

# Qualicum Beach Seniors' Activities Centre

# SNEWS for the Young at Heart

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<http://www.qbseniors.ca>  
email: [qbseniors@shawbiz.ca](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday - Friday  
9:00 a.m. - 3:30 p.m.

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JUNE 2020

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I love this time of year. As we head into June with warm temperatures, clean, fresh air, and the gardens coming into full bloom, I feel renewed and full of energy.

Although the Centre remains closed due to Covid 19 we have been able to keep in touch and remain active through our website and all the activities that are being offered through the Centre. New art and photography classes, ukulele groups, a Capala group, discussion groups, yoga, Tai Chi, Qi Gong, Cardio dance, chair yoga, interactive tours with museums and special presentations through the Royal London theatre and the Shaw Festival provided us the opportunity to participate in new, imaginative ways, that we may have never experienced if we had not been forced into isolation. Behind each cloud ...

And, as we continue to move through the process, we are seeing even more creative activities. Watch this month for a special

## WELCOME NEW MEMBERS

**ANITA VEENEMAN**

**CATHY MACFARLANE**

**WE LOOK FORWARD TO  
GETTING TO KNOW YOU!**



## PAT'S Perspective

musical program being prepared by Bruce Feltham just for us. If you are interested in improving your golf game or taking up the sport, Ross Rivers from Brigadoon Golf Course is working on a live coaching program that will be unveiled in the next few weeks with a link provided through our site. The Shaw Festival Group is producing new programs which are being posted as they come available; the latest is a production designed for the young and young at heart featuring a magic component that you can participate in during the live event.

If you are interested in getting involved in a paint night, learning more about taking photos on your smart phone or want to be involved in a new cooking production that is being prepared that will feature recipes by instructors from our area and presented through the virtual Zoom program, watch your emails and visit the website for updates and also, if you know anyone who would like to participate in the online activities but does not have a laptop or desktop computer, ipad tablet, smartphone or wifi,

please have them contact me and we will do our best to help them to get connected.. As the summer approaches, please keep in mind that our memberships renew in August.

We are working towards providing online membership registration and payment by the end of July. We are developing new ideas and experience without having to be a board member. The committees include finance, activities, special events, travel, communications, membership, facilities management and kitchen organizing. The board directors each chair one of the committees so that their needs can be more effectively managed by the board. So please consider joining a committee and share your ideas, talents and energy.

We live in a community that reaches out to help whenever we see a need. The Courtyard Café and Patio is offering meals to those who are in need during this crisis. If you are aware of any individuals or families who would benefit from this service, please send them to see Peter or Meryl.

As well, the community support for our local food banks and soup kitchen has allowed them to remain operational and available to assist if needed.

We all miss the opportunity to share time together in the Centre. The lunches, special events and daily activities provide so much pleasure.

The virtual experience is amazing but will never replace the ability to meet face to face, to share our thoughts and feelings and to be able to interact on a personal level.

We continue to meet with representatives from the Town, health and insurance to monitor the Covid19 situation and will keep you posted on the website as we progress. Meanwhile take care of each other, stay safe and healthy.



Margaret and Inger teaching future needle workers the art of knitting. Some participants are missing here, they are part of the intergenerational groups held at the Senior Centre.



# Centre Activities



## SUNDAY

- ◆ **DUPLICATE BRIDGE**  
6:30 pm April—September  
1:00 pm October—March

## MONDAY

- ◆ **LIFE FLOW YOGA** 9:15, 10:30 am
- ◆ **SCRABBLE** ~ 10:00 a.m.
- ◆ **QB UB UKULELE** : 12:30 pm
- ◆ **SPANISH**: 1:00 p.m.
- ◆ **BODY ENERGY** : 2:15 pm
- ◆ **LINE DANCING**:
- ◆ 2:30 pm Beginners—3:15 Ongoing

## TUESDAY

- ◆ **FUN BRIDGE** ~ 9:00 a.m.
  - ◆ **CHAIR YOGA** ~ 12:30 pm
  - ◆ **NEEDLE CRAFTS** ~ 1:00 pm
  - ◆ **MAH JONG** ~ 1:45 pm
- ## WEDNESDAY
- ◆ **ZUMBA GOLD** ~ 9:30 am
  - ◆ **DOMINOES** ~ 10:00 a.m.
  - ◆ **YOGA** (Ani Mac) ~ 11:00 a.m..
  - ◆ **Tai Chi/Qi GONG** ~ 1:00 pm
  - ◆ **Discussion Group** ~ 1:00 pm
  - ◆ **TOPS** ~ 4:00 p.m.
  - ◆ **ACCAPELLA Group** - 7:00 p.m.

## THURSDAY

- ◆ **AEROBICS**—8:45 a.m.
- ◆ **COMPUTER CLUB**  
(1st & 3rd Thurs.) ~10 a.m.
- ◆ **SONGBIRDS**: 10:00 a.m.
- ◆ **Drop-in BRIDGE** ~ 12:30
- ◆ **WHIST** ~ 12:30 p.m.
- ◆ **MOVEMENT IMPROVEMENT**  
1:30 pm—2:30 p.m.

## FRIDAY

- ◆ **DARTS** ~ 9:00 a.m.
- ◆ **UKULELE JAM** ~ 10-12
- ◆ **LIFE FLOW YOGA**, 11:45 am.
- ◆ **MAJONG** ~ 1:00 pm
- ◆ **ART GROUP** ~ 1:00 pm

## SATURDAY

- ◆ **CANASTA** ~ 10:00 a.m.
- ◆ **HATHA YOGA** - 10:00 a.m.  
(enter by rear door)

**You must be a member to participate in Centre Activities—\$20**



# Life, on the wild side!

In this new reality of quiet neighborhoods and reduced car traffic, we see more wild-life emerging and regaining their territory. At my house we have seen evidence of this, up close and personal.

It started with a colony of crows building a large condominium complex in one of our trees. I should preface this by saying that I live on a city lot in Eagle Crest, not in a rural setting. These new neighbors are raucous, territorial and very, very smart. They do not practice facial recognition, so we are not attacked if we approach into their "no fly zone". As for my dog and other perceived threats, well, they do not fare so well.

About two weeks ago we found we had no internet. While this does not, of itself, represent an emergency, in these times it is a major irritant. Phone calls to our provider resulted in a service call and inspection.

The crows, of course, did not facially recognize this intruder, so his inspection was a spectacular display of his speed and dexterity. The findings were that rats had chewed the incoming internet cables.

We learned that this was quite common since these cables are encased in a soy based protective covering. All chewing critters love soy!! This makes sense on so many levels. Why not coat them with soy? This provides a short life covering thereby resulting in increased work for their employees, increased contact with the customers and a full meal deal for the local chewing residents. It's a win, win, right?

The following day our noisy new neighbors were truly out performing themselves. The cries, squawks and dive bombing displays were outstanding. We nervously emerged from self imposed hibernation to see what they were on about.

Well, this time a very formidable intruder had materialized! Mr Otter! There he was, fully comfortable, doing a very elegant back stroke in the middle of our pond. He was doing lazy circles, whilst eating small snacks that he had placed conveniently on his belly. He was quite unconcerned with the Crow family, but our yells and shrieks were clearly spoiling his moment.

He quickly left the pond and retreated under our sun deck. Our sun deck is a multi level affair with the highest point being 3-4 ft. above ground and the lowest point at pond level.

We had noticed a recent decline in our fish population as well as a rearrangement of various pots of lilies in the pond. Along with this is a profound stench of something rotting had pervaded our garden. Now it all made sense!

Mr Otter made several appearances that day. We had three sightings and the Crow family attested to a few more. Our new best friend Ken from the wildlife removal company arrived to lend a hand. He confirmed that Mr Otter had breached our perimeter fence. Showed us how to try to fix his entry and he went under the deck and removed all evidence of Mr Otter's presence. It appears from the debris removed that Mr Otter had a small area for eating, fish from our pond I surmise, a small stone platform to eat from and a further small area for the disposal of bones. Then there was the matter of his bathroom activities! All this, of course, resulted in the stench emanating from the area.

Our garden is once more a place of peace and quiet. The Crow family has sensed no further threats. The fence has not been breached again. Life is good!

Now...about those rabbits!

An exciting adventure from **Yvonne!**



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# Travels with Judy, Christiane & Bill

*Sure wish I had somewhere to go!!*



Unfortunately the wonderful trip we planned to take to visit the **Sea Otters** near Port Alice—and the regular trip to **Victoria** for the day and the **Paddle Wheeler** tour from Vancouver Harbour— and the **Sunday Drives** have not been able to happen. Perhaps something late summer or early fall ??? We can only hope. **AND** due to lack of travel, **Janie** is in financial difficulty attempting to purchase a new bus. Hopefully she will find

a way to be able to drive us around at some future date (miracles needed!)

We were sorry to lose our Seniors Centre long-time administrator. **JOHN ABLETT** passed away May 3rd. Thankfully his two daughters were able to be here. My well-wishes go out to all our wonderful volunteers in the Centres kitchen. I am missing seeing you all and hope you are surviving this change in lifestyle without too much hardship. Take care. Stay Well  
from **Christiane, Judy & Bill**

Throughout this NL you will see some fun/serious items printed in this issue from some centre members ... great filler, thus making it very easy for me to put together the June NL. **GRATEFUL THANKS** to all of you. Any pictures/news items any of you wish to contribute from time to time, are most welcome! **Mike: I will get your item into the July. NL.**  
Lila

**VIRTUALLY TOGETHER.** For our wedding anniversary last month Harvey and I took an in-car picnic to the Parksville boardwalk and beach. I wanted to get a photo of us both as I create and post a lot of puzzles on my puzzle website, Jigidi. I couldn't ask any passersby to take a photo of us together for obvious reasons, so we each took a photo of the other with different backgrounds and I posted two puzzles with two different captions 'Together' and 'Alone'.

*It may be human nature at times to take for granted what is most meaningful. This challenging time has made me appreciate all my blessings and the lessons it has taught me ... Live everyday with gratitude, love, laughter and kindness! AND beware of tempting Forget Me Knots and very muddy ditches!*  
from Julie

Some of my Jigidi friends are expert using computer software and they individually 'photo shopped' the photos together into one seamlessly and posted them separately which drew a lot of attention and praise. A few of my other friends who are not so computer savvy also tried to do the same; one of them had a good resulting in a photo with a 6 ft. 7 inch tall and very thin Barb leaning on a non-existent log and towering over a very short and squat Harvey. A valiant effort on her part and it garnered a lot of response and laughs from people remarking how unusually tall and short we really are.  
from Barb & Harvey



*...watch what you are doing while distancing ...whilst I was coming back from my walk, my childhood days kicked in when I saw some Forget Me Knots on a bank; went to pick some; lost my footing and landed in a very muddy ditch. I was soaked to the skin and covered in mud, couldn't stop laughing; got out faster than I fell in; looked to see that nobody was about; would have been embarrassed; had to walk about another mile; only saw a guy cutting hit grass. Got to my door and was tempted to strip off because of all the mud, however, just took my shoes and socks off, then went inside and stripped off, two days later I was still laughing!*  
Could only happen to me. from **Norah**

## FIND THE WORDS RELATIVE TO THE MONTH OF JUNE

- |                 |           |          |           |
|-----------------|-----------|----------|-----------|
| <del>Rose</del> | Pickford  | Camping  | Weddings  |
| Gemini          | Loving    | Marconi  | Romance   |
| Fathers Day     | Sun       | Bees     | Moonstone |
| Pearl           | D Day     | Marriage | June Bug  |
| O Canada        | Gardening | ***      | ***       |

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# A few things we've learned from isolation ...



- ◆ I was so bored I called Jake from State Farm just to talk to someone. He asked what I was wearing.
  - ◆ 2019; stay away from negative people.
  - ◆ 2020: stay away from positive people.
- ◆ The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!
- ◆ You think it is bad now? In 20 years, our country will be run by people homeschooled by day drinkers.
- ◆ This virus has done what no woman had been able to do—cancel all sports, shut down all bars, and keep men at home!
- ◆ Does anyone know if we can take showers yet or should we just keep washing our hands?
- ◆ I never thought the comment, “I would not touch him/her with a 6 foot pole” would become a national policy, but here we are!
- ◆ When this is over, which meeting do I attend, Weight Watchers or AA?
- ◆ Quarantine has turned us into dogs. We roam the house all day looking for food. We are told no if we get too close to strangers. And, we get really excited about car rides!
- ◆ Do not phone the police on suspicious people in your neighborhood, they are your neighbors without makeup and hair extensions!
- ◆ Since we cannot eat out, now is the perfect time to eat better, get fit, and stay healthy. We are quarantined! Who are we trying to impress? We have snacks, we have sweatpants—I say we use them!
- ◆ Me, Alexa, what is the weather this weekend?
- ◆ Alexa: it does not matter. You are not going anywhere.
- ◆ Can everyone please just follow the government instructions so we can knock out the coronavirus and be done?
- ◆ I feel like a kindergartner who keeps losing more recess time because one or two kids cannot follow directions.

## What if ???

...they cancel the rest of the school year, students would miss 2.5 months of education. Many people are concerned about students falling behind because of this. Yes, they may fall behind when it comes to classroom education ...

### but what if:

- ...instead of falling “behind”, this group of kids are **ADVANCED** because of this? *Hear me out ...*
- ...*what if* they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read, they love to express themselves in writing.
- ...*what if* they enjoy the simple things, like their own backyard and sitting near a window in the quiet?
- ...*what if* they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?
- ...*what if* this generation are the ones to learn to cook, organize their space, do their laundry, and keep a well run home?
- ...*what if* they learn to plan shopping trips and meals at home?
- ...*what if* they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?
- ...*what if* they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics, and healthcare workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place?
- ...*what if* among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?
- ...*what if they are AHEAD?*

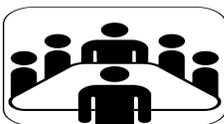
Submitted by **Joanita** from a friend

**JULY Newsletter Deadline: Thurs. June 26**

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**VIEW IN COLOR**

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