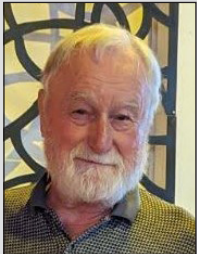


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

MARCH 2024 For the young at heart

703 Memorial Avenue
 Qualicum Beach BC
 Monday to Friday
 9:00 am to 3:30 pm
 250-752-0420
 VOLUME 27 | ISSUE 3



from
 Lorne



Today the Seniors' Centre is enjoying unprecedented success. There are activities 7 days a week and volunteers for every function needed. Walk in our door and you can feel the energy and good cheer.

We just had a celebration of our 20th anniversary in this location. Seventy plus people came including our Mayor and several counsellors. Ed Burnett, who was the president at the original Grand Opening 20 years ago, was present as were several other original members. One of those originals was Judy Southern, who is still very active, for example she organized this event.

Because of them we have the Centre we have today.

These old timers point out that our celebrations today are somewhat tame compared to the old days, twenty years ago. At that time it was legal to bring your own bottle and people did. I remember those days, I am sure many of you do as well.

We have recovered from the restrictions of Covid. The Centre is once again the social hub it is designed to be. Come in for lunch or just coffee any time you can and enjoy the camaraderie. I look forward to chatting with you.

20th ANNIVERSARY CELEBRATION

Today, February 28th, we marked the 20th Anniversary of the Seniors' Centre moving into the present address. As some of you likely know, when the new QF store was opened we needed to move to make room for their larger parking lot – so QF and the Town worked out a solution. Hence, where we are now!

There was a large turn-out (despite the weather) for our gathering. Mayor Westbroek and Counsellors Skipsey, Young and Vandervalk, Ed Burnett, the president in 2004, Debbie, representing Quality Foods,



and Lorne Tetarenko, our current president, earned the head table positions. Both Teunis and Lorne spoke recognizing our volunteers, without whom we wouldn't be here, as well as our founder, Betty Smith. Then Teunis

cut the ribbon to re-represent the doors being open. Following that, everyone enjoyed a piece of Anniversary cake, generously donated by Quality Foods.

Special thanks to Bonnie, who finished the Yoga class early, and Mike who postponed the Painting class – and Norah, Glenys and Ann who provided all the coffee, tea and clean up!



SENIORS CENTRE *Activities*



SUNDAY

Contract Bridge 1:00 - 4:00 pm

\$2 per session

Wolfgang Dost 250-594-4513
wolf.dost@yahoo.ca

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Jan Curtis 250-738-1040
jancurtis5431@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771
sharp44@shaw.ca

QB Ukelele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082
mckhan2@shaw.ca

Beginner Ukelele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-596-2500
algagnon006@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556
sallyjagger@gmail.com

Songbirds 3:00 - 4:30 pm

Diana Meyer 250-762-4856

Cleaning 4:30 - 6:30 pm

TUESDAY *cont'd*

Ramblers Practice 6:30 - 8:30 pm

Colin Craig 250-738-0464
goodison95@shaw.ca

WEDNESDAY

Hatha Yoga 10:00 - 11:15 am

\$8 per session

Ani MacGillivray 250-228-0518
anymacg@hotmail.com

Dominoes 10:00 - 12 noon

Audrey Isbell 250-752-9134
amishbell@shaw.ca

Intermediate Spanish

Conversation 11:30 - 12:30 pm

Harvey Freedman 250-594-5915
landed@telus.net

Fun with Chaz 12:30 - 1:45 pm

(except March 13 & 20)

Chaz Booth 250-240-0465
chazentertains@gmail.com

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Book Club 2:15 - 3:15 pm

Gail Smith 905-808-4585
xgailsmith@gmail.com

Drawing & Painting 2:30 - 4:00 pm

Michael Sherlock msherlockqb@gmail.com

TOPS Weigh-in 3:45 - 5:00 pm

Elaine MacDougall 250-594-3604
repac5@shaw.ca

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Rob Duncan 250 752 2847

A Cappella 7:00 - 9:30 pm

Marion Clark 250-468-9280
oceansideacappella@gmail.com

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.

THURSDAY

Beginner Bridge Lessons

9:30 - 11:30 am \$8 per session

Peter Segers 250-586-5740
psegers225@gmail.com

Darts 10:00 - 12:15 pm

Bernie Brockway 250-757-2330
berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Barbara Wade 250-228-4233
barrickwade@yahoo.com

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258
Or book your own appt: toc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm

Ballroom Dance 5:00 - 6:00 pm

Dance Practice 6:00 - 7:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

FRIDAY

Ukelele Friday 10:00 am - 12 noon

Maureen James 250-594-6071
maureenjames@shaw.ca

Introduction to American

Mahjong 10:00 am - 12 noon

Inger Weber 250-951-9298
inger-weber@shaw.ca

Mahjong 1:00 - 3:00 pm

Chic Starling 250-752-6846
senchic40@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425
rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

10:00 - 11:00 am \$8 per session

Anne Sharp 250-750-9771
sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

Dr Rod LeBlanc rod@lifelonghealth.ca



SATURDAY MARCH 16th

Continuing our 20 years in the present premises theme, it's a TEA DANCE!

- ♣ Come at 3:00 pm
- ♣ The Bar will be open and the Tea or Coffee and soft drinks available
- ♣ We are most fortunate to have **Bruce Feltham** play for us between 3:30 and 5:00 pm. Then time to dance as much as you can manage or just enjoy his musical program!
- ♣ At 5:00 pm, it's time for an **Irish Stew dinner**, including dessert, of course.
- ♣ Get home before dark, if you wish!

\$25
per person



Sign up soon ... as our space is limited!

Payment to be made at time of sign-up by cash or cheque - deposit in the box over the desk on your left



Thursday Afternoon Bridge

For many months, there has been a \$40 prize waiting to be won, for the first team to bid and make a GRAND SLAM.

On February 22, 2024, the team of Anne Sharp and Donna Roberts did just that. They bid 7 spades and made the contract.

Congratulations Anne and Donna! Enjoy spending your money.

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

Brian Collicott
250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



Every Thursday 1:30 to 3:30 pm in the Lounge

I was walking in the jungle and saw a lizard on his hind legs telling jokes. I turned to a local tribal leader and said, "That lizard is really funny!" He replied, "That's not a lizard. He's a stand-up chameleon."



Wow – what a wonderful show today! You had the audience shaking and tapping. It was cool that you had one of our blind ladies (over 90) up and dancing. She really had a blast! I loved the variety of songs and the skill of your players. I can't believe one lady playing with both hands!

It was delightful, we hope to see you again one day! My mom lives in Qualicum Manor – I hope that is on your venue list too.

Marianne, Coordinator, SOS Outreach Program



QB Seniors' Centre Ukelele players performing for the SOS Outreach program at The Legion, February 6, 2024



The Songbirds are back!

Come along and enjoy memories of "our" times; those wonderful musicals and songs of the 50s and 60s

QB Seniors Centre
Tuesday, April 2 ♦ 3 - 4 pm

Bring your singing voices too!

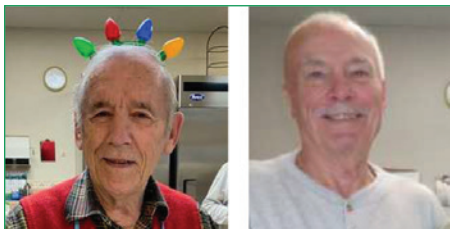


What's Cookin'?



LUNCH on MONDAY

MIKE'S QUICHE with co-worker Barry



TUESDAY Week 1 and 3

Leslie's fresh baked **CINNAMON BUNS**
only \$1.00 (sorry, no take out)



WEDNESDAY, MARCH 21

Bill & Verdelles

CHILI with Corn Meal Muffin



THURSDAY LUNCH

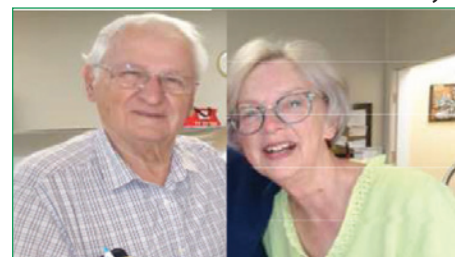
Cathy & Brenda's

CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Greetings from the Cookie Cutters

There were many kinds of heart shaped cookies made this past month, and soon it will be shamrocks and greenery. The cookie cutters have continued to contribute a wide variety of sweet treats to the kitchen. You never know what might be offered from day to day. We have a really committed group of bakers and feel so fortunate to have them volunteer their time. If you are looking for an opportunity to provide some baking we would love to have you join us. Most bakers have been baking at home but we do occasionally organize a bake-off in the kitchen. It's a lot of fun and laughter and we get lots of baking done! If you would like to join us please contact me at Charles.brenda@me.com or call/text at 604-379-0290. The more the merrier!



This month's recipe is a loaf and makes good use of old bananas.

Pineapple Banana Loaf

Ingredients:

- 1 cup All Bran cereal
- 1 - 8 oz can of crushed pineapple, with juice
- 1/2 cup butter melted
- 2/3 cup sugar
- 2 large eggs

- 1 cup mashed bananas (about 3)
- 1 tsp vanilla
- 1/2 cup chopped walnuts (or chocolate chips)
- 1 1/2 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

Method:

- Combine cereal and pineapple in small bowl and let stand for 10 minutes
- Beat butter and sugar in large bowl until smooth. Beat in eggs, one at a time. Add pineapple mixture, bananas and vanilla. Mix and stir in walnuts or chocolate chips.
- Combine flour baking powder, soda and salt and add to banana mixture. Stir until just mixed.
- Turn into a greased 9 x 5 x 3 loaf pan and bake in preheat oven at 350° for 65 minutes. Let stand in pan for 15 minutes before removing loaf to rack to cool completely.

Travel Talk

Check the website qb.seniors.com for updates on the trips that are being planned



Stars on Ice

MAY 16 \$230 - \$279 pp

Depart Civic Centre 3:00 pm
Return Civic Centre 11:30 pm

Experience the pinnacle of figure skating at the 2024 Stars on Ice Tour in Victoria.



The star studded cast features Elvis Stojko, Patrick Chan, Piper Gilles & Paul Poitier and more.

This show promises to be a celebration of talent and passion and the pure artistry of figure skating.

Price includes: buffet dinner, tickets and transportation.

Alaskan Cruise

Inside Passage Cruise

7 NIGHTS SEPT 4 to 11

\$1895 - \$3399 pp
double occupancy

\$2899 - \$5799 pp
single occupancy



Inside & Oceanview Staterooms and Vista Suite available.

Price includes: Return Bus & Ferry transportation from Courtenay & Qualicum to Vancouver Cruise Pier, Sparkling Wine & Strawberries and a \$20 photo credit.

Hosted by Charla Harrison, Square 1 Travel, Courtenay, BC.

Newfoundland & Labrador

13 day Guided Tour

JULY 7 to 19

\$6795 pp dbl occupancy

\$7795 pp single occupancy

With flights from Comox.



Shen Yun MARCH 25

Due to low participation and sign ups for this tour, we have now **CANCELLED** this trip.



Lord of the Dance JUNE 13

Unfortunately, all North American performances of Lord of the Dance have been **CANCELLED**.



In the November newsletter, an invitation was extended to submit suggestions for a catchy name for our eating area, and we received 13 entries. A 'committee' of members was selected from the various weekly activities to vote on their favourite one

and the winner was *Mugs 'n' Hugs Diner* ... we hope it makes you smile.

MANY THANKS to **RICHARD WATERFALL**, who heads the Friday Art Group, for his generous time and talent devoted to making/ painting the sign on a piece of Western Red Cedar (sealed with tung oil) and hanging the sign.



We also THANK

ROD MORRISON for his suggestion we contact **Windsor Plywood** for a good piece of wood, stating he was sure they would donate a piece to the Senior Centre, which they generously did with our **grateful THANKS**.

Thank you also to all those who submitted their creative suggestions and to those who voted on them.



So, if you want a mug of coffee or tea, or maybe a hug, this is the place to be!

Ann Svensen, Julie Laviolette & Lila Greene

Valentine's Day

We filled the Centre with our Members who came to celebrate Valentine's Day with family, friends and sweethearts.

Lola Cook and Ann Svensen welcomed our guests warmly as they checked in for our two lunches. We enjoyed a delicious slice of Roast Ham, Judy Southern's famous Hash Brown Casserole, Cole Slaw and a roll, followed by a fruit whipped dessert, heart shaped Valentine shortbread and a decorated cupcake along with tea or coffee.

What a lovely day it was with the chatter and laughter filling our Seniors Centre - a great way for Members to re-connect with one another once again.



Pamela, Roz & Betty in the kitchen preparing lunch for our valentine crowd. Judy thanks them for all the help! More thanks to Cindy, Brenda M., and Brenda C. for the help with preparations on Saturday, and Norah & George on Wednesday afternoon — our kitchen Valentines!



Hearts out to Bonnie, Lorne, Leslie, & Peachy who did the serving ... and Cindy who did everything else!



In the Kitchen with George

Thanks to **Dagmar & Fred Aitken** and **Betty Brooker** for their help in the Kitchen on Robbie Burns night. Without their assistance it would not have been a success. Also thanks to **Pat Weber** for his emails and phone calls which kept us on the right track. Thanks to those who stayed after the event and did a great cleanup job!

I would also like to compliment the kitchen volunteers who have stepped up and offered different menus during the week. Comments have all been positive. I encourage them to continue to amaze us.

I would also like to bring to the membership's attention that during the Robbie Burns weekend we had cash disappear from the Kitchen. We have taken steps to try and prevent this from happening again. We suggest that unless you are a volunteer, admittance is not allowed.

If you have any comments that would improve the kitchen operation, please let us know.



George Wimmer, Kitchen Manager



Thank You!

Judy Palipowski took over leading/teaching the Ukulele group a few years ago, after Christiane Warrender, who was directing the group. Judy stepped in to promote and teach Ukulele at the Seniors' Centre.

The group was named the Qualicum Beach Ukulele Band (QBUB) when former leader, Helen O'Connor, who commuted from Nanaimo, had to give up teaching due to ill health.

QBUB has grown to a very large group of enthusiastic 'strummers' and singers' who practice every Monday and Friday in the Centre. They entertain at Senior Facilities and other venues around Oceanside.

Judy has served on the Board of Directors as Activities Director, keeping events updated and filling spots for new activities as they came along. She also took on working/cooking for special events from time to time, serving up very tasty food for all to enjoy.

A professional and talented musician, she is a valuable asset to the Qualicum Beach Seniors' Activities Centre.

We wish her continued success in all the endeavours she chooses to take on.



IN LOVING Memory

We have received rather sad news that **Betty Smith** has passed away. Betty's mission in life was to fill a need – which was to provide a place in Qualicum Beach where seniors could take part in activities as well as just gather for social togetherness. She and a few others together back in 1996 went to the Town Council to ask for assistance in making this happen. As it turned out, the Town Hall had just been constructed so the old Library had a new home. And the Seniors' Centre then found a home in the old Town Library.

A large number of people invested both time and money to cover the cost of renovating. She and husband Bill were an integral part in the creation of what has now become a very busy hub for hundreds of people to enjoy — and keep active — and keep their health. Betty and Bill made certain to be part of the happenings until health issues prevented that.

We all send condolences to the family.

FIND THE LOGO AND WIN \$25!

Find and describe where the Centre's logo is hidden in this Newsletter (*NOT in the headline or this form*) and drop your entry into the jar provided on the table by the Greeter's desk.

One winner per month (winner will be notified by phone)

The  is hidden on page _____

Name & phone _____

FEBRUARY NEWSLETTER – Find the logo

And the winner is . . . **OPAL LONG!**

The logo was hidden on page 7 - "HAPPY VALENTINES"

Many thanks to all who participated in this fun contest!

SAINT PATRICK'S DAY Wordsearch

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

WORD LIST

- | | | | |
|-----------|-----------|------------|---------------|
| CELEBRATE | GOLD | IRISH FLAG | PARADE |
| CELTIC | GREEN | LEPRECHAUN | RAINBOW |
| COINS | HARP | LIMERICK | SAINT PATRICK |
| DANCE | HORSESHOE | LUCK | SHAMROCK |
| FIDDLE | IRELAND | MARCH | TRINITY |

Homemade
GIFTS MADE EASY

