

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

APRIL 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 4



from Rob

After a wet and dull March we are looking forward to a sunny and dry April! Thank you to our greeters who always have a smile and make you feel welcome and comfortable no matter the weather 😊

I was at the centre the other day and met with the travelers back from an enjoyable trip to Victoria. Thank you Cindy for organizing this trip!

Paula and Barbara are busy organizing an Easter brunch which looks amazing! Don't miss it!

It is with profound sadness that we mourn the passing of *Yvonne Hooper* leaving behind a legacy of warmth and kindness.



Yvonne was a wonderful, respected, gentle soul who was quick to volunteer her time in various capacities at the Centre. She was an outstanding example of what a human being should aspire to be. Yvonne was a fantastic cook and members of the Centre all enjoyed the wonderful dishes she made. Many of us looked forward to her culinary delights on Thursdays including her cabbage rolls and shepherds pie.

Yvonne also volunteered at the Bradley Centre where she fed many people there with the delicious soups she made. Yvonne was also very talented in cabinetry work and made a number of improvements at the Centre including a special "secret drawer" she built in the kitchen to hold the extra cutlery, a new membership box, and a new panel she built for the greeter's desk. Yvonne dedicated so much of her time making the world a brighter place. She will be deeply missed.



Pat Weber passed away on the evening of March 25.

We at the Centre will miss him. He contributed greatly to the success of the Seniors Activities Centre and also to the community of Qualicum Beach.

Our thoughts are with his wife and family at this time.

Rob Duncan, President QB Seniors Activities Centre

Pat joined the Centre quite some time ago ... and after he proved his expertise in the kitchen doing many gourmet lunches and dinners – with not too much persuasion – he agreed to step up to the president's chair (which was wonderful for me as I had spent some time occupying that chair).

Pat added so many things, and literally put our QB Seniors' Centre on the Oceanside map! He and Inger showed such love and respect for each other, it was a joy to see.

Pat was such a good friend – and I shall miss him so much.

Judy Southern



Next month's newsletter will feature a tribute to Pat and a celebration will be held in May.

CALLING ALL KNITTERS! Mondays 9:30 - 11:30 am

Our knitting group provides hats, gloves, scarves and blankets and other items to MANNA our chosen charity.

We welcome new members and donations of yarn to keep us all busy or knit at home and drop off at the front desk. Any questions please contact: joystrobl@gmail.com



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 - April 6th & 20th
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

Songbirds 3:00 - 4:30 pm

Diana Meyer 250-752-4856

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

Harvey Freedman 250-594-5915
freedmanlanded@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
*Organization change as TOPS is a US organization)

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Rob Duncan 236-544-0021

Dance Practice 7:00 - 9:30 pm

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

Note: Activities will be cancelled
on Saturday, April 19 due to the
Easter Brunch event

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

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

Dr Rod LeBlanc rod@lifelonghealth.ca



Upcoming Events



Paula Kalsi | Barbara Davidson

Easter Brunch

Saturday, April 19 11:00 am

Enjoy a delicious brunch including egg dishes, sausages, sweet buns, fruit salad, tea & coffee, mimosas and orange juice.



\$20 pp

- Wear your favourite Easter Bonnet
- Fabulous door prizes

A Sign-up Sheet will be posted at the Centre on Tuesday April 1st

Mexican Fiesta Night

Saturday, May 10

Doors open at 5:30 pm

Enjoy a fabulous dinner and dessert followed by music from **Sax Appeal**.



\$35 pp

- Cash Bar
- Door prizes
- Wear your tackiest tourist outfit



A Sign-up Sheet will be posted at the Centre on Tuesday April 15th

Trip to Victoria

Tuesday, March 11



On an early very rainy morning in March, our Members eagerly boarded our bus and we made our way to Victoria for the day. Chatter rang through the bus as our Members were happy that we had planned this first trip to our Capital City of BC. We made our usual stop at the Old Farm Market in Duncan to stretch our legs, pick up a warm drink and one of their tasty treats to enjoy along the way.

Dean Knudsen, our bus driver, took us down Fisgard Street as we entered Victoria, passing under the Gate of Harmonious Interest. We enjoyed seeing the selection of historic buildings and Chinese businesses as well as the famously narrow Fan Tan Alley. We turned on to Wharf Street and continued on to our stop at the Royal BC Museum, where our bus would be waiting for us later in the day.

Members were off the bus and on their way to meet friends, family, visit their favourite shop, have lunch or just enjoy Victoria — even in the rain.

A group had made reservations at the Legislative Dining Room for lunch. This time the reservation was later than normal as the hours of operation change based on the schedule of the Legislature being in session. A lovely lunch was enjoyed by all and then it was back to the bus to leave for home.

On the return trip, we made a stop at the Old Farm Market in Duncan where Members shopped for local, fresh and affordable produce and another leg stretch. On the way home, we had a draw for a beautiful gift basket, made and donated by our friend of the Centre, *Kathleen Kennedy*. Dean drew the winning ticket and *Elaine Overstall* won the basket.

All in all, a lovely way to spend a rainy day.

Cindy Crawford



Greetings from the Cookie Cutters

Spring is in the air! Honest!

The baking group had a busy few months baking for the kitchen as well as some of the special events hosted at the centre to keep away those winter blues.

We would welcome more bakers as there is a great demand for home baked goods. If you are interested please give me a call or text at 604-379-0290 or drop me a line at charles.brenda@me.com. I am also in the kitchen the 2nd and 4th Thursday mornings.

We occasionally have a baking blitz in the kitchen at the Centre or you may prefer to bake at home. Reimbursement is available. Love to hear from you.

Here's a quick recipe for a different scone. Not too sweet and easy to put together.

Cranberry-Orange Scones

Ingredients:

- 1 ½ cups all purpose flour
- ½ cup oat bran
- ½ cup dried cranberries, chopped
- ⅓ cup packed brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup buttermilk
- 2 tablespoons butter, melted
- 2 tsp grated orange zest
- ½ tsp vanilla
- 1 egg



Method:

1. Preheat oven to 400° F. Spray a large baking sheet with cooking spray and line with parchment paper
2. In a large bowl combine flour, oat bran, cranberries, brown sugar, baking powder, baking soda and salt. Set aside
3. In a medium bowl, whisk together buttermilk, butter, orange zest and vanilla.
4. Add the wet ingredients to the dry ingredients. Stir until a soft dough is formed. Add more flour if it's too sticky.
5. Turn dough onto a lightly floured surface. Divide into 2 pieces. Shape each piece into a ball. Place balls on baking sheet and roll out or pat to ¾" thickness, about 6" in diameter. Using a sharp knife, cut each circle into 6 wedges, but do not separate them.
6. To make glaze, lightly beat egg and 1 tbsp of water in a small bowl. Brush lightly over the top of the dough.
7. Bake for 15 - 17 minutes until scones are puffed up and golden. Cool slightly. Pull scones apart and serve warm.



BEAUTY PARLOR A place where women curl up and dye.

MOSQUITO An insect that makes you like flies better.

CHICKENS The only animal you eat before they are born and after they are dead.

INFLATION Cutting money in half without damaging the paper.


When you are dissatisfied and would like to go back to youth, think of Algebra!

Ah, being young is beautiful, but being old is comfortable.

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 _____

MARCH NEWSLETTER – Find the logo contest

And the winner is . . . **Judy Palipowski**

The logo was hidden on the front page in the clover.

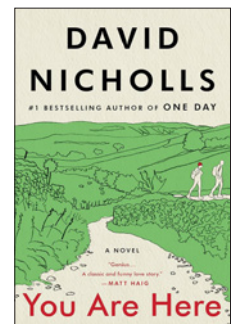
Many thanks to all who participated in this fun contest!

The **Book Club** meets the first Wednesday of each month from 2 to 3 pm in the small room at the QB Seniors Activities Centre.



The book we are reading for **April 2nd** is **Late Nights on Air** by Elizabeth Hay; the novel follows a group of people at a public radio station in the remote town of Yellowknife, on the shores of Great Slave Lake in the Northwest Territories.

For the **May 7th** the book is **You Are Here** by David Nicholls. Centred on two middle-aged protagonists, who unexpectedly find themselves together on a long-distance walking trail across northern England after being brought together by a mutual friend.



New members are always welcome!

Email: xgail.smith@gmail.com

Call or Text 905 808 4585

What's Cookin'?



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY APRIL 1 & 15

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



WEDNESDAY, APRIL 16

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



A Heartfelt Tribute to Sandi and Jim Wiggins

The *Qualicum Beach Ukulele Band* (QBUB) at our Centre has been enriched by the presence and leadership of Sandi and Jim Wiggins since their arrival in November 2021. Armed with their ukuleles and a passion for music, they quickly became invaluable members of our QBUB.



Their enthusiasm and dedication have inspired the group's 80+ strummers, singers, and performers to embrace the joy of music. Whether leading, teaching, or simply sharing their talents, they have left a lasting impact on our group, helping us flourish.

Though Jim stepped away in December 2023 after sustaining an unfortunate hand injury, his

contributions remain deeply appreciated and will never be forgotten. And as Sandi steps aside to pursue her love of Bluegrass music, we applaud her decision and cherish her invaluable efforts in teaching harmony, refining our performances, and bringing us together in music.

Half of our songbook seems to bear the markings of their creativity, showcasing the depth of their involvement and talent. Though they are taking different paths, we look forward to welcoming them back whenever they wish to join us again.

In the words of Willie Nelson, *"The life I love is playing music with my friends."* Sandi and Jim, you have embodied this spirit and have enriched our lives through your music and friendship.

You have become an irreplaceable part of our musical family. May your journey lead you to joy and fulfillment and when it leads you back through Qualicum Beach we will welcome you warmly to come strum with us at QBUB.



Interested in becoming part of a small group of beginner (level 1) & experienced classical guitar players?

Join us starting *Friday May 2, 10am to noon* in the QB Senior Centre lounge.

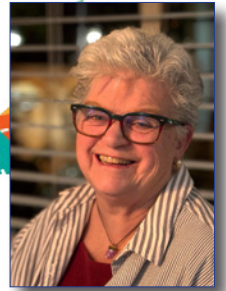
For details please contact Cathy MacFarlane at 250-594-2260 or fiona3@shaw.ca

Travel Talk

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



Cindy Crawford



HARRISON HOT SPRINGS

MAY 13 - 15

\$1059 pp double | \$1359 pp single

Included:

- Coach and Ferry fare
- Fully escorted
- 2-night stay at the Harrison Hot Springs Resort; 2 breakfasts, 3-course meal at the Copper Dining Room
- Boat Tour on Harrison Lake
- Buffet lunch with wine tour at Maan Farms Market & Estate Winery
- Free time to explore Harrison

PRINCESS LOUISA INLET

JUNE 9 & 10

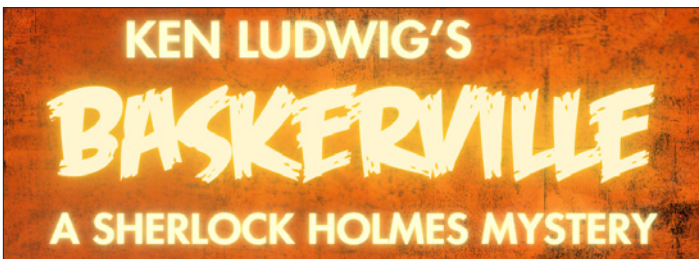
\$799 pp double

\$899 pp single

Included:

- Return Coach transportation and Ferries from Comox* to Powell River
- Appetizers at Single Mill Pub on Powell Lake
- 3-course Dinner at Laughing Oyster in Okeover Arm
- One night accommodation at Town Centre Hotel, Powell River
- Boat Tour to Princess Louisa Inlet with box lunch; visit Lund

**if sufficient participation (minimum 20) by Qualicum Beach members transport to Comox can be discussed*



BASKERVILLE A Sherlock Holmes Mystery

WEDNESDAY, MAY 21 Chemainus Theatre \$199 pp

Return Bus transportation; Buffet Lunch; Matinee performance

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP.



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.



10-day Eastern Newfoundland & St. Pierre Tour

JULY 17 - 27



THE LION KING

THURS, AUGUST 21

Queen Elizabeth Theatre, Vancouver

\$279 pp 65+

\$319 pp Adult

Included:

- Return bus transportation from Qualicum Beach to Vancouver

• Return BC Ferry fare

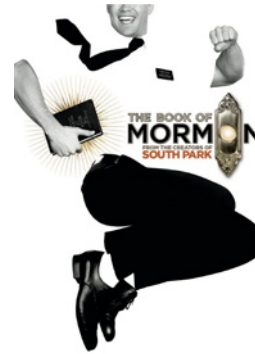
• 2 pm matinee performance of *The Lion King*

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP.

Stay tuned for more information on these upcoming performances!



RIVER DANCE
The New Generation
 SUNDAY, JUNE 15
 Matinee performance
 Queen Elizabeth Theatre,
 Vancouver



THE BOOK OF MORMON
 WEDNESDAY, JULY 30
 Matinee performance
 Royal Theatre,
 Victoria



St. Patrick's Day Dinner

Saturday, March 15



Another cold, wet windy day for our St. Patrick's Day Dinner at the Centre. Doors opened at 3:30 and the band, *Sax Appeal*, started playing at 4:30. Lots of people wore green and after



some encouragement people got up and started dancing, as evidenced by some of the photos. Supper followed with a hearty Irish Stew served with buns and broccoli. To top of the meal there was a delicious apple crumble served with ice-cream.



A game we played was "Make Up Your Own Limerick". Each table was given an example of what a limerick is and a board members' name to include in their limerick. Each table wrote a limerick and read theirs out after dinner and there were some doozies. Here are the two that were voted the best:



*There once was a lively Coleen
 Whose name is Lila Green
 She came from the West
 At 92 is still one of the best
 This town has ever seen!!*

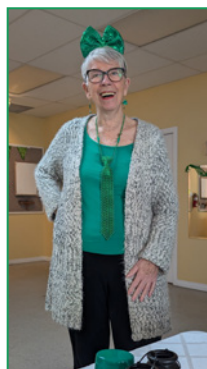
*There was a young lady called Cindy
 When she ate fresh green beans she got windy
 Her skirts they would fly
 Catching all the boys' eyes
 Our Cindy, she loved to get windy*



The two door prizes were won by *Janet Dol* and *Eric Jones*. A big thank you goes out to all the volunteers under the expert guidance of Paula Kalsi: Judy Southern, Julie Laviolette, Brenda Charles, Gail Smith, Cathy Witala, Court Booker, Brenda May, Al Gagnon, Paul Keogh, Ann Svensen, Cindy Crawford, Jeri Burke, Barbara Davidson, Jo-Anne Manahan, Leslie Kleven, and Sue MacLeod. If we have forgotten anyone, our sincere apologies!



Barbara Davidson



WELCOME NEW MEMBERS

James Anderson	Paul Keogh	Bernice Urwin
Beverley Benham	Daniel Mattimoe	Ann Vessey
Cynthia Bronson	Selina Pope	Pamela Wilson
Evelyn Constable	Jacqueline Staples	Robert Wilson
Fay Galloway	Jan Townsend	Judy Wood

MEMBERSHIP REPORT

For the month of March there were an additional **26** Members (15 new members and 11 renewals).

Year to Date as of March 31, 2025:

991 Members

- 878 Regular (of which 278 were new members)
- 95 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



FOUND

A pair of glasses in a blue sleeve were found at the Centre in a blue sleeve; a ring was also found. If either of these items belong to you, please contact Paula Kalsi at pkalsi@telus.net or call the Centre (250-752-0420) and leave a message for Paula. Thank you.

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

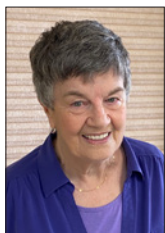
Brian Collicott

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



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!*

NOTICE - ANNUAL MEMBERSHIP DUES

Our annual membership dues will be increasing from \$25 to **\$30** this year. The Board has looked at this for about a year and it is a difficult but necessary decision. We pay a nominal rent to the Town of Qualicum Beach plus common area costs for the centre. Although our lease states that we are responsible for common area costs we have not previously been paying this portion until last year. These costs are approximately \$5,000 annually. We met with the town to discuss this and these costs will now be collected each year.

As a not-for-profit organization we rely on annual membership dues, food sales and events to meet expenses each year. In order to keep our prices low we will increase our annual dues to cover the annual common costs.

If you have any questions or concerns please don't hesitate to contact Rob Duncan at 236-544-0021 or email robertduncancorp@shaw.ca.

Congratulations!

The winner of this month's draw for a *Quality Foods* \$25 Gift Certificate is **Jan Nelms**



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