenda Needham | westwynde44@telus.net 778-992-0220 250-871-6277 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299 250-941-8600 250-923-7390 250-331-1498 250-650-0651 250-465-8154 250-339-3264 250-339-6528 @telus.net @telus.net |
| | Thursday | Exp. Beginner Line Dancing Magi's Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Magi's Chairfit Knitting Always Be Strong Mah Jongg UpLift Strength and Core Thursday Yoga with Deb | BR BR CRR AR CR BR DR BR CR BR 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 12:45 pm 1:00 pm 2:15pm 3:30 pm | Susan Lock Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela Barbara Havers Alana Hoever Linda Barfoot Karen Fraser | westwynde44@telus.net 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-941-2518 250-792-5103 @gmail.com 250-897-1374 250-465-0118 |
| Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com Newsletter Nina Sato nsato@live.com 778-992-0220 | Friday | 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 DR BR BR BR | 9:00 am 9:00 am 10:30 am 10:00 am 10:00 am 12:00 pm 1:00 pm 1:00 pm 2:30 pm 3:30 pm 4:30pm | Raymond Morin Zina Richmond Marilynn Holmes Derek Richmond Bonnie Luterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt | bluterbach@shaw.ca 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 250-218-6514 604-519-6748 |
| | 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)