

Qualicum Beach Seniors' Activities Centre



NEWS

For the Young at Heart

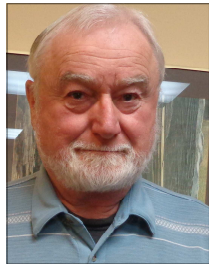


Box 103,
703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
Email: qbseniors@shawbiz.ca
~ OPEN ~
Monday to Friday
9:00 am - 3:30 pm

Volume 26 Issue 9

SEPTEMBER 2023

250 752-0420



FROM LORNE

At this time of year you hear comments like "Where did summer go" or "Where did July and August go?" Those are questions that I am asking myself. For me, it was a good summer. Stepping out of my door every morning and seeing blue sky and sunshine was a veritable treat.

I made most of my meals for June, July and August, using just my barbecue (with side burner) and occasionally adding the microware. In all I made 64 meals in June thru' August.

Our town market is having a very good season with excellent vegetables and fruit.



Our very sad News to share with you is WIN GAETZ has passed away.



Unfortunately, Win had been in ill health for some time and hasn't been able to join in on her favourite pastime, playing Bridge. She enjoyed that for a great many years at the Centre and, we are sure, lots of other places as well.

Win was an original member, joining the Seniors' Centre when it was being formed in 1997. She was given a Life Membership a couple of years ago for her service to the Centre.

Win managed the kitchen for a year and filled in as our Sunshine Lady, sending cards and messages to those needing a little TLC for a number of years. She brought her own chair to the activities room (for her comfort) a nice remembrance of her. As well, she helped out at every fundraising sale we had (and we had a lot!!) She will certainly be missed by all of those who knew her.



In August we had a barbecue event at the Centre. In September there will be more events, such as movie night and our annual Fowl Supper.

Also, it is time to think seriously about being a member of our Board. Watch for the Notice Board at the Centre.



PANCAKE BREAKFAST
Sept. 9th for Turkish visitors
Unfortunately this event has been
CANCELLED

Anyone interested in entering membership forms in the data base is needed on an occasional basis. A training

session would be provided. This is to take over when the database person is away. May only be needed a few times a year.

A **VOLUNTEER** with **GENERAL COMPUTER KNOWLEDGE** is also needed to assist on a part-time basis. Anyone interested in these positions can leave their contact information at the Greeters desk.



Saturday, September 16th

2:00 – 4:00 p.m.

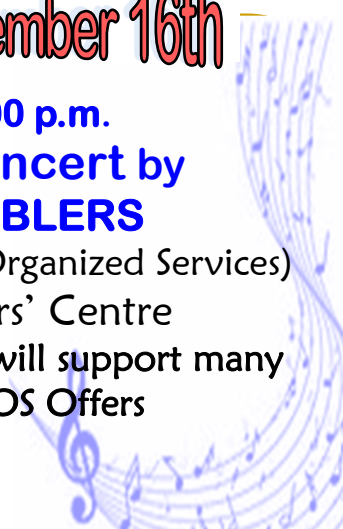
**Benefit Concert by
THE RAMBLERS**

for SOS (Society of Organized Services)

At the Seniors' Centre

All concert donations will support many wonderful programs SOS Offers

Refreshments available





Senior Centre Activities

~ SUNDAY ~

CONTRACT BRIDGE - 6:30 pm
Wolfgang Dost 594-4513
wolf.dust@yahoo.ca

~ MONDAY ~

KNITTING/CROCHET for MANNA
9:30 - 11:30 ~ Jan 250 738-1040
jancurtis5431@gmail.com

MEMBERSHIP OFFICE WORK

11:30- 3:00 p.m.
Anne 250 752-9771

YOGA: 9:30—10:30:
CHAIR YOGA: 11:00-12:00
Jane 228-1157 - \$8
janeloney@hotmail.com

QB UKULELE BAND: 12:30—2:30
Catherine 250 752-9082
mckhan2@shaw.ca

BEGINNER UKULELE
BACK SEPTEMBER 18
2:30—3:30 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE 1— 3:00 - 4:00

LINE DANCE \$5
Cancelled 'til Sept. 11
DANCE 4:00 - 5:00
for 1 & 11
BALLROOM DANCE

~ TUESDAY~

FUN BRIDGE: 9:00 - 12:00
Al Gagnon 250 596-2500
algagnon006@gmail.com

LOUNGE GROUP of 8 FULL

9:00—10:00
Helen 250 752-7274
helenhere1199@shaw.ca

CB TUNES—SEPT. 5

3:00 - 4:30
Court 250 951-2572
brook@shaw.ca

WHIST: 12:30—2:30
Except in lounge 1st Tuesday
Sally Jagger 250 752-3556
sallyajagger@gmail.com

SONGBIRDS: Registration in lounge & commencing September 12—3:00—4:30

Diana Meyer 250 752-4856
Diana.meyer@outlook.com

RAMBLERS PRACTICE

6:00—8:30
Colin Craig: goodison95@shaw.ca
CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Any Mac
10:00-11:15 - \$8 a session
250 228-0518
animacg@hotmail.com

DOMINOES ~ 10:00- 12:00
Audrey 250 752-9134
amishbell@shaw.ca

SPANISH CONVERSATION BACK SEPTEMBER 6th

11:30—12:30
Harvey 594-5915
landed@telus.net

CHAIR YOGA: 1:00-2:00
\$8. - Jane 228-1157
janeloney@hotmail.com

BOOK CLUB: 2:15—3:15
First Wednesday of every month
Gail Smith 905 808-4585
Xgail.smith@gmail.com

TOPS: Weigh-in 3:45—5:00
Elaine 250 594-3604
repac5@shaw.ca

PARKSVILLE/QUALICUM FOUNDATION

5:30-6:30 Monthly
Pat Weber 951-1159
patrick-weber@shaw.ca

A CAPPELLA: 7:00—9:30
Marion 250 468-9280

~ THURSDAY ~

ADVANCED BRIDGE CONVENTION BIDDING
September 28—9:30-11:30 - \$8
Peter 250 586-5740
pseggers225@gmail.com

DARTS: 10:00-12:15
Bernie Brockway 757-2330
berniebrockway82@msn.com

DROP-IN BRIDGE: 12:30—3:00
Barbara Wade - 250 228-4233



PROBLEMS with your ELECTRONIC DEVICES?

Call **TECHNOLOGY TUTOR BRIAN** at 250 947-8258

tlc@sd69.bc.ca or book your own appointment:

oblit.ca/calendar

Every Thursday 1:30-3:30 In the Lounge

~ THURSDAY ~

LINE DANCING - 4-5
BALLROOM DANCE - 5-6
5:00—6:00 pm—
\$5

Cancelled 'til Sept. 7

PRACTICE TIME: 6-7

~ FRIDAY ~

UKULELE IS FULL- 10-12
WAIT LIST ONLY
Maureen 250 594-6071
maureenjames@shaw.ca

INTRODUCTION TO AMERICAN MAHJONG
10:00—12:00

Inger 250 951-9298
inger-weber@shaw.ca

MAHJONG 1:00—3:00
Chic 250 752-6846
senchic40@gmail.com

ART GROUP: 1:00—3:00
Beryl 250 752-9200
arieslady3847@gmail.com

CLEANING 4:30—7:30

~ SATURDAY ~

HATHA YOGA with Richard
10:00—11:00
Anne 752-9771—\$8 a session
sharp44@shaw.ca

NOTE: extra copies of the Activities List are in a basket by the Greeters desk. Please check for any changes that may have taken place over the month.



PAT BULL is the Centre's SUNSHINE LADY

If you know of someone who may be feeling ill, in hospital, grieving?

Be sure to call Pat at:

752-3946

She will be happy to send them a card



what's cookin'?

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John

WEDNESDAY SEPTEMBER 20

BILL & VERDELLE'S CHILI

w/ Corn Meal
Muffin



THURSDAY LUNCH



CATHY & BRENDA'S CREAMY CLAM CHOWDER

LUNCH on FRIDAY



MIKE'S CHICKEN

with crew John & Betty

Greetings from the Cookie Cutters

Hope everyone has had a fantastic summer this year. Despite the heat and hazy skies, we have been relatively lucky compared to the rest of BC.

Believe it or not, it is almost time to think about saying farewell to summer. The days are getting shorter and the evenings are cooler.

As we wind down from a busy summer, you may be thinking of finding new ways to fill your time. If you enjoy baking, our baking group would welcome you. For more information please call/text Brenda at 604 379-0299 or email me at Charles.brenda@me.com. I would love to hear from you.

AND here is one more recipe that will remind us of summer. Stash some of those blackberries you picked in the freezer and you can bring back summer when the rain returns.

BLACKBERRY QUINOA SCONES

with Maple Glaze

2-1/2 cups flour
2 tablespoons quinoa (optional)
2 tsp B powder 1/2 tsp B soda
1/2 cup butter, cubed 1/2 tsp salt

1/2 cup whole milk 1 large egg
1/4 cup pecans 1 cup blackberries

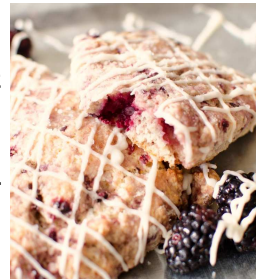
GLAZE: 1/4 cup maple syrup
1/2 cup icing sugar

Preheat oven to 375 deg.
In a large mixing bowl, combine flour, quinoa, baking powder, baking soda and salt. Add cubed butter and incorporate with pastry cutter. Whisk the milk, egg and pecans together in a small bowl. Add wet ingredients to dry and stir to combine. Mix the dough so there is no dry spots and then add blackberries, folding in with a spatula.

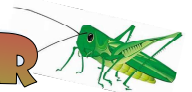
On a floured surface fold the dough into a disk shape, 1-1/2 inches thick.

With a serrated knife slice the dough into 8 pieces and place on parchment paper covered baking sheet and bake for 25 minutes.

Make the glaze while the scones are baking. Whisk together the maple syrup and sugar in a bowl. When the scones are finished baking and still warm, use a fork to poke some holes and drizzle the glaze over top. Note the sweetness comes from the glaze, so no added sugar to the scones. Nice!



HARVEST FOWL SUPPER



Saturday, September 23

At the Legion ~ \$25 pp

Doors open at 4:00 pm ~ Supper 5:00 pm

The menu is a *slightly newer version for our fowl supper. *Chicken and fixins', veggies, coleslaw, jellied salad, onion salad, puffy bread, Flapper & other home-made pies and ice cream

△ DOOR PRIZES

△ Dance to music by **BRUCE FELTHAM**
Sign-up on Activities board.

CHEQUE/CASH in envelopes provided
is **requested at SIGN-UP TIME PLEASE**

Drop into box over the table on your left



Welcome to our kitchen



As the Monday, (Wednesday, once a month) Thursday & Friday teams are regularly in the newsletter ... it's time to recognize these happy volunteers who pitch in on mornings and afternoon shifts every day, serving up tasty treats as well as making sure the kitchen and eating area is spic and span for the next day! More Oct. Newsletter.



Margaret Sills & Sandra Osborne



Brenda Charles & Yvonne Hooper



Jan Taggart



Carol Garmes & Brenda Craig



Dagmar & Fred Aiken and Linda Cooper

A row of bottles on my shelf
Caused me to analyze myself.

One yellow pill I have to pop
Goes to my heart
so it won't stop.

A little white one
that
I take, goes
To my hands
so they won't
shake.

The blue ones
that I use lot
Tells me I'm happy
when I'm not.

The purple pill goes to my brain
And tells me that
I have no pain.



The capsules tell me not to wheeze
Or cough or choke or even sneeze.

The red ones, smallest of them all
Go to my blood
so I won't fall.

The orange ones,
very big
and bright
Prevent my leg
cramps in
the night.

Such an array
of brilliant pills
Helping to cure all kinds
of ills.

But what I'd really like to know
Is what tells each one
where to go!

△ Now you know: A PHARMACIST is a helper on a farm.

△ PARADOX: two physicians

△ SUDAFED: brought litigation against a govt. official

Oceanside Caregivers, *Caring for loved ones.*



We bring understanding, hope, caring, support and resources for the Caregiver.

Thursdays: Sept. 28 & Oct. 26 at 1:00 p.m.
at **The GARDENS,**

650 Berwick Road north, Qualicum Beach

Call **Carol & Fred Dowe 250 752-2104** or email
caroldowe@gmail.com

THE "HEALTHY" CORNER

Will wearing hearing aids



make my ears lazy?

One misconception that an audiologist deals with, if not daily, is that wearing hearing aids will result in 'lazy ears'. Hearing aids are incredible technological devices that have transformed the lives of millions of individuals with hearing loss. Let's debunk this myth and give hearing aids the credit they are due.

UNDERSTANDING THE FUNCTION OF HEARING AIDS:

To comprehend why hearing aids do not make the ears lazy, it is essential to understand their function. Hearing aids work by capturing sound waves, processing them to maximize speech clarity and delivering the amplified sound to the wearer's ears.

HEARING AID BENEFITS:

1. Amplification: hearing aids help individuals hear sounds they would otherwise miss due to hearing loss. By giving the wearer access to the sounds, hearing aids improve communication, enhance quality of life and reduce social isolation.

2. Speech Perception: hearing aids improve speech perception by making speech sounds more audible and distinct.

This enables individuals to better understand conversations, participate in social interactions and maintain cognitive function.

3. Auditory Stimulation: Hearing aids provide crucial auditory stimulation to the ears and the brain. By amplifying sounds, they keep the auditory system active and engaged, preventing auditory deprivation and reducing the risk of cognitive decline.

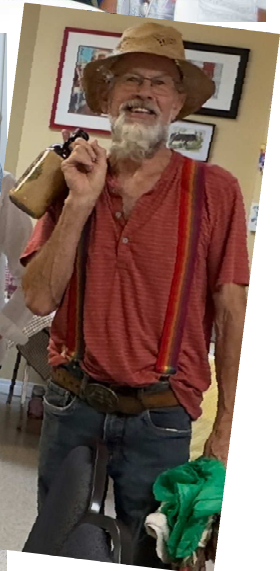
4. Brain Plasticity: The brain has an incredible ability to adapt and rewire itself, known as neuroplasticity. When individuals with hearing loss use hearing aids, the brain receives consistent auditory input, stimulating neural pathways and maintaining cognitive function.

THE MYTH OF "LAZY EARS": The notion that hearing aids make the ears lazy is based on the misunderstanding that the ears become dependent on the amplification provided by the devices. In fact, hearing aids do not make the ears lazy; they are invaluable tools that stimulate the auditory system to help prevent it from forgetting how to do its job!
Consult an experienced audiologist re any concerns.



On August 13, 40 hungry members attended the 'Bluegrass BBQ' at the QB Senior Centre. The Back Porch Banjo group played wonderful bluegrass music for listening and for dancing. After a short time for a cocktail and a visit with friends, we enjoyed a delicious meal of ribs or chicken along with several salads and side dishes. The dessert table was full of sweets to enjoy with tea and coffee. The band kept playing and the dancers kept dancing right until the end.

Many thanks to Court for organizing a very successful BBQ and to all of the volunteers who pitched in with cooking, baking and serving everyone. It was, I am sure, a perfect time for a pleasant fun evening for everyone.



Coming Soon!

AGM TUESDAY OCTOBER 25

'Spots' will be available, so think about letting your name stand for a position on our Board of Directors...bring your experience, ideas and expertise that always helps to keep our Centre a happy place to visit and make new friends ... we look forward to hearing from you!!

HUGE THANKS TO BONNIE & ANNE

For giving the two closets in the Activity Room a good house cleaning. It was a big job, and a job well done!

A lot of 'treasures' were put on display for anyone that would like one or two or ?? items. Thank you to all who helped themselves, saving a trip to the SOS. There are still some items at the Centre

Planned Events

SEPTEMBER: Fowl Supper.

OCTOBER: AGM, Treasure Hunt, Trick or Treats for the Kids, Active Aging Week

NOVEMBER: Moonlight Madness Open House, Craft Sale...Events subject to change.
Events subject to change

Mental Floss

Your storehouse of knowledge will be greatly expanded by adding these random bits of trivia.

- ▶ The hashtag symbol is technically called an octothorpe.
- ▶ Although it's a fabled creature, the unicorn is the national animal of Scotland.
- ▶ The British Crown Jewels contain the two biggest cut diamonds on Earth.
- ▶ You can hear a blue whale's heartbeat from more than two miles away.
- ▶ A baby puffin is called a "puffling."
- ▶ Elvis had 18 #1 hits, but only won three Grammys.
- ▶ The speed of a computer mouse is measured in "Mickey's."
- ▶ About 700 grapes go into a single bottle of wine.
- ▶ A group of bunnies is called a "fluffle."
- ▶ During World War II, a team of six women programmed the first digital computer.
- ▶ The moon has its own time zones.
- ▶ No real astronaut ever uttered, "Houston, we have a problem."
- ▶ Facebook has more users than many major populations.
- ▶ The voices of Mickey and Minnie Mouse got married in real life.

The **SONGBIRDS** are returning after a rest over the summer
REGISTRATION is on
TUESDAY, SEPTEMBER 12

in the lounge at the Centre. We are now full, however we have a waiting list for January.

For more information call:

Diana Meyer 250 **752-4856**



Hidden Treasure?

Join the Qualicum Beach Seniors in our first Annual **TREASURE HUNT**

Wednesday, October 18

Help us to help the St. Stephen's

Community Meal Program

Watch bulletin board, emails and our web site over the next few weeks for information on how to participate.



Bridge Lessons for Qualicum Beach Seniors Advanced Bridge Convention Bidding

This set of 10 drop-in lessons is for the bridge player looking to seriously improve their bidding skills. Topics covered are: weak two bids, strong two club openings, Michaels cuebid, drury, splinter bids, various notrump conventions and more. A comprehensive student textbook is available for \$10.

Starting: Thursday, September 28, 2023
9:30 a.m. - 11:30 a.m.

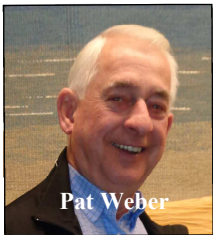
Location: Qualicum Beach Seniors' lounge
703 Memorial Ave., Qualicum Beach
www.qbseniors.com

Cost: \$8 per lesson

Instructor: Peter Segers, 250 586-5740
psegers225@gmail.com

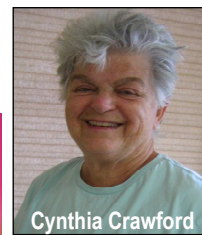
Pre-registration is not required, but you must be a member of Qualicum Beach Seniors' Centre.

For more information about the lessons contact the instructor



Pat Weber

TRAVEL Talk



Cynthia Crawford

Watch the website: www.qbseniors.com
for updates on all of the trips being planned



OKANAGAN GETAWAY

September 16 - 18

\$899 dble. \$1199 single

Enjoy our Getaway to **Kelowna & Summerland**
We visit the historic Kettle Valley Railway with a

BBQ lunch, stop at a winery for wine tasting & brewery stop for lunch. Dinner cruise on the lake. Coach from QB.

Sign up sheet on bulletin board. Cheque to Square 1 Travel.

HOLLAND AMERICA 50th ANNIVERSARY

SEPT. 30 – OCT. 7

pp 2 sharing outside

\$1,995

Veranda **\$2,395**

Suite **\$3,095**



Only a few cabins remain available on the special Holland American Anniversary Cruise to Alaska. Includes: Shore excursion credit USD \$50; Onboard credit USD \$50; beverage package, WIFI, specialty dining and home pickup and transfers from QB to cruise pier. See travel board for pricing and sign-up sheet.

- ▶ I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.
- ▶ The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends
- ▶ The easiest way to find something lost around the house is to buy a replacement.
- ▶ Did you ever notice: The Roman Numerals for forty (40) are XL.
- ▶ The sole purpose of a child's middle name is so he can tell when he's really in trouble.
- ▶ Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.



- ▶ You know you are getting old when everything either dries up or leaks.
- ▶ Ah! Being young is beautiful but being old is comfortable
- ▶ Lord, keep your arm around my shoulder and your hand over my mouth.
- ▶ We never really grow up—we only learn how to act in public.
- ▶ We don't stop playing because we grow old: we grow old because we stopped playing.
- ▶ Finally a diet plan that really works. It's called "The Price of Food".
- ▶ May you always have: Love to share,

Cash to spare and Friends who care.
▶ **From Yulla:** Heaven must be a beautiful place. Everyone wants to go there but never comes back.

How many 6 (or more) letters can you make using the letters below. No plurals or 'ing' endings.

E	B	S	L
T	H	A	W
G	Y	N	I
P	K	R	F

Arrowsmith Home Services

HOME WATCH SECURITY

Decluttering and Downsizing
Residence Transition

Services include listing and selling your home

***Home maintenance *Staging *Need help?**

Call today—NO JOB TOO SMALL!

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arrowsmithhomeservices@gmail.com

Welcome New Members

Ken Barlow
Sylvia Jimmo
Richard Rodda
Trish Evans
Shirley Day
Corinna Paton
Albert Paton
Marilynn Sims
Walter Hoogland
Margaret Patterson
James Patterson
Louise Haugland
Norma Haugland
Chrys Tromans
Brian Wheeldon

Dan Dueckman
Linda Nickerson
Valeria Baker
Geri Jacques
Betty Prosser
Duncan Watson
Yvette Freeman
David Freeman
Lynn McKittrick
Gord Almond
Cathy McDoughall
Brenda May
Martin Hill
Lucille Dodd
* * *

CONGRATULATIONS

GWEN MONCRIEFF

Winner of our monthly draw for a
GIFT CARD from



With Thanks

I tried to come up with a carpentry pun that wood-work. I thought I nailed it but nobody saw it.

Centre News

As of July 31, 2023

* * *

For 2022-23 (year-end final) - 973 Members
For 2023-24—350 Regular Members,
82 Complimentary, 23 Life, 2 Honourary
To July 31st, of the 350 Regular,
79 were New Members,
TOTAL MEMBERS (total 2022-23 plus
2023-24 New members) 1052

OCTOBER NEWSLETTER

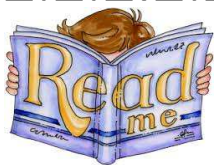
DEADLINE ~ Thurs. September 28

lilapat@shaw.ca 250 752-6489

AUGUST WINNER: Sylvia Flynn


Logo found on p. 5— **VOLUNTEERS**

THANKS to all who participate in this fun contest.



...and WIN \$25!

Find and describe where the Centres Logo is hidden in this newsletter (**NOT in the headline or this form**) and drop into the jar provided on the table by the Greeters desk. **Winner will be phoned when ready for pickup at the Centre. One winner per month**

The  is hidden on page

.....

Name & phone:.....



Board of Directors

*

2022

2023

President	Lorne Tetarenko	752-5630
Past President	Pat Weber	951-1159
Secretary	Bonnie Evoy	248-7691
Treasurer	John Telfer	240-9609

DIRECTORS

Activities	Judy Palipowski	752-6837
Newsletter/Advert.	Lila Greene	752-6489
Membership	Anne Sharp	752-9771
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499
Electronic Media	Court Brooker	951-2572
Kitchen Manager	George Wimmer	594-7840

AFFILIATES

Sunshine	Pat Bull	752-3946
Kitchen Volunteers	Jan Desjardins	1-250-686-0348
Travel	Pat Weber	951-1159
History	Ann Svensen	752-5537
Welcome Desk	Jeri Burke	752-9320
Website	Les McLean	