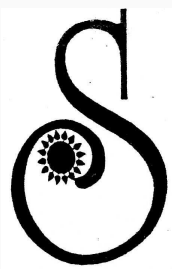


Qualicum Beach Seniors' Activities Centre



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 - Friday
9:00 a.m. - 3:30 p.m.

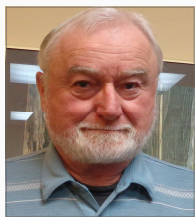
Closed until
further notice



Volume 24 Issue 8

August 2021

250 752-0420



from Lorne

A familiar lament these days is "where has the time gone, it was June just a week ago!" I fully understand this as that is

exactly how I feel.

The best news of the day is that we are planning to fully open the Senior Centre on September 7th.

As we work through the things that must be done in advance, we can clearly see just how much time and effort the volunteers put in. Activities,

Travel, Membership, the Kitchen, Special Events, the list goes on and on.

No other organization of our size and scope operates without paid staff. So many thanks to our dedicated volunteers and we intend to keep this a volunteer operation.

For various reasons, some volunteers leave us every year and we must find replacements for them. If you are not currently involved and wish to take a turn helping out, please call me or any of our board members.



Judy was happy to greet Carolyn, one of our faithful members at the Centre, who dropped in to renew her membership. Do drop by to renew when in the neighbourhood ... **new members welcome!** Attending to this task is much appreciated.

THE FEE

IMPORTANT UPDATE

All the months the Centre was closed, there was no revenue, but fixed costs had to be paid: lease, insurance, maintenance, utilities et al. These costs continue to have to be paid AND have increased in all aspects of our operation.

To cope with these costs we have kept the annual membership fee the same and introduced a user pay approach which will be \$1.00 per person for each session of an activity they attend. Thank you for your understanding.

2020-2021 MEETINGS

- ◆ SEPTEMBER 18:
HARVEST SUPPER
- ◆ OCTOBER 27: AGM
- ◆ NOVEMBER: GREY CUP
- ◆ DECEMBER:
SUPPER at DeeZ
- ◆ JANUARY: ROBBIE BURNS
- ◆ FEBRUARY
VALENTINE LUNCH
- ◆ MARCH: ST. PATRICK'S
Dates subject to change



I hope all of you enjoyed BC Day!



BBQ AT MUSEUM

Monday, August 23rd

SOLD OUT!
PLEASE BRING YOUR OWN CHAIR



Saturday, September 18th

HARVEST FOWL SUPPER

AT THE SENIOR CENTRE

5:00 pm ~ Doors Open 4:00 pm

We are limited to seating and **42 TICKETS** will be **FOR SALE** starting Tues. & Thur. August 17 & 19th & daily once the centre is open at the registration desk.

\$25pp ~ Dance to music by **THE RAMBLERS**

★ Door Prizes ★ Gift Basket ★ Bar will be open

Chicken and all the trimmings, Veggies, salads, 'puffy bread' and home made pies with ice cream



Qi Gong/Tai Chi"

Wednesday afternoons
1:00 - 2:00 pm
STARTING
SEPTEMBER 15, 2021

This will be a modified gi gong/tai chi class with sitting and standing. Because as we age, many of us are having health movement issues, we will use qi gong and tai chi to learn to check in with ourselves and our energy.

By blending Eastern and Western practices, we offer pre-warm-up exercises, warm-up (including somatic exercises), gi gong practices; tai chi practises (including variations); and end the class with relaxation exercises.

Participants have found many benefits in taking this class, including relaxation, a sense of well-being, improved balance and ease of movement. We invite you to **RECHARGE, REWIRE AND RESET** your system with qi gong and tai chi.

For more information please email:
riva.west915@gmail.com

Our Thanks
HELEN WALLER and for your
very generous donations to
the Senior Centre. We appreciate
your thoughtfulness.



STARTING Thursday
September 9th
4 week Class

5:00- 6:00 pm ~ \$20

Pre-registration is
required: contact
judyipalipowski@gmail.com
or **250 752-6837**



CONGRATULATIONS SUSAN PORTER

You are our latest winner of a
\$25 GIFT CERTIFICATE
More draws monthly from the names
of all current members.
THANK YOU QF!



NEW MEMBERS

Marion Borgfjord	Jorja Komoroci
Catherine Braeuer	Bill Nelles
Minnie Corbett	Marten Shaffer
Andrea Kennedy	Margaret Sills
Bill Kennedy	Joe Stanhope
	Sylvia Williamson



HELLO

WELCOME TO OUR SENIOR CENTRE. We
look forward to getting to know you.

DEADLINE FOR SEPTEMBER
NEWSLETTER
FRIDAY, AUGUST 27th
lilapat@shaw.ca 250 752-6489

Qualicum Beach Seniors' Activity Centre

Calendar of Activities Fall and Winter 2021-22

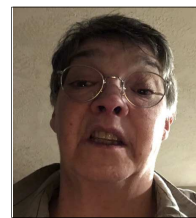
Activities Room

Activity	Time	Contact	Tel no	Email	Cost	Day
Acapella Choir	6:30-7:30 pm	Marion Clark	250-468-9280	oceansideacappella@gmail.com	\$1 a session	Wednesday
Art	2-4 pm	Vicki Harp	250-752-4600	vvharp@gmail.com	\$1 a session	Friday
Ballroom Dance	5-6 pm	Judy Palipowski	250-752-6837	judyipalipowski@gmail.com	\$20 for 4 sessions	Thursday
Beginners Line Dance	3-4 pm	Judy Palipowski	250-752-6837	judyipalipowski@gmail.com	\$5 a session	Monday
Canasta	10:00 am-12:00 pm	Leona Schultz	250-752-8226		\$1 a session	Saturday
Darts		Wendy Haines	250-594-7721			
Drop in Bridge	12:30-3:00 pm	Lorne Tetarenko	250-752-5630	lorne-tetarenko@shaw.ca	\$1 a session	Thursday
Duplicate Bridge	1-3:30 pm	Wolfgang Dost	250-594-4513	wolf.dost@yahoo.ca	\$1 a session	Sunday
Fun Bridge	9 a.m. -12 pm	Eldon/Shirley Davis	250-752-3758		\$1 a session	Tuesday
Hatha Yoga with Ani Mac	10-11 am	Joanita Fernandes	250-594-4194	joanita.2406.jaf@gmail.com	\$8 a session	Wednesday
Hatha Yoga with Ani Mac	10-11 am	Ani Mac	250-228-0518	animac@hotmail.com	\$8 a session	Saturday
Intergenerational Ukulele	3-5 pm	Henk Verkerk	250-954-9484	hverkerkis@gmail.com	\$1 a session	Monday
Needlecraft	1-3 pm	Chris Streeton	250-228-5515	bstretton@shaw.ca	\$1 a session	Tuesday
Ongoing Line Dance	4-5 pm	Judy Palipowski	250-752-6837	judyipalipowski@gmail.com	\$5 a session	Monday
QiGong Tai Chi	1:00- 2:00pm	Riva West	250-752-7178	riva.west915@gmail.com	\$1 a session	Wednesday
Songbirds	10-12:15 pm	Diana Meyer	250-752-4856	Diana.meyer2@outlook.com	\$60 membership plus \$1 a session	Thursday
Spanish conversation	11:30-12:30 pm	Harvey Freedman	250-594-5915	landed@telus.net	\$1 a session	Wednesday
Ukulele 1	12:30- 2:30 pm	Catherine Khan	250-752-9082	mckhan2@shaw.ca	\$1 a session	Monday
Ukulele Friday	10 am - 12: 00 pm	Maureen James	250-594-6071	maureenjames@shaw.ca	\$1 a session	Friday
Whist	12:30-3 pm	Sally Jagger	250-752-3556		\$1 a session	Thursday
TOPS		Brenda	778-424-1011			



Travel Talk with Elaine

JANIE'S GOT A BUS
Road Trips & Adventures LTD.



Salt Spring Island

Wednesday,

August 11th, 8:30 ~ 5:30

\$130 + taxes. Ferry meal NOT included.

Walker friendly. Lunch in Gan- ges, then stopping at Salt Spring Island Cheese Works, Beaver Cove Mt. Maxwell, then Home.



Victoria

Sunday, August 15

8:00 am ~ 5:30 pm

\$75 + tax. Walker friendly. Enjoy the shops, restaurants and/or the inner harbour. Visit a friend, museum and/or IMAX, for try your luck at the casino. Stopping at a farmers market on the way home. Meals NOT inc.



Tofino & Ucluelet

Friday, August 20 ~ 8 am ~ 8:00 pm

\$85 + taxes. Walker friendly. Spend time at the beach or go shopping, then we travel to the Amphitrite Point Lighthouse. Meals NOT included.



Sunflower Festival

In VANCOUVER ~ Tuesday, August 31

6:30 am to 8:00 pm ~ \$155 incs. festival ticket, taxes and ferry for seniors 65+ (extra \$34 if not 65). Earls restaurant is open, meal NOT inc. Call Bowen Park Rec. Centre 755-7501 or Janie 250 714-2855. If interested,



*** Janie is doing a trip to the Malahat Outlook, call her for more information. **NOTE: bus trips listed must be full to proceed.**

Actual complaints on Thomas Cook Vacations

- ⇒ "We went on holiday to Spain and had a problem with taxi drivers as they were all Spanish."
- ⇒ "Although the brochure said the kitchen was fully equipped, there was no egg-slicer in the drawers."
- ⇒ "The beach was too sandy. We had to clean everything when we re- turned to our room".
- ⇒ "It took 9 hours to fly home from Jamaica to England. It took Americans only 3 hours to get home. Seems unfair."

Mount Washington

Friday, August 13

8:00 am ~ 5:00 pm

(times would be different from here of course)

\$95 + tax. Includes chairlift but NOT meals. Walker friendly. Enjoy the breath- taking views.



Saturna Island

Tuesday, August 17

6:00 am ~ 8:30 pm

\$125 plus taxes. Incs. ferry Walker friendly, bring pic- nic lunch, supper at the White Spot in Sydney.



THE "HEALTHY" CORNER



Follows is a study from the University of Copenhagen

REMINDING US TO — "KEEP YOUR LEGS STRONG"!!

- ◆ When we are old, our feet must always remain strong.
- ◆ When we gain ageing / grow aged, we should not be afraid of our hair turning grey (or) skin sagging (or) wrinkles.
- ◆ Among the signs of 'longevity', as summarized by the Magazine "Prevention", strong leg muscles are listed on the top, as the most important and essential one. If you do not move your legs for two weeks, your leg strength will decrease by 10 years.
- ◆ Only when the feet are healthy, then the convection current of blood flows, smoothly, so people who have strong leg muscles will definitely have a strong heart. Aging starts from feet upwards.
- ◆ As a person gets older, the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.
- ◆ In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures. Exercising the legs is never too late, even after 60 years of age.
- ◆ Bone fractures in the elderly can easily trigger series of complica- tions, especially fatal diseases such as brain thrombosis.
- ◆ The body is the center of body locomotion.

◆ 15% of elderly patients will die within a year of a high-bone fracture?

◆ Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task. Only by strengthening the legs, one can prevent further aging.

◆ Walking 30-40 minutes a day ensures your legs receive sufficient exercise and ensures your leg muscles remain healthy.

◆ Strong bones, strong muscles, flexible joints form the 'Iron Triangle' that carries the most important load on our body.

◆ 70% of human activity and burning of energy in one's life is done by the two feet. The whole body weight/load rests on the legs. The foot is a kind of 'pillar', bearing the weight of the human body.

◆ Both legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them. It is the large circulatory network that connects the body.

FIND YOURSELF WITHOUT A DOCTOR ?

To get your name on a waiting list you can sign up online at: <https://www.divisionsbc.ca/oceanside/PAM> or pick up a card at the Centre for more info. Good Luck!



INGRID PELZER says goodbye to her friends at the Seniors' Centre. She will be leaving us in September and moving to Smithers so that she can spend more time with her family.

Ingrid moved to Vancouver from Germany in 1957 as a teenager. She says she was quite naïve and had no cooking knowledge, but was able to learn from recipe books. We have been the beneficiaries of the skills she accumulated through teaching herself, and have thoroughly enjoyed her baking

contributions to the Centre kitchen each week.

Ingrid and Helmut owned a grocery store in New Westminster. After selling the store, they relocated to Smithers and bought a trailer park on the river.

After selling the park, Ingrid opened a toy store and the family moved to an acreage.

In 1987 Helmut and Ingrid moved to the Oceanside area settling in French Creek and later Qualicum Beach.

Helmut passed away in 2015 and Ingrid says her friends from the Centre became her family. Providing the baked goods for the Centre was one way she was able to express her appreciation and love for all her friends there.

Helmut was a member of the QB Ukulele Band and Ingrid would join him singing along with the 'strummers' every Monday, adding her lovely singing voice to the group.

Thanks for the fantastic baked goods, Ingrid. We will miss the tasty treats, but we will miss your smile, your many stories and your great sense of humour even more.



WIN GAETZ
is the Centre's
SUNSHINE LADY

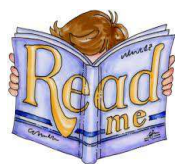
but with the
Centre closed, people who need
a card are easily missed. So, if
you know of
someone who
would like/
should receive
a card, be sure
to call Win at
250
752-9229



Happy 101 years birthday



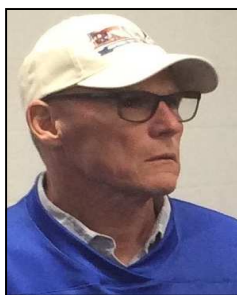
Family & friends
gathered
recently to help
YULA GALL
celebrate her 101st
birthday. We, at the
Centre, hope you
enjoyed your very
special day



...and **WIN**
\$25 CASH!

Winner of the July "find the logo" is
MAURICE FERNANDES.

Due to lack of participation I will put this
fun search for the logo to bed. Maybe
once things get back to normal at the
centre it could be put back in each news-
letter. Thanks to all of you who took the
time to search for "that logo"!!



It is with sadness that we share the news of
the sudden death of **Chuck McMann**. On
Tuesday, July 20 while biking on the islands of
Denman and Hornby with his wife Margaret,
he collapsed.

Chuck was a devoted family man. He was a
role model and mainstay for his family. He
was always thankful for his life and what he
considered his many blessings, giving self-

lessly to the many opportunities present. He took care of things that
needed doing—felt it was his 'gift' and he enjoyed implementing it!

Chuck's CFL career was both as player and coach. He coached at
McGill and University of Waterloo, and his career as a player and
coach in the Canadian Football League stretched over five different
decades. He was a member of the Calgary Stampeders' Grey Cup
championship teams in 1992 and 1998. In addition to his time with
the Stampeders, he was on the BC Lions coaching staff from 2008-
15. Chuck was involved in numerous voluntary activities including
Qualicum Beach's St. Stephen's United Church, Hockey Ministries
International, North Island Wildlife Rescue, a driver for the Parksville
Salvation Army Food Bank and, along with Trevor Bowles, he host-
ed the annual Grey Cup party and coordinated support for the event
from the CFL, the CFL alumni and all the CFL teams.

Our condolences to Margaret and the family for their loss.



This enthusiastic group
gather Monday's at 10 am (behind the
Civic Centre) to practice strumming
their ukuleles. Judy & her group, happy
to be back playing, are looking forward
to playing in the Centre in September if
all goes well ... fingers crossed!

