

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

MARCH 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 3



*Rob's Notes*

At the nursery yesterday picking up shrubs it seems like a mild winter but a long one!

For those that missed Ken and Donna's seafood dinner there is a repeat in April. Don't miss it! It was an amazing feast.

Also check out Cindy's travel schedule and events.



## Dear Qualicum Beach Seniors' Centre Member,

Our Seniors' Centre is an important part of our community. To plan for the future — and to make sure the Centre remains **welcoming, useful, and affordable** — we need each member's input.

Please complete our short Seniors' Centre survey by **March 27, 2026**. It takes about 5–7 minutes, and your answers will help us make decisions based on what members actually need and use.

**Even if you don't attend often, your input matters — we want to understand what would make the Centre easier to use.**

The more members who respond, the better we can advocate for the space, funding, programs, and services our community needs — now and in the years ahead.

### Your answers will help us understand:

- Which programs and services you use now (and how often)
- What you would like to see added, changed, or improved
- What barriers make participation difficult (including **cost, mobility/access, transportation, scheduling, and comfort level**)
- What would make it easier for more members to participate

### How to complete the survey:

- **Online:** You will receive the survey by email. Please complete and submit it online.



- **Paper copy:** Paper copies will be available at the Seniors' Centre on **March 9, 2026**. Completed paper surveys can be left at the **front desk**.

**Help available:** If you would like assistance reading the questions or writing your responses, volunteers can help you complete the survey at the Centre on the following dates:

- ▶ Monday March 9th - 1 to 3 pm
- ▶ Tuesday March 10th - 12 to 2 pm
- ▶ Wednesday March 11th - 12:30 to 2:30 pm
- ▶ Thursday March 12th - 10 to 1 pm
- ▶ Monday March 16th - 1 to 3 pm
- ▶ Tuesday March 17th - 12 to 2 pm
- ▶ Thursday March 19th - 10 to 1 pm.

**Privacy:** Your survey is **anonymous (with the exception of one question if completed online)** unless you choose to include your contact information. We will compile results and share a **summary** with members once the survey is complete.

Your feedback will guide our planning and help us make decisions that support the services you value today — and identify where we may expand or adjust services in the future.

If you have any questions, please contact **Paula Kalsi** at [pkalsi@telus.net](mailto:pkalsi@telus.net) or leave a message for her at the Centre.

Thank you for taking the time to help shape the future of our Seniors' Centre.

**Sincerely,**  
**Planning and Strategic Committee**  
**Qualicum Beach Seniors' Centre**

# 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 – 1st and 3rd Sundays**

**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

Glynis LeBlanc 250-738-5097

isdlandgirldesigns10@gmail.com

**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

**West Coast Swing** 5:00 - 6:30 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

sallyajagger@gmail.com

*TUESDAY continued*

**American Mahjong**

**12:30 - 3:00 pm**

Sonya Miller 250-752-5737 miller206@shaw.ca

**Functional Movement Class**

**1:30 - 2:30 pm**

Jane Loney 250-228-3349 janeloney@hotmail.com

**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

**West Coast Swing** 5:00 - 6:30 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.*

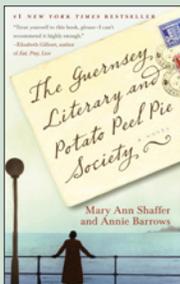
The **Book Club** meets the first Wednesday of each month.

The *Guernsey Literary and Potato Peel Pie Society* is our book club selection for March 4th.

For April 1st it will be *Finding Flora* by Elinore Florence.

As we continue with a full club membership at the moment, please contact Gail at [xgail.smith@gmail.com](mailto:xgail.smith@gmail.com) if you wish to be on our waiting list.

*A book is a gift you can open again and again ~ Garrison Keillor*



The Seniors' Centre marked *Lila Greene's 93rd birthday* at noon on February 4 — with cupcakes (not cake, despite the rumours) and a lovely floral arrangement. Because at 93, Lila clearly deserves options.



A long-time volunteer who has held just about every role imaginable at the centre, Lila has given years of service, wisdom, and probably a bit of well-earned sass. This celebration was reportedly her third birthday, proving that when you reach 93, the rules no longer apply.

With laughter, cupcakes, and stories flying around the



room, it was clear that Lila is still very much the life of the party—and not done charming or shocking anyone just yet.

Happy 93rd (again), Lila!

## Congratulations!

*Dianne Sisonenko* and *Donna Roberts* who bid and made a **Grand Slam** at Thursday morning fun bridge in February!



**Your enthusiasm has spoken!** After two fantastic months of enthusiastic dancers and big smiles, **West Coast Swing lessons are rolling forward into March!**

**Mondays & Thursdays • 5:00–6:30 pm • Seniors' Centre**

Come keep the fun alive, the music swinging, and the energy high as we glide into another month of joyful movement and community connection. Let's keep those feet happy and that dance floor buzzing!



## Knitting/Crochet for Manna Homeless Society



Thanks to everyone who dropped off yarn donations this month ... keep them coming!!

Everything was greatly appreciated.

We have been hard at work and have donated 25 toques, 4 pair of mitts, 8 scarves and 4 blankets this month.

Dishcloths continue to be good sellers and are available to purchase at the front desk.



# 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 MARCH 3 & 17

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



## MARCH 21 – Bill & Verdelles

**CHILI with Corn Meal Muffin**



## Greetings from the Cookie Cutters

Spring is just around the corner I am sure! And ready for it! Our bakers provided a tremendous amount of baking for the various events at the Seniors Centre over the past few months. There is nothing better than home made and we are very fortunate to have dedicated bakers! There is always room for more as the centre is popular for our members to come and have lunch or coffee and tea with a snack. If you are interested in being a volunteer baker let me know! Call or text me at (604) 379-0290, email me at [charles.brenda@me.com](mailto:charles.brenda@me.com) or drop in on the 2nd and 4th Thursday morning.

This month's recipe is a healthy(ier) version of chocolate chip cookies and very tasty!

### Peanut Chocolate Chip Oatmeal Cookies

#### Ingredients

- 1 3/4 cups old fashioned rolled oats
- 3/4 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter, room temperature
- 1 cup packed brown sugar
- 1 tablespoon vanilla extract
- 1 egg
- 1/2 cup chocolate chips
- 1/2 cup salted and roasted or honey roasted peanuts

#### Method

Preheat oven to 350°F. Line or grease two baking sheets.



In a medium sized bowl, combine oats, cinnamon, baking soda and salt. In a stand mixer, blend butter, brown sugar, vanilla and egg until well combined (about 5 min.)

Add the dry ingredients to the wet ingredients in 3 batches, turning the mixer on low to combine. Once all the dry ingredients are incorporated, add the chocolate chips and peanuts stirring in by hand. Cover the dough and refrigerate for at least 30 minutes.

Using an ice cream scoop form 12 dough balls and place 6 each on the two baking sheets. These make big cookies so if you would rather have smaller cookies use a smaller scoop or spoon.

Bake for 13-15 minutes. Let cool.

# Upcoming Events



**Saturday, March 7** Doors open at 5 pm

- ▶ Dinner, dessert, tea/coffee, pop
- ▶ Cash bar
- ▶ Prizes

**\$20 pp**

*A Sign-up Sheet will be posted at the Centre on February 10th*

## St. Patrick's Day Dinner at the Shady Rest Restaurant



**Saturday, March 21**

- Bangers and mash, vegetables & dessert
- Tea, coffee or pop
- Door prizes
- Live Music by Fan Fare

**\$26 pp**

*includes tax and gratuity*

*A Sign-up Sheet will be posted at the Centre on February 17th*

## Seafood Dinner & Dancing

**Saturday, April 11**

**Doors open at 5 pm**

Seafood buffet with dessert.

Musical Entertainment by Bruce Feltham.

- Door prizes
- Cash Bar

**\$20 pp**



*A Sign-up Sheet will be posted at the Centre on Tuesday, March 24th*

NOTE: PRIORITY WILL BE GIVEN TO THOSE MEMBERS WHO DID NOT ATTEND THE SEAFOOD DINNER ON FEBRUARY 7TH

## Speaker Series – Advance Care Planning

Tuesday April 21, 2026 • 2 pm • Berwick Qualicum Beach

*A Sign-up sheet will be posted on March 31, 2026*

### Expressing Your Wishes For Future Health Care

If Not Now – When? If Not You – Who?

This presentation will encourage and support you to think about and express your wishes for future health care and treatment. It is designed to provoke thinking and planning and to encourage conversation between you, your loved ones, and your health-care providers. Planning can assure you that your family, friends and health-care workers know your wishes and can ensure your wishes are followed. A change in your health may leave you unable to make decisions for yourself. This can be a time of crisis and chaos – not a time for family members to be making extremely difficult decisions. Who will make medical decisions on your behalf? Does your family know what you would want? Have you had those conversations? An Advance Care Plan will help you get the care that is right for you, even if you are unable to speak for yourself. It is an important step in your healthcare journey as it allows you to express your wishes and what is important to you.

### PLEASE SUPPORT THIS MUCH NEEDED MEDICAL CLINIC PLANNED FOR QUALICUM BEACH

On February 11th, Cindy Crawford attended a presentation given by Susanne Cunningham, Chair of the Mid-Island Health Alliance and Dr. Kelly Hadfield, a Family Physician in Qualicum Beach and MIHA's physician consultant. MIHA is a volunteer led, Incorporated Not for Profit Society whose role is to facilitate and advocate for Primary Care services for residents within the region of Oceanside. This group is responsible for the creation of the Primrose Medical Clinic, in Qualicum Beach on Primrose Road, planning to open in September 2026.

The Primrose Medical Clinic is needed as we are one of the densest geriatric populations in Canada with patients living longer with more complex, serious illnesses. Dr. Hadfield has secured four full-time physicians and is working on securing more doctors to come and practice at the Primrose Medical Clinic. This clinic will have a positive impact on seniors, families and overall community wellbeing.

I encourage our Members to support this much needed medical facility for necessary approvals and investment in our healthcare by writing letters to our elected officials, health authorities and community leaders. Some suggestions are:

**Stephanie Higginson** – MLA for Ladysmith-Oceanside  
PO Box 250 Stn Main Parksville, Parksville, BC V9P 2G4

**Mayor Teunis Westbroek** and Councillors Jean Young, Ann Skipsey, Scott Harrison, Petronella Vander Valk  
Town of Qualicum Beach, 201 - 660 Primrose Street,  
PO Box 130, Qualicum Beach, BC V9K 1S7



# Travel Talk

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



Cindy Crawford



**THERE ARE STILL SEATS AVAILABLE!**

**LES MISERABLES** Presented by Broadway Across Canada

**THURSDAY, MARCH 19** Queen Elizabeth Theatre, Vancouver \$329 per person

Price Includes:

- Return bus and ferry transportation from Qualicum Beach to Vancouver
- 2 pm matinee performance

Book and pay when you sign up (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in the Travel Box by the Office.

Trip will be shared with Campbell River guests.



## BENNY ANDERSSON & BJÖRN ULVAEUS' MAMMA MIA!



**SUNDAY, MAY 31** Queen Elizabeth Theatre, Vancouver

\$349 per person

Set on a Greek Island, Mamma Mia is a feel good musical that tells the story of a young bride to be who secretly invited three men from her mother's past to the wedding. ABBA music weaves a tale of love, laughter and friendship.

Included:

- Return bus & ferry transportation and 2 pm matinee performance

Book and pay by Friday April 30 (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in envelopes provided and drop in the Travel Box by the Office.

Trip is shared with Campbell River guests. A MINIMUM OF 20 QUALICUM BEACH MEMBERS ARE REQUIRED TO SIGN UP.

Please note seats are available through public sites with pricing at \$300+ per person.

## 10-day Eastern Newfoundland & St. Pierre Tour

**AUGUST 8 to 18** \$6899 pp double | \$7899 pp single

Included:

- Return Flights from Comox to St. John's, Newfoundland
- Pre-night hotel before tour
- McCarthy's Party – Local Newfoundland Guide
- 10 nights accommodation; 6 breakfasts, 6 lunches, 6 dinners
- Entrance to Historic Sites and Museums
- Visits to Admiral's Coast, Conception Bay & Ferryland
- Boat tour in Bay Bulls (weather permitting)
- Visit to the French Islands of Saint Pierre

Non-refundable deposit of \$1000 at time of booking; payable to Square 1 Travel. Balance due June 8, 2026. Contact Square 1 Travel directly to book (250) 334-0355.



# Seafood Dinner Saturday, February 17

With the kindness and generosity of Seniors' Centre Member, **Ken Roberts**, our Members enjoyed one of the best dinners. Ken provided, prepared, cooked and served a bounty of seafood, buffet-style.

Members mixed and mingled with each other while enjoying beverages as the **Ramblers** played some of their great tunes to begin another great evening at the Centre.

We then served ourselves from the Seafood Buffet which consisted of: broccoli and apple salad; garlic bread, roasted potatoes, steamed vegetables; peel 'n eat shrimp; halibut; salmon; crab cakes; candied salmon; spinach tortilla pinwheels filled with cream cheese, crab & shrimp; seafood stuffed mushrooms and prawn cookies. Dessert was a choice of two cheesecakes.

**The Ramblers** then began to play music as some of the members got up to dance. Paula thanked all our volunteers who made such an enjoyable evening possible. She then, with the help of Ken Roberts, pulled lucky door prize tickets. The door prizes were a lovely variety of gift baskets filled with goodies that she had purchased from QF and one contained a \$100 Gift Certificate for Quality Foods. Then a surprise! She had Ken pull more tickets for "Seafood Bucks" – a refund of members' seafood dinner ticket prices. The winners were:

### Gift Baskets

**1<sup>st</sup> Prize** Darrell Saunders Charcuterie Package/QF Gift Certificate

**2<sup>nd</sup> Prize** Shirley Minogue Gift Basket

**3<sup>rd</sup> Prize** Ken Roberts Gift Basket

**Seafood Bucks** Julie King; Judy Southern; Maurice Fernandes

### A Huge Thank You to all our Volunteers:

Sign Up Sheet & Payments: *Jeri Burke*

Greeter/Check-in: *Marilou Thornbury*

Table & Chair Set up & Tear Down: *Al Gagnon; Paul Keogh*

Table Setting: *Peachy Giacomazzi, Beverly Evans, Henrietta Penney and Cindy Crawford*

Kitchen: *Leslie Kleven and Margaret Sills*

Bartender: *Paul Keogh*

The Ramblers: *Bill Wilson, Judy Palipowski; Henk Verkirk; Diane Duncan; Darla Clarke; Yvonne van Oort.*

Thank you **Paula Kalsi**, our Event Manager and **Ken Roberts** for planning, arranging and managing this great evening. If I were to ask our Members if we wanted to enjoy this evening again, the answer would be a definite YES!!!!

*Cindy Crawford*



# WELCOME NEW MEMBERS

Barb Barry	Douglas Kingsford	Patricia Srigley
Rita Beny	Nelly Legrand	Jerry Sund
Beverly Cobb	Fung Man Lam	Jane Sund
Tracy Cochrane	Ken McKenzie	Sharon Virk
Lesley Ferris	Shirley McKenzie	Vivien Weston
Michael Foster	Alan Messner	Johny Yang
Carol Geldart	Jo-Ann McNulty	Donna Zubot
Neville Hircok	Karen Oliver	
Lynn Kenyon	Diane Siluszyk	

## MEMBERSHIP REPORT

For the month of February there were an additional **25** new Members and 14 renewals.

*Year to date (2025-2026) as of February 28, 2026*

1013 Total members, made up of:

- 602 renewals
- 267 new
- 107 Complimentary (90 years old or over)
- 18 Life members
- 1 Honorary



- ☞ Since light travels faster than sound, some people appear bright until you hear them speak.
- ☞ You are never too old to learn something stupid.
- ☞ In filling out an application, where it says, "In case of emergency, notify..." I answered, a doctor."
- ☞ You do not need a parachute to skydive. You only need a parachute to skydive twice.

## 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**

## 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!*



Looking to buy a small second hand gas powered car which is reliable and in good condition.

Please call Barb at 250 594 5915 or email [freedmanlanded@gmail.com](mailto:freedmanlanded@gmail.com). I will answer all replies!

## 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 **April** Newsletter is Saturday, March 28  
 Email: [kkgarland22@gmail.com](mailto:kkgarland22@gmail.com)*