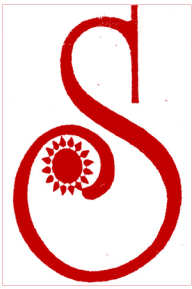


Qualicum Beach Seniors' Activities Centre



NEWS

For the Young at Heart

Box 103,
703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
Email:
qbseniors@shawbiz.ca
~ OPEN ~
Monday to Friday
9:00 am - 3:30 pm

Volume 26 Issue 12

December 2023

250 752-0420



FROM LORNE

December is here. I am sure you share this thought with me, where did 2023 go? Time just seems to fly by faster every year. I find December a happy month, it is a chance to spend time with family and friends. And, this year we are being treated to excellent weather as well. To all the Volunteers and Activity Leaders who are making the Centre a hive of activity, I wish you the very best of the coming season.

A BIG THANK YOU to you all.

Merry Christmas



The Centre Windows are once again showing off the Seasonal paintings created by Julie Starkey. Be sure and have a look at the wintery scene, a show for us to enjoy and bring a smile to your face as well as others who pass by every day.

The Christmas Season is the perfect time to **THANK** our **FRONT DESK GREETERS** who do far more than "greet". Such a wonderful Group of Volunteers — Thank you for all you do! With much appreciation from Jeri

ROBBIE BURNS! Plans are underway for the January 27th celebration at The Centre. Time TBA. Keep an eye on the Activities Board for updates. **PAYMENT ESSENTIAL at SIGN-UP TIME, in order to have a seat.**

Christmas Tea

Join us at the Centre on **MONDAY, DECEMBER 18** at **1:30** as we are entertained by the QBUB Ukulele Band, hear a **Christmas Story** and enjoy tea/coffee and special treats prepared by the Cookie Cutters.

Santa Claus will pay a visit!
Cash Donations for the FOOD BANK are gratefully accepted
Remember—wear your favourite Christmas Sweater!

Center will be **CLOSED**
December 23rd
WELCOME BACK
Tues., January 2nd

Christmas Dinner

We are looking forward to a turkey and all the trimmings dinner ... enjoying the nice music by Don & Denise Charon and visit with friends—a nice start to the Christmas Season! **NOTE: Sign-up on the Activities board if you need a ride and/or are willing to drive folks to Eaglecrest.**



Judy Palipowski

Senior Centre

Activities

~ SUNDAY ~

CONTRACT BRIDGE - 1:00 pm
Anne Jenkins 594-7097 (Oct.-March)
annejenkins@shaw.ca

~ MONDAY ~

KNITTING/CROCHET for MANNA
9:30 - 11:30 ~ Jan 250 738-1040
jancurtis5431@gmail.com

MEMBERSHIP OFFICE WORK
11:30— 3:00 p.m
Anne 250 752-9771

YOGA: 9:30—10:30:
CHAIR YOGA: 11:00-12:00
Jane 228-1157 - \$8
janeloney@hotmail.com

QB UKULELE BAND: 12:30—2:30
Catherine 250 752-9082
mckhan2@shaw.ca

BEGINNER UKULELE
2:30—3:30 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE 1— 3:00 - 4:00
LINE DANCE 11— 4:00 - 5:00
\$5 for 1 & 11

BALLROOM DANCE PRACTICE
5:00—6 :00 pm
Judy 250 752-6837
judypalipowski@gmail.com

PEGS & JOKERS

6:00—8:00 pm
Ruth 905 rac- 447 7344
Off until Spring '24

~ TUESDAY~

FUN BRIDGE: 9:00 – 12:00
Al Gagnon 250 596-2500
algagnon006@gmail.com

CB TUNES—TBA
Court 250 951-2572
brook@shaw.ca

WHIST: 12:30—2:30
Except in lounge 1st Tuesday
Sally Jagger 250 752-3556
sallyajagger@gmail.com

SONGBIRDS: 3:00—4:30
Diana Meyer 250 752-4856

RAMBLERS PRACTICE
6:00—8:30
Colin Craig: goodison95@shaw.ca

CLEANING: 4:30—7:30 pm

The word “swims” upside down is still “swims”.

~ WEDNESDAY ~

HATHA YOGA with Any Mac
10:00-11:15 - \$8 a session
250 228-0518
animacg@hotmail.com

DOMINOES ~ 10:00- 12:00
Audrey 250 752-9134
amishbell@shaw.ca

Intermediate SPANISH CONVERSATION
11:30—12:30
Harvey 594-5915
landed@telus.net

CHAIR YOGA: 1:00-2:00
\$8. - Jane 228-1157
janeloney@hotmail.com

BOOK CLUB: 2:15—3:15
First Wednesday of every month
Gail Smith 905 808-4585
Xgail.smith@gmail.com

FUN With CHAZ: 2:30– 4:00
Chaz Booth—250 240-0465
chazentertains@gmail.com

TOPS: Weigh-in 3:45—5:00
Elaine 250 594-3604
repac5@shaw.ca

PARKSVILLE/QUALICUM FOUNDATION
5:30-6:30 Monthly
Pat Weber 951-1159
patrick-weber@shaw.ca

A CAPPELLA: 7:00—9:30
Marion 250 468-9280
oceansideacappella@gmail.com

~ THURSDAY ~

BEGINNER BRIDGE LESSONS
January 18—9:30-11:30 - \$8
Peter 250 586-5740
psegers225@gmail.com

DARTS: 10:00-12:15
Bernie Brockway 757-2330
berniebrockway82@msn.com

DROP-IN BRIDGE: 12:30—3:00
Barbara Wade - 250 228-4233
barrickwade@yahoo.ca

PROBLEMS with your ELECTRONIC DEVICES?

Call **TECHNOLOGY TUTOR BRIAN** 250 947-8258
tlc@sd69.bc.ca or book your own appointment:
obl.ca/calendar
Every Thursday 1:30-3:30 In the Lounge



~ THURSDAY ~

LINE DANCING - 4-5
BALLROOM DANCE - 5-6
5:00—6:00 pm—\$5
PRACTICE TIME: 6-7
Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE 10-12
Maureen 250 594-6071
maureenjames@shaw.ca

Introduction to AMERICAN MAHJONG

10:00—12:00
Inger 250 951-9298
inger-weber@shaw.ca

MAHJONG 1:00—3:00
Chic 250 752-6846
senchic40@gmail.com

ART GROUP: 1:00—3:00
Richard Waterfall: 613 791-6425
rgwaterfall@gmail.com

~ SATURDAY ~

HATHA YOGA with Richard
10:00—11:00
Anne 752-9771—\$8 a session
sharp44@shaw.ca

Qi GONG—11:15-12:15
Dr. Rod LeBlanc rod@lifelonghealth.ca

STORY TELLING — 1:30—3:30
Normacameron33@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 over the month.



PAT BULL is the Centre's SUNSHINE LADY

If you know of someone who may be feeling ill, in hospital, grieving?
Be sure to call Pat at:
752-3946
She will be happy to send them a card



what's cookin's

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John



WEDNESDAY Dec. 20
Bill & Verdellas



CHILI

with Corn
Meal Muffin



THURSDAY LUNCH



CATHY & BRENDA'S CREAMY CLAM CHOWDER



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew John & Betty

It has been a fun year and we have such a fantastic group of energetic women who volunteer their time to provide homemade treats for our kitchen and special events. Any member of the QB Seniors Centre is welcome to join the bakers group.

For information call/text Brenda at 604 379-0209 or email Charles.brendatme.com and, you will usually find me in the kitchen Thursday mornings.

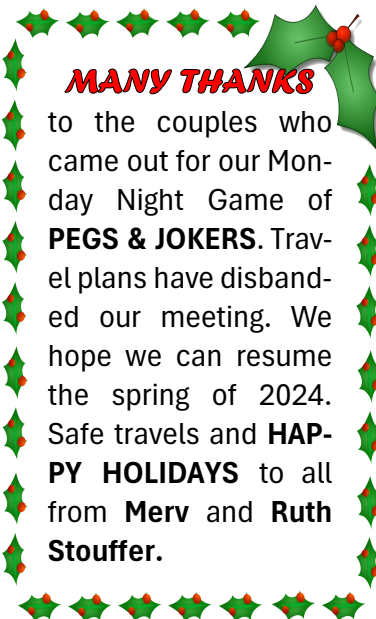
Here's a holiday recipe that is simple and very addictive!

~ SOUTHERN BARS ~

Preheat oven to 350 deg.

Melt 1/4 cup butter in an 8 inch square cake pan. Spread in even layers in order over the melted butter:

- ◆ 1 cup graham wafer crumbs
 - ◆ 1 cup chocolate chips
 - ◆ Drizzle one can sweetened condensed milk (Eagle Brand) over top ingredients. Bake 25-30 minutes. Cool in pan. Cut into bars (approx. 24)
- 1 cup desiccated coconut
1 cup chopped nuts.



MANY THANKS

to the couples who came out for our Monday Night Game of **PEGS & JOKERS**. Travel plans have disbanded our meeting. We hope we can resume the spring of 2024. Safe travels and **HAPPY HOLIDAYS** to all from **Merv and Ruth Stouffer**.



All present enjoyed a piece of Mike's birthday cake at the Centre November 17. We wish you many more Happy Birthdays Mike.



*Greetings and Best
Wishes for the
Holiday Season
From the
Cookie Cutters
'gang of bakers'*

DEADLINE
for JANUARY NEWSLETTER
MONDAY, DECEMBER 26

SPECIAL THANKS to JUDY ALBERG

... for all the delicious baking she drops off to the Centre every Monday morning! Visitors to the Centre enjoy these special treats we're so fortunate see brought in for a Monday morning Treat!

The wafting aroma of cinnamon still floats around the Centre as Lesley gets her fresh baked buns ready for Sue to serve for **ONLY \$1** Drop in for a warm, sticky, scrumptious treat with a coffee the **1st & 3rd TUESDAYS** every month ... Be sure to get yours!



COMPANION DOGS



Blue Bell is two years old, sweet as her name, loves and kisses everyone. **Poppy** is one and loves everyone but only kisses a few. **Willow** is the baby, at six months is full of love and tricks. All three dogs are certified companion dogs so their job is to make everyone feel loved and happy ...and they are good at it! These cute dogs dropped in to the Centre recently to let everyone know they are "looking for 'work.'" If you know of a shut-in or someone who would love to have the 'puppy pack' drop in for a visit, call **GINA ADAMS 250 954-8284** to arrange an appointment.

TIME FOR THANK YOU'S

I wish to send out a huge **THANK YOU** to the 24 of you (plus donations) who took part in the **Shoebox** program this year. Some of you have been graciously generous for a number of years now! And, there will be a great many children in other countries with a great many smiles on their faces—with thanks to you.

AND

MORE THANKS to the person/people who are filling up the jar with **PULL-TABS**, from aluminum cans and a **BOX FOR STAMPS** from "ordinary" letters, and the plastic jar for **CASH DONATIONS** to the Food Bank. Every item you bring in is so very much appreciated. These containers are on the library shelves.

FOOT NOTE: the container for Food Bank donations will be on the kitchen counter at the time of our Christmas Tea on December 18th. Thank you all from **Judy Southern**.



AHH, THE JOY OF CHAIR YOGA!! Mondays at 11:00 a.m. and Wednesdays 1:00 p.m. Jane Loney (and Bonnie Evoy), teach classes of Chair Yoga to groups of happy folks the joys of easy exercising for those of us who are not as agile we would like to be!
(dig those jazzy Monday socks!)



THE "HEALTHY" CORNER

How to protect against damaging effects of loneliness

"Worse than smoking 15 cigarettes a day." these were the findings a recent study revealed about the dangerous health impacts of loneliness and social isolation

Turns out a game of crib, a mid-week lunch date or a drive around town may be just what doctors should be ordering this winter. Loneliness is "associated with an increased risk of heart disease, depression, and cognitive decline," stated PLUS medical journal.

A separate report from the International Journal of Environmental Research and public Health even went

so far as to declare loneliness an Immunometabolic Syndrome. Emphasizing the damaging effects of loneliness on everything from stress response to glycemic control and fat metabolism.

Twenty percent of BC's population is over 65 and nearly 30 percent of seniors live alone. A staggering 43 percent of seniors report feeling lonely on a regular basis.

Loneliness, social isolation and associated declines in health are issues affecting our entire province-

but this topic is of special significance for those of us with a loved one who is living on his or her own.

Loneliness researchers emphasize the importance of strong relational support systems—not simply for short term happiness, but for staving off numerous degenerative and cognitive disorders.

Now is the perfect time. With the long days of West Coast winter just around the corner, it is the perfect time to boost the support systems (and immune systems) by joining in at the Seniors' Activities Centre.



TRAVEL Talk



Watch the website: www.qbseniors.com
for updates on all of the trips being planned



On November 24, 42 of our Seniors' Citizen members travelled to the Sid Williams Theatre in Courtenay to enjoy the "Christmas with the Tenors" concert.

And, oh what a concert it was. The Tenors, originally known as The Canadian Tenors, were formed in 2004 in Victoria. Clifton Murray from Port McNeil, Victor Micallef from Toronto and two new Ten-

ors: Mark Masri from Toronto and two new tenors: Mark Masri from Toronto and Alberto Urso from Sicily are now The Tenors. They blend their powerful songs, harmonies and most definitely their charm—thrilling audiences of all ages classical across the world and now sharing this as they tour across our country.

All in all, our group had such a lovely time at a concert not to be missed.

From Cynthia Crawford



At the end of November, Ladysmith is transformed into a dazzling spectacle. Thousands of lights installed by volunteers and lit up when the sun goes down.

November 30 wasn't the best day for an outdoor event this year, but that didn't stop 50 of our Seniors. They boarded our bus, warmly dressed, not knowing what the evening weather would bring. We parked at a prime location so seniors could take in the magic of the town: The Craft & Artisan Fair, coffee shops, a Ukrainian dinner at the Legion, food trucks. It rained a bit, but didn't stop crowds enjoying the trees all lit up while waiting for the parade. Street performers entertained the crowds, then trucks, emergency vehicles, floats donned with magical Christmas lights, marching bands passed by to everyone's delight.

Once the parade ended, fireworks filled the sky—what a lovely ending to a great night—a great start to our Holiday Season. *from Cindy*



KIM: Island Fever Travel, 250 287-3221.

Make cheque out to: Island Fever Travel
e-transfer: kim@islandfever.travel
password **tenors** (no refunds available)

JANUARY 13, 2023 - \$269 pp

Save On Memorial Arena, Victoria.

Corteo which means cortege in Italian is a joyous procession, a festive parade imagined by a clown. It's a story of a man named Mauro, a clown in the circus, one night he dreamed of dying and imagines what his friends would do to remember him and celebrate his life. The show brings together passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun and comedy situated in a mysterious space between heaven and earth. Price includes return transfer from QB Civic Centre, admission, buffet dinner, gratuities.

MUSTSIGN UP BY DEC. 15

The Best is Yet to Come!

Platinum award winning Crooner

MATT DUSK, plays homage

to the Legendary Tony Bennet

SID WILLIAMS THEATRE,

COURTENAY

Includes return transportation to the theatre, admission and gratuities

APRIL 24, 2004 ~ \$150 pp

... Then!



Michael Flatley's new tour promises an unforgettable experience with new choreography that pushes the boundaries of what is possible and a celebration of the

Irish heritage and artistry of Irish dance. *Proposed price will include return transportation to the Centre in Vancouver, admission and over night hotel room*

JUNE 13, 2024

Watch for updates in the New Year



BEGINNER BRIDGE DROP-IN LESSON

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 a.m.

Starting January 18, 2024

Location: Qualicum Beach Seniors' lounge
703 Memorial Ave., Qualicum Beach
www.qbseniors.com

Cost: \$8 per lesson

Instructor: Peter Segers, 250 586-5740
psegers225@gmail.com

Pre-registration not required, but you must be a member of Qualicum Beach Seniors. For more info about the lessons, contact the instructor.



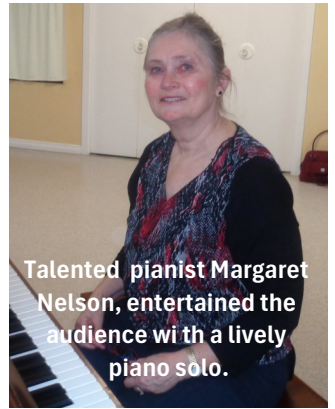
The Centre has lost a valuable member, **RIVA WEST** passed away recently. She was a volunteer teacher at the Centre: Writers Group, Tai Chi, A Healing Circle—these are the things that mattered to her. She was a long-time contributor to the newsletter and served on the Board of Directors a few years ago. She will be missed by so many.

JAMES ADAMS, with wife Sheila, their daughter from Fanny Bay and the Monday Ukulele band helped celebrate Jim's **90th Birthday**. Cards, balloons, cake and songs from the folks in attendance made for a great party.



Long Birds

So happy to see the Song Birds' back at the Centre ready to entertain a packed crowd nestled in, ready to enjoy the choirs renditions of "Top of the World", "Take Me Home", "Country Roads," "Almost Heaven", "Get Me To the Church on Time" ... just to name a few of the songs we are all familiar with and always happy to be serenaded so professionally by the choir. Mike Sherlock, stepped in to lead the choir for Conductor Lynn Beamond in her absence. Always a pleasant day as we headed "Homeward Bound!"



Talented pianist Margaret Nelson, entertained the audience with a lively piano solo.



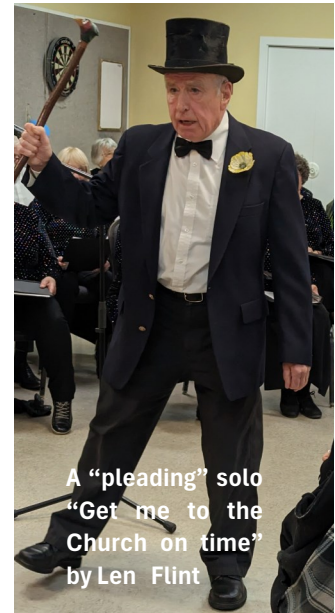
"If I loved you" by Mike Sherlock



A lively duet by Berna & Ann treated the audience to "Getting to Know You."



A lovely solo "If I loved you" sung by Ann Braid.



A "pleading" solo "Get me to the Church on time" by Len Flint

Seasons Greetings

May your Christmas be joyful, May your New Year be hopeful. May you receive all your heart desires. From Lila

Best Wishes to all QBSAC Members from your Yogini Secretary

To friends of the Centre, I wish for happiness and peace, now and in the future. Have a wonderful Christmas and a Happy New Year. From Ann



What a day! There were young (and not so young!) 'Trick or Treaters' who visited the Seniors' Centre on Halloween day, all in creative costumes!

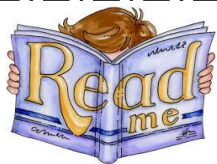
The greeters, also in costume, were busy at the treat table. **THANK YOU ANN, JULIE, JUDY, PEACHY & BEVERLEY** for braving the cool day to hand out treats to the 'kids' A jealous imposter dropped in to the Centre and insisted he be photographed also (*the day before*) even tho' he was reminded "his day" is coming very soon! However, not wanting coal in our stockings, we obliged! **SPECIAL THANKS TO ALL MEMBERS** who donated the great variety of candy, chips etc. Your generosity was overwhelming. AND the weather was wonderful, the streets crowded with happy Halloweener's. Always a fun time everyone.



**NOVEMBER WINNER:
BOB JACKSON**

Logo found on page 3 ThursDay
Many Thanks to all who participate in this fun contest in our Newsletter.

Lila Greene



...and WIN \$25!

Find and describe where the Centres Logo is hidden in this Newsletter (**NOT in the headline or this form**) and drop into the jar provided on the table by the Greeters desk. **Winner will be phoned when ready for pickup at the Centre. One winner per month**

The _____ is hidden on page _____

Name & phone: _____

~~~ TECHNOLOGY WORKSHOPS ~~~

◆ **Friday December 8th ~ THE INTERNET of THINGS EXPLANATIONS and EXAMPLES—OBLT**

<https://oblt.ca/event/technology-workshop-the-internet-of-things-explanations-and-examples/>

Learn about how the internet of things works. From security cameras to appliances, internet connected devices are proliferating around us. See some examples.

◆ **Friday, December 15th**

TIPS & TRICKS WITH IPHONE & IPAD

<https://obit.ca/event/technology-workshop-tips-and-tricks-with-iphone-and-ipad/>

Apple packs a lot of powerful features into the iPhone & iPad: just how many do you use on a regular basis? Join us as we look at some. Brian Collicott, Coordinator, Technology Learning Centre: 494 Bay Ave. Parksville BC (The Family Place)

Phone 250 947-8258LC Programs web site www.oblt.ca/technology-programs



**"SPLATTERS"
Drawing & Painting Classes**



Have you ever wished you could draw or paint?
Or think you don't have the talent?
Or you're too old to learn now!

Well, now you can cast those fears aside

When: Begins Wednesdays, January 3, 17, 24 & 31, 2024

Time: 12:30 p.m. - 2:00 p.m. In the Small Lounge

Unleash your inner Artist

Start your creative journey

Free of charge (50% off those over 96 years) Learn to create your own paintings, greeting cards, art journals, much more

Sign up early as space is very limited!

Instructor Mike Sherlock has been teaching Art around the world for over 20 years. He has mentored individuals from 6 to 96, helping them unlock their creative potential. Now it's your chance to experience the joy of painting and drawing just like they did.

Questions? Email Mike at msherlockqb@gmail.com

Season's Greetings

WELCOME NEW MEMBERS

Jan Tulloch
 Susan Marlatt
 Hilary Tinkling
 Betty Hanston
 Bev Hodgson
 Jane McKillop
 Tony Wood
 Leonard Neufeld
 Marc Lalonde
 Robert Jackson
 Brant Cullum
 Diane Cullum
 Kenneth Jones
 Eva Delcastillo
 Steve Kozak'
 Diane Coe
 Ann Davy
 Brenda May
 Kathryn Brownlee
 Tim Brownlee
 Minh-Lac Bui
 Bill Sands
 Jo Graham
 Brenda Diablo-Arthur
 Richard Nash
 Marnie McIntosh
 Carol Finlay

Cary Corbeil
 George Opacic
 Dorothy Watson
 John Watson
 Bill McQuitty
 Adrian Hughes
 Diane Myers
 Hal Weinberg
 Linda Weinberg
 Brian Dodds
 Pam Ridgway
 Elaine Cook
 Otto Baudais
 Jacqueline Cameron
 Celia Wesselman
 Julie Maclean
 Vicki Curtis
 Sharon Anderson
 Winston Kerr
 Trish Bell
 Elisabeth Wakefield
 Mel Dunleavey
 Val Burnett
 Jim Miller
 Gala Khorina
 Mary Pedersen
 * * *

CORRECTIONS OFFICER WANTED

To read with comprehension edit and inexorably improve my own efforts with a freshened intellect. And yours is to be tested for my understanding of said methods; which is of slender consequence. The testing device is a brief but technical attempt to assuage a reader that assuagement itself is purposeful and yet assuasive. Any compensation is certainly possible but don't count on it.

danjdon@hotmail.com

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Decluttering and Downsizing
 Residence Transition

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*Home maintenance
 *Staging *Need help?
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NO JOB TOO SMALL!
250 228-7653

arrowsmithhomeservices@gmail.com

Congratulations!

ANN DAVY

Winner of our monthly draw for a
GIFT CARD from



With Thanks

Centre Stats

MEMBERSHIP

For month of October there were an additional 123 Regular Members , 1 New Complimentary
 Of the 123 regular, 57 are New Members
Year to Date as of October 31, 2023
820 Members - 710 Regular, 87 Complimentary,
 21 Life, 2 Honourary
 Of the 710 Regular Members, 191 are New Members
So far, the KITTERS GROUP have donated \$396 to the centre from dish cloth sales!

SOME CHRISTMAS TIPS:

Drink as much eggnog as you can. It's rare. You cannot find it any other time of the year, so drink up. Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog alcoholic. Enjoy it, it's a treat.

If something comes with gravy, use it. That's the whole point of gravy, it doesn't stand alone. Pour it on, make a volcano out of your mashed spuds. Eat the volcano.

Fruitcake? Avoid at all costs! People don't expect fruitcake, they only put it out because a great aunt made it 30 years ago, they probably used it as a door stop in the off season.

Apple, pumpkin, mincemeat pies? Have a slice of each. If you don't like mincemeat, just add some gravy. Life should not be a journey to the grave ... skid in side-ways, chocolates in one hand and cocktail in the other, body thoroughly used up.

Have the best Christmas ever and a fabulous New Year!



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	Judy Palipowski	752-6837
Newsletter/Advert.	Lila Greene	752-6489
Membership	Anne Sharp	752-9771
Facilities	Pat Weber	951-1159
	Rob Duncan	752-2847
Travel / Events	Cynthia Crawford	594-7701
Kitchen Manager	George Wimmer	594-7840

AFFILIATES

Sunshine	Pat Bull	752-3946
Kitchen Volunteers	Jan Desjardins	1-250 686-0348
Travel	Pat Weber	951-1159
History	Ann Svensen	752-5537
Welcome Desk	Jeri Burke	752-9320
Website	Les McLean	