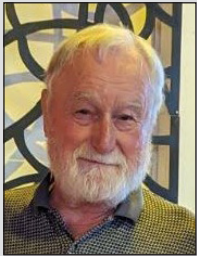


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

MAY 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 5



from Lorne

To me, this is the most wonderful time of the year. The days are getting longer, the weather is getting warmer and nature is getting lush. Green grass, green leaves and bright, cheerful flowers, what more could one want.

Our fiscal year ends July 31st, or another way to think of this is that our next fiscal year starts on August 1st. As of May 1st you may renew for next year. Also as of May 1st, a new member may join and get credit for the last three months of this membership year and all of the next year until July 31st, 2025. We are often asked, why not have

our membership last for one year from when I pay. The answer is we don't have the resources to keep track of all the paper work it would entail.

I generally don't mention politics, but one thing I strongly disagree with, is this push to eliminate cars. Getting out to hike, garden, and enjoy the countryside has always been my way of rejuvenating mentally and physically.

I do believe strongly in one principle. Every day try to make at least one person smile! Now is the perfect time to do that.

We ♥ our Volunteers

Apparently, April 14th – 20th was **NATIONAL VOLUNTEERS WEEK**.

Rather belatedly, we are sending basketloads of May flowers to all the amazing volunteers we have in the Senior's Centre!

Reasons to Volunteer

Volunteering connects you with others If you're feeling lonely, isolated, or simply want to widen your social circle, volunteering is an important – and often fun – way to meet new people.

Volunteering builds confidence and self-esteem Doing good for others helps to create a natural sense of accomplishment, and can take you out of your natural comfort zone and environment.

Volunteering is good for physical and mental health A growing body of evidence suggests that people who give their time to others might benefit from lower blood pressure and a longer lifespan. Volunteering can help counteract the effects of stress, depression and anxiety. Indeed, the social contact aspect of helping others can have a profound effect on your overall psychological well-being.

Volunteering is particularly common in older adults – those that have retired or maybe lost a partner or friends. Whatever your age of life story, volunteering can be an important technique to help give your life new meaning and direction!

– excerpts from Happiness.com



A Mother's Love

A Mother's love is something that no one can explain, It is made of deep devotion and of sacrifice and pain, It is endless and unselfish, and enduring come what may,

For nothing can destroy it, or take that love away, It is patient and forgiving when all others are forsaking, And it never fails or falters

— Helen Steiner Rice



Notice from the Board

A digital lock is being installed on the office door and it automatically locks when the door is closed. A code is required to open the door. All members needing access to the office are eligible to get the code.

Please contact any Board Member, if you need to request the code, and give the reason you need access. They will quickly respond so we can all return to our regular flow of organizing activities and the business of the Centre.

Thank you – Lorne T.

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 Ukelele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082
mckhan2@shaw.ca

Beginner Ukelele 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
sallyjagger@gmail.com

Cleaning 4:30 - 6:30 pm

Ramblers Practice 6:30 - 8:30 pm

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

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

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

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

NEW! 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

A Cappella 7:00 - 9:30 pm

Marion Clark 250-468-9280
oceansideacappella@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.

THURSDAY

Darts 10:00 - 12:15 pm

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

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

Donna Roberts 250-228-2788
robos@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

Dance Practice 6:00 - 7:00 pm

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

FRIDAY

Ukelele 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

What's Cookin'?



Greetings from the Cookie Cutters BAKING GROUP

Flowers are blooming in earnest now and the weather is warming up. Many of our bakers are not just avid bakers but also avid gardeners and travellers. We can always use more volunteers to supply the kitchen with home baking. If you are interested in joining the group please let me know by calling/texting 604-379-0290. I can also be reached via email at Charles.brenda@me.com

This month's recipe is a little fiddly but the results are fantastic!

Lemon Ginger Muffins

Ingredients:

- 3 cups all purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 large lemon
- ½ cup, ½ inch cubed peeled fresh ginger

- 1 cup sugar, divided
- 10 tablespoons unsalted butter (1 ¼ stick), softened
- 2 large eggs
- 1 ½ cups plain yogurt

Glaze:

- 1 cup powdered sugar
- 2 tablespoons fresh lemon juice

Method:

1. Preheat oven to 375° F. Adjust oven rack to middle lower part of the oven.
2. Combine dry ingredients (flour, baking powder, baking soda, salt).
3. Make a paste with lemon zest, ginger, and sugar. (Use a vegetable peeler to peel off zest from lemon avoiding white pith and coarsely chop. Add zest, ginger and ¼ cup sugar to food processor and pulse til paste forms).
4. Beat butter with remaining ¾ cup of sugar until til fluffy. Add eggs one at a time and beating well after each one. Beat in zest/ginger paste.
5. Alternate adding dry ingredients with yogurt. Beat in ½ of dry ingredients until just mixed before beating in ⅓ of the yogurt. Beat in ½ of remaining dry ingredients. Beat in 2nd third of yogurt and then remaining dry ingredients and the last of the yogurt, just mixing in without over beating.
6. Using a standard 12 muffin pan, either line with paper or lightly oil with butter or olive oil before distributing muffin dough equally.
7. Bake at 375° F for 25 - 30 minutes. Set on wire rack to cool.
8. Make the glaze by whisking together the powdered sugar and lemon juice.
9. While the muffins are warm, use a pastry brush to brush the glaze over each muffin. Loosen edge immediately and invert onto serving dish.



Serve with whipped cream or ice cream if you like.

LUNCH on MONDAY

MIKE'S QUICHE with Brenda and Barry



TUESDAY Week 1 and 3

Leslie's fresh baked CINNAMON BUNS only \$1.00 (sorry, no take out)



WEDNESDAY, MAY 15

Bill & Verdelle's

CHILI with Corn Meal Muffin



THURSDAY LUNCH

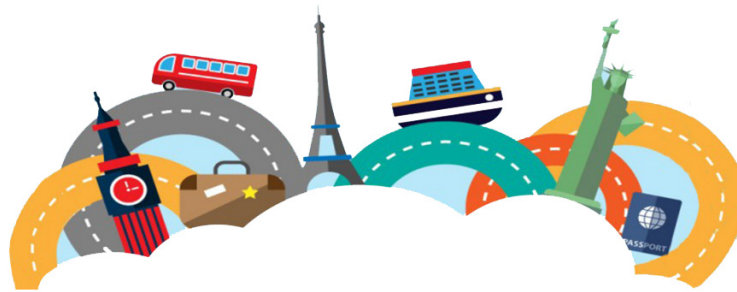
Cathy & Brenda's

CREAMY CLAM CHOWDER



Travel Talk

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



Casino Getaway

Tulalip Resort Casino

JUNE 23 to 26

\$799 pp double

\$999 pp single

Coach Transportation

from Courtenay, Qualicum Beach & Parksville, 3-night stay at the Tulalip Resort & Casino.

Daily Breakfast | \$20 US Free play | \$25 US pp Dining Gift card

Optional trips to Tulalip Bingo, Hibulb Cultural Centre, Angel of the Winds Casino, Shuttle to the Premium Outlet Mall & Walmart.

Payment in full at time of booking. Non-refundable after May 23.



Newfoundland & Labrador

13-day Guided Tour

JULY 7 to 19

\$6795 pp double occupancy

\$7795 pp single occupancy

With flights from Comox.



Princess Louisa Inlet

AUGUST 19 & 20

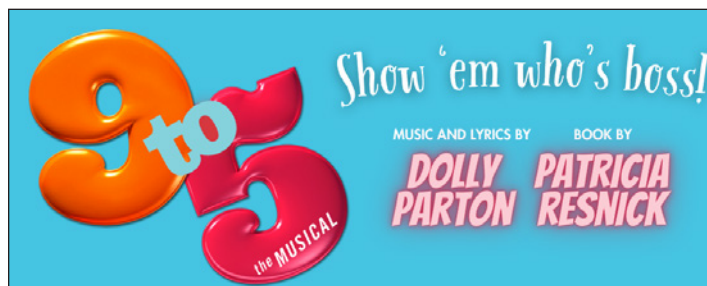
\$775 per person double occupancy

\$875 per person single occupancy

Includes: Return Bus transportation and Ferries from Qualicum / Parksville; a 3-course Dinner at Laughing Oyster; Okeover Arm, one Night accommodation at Powell River Town Centre Hotel; Continental Breakfast; Private Boat Tour to Princess Louisa Inlet; Box Lunch for the Boat Tour; visit to Nancy Bakery in Lund; Tour Host for Trip.

Only 16 spots available! Call **Square 1 Travel** at 250-334-0355 to reserve your spot.

Payment in full at time of booking and non-refundable after June 19.



9 to 5 The Musical Chemainus Theatre

WEDNESDAY, AUGUST 21 2:00 pm matinee \$189pp

Based on the 1980 hit movie, this is a story of friendship and revenge, pushed to the boiling point by three female co-workers who concoct a plan to get even with their egotistical boss.

Price includes:

- Return transportation from Qualicum Beach Civic Centre to Chemainus;
- Buffet lunch at the Theatre at noon;
- Free time before the performance;
- Performance starts at 2:00 pm

We are limited to 35 seats; the Sign-up sheet is at the Seniors Centre. Book and pay in full by July 15, 2024.

Please make your cheque payable to ISLAND FEVER TRAVEL and place in the Travel Box at the Centre.

Alaskan Cruise Inside Passage Cruise

7 NIGHTS SEPT 4 to 11

\$1895 - \$3399 pp double occupancy

\$2899 - \$5799 pp single occupancy

Inside and ocean view Staterooms and Vista Suite available.

Price includes: Return Bus & Ferry transportation from Courtenay & Qualicum to Vancouver Cruise Pier, Sparkling Wine & Strawberries and a \$20 photo credit.

Hosted by Charla Harrison,
Square 1 Travel,
Courtenay, B.C.





Anyone Interested?

Coming to Vancouver! Come From Away - A New Musical Queen Elizabeth Theatre

This *New York Times* Critic's Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town of Gander, Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.

Qualicum Beach Seniors Centre & Campbell River guests to share a bus (20 seats for QB Seniors Centre; 20 seats for Campbell River) to travel to Vancouver and back for the Matinee performance @ 2 pm either **Saturday, September 14** or **Sunday September 15**.

No plans have been made yet – let me know if you are interested.

Cindy Crawford cindycee46@gmail.com

STAYING STABLE AND SAFE

Likely, between 20 and 30 percent of seniors have one or more falls a year, and falling is a leading cause of injury. A serious fall can result in long term disability, chronic pain, and loss of independence. Age brings less muscle mass, reduced balance, poorer vision and slower reaction time. The danger of falling increases steeply as we reach 75 and especially 80.

If you lose balance, you have to recover as soon as you can, but if your reaction time is delayed, you'll find yourself on the ground.

Most falls are predictable and preventable. Helpful hints in prevention.

1. Unclutter your home
2. Exercise to build muscles, strengthen bones, and reduce the risk of fracture if you do fall
3. Work on balance



Regular exercise also enhances cardiovascular health, spurs appetite and improves sleep. Yoga, Pilates and Tai Chi improve balance strength, and flexibility. And – exercise is so helpful in staving off the fear of falling.

Five days to preventing falls

Monday: De-clutter and ditch slippery footwear

Tuesday: Schedule an eye exam

Wednesday: Check medication for side-effects that might increase the risk of falling

Thursday: Find ways of improving your balance while standing – like standing on one foot while raising your other leg to a 90 degree angle. Alternate legs every 30 seconds. Make sure you have something to grab if you start to topple.

Friday: Do you have a healthy diet and drink plenty of fluids? That will help maintain muscle strength and strong bones, and ward off dizziness and lack of coordination.

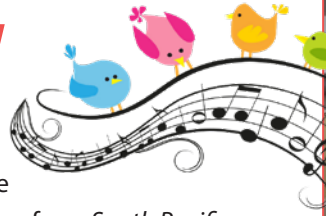
If you do fall, take your time getting back up. Call for medical assistance if you are hurt or can't get up. And tell your doctor about the fall in case there's a medication or other issue.

(courtesy, Sage magazine)



Gerry dropped in to the Centre on April 5th and helped out with phone questions

The Songbirds were back!

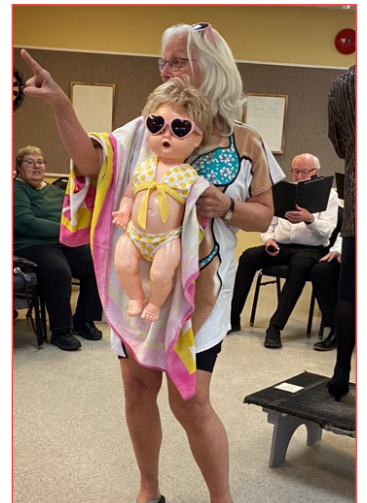


On April 2nd, Members welcomed and enjoyed a musical performance by the Songbirds that included songs from *South Pacific* as well as some familiar tunes from the past. Conductor, **Lynn Beamon** led the choir, accompanied by **Margaret Nelson** at the piano, and **Mike Sherlock** emceed the event.



Lively tunes, solos, grass skirts and even an itsy bitsy, teeny weeny, yellow polka dot bikini were part of this concert. What a treat for our Members to enjoy the music, voices and a few laughs on a Tuesday afternoon.

Thank you, Songbirds, for sharing your voices and music with us once again.



Tickle your funny bone!

- Life is too short to waste time matching socks
- Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.
- If you see me talking to myself, just move along. I'm self-employed and we are having a staff meeting.
- I won't be impressed with technology until I can download food.
- Some people call me crazy, I prefer happy with a twist.
- I really don't mind getting old, but my body is having a major fit.
- The world's best antidepressant has 4 legs a wagging tail and comes with unconditional love.
- If you're happy and you know it, it's your meds.



Membership Renewal

Starting May 1st, 2024 the Centre is issuing Membership for the August 2024 to July 2025 year.



This advance issuing provides an additional three (3) months for the next year. Existing memberships (green card) expire on July 31, 2024, so there's plenty of time for members to renew!

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son. "Yes, Dad, what is it?" he asked.

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife..." 😄

Did you know...

- The newsletter is available on the Qualicum Beach Seniors' Activities Centre website qbseniors.com
- Got something to sell? Trying to find supplies or equipment? As a member you can place a classified ad in the newsletter at no charge. Contact Karen at kkgarland22@gmail.com



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 _____

APRIL NEWSLETTER – Find the logo contest

And the winner is . . . **Serena House!**

The logo was hidden on page 5 – beside the Tower of London in the travel page graphic. Many thanks to all who participated in this fun contest!

Happy Mother's Day



- | | | | |
|--------------|-----------|------------|-----------|
| APPRECIATION | FORGIVING | LOVE | TELEPHONE |
| BEAUTIFUL | GIFTS | MATERNAL | TENDER |
| BREAKFAST | GUIDANCE | MOM | THE BEST |
| CANDY | HUGS | MOTHER | WARM |
| CHARMING | JEWELRY | NURTURE | WISE |
| COMFORT | JOY | PERFUME | |
| DEVOTED | KISSES | PROTECTIVE | |
| FLOWERS | LAUGHTER | SHARE | |



WELCOME NEW MEMBERS

Peter Bonell
Anne Boucock
Ruth Cook
Kevin Faire
Catherine Faire
Lilly Geche

Ron Geche
Kelly Hilder
Laurel Johnson
Sven Josefson
Pam Lovegrove
Bill Lovegrove

Joe MacDougall
Nadine Odgers
Patricia Spinks
Nancy Stevens
Penny Vanson

MEMBERSHIP REPORT

For the month of March there were an additional **29** Regular Members, of which **23** were New Members!

Year to Date as of March 31, 2024:

1028 Members

1. 920 Regular
(331 are new Members)
2. 87 Complimentary
3. 19 Life
4. 2 Honorary



Congratulations!

The winner of this month's draw for a \$25 Gift Certificate for *Swell Sweets* is **Patricia Spinks**. Enjoy!

CORRECTIONS OFFICER WANTED

To edit a book project with some training in the English language.

Political comprehension is the one primary requirement.

And you can anticipate compensation if you wish.

danjdon@hotmail.com



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



Pat Bull is the Centre's Sunshine Lady

If you know of someone who may be feeling ill, in hospital, or grieving, be sure to call **Pat** at **250-752-3946**

She will be happy to send them a card



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

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Vice President Rob Duncan 752-2847
Past President Pat Weber 951-1159
Secretary Bonnie Evoy 248-7691
Treasurer John Telfer 240-9609

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Facilities Rob Duncan 752-2847
Geoff Rigby 594-5411
Kitchen Manager George Wimmer 594-7840
Membership Anne Sharp 752-9771
Printing Lila Greene 752-6489
Travel / Events Cynthia Crawford 594-7701

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History Ann Svensen 752-5537
Newsletter Karen Garland ... 250 589-5059
Sunshine Pat Bull 752-3946
Welcome Desk Jeri Burke 752-9320
Website Les McLean