

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

MAY 2026

For the young at heart

703 Memorial Avenue
Qualicum Beach BC
Monday to Friday
9:00 am to 3:30 pm
250-752-0420
VOLUME 29 | ISSUE 5



Rob's Notes

The weather is finally warming up here. I was in Calgary earlier this month, visiting the grandkids, when we were hit with a dump of snow.

It has been a busy month at the centre. Highlights include another seafood dinner from Ken and Donna plus their volunteers, and a bus trip to Victoria organized by Cindy.

And, lastly, I would like to welcome Lynda Simons as our new newsletter editor.



West Coast Swing at the Qualicum Beach Seniors Activities Centre

A Four-Month Journey of Rhythm, Learning, and Community

Our West Coast Swing dance program has been a joyful highlight at the Qualicum Beach Seniors Activities Centre from January through April 2026. Each Monday and Thursday evening, dancers of all levels have gathered to learn, practice, laugh, and connect on the dance floor.

A Heartfelt Thank-You to Walt Ilenseer

We extend our warmest appreciation to Walt Ilenseer, whose enthusiasm, expertise, and generous spirit have shaped this entire experience. Walt's patient teaching, clear guidance,

and upbeat energy have helped dancers grow in confidence, skill, and connection. His commitment week after week has made these sessions not only educational but truly uplifting.

Final Session April 27

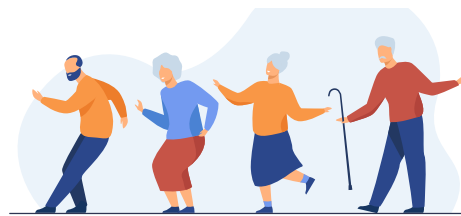
Our final West Coast Swing session on Monday, April 27 marked the finale of this wonderful four-month series.

Below are photos of just a few of the many participants who brought joy, rhythm, and community spirit to each session.

Submitted by Judy Palipowski



SENIORS CENTRE *Activities*



SUNDAY

Duplicate Bridge 1:00 - 4:00 pm

\$2 per session

Wolfgang Dost 250-797-4513 wolf.dost@yahoo.ca

Open Mic – 1st and 3rd Sundays

6:30 - 8:30 pm

Bill Wilson 250-752-8542 laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Joy Strobl 250-594-4043 joystrobl@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771

sharp44@shaw.ca

QB Ukulele Band 12:30 - 2:30 pm

Glynis LeBlanc 250-738-5097

isdlandgirlsgirlsdesigns10@gmail.com

Beginner Ukulele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

West Coast Swing 5:00 - 6:30 pm

Judy Palipowski 250-752-6837

judyopalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-586-2500

algagnon006@gmail.com

Henk's Practice Group

10:00 am - 12 noon

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556

sallyajagger@gmail.com

TUESDAY continued

American Mahjong

12:30 - 3:00 pm

Sonya Miller 250-752-5737 miller206@shaw.ca

Functional Movement Class

1:30 - 2:30 pm – By Appointment

Jane Loney 250-228-3349 janeloney@hotmail.com

Splatters Painting Art Class

3:00 - 4:30 pm

Mike Sherlock 604-815-7711

msherlockqb@gmail.com

Rambler's Practice 4:45 - 6:15 pm

Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

Ani MacGillivray 250-228-0518 **NEW**

animacg@hotmail.com

Dominoes 10:00 am - 12 noon

Pauline Childs 250-752-2440

dave7522440@gmail.com

Beginning / Elementary Spanish

11:30 am - 12:30 pm

\$2 per session

Elena Ortiz 250-752-8803

elenaortiz23@yahoo.es

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Book Club 2:00 - 3:00 pm

First Wednesday of the month

Gail Smith 905-808-4585

xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm

Chaz Booth 250-240-0465

chazentertains@gmail.com

QWEST Weigh-in 3:15 - 5:00 pm

Elaine MacDougall 250-594-3604 repac5@shaw.ca

Beginner Line Dance

5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm

Judy Palipowski 250-752-6837

judyopalipowski@gmail.com

THURSDAY

Darts 10:00 am - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258

Or book your own appt: tlc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm

West Coast Swing 5:00 - 6:30 pm

Judy Palipowski 250-752-6837

judyopalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm

Marion Clark 250-468-9280

treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Thuy Bui 250-607-8448

Linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260

fiona3@shaw.ca

Mahjong 1:00 - 3:00 pm

Angie Bettam 250-937-1862

angiebettam@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425

rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am \$8 per session

Anne Sharp 250-750-9771 sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

\$5 per session

Dr Rod LeBlanc

rod@lifelonghealth.ca

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

Advance Care Planning: An Educational Talk at Berwick, Qualicum Beach

On April 21, members attended an engaging and informative educational talk held at Berwick Qualicum Beach. The session was presented by JoAnn Dunderdale, a retired nurse, who shared her knowledge and experience on the important topic of advance care planning.

JoAnn delivered a thoughtful and insightful presentation, outlining the importance of planning ahead for future health care decisions. She highlighted key considerations such as communicating personal wishes, selecting a substitute decision-maker, and ensuring that documentation is in place to guide loved ones and healthcare providers. Key points included the following.

Why it matters

Most Canadians will face chronic illness or unexpected health events. Having a plan helps guide family and healthcare providers and reduces stress and conflict.

Real-life example

A woman who had no plan suffered a stroke, leaving her children in disagreement about her care, resulting in difficult outcomes—highlighting the importance of clear planning.

What to consider

Personal values, quality of life, independence, medical interventions, and end-of-life preferences.

Communication

Discuss your wishes with family, friends, and healthcare providers to ensure they understand and can honor them.

Decision-makers

In BC, a healthcare representative (not a power of attorney) is legally authorized to make medical decisions if you cannot. Without one, decisions fall to family members in a set order, which can lead to conflict.

Documentation

Plans can be simple but should include your wishes, values, and decision-makers, and be shared with key people.

Ongoing process

Plans should be reviewed regularly as circumstances and preferences change.

Resources

Tools like “My Voice” and other online guides can help individuals create their plans.

Also, the following links can help those who wish to learn more:

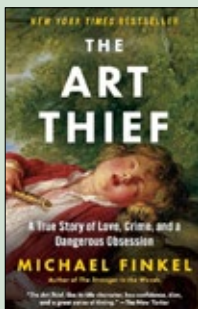
- Island Health – www.viha.ca and search for Advance Care Planning
- HealthLink BC – www.healthlinkbc.ca and search Advance Care Planning or call 811
- Dying with Dignity – www.dyingwithdignity.ca
- Nidus Personal Planning Resource Centre – www.nidus.ca
- Advance Care Planning Canada – www.advancecareplanning.ca
- BC Centre for Palliative Care – www.bc-cpc.ca/acp
- The Conversation Project – www.conversationproject.org

Sincere thanks go to JoAnn Dunderdale for her informative and well-delivered presentation. We also extend a special thank you to Berwick Qualicum Beach for graciously hosting the event.

Paula Kalsi, Director of Special Events

The **Book Club** meets the first Wednesday of each month.

The book for our May 6th gathering is *The Art Thief* by Michael Finkel.



Contact Gail at xgail.smith@gmail.com if you wish to join to the club.

Books and doors are alike. You open them and discover another world!

Upcoming Events

No special events May, June, July

Please be advised that there will be no special events planned or organized during the months of May, June, and July.

Next special event August 19th

The next scheduled event will be a Summer BBQ taking place on Wednesday August 19th at the beautiful beachfront venue of the Rotary Club of Qualicum Beach. Additional details including sign-up information will be shared in the June newsletter.

Paula Kalsi

Seafood Dinner a Delicious Success!

On April 11, members gathered for a wonderful evening of food, music, and camaraderie at our second seafood dinner of the season. This event was organized especially for those who were unable to attend the first dinner held in February, and it certainly did not disappoint.



Guests were treated to an impressive spread of seafood and accompaniments. The menu featured halibut, salmon, candied salmon, peel-and-eat prawns, stuffed crab and prawn mushroom caps, crab cakes, crab and prawn cream cheese pinwheels, as well as coleslaw,



garlic bread, and vegetables. The evening concluded on a sweet note with a delicious blackberry cobbler topped with whipped cream.

Adding to the lively atmosphere, musical entertainment was provided by Bruce Feltham, helping to make the night both fun and memorable for all who attended.

A highlight of the evening included door prizes awarded to following three lucky winners:

- Sonya Miller – chocolate crepes, condiment set, framed print of a Newfoundland fishing boat scene (donated by Beverly Evans), and a \$100 gift card to Qualicum Foods;
- Val Dyer - chocolate crepes, condiment set, and a \$25 gift card to Qualicum Foods; and
- Glenda Mancinelli - condiment set, chocolate bar, and a \$25 gift card to Qualicum Foods



In addition, each table celebrated one member who took home the centerpiece—a charming small floral arrangement displayed in a glass vase.

Events like this would not be possible without the dedication of our volunteers: Leslie Kleven, Judy Palipowski, Sue Hoy, Brenda May, Ferne and Walt Gurka, James Taylor, and Irina Basto.

A special thank you goes to Ken Roberts for his generous donation of the seafood and for leading the kitchen team in preparing such an outstanding meal.

Overall, it was a fantastic evening enjoyed by all, and we look forward to more gatherings like this in the future.

Paula Kalsi, Director of Special Events

Travel Talk

Check the website qbseiors.com for updates on the trips that are being planned

HAIDA GWAI (an Exclusive Departure)

July 28 – August 6, 2026

SQUARE 1 TRAVEL HAS 4 SPOTS AVAILABLE ON THIS TRIP

PLEASE CONTACT DIANE TODD, SQUARE 1 TRAVEL TO BOOK & PAY @ (250) 334-0355

Tour operated by West World Tours

Double: \$5,299.00 per person, Single: \$5,999.00 per person

**Deposit of \$350.00 per person required – at time of booking

**Deposits are refundable up to 61 days prior to tour departure

**Final payment - 60 days prior to departure - Cancellation penalties apply after this date

**Please call Square 1 Travel to book and pay.

HIGHLIGHTS:

Sailing on BC Ferries, Haida Heritage Centre, The Balanced Rock, Old Masset

Naikoon Provincial Park, Jungle Beach, Agate Beach & North Beach, Golden Spruce Trail, Traditional Haida Feast, North Pacific Cannery, Crystal Cabin Gallery, Port Clement Museum.

PRICE INCLUDES: 9 Nights accommodation, Deluxe Motorcoach Transportation, Baggage Handling (1 per person – maximum 50 lbs.), Return Ferry Transportation, Lounge Seating on Port Hardy – Prince Rupert and return ferry, Multi-night stays in Haida Gwaii.

NOT INCLUDED: Gratuities for Tour Director and Driver, Meals and activities not specified in the itinerary, Any personal expenses, Travel insurance, Pre or post tour accommodations.

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR! Brian Collicott 250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca

Every Thursday 1:30 to 3:30 pm in the Lounge

Taking a short break

I am currently taking a break from travel planning for the next few months. It's time to recharge and return with fresh ideas. During this time I won't be advertising or promoting any trips, and appreciate your understanding.



MAMMA MIA!

Sunday, May 31, 2026

Queen Elizabeth Theatre, Vancouver

Tickets

\$349 per person, SOME TICKETS STILL AVAILABLE

Included in price

Return bus and ferry transportation and 2 pm matinee

Payment

- By cheque to **ISLAND FEVER TRAVEL**
- e-transfer to kim@islandfever.travel, password: **Mamma**

This is a shared trip with Campbell River guests.

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**. *Jeri would be happy to brighten their day!*



MEMBERSHIP RENEWAL

Starting May 1st, 2026 the Centre is issuing Membership for the August 1st, 2026 to July 31st, 2027 year.

This advance issuing provides an additional three (3) months for the next year.

Existing memberships (blue card) expire on July 31st, 2026, so there is plenty of time for members to renew. Annual fee is #30.00



MEMBERSHIP REPORT

Year to date (2025-2026) as of April 30, 2026:
1051 Total members, made up of:

- ☞ 629 renewals
- ☞ 301 new
- ☞ 102 Complimentary (90 years or over)
- ☞ 18 Life members
- ☞ 1 Honourary

WELCOME NEW MEMBERS

Christine Hillier

Kim Greig

Jackie Carey

Ellen Brown

Anthea Stammers

Rosemarie Baker

Kathy Draper

Dolina MacAuley

Betty Ann Emery

Karen Hodgson

Mary Casey

George Ristanovic

Kathy Heitzmann

BOARD OF DIRECTORS 2025-2026

President.....	Rob Duncan	236-544-0021
Vice President	Paula Kalsi	250-738-6020
Secretary.....	Bonnie Evoy.....	250-248-7691
Treasurer	Sandi Grant.....	778-987-2472
Past President	Lorne Tetarenko	250-951-9050

DIRECTORS

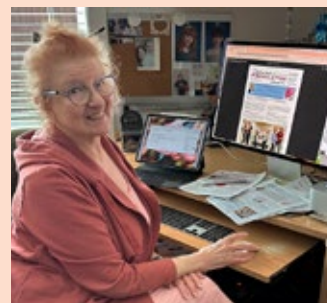
Events	Paula Kalsi	250 738-6020
Facilities.....	Geoff Rigby.....	250-594-5411
Kitchen	Leslie Kleven	250-240-5479
Membership	Anne Sharp.....	250-752-9771
Technology	Barbara Davidson.....	250-752-6770
Travel	Cynthia Crawford.....	250-594-7701

AFFILIATES

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Jan Desjardins	Kitchen	250-686-0348	janmdesjardins@hotmail.com
Jeri Burke	Sunshine	250-752-9320	jeriburke47@gmail.com
Ann Svensen.....	History	250-752-5537	kasvensen@shaw.ca

New Newsletter Editor

Hi, I'm Lynda Simons. I've just taken over the newsletter from Karen Garland, who has



big shoes to fill. I have tried to make as few changes as possible, but old habits die hard.

However, I do respond to feedback from

readers and will make changes if enough of you want the same change. Let me know.

lyndajoyssimons@gmail.com