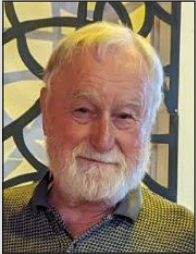


# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

APRIL 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 4



from  
Lorne



Last week the Town of Qualicum Beach honoured Patrick Weber for his Contributions to the quality of life in this community. A special bench was installed in the Plaza in front of City Hall. Pat more than deserves this recognition.

He has dedicated his life to helping individuals and organizations. This Centre is one of those organizations. Due to Pat's dedication and ability this Centre is second to none anywhere. It was entirely appropriate that this tribute was made on March 21st which is Pat's birthday as well as the first day of spring.

Yes, Spring is here, there is warmth and good cheer in the air. The Centre is humming, activities are full,

more and more people are coming in for lunch and socialization. Our Membership is soaring over the 1000 mark.

We anticipate that Events and Travel will continue to be very popular.

Let me give a big thank you to all the volunteers who make this Centre such a pleasure to belong to. Thank you and keep it up.

As a matter of interest let me share this with you. I like to make my evening meal on the Barbecue, I was slow starting this year but now I am in gear. So far I have made 11 meals on the BBQ since March 1st. I may beat my all time record of 157 meals in 2008.



### OOPS!

**Lila Greene** celebrated a birthday in early February and the photo missed the March Newsletter (Judy S. apologizes to Lila).

### Happy Very Belated 91st, Lila!

Lila contributed to, edited, published our 'Young at Heart'

newsletter for many years. The Seniors' Centre was so very fortunate to have her join us and offer to do that (big) job.

She also did a newsletter for the local Curling Club for a long time – she's a Whiz. We all appreciate you so much, Lila!

And we're so happy that you are able to continue with the PQB News advertising, as well as any posters that we need in the Centre... For many long years she made soup and chili

and baking for the kitchen sales as well. She will likely carry on planning the Prairie Fall Supper, and doing desserts for the other dinner-dances, etc. etc. etc..

**One cannot keep a good woman down!**

Thank You!



### IMPORTANT!

As many of you may have been aware, the subject of a larger seniors' centre has been a topic of conversation amongst the Board and past board members for some time now.

Well it seems like some progress has been made. Of course, any big move necessitates money. The QB Seniors' Centre is financially sound – but we will need an increase in funding in order to make this move a reality. In order to get the wheels in motion, come August 1st, 2024 it will be necessary to increase annual membership dues by 100%. Twenty-five dollars (\$25) will now become fifty dollars (\$50) per year.

\* Of course, the general membership must have input in this decision. Please fill in the form on page 3, then return it to the box on the Front Desk in the foyer.

A big **THANK YOU** for the warm welcome and the positive comments on the new look of the Newsletter. Lila has done a fantastic job for many years – it's a sizeable task but definitely a labour of love ♥ I know Lila enjoyed creating this monthly staple of the QBSC as much as I am.

*Karen Garland, Newsletter*

# 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

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

**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: tlc@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**

**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



# Guitar Fun with Chaz

Grab your guitar and come out to play, sing with others, learn, enjoy and maybe pick up a trick or two!

12:45 – 1:45 pm most Wednesdays  
 in the lounge

Contact: 250-240-0465 or  
 Chazentertains@gmail.com



I **AGREE** **DISAGREE** (please circle your choice) with the decision to increase the Membership dues to \$50.00 per year.

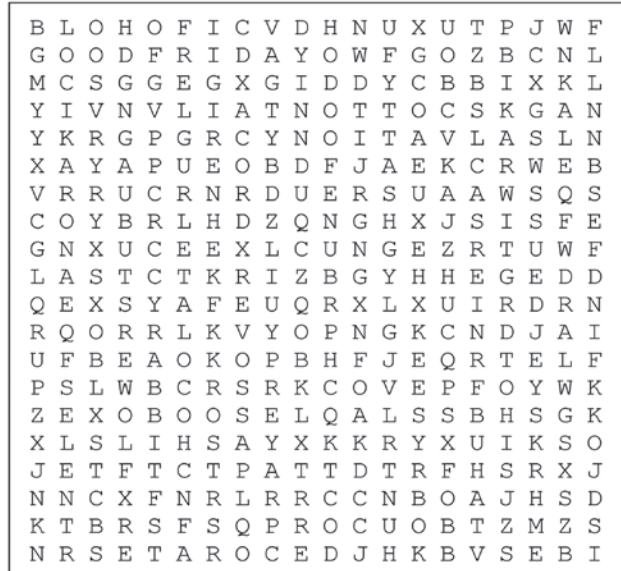
Signed \_\_\_\_\_

\*\*\* When you have completed the form, remember that this is an **APRIL FOOL!**

(we aren't going anywhere – at least for the time being!)



## Easter Word Search



- |            |            |         |              |
|------------|------------|---------|--------------|
| BUNNY      | EASTER     | HIDE    | PASSOVER     |
| CARROTS    | EGGHUNT    | HOLY    | PRAYER       |
| CHOCOLATE  | EGGS       | HUNT    | RABBIT       |
| COTTONTAIL | FIND       | JESUS   | RESURRECTION |
| CROSS      | FLOWERS    | LENT    | RISEN        |
| DECORATE   | GOODFRIDAY | MIRACLE | SALVATION    |

## 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!

## MARCH NEWSLETTER – Find the logo contest

And the winner is . . . **ALIDA ANTONELLI!**

The logo was hidden on page 6 – on the apron of the cartoon chef. Many thanks to all who participated in this fun contest!



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

# What's Cookin'?



## LUNCH on MONDAY

**MIKE'S QUICHE** with Brenda and Barry



## TUESDAY Week 1 and 3

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



## WEDNESDAY, APRIL 17

Bill & Verdelles

**CHILI with Corn Meal Muffin**



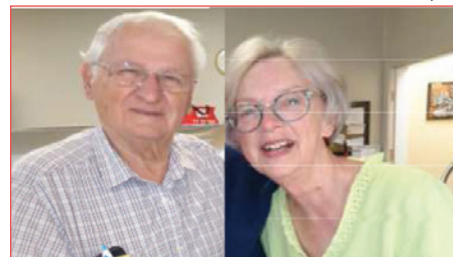
## THURSDAY LUNCH

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



## FRIDAY LUNCH

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



## Greetings from the Cookie Cutters

Isn't it wonderful to see the sunshine and the plants starting to poke their heads out? The volunteer bakers continue to provide delicious baking for sale from the kitchen. There is always an ever changing selection to choose from. If you have a favourite recipe you would like to share and would like to join our merry band of bakers please contact me at Charles.brenda@me.com or text/call 604-379-0290.

And speaking of early plants, rhubarb is a favourite spring fruit. Here is a lovely dessert or coffee time snack.

### Upside down Rhubarb Cake

#### Ingredients:

- 3 cups fresh or frozen rhubarb
- 1 cup sugar
- 2 tablespoons all purpose flour
- 1/4 teaspoon ground nutmeg
- 1/4 cup butter, melted

#### Batter:

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

#### Method:

- Place rhubarb in a greased 10" cast iron or other heavy ovenproof skillet. Combine sugar, flour and nutmeg and sprinkle over rhubarb. Drizzle with butter.
- In a large bowl, beat butter and sugar until blended. Beat in egg. Combine flour, baking powder, nutmeg and salt. Add to egg mixture alternately with milk, beating well with each addition.

- Spread over rhubarb mixture and bake at 350° for 35 minutes or until a toothpick inserted in centre comes out clean.
- Loosen edge immediately and invert onto serving dish.

Serve with whipped cream or ice cream if you like.



# Travel Talk

Check the website [qbseniors.com](http://qbseniors.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.

\*\*\*\* Participation to this event is low as of April 1st \*\*\*\*

If you are interested in attending **Stars on Ice**, please sign up as soon as possible! If we don't meet our minimum amount of interested Members, the possibility of this trip being cancelled is imminent.

## Newfoundland & Labrador

13 day Guided Tour

JULY 7 to 19

\$6795 pp dbl occupancy

\$7795 pp single occupancy

With flights from Comox.



## 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.



## 9 to 5 The Musical June 28 – August 25

Anyone interested in attending **9 to 5 The Musical** at the Chemainus Theatre? The show runs from June 28 through August 25.

I am working with Travel Agent, Kim Parker from *Island Fever Travel* to book tickets for this performance.

Our price would include return bus transportation from Qualicum Beach to Chemainus, with a Buffet Lunch at the Theatre, followed by Premium Seating Tickets for the Matinee performance at 2:00 pm on a Wednesday.

Please email Cindy Crawford at [cindycee46@gmail.com](mailto:cindycee46@gmail.com).



Day Trips? Cruises?

Overnight Stays?

Plays and Musicals?

Winery Tours? Tofino?

Vancouver? Victoria? Bamfield?

Please email Cindy with your thoughts and ideas!  
[cindycee46@gmail.com](mailto:cindycee46@gmail.com)



## Wasn't that a Party?



*Talk about Magic!* I have never seen so many smiles as I did on Saturday, March 16 at our St. Patrick's Day Tea Dance. The Centre was filled with laughter and chatter from the beginning to the end.

Everyone arrived, arranged their seating at tables that had been set, order beverages and re-connected with friends they had not seen in awhile.

This year, we began our celebration at 3 pm. *Bruce Feltham*, guitarist and songster set up and began to entertain our group at 3:30.

The dancing began right away and never stopped until dinner was announced. Members proceeded to our newly named *Mug 'n Hugs Diner* to be served a tasty Irish dinner, followed by a lovely dessert.

We enjoyed a delicious meal consisting of *Pat Weber's Guinness Stew*, Creamy Mashed Potatoes accompanied by Turnip and Carrot Mash, followed by dessert of Carrot Cake topped with Cream Cheese Icing and colourful St. Patrick's Day Coconut.

To all the volunteers who gave their time to help us out, from the planning of this event until the floor was swept and lights turned out, a heartfelt thanks and appreciation to each and every one of you — you made our St. Patrick's Day Celebration such a success — we couldn't have done it without you.

*Cindy Crawford*



# Pat Weber

On Thursday March 21st, 60 or more of Pat Weber's 'Fan Club' gathered at the Town Hall at 11:00 am. And it just happened to be Pat's birthday which made that date even more special.

Pat has worked for years in the Oceanside area being in the business of bettering things for others. Mayor Westbrook and Council decided that a bench with a special plaque outside Town Hall would be an excellent way to recognize his efforts. He has been involved with the Parksville Qualicum Foundation, the Affordable Housing commission, Food Sustainability, the French Creek residents' Association, and our own QB Seniors' Centre. Pat was president of the Centre for at least 4 years, and then kept involved in – well – everything! Anne Skipsey praised his Intergenerational program with the QEWS group. The speeches from the town council members and representatives of the various groups, and the presentation of a framed photo and a plaque for the back of the bench, all recognized his wonderful contributions to our community. **Thanks, Pat!**

Following the formal session we all enjoyed coffee and cinnamon buns from the Qualicum Bakery (Pat's favourite!) supplied by the Seniors' Centre.



# WELCOME NEW MEMBERS

Nina Antoniuk	Paula Kalsi	Debbie Rose
Roberta Baird	Sharon McGorman	Fran Samouilhan
Wendy Baker	Irene Ninatti	Linda Sorensen
John Batson	Chris Nokleby	Linda Stratton
Catharina Bluemink	Debbie Patterson	Cora Strasky
Sandra Carey	Fran Provost	Bill Trace
Barbara Davidson	Donna Reed	Joyce Weir
Frances Gagnon	Colleen Reid	



## Congratulations!

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

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"



"Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'..."

## CORRECTIONS OFFICER WANTED

To edit a book project with some training in the English language.

Political comprehension is the one primary requirement.

And you can anticipate compensation if you wish.

[danjdon@hotmail.com](mailto:danjdon@hotmail.com)



## 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



## Pat Bull is the Centre's Sunshine Lady

If you know of someone who may be feeling ill, in hospital, or grieving, be sure to call **Pat** at **250-752-3946**

*She will be happy to send them a card*



## BOARD OF DIRECTORS 2023-2024



President .....	Lorne Tetarenko .....	752-5630
Vice President .....	Rob Duncan .....	752-2847
Past President .....	Pat Weber .....	951-1159
Secretary .....	Bonnie Evoy .....	248-7691
Treasurer .....	John Telfer .....	240-9609

### DIRECTORS

Activities .....	Anne Driesbach ..	604 679-1703
Computer .....	Gerry O'Brien .....	752-0702
Facilities .....	Rob Duncan .....	752-2847
	Geoff Rigby .....	598-5411
Kitchen Manager .....	George Wimmer .....	594-7840
Membership .....	Anne Sharp .....	752-9771
Printing .....	Lila Greene .....	752-6489
Travel / Events .....	Cynthia Crawford .....	594-7701

### AFFILIATES

Kitchen Volunteers ..	Jan Desjardins ..	250 686-0348
History .....	Ann Svensen .....	752-5537
Newsletter .....	Karen Garland ..	250 589-5059
Sunshine .....	Pat Bull .....	752-3946
Welcome Desk .....	Jeri Burke .....	752-9320
Website .....	Les McLean .....	

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**250 228-7653**

[arrowsmithhomeservices@gmail.com](mailto:arrowsmithhomeservices@gmail.com)