

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

JANUARY 2026

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 29 | ISSUE 1



Rob's Notes

## *Wishing members a happy and healthy 2026!*

We are looking forward to a positive, supportive and fun year at the Centre.

Our long-time Kitchen Manager, George Wimmer, is retiring and moving to Courtenay with his wife to be closer to their family. We thank George for his years of service and wish him and his family all the best. We welcome Leslie Kleven as our new kitchen manager and look forward to working with Leslie. The Kitchen Manager will be a board member and we thank Leslie for taking on this important position.



## *Christmas Lunch at the Centre*

**December 25**

About 25 of us gathered at noon on Christmas day to enjoy a luncheon of (leftover) turkey (*it was still very good!*), ham, potatoes, veggies, salads & buns with pie and ice cream for dessert. This never could have been done without *Leslie* and *Glenys* who were wonder-women in the kitchen! They had as well spent time with me at the Centre on Christmas Eve in the preparation phase.



We had Trivia fun led by *Joanita* and husband *Maurice*. *Susan* read some very appropriate passages to add that Christmas spirit, then *Norma*, *Glenys* and *Trevor* led us in singing Christmas songs and carols.



Next came Santa (*Ken*) and Mrs. Claus (*Barb*) delivering Christmas gifts in his shopping cart sleigh (everyone had brought a small gift).

We completed the afternoon with more readings by *Susan* and everyone agreed that they'd very much enjoyed themselves. With thanks to *Lorne*, our terrific MC. And huge thanks to *Pam & Bill* and *Ken* who set up tables – and took them down – and to all who helped out all afternoon!



And an extra thank you to *Paula* who was so helpful with planning advice beforehand.



*Happy New Year from Lorne Tetarenko and Judy Southern!*



# SENIORS CENTRE Activities



## SUNDAY

**Duplicate Bridge** 1:00 - 4:00 pm  
**\$2 per session**  
Wolfgang Dost 250-594-4513 wolf.dost@yahoo.ca

**Open Mic** *Next OM night January 18*  
**6:30 - 8:30 pm**  
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

**Whist** 12:30 - 3:00 pm  
Sally Jagger 250-752-3556  
sallyjagger@gmail.com

**TUESDAY continued**

**American Mahjong**  
**12:30 - 3:00 pm**  
Sonya Miller 250-752-5737  
miller206@shaw.ca

**Splatters Painting Art Class**  
**3:00 - 4:30 pm**  
Mike Sherlock 604-815-7711  
msherlockqb@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  
tangledanddark@hotmail.com

**Dominoes** 10:00 am - 12 noon  
Pauline Childs 250-752-2440  
dave7522440@gmail.com

**Beginning / Elementary Spanish**  
**11:30 am - 12:30 pm**  
**\$2 per session**  
Elena Ortiz 250-752-8803  
elenaortiz23@yahoo.es

**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

**Beginner Line Dance**  
**5:30 - 6:30 pm**

**Dance Practice** 7:00 - 9:30 pm  
Judy Palipowski 250-752-6837  
judypalipowski@gmail.com

## 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

**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  
treblemagic19@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

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

## Beginner Bridge Drop-in Lessons

This set of 10 drop-in lessons is for both the absolute beginner and the novice player wishing to upgrade their skills. Topics covered are: vocabulary, opening suit and notrump bids and responses, scoring, leads, signals, slams, the finesse and basic play of the hand. A student textbook is available for \$10.



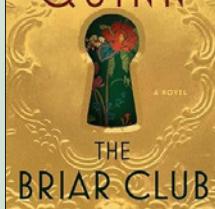
**When** Thursdays 9:30-11:30 am; starting January 15, 2026  
**Location** Qualicum Beach Seniors' Centre Lounge  
**Cost** \$8 per lesson  
**Instructor** Peter Segers 250-586-5740 psegers225@gmail.com

Pre-registration is not required. For more information about the lessons contact the instructor.

The **Book Club** meets the first Wednesday of each month. Our next book club lunch / meeting will be at Gail's house from 12:30 to 3ish on Wednesday January 7th.

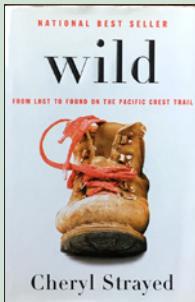
Our discussion will be on the book *Wild: Lost and Found on the Pacific Crest Trail* by Cheryl Strayed.

*The Briar Club* by Kate Quinn is the selection for our Wed Feb 4th meeting at Seniors' Centre from 2 to 3 pm.



Happy reading!

Email xgail.smith@gmail.com or call/text 905 808 4585



## THANK YOU!

To everyone who donated to the Food Bank in November and December! I have a total of **\$810.45** to take to the



Salvation Army office this coming week! Our Christmas Tea raised **\$615** and the Donation jar on the card table added another **\$195.45** to that. I am certain that they will appreciate all that you do ... certainly your generosity. Again Thank You and Happy New Year!

Judy Southern

# Upcoming Events



Paula Kalsi | Barbara Davidson

## Seafood Dinner & Dancing

Saturday, February 7

*Doors open at 5 pm*

Dinner will include smoked salmon, crab cakes, halibut and salmon with salad, garlic bread and dessert.



Musical Entertainment by The Ramblers.

- Door prizes
- Cash Bar

**\$20 pp**

*A Sign-up Sheet will be posted at the Centre on Tuesday, January 13*

## Caregiver Information Session from BC Advocate, Dan Levitt

Monday January 12th, 2026 at 2:00 pm

The Gardens • 650 Berwick Road, Qualicum Beach

*Presentations by MLA Stephanie Higginson and BC Advocate Dan Levitt*

We invite you to bring a letter of your Caregiver story if you wish and/or email it to MLA Stephanie Higginson at [Stephanie.higginson.mla@leg.bc.ca](mailto:Stephanie.higginson.mla@leg.bc.ca) and Dan Levitt at [Dan.Levitt@gov.bc.ca](mailto:Dan.Levitt@gov.bc.ca) with a copy to [caroldowe@gmail.com](mailto:caroldowe@gmail.com). There will be a question and answer session after. Our plan is to advocate for more nursing home beds [so badly needed] as well as Respite care for our Caregivers caring for their loved ones. Caregivers are burning out, and we end up with 2 patients on our hands.

We are saving the government billions of dollars as Caregivers taking care of our loved ones in our homes. We are the most senior population in all of Canada.

Come and be part of the advocacy for this much needed help in our area, and learn what Mr. Levitt and our MLA Ms. Higginson can do to help us.

Carol and Fred Dowe, Oceanside Caregivers, 250-752-2104, [caroldowe@gmail.com](mailto:caroldowe@gmail.com)

# What's Cookin'?



## MONDAY LUNCH

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



## WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret

**SHEPHERD'S PIE**



## THURSDAY LUNCH - 2nd & 4th

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



## TUESDAY JANUARY 6 & 20

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.50 and one per person – no take out.**



## DECEMBER 17 – Bill & Verdelles

**CHILI with Corn Meal Muffin**



## Greetings from the Cookie Cutters

Happy New Year! Have you made a New Year's resolution? If you enjoy baking and want to make a contribution, we would be happy to have you join our group of bakers.

For more information call or text at 604-379-0290, email me at [charles.brenda@me.com](mailto:charles.brenda@me.com) or pop in the 2nd and 4th Thursday mornings. I'd be happy to chat baking!

Thought I would give you a healthier option for baking this month.

### Banana blueberry muffins with oats and flaxseed



#### Ingredients

- 1 cup quick cooking rolled oats (not instant)
- 1/2 cup each all purpose flour and whole wheat flour
- 1/2 cup granulated sugar

- 1/4 cup flaxseed or wheat germ
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups mashed ripe bananas (about 3 large)
- 1/4 cup melted butter
- 1 egg
- 1 cup fresh or frozen blueberries

#### Method

Preheat oven to 375° F. Grease 12 cup muffin tin and set aside

Combine oats, both flours, sugar, ground flaxseed, baking powder, baking soda and salt in a large bowl. Mix well and set aside.

In a medium bowl whisk together



bananas, butter and egg. Add banana mixture to dry ingredients and stir just until dry ingredients are moistened. Gently fold in blueberries.

Divide batter among 12 muffin cups. Bake for 20 minutes or until a wooden pick inserted in centre of muffin comes out clean. Cool on a wire rack.

# Travel Talk

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



Cindy Crawford

## Butchart Gardens/"White Christmas" Tour

December 4-6, 2025

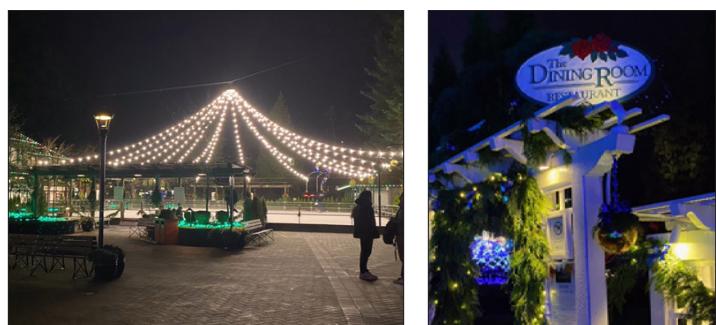
A trip to Victoria was shared with Comox/Courtenay guests. This particular trip sold out in two days and many of our Members were disappointed, so Square 1 Travel planned an additional trip for December 16-18.

We had 21 Members on the December 4th trip; we left Qualicum Beach on time and the group was happy to board the bus, even though it was a rainy day. We stopped at Coronation Mall in Ladysmith to stretch our legs, get coffee and/or snacks and then we were back on the bus heading to Butchart Gardens.

We arrived in good time at Butchart Gardens and greeted by a Gardens host who led us to the Blue Poppy Restaurant for our delicious buffet dinner planned for 5:00 pm. The group enjoyed beverages, choices of hot and cold selections and delicious desserts. By 6:00 pm, we had finished our meal and began to walk around the beautifully lit Gardens. And, guess what?? – the rain stopped just then so that we could enjoy our strolls.

This year, Butchart Gardens brought back their outdoor skating rink near the Blue Poppy Restaurant, underneath twinkling lights which added a little romance to a classic Canadian pastime.

We strolled through the *Twelve Days of Christmas* displays while enjoying the sounds of the Traditional Carollers and the Festive Brass. And then we found it – the Rose Carousel, which is comprised of 30 hand-carved wooden animals and two chariots. It was introduced in 2009 by Jennie Butchart's great-



granddaughter. A portion of the admission fee is donated to children's charities. And then it was time to get back on our bus and head towards our hotel, The Chateau Victoria Hotel.

*continued page 6*



#### White Christmas Tour continued

The next morning, we enjoyed our breakfast upstairs on the 18th floor's Vista 18 Restaurant. The day was free to enjoy Victoria and everything it had to offer. Some strolled down Government Street, visiting the Festival of Trees at Bay Centre, some met friends and/or family for the day, while a group of us reserved a table at the Fairmont Empress Hotel's Festive Afternoon Tea. We enjoyed a selection of Fairmont's teas and a tea tray containing sandwiches of Smoked Salmon, a Grandfather Ham Éclair, Butternut Squash Quiche, English Cucumber, Smoked Turkey, Freshly Baked Empress Raisin Scones with clotted cream, strawberry preserves, a Mini Buche de Noel, Chestnut & Rum Cremieux and Empress Fruit Cake. What a lovely way to spend a December afternoon. The group was quite full after our Tea and some of us walked over to enjoy the *Habitat for Humanity's Gingerbread Showcase* at the Grand Pacific Hotel, where both professional, home bakers and school children spend hundreds of hours creating gingerbread houses.

Then, it was back to the hotel by 4:30 pm as we needed to be at The Old Spaghetti Factory for our group dinner. After enjoying a lovely meal, we boarded our awaiting bus to travel to the MacPherson Playhouse for a performance of Irving Berlin's *White Christmas* by the Victoria On Stage Musical Theatre Society, which was a time to share this heartwarming story with stunning vocals and captivating dances. After the performance, we returned to our hotel as it had been a busy day for all.

Next morning, breakfast was served upstairs again. We boarded back on our bus and headed to Woodgrove Shopping Centre to do some well-deserved Christmas shopping and time for lunch. Our bus then returned us to Qualicum Beach, safely and on time.

I say this for all our Members who were on the tour – what a lovely way to spend time together and enjoy the Christmas Season in Victoria.

Cindy Crawford



## Christmas Tea

### Monday, December 8

On Monday December 8, members gathered at the Centre to enjoy a cup of coffee or tea along with some delicious baked goodies and participate in a Christmas Carol sing-along. Baked goodies were provided by the Cookie Cutters and members who generously donated many baked treats.



*The Ramblers* provided song sheets so members could sing-along to the Christmas Carols performed by them. We were able to raise \$615.00 for the Food Bank! Judy Southern kindly agreed to make the donation to the Food Bank.

A huge thank you to *Alida, Diana, Glenys* who worked in the kitchen, *Cathy McDougall, Graeme Baker, and Rick Williamson* who set up the tables and chairs and to all those who helped to clean up and put everything away. Also, a huge thank you to *The Ramblers* for a wonderful performance.



## Christmas Dinner Saturday, December 20

Doors opened at 5 pm sharp along with Bruce Feltham performing lively music. Members quickly picked their seats and many began dancing right away! Our lovely bartender, Linda, served wine, beer, and pop along with a refreshing homemade punch (made by the talented bartender herself). Dinner was served which consisted of turkey, gravy, stuffing, mashed potatoes, roasted vegetables, buns and homemade cranberry sauce. Dancing resumed immediately after dinner was completed and continued until we had a break to have dessert. There were three delicious individual options to choose from – tiramisu, chocolate mousse or mango mousse along with some festive snowballs all of which were made by Judy Palipowski and her team! Members enjoyed their desserts and returned to dancing again! Prizes were announced – some based on the number on their placemat. All members with the number 2 on their placemat won the beautiful centre piece and all members with the number 5 won a box of chocolates. Three members with the number 8 were reimbursed their ticket price of \$35 – those three lucky winners were *Diane Duncan, Court Brooker, and Julie Ann Gubisch*. There were three doors prizes which consisted of beautiful gift baskets containing all kinds of goodies – those three lucky winners were *Bryan Fischer, Minh-Lac Bui, and Kenny Anderson*.

All in all, a wonderful evening with delicious food and amazing entertainment. A big thank you for all the members



who attended and to *Bruce Feltham* for his fantastic performance. And a big thank you to all of the volunteers who worked so hard to make this an enjoyable evening for everyone.

### Volunteers:

Sign-Up Sheet and Payment for the Event: *Jeri Burke*

Table and Chair Set Up: *Paul Keogh*

Table Setting: *Peachy Giacomazzi, Beverly Evans, Julie Laviolette, and Anne Sharp*

Greeter to sign in guests: *Marilou Thornbury*

Bartender: *Linda Hoem-Wesley* (also made the punch)

Kitchen volunteers: *Leslie Kleven, Brenda Craig, and Margaret Sills*

Desserts and cranberry sauce: *Judy Palipowski and her team – John Telfer, Evelyn Schauerte, Bonnie Boychuk, Glynis LeBlanc and Norma Cameron*

Photos: *Court Brooker*

And all those who pitched in to help clean and tidy up at the end of the event!



# WELCOME NEW MEMBERS

Pat Ainsworth  
Lynn Barton  
Donna Brown  
Carol Dowe  
Rose Grabinsky

Jane McKamey  
Joan Morgan  
Pamela Norton  
Keith Norton  
Bryan Olson

Danelle Osmond  
Helen Pitt  
Ron Prudhomme  
Gavin Reid

## MEMBERSHIP REPORT

For the month of December there were an additional **14** new Members and 6 renewals.

*Year to date (2025-2026) as of December 31, 2025:*

- 801 Regular (of which 202 were new members)
- 108 Complimentary (90 years old or over)
- 18 Life members
- 1 Honorary



## 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*

## Volunteer needed! Assistant Kitchen Co-Ordinator

The Qualicum Beach Seniors Activity Centre is looking for a volunteer to be the assistant to the Kitchen Volunteer Coordinator, Jan Desjardins. Duties and responsibilities include scheduling kitchen volunteers and acting as a back up for Jan when she's unavailable.

If you are interested, please contact **Jan Desjardins** by email at [janicedesjardins1@gmail.com](mailto:janicedesjardins1@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!*



## Not feeling well?

Just to remind to folks that may have a cough and / or are not feeling well please do not come to the Centre until you are feeling better.



Let's play it safe. Thank you!

## BOARD OF DIRECTORS 2025-2026



President ..... Rob Duncan ..... 236-544-0021  
Vice President ..... Paula Kalsi ..... 250-738-6020  
Secretary ..... Bonnie Evoy ..... 250-248-7691  
Treasurer ..... Sandi Grant ..... 778-987-2472  
Past President ..... Lorne Tetarenko .. 250-951-9050

### DIRECTORS

Events ..... Paula Kalsi ..... 250 738-6020  
Facilities ..... Geoff Rigby ..... 250-594-5411  
Kitchen ..... Leslie Kleven ..... 250-240-5479  
Membership ..... Anne Sharp ..... 250-752-9771  
Technology ..... Barbara Davidson . 250-752-6770  
Travel ..... Cynthia Crawford . 250-594-7701

### AFFILIATES

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

*The deadline for submissions for the **February** Newsletter is Thursday, Jan 29  
Email: [kkgarland22@gmail.com](mailto:kkgarland22@gmail.com)*