

Centre Activities



FOR
UPDATES
ON ALL
ACTIVITIES
DURING COVID 19,
PLEASE CHECK
OUR
WEBSITE at
qbseniors.com
The Centre is
CLOSED
UNTIL
FURTHER
NOTICE

Never in my whole
life would
I imagine my hands
would consume
more alcohol than
my mouth!!

I wish my siblings
would stop calling
me "spoiled" just
because I'm the baby
of the family. The
fact is, my parents
kept having children
until they found one
they liked. It is so
not my issue.

I sent that 'Ancestry' site
some information on my
Family Tree.

They sent me back a pack
of Seeds,
and suggested that I
just start Over.

DO YOU REMEMBER?



WELCOME!

New Member to the Senior Centre
JOSELYNE ASSELIN

JUDY KEELEY is the latest
lucky Winner of the \$25
GIFT CERTIFICATE



being drawn monthly up to July 2021
from the names of all currently registered
members. Just one benefit of renewing
your membership!

THANK YOU QF!

In case any of you have kept your December newsletter ... on making last minute changes to the layout of said letter, I omitted the main part needed for the crossword puzzle. My apologies to all and am including it below in this NL in case you would like to finish the puzzle.

1. Advent. 2. Nuts. 3. Toys. 4. Mistletoe. 5. Poinsettia. 6. Tinsel. 7. Yuletide. 8. Cards. 9. Santa Claus. 10. Cookie. 11. Eggnog. 12. Rudolph. 13. Cupid. 14. Frosty. 15. Lights. 16. Reindeer. 17. Stockings. 18. Wreath. 19. Scrooge. 20. Wise Men. 21. Tree.

**I MAY NOT BE
PERFECT BUT
I AM CANADIAN
AND THAT'S CLOSE
ENOUGH**

A Woman Sends a Text to Her
Husband

"Honey, don't forget to buy BREAD
when you come home from work and
your girlfriend Valerie greets you."

Husband: Who is Valerie?

Wife: Nobody, I just wanted you to
answer, to have confirmation that you
saw my text.

Husband: But I'm with Valerie right
now, I thought you saw me?

Wife: What?!! Where are you?

Husband: Near the bakery.

Wife: Wait, I'm coming right now!

After 5 minutes, his wife sends a
message:

Wife: I'm at the bakery, where are
you?

Husband: I'm at work. Now that you're
at the bakery, buy the bread !xx 😊

**DO YOU REMEMBER FORMICA
TABLES?**



YES, I do remember, every family
owned a set way
back ... however
my daughter in
Port Alberni just
purchased a
beautiful BRAND
NEW set ... they
are back!!!

There are only nine
Questions.

**This is a quiz for people
who know everything!**

*I found out in a hurry that I did-
n't. These are not trick ques-
tions. They are straight ques-
tions with straight answers ...*

1. Name the one sport in which
neither the spectators nor the
participants know the score
or the leader until the contest
ends.
2. What famous North Ameri-
can landmark is constantly
moving backward?
3. Of all vegetables, only two
can live to produce on their
own for several or more
growing seasons. All other
vegetables must be replant-
ed every year. What are the
only two perennial vegeta-
bles?
4. What fruit has its seeds on
the outside?
5. In many liquor stores, you
can buy pear brandy, with a
real pear inside the bottle.
The pear is whole and ripe,
and the bottle is genuine; it
hasn't been cut in any way.
How did the pear get inside
the bottle?
6. Only three words in standard
English begin with the letters
'dw' and they are all common
words. Name two of them.
7. There are 14 punctuation
marks in English grammar.
Can you name at least half of
them?
8. Name the only vegetable or
fruit that is never sold frozen,
canned, processed, cooked,
or in any other form except
fresh.
9. Name 6 or more things that
you can wear on your feet
beginning with the letter 'S'.

See answers on page 4

SUNLIGHT is good for us!

It helps your body make Vitamin D. Vitamin D has been in the news because of its ability to help prevent certain forms of cancer. There is some evidence that it could play a role in preventing type 2 diabetes and multiple sclerosis. It is also essential for strong teeth and bones. I think we all realize that sunlight can be harmful; as too much over time can cause skin cancer and some eye damage including cataracts and age related macular degeneration. Good advice is

to wear proper sunglasses—those that block 100 percent of both UV-A and UV-B light. They need not be expensive ones.

For maximum protection look for the ones that 'wrap around'.

****If you are outside and squinting, you should be wearing sunglasses.*

Watch for more advice about sunlight in the May or June edition of The Young at Heart!

What is GERD?

Some estimates put the number at 10 to 20 percent of Canadians that experience heartburn or acid regurgitation at least once a week. GERD can cause difficulty swallowing, regurgitation of food or sour liquid, a sensation of a lump in the throat, or chest pain.

Helpful Hints of Treating Symptoms: *avoid food triggers such as greasy or spicy foods and alcoholic beverages as well as acidic foods and caffeinated, carbonated beverages. *fast before

bedtime for 2-3 hours.

*Lose weight which will likely reduce pressure that forces gastric acid into the esophagus. *eat small meals more often rather than three big meals a day.

*Try Natural herbs such as chamomile. *drink low fat milk which buffers stomach acid. *chew gum which will produce more saliva and cause more swallowing helping to force acids out of the esophagus. *stay upright for at least 3 hours after eating a meal. In bed, sleep on a slight angle with the head raised slightly.

Travel



Talk

'Janie's Got a Bus' JANUARY/FEB. Travel Trips

SIDNEY BY THE SEA

Monday, January 11th ~ 8 to 5:30

Self-guided, walker friendly. Learn about the different creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the waterfront. Check out shops. Your choice of a restaurant or bring a bag lunch.

\$75 plus tax (meals not included)



CAMPBELL RIVER THRIFT STORE HOP

Tuesday, January 12 ~ 8 to 6

Walker friendly. Visit 4+ Quality thrift store, lunch at A&W or pack a lunch.

\$55 plus tax (meals not included)



VICTORIA (2 TRIPS)

Friday, January 15th AND

Monday, January 25th ~ 8 to 5:30

Walker friendly. Spend the day poking through the shops and eating in one of the many restaurants. Visit the Museum or the IMAX, Try your luck at the casino. Visit friends or family, or just people-watch on the waterfront. Stop at one of the Farmers Markets on our way home. **\$75** plus tax (meals not included).



TOFINO/UCLUELET

Wednesday, January 20th

8:00—8:00

Walker friendly. Spend time at the beach or go in to Tofino for lunch and do some shopping. We will visit Ucluelet to the Amphitrite Point Lighthouse and the beautiful rugged coastal view of the Wild Pacific. Bring a lunch or eat on the beach **\$85** plus taxes (meals not included)



BIRD WATCH COMOX ESTUARY & VALLEY

Sunday, January 23 ~ 8—5:30

NOT Walker friendly. Salmon will be running at the estuary and other popular eagle and bird hangouts. See the eagles at Lazo Beach playing in the wind turbulence. Bring memory cards, binoculars, camera. **\$50** plus taxes. (meals not included)



BAMFIELD FRANCES BARKLEY

Tuesday, February 23rd

5:30 am to 7:00 pm

Walker friendly. We sail down the Alberni Canal to Bamfield. Stops at different camps and cottages delivering supplies along the way. Spend an hour in Bamfield before heading back. We may even see bears.

\$75 plus tax (meals not included).



...things goin' on 'round town!

HAPPY 97th BIRTHDAY GREETINGS for **TATSU AOKI** from many friends and our local Fire Department. 'Tats' is one of our gracious members and a very generous contributor to the Centre. We hope your birthday was filled with many happy moments, may you enjoy many more special birthdays!



This lovely family of carolers sang for Pat and Inger on their caroling travels. Nice!!

Answers to Quiz: 1. Boxing. 2. Niagara Falls...the rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute. 3. Asparagus and rhubarb. 4. Strawberry 5. It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems. 6. Dwarf, dwell and dwindle. 7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces and ellipses. 8. Lettuce. 9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.



Here are two of the Junior Chefs sampling their Rice Krispie Sushi. MMM, looks mighty tasty to me!!

A NICE PICTURE POSTER of THANKS

Writing on the bottom says "750 boxes sent" (from this area). I think it was over 1,000 last year-but the number is really good considering. Our group filled 16 boxes. from Judy S.

SPECIAL THANKS to Judy who, every year, organizes distribution of the boxes to the Centre, (and pick up), coordinating with her neighbour from the Baptist Church ... a big job...but for a very worthy cause.



DEADLINE FOR FEBRUARY NEWSLETTER THURSDAY, January 28. lilapat@shaw.ca

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Looking for some places you would like to visit?

- ◆ McMillan Arts Centre, reserve your 1/2 hour visiting block from 11 a.m. to 2:30, max. four persons per group, masks must be worn
- ◆ Milner Gardens and Woodland: only gardens and trails are open.
- ◆ Nanaimo Museum: open 1 to 4 daily, entry is by timed admission. Five tickets per 1/2 block, masks are mandatory.
- ◆ Check out our local businesses/venues in Qualicum Beach that are also organized to greet visitors listed on line. Stay Safe. Stay healthy. Don't forget that mask!