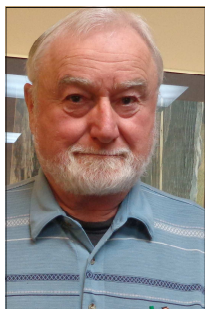




FROM LORNE



In July we will recognize the volunteers that make this Centre a success. The Board will prepare and serve the food and drink. It is our way of saying thank you.

Wine has been donated and will also be served.

Because of the number of volunteers, no friends,


significant others etc., can attend. If you are a volunteer, you should have received an invitation. If not, then call Bonnie Evoy, she is Board Secretary and her phone number is on the back page.

My highlights this summer will be visiting with family and friends including a family reunion in Calgary. I know many of you will be doing the same. Enjoy.

Unfortunately there are people who are not as fortunate as us. Let us send positive thoughts to those affected by wild fires, floods and drought.



Saturday July 29th



BILL COVE and **ROBERT BRODGESELL** are celebrating their 90th birthdays and ready to jump out of a perfectly good airplane to raise funds for Oceanside Hospice. **Bonnie Evoy, Judy Southern** and **Bill's daughter** won't let them go alone and are planning to jump with them. Plans are underway for a pancake breakfast and lunch BBQ at the jump along with other activities for the whole family. **Shuttles** are being arranged to take you from Qualicum Beach to the jump site at the equestrian centre, Nanoose.

If you'd like to join the fun (it's a Tandem dive) please call Pat at 250 951-1159 or Judy at 250 240-7240. Or you can support the Oceanside Hospice Society by joining as a sponsor for one of the jumpers!

The poster & pledge forms are on the bulletin. **With a \$25 sponsorship for one of our jumpers, you will be entered to win a stay and play package for 4 at Crown Isle Golf and Resort and a dine and stay at the Crown Mansion in Qualicum Beach.**

Thanks to our Volunteers



All our wonderful Volunteers should have received an email by now, inviting you to our Volunteer Appreciation Event Saturday, July 22 at 3:30 please RSVP Bonnie Evoy at tangledandark@hotmail.com ASAP to let us know if you can join us

Qualicum Beach Seniors' Activities Centre



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



Senior Centre ² 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

UKULELE BAND: 12:30—2:30

Cathe-
752- **Off until September** rine 250
5915 9082
mckhan2@shaw.ca

BEGINNER UKULELE

3:00 - 4:00 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE EASY

3:00 - 4:00: **\$5** per session

LINE DANCE INTERMEDIATE

4:00 - 5:00: **\$5**

BALLROOM DANCE /PRACTICE

5:00 - 6:00 - Judy 250 752-6837

~ TUESDAY~

FUN BRIDGE: 9:00 - 12:00

Al Gagnon 250 596-2500
algagnon006@gmail.com

TUESDAY LOUNGE GROUP

9:00—10:00

Helen **CLOSED** 250 752
-7274

Deborah 250 937-1288

CB TUNES

1st Tuesday of month—12:30 - 2:00
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

SONG- **Off until September** BIRDS:

2:30—4:30
Diana Meyer 250 752-4856
Diana.meyer@outlook.com

RAMBLERS PRACTICE - 6:00—8:30

Colin Craig: goodison95@shaw.ca

~ 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 **Off until September** 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 3:30—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 ~

BEGINNER BRIDGE to July 31

(with cancelation July 13) *Start up will
be end of September*

9:30-11:30 - \$8 -Peter 250 586-5740
psegers@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
barrickwade@yahoo.ca

~ THURSDAY ~

LINE DANCING - 4:00 - 5:00
\$5 a session

BALLROOM DANCE LESSONS

& Practice time: 5:00—8:00

\$5 pp/group, \$10 private
Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE IS FULL- 10-12

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



PROBLEMS with your
ELECTRONIC
DEVICES?
Call TECHNOL-

OFF UNTIL SEPTEMBER

OGY

TUTOR BRIAN at
250 947-8258

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

AUGUST NEWSLETTER DEADLINE

Friday, July 28

lilapat@shaw.ca

250 752-6489

what's cookin'?

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John

WEDNESDAY

JULY 19

BILL & VERDELLE'S CHILI

w/Corn Meal Muffin



THURSDAY LUNCH



CATHY'S & BRENDA'S CREAMY CLAM CHOWDER

LUNCH on FRIDAY



MIKE'S CHICKEN

with crew John & Betty

Greetings from the Cookie Cutters



We are so fortunate to have such a great group of bakers. There is often a varied selection of different sweets to go with your tea or coffee when you stop in to the Seniors' Centre.

Some of our bakers have a favourite recipe known by heart and others like to try something new. Eitherway, it's all good!

If you would like to be part of the baking group, give me a call/text (Brenda) at 604 379-0290 or email me at Charles.brenda@me.com. It's easy to be a part of our group and the baking is very appreciated.

I am in the Yukon for a couple of weeks. A Yukon friend gave me the recipe (below). Not sweet and goes great with cheese or jam. Good for you too! Don't let that put you off, they are delicious and easy to make.



WHEAT GERM CRACKERS

- ◆ 1-1/2 cups wheat germ
- ◆ 1 cup flour
- ◆ 1/2 cup sugar (I used 1/4 cup and worked just fine.)
- ◆ 1/2 tsp baking soda (optional, if you want a softer cracker. Leave out, if you want crunchiness)
- ◆ 1/4 cup melted butter
- ◆ 1/4 olive oil
- ◆ 1/4 cup milk

Mix dry ingredients in a medium bowl

combine butter, oil and milk in small bowl and add to dry ingredients. Stir together until well mixed. Place dough onto a piece of plastic wrap and shape into a log. Refrigerate for a minimum of 15 minutes or ready to bake. Slice thinly and place on parchment covered cookie sheet. Bake at 350 deg. for 15-20 minutes. Makes 12-18 crackers depending on thickness.

MONTHLY COMMUNITY DINNER

3rd Tuesday of each month at

ST. STEPHEN'S CHURCH on Village way

This month's dinner Tuesday, July 18th ~ 5:00-6:30 pm

Come for the Food, Stay for the Friendship and Conversation

ALL ARE WELCOME HERE!

Flower photos throughout this NL are courtesy (with many thanks), of Court Brooker who snapped pics of the always pretty hanging basket displays the 'Town Gardeners,' every summer time, grow and display along the many streets in QB for all to admire! Colourful banners are also attached to the poles with the theme: ANSWER THE CALL: Make firefighting part of your life! A beautiful show in our Town.



Did you know that gardening is not only a fun pastime, but has been proven to improve mental and physical well-being, particularly among seniors? Research has shown that seniors who garden for two and a half hours per week have a decreased risk of obesity, high blood pressure, heart disease, diabetes and depression.

Did you know when you eat just 3 carrots they give you enough energy to walk three miles, and they were first grown as a medicine, not food. Carrots contain 0% fat!





The photo above was taken at just one of the many special Center events over these many years, recognizing here, Robbie Burns night. **Bill Smith** is ready to address the Haggis, as piper and drummer **John & Fern Reid**, **Maggie Coleman** and **BETTY SMITH** stand by. Betty (in red jacket & beautiful tartan kilt) was the major organizer of the QBSAC and is happy to have visitors at Trillium, where she resides at this time. She had a bad fall, and is dealing with other health issues, but is in good spirits with that old sense of humour. Anyone wishing to visit Betty, she's in Room E14 in Westwood Wing (not E). Upon entering, go left down the hallway and around. She is on the left hand side. Bill is also dealing with some problems, and our best wishes go to both of them from all of us at the Centre. Thanks to Julie Laviolette and Dorothy Young for delivering a bouquet of flowers from the Board. Betty is featured in the past-presidents photo frame in the Seniors' Centre.

FRAUD SEMINAR
On June 18, RBC Royal Bank Qualicum Beach and Oceanside RCMP hosted an extremely well received fraud seminar in the Seniors' Activity Centre. Attending on behalf of RBC was Branch Manager Tracy Bono, Sgt. Shane Worth from the RCMP and presenter Michael Garland from the Qualicum Beach Chamber of Commerce. The seminar compared the old fraud practices with the new electronic scams and went into detail on what to look for and how to deal with it.



Sgt. Shane Worth, Tracy Bono, Michael Garland

The seminar was so successful that we will be hosting a repeat session in the fall.

HELP A FRIEND TO STAY ALIVE

You can purchase prepaid cards for activities or lunches. The cards are **\$30 (\$5 - \$6 activities or lunches)** and **\$40 (\$5 - \$8 activities or lunches)**. You can buy them for yourself or as a gift card. See the instruction sheet on the Bill Board, place money in envelope with your name and amount enclosed and our Greeter will issue you a card. It's that simple.

THE "HEALTHY" CORNER

How to Maintain your Mental



and Emotional Well-Being

As we age, it becomes more important than ever to prioritize our mental health and emotional well being, but it can be difficult to find activities and emotional well-being healthy.

KEEP YOUR BRAIN ACTIVE

Staying mentally active is crucial for maintaining cognitive functions and improving mood. Participate in activities that stimulate the mind, such as reading, crossword puzzles, or playing games.

Additionally, learning a new skill or taking up a new hobby can also improve brain function and provide a sense of accomplishment. Whether it's painting, writing, or learning a new language, pursuing a passion can be fulfilling and rewarding.

CONNECT WITH YOUR PEERS

Socializing and staying connected with others is essential for emotional well-being. Loneliness and isolation are detrimental to mental health, so trying to engage with other members of the community is a must! Set aside time each day to talk with your neighbours, join a club or group, or even volunteer at a nearby community centre (**THE SENIORS' CENTRE!!**) It may seem difficult at first but remember: a sense of community and belonging can help boost self esteem and increase overall happiness.

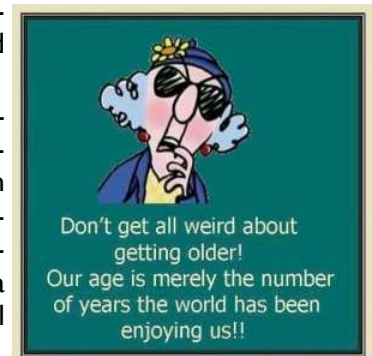
BE ACTIVE DURING RETIREMENT

Physical activity is crucial for maintaining both physical and mental health. Exercise releases endorphins, which can help reduce stress and anxiety. Even gentle exercise, such as walking or stretching, can provide significant benefits. Take advantage of seniors' fitness classes in the community or spend some time outdoors getting fresh air and sunshine.

LEARN TO PRACTICE MINDFULNESS

Mindfulness and relaxation techniques can help reduce stress and promote well-being. Meditation, deep breathing exercises, and yoga are all effective methods for calming the mind and body. Taking time each day to focus on self-care and relaxation can enhance overall mental and emotional well-being.

Staying mentally active, socializing and staying connected with others, engaging in physical activity and practicing mindfulness and relaxation techniques can all have a positive impact on mental health.



IT'S BACK ~ RoadSafetyBC resumed age-based Driver Fitness Medical

EXAMS: After being temporarily paused, due to Covid, once again drivers who meet the age-based criteria will receive a report labelled Driver Medical Examination Report (DMER) to be completed by their physician or nurse practitioner, *(I guess if you don't have one, you keep looking?)*

1. Drivers aged 80 will still receive a DMER, but will not require 2 year assessments until age 85.
2. Drivers who turned 80 in the last few years will not be required, nor will they receive a DMER until 85.
3. The 45 day completion date has been extended to 120 days due to pressures on the medical system. *(Why not dispense with it — as studies show that seniors are not the greatest cause of crashes,)*
4. Doctors can complete a DMER virtually, however, patients with existing or progressive conditions may require an in-office assessment. *(I guess this means that all seniors must own a computer with the necessary accessories to do virtual*

meetings).

PAYMENT: Fees are set by the doctor/nurse practitioner and paid by the senior. *(Why? If the government mandates the test, they should pay—in my humble opinion):* If a senior has a known medical condition which makes the assessment necessary, \$75 of the fee is covered by MSP.

Comments from a man who has researched and written about this topic for years. This is insanity! our healthcare system can hardly manage now.

There isn't the capacity for 70,000 in person medical appointments a year. Over a million B.C. residents don't have a doctor.

Bill is 81, his wife is 78. the new program tests her before him – which doesn't make much sense. He says he would love to become part of research compiling/ comparing numbers of older drivers, not tested, with those who



have been tested. Bill has read so many studies showing that age-based testing makes no difference in crashes. He has also written the pertinent departments in the BC Government with these statistics. We guess that it just seems necessary for history to keep repeating itself.

From Judy Southern. Note: any print in italics is my comment.

From Lila Greene, also my comment having experienced this test many times. *Why did the letter sent to seniors requesting this test be done, not explain that seniors needing to do so were 'random picks' and that not all 'eligible BC drivers were asked to do so ??*

The day to day events that take place at the Centre are a given. However, there are the behind the scenes tasks that need a lot of attention and sometimes get taken for granted.

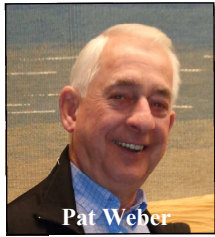
- **Judy Southern,** takes care of the recycle bin and is a huge contributor to the News Letter. Also the monthly table décor in the coffee room. The containers with stamps, pull tabs and change for the food bank, newsletters delivered to the Gardens and Berwick, and those peanut butter cookies!
- **Ann Svensen** keeps the drawers full with clean towels etc. as well of working in the kitchen and at the greeters desk, Keeper of the Centres History.
- The books in the library are under the care of **Rose Vegh.**
- **Norah Rawcliffe,** always on hand to help reorganize the kitchen when needing house cleaning, valuable dishwashing and cleanup at events.
- **Jan Curtis** organizes the "knitting group" who generously create dish cloths that are sold at the Centre with the funds donated to the Centre.
- **Jan Desjardins** organizes the kitchen crews, meaning a lot of telephone calls.
- **Brenda Charles,** our Cookie Cutter organizer and monthly contributor to the newsletter.



- **Anne Sharp & Sally Jagger** for processing the membership.
- **Dianne Meyer,** is in charge of Membership reports.
- **Pat Bull,** for the terrific job she does as Sunshine Lady.
- **Pat Weber & Cynthia Crawford** for the superior trips they organize.
- **Jeri Burke** keeps the Greeters Desk busy, filling in often for absentees from time to time.
- **Christiane Kerr** delivers newsletters to her non-computer friends.
- **Gerry O'Brien** maintains the printer, prints the monthly newsletter and other printed needs AND **Les McLean,** our website Tec.
- All the **Greeters** who welcome new and not so new members every day and also fold the News Letters.

~ Honorable Mention ~

*A Huge Thank You to **Carolyn Christison** and **Dan Drake,** of Royal Lepage, who kindly sponsor our bi-monthly ad in the PQB News (at a cost of \$200). Their generosity and support of our Centre is very much appreciated. And, of course, the **Board of Directors** working tirelessly, keeping the Centre a viable, inviting place to visit, make friends, relax and enjoy a coffee! My apologies if I have missed anyone*



Pat Weber

TRAVEL Talk



Cynthia Crawford

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

Qualicum Beach

Chamber of Commerce will be operating **TWO** Visitor information Centres in Qualicum Beach in 2023. The permanent location is at Memorial and Highway 19A by the beach, with a temporary location on Fern next to TOSH.



The Visitor's Centre is looking for individuals that are outgoing and love to talk about our local community in Qualicum Beach. **Volunteers are asked for a maximum four-hour shift on a convenient schedule.** PAUL, the Visitor information Centre Manager, would provide training to ensure you have the resources to help visitors and locals alike. In addition to training, we will provide spiffy clothing to designate you as part of our team.

Drop in to the Visitors' Centre to discuss, or contact Paul at members@qualicum.bc.ca or 250 752-0960

NOTE FROM DAGMAR AIKEN. Thank you for putting the request for "volunteers needed at the Tourist Bureau" in the newsletter. I volunteered and have never had so much fun or enjoyed a job more. Mike and Paul are super to work with ... so is Doug. You meet so many wonderful, happy people. Think about doing so, you will never regret it!

On a happy note, the Ukrainian lady (Natalia) with the dementia Mom and twin boys has found an apartment and the Mom is in a facility. Thank you for putting that out there too. Beautiful family. So glad we are able to help people.

BEYOND VAN GOGH ~ July 20 - \$145

Includes deluxe coach to Victoria, entry to the exhibit and lunch at the Old Farm Market enroute. Beyond Van Gogh takes hands-on learning to a whole new level—witness Vincent's art leap from the frame and come to life all around you! Experience and explore over 300 of the greatest works crafted by the legendary Vincent Van Gogh throughout his unparalleled career. The poster with full details and the sign-up sheet are on the Travel Bulletin board in the Centre.



Exhibition 2023 August 24 - \$99

QB Seniors travel to Vancouver on August 24 for a day at the PNE. The price of \$99 includes bus, ferry, and entrance to the PNE. If under age 65, please add \$25. This trip is hosted by Island Fever Travel. The poster with full details and sign-up sheet is on the Travel Bulletin Board.



BOAT TRIP TO BAMFIELD

June 1st a busload of 52 of us went to Port Alberni to board the Frances Barkley for a day trip down the canal to Bamfield. Pat arranged everything to be as good as it gets. The meals were tasty, the scenery just beautiful and weather perfect. One couldn't ask for anything more! Most of the group thoroughly enjoyed walking the boardwalk, enjoying the water front homes, the views across the water and an ice cream cone while waiting for our ship to come in. Others hiked a somewhat challenging 20 minute roller-coaster trail over the high hill to the beach at the end of the path. The view was of open ocean directly across the Pacific from Japan. I'll do that next time. All in all, a perfect way to spend a day (even if you've made that trip before.) On Brady's Beach, a unique photo of gumboots, dipped in concrete and placed by a memorial chair, high on top of an eroded rock formation many years ago. The concrete obviously has failed to preserve them over the years ... just rubber soles and a bit of upper part remains. From **Judy Southern**



Photo by **Geoff Clayton**

YOU ARE INVITED by the

Island Coastal Economic Trust to participate in a survey to assist in the future development of transit in the future development of transit within your community and the provision of inter-community transportation on Vancouver Island. The survey is open until **JUNE 30. Have your voice heard**

Island Coastal Inter-Community Transportation Study



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**



Cruise to Alaska. 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.



BETTY celebrated a birthday recently. An ambitious worker in the Centre, was serenaded with 'Happy Birthday to You' by some of the Friday Ukelele Strummers. and, DOROTHY, a past secretary on the Board, blew out the candles on her cake later in the month. All people there enjoyed a tasty piece of birthday cake

At the Monday morning Chair Yoga, Jane closed our session with this unique piece of prose. The group felt they would like to see it printed in the newsletter. Come and join us on Monday morning at 11:00 a.m. to take part in this fun and beneficial yoga session.

* My brain and heart divorced a decade ago over who was to blame about how big of a mess I have become. Eventually, they couldn't be in the same room with each other, now my head and heart share custody of me.

* I stay with my brain during the week and my heart gets me on the weekends. They never speak to one another-instead they give me the same note to pass to each other every week and their notes they send to one another always says the same thing: "This is all your fault."

* On Sundays my heart complains about how my head has let me down in the oast, and on Wednesday, my head lists all of the times my heart has screwed things up for me in the future, they blame each other for the state of my life.. There's been a lot of yelling and crying, so lately, I've been spending a lot of time with my gut who serves as my unofficial therapist. Most nights, I sneak out of the window in my rib cage and slide down my spine and collapse on my gut's plush leather chair that's always open for me and I just sit, sit, sit, sit, until the sun comes up.

Last evening my gut asked me if I was having a hard time being caught between my heart and my head. I nodded. I said I didn't know if I could've with either of them anymore.

"My heart is always sad about something that happened yesterday while my head is always worried about something that may happen tomorrow". I lamented. My gut squeezed my hand, "I just can't live with my mistakes of the past of my anxiety about the future." I sighed. My gut smiled and said "in that case you should so stay with your lungs for a while." I was confused, the look on my face gave it away.

* If you are exhausted about your hearts obsession with the fixed past and your minds focus on the uncertain future, your lungs are the perfect place for you. There is no yesterday in your lungs.

There is no tomorrow there either.

There is only now.

There is only inhale.

There is only exhale.

There is only this moment. There is only breath and in the breath you can rest while your heart and head work their relationship out."

* This morning while my brain was busy reading tea leaves and while my heart was staring at old photographs,

I packed a little bag and walked to the door of my lungs before I could even knock, she opened the door with a smile and as a gust of air embraced me, she said "what took you so long?"

Newsletters have been found with the logo coupon cut out and then left on the Greeters Desk. Please take the NL away with you as we don't want copies left for others who wish a NL and find the coupon missing.

Many Thanks from Jerri

Lunch time at Sally Jagers!



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

Planned Events

SEPTEMBER: Pancake Breakfast with Turkish Visitors and Fowl Supper

AUGUST: BBQ

OCTOBER: Halloween Party and Active Aging Week

NOVEMBER: British Pub Night

DECEMBER: Christmas Tea & Dinner
Events subject to change



...in the planning!
HARVEST FOWL SUPPER



Saturday, Sept. 23 At the Legion

More in the August newsletter

Sign-up on Activities Board 1st of August



Welcome New members

Mike Dowty
Rob Duncan
Deborah Duncan
Belinda Andujo
Birthe Jensen
Kimyoon Roe
Fred Hunchuk

Vicki Mitchell
Vicki Polson
Darrell Saunders
Dorothy Sjostrom
Murdoch Cowan
Lorna Walters
Laina Koskela

Hans Rysdyk
Sandy MacGregor
Evelyn Miller
Eileen Hyde
Mary Miller
Sandy MacLean
Eric Jones

Victoria Scott
Jan Taggart
Christel Moline
Heinz Sperber
Linda Feil
James Beetlestone
Margo Pearson

"We look forward to
getting to know you"

Centre News

CONGRATULATIONS

GEORGIE HIGGINS

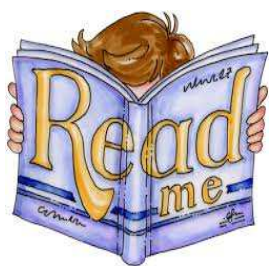
Winner of our monthly draw for a
GIFT CARD from



Year to date as of May 31, 2023

* * *

1010 Members – 908 Regular, 77 Complimentary,
23 Life, 2 Honorary
To May 31st, of the 908 Regular
458 were New Members



...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 Greeters Desk. ONE WINNER EACH MONTH !!**

The  is hidden on page

Name & phone:

JUNE WINNER: Beryl Hargreaves

Logo found on page 4: **KeyS**

THANKYOU to all of you who participate in this fun contest.



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	