



# April 2026 Newsletter

Centre CLOSED Friday, April 3 for Good Friday  
Centre OPEN Monday, April 6  
May & June Class Registration opens April 1  
Emergency Preparedness Info Session April 25

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



## President's Message

Dear Members,

April always feels like the true arrival of spring. If you haven't yet paused to admire the magnolia tree outside our sunroom window, I highly recommend it – it is a spectacular sight in the spring sunshine.

A sincere thank you to everyone who joined us for our AGM in March. It was wonderful to see such a strong turnout. We were pleased to present our new Strategic Plan and truly valued the insightful feedback we received from you.

As we look ahead, the excitement is building for our 50th Anniversary this summer. We already have three members who stepped up at the AGM to join the Planning Committee, and we are looking for a few more friendly faces to help us with the planning. We are partnering with the Town of Comox to host several events that celebrate both our rich history and our bright future. If you'd like to join the Committee, please leave your name and contact details at the Office.

While April is officially Volunteer Appreciation Month, at d'Esterre, we strive to recognize the heart of our centre year-round. To celebrate we will be hosting our formal volunteer recognition event in early May. I personally look forward to thanking the many individuals who so generously donate their time and talents to make our community thrive.

Myrna Holman  
President, Board of Directors



Enjoy the view of the magnolia tree



## Board of Directors 2026 – 2027

Myrna Holman, President  
Peggy Rasmus, Vice-President  
Lois Higgins, Secretary

Maureen Clarke, Director  
Jim Cooper, Director  
Mike Couture, Director  
Carol Doyle, Director  
Susan Kennedy, Director  
Nancy Kremer, Director  
Cheryl Smith, Director

Chris Haslett, Town Council  
Representative

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 for May/June opens April 1 at 10am (p. 11)
- No Parking in Harbour Air lot (p.4)
- Centre closed Friday, April 3
- Centre open Monday, April 6
- Info Session – Emergency Preparedness – Sat., April 25 at 10:30am

## Help Us Find Our New Executive Director

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).



# VO LUNTEER APPRECIATION

## d'Esterre Seniors' Centre Association

Enhancing our quality of life as we age

**As we celebrate volunteer appreciation month in April, let's harness the power of gratitude to uplift our community's heroes - nominate someone to be honoured at our annual volunteer dinner on May 2 by picking up a ballot from the office and sharing their impactful story.**

**Our Center is profoundly grateful for the selfless contributions of our invaluable volunteers**

**Volunteer Nomination forms are available at the office.  
Please submit nominations by April 10.**



**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.**  
**9am-10:30am**

**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**

**French Toast (2 pieces) maple syrup**  
**Your choice of ham, bacon, sausage**  
**\$8.00**

**GET!**  
**INVOLVED!**

**50th Anniversary Working Group**

Summer 2026 will mark the **50th anniversary** of our building as the Centre's home. 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, contact the office and we'll put you in touch with the committee.

**Dei's Café**

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

*Breakfast: Muffins, scones, baked goods*

*Lunch: soup, salads, and sandwiches daily*

**NOTICE**

**FRAGRANCE  
 FREE ZONE  
 KEEP THE AIR  
 WE SHARE  
 HEALTHY  
 AND  
 SCENT FREE**

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

**Hot Meal Menu**

- Thursday    April 2    Liver & Onions*
- Tuesday    April 7    Shepherd's Pie*
- Thursday    April 9    Roast Pork & Applesauce*
- Tuesday    April 14   Ham & Scalloped Potatoes*
- Thursday    April 16   Liver & Onions*
- Tuesday    April 21   Meatloaf*
- Thursday    April 23   Chicken Parmesan*
- Tuesday    April 28   Quiche & Caesar Salad*
- Thursday    April 30   Liver & Onions*

# THE GIFT SHOP



## Meet Author Karen Poirier

Karen is a newcomer to the Comox Valley where she and her husband, Russ are enjoying life.

*She is a well-known artist and has also found joy in writing poetry and novels in the last few years. Painting, writing, creating a beautiful garden – she does it all.*

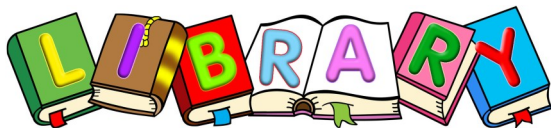
*Her writing credits include her first novel, "Across a Prairie Sky", a young readers novel. Based on a 14 year old girl living on a farm in rural Manitoba at the beginning of the twentieth century.*

*"Ronald and Donald", a children's book written and illustrated by Karen. The story was inspired by the antics of their two cats that live with them and was originally written for their two youngest grandsons.*

*"One Thousand Days" is a story about a young Canadian soldier; Karen's father, who was a member of the Queens Own Cameron Highlanders of Winnipeg.*

*After a whirlwind romance with Olivene and without a chance to say goodbye, Lloyd is quickly deployed to England in December 1940. We follow his footsteps through his struggles, first as a soldier stationed in England, then through his struggles in the prison camps and his attempts at freedom. It's a story of violent clashes and love. Its hard and soft edges against a background of stirring tension bring the reader through the turbulent years of World War 2.*

**Karen's books are available in the Gift Shop**



The library book sale brought in \$212.50 with proceeds going to the Centre!

Thank you to all who participated.



**The Harbour Air parking lot will no longer be available for Centre use as of April 1.**



## Hello Spring

**Enter to Win by Donation  
a Stunning Cross Body Bag  
Designed and Crafted  
by Gabriele Lang  
from Luxurious  
Metallic Gray Vegan Leather**



**\$65.00 retail value**

**On display in our Gift Shop**

**Place your donation with your name and phone number on a  
entry ballot in the donation jar.**

**Draw May 8**

**All proceeds go to support the Center**

# Special EVENTS



*D'Esterre Have Hairs Annual Fashion Show*

Last month's fashion show, to a sold out crowd, celebrated the extraordinary businesses that empowered our event through their generous raffle support, exquisite swag bag donations, and stunningly beautiful outfits worn by our gorgeous models. Paris, our Visionary fashion director, collaborated with these phenomenal women-owned businesses, in our community, for a resounding fashion show success!

Huge thanks to Paris, Ele, Cheryl, and all our hard working volunteers. Special thanks to our amazing community vendors who supported our event and our wonderful photographer, Sandee of Forbidden Creations Co., who donated her time to snap great photos.

The Raffle raised \$1,200, all proceeds going to support d'Esterre Seniors' Centre.





*Make a Difference!*  
**DONATE**

## Share Your Story

Your time and generosity help make d'Esterre a place where people feel welcome, supported, and connected.

Now we'd love to celebrate the difference you've made.

Whether it's a special moment, a new friendship, or the joy of helping others, your story matters.

By sharing your experience, you help others see the impact of volunteering and giving. That may inspire others to support d'Esterre as well.

We invite you to tell us:

How has donating your time or money made a difference in your life or in the lives of others?

You can submit your story by email to [info@comoxseniors.ca](mailto:info@comoxseniors.ca), stopping by the office and speaking with a team member, or dropping off your story in writing at the office.

Thank you for being such an important part of our community.  
You can support our work by making a donation today.

**[GIVE NOW](#)**

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

### **\*Phishing Scam\***

Several people have recently received a phishing email requesting that you purchase gift cards on behalf of the Centre. You can identify this as a scam by checking the sender's email address. We would never ask any of our members to purchase gift certificates or any other item.

You can delete, block and report these emails via your email server.

# ↑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](mailto:seniorwoodworker@gmail.com) with questions or suggestions for speakers.

## INFORMATION SESSION

SATURDAY, APRIL 25 at 10:30am  
in the Ballroom

## BE READY

Emergency Preparedness Workshop



### Do you want to be prepared for an emergency?

Emergencies can happen anywhere at any time. In Canada, we face many hazards from wildfires, flooding, heat waves, and earthquakes. The Be Ready workshop is aimed at raising individual emergency preparedness.

In this workshop facilitated by the Canadian Red Cross, participants will learn about:

- ◆ The potential hazards and risks in their area
- ◆ How to create an emergency plan
- ◆ How to assemble an emergency kit
- ◆ The importance of social and support networks during emergencies

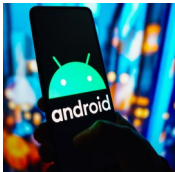
[jessica.finders@redcross.ca](mailto:jessica.finders@redcross.ca)

[redcross.ca/Beready](http://redcross.ca/Beready)



### Coffee with AI

Come have coffee with AI on Mondays from 9-11am on April 20&27. 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 Monday, April 6 from 9-11am in the back area of the Dining Room. After April 6, Alan will not be available until May 25.

### 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](mailto:thriftstorequeen43@gmail.com)



## Activities Around the Centre

### Wood Workshop

We've just conducted a training session on the bandsaw. We have ongoing, monthly training sessions for our members. The shop has been busy. We recently rebuilt the small lathe so we're back to full capacity. Janine is turning her first bowl under capable mentoring by Greg! Martin is turning a dice cup! Gary recently turned a gorgeous vase.

We have another group coming in from Berwick this month, looking forward to building a cedar garden bench this time.

Jim Cooper, Coordinator, 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

### Art Club

Our studio now overlooks a busy Marina Park full of picnickers soaking up the sun's warmth. Do you remember the year swimmers were flocking to the beaches the last weekend in April?

Nancy's acrylic, "Shimmering Koi", makes quite a visual impact on our gallery wall. Lately she has been experimenting with chalk pastel pencils, with great success. No messy fingers leaving chalk thumb prints everywhere.

I can't wait to try them out.

Well, don't let gardening stop you. Pick up a few supplies and join us for a bit of creative fun on Monday mornings.



## 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 March:

Ladies—Cheryl S & Paula M, 726; Gents—Blaine K, 710  
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—Lori at 403-512-8203

Duplicate Bridge (Tues)—Judy at 250-890-1053 or  
Rona at 250-339-5391

Duplicate Bridge (W)—Leslie at 250-331-1498

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

Skillbuilder's Bridge—Lori at 403-512-8203

Team of Four Bridge—Chuck at 250-334-6612

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

### Carpet Bowling

Come bowling Mondays and Wednesdays at **12:30 pm**.

Fee for play is \$1 a day.

**We are actively seeking new members.**

**No experience necessary.**

**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 250-792-4173.

### 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

### Backgammon

Offered on the 2nd and 4th Friday of the month. FMI Kevin 236-489-1955 or kmcarvill@telus.net

### 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 open for April

### Registration for May & June will open April 1 at 10 am.

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.

Some April classes still have space available for the month or as drop-in.

**Tip:** Check over your invoice before clicking PAY to make sure that you registered for the correct class and month.

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

If a class is full, 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. Classes are led from a trauma-sensitive approach, offering you options to tailor your practice to suit you best. Each class will encompass floorwork, standing postures, balance and strengthening practices. Please do exactly what works for your body: this is not synchronized swimming! There will be a special emphasis each month; all bodies welcome, no previous yoga experience required. Please bring your own mat, a large pillowcase, a blanket and your curiosity. April’s special focus will be “Cultivating Gratitude” using the body, mind and spirit. Explore how mindful movement and creative visualizations during Yoga Nidra guided meditation can boost your sense of daily gratefulness. For more information, email Janet at janet@blueskyyoga.ca.

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—Intermediate 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 but is designed for those with some previous experience with Tai Chi.  
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. 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

- 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 for those new to Tai Chi.  
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.  
Instructor/Coordinator: Brenda Needham needham@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.

**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. 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>	<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 Lori Carter Diane Owens and Mike Dodds		778-585-5105 250-871-4299 403-512-8203 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 DR 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 1:30 pm 3:30 pm 5:00 pm 6:30 pm	Nina Sato Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones		250-992-0220 250-465-1683 250-792-4173 250-339-9667 250-339-6966 250-339-6706
		Cribbage	BR	7:00 pm	Linda Barfoot Linda Barfoot Lori Carter Susan Ward Wendy Anderson Deb Karlstrom Judy Morrison and Rona Lawson Diana Fright or Harry Piercy		250-897-1374 250-897-1374 403-512-8203 250-339-2979 250-898-3021 778-585-5105 250-890-1053 250-339-5391 250-339-7714 250-702-5948
<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-Interm 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 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	Brenda Needham Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela	needham	@telus.net 250-465-1683 250-339-9667 250-792-4173 250-702-5948 250-339-6706 250-941-2518
		Starts in Mar			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	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
		<b>Saturday</b>	Bridge (Duplicate)	CR	1:00 pm	Jeannette Baron	
	<b>2nd Sunday</b>	Team of Four Bridge	CR	12:30pm	Chuck Hodson		250-334-6612

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