

Qualicum Beach Seniors' Activities Centre



NEWS

For the Young at Heart

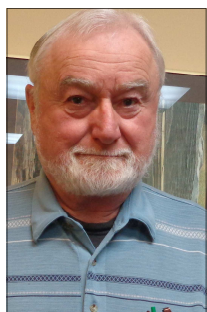


Box 103,
703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
Email: qbseniors@shawbiz.ca
~ OPEN ~
Monday to Friday
9:00 am - 3:30 pm

Volume 26 Issue 10

October 2023

250 752-0420



FROM LORNE

Time to say adieu to Summer and welcome to Fall. Although it was a great summer here, fall is arriving with its own special effects. Fresh

fruit and fall vegetables to start, some much needed moisture to refill our reservoirs and raise the river levels for the fish to spawn and so on.

I would say the Centre is rapidly re-establishing itself as a social centre. Our gourmet noon time meals are

drawing larger numbers (as they should) every week. I give credit to those volunteers who are making this happen.

Our AGM is this month, Wednesday, October 25th. Here at the Centre, to be precise. The starting time will be 1:30 p.m.



People are asking me, what does one need to qualify for the Board Here is my answer.

A prospective Board member should have knowledge of what the Centre is all about. Being a volunteer, (greeter, kitchen etc.) and participating or assisting in activities or events throughout the year.

If you have any questions, please feel free to contact me and or any Board Member

AGM

WEDNESDAY, OCTOBER 25

Here at the Centre, to be precise

The starting time will be 1:30 p.m.

People are asking me, what should one have to qualify for the Board. *Here is my answer.* A prospective Board member should have knowledge of what the Centre is all about. Having special knowledge, and-or, being a Volunteer, a (Greeter, Kitchen etc.) and participating in Activities or Events throughout the year.

If you have any questions, please feel free to contact me and/or any Board Member

"Giving Back"

Lots of Fun

TREASURE HUNTERS

Great Prizes

Friendly Competition

WEDNESDAY, OCTOBER 18th

1:00 to 4:00 p.m.

- ◆ Fill the treasure chest and help St. Stephen's Community Meals
- ◆ Follow the clues to find the hidden treasures in Uptown Qualicum Beach
- ◆ Join a team or sponsor a team member by making a donation
 - ◆ Tax receipts for donations \$20 or greater
 - ◆ Great prizes for the participants and their sponsors
- ◆ Full information, registration and donation forms are on the bulletin board at the

Seniors' Activities Centre





Senior Centre Activities

~ SUNDAY ~

CONTRACT BRIDGE - 1:00 pm
Anne Jenkins 594-7097 (Oct.-March)
annejenkins@shaw.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

2:30—3:30 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE 1— 3:00 - 4:00

LINE DANCE 11— 4:00 - 5:00

\$5 for 1 & 11

BALLROOM DANCE PRACTICE

5:00—6:00 pm

Judy 250 752-6837

judyपालipowski@gmail.com

~ 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: 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

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

oceansideacappella@gmail.com

~ THURSDAY ~

ADVANCED BRIDGE CONVENTION BIDDING

September 28—9:30-11:30 - \$8

Peter 250 586-5740

psegers225@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:

obl.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

PRACTICE TIME: 6-7

Judy Palipowski 250 752-6837

judyपालipowski@gmail.com

~ FRIDAY ~

UKULELE 10-12 (wait list only)

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

Qi GONG—11:15-12:15

Dr. Rod LeBlanc rod@lifelonghealth.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
OCTOBER 18



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

Autumn has arrived right on time. After a fantastic summer, I am ready for cozy days inside reading and baking.

If you enjoy baking, our baking group is always open to new members. Give me a call/text at 604 379-0290 or email me at Charles.brenda@me.com for more details

This months recipe jumps on the pumpkin spice bandwagon.



PUMPKIN SPICE LOAF

Preheat oven to 350 deg. and grease a 9x5 loaf pan.

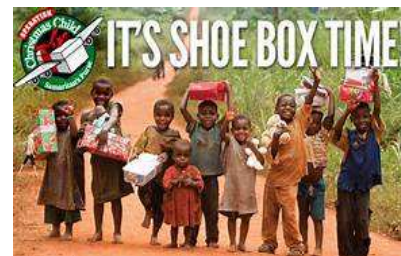
1 cup pumpkin	1 egg
1/2 cup oil	1/3 cup water
1 cup sugar	1-1/2 cups flour
3/4 tsp cinnamon, nutmeg,	1/2 tsp salt
1/2 tsp ground cloves and ginger	
1/2 tsp baking powder	1 tsp baking soda

Whisk pumpkin and egg together until frothier and whisk in oil and water. Mix dry ingredients together before folding into wet mixture, stirring until just mixed. Pour into the loaf pan and bake for 50-60 minutes.



COMING SOON! MID OCTOBER

Shoeboxes will be arriving again this year, right here at the Centre. Judy Southern takes on this task each year, placing boxes in the Centre for your convenience. Watch for their arrival, ready to head to the shops to purchase items for the boxes, distributed around the world, a Christmas gift for needy children.



ON the 1st and 3rd TUESDAYS, the wafting aroma of cinnamon floats around the Centre as **Lesley Kleven** takes her fresh baked **cinnamon buns** out of the oven, ready to serve for **ONLY \$1** each. **Yes, only \$1 each** for a warm, gooey 'finger

lickin' scrumptious bun to enjoy with your coffee! As Tuesdays seem to be the slowest day at the Centre, these ladies are giving you a **BARGAIN**, enticing you to drop in **Tuesday's** for this delicious treat. **WHAT A DEAL!** They look forward to seeing you drop by, thus making the effort put into creating these delicious buns so worth while. **AND** there is always a **DELICIOUS LUNCH** prepared too, so keep it in mind also. **PS:** if 3 Tuesdays in the month, expect another pan of cinnamon buns...**Oct 3, 17 & 31. See you there!!**





Qi Gong Classes

with Dr. Rod LeBlanc Dr. TCM

Contact: rod@lifelonghealth.ca.

SATURDAY, OCT. 7, ~ 11:15 - 12:15.

Qi Gong practice involves physical movement, balance, breathing and mental awareness. The ancient practice utilizes gentle rhythmic movements, relaxed meditational breathing to improve physical strength, lung function, joint flexibility, blood oxygen levels, emotional stability and resilience. Initial classes start according to what is physically suitable for individuals. We will progress to the 18 movement Tai Chi Shibashi form which can be accessed online as well, for daily practice at home.

Dr. Rod LeBlanc Dr, TCM is a BC Health Professions licensed Doctor of Traditional Chinese Medicine.

He has been certified in **Pain Management at the Blatman International Myofascial Academy at Bethesda Hospital**. He is certified in: Tai Chi Shibashi, Recuperating Life Qi Gong and trained 5 years under Grand Master Zhang Jing Fa in Shaolin Nei Jing.

See posted information on the Centre Activities Board

~ TUESDAY LOUNGE GROUP ~

IS NOW OPEN ~ MEETS AT 9:00 a.m.

...for the new Fall Season. We come together, for an hour of camaraderie . This group keeps its membership small and will remain closed after we get our full component for the fall.

**Contact: HELEN THOMAS at 250 752-7274
Or DEBORAH TOBIN at 250 937-1288**

MEMBERS WANTED

A NEW GAME! INTERESTED ?

**Join us Mondays 6:00 p.m.
at the Centre for a challenging
and fun game**

PEGS & JOKERS

**For more information
Call Ruth 905 447-7344**



THE "HEALTHY" CORNER

How much water do we really

We asked two experts to bust common misconceptions around H₂O consumption and to explain why hitting the water bottle is so beneficial.

MYTH: You can only hydrate with water.

A registered dietitian recommends that half the fluids you consume daily are water. She says the other half can come from a number of sources, like coffee, tea, milk, sports drinks, 100 percent veggie or fruit juices, soups or even foods like berries, oranges, celery and melon. Snf ehn you're thirsty, y don't reach for a Coke, sugary soft drinks should be enjoyed in moderation.

MYTH: You need eight glasses of water a day.

Just like each body is different, every person's water needs differ, depending on factors like age, climate, sweat rate, activity level and diet. Older adults, for example, should closely monitor their hydration to avoid symptoms like dizziness, which can lead to a fall.

While eight glasses of water is an easy number to reference, you can do your own, more precise calculation says a sport physiotherapist. Her advice is to drink between half an ounce and one ounce per pound of bodyweight. Above all, it's most effective to sip water throughout the day, rather than make up the deficit just before bedtime.



need to drink every day?

Having trouble staying the course? Try adding some flavour with fruit or veggie slices.

MYTH: Dehydration only affects your body.

Dehydration also affects your sleep and cognitive state. When you hit that 2 pm slump, you're more likely to need water, not coffee. If you don't drink enough fluids, you're tired, and if you don't sleep enough, you're dehydrated.

Being well hydrated can improve your sleep quality, cognitive function, attention and overall mood. If you want to feel better throughout the day, one of the easiest things you can do is drink more fluids.

MYTH: Thirst is the main indicator of dehydration

When you're dehydrated, your blood thickens and your thirst response is triggered. But, by the time you feel thirsty, it's already too late. Some other dehydration signs to pay attention to include darker-coloured urine that has an odour, headache, fatigue, muscle cramps, constipation and dry mouth the important thing here is to be proactive. There's no prep required, and you don't need to spend any money—just fill a bottle.

This article has excerpts taken from an issue in a recent Canadian magazine.



Pat Weber

TRAVEL Talk



Cynthia Crawford

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

EXCITING TRIPS IN THE PLANS:

A trip to Victoria & BUTCHART GARDENS for the 12 Days of CHRISTMAS light display. Prices will include dinner at the Gardens, hotel, breakfast, transportation and a special side trip. ALSO a day trip to the LADYSMITH PARADE & LIGHT UP. more Information soon.

Tulalip Resort Getaway ~ \$599 pp double, \$799 single

November 19-21 ~ Join our fun Casino Getaway

- * 2 night stay with daily breakfast
 - * \$20 USD free play
 - * \$25 USD Dining Gift Card
 - * Visit to the Hiculb Cultural Centre
- Plenty of time for shopping at the Premium outlet mall next door

ELVIS TRIBUTE PERFORMANCE

Payment in full at time of booking. Refundable up to 1st November

After November 1st, 100% non-refundable

Kelowna and Summerland Trip

The weather was lovely as we started off on our trip to Kelowna. Hosts Diane and Caroline from Square 1 Travel together with Cyndy from the Senior Centre were making sure everyone was ready to go.

In Kelowna we checked into the Hyatt, a very attractive and comfortable hotel. Any minor problems were quickly sorted out by the courteous and efficient hotel staff.

Later, we left for the lake dinner cruise. Most passengers elected to stay on the top, very pleasant open deck and the rest of us stayed inside below for the buffet.

The Sunday morning breakfast buffet was especially good with a large array of food to choose from. We left fairly early for the Kettle Valley Railway, but stopped first at Summerland Sweets, a large store selling a variety of gourmet jams, jellies and savoury items as well as gifts.

There were about 300 people who boarded the steam train and throughout the two hour trip, we were kept entertained by the conductor and local sheriff who maintained order. However, chaos broke out when a gang of wild horsemen and women firing guns and rifles caught up with the train and forced it to stop. They were Gannett Valley Gang, a volunteer group consisting of over 30 people who bring the 'Wild West' alive as they ride out of the hills—guns blazing—to board the train and rob passengers for local charities. Dance Hall Girls and Lawmen provide onboard entertainment for guests.

With threats of kidnap, the gang leader and some cohorts boarded the train and

proceeded to elicit 'ransom' money from the passengers. These donations go to various charities and over the last 30 years, the Kettle Valley have raised around \$300,000 for local causes. Lets just call it Daylight Robbery and leave it like that. On arrival back at the station, hordes of hungry passengers disembarked, ready for a buffet BBQ dinner. We left for our last stop of the day at the Dirty Laundry Winery for a wine tasting where we tried samples of their most popular wines. The venue was on a beautiful terrace overlooking the winery's acreage. After a visit to the gift shop, we left for Kelowna at dusk.

Monday we departed at 10 a.m. to Mountainview Brewery in Hope for lunch and the beer tasting.

We stopped off first to visit a local farm market selling a large selection of fresh fruit and veggies. At the brewery, the beer tasters were each given a flight of craft beer to sample and enjoy.

After lunch we headed off for Vancouver and arrived in time for a look around the market in the ferry terminal. Two hours on the ferry and we were back in Nanaimo on the last leg of the trip. We had a lovely 3-day trip with lots of laughter and met many friendly people from Courtenay/Comox. Diane & Caroline were gracious, profession hosts who, with their humour and camaraderie, made sure everyone was happy. THANKS to our driver Tracy, an expert, professional driver who kept us safe and on time. **Barb Freedman**



Casablanca

MOVIE NIGHT



I really wish I had worn an outfit suitable for the 'Red Carpet' once I saw Pat & Mike & Gerry dressed in their Moroccan straight out of Casablanca garb (See photos). Movie Night at the Centre (with burgers and Bogie & Bergman) was so very good! Food was excellent due to Pat (of course), George, Bonnie, Julie K. Linda H and the serving girls: Betty, Inger, Sigrid & Cindy, Julie. The bar tenders were there—as were the two very pleasant young folks from the QB Cinema who set up and staged the big screen movie. There were actually a few people that I overheard saying they had not seen the 1942 movie before—but



most of us older folks were happy to see it a second, third or fourth?) time around. And ... there was even popcorn—and a rounding round of applause when it ended (nostalgically) with the couple being on the plane and “Bogey” left out.

The capacity crowd of 40 enjoyed every moment. We are just waiting for the next one. From **Judy Southern**.



Ramblers SOS Fundraiser



A Happy crowd gathered at the Centre to enjoy the tunes and songs by the Ramblers Sept. 16, showing their appreciation by singing along and dancing.

A great big thanks to **Brenda Charles, Sigrid Hackman and Yvonne Hooper** for baking the apple and gluten free plum strudels, sold at the recent SOS fundraiser. The apples were donated by Sigrid and plums by Brenda. They were fabulous, the strudels were the best. You made a meaningful difference to our community!

\$1835 was raised by the band for SOS and many enjoyed the refreshments sold with proceeds going to the Centre. Donations to SOS exceeded previous years.

Thanks to **George** for being in the kitchen, keeping everything running smoothly and the guests well served.

From **Judy Palipowski**



NOTE to CRAFTERS

In conjunction with the Chamber of Commerce, the Qualicum Beach Seniors' Activities Centre is pleased to be participating in Moonlight Madness on November 23. For more information on how to book a table for this event, please contact **EVELYN** at **250 752-8407**. Thank you for your interest.



OCEANSIDE A CAPELLA

Presents a special performance for friends & family

WHEN I SING

Wednesday, October 11 ~ 7:00 p.m.

Directed by Rosemary Lindsay

At St. Mary's Anglican Church

2600 Powder Point Rd., Nanoose Bay

10 complimentary tickets available to our members

Reserve seats through vera.moore@shaw.ca

Tickets will be delivered to the Seniors' Centre

Planned Events

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

NOVEMBER: Moonlight Madness Open House, Craft Sale

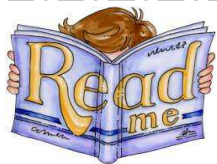
Events subject to change

SEPTEMBER WINNER: Sue McLean

Logo found on page 3, Saturday


THANKS to all who participate in this fun contest.

NOTE TO GREETERS: Please check the box in the office for extra Newsletters when basket is empty. Many thanks.



...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:.....



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

Find the HALLOWEEN Words

- | | | | |
|----------------|----------|---------|-----------------|
| Goblins | Costumes | Zombies | Bats |
| Trick or Treat | Pumpkins | Bats | Eerie |
| Halloween | Vampires | Masks | Owl |
| Black Cat | October | Candy | Cape |
| Ghosts | Witch | Scary | Evil |
| Bonfire | Spooky | Tomb | *** |

X	Z	G	O	B	B	L	I	N	S	K	T
S	E	I	B	M	O	Z	E	W	N	Z	A
U	O	C	T	O	B	E	R	H	I	K	E
V	H	C	T	I	W	M	A	S	K	S	R
S	A	S	P	O	O	K	Y	C	P	V	T
T	W	M	L	E	B	B	A	M	S	R	
S	C	L	P	R	B	B	R	U	T	O	
O	A	E	E	I	L	W	O	Y	P	A	K
H	N	V	P	F	R	Y	T	O	M	B	C
G	D	I	A	N	Z	E	E	R	I	E	I
X	Y	L	C	O	S	T	U	M	E	S	R
J	S	T	A	B	L	A	C	K	C	A	T

Welcome New Members

Jane Johnstone
Georgina Attridge
Amanda Beauchamp
Gill Taylor
Gerri Cook
Patricia Larkin
Paddy Clarke
Judy Hamre
Sherran West
Jane O'Reilly
Bob O'Reilly
Jayne Mueller
Linda Naccarato
Leonard Weaver
Gail Caryn

Beverly Evans
Lois Grill
Elaine Johnstone
Linda Taffs
Lorri Verville
Carolyn Franklin
Ted Granger
Susan Hummelink
Sandy McKinnon
Harry Cameron
Inga Cameron
Debbie Wright
Debbie Jestin
Susan Warner
Charlie Mueller

*"We look forward to
getting to know you"*

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!

250 228-7653

arrowsmithhomeservices@gmail.com

Congratulations!
GEORGINA ATTRIDGE
Winner of our monthly draw for a
GIFT CARD from



With Thanks

What did the surgeon say to the patient who insisted on closing up his own incision? *Suture self.*

Centre Stats

~~ MEMBERSHIP ~~

Year to Date as of August 31, 2023

(received since May 1st—4 months)

there are: 597 Members:

487 Regular, 85 Complimentary,
23 Life, 2 Honourary

Of the 487 Regular Members:

111 are New members

10 additional Complimentary memberships

HALLOWEEN

October 31st will soon be here and a chance to enjoy the 'trick or treaters' (in their creative costumes), who drop by the Centre for the treats given to the 'Kids' on that day ... always a fun day in Town for everyone. A Box for donations of treats from members (if you wish) will be placed in the centre, in lots of time for the volunteers to hand out. **THANK YOU TO ALL** who wish to be a part of this really fun Halloween Day event.



TRICK OR TREAT



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	