

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

JUNE 2025

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 28 | ISSUE 6



from Rob

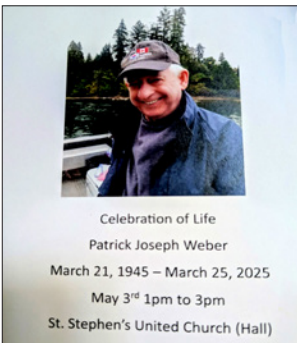
As a teenager growing up in Qualicum, the May long weekend was the start of our summer time to go swimming which we did every day – it must have been warmer in those days!

I would like to thank **Rose Vegh** our librarian for her years of service and welcome **Sue Rigby** as our new librarian.

We are having a review of our guest policy and are going back to our no guest policy. This will give us time to review our policy and get feedback from our members. Our review will take into account our insurance requirements as well as making sure that we are being fair and equitable to our membership.

We have an incredible amount of volunteers that enable us to provide the services we do in the kitchen and activities in an affordable manner.

I welcome any input. Please contact me at [Robertduncancorp@shaw.ca](mailto:Robertduncancorp@shaw.ca)



Over a hundred of Pat Weber's family and friends and one-time co-workers gathered on Saturday May 3 at St. Stephens Church Hall. We heard Pat's favourite bagpipes to open and close the service.

Several people spoke so very highly of him, which was expected. He did so much for our Seniors' Centre as well as the Kiwanis Club, the French Creek Residents Association, the PQB Foundation, and countless other groups – all to benefit others. He was one very special man, to say the least.

A sincere **Thank You** to the 5 ladies who helped me make all those sandwiches – and to our Cookie Cutters group who supplied delicious goodies for Pat's Celebration.

And Ingrid who contributed so very much for all of us, and her dad's memory.

*Judy Southern*

A poem for all grandfathers on **Fathers' Day** by *Gus Barrett*, a long time member of the Seniors' Centre – a rather long time ago.

## Grandpa's pipe

Grandpa smoked a briar pipe  
That curled below his chin.  
It seems to me he smoked it all his life.  
He filled the bowl with "Beaver Plug"  
Then gently tamped it in.  
With a calloused thumb and rusty pocketknife.  
He'd light it with an ember  
That he rescued from the grate.  
Then through a cloud of aromatic smoke  
He'd sit back and smile at grandma,  
For many years his mate.  
And he didn't seem to mind that he was broke.  
He was happy with his lot in life  
Contented and secure,  
Though he never had a lot that I could see.



As long as he had grandma  
He would never ask for more.  
Except his pipe and grandkids by his knee.  
He would puff his pipe and tell us tales  
Of fishing on the Banks.  
Tales of wooden ships and iron men.  
Then gazing fondly out to sea  
He would give his solid thanks,  
Then smile at us and fill his pipe again.  
Through the years I'd almost forgotten  
Dear old Grandpa and his pipe  
And the stories that he used to tell us kids,  
Then he died at ninety-two,  
An age considered ripe,  
Still smoking "Beaver" like he always did.

# SENIORS CENTRE *Activities*



## SUNDAY

**Duplicate Bridge** 6:30 - 9:30 pm  
\$2 per session

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

**Open Mic / Karaoke** 6:30 - 8:30 pm  
1st & 3rd Sunday  
Bill Wilson 250-752-8542  
laveer34@gmail.com

## MONDAY

**Knitting/Crochet for MANNA**  
9:30 - 11:30 am

Joy Strobl 250-594-4043  
joystrobl@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 Ukulele Band** 12:30 - 2:30 pm

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

**Beginner Ukulele** 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 250-586-2500  
algagnon006@gmail.com

**Henk's Practice Group**

10:00 am - 12 noon

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

*TUESDAY continued*

**Whist** 12:30 - 3:00 pm

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

**Rambler's Practice** 4:45 - 6:15 pm

Colin Craig 250-228-3349

## WEDNESDAY

**Hatha Yoga** 9:45 - 11:00 am

\$8 per session

Bonnie Evoy 250-248-7691  
tangledandark@hotmail.com

**Dominoes** 10:00 am - 12 noon

Pauline Childs 250-752-2440  
dave7522440@gmail.com

**Intermediate Spanish**

**Conversation** 11:30 am - 12:30 pm

Trish Evans 250-850-9339  
auzzeee@gmail.com

**Chair Yoga** 1:00 - 2:00 pm

\$8 per session

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

**Book Club** 2:00 - 3:00 pm

First Wednesday of the month

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

**Guitar with Chaz** 2:30 - 3:45 pm

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

**QWEST Weigh-in** 3:15 - 5:00 pm

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



*Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.*

## THURSDAY

**Darts** 10:00 am - 12:15 pm

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

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

Donna Roberts 250-228-2788 robbos@telus.net

**Technology Tutor** 1:30 - 3:30 pm

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

**Splatters Painting Art Class**

2:45 - 3:45 pm

Mike Sherlock 604-815-7711  
msherlockqb@gmail.com

**Line Dancing** 4:00 - 5:00 pm

**Ballroom Dance** 5:00 - 6:00 pm

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

**A Cappella Choir** 7:00 - 9:30 pm

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

## FRIDAY

**Ukulele Friday** 10:00 am - 12 noon

Thuy Bui 250-607-8448  
Linhthuyca2018ca@gmail.com

**Classical Guitar** 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260  
fiona3@shaw.ca

**Mahjong** 1:00 - 3:00 pm

Angie Bettam 250-937-1862  
angiebettam@gmail.com

**Art Group** 1:00 - 3:00 pm

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

## SATURDAY

**Hatha Yoga with Richard**

9:45 - 11:00 am \$8 per session

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

**Qi Gong** 11:15 - 12:15 pm

\$5 per session

Dr Rod LeBlanc  
rod@lifelonghealth.ca

# Greetings from the Cookie Cutters

Just wanted to give a big thank you to all the bakers that really stepped up last month to provide some extra baking. It is so appreciated. It's an old fashioned saying but very true that "many hands make light work".

If you would like to be part of this baking group, you would be most welcome. Call or text me at (604) 379-0290, or email me at [charles.brenda@me.com](mailto:charles.brenda@me.com) or drop in to the centre. I'm usually in the kitchen the second and fourth Thursday morning.

I think I might have given you this recipe in the past but it is very good and apropos for the season.

## Rhubarb Upside Down Cake

### Ingredients:

- 3 cups fresh or frozen rhubarb
- 1 cup sugar
- 2 Tablespoons flour
- 1/4 teaspoon nutmeg
- 1/4 cups fresh or butter, melted

### Batter:

- 1/4 cup butter, melted
- 3/4 cups sugar
- 1 large egg, room temperature
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 2/3 cup milk

### Method:

1. Place rhubarb in a greased 10" cast iron skillet (or a 10" springform pan lined with parchment paper)
2. Combine sugar, flour and nutmeg and sprinkle over rhubarb. Drizzle with butter.
3. For the batter, beat butter and sugar in a large bowl until blended. Beat in the egg.



4. Combine flour, baking powder, nutmeg and salt. Gradually add to egg mixture alternately with milk and beating well after each addition.
5. Spread batter over rhubarb and bake at 350° degrees until a toothpick inserted in the centre comes out clean, about 35 minutes. Loosen edges immediately and invert onto a serving dish.

Using a cake mix makes this a super easy dessert.



## Attention Whist Players

There will be no whist on Tuesday afternoons from **June 17 to July 8** inclusive. Returning July 15.



## Book Club

For **June 4th** the book is **Small Things Like These** by Claire Keegan. A beautifully written novel exploring the themes of love, loss, identity and family. Set in rural Ireland at Christmastime in the 1980s, the book is a poignant and insightful portrait of what it is to be a compassionate human being.



This will be the last meeting before summer break. The **Book Club** will resume on Wednesday September 3rd.

*New members are always welcome!*

Email: [xgail.smith@gmail.com](mailto:xgail.smith@gmail.com) Call or Text 905 808 4585



## Open Mic Night!

**1st & 3rd Sunday  
6:30 – 8 pm**

*Dianne Duncan & Bill Wilson  
Bill is the organizer of Open Mic*



*Congratulations!*

**Sven Josefson and Barbara Wade** bid and made a **Grand Slam** at the Tuesday morning bridge on May 27, 2025.

### ***A Description of the QBSAC Membership Behaviour***

One day God was looking down at earth and saw all the rascally retirees' behavior that was going on.

So, He called His angels and sent one to earth for a time.

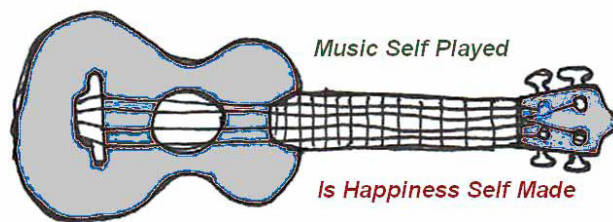
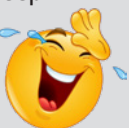
When the angel returned, he told God *"Yes, it is bad on earth; 95% of retirees are misbehaving and only 5% are not. It's true: The earth is in decline."*

God thought for a moment and said, *"Maybe I had better send down a second angel to get another opinion."*

So, God called another angel and sent her to earth for a time. When the angel returned, she told God *"Yes, it is bad on earth; 95% of retirees are misbehaving, and only 5% are not. 'Yes, it's true: The earth is in decline'".*

God was not pleased! So, He decided to e-mail the 5% who were good, because he wanted to encourage them, and give them a little something to help them keep going.

Do you know what the e-mail said? Okay, I was just wondering, because I didn't get one either.



A gigantic, heartfelt **THANK YOU** to everyone who orchestrated, participated in, and made my appreciation party such a wonderful success! From the brilliant organizing committee — Anne Waller, Lori Worthen, Linda Embury, and Norma Cameron — to the incredible musicians — Bill, John, Norma, and Diane with her 'Back Row Gang' — who kept the music flowing with a kazoo instrumental section while singing heartfelt thanks. I appreciate Lori's AI-generated song — because if there's one thing I learned, it's that artificial intelligence is apparently musically inclined, meaning I may now have serious competition (ha ha!).

Huge thanks to John and Glynis for their touching presentations — turns out, listening to people say nice things about me is an experience I could get used to! Thanks Glynis for the butterfly brooch. It will bring sparkle to my days.

And to everyone who contributed to the delightful gifts. The designer scarf is a wonderful piece of art with beautiful colours. The pendant is truly special and deeply appreciated plus the GBP cash currency, the touching card, and the absolutely delicious cake with Norma's special decorations were over the top! I did briefly consider smuggling the cake home, but I was being closely watched. I may or may not have contemplated hiding it to keep it all for myself! I was amazed that the huge cake was all gone.

It was a truly lovely surprise, and your kindness, recognition, and generosity mean the world to me. Thank you all for making it such a memorable celebration! In addition, it filled my heart to have past members of the Qualicum Beach Ukulele Band (QBUB) attend.

*Warmest appreciation, Judy Palipowski*



# What's Cookin'?



## MONDAY LUNCH

**BRENDA'S QUICHE** with Brenda & Barry



## TUESDAY JUNE 3 & 17

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.00 and one per person – no take out.**



## WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret  
**SHEPHERD'S PIE**



June 18th – Bill & Verdelles  
**CHILI with Corn Meal Muffin**



## THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's  
**CREAMY CLAM CHOWDER**



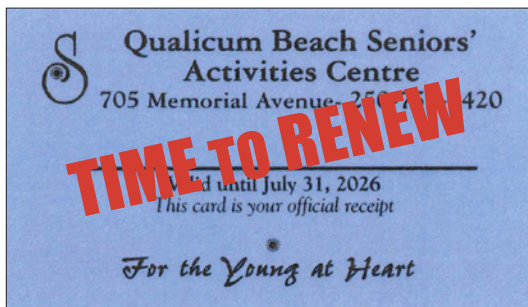
## FRIDAY LUNCH

**MIKE'S CHICKEN** with co-worker Betty



## MEMBERSHIP RENEWAL

Starting May 1st, 2025 the Centre is issuing Membership for the August 1st, 2025 to July 31st, 2026 year.



Existing memberships (mauve card) expire on July 31, 2025, so there's plenty of time for members to renew.

*Effective May 1st the annual fee is \$30.00*

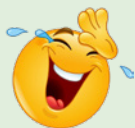
A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crêpes.

I tried to catch some fog, but I mist.

England has no kidney bank, but it does have a Liverpool.



## 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 \_\_\_\_\_

## MAY NEWSLETTER – Find the logo contest

And the winner is . . . **Margaret Sills.**

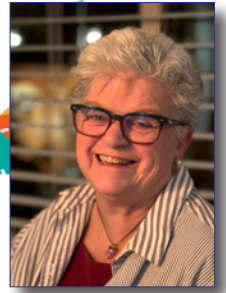
The logo was hidden on page 1, centre of the page under the musical notes. Many thanks to all who participated in this fun contest!

# Travel Talk

Check the website [qbseniors.com](http://qbseniors.com) for updates on the trips that are being planned



Cindy Crawford



## FOOTLOOSE

WEDNESDAY, JULY 23 Chemainus Theatre \$209 pp

Return Bus transportation; Buffet Lunch; Matinee performance

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP

Payment to Island Fever Travel

**DON'T BE DISAPPOINTED – BOOK NOW AS OUR DEADLINE OF JUNE 23rd IS FAST APPROACHING**



## OKANAGAN GETAWAY

Kelowna & Summerland

SEPTEMBER 14 to 16

\$929 pp double

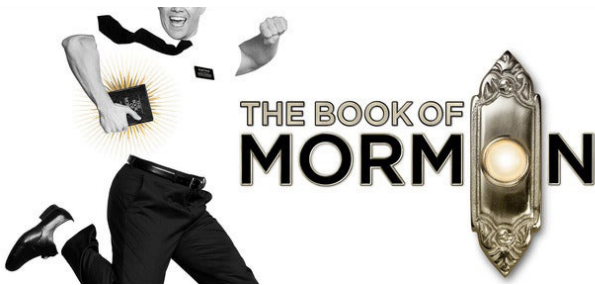
\$1199 pp single

Included:

- Return Coach transportation and Ferries to Kelowna
- Two nights accommodation at Hyatt Place Kelowna Hotel
- Sunset Dinner Cruise
- Kettle Valley Railway journey
- Wine tastings
- One dinner, two breakfasts, 3 lunches

A non-refundable deposit of \$250 per person is required at the time of booking. Balance due by July 14th, 2025. Cancellation penalties non-refundable after July 14.

*Note: Tours by Square 1 Travel can be paid by cheque payable to Square 1 Travel or credit card by calling the travel agent at 250-334-0355*



## THE BOOK OF MORMON

WEDNESDAY, JULY 3 Royal Theatre, Victoria

\$319 pp Adult

Included:

- Return coach transportation Qualicum Beach to Victoria
- Matinee performance

A MINIMUM OF 20 QB MEMBERS ARE REQUIRED TO SIGN UP (this Tour will be shared with Campbell River guests).



## THE LION KING

THURSDAY, AUGUST 21

Queen Elizabeth Theatre, Vancouver

\$279 pp 65+ | \$319 pp Adult

Included:

- Return coach transportation Qualicum Beach to Vancouver

- BC Ferry fare
- 2 pm matinee performance of *The Lion King*

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP



# Upcoming Events



Paula Kalsi | Barbara Davidson



## Barbecue and Silent Auction

Saturday, July 19 – 5:00 pm

- Hamburgers, hot dogs, salads and dessert
- Cash bar

\$20 pp

A Sign-up Sheet will be posted at the Centre on Tuesday June 24th

We will be hosting a silent auction and raffle with lovely gifts to bid on. Proceeds raised will go towards the Senior Centre.

Eat when you want, play some games, bid on some silent auction items.

Auction items include the following:

- Dinner for six with one alcoholic beverage per person in the private dining room at the Berwick, QB.
- Floral arrangements with vases
- Gift baskets from
  - ▶ Qualicum Foods,
  - ▶ Silverwood Gift Shop,
  - ▶ Swell Sweets and
  - ▶ Pharmasave

More items to follow!



## Your Health



### Improve your computer skills: they are essential for living independently

**Tip:** Choose your preferred device (smartphone, tablet, notebook, or desktop) and work on enhancing your computer skills.

**Why?:** It's easier to concentrate on one device and utilize it as your primary tool for information and communication. Each device is unique and comes with its learning curve. However, all devices can be made more accessible for older adults. Investing time in customizing features such as text size and other accessibility options can make devices more user-friendly. Computer skills are increasingly vital for older adults, as they assist in staying connected, informed, and independent.

#### Benefits:

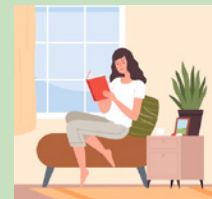
- ▶ Email and text messaging facilitate staying connected with friends and family.
- ▶ Internet searches simplify the process of finding and accessing community services.
- ▶ Computer skills enable older adults to maintain their independence and autonomy. It is easier to Age in Place if you can access community services over the internet.
- ▶ Basic computer literacy can help older adults avoid internet scams and fraud.
- ▶ Using computers and playing computer games can enhance cognitive function, memory retention, and overall mental well-being.
- ▶ Suppose you select a smartphone as your device. In that case, many apps are designed specifically for older adults, including health and safety monitors.
- ▶ Attending a local computer training course is a great way to get out and meet people.

*Excerpt from National Initiative for Care of the Elderly*

# WELCOME NEW MEMBERS

John Bailey	Deb Grey	Suzanne Mueller
Myrna Bailey	Susan Gupta	William Nettleton
Jenifer Bettison	Wayne Hiebert	Simone Pantilla
Barbara Burke	Scott Honeyman	Carolyn Parker
Margaret Carmichael	Marilyn Hutson	Carol Pare
Bob Clark	Hugh Jackson	Merlyn Patten
Sylvia Clark	Michel Jutras	Robert Ramage
Tracy Coghlin	Kawal Kahlon	Mary Riches
Colin Crawford	Trish Kilby	Graham Riches
Jim Davidson	Larry Kilby	John Schuller
Anthony Dyck	Janie Mackay	Dawna Silver
Barbara Evans	Nan Martin	Jim West
Vera May Fair	Janneke McNeill	Donna Woodward
Alice Frank	Dianne Minnis	Ron Woodward

**Looking for a responsible, kind, respectful tenant?**  
I have a dear friend looking for a place to call home in QB. She is a lovely hardworking professional and is willing to help with yard work and gardening.



If you have a studio or one-bedroom suite please call Karen (newsletter) at 250-589-5059 or email [kkgarland22@gmail.com](mailto:kkgarland22@gmail.com)



If any Senior Centre members drive to Nanaimo Superstore Metral Drive for shopping, would you consider occasionally taking an extra passenger?

I live in Qualicum Beach and am unable to drive there myself at the moment; I don't take up much room and would be happy to pay half the gas bill. Call Barb 250 594-5915

## MEMBERSHIP REPORT

For the month of May there were an additional **42** new Members and 74 renewals.

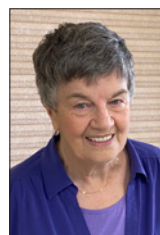
Year to Date as of May 31, 2025:

1039 Members

- 923 Regular (of which 327 were new members)
- 98 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



## The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

*Jeri would be happy to brighten their day!*



### Congratulations!

The winner of this month's draw for a Quality Foods \$25 Gift Certificate is **Glenys Hewitt**.

The deadline for submissions for the **July** Newsletter is Sunday, June 29

## 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](mailto:tlc@sd69.bc.ca)



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

## BOARD OF DIRECTORS 2024-2025



President ..... Rob Duncan ..... 236-544-0021  
Secretary ..... Bonnie Evoy ..... 248-7691  
Treasurer ..... John Telfer ..... 240-9609  
Past President ..... Lorne Tetarenko ..... 951-9050

### DIRECTORS

Computer ..... John Telfer ..... 250 240-9609  
Events ..... Paula Kalsi ..... 250 738-6020  
Facilities ..... Geoff Rigby ..... 594-5411  
Membership ..... Anne Sharp ..... 752-9771  
Travel ..... Cynthia Crawford ..... 594-7701

### AFFILIATES

Activities ..... Anne Driesbach ..... 604 679-1703  
History ..... Ann Svensen ..... 752-5537  
Kitchen Manager ... George Wimmer ..... 594-7840  
Kitchen Volunteers... Jan Desjardins ..... 250 686-0348  
Newsletter ..... Karen Garland ..... 250 589-5059  
Sunshine ..... Jeri Burke ..... 752-9320  
Website ..... Barbara Davidson  
Welcome Desk ..... Jeri Burke ..... 752-9320