



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 Council  
 Representative

# March 2026 Newsletter

Fashion Show March 7 – SOLD OUT  
 Don't forget – Daylight Savings March 8  
 Library Mini-Sale March 11  
 AGM – Wednesday, March 18  
 Info Session March 28



## President's Message

Dear Members,

On behalf of the Board of Directors, we would welcome your attendance at our Annual General Meeting (AGM) on **Wednesday, March 18th at 1:30 PM** in the Ballroom. Your presence and participation are incredibly valuable as we shape the future of our organization.

At this year's AGM we'll be unveiling the d'Esterre Strategic Plan, a culmination of dedicated work by your Board. This plan was significantly informed by the insights you shared in our last membership survey and the feedback we received at last year's Town Hall event. We are eager to share it with you and receive your feedback.

An AGM package will be emailed to you soon. To attend and vote, a current 2026 membership is required. We'll have complimentary refreshments available for everyone.

We look forward to seeing you there.

Myrna Holman  
 President, Board of Directors



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)
- Class Registration (p. 11)
- Saturday, Mar. 7 at 1:30pm – **Fashion Show (p.7) SOLD OUT**
- Wednesday, Mar 11 9am-1pm – **Library mini-sale (p.5)**
- Wednesday, Mar 18 at 1:30pm – **AGM (p.1)**
- Saturday, Mar. 28 at 10:30am – **Info Session: Courtenay Little Theatre (p.6)**

## VOLUNTEER OPPORTUNITIES



Looking for ways to help out, give back, be part of a team, and meet people?

There is always a need for volunteers at the Centre.

Kitchen volunteers are always welcome, see p.3 for details.

We could also use help in the office. If you know your way around a computer and enjoy interacting with members, please leave your name, contact info, and availability at the office.

## Executive Director Wanted

We are seeking an Executive Director. Word of mouth and networking can be the most powerful source for recruitment. If you know of anyone who may be interested, please share the posting.

The detailed job description can be viewed [here](#) as well as on our website. Please send applications to [info@comoxseniors.ca](mailto:info@comoxseniors.ca).

## WE LOVE OUR VOLUNTEERS!

Have you witnessed someone volunteering this past year who deserves a thank you? d'Esterre is so fortunate to have many volunteers who keep the Centre running on all cylinders. Please take a moment to complete a short volunteer appreciation nomination form (ask for one in the Office) to give a shout-out to someone special during national volunteer appreciation week in April. We'll be hosting a volunteer appreciation event (details to follow), where nominees can be properly celebrated and shown our gratitude.

**V**♥**LUNTEER**  
**APPRECIATION**





**We're shaking things up at Dei's Cafe. Starting with breakfast, we're kicking off a new era of great taste at a price that is just as appealing.**

**Starting March 9**

**Following breakfasts include  
Your choice of ham, bacon, sausage  
coffee, tea, 4 oz juice**

**The Classics**

**2 eggs, hashbrown, toast**

**\$10.00      1/2 order   \$6.00**

**Breakfast Sandwich, English muffin, egg, cheese  
\$8.50**

**March Special**

**French Toast (2 pieces) maple syrup  
\$8.00**



**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.**

**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.**



Something's brewing in the kitchen...

Exciting new menu items are being introduced in March. Come on down and try them out. Let us know how you like them and stay tuned for more!

## Dei's Café

*Hours of Operation: 8am-1:30pm; last order 1:00pm*

*Breakfast: Muffins, scones, baked goods*

*Specials above available 9-10:30am*

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

### Hot Meal Menu

*Tues. Mar. 3 Hearty Beef Stew/1/2 fresh baked croissant*

*Thur. Mar. 5 Dei's Liver & Onions*

*Tues. Mar. 10 Chicken Parmesan*

*Thur. Mar. 12 Shepherd's Pie*

*Tues. Mar. 17 Hamburger & Potato Salad*

*Thur. Mar. 19 Dei's Liver & Onions*

*Tues. Mar. 24 Roast Beef & Yorkshire Pudding*

*Thur. Mar. 26 Turkey Pot Pie*

*Tues. Mar. 31 Quiche*

***Introducing a monthly special***

***Starting March 9***

***Caesar Salad & Lemon Chicken***

***\$10.00***

# THE GIFT SHOP

*Hand made gifts from the Heart*

*Happy St Patricks Day*



*May you have the luck of the Irish in your future*

*New arrivals arriving weekly*

*We look forward to seeing you!*

*New Consignors welcome*

*Contact Nancy at [nancy2fancy@shaw.ca](mailto:nancy2fancy@shaw.ca)*

*Gift Shop hours Monday to Friday*

*10am -1pm*



*Make a Difference!*

**DONATE**

4 Ways Monthly Donations to d'Esterre Benefit You

Are you looking for a way to streamline your donations?

Monthly donations are a smarter, eco-friendly, and more impactful way to support d'Esterre.

**1. Smaller amounts are more manageable.**

When you build a monthly donation into your budget, it's easier on your budget.

It's harder to come up with a lump sum donation once a year.

**2. It's easy to do.**

Once you've decided on a monthly amount, visit our donation form by clicking the button below.

It's easy to set up a monthly donation, which saves you time.

**3. You reduce your use of paper.**

There are no cheques to write and no envelopes to address.

That's better for the environment and more economical for you.

**4. Show your loyalty.**

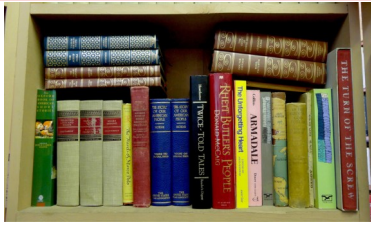
Monthly donations are one way to support d'Esterre all year long.

Your dollars will be invested with the health and well-being of seniors in mind.

Together, we can make a difference in our community.

**[GIVE NOW](#)**

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



## The Centre Library Mini SALE Wednesday, March 11 9:00am to 1:00pm

In the library area adjacent to the café,  
the Centre Library will be holding a mini sale of books, DVDs, and puzzles.

Please tell your family and friends.

### FLOOD UPDATE

Work is proceeding to replace the drywall between the workshop and Card Room. The area of the Card Room that was previously closed off during asbestos abatement will be closed off again.

The work is planned to begin on Monday, March 2, and could take up to 4 weeks to complete.

We appreciate your patience as this restoration work gets done.

Thank you to Mike Couture for stepping in to coordinate this work between the Centre, the Town of Comox, and the restoration company.

**Comox Harbour Charters have offered a discount to d'Es-  
terre members** with a minimum group of 10 people for their  
harbour cruises in March during the herring spawn when  
the potential to observe sea life is at a peak.

The cost per person is reduced from \$199 to \$149 plus tax.

You can check them out here <https://comoxharbourcharters.com>



**By popular demand, another Cruise is pending for Monday, March 2nd. The time, cruise  
itinerary and price are unchanged.**

Contact Jim Cooper at 250-218-5267 if you'd like to join.

# ↑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 March 28th at 10:30 am  
in the Ballroom

### Courtenay Little Theatre

**Presenters: Robb Mowbray, Michael Bach**

"Courtenay Little Theatre (CLT) has been providing the Comox Valley with entertaining theatre for over 65 years! A strong volunteer base has supported a successful 3-show annual season at the Sid Williams Theatre. In their exciting, new theatre space, in The Studio at The Views ( Lobby of the former St. Joseph's Hospital), CLT will be able to produce more of their highly-acclaimed performances.

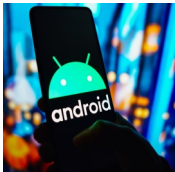
Please join CLT Board members, Robb Mowbray and Michael Bach to learn much more about what's coming up!"

**No Registration Necessary - Everyone Welcome**



### Coffee with AI

Come have coffee with AI on Mondays from 9-11am on March 9,16,23&30. 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 March 2 & 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



# Special EVENTS

We are thrilled to shine a spotlight on the Trailblazing female entrepreneurs who ignite success in our community during our esteemed **d'Esterre Women Have Flair's Annual Fashion Show**, Celebrating the following extraordinary businesses that have empowered our event through their generous raffle support, exquisite swag bag donations, and or the stunningly beautiful outfits worn by our gorgeous models. Paris our Visionary fashion director has collaborated with these phenomenal women-owned businesses to create a truly spectacular raffle. All proceeds will go towards supporting the d'Esterre Senior Center.

## Raffle prizes



## Fashions By



## Activities Around the Centre

### Wood Workshop

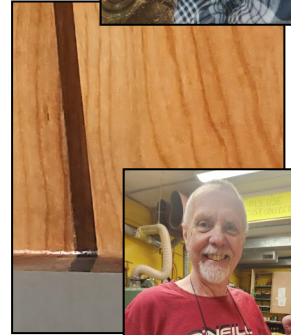
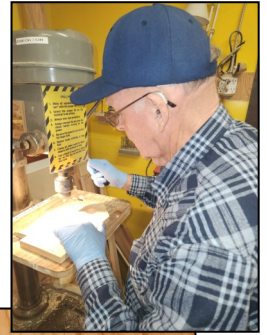
We had another visit from 3 Berwick residents. This time, a cutting board was on the "menu". Dale is shown working the drill press. Ron, from our membership, made his first pen! Ron has become another of our go-to shop members, always willing to pitch in!

We had our first 2026 meeting, where we discussed any concerns or suggestions. John Barlow has committed to manage our training and safety tutorials. He has 35 years of cabinet shop experience to benefit us. Instruction is an ongoing commitment from and for our membership. We learn so much more when we mentor others. Thanks to all, and especially to John!

I'm feeling very confident that our shop is moving into many very dedicated and competent hands, so I'll step back a bit to attend to my other responsibilities. The shop and our outstanding crew down there, will still remain close to my heart!

Don't be shy. Come on down and just do it. You know you want to. I'm looking right at you, Myrna!

Jim Cooper, Coordinator, [seniorwoodworker@gmail.com](mailto:seniorwoodworker@gmail.com)



### Silversmith Club

Plans for renovations of the workshop space has started with input from the Silversmith, Glass Creations, and the Pottery Clubs. The requests will be considered during the renovations depending on available funds. In addition, Jim Cooper, the Woodworking Coordinator, is assessing the cost to do some of the work. We are all looking forward to a new, improved space. Bonnie Luterbach, Coordinator, [bluterbach@shaw.ca](mailto:bluterbach@shaw.ca)



### Art Club

With the winter gales delivering hail and sheets of rain, I thought Felicity's watercolour was very apropos. From our studio we can gaze upon Forbidden Plateau in all its majesty outlined in snow. How lucky we are to live within such inspiring wilderness. And then the sun appears and we all flock to the beaches and trails with dogs in tow. Forgotten are the flooded crawl spaces, the clogged eaves and the muddy yards. Should we now be painting primulas, snowdrops, crocuses?

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](mailto:wa.tippett@gmail.com) or Judy Mann: [judydmann@shaw.ca](mailto: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](mailto: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 February:

Ladies—Jan T, 726; Gents—Leon V, 720

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



### Canasta

Join us on Fridays 12:45 pm-3pm and play Hand & Foot Canasta. Learning is easy and playing is fun! New members are most welcome. If you have any questions, or to assure a spot, contact Harry 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 (no dogs) walk for approximately one hour at their own pace, followed by a coffee break social.



Tues. – Fri. meet at 9 am at d'Esterre Centre Dining Rm.

If d'Esterre Café is closed and on Saturdays, meet at 9 am at the Comox Mall, Independent Grocer entrance.

Exceptions:

2nd Tues. of the month meet at 9 am at Pharmasave, Comox.

4th Tues. of the month meet at 9 am at the Air Park Walk on Mansfield Dr across from the Whistle Stop Pub, 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](http://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 **March & April classes.**

Registration for May & June will open April 1.

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 March 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**

**FULL**

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 (March)/Liz Hill (April)  
2:10-3:10 Steve Thomson (March)/ Liz Hill (April)**

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. Resistance tubing, 5 lb weights, and various other exercise props will be used. Bring your own mat.

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

<b>Wednesday</b>	<b>Tai Chi Gong—Beginner</b>	<b>9:00-9:55</b>	<b>Nina Sato</b>	<b>FULL</b>
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.				
<u>Instructor/Coordinator:</u> Nina Sato                      nsato@live.com                      778-992-0220				
<b>Wednesday</b>	<b>Dancefit</b>	<b>10:00-11:00</b>	<b>Lyla Pettis</b>	
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.				
<u>Coordinator:</u> Diana Fright                      dianaterry@shaw.ca                      250-339-7714				
<b>Wednesday</b>	<b>Magi's Strength Training</b>	<b>11:15-12:15</b>	<b>Magi Schoffield-Reid</b>	<b>FULL</b>
See full description of this class on p. 12 Monday 11:15 Magi's Strength Training.				
<u>Coordinator:</u> Bev Haist                      haistbg@gmail.com                      250-871-4299				
<b>Wednesday</b>	<b>Soma Nidra</b>	<b>4:30-5:45</b>	<b>Wendy Anderson</b>	
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 <a href="#">Wendy Anderson's Joyflow</a> .				
<u>Coordinator:</u> Susan Toresdahl                      storesdahl@shaw.ca                      250-339-6528				
<b>Wednesday</b>	<b>Line Dancing Level 1</b>	<b>6:00-7:00</b>	<b>Brenda Needham</b>	
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.				
<u>Instructor/Coordinator:</u> Brenda Needham                      needham@telus.net				
<b>Wednesday</b>	<b>Line Dancing Level 2</b>	<b>7:10-8:10</b>	<b>Brenda Needham</b>	
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.				
<u>Instructor/Coordinator:</u> Brenda Needham                      needham@telus.net				
<b>Thursday</b>	<b>Line Dancing Level 3</b>	<b>8:55-9:55am</b>	<b>Brenda Needham</b>	
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.				
<u>Coordinator:</u> Susan Lock                      westwynde44@telus.net				
<b>Thursday</b>	<b>Magi's Fitness</b>	<b>10:00-10:55</b>	<b>Magi Schoffield-Reid</b>	
See full description of this class on p. 13 Tuesday 10am Magi's Fitness.				
<u>Coordinator:</u> 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**

**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. Resistance tubing, 5 lb weights, and various other exercise props will be used. 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](http://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

<b>Centre Office</b> M-F 10 am-1 pm 250-339-5133  <b>Kitchen Hours</b> M-F 8 am-1:30 pm  <b>Executive Director</b> Alex Jegier alex@comoxseniors.ca 250-339-5133	<b>Monday</b>	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 wa.tippett judydmann	778-992-0220 250-339-1983 @gmail.com @shaw.ca
		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	Deb Karlstrom Bev Haist Jane Jenssen Diane Owens and Mike Dodds	778-585-5105 250-871-4299 250-871-0350 250-941-8600 250-923-7390
		American Mah-Jongg Fun & Games Gentle Hatha Flow Yoga Monday Yoga with Deb Bid Euchre	DR DR BR BR CR	1:00 pm 1:15 pm 2:30 pm 4:00 pm 7:00 pm	Susan Ward Harry Piercy Deborah Holmes Deb Karlstrom Charlie/Norma Cooper	250-339-2979 250-702-5948 250-339-4313 778-585-5105 250-792-4075
<b>Gift Shop</b> M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193  <b>Library</b> Roger Taylor rogetaylor@gmail.com 250-890-9422  <b>Special Events</b> cheryl@comoxseniors.ca	<b>Tuesday</b>	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 BR CR BR BR CR	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		
<b>Pottery Studio</b> Mary Deveau 250-850-9727  <b>Wood Shop</b> Jim Cooper 250-218-5267 Seniorwoodworker @gmail.com  <b>Cue Sports</b> Mike Couture 250-898-4633	<b>Wednesday</b>	T'ai Chi Gong—Beginner French Spoken Beg-Intern Dancefit Spanish Spoken Advanced	BR AR BR AR	9:00 am 9:00 am 10:00 am 10:00 am	Nina Sato Raymond Morin Diana Fright Margaret Allen or Derek Richmond	778-992-0220 250-871-6277 250-339-7714 250-702-9496 250-218-3442
		Glass Studio Magi's Strength Training Carpet Bowling	CRR BR BR	10:00 am 11:15 am 12:30 pm	Isabel Thomas Bev Haist Diane Owens and Mike Dodds	250-339-9667 250-871-4299 250-941-8600 250-923-7390
		Duplicate Bridge Recorder Table Tennis I	CR DR BR	1:00 pm 1:30 pm 2:30 pm	Leslie Graham Deirdre Bowers Peter Birch or Gerry Woloshyn	250-331-1498 250-650-0651 250-465-8154 250-339-3264
		Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing	BR BR	4:30 pm 6:00 pm 7:10 pm	Susan Toresdahl Brenda Needham Brenda Needham needham needham	250-339-6528 @telus.net @telus.net
<b>Rock and Gem</b> Ralph Bruinink 250-339-6966  <b>Glass Studio</b> Isabel Thomas 250-339-9667  <b>Silversmith</b> Bonnie Luterbach bluterbach@shaw.ca	<b>Thursday</b>	Exp. Beginner Line Dancing Magi's Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Magi's Chairfit Knitting Always Be Strong Mah Jongg	BR BR CRR AR CR BR DR BR CR	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	Susan Lock Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela	westwynde44 @telus.net 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-941-2518
		UpLift Strength and Core Thursday Yoga with Deb	BR BR BR	1:00 pm 2:15pm 3:30 pm	Barbara Havers Alana Hoever Linda Barfoot Karen Fraser alana.hoever	250-792-5103 @gmail.com 250-897-1374 250-465-0118
<b>Special Occasion Cards</b> Betty Edwards 250-339-9752 thriftstorequeen43 @gmail.com  <b>Newsletter</b> Nina Sato nsato@live.com 778-992-0220	<b>Friday</b>	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 12:45 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 778-585-5105 250-702-5948 250-792-2256 250-465-8154 250-218-6514 604-519-6748
		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)