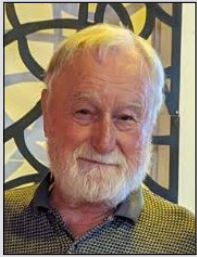


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

NOVEMBER 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 11



from
Lorne

Please note that our **AGM** is scheduled for **Wednesday November 13th**, it will be at the Centre starting at **1:30**.

Another year has passed and what a busy year it has been. We have Activities seven days a week, and in addition to that Events and Travel.

Many organizations are struggling to find volunteers. We are very fortunate in that we have many people coming forward to help out, be it the Kitchen, the Greeter's desk or one of our other functions.

Our apologies, that if in the rush of things, we haven't been able to get back to everyone.

As you know I have decided to retire from the Board and pass the torch to someone younger with fresh ideas. I have been on the board for a few years and hopefully made a positive contribution. I have been fortunate to have had excellent people to work with and I am pleased to see that the next board will continue with an excellent slate.

I will still be an active member, helping out where I can.

Lest We Forget

Canadians recognize **Remembrance Day**, originally called *Armistice Day*, every November 11th at 11 am. It marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defence.

Armistice Day was inaugurated in 1919 throughout much of the British Empire, but on the second Monday in November. In 1921, the Canadian Parliament passed an *Armistice Day* bill to observe ceremonies on the first Monday in the week of November 11th, but this combined the event with the Thanksgiving Day holiday. For much of the 1920s, Canadians observed the date with little public demonstration. Veterans and their families gathered in churches and around local memorials, but observances involved few other Canadians.

In 1928, some prominent citizens, many of them veterans, pushed for greater recognition and to separate the remembrance of wartime sacrifice from the Thanksgiving holiday. In 1931, the federal government decreed that the newly named Remembrance Day would be observed on November 11th and moved Thanksgiving Day to a different date. Remembrance Day would emphasize the memory of fallen soldiers instead of the political and military events leading to victory in the First World War.



Remembrance Day rejuvenated interest in recalling the war and military sacrifice, attracting thousands to ceremonies in cities large and small across the country. It remained a day to honour the fallen, but traditional services also witnessed occasional calls to remember the horror of war and to embrace peace.

Remembrance Day ceremonies were usually held at community cenotaphs and war memorials, or sometimes at schools or in other public places. Two minutes of silence, the playing of the *Last Post*, the recitation of *In Flanders Fields*, and the wearing of poppies quickly became associated with the ceremony.

Remembrance Day has since gone through periods of intense observation and periodic decline. The 50th anniversary of the end of the Second World War in 1995 marked a noticeable upsurge of public interest, which has not ebbed in recent years. It is now a national holiday for federal and many provincial government workers, and the largest ceremonies are attended in major cities by tens of thousands. The ceremony at the National War Memorial in Ottawa is nationally televised, while most media outlets – including newspapers, magazines, radio and television stations, and internet sources – run special features, interviews, or investigative reports on military history or remembrance-related themes.

SENIORS CENTRE Activities



SUNDAY

Contract Bridge 1:00 - 4:00 pm
\$2 per session

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

Open Mic 6:30 - 8:30 pm

1st & 3rd Sunday - Nov 3rd & 17th
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 250-596-2500
algagnon006@gmail.com

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

Ramblers Practice 6:30 - 8:30 pm

Colin Craig 250-738-0464
goodison95@shaw.ca

WEDNESDAY

Hatha Yoga 9:45 - 11:00 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

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 2:00 - 3:00 pm

First Wednesday of the month

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

Heart Healing Somatic Yoga

2:30 - 3:30 pm

Bonnie Evoy 250-248-7691
tangledandark@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

Dance Practice 7:00 - 9:30 pm

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

*Note: Due to the Christmas Dinner
on Thursday, December 5, activities
following the bridge game are
cancelled.*

THURSDAY

Darts 10:00 am - 12:15 pm

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

Intermediate Bridge Lessons

9:30 - 11:30 am \$8 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

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 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

Upcoming Events

Thursday, December 5

Starts at 4:00 pm

QB Seniors Centre

Live music with Bruce Feltham followed by a delicious turkey dinner with all the trimmings and dessert.

- Door prizes
- Cash Bar

\$35 pp



The sign-up sheet has been posted at the Centre.

Wednesday, December 25 Dinner Reservation

A reservation will be made at a local restaurant for any members who would like to join other members for Christmas Day dinner.



Members are responsible to pay for their own meal and drinks.

If you are interested, please contact Paula at pkalsi@telus.net

A sign-up sheet will also be posted at the Centre soon



Congratulations to Ann McVey, one of our regular Yoga class members!

On two occasions, Ann has made herself and Qualicum Beach proud at the Senior Games.

In September, at the Salmon Arm Games, she was part of the central Vancouver Island ladies slow-pitch softball team that won a gold medal. A very proud moment!

And then – a Hat Trick! Ladies Softball Gold for the BC Games 65+, and Gold for the 70+ and the 74+ teams in the Huntsman World Senior Games in Utah.



Well Done, Ann!

Harvest Fowl Supper



So *Many Thanks* go out to all the volunteers who contributed so much to the success of our Fowl Supper on October 5.

The success of any event is always due to the dedication put into it: Ann Svensen, Jeri Burke, Mike Bachynski, Diana Sherlock, Betty



Brooker, Brenda Charles, Brenda May, Barbara Tesluck, Margot Graham, Peachy Giacomazzi, Kathleen Kennedy, Pat Weber and **CINDY CRAWFORD**, for her extra

special touches she is so great at, donating the prizes for quiz winners, coordinating tables, taking photos, the list goes ON... OUR VERY SPECIAL THANKS, CINDY!

To the Legion members who set the tables, host the bar etc. LINDA, BETTY ANNE and the Ladies Auxilliary who do the excellent work



preparing the supper. HUGE THANKS, for their dedication to this event for the last three years. We wish Linda and Betty Ann a wonderful retirement.

The RAMBLERS provided great music for all to dance to and enjoy and COURT BROOKER showed us his talent on the Accordion, as well as photo taking and video of the Event.

Lila Greene



WINNERS!

Bottle of wine by Pat Weber – **Ann Svensen**

Gift Baskets by Kathleen Turner – **Beverly Evans and Norah Rawcliffe**



Greetings from the Cookie Cutters

I know everyone says this but really, where has the year gone! November? Impossible!

We are so fortunate to live in an area with a temperate climate. I like the mix of weather. Some days are golf days and some days are baking days.

If you enjoy baking, please consider joining the Cookie Cutters. All home baking is greatly appreciated and provides a welcome treat to our members who visit the centre.

If you are interested and would like more information please call or text Brenda at (604) 379-0290 or email me at charles.brenda@me.com. I am also in the kitchen Thursday mornings twice a week a month.

The recipe for this month is a warm up for Christmas baking. It is easy and delicious and if you have homemade jam to use up this is a great option.

Thumbprint Cookies

Ingredients:

- 1 3/4 cups flour
- 1/3 cup cornstarch
- 1 cup softened butter
- 1 egg yolk
- 1/2 cup jam

Method:

1. Whisk together the flour and cornstarch and set aside.
2. Beat together butter and sugar until just combined. Beat the egg yolk until smooth and light.
3. Stir in the flour mixture, switching to your hands when you can no longer work the dough with a wooden spoon. Without overworking the dough, mix just until all the flour is mixed in. Chill the dough for 30 minutes.
4. Pre heat the oven to 350°F and line two large baking sheets with parchment paper.
5. Using a cookie scoop or a measuring spoon, roll the dough into ball that fit into a 1 tablespoon measuring spoon. Space them at least 1 1/2 inches apart, and using a 1/2 teaspoon measuring spoon, make a deep indentation in the top of each ball.
6. Fill each cookie indentation with heaped 1/4 teaspoon spoonfuls of jam (of your choice).
7. Bake for 20-25 minutes until the cookies are just golden. Cool on the baking sheets before transferring to an airtight container.



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 _____

OCTOBER NEWSLETTER – Find the logo contest

And the winner is ... **JULIE LAVIOLETTE!**

The logo was hidden on the bottom left of page 3.

Many thanks to all who participated in this fun contest!

Remembrance Day

WORD SEARCH

N O X K I P Y W O Z F L E S I O L S F Z R M J V
N J K G Q Q J X N U Q A B R E Z E U Z X E H C W
V K C G D L A D E M C I M J M E V N G O B Z D O
E H G P I C E A S E F I R E L R E D M I M B M Z
T Q G W D S T M K M E Y P P O P N A J R E S E K
E N A F R B G P Y O H G X V N I T Y X N M T C B
R S M U J J B E L H U I V W D V H N R E E V I B
A U B O W Z A C E C E Q Z V M U N X M W R U F T
N B M D O P T I E M O S I L E N C E P C E D I A
H C J T P Y T T P G G N M C G G H M O D E E R F
L H E I H Z L S R D R I I G T Q F A M R E Y C B
K B U I C E E I Y K L V T M Z H L H Q I D J A B
O V I L F P X M B P R E C W O W A Z O E K L S L
W B V P V A Y R H E R L I R W A N A U R E Y A B
M Y P H I Y C A S K S V E F V W D P K E G I L N
W L V A Z H E E H W N I W K C L E L D L R F X A
V A V F R U M T W D B Q T O B D R K M O U R X I
F A R W A K A Z S X N N N H D L S P M L E V I C
L I Y B W E T F D J K F V I Y U U E W I O Z G V
H Z L O R M F V I M L Y C S A Y M D D Q Y Y X I
E R R W N Y A Y V I W D P F B V A L V N A I W A
P C N Y J K J W C H D D W V V Z O L C N Z X Y O
T Y T Y D X S T X I V F I J C S N F W U A U Q U

ARMISTICE
FLANDERS
SILENCE
WREATH
WAR

CEASEFIRE
MEMORIAL
SOLDIER
FIELD

SACRIFICE
REMEMBER
VETERAN
MEDAL

CONFLICT
FREEDOM
BATTLE
PEACE

What's Cookin'?



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY NOVEMBER 5 & 19

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

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



WEDNESDAY NOVEMBER 13

Bill & Verdelle's

CHILI with Corn Meal Muffin



THURSDAY LUNCH

1st Thursday of the month – Yvonne's
CABBAGE ROLLS & PEROGIES



2nd Thursday – Cathy & Brenda's
CREAMY CLAM CHOWDER



3rd Thursday – Yvonne's
SHEPHERD'S PIE



4th Thursday – Cathy & Brenda's
CREAMY CLAM CHOWDER

FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



APPIES AND GAMES! October 26

Paula Kalsi, Event Co-Ordinator, planned a fun Saturday afternoon of appetizers and games. We began with a rousing toss of a *Beer Pong* type game where each person played until they popped a ping pong ball into a cup – everyone won a prize. We then went to *Mugs 'n Hugs* area to enjoy hot appetizers and snacks that were prepared by Joyce, Beverley and Penny. Back into the Activity Room where the group sat in a circle of chairs for the next game of *Pass the Parcel*. Back to *Mugs 'n Hugs* for dessert, tea or coffee. The afternoon finished off with a game of *Bingo* played with a deck of cards and ended with a *Trivia Contest*. All in all, a fun afternoon!

Cindy Crawford

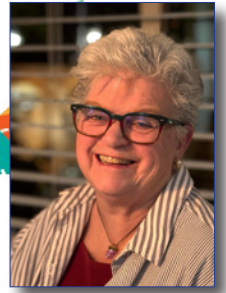


Travel Talk

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



Cindy Crawford



Christmas Magic Leavenworth, WA

DECEMBER 1 to 4

\$799 pp double

\$999 pp single

Price includes:

- Return bus & ferry transportation from Qualicum Beach to Leavenworth;
- 3 nights at Icicle Village Resort;
- 3 breakfasts, 1 Bavarian buffet dinner, 1 dinner in the Village
- Horse-drawn sleigh ride;
- Wine tasting
- Tour of Aplets & Cotlets Candy factory
- Apple Annie's Antique Market
- 1 hour walking tour in the village with treats along the way

\$200 deposit at time of booking; final payment October 1. Tour is 100% non-refundable, name changes \$50; insurance recommended.



WEDNESDAY, DECEMBER 18 Chemainus Theatre

Buffet Lunch and Matinee performance \$189 pp

A sequel to Jane Austen's *Pride and Prejudice* set at Christmas two years after the novel ends. Miss Bennet continues the story, only this time with bookish middle-sister Mary as its unlikely heroine. When the family gathers for Christmas at Pemberley, an unexpected guest sparks Mary's hopes for independence, an intellectual match and possibly even love.

Depart QB Civic Centre 10:45 am

Arrive Chemainus 11:50 am

Buffet Lunch 12:15 – 12:30 pm

Performance 2:00 – 4:15 pm

Depart Chemainus 4:45 pm

Drive through Ladysmith to view lights

Arrive QB Civic Centre 6:00 pm

Sign-up sheet on the Travel Board at the Seniors Centre.

Book and pay by **November 18, 2024** (cheques made payable to Island Fever Travel).



The Butchart Gardens at Christmas

DECEMBER 9 – 10

\$469 pp double \$549 pp single

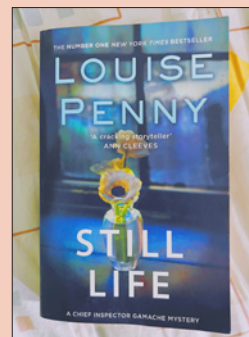
Price includes:

- Return bus transportation from Qualicum Beach;
- Christmas Light Display at The Butchart Gardens;
- Dinner at the Blue Poppy Restaurant (Butchart Gardens)
- One night stay at the Chateau Victoria including a buffet breakfast;
- Tour host for the trip

Sign-up sheet on the Travel Board at the Seniors Centre.

Full payment at time of booking (cheques made payable to Square 1 Travel.)

Tour may be shared with Courtenay/Comox guests – if enough members sign up for this trip we may have a separate bus.



The **Book Club** meets on 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 December is *Still Life* by Louise Penny.

New members are always welcome!

Email xgail.smith@gmail.com

Call / Text 905 808 4585



Victoria Bus Trip Tuesday, October 29th

This was our third bus trip of the year down to Victoria. The day was overcast and a threat of showers, but by the time we were on our way after our stop at the Old Farm Market in Duncan, the clouds broke away and the sun peeked out and shone all day.

Many of us enjoyed lunch at the Parliamentary Dining Room at the BC Legislature. As we had done this on our last trip, Beverly Evans made reservations for a large group for lunch this time.

And you never know who you will meet at the Legislature.

Keith Baldrey, Legislative Bureau Chief dropped by to say hi to our group. As other Members were interested in dining at the Legislature, they were encouraged to call



and book a table, which many did. Such a lovely spot to have lunch in a relaxing atmosphere, the service is excellent and the freshly prepared meals are delicious. Others chose to meet family, friends, some walked over to Barb's Fish and Chips at Fisherman's Wharf, while others wandered down to enjoy Dim Sum at Don Mee and many visited the IMAX Theatre and Royal

BC Museum.

Our bus met us at the IMAX/ Royal BC Museum to take us to our final stop at the Old Farm Market. It was another great day with our Senior Centre Members.

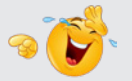
Cindy Crawford



HALLOWE'EN FUN!



What do birds hand out on Halloween? *Tweets*



What is a ghou's favourite game? *Hide and Shriek*

What do you call two witches sharing an apartment? *Broommates*

What happens when pumpkins drink alcohol? *They get smashed*

How do you mend a broken gourd? *With a pumpkin patch*

SHOEBOX SEASON!

It's that time again. Each fall for the last number of years, the Centre has taken part in the Shoebox Program under the direction of the Baptist Church on Pym Street. Anyone who wishes, can take a shoebox and fill it with necessities and 'extras' for needy children in parts of Africa, South America, and southeast Asia.

Boxes will be placed on the card table in the foyer and there will be directions and ideas listed on the poster on the wall, as well as included in the box. .

Any questions? Please call Judy Southern 250-752-5586.

Boxes will be available beginning **Monday November 4th** and will need to be returned by **Thursday November 21st**.

Thank you for your participation!



WELCOME NEW MEMBERS

Lee Berthelette	Rosa Girard	Randolph Richardson
Linda Brandt	Joan Greenwood	Susan Richardson
Helene Bouchard	Pat Haine	Marilyn Roberts
Pamela Caldwell	Dennis Halychuk	James Rogers
Arleigh Cates	Lysanne Halychuk	Willy Rycquart
Mala Chopra	Judy Keeley	Michaela Schmidt
Laurel Croteau	David Kelsey	Lee Sosnowsky
Jennie Cummer	Marian Keyland	Diane Thompson
Anna Dall'Acqua	Mark Miller	
Renee Gilmour	Eileen Pickard	

MEMBERSHIP REPORT

For the month of October there were an additional **56** Members (28 new members and 28 renewals).

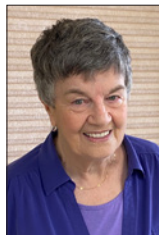
Year to Date as of Oct 31, 2024:

819 Members

- 700 Regular
- 101 Complimentary (90 years old or over)
- 19 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!

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

QB Seniors Activities Centre

Annual General Meeting

Wednesday, November 13
1:30 pm

Congratulations!

The winner of this month's draw for a Quality Foods

\$25 Gift Certificate

is **Patricia Deptford**



The Songbirds in Concert!

Enjoy memories of our times; those wonderful musicals and songs of the 50s and 60s



QB Seniors Centre

Tuesday, November 5 ♦ 1 pm

Bring your singing voices too!

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
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
Events Barbara Davidson... 250 752-6770
Paula Kalsi 250 738-6020
History Ann Svensen 752-5537
Kitchen Volunteers... Jan Desjardins 250 686-0348
Newsletter Karen Garland 250 589-5059
Sunshine Jeri Burke 752-9320
Website Les McLean
Welcome Desk Jeri Burke 752-9320