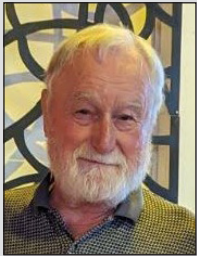


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

AUGUST 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 8



from
Lorne

This time of year generates fond memories for me. I always plan a major trip at this time as this is when the best weather occurs in the mountains. My favourite overall was the West Coast Trail, followed closely by the Chilkooot pass following the prospectors of 1898.

We have very good news to announce, we have found an Events co-ordinator. Actually, our Events will be looked after by a team of two, *Barbara Davidson* and *Paula Kalsi*.

They bring experience that includes doing this very job for an organization in Calgary.

I have always envied those people who have family in the area. Now it is my turn as my granddaughter is coming to visit me and we will travel back to her home in Pullman Washington together.

I will be away starting next week and not back until about August 17th; during that time, our VP Rob Duncan will be acting president.

This is a perfect time to enjoy the outdoors, see you in the forest!



Thank you everyone!

Many thanks to all of you who bought a one dollar ticket to take a chance on winning one of the 2 gift packages so kindly donated by *Kathleen Kennedy*. The total collected was **\$92!**

The lucky winners, who are likely still eating those tasty cookies, were **Julie Laviolette** and **Mary Ann Maybroda**.

And with the bottle returns proceeds from our kind Newsletter Editor of \$25 and our own Seniors' Centre/Judy S. amount of \$65, the total donation to the **Food Bank** was **\$157!**

We will keep the plastic jar available to begin another collection of coins.



Meet our new Events Management Team!
Barbara Davidson and **Paula Kalsi**



Both Barbara and Paula bring their energy, their love of cooking and their experience of organizing, managing and hosting events to our Seniors Centre.

A warm welcome to you both as we look forward to meeting you and enjoying your future events.

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 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

judyopalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-596-2500

algagnon006@gmail.com

Resuming September 3rd

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556

sallyajagger@gmail.com

Starting September 10th

Songbirds 3:00 - 4:30 pm

Diana Meyer 250-752-4856

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

Resuming in September

Intermediate Spanish

Conversation 11:30 - 12:30 pm

Harvey Freedman 250-594-5915

landed@telus.net

Fun with Chaz 12:30 - 1:45 pm

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

First Wednesday of the month Sept – June

Gail Smith 905-808-4585

xgailsmith@gmail.com

Starting in September

Gentle Restorative Yoga

2:30 - 3:30 pm

Ani MacGillivray 250-228-0518

animacg@hotmail.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

THURSDAY

Darts 10:00 - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

THURSDAY continued

Starting September 19th

Intermediate Bridge Lessons

9:30 - 11:30 am \$10 per lesson

Peter Segers 250-586-5740

psegers@gmail.com

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

Donna Roberts 250-228-2788

robbos@telus.net

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

judyopalipowski@gmail.com

A Cappella 7:00 - 9:30 pm

Marion Clark 250-468-9280

oceansideacappella@gmail.com

FRIDAY

Ukulele 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

Canada's and Bonnie's Birthday

It was a very special get-together on July 1st! **Bonnie Evoy**, your hardworking secretary on the Board of directors is a true Canadian, celebrating her birthday on Canada Day – and in a big way! The back garden was entirely red and white, the band was entertaining, the snacks and drinks were delicious, and a good time was had by all who were there. Bonnie, we all wish you the very best of everything for the coming year. *(Bonnie is also one of our superior Yoga instructors!)*



Yula's 104th!

What a special birthday party to be part of! Every July 18th **Yula Gall** celebrates her birthday in grand style. It's outdoors on the lawn (and in the sunshine every year) where there's delicious cake and, of course, the *Happy Birthday* song. All was hosted by *Anne McVey*, close friend and now part-time caregiver as well. The Seniors' Centre has presented Yula with a large bouquet of flowers for at least the past four years. Two of the QB Fire Department engines came by to salute this lovely lady.

Yula was part of the needlework group, bringing her knitting and joining the others every Tuesday afternoon up until the activity was cancelled during the pandemic. She continued to come to the Centre to enjoy a game of whist until about six months ago when Yula contracted covid and had a serious fall. All the best on your next trip around the sun!



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY AUGUST 6 & AUGUST 20

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all.

Only \$1.00 and one person – no take out.



WEDNESDAY, AUGUST 14

*due to holidays Chili will be on the 14th this month (the second Wed in August)

Bill & Verdelle's

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 **BAKING GROUP**

Greetings from the Cookie Cutters.

Just want to give a shout out to all our bakers who braved sweltering temperatures to continue to provide the kitchen volunteers with baking for our loyal patrons. It is really appreciated.

If you are interested in joining our group of bakers, please contact me (Brenda) by phone, text or email. I can be reached at 604-379-0290 or Charles.brenda@me.com.

This month's recipe uses zucchini. If you are lucky to have some growing in your garden or have friends looking to gift you some, this is a really nice recipe if you are looking for a change. It will also make a dozen muffins and a small loaf if you rather and freezes well.

Chocolate Chip Zucchini Loaf

Ingredients:

- 2 cups all purpose flour
- ½ cup whole wheat flour
- ½ cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- 1 tsp each baking soda and ground cinnamon
- ½ tsp salt
- 1 ½ cups sugar
- 3 eggs
- ½ cup unsweetened applesauce
- 1/3 cup vegetable oil
- 2 tsp vanilla
- 2 cups packed grated zucchini
- ½ cup chocolate chips

Method:

1. Preheat oven to 350°. Grease two 8 x 4 loaf pans and set aside.



2. In a large bowl, combine both flours, cocoa powder, baking powder, baking soda, cinnamon and salt. Set aside.
3. In a medium bowl, whisk together sugar, eggs, applesauce, vegetable oil and vanilla. Stir in zucchini. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Fold in chocolate chips.
4. Spread batter evenly in prepared pans. Bake for 50 minutes or until a wooden pick inserted in the middle comes out clean. Cool for 5 minutes in the pans. Remove from pans and let cool on a wire rack.

A Note from the Kitchen

We are sorry to report that **Mike Bull** has handed in his resignation from volunteering in the Kitchen as of July 16. Mike has been volunteering for more than a dozen years, preparing Monday's quiche which has been a popular item on the menu. We are fortunate that Brenda May has agreed to continue.

A special **THANK YOU** to *Judy Alberg* and *Diane Duncan* who faithfully every Monday bring in an excellent assortment of baked goods for us to sell.

If there any suggestions or concerns about the operation of the kitchen there is a *Suggestion Box* near the menu board where you can leave them. We will do our best to take them into consideration.



BALLS OF COTTON YARN NEEDED!!!

Our Monday Knitting Group needs balls of cotton yarn as they get together on Monday mornings and knit lovely washcloths. These washcloths are sold at our Seniors Centre at a cost of \$2.00 each. This money is totally donated to Manna Homeless Society, serving the needy and homeless in the Oceanside community.



If you have any cotton yarn balls that you can donate, please bring them in to the Seniors Centre – we will be happy to accept them and put them to good use.

Thanks, The Monday Morning Knitters

The Olympic Games

WORD SEARCH



ARCHERY	DIVING	LACROSSE	SWIMMING
ATHLETICS	EQUESTRIAN	POLO	TABLE TENNIS
BADMINTON	FENCING	RACKETS	TAEKWONDO
BASEBALL	FIELD HOCKEY	ROWING	TENNIS
BASKETBALL	FOOTBALL	RUGBY	TRIATHLON
BOXING	GOLF	SAILING	TUG OF WAR
CANOEING	GYMNASTICS	SKATEBOARDING	VOLLEYBALL
CRICKET	HANDBALL	SOFTBALL	WATER POLO
CROQUET	JUDO	SQUASH	WEIGHTLIFTING
CYCLING	KARATE	SURFING	WRESTLING

Diana Blaikie, a faithful knitter in the Knitters Group at the Centre, once again has been very busy producing these cute, bright-eyed bears decked out in their fancy, very colourful outfits!

"A couple of years ago someone brought a pile of orange yarn into the Senior Centre for the knitting group. I thought I would do up some orange shirt bears for Orange Shirt Day in September, but I actually had no idea how I was going to distribute them.

As it turned out, one of the ladies at knitting, Terri, has a daughter who is with the RCMP in Port Alberni and works with the Indigenous people of the area. She took the bears last year and they were given to the students of a kindergarten class. I didn't get many details, but more yarn came this year and I thought I would have another go at knitting orange shirt bears".

Diana is happy to show to the results of her knitting talents and we congratulate her for her thoughtfulness in creating these cute bears each year. We hope more yarn turns up so she can put needles to work once again. The group always welcomes donations of yarn they put to good use, as well as creating the dishcloths sold here at the Centre (see display on table near the welcome desk). They are just \$2.00.

We have raised around \$400 for the Centre. Now, the dish cloth money will be going to Manna. Jerrold received \$72 earlier this year, and another \$145 for the next time he visits the Knitting Group.



Thanks from Jan Curtis

Travel Talk

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



Cirque du Soleil presents ECHO
under the Grand Chapiteau, Concorde Place, Vancouver

SATURDAY, NOVEMBER 16 Matinee performance \$309pp

A spectacular performance combining poetry, stagecraft, daring acrobatics and technology. The performance explores the delicate balance between people, animals and the world we all share.

Price includes:

- Return coach transportation, ferry fare, gratuity to Driver
- Excellent seats in Section 200 - 202

We will be sharing the coach with Island Fever Travel, Campbell River.

Sign-up sheet on the Travel Board in the Seniors Centre. Book and pay by **Sept 30, 2024** (cheques made payable to Island Fever Travel).

Boat Trip *MV Frances Barkley* Port Alberni to Bamfield , Thursday July 11



It was an early morning for our Seniors group as we boarded our bus from Qualicum to the Lady Rose Marine dock in Port Alberni. Everyone was on time and chatted as we made our way to Port Alberni. Once there, we boarded the *MV Frances Barkley*, a 65-year old heritage ship originating in Norway that trekked to Vancouver Island in the 1990's. The ship is known for the essential services it provides to people in the remote communities of the Alberni Inlet. We watched as cargo was loaded on to the ship – mattresses, building supplies, even kegs of beer. In the course of a day's trip, this freighter drops mail, groceries, supplies and passengers along the way.

It was sunny to begin with and at times we sailed through fog patches. The Captain provided commentary along our route and made note of landmarks, wildlife and told some history of the region. We made several stops along the way to deliver mail and

freight to local communities enroute including Kildonan which has Canada's last remaining floating post office.

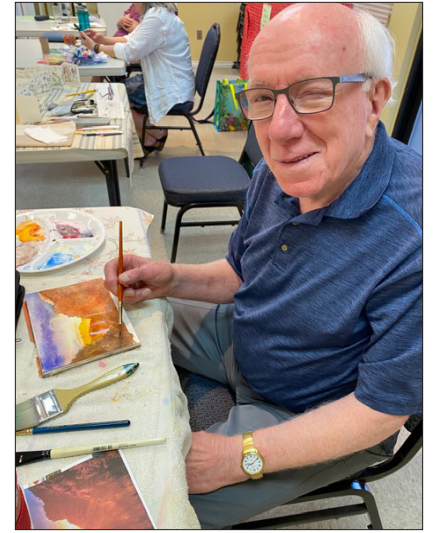
As we neared Bamfield, the sun came out and the rest of the day was warm and bright. Seniors disembarked the boat and made their way to familiar spots on the West side of Bamfield – visiting the local shops, walking along the beautiful historic boardwalk as you pass by things like the Treehouse Toilets or wander through the Mushroom Forest, going to lunch at Flora's Restaurant which is located in the newly renovated Bamfield Inn. The ship then made its way over to the East side, delivering more freight. While waiting for the ship to return, most of us enjoyed the best ice cream ever. We re-boarded the ship and made our way back to Port Alberni. When we arrived, our bus was waiting for us and we made our way home to Qualicum Beach.

ART GROUP

Friday Afternoons 1 to 3 pm

Members are welcome to attend the Art Group held in the Seniors Centre Activity Room from 1 to 3 pm on Friday afternoons.

Art brings joy and pleasure to everyone. Time and space is offered so members can continue working on their specific art piece – be it watercolour, oil painting, Zentangle, Mixed Media, Collage, new art techniques and so much more. It's a great time to meet new friends, share ideas, keep active and be creative.



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 _____

JULY NEWSLETTER – Find the logo contest

And the winner is . . . **Maurice Fernandes!**

The logo was hidden on the page 5, in the photo on the bottom left of the page.

Many thanks to all who participated in this fun contest!

Our own **QB Seniors Ukulele Band** played and sang for an hour at St. Andrew's Lodge Saturday afternoon, July 27th. And they are so very good! Such enjoyable music and singing.

It was a lovely afternoon to wander around taking advantage of the artists' and crafters' exhibits while the enjoying the music.

Judy Palipowski, the leader, said such nice things about the Seniors' Centre that I am certain we'll get an influx of new members.

When the band performs again, make sure to be there!



WELCOME NEW MEMBERS

Bruce Anderson	Joanne Harach	Margaret Pacula
Gabriele Behrens	Lois Hayward	Morris Pacula
Marian Boyd	John Hepton	Shirley Pivec
Shirley Bradley	Sheila Hepton	Helen Poncelet
Sandra Caplan	Florence Johansson	Wendy Richardsen
Peter Ciceri	Doreen MacKay-	Derek Ridler
Jan Cook	Dunn	Sharon Smyth
Maureen Davidson	Terry Novak	Dave Tyler
Robert Davidson	Gloria Novak	Dorothy Webb

MEMBERSHIP REPORT

For the month of July there were an additional **211** Members (21 new members and 190 renewals.

Year to Date as of July 31, 2024:

1100 Members

- 955 Regular
- 87 Complimentary
- 19 Life
- 2 Honorary



<ul style="list-style-type: none"> Need help in the garden? Need help moving? A trip to SOS? A trip to the Landfill? A trip to Recycle? 	<p>Ken Bouchard, a long-time member and Volunteer at the Centre is available for anyone in need of a helping hand.</p>	
--	--	--

Call Ken 250-937-9516

Notice: The TECHNOLOGY TUTOR, **Brian Collicott**, will be away for the months of July and August, returning September 5, 2024.

Arrowsmith Home Services



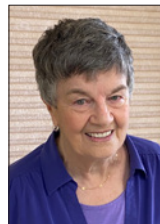
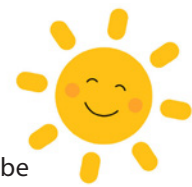
Dan and Carolyn
250-228-7653

Our goal is to simply your life!

- **Decluttering and Downsizing**
- Listing and Selling Your Home
- Maintenance and Home Services

arrowsmithhomeservices@gmail.com

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 \$25 Gift Certificate for *Quality Foods* is **Katie McLean**.

A Note from Lila

I neglected thanking *Ken Bouchard* for his valuable help with my move in last month's newsletter ...



certainly not intentional. Moving and lifting heavy boxes etc. into his truck and heading to Parksville to unload was a "life saver".

Thank you Ken!

BOARD OF DIRECTORS 2023-2024



President	Lorne Tetarenko	752-5630
Vice President	Rob Duncan	752-2847
Secretary	Bonnie Evoy	248-7691
Treasurer	John Telfer	240-9609

DIRECTORS

Computer	Gerry O'Brien	752-0702
Events	Barbara Davidson Paula Kalsi	
Facilities	Geoff Rigby	594-5411
Kitchen Manager	George Wimmer	594-7840
Membership	Anne Sharp	752-9771
Past President	Pat Weber	951-1159
Printing	Lila Greene	752-6489
Travel	Cynthia Crawford	594-7701

AFFILIATES

Activities	Anne Driesbach	604 679-1703
History	Ann Svensen	752-5537
Kitchen Volunteers	Jan Desjardins	250 686-0348
Newsletter	Karen Garland	250 589-5059
Sunshine	Jeri Burke	752-9320
Welcome Desk	Jeri Burke	752-9320
Website	Les McLean	