

Qualicum Beach Seniors' Activities Centre



NEWS

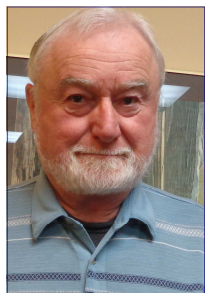
For the Young at Heart

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

Volume 26 Issue 4

April 2023

250 752-0420



FROM LORNE

This is very different. Instead of reading about other people vacationing in the sunny south, this time here I am in Tombstone Arizona. They have had a once-in-25

year winter,

It has rained and rained. The result has been no end of complaining by the Snowbirds and the desert is greener than anyone born and raised here can remember.

We could not have picked a better time to visit here. And, this visit also reinforces how lucky we are to live in Canada. I am looking

forward to getting back to QB and the Centre.

The people there are special and I treasure the special friendships that we have.

I am sure everything is going well.

We have a very willing and capable Board and Volunteers.

Happy Easter to all

~ Message from Pat ~

ST. PATRICK'S DAY. Saying thank you to 28 talented people who willingly gave their time is a great feeling.

The Centre looked fantastic with all the Irish green and everyone who attended is still raving about the food—from the appies and salad to the main course and dessert.

The warm greetings, as people arrived to leaving, the Centre totally clean and ready for Monday, made the evening amazing.

Add to this, the vocal talent of the Oceanside A Cappella singers and the always great music by the Ramblers. The event came to be remembered.

Thank you everyone for all you contributed.

PROPOSED Members Craft Exhibit & Sale

Saturday, May 13, 2023
11:00 am - 2:00 pm

- ◆ Would you like to register to have a table to exhibit and sell your craft or art work at the Centre? Free to exhibit and sell.
- ◆ Weather permitting, tables may be set up outside.
- ◆ Coffee and oatmeal cookies will be available.
- ◆ A street sandwich board will be set up on the day and announced in our newsletter, mail chimp, Facebook and on the web.

PLEASE BOOK YOUR TABLE
With Evelyn Schauerte
250 752-8407
evelyn_1109@hotmail.com

Centre News

Year to date as of
February 28, 2023

*

918 members – 821 Regular,
73 Complimentary, 23 Life,
2 Honorary
To February 28,
of the 821 Regular
369 were
New Members



Happy Easter

Senior Centre ² Activities

~ SUNDAY ~

CONTRACT BRIDGE - 6:30 pm
Wolfgang Dost 594-4513
wolf.dust@yahoo.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

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

BEGINNER UKULELE
3:00 - 4:00 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE EASY
3:00 - 4:00: **\$5** per session
LINE DANCE INTERMEDIATE
4:00 - 5:00: **\$5**

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

~ TUESDAY~

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

TUESDAY LOUNGE GROUP
9:00—10:00
Helen 250 752-7274
Deborah 250 937-1288

CREATING CRAFTS
In the concession—10 to 12
Bette 250 752-7489
berrybrooker@hotmail.com

OCEANSIDE SQUEEZERS
1st Tuesday of month
April 4, 12:30 - 2:00
Court 250 951-2572
brook@shaw.ca

WHIST: 12:30—2:30
Sally Jagger 250 752-3556
sallyajagger@gmail.com

SONGBIRDS: 2:30—
4:30
Lynn **Off until September**
lbeamonde@shaw.ca

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

~ WEDNESDAY ~

HATHA YOGA with Liz Moore
10:00-11:15 - \$8 a session
250 248-4116
lizzieandpat@shaw.ca

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

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

YOGA: 2:15—3:15
\$8 - Jane 228-1157
janeloney@hotmail.com

BOOK CLUB: 2:00—3:00
First Wednesday of every month
Gail Smith 905 808-4585
Xgail.smith@gmail.com

TOPS: Weigh-in 3:30—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 ~

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** at
250 947-8258

tlc@sd69.bc.ca or book your own
Appointment oblt.ca/calendar
Every Thursday 1:30-3:30

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.

~ THURSDAY ~

TECHNOLOGY TUTOR 1:30-3:30
Brian 250 947 8258 or tlc@sd69.bc.ca
or book own apt. oblt.ca/calendar

LINE DANCING - 4:00 - 5:00
\$5 a session

**BALLROOM DANCE LESSONS
& Practice time:** 5:00—8:00
\$5 pp/group, **\$10** private
Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE IS FULL - 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
Beryl 250 752-9200
arieslady3847@gmail.com
CLEANING 4:30—7:30

~ SATURDAY ~

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



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'?

LUNCH on MONDAY



MIKE'S QUICHE



with crew
Barry & John

(Every 3rd)
WEDNESDAY
March 15
Lila's
CHILI



w/Corn Meal Muffin

THURSDAY LUNCH



BRENDA & CATHY'S Creamy CLAM CHOWDER



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew
Bette & John



Greetings from the 'Cookie Cutters'



It is so nice to see so many people stopping in to the Centre to take part in the various activities offered each week. Many people also stay for something to eat and a visit with old and new friends.

There is always room for more bakers to provide home made cookies, squares and scones. If you are interested, please give me a call or text to 604 379-0290 or email me at charles.brenda@me.com .

Recipe this month is **SAVORY KALE SCONES** with pumpkin and cheese. They didn't last long!

INGREDIENTS:

- 2 cups kale leaves, loosely packed
- 2 cups unbleached flour 1/2 tsp salt
- 1 tsp baking soda 1/2 tsp baking powder
- 1 Tbsp sugar 1/3 cup cold butter
- 1 egg 3/4 cup buttermilk
- 1/2 cup cooked squash in small dice
- 3/4 cup grated cheddar cheese

METHOD:

Blend flour, salt, baking powder, baking soda and sugar together and cut in

butter with a pastry blender. In a small bowl beat the egg and buttermilk and add to dry ingredients, mixing just enough to combine



Drop by spoonful onto parchment lined cookie sheet.

Bake for 20 minutes until lightly browned.



LOOKING FOR SOMETHING TO DO ? DO YOU LIKE CREATING CRAFTS ?

Why not join us (Bette and Peachie) on
TUESDAY MORNINGS ~ 10:00 to 12:00
See us at the back table (by the puzzle) in the concession
We chat as we create our crafts

COME AND JOIN IN !

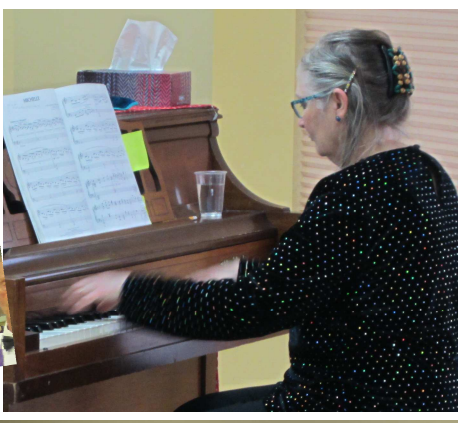
Below is a sample of some of the creativity by these ladies: drawing art work, Swedish Weaving



The Monday Knitters

...wish to thank everyone for supporting their dish cloth fund raiser. So far, we have raised \$93.50 for the Centre. There will be more dish cloths later. ... from JAN

Be grateful that no matter how much chocolate you eat, your earrings will still fit !



The Centre welcomed back and enjoyed a musical performance by the **SONGBIRDS** recently with songs of the 50's and 60's, led by Conductor Lynn Beamond with Margaret Nelson at the piano. Diane and Charlie sang 'Sixteen Going on Seventeen', Margaret treated the crowd with a piano solo, 'Michelle' & two vocal

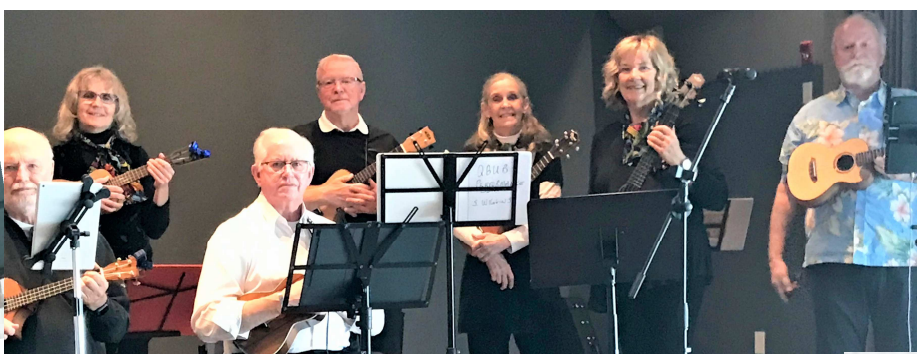
Solos - 'The Hills are Alive With the Sound of Music' by Lynne and 'Strangers in the Night' sung by Mike. The ladies shone in their new sparkly black/multi-colored outfits and the men in the 'white shirt/bow tie' outfits as they sang a variety of tunes so familiar to us all. A lovely treat to have the choir back after a two year absence.



Feb. 24 the **QBUB** performed at Berwick. The group was well received & invited back for more. Fin Hickey,

a resident of Parkville Berwick and a member of QBUB, sang "Song of the Mira", accompanied by the group and was a highlight of the performance.

This Acadian tune by Allister MacGillivray is a true keepsake for Cape Breton and the group.

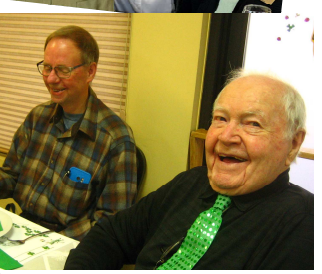


**Q
B
U
B**



Editors Note:
(Sorry folks) Some photos on page five are of poor quality. I used a new camera at St. Pat's dinner. Unfortunately my Tec was unable to get the orange shading adjusted. Further adjustments & all will be back to normal in the May newsletter. Lila

...time to celebrate St. Paddy's!



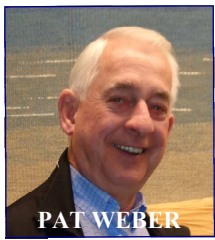
Wearing of the Green Day

It's the wearing of the green day
The day we celebrate
St. Patrick and his message
On this most important date.

It's the wearing of the green day.
A time to dance and sing
For the sound of Irish music
Brings a welcome touch of spring.

March 18 was truly a happy 'green day!' Those who gathered at the Centre were treated to the Oceanside A Cappella tunes, an Irish dinner and danced the night away, showing their appreciation of all the hard work by many volunteers helping make the evening a success ... visiting with friends and dancing to The Ramblers music, was a happy way to end this very special day!





PAT WEBER



Talk

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



FRANCES BARCLAY to BAMFIELD

Only a few seats remain on our exclusive trip to Bamfield **JUNE**

1st ~ Price \$170 Includes deluxe coach to Port Alberni Quay, breakfast & lunch on the Frances Barclay, stopping along the way to serve small villages and fish farms and door prizes. Leave QB Civic Centre at 06:15 a.m, returning 6:30 pm. Sign up and pay at the Seniors' Centre. Cheques for this trip made out to the Qualicum Beach Seniors' Centre.

SQUARE 1 TRAVEL

Please check the travel board for the Square 1 trip to **CAMBODIA** and **VIETNAM** and the **Walking Tour of IRELAND**. *The full itineraries for these trips are posted and bookings are directly with Square 1.*

ALSO: A repeat of last year's popular **Kettle Valley Railway** and **Okanagan Lake trip** and an **Alaskan Cruise** is being planned for the early Fall with bus transportation from Qualicum Beach.



KETTLE VALLEY



ALASKAN CRUISE



The Qualicum Beach Chamber of Commerce Business Walk will be visiting the Seniors' Centre on April 11 and April 13. The purpose of the walk is to introduce the Chamber Board along with the local elected representatives from Federal, Provincial and Municipal levels to the businesses and organizations that make up our community. You will be able to meet the Mayor and Council and our MLA, Adam Walker on April 11 and our Federal member of Parliament, Gordon Johns on April 13. If you would like to submit questions for them, please email them to Pat Weber at patrick-weber@shaw.ca before the end of the business day on April 3 and he will forward them to the Chamber of Commerce.

Planning is in the Works TRIP to VANCOUVER



INN at LONSDALE QUAY



JAPANESE GARDENS



GROUSE MOUNTAIN



The Qualicum Beach
Chamber of Commerce
is are looking for

VOLUNTEERS who would like to spend
time welcoming visitors to Qualicum Beach, at
their location—2711 West Island Hwy.
If you would like to help out, please call:
250 752-9532, 250 752-0960

The members of the Seniors' Centre are
invited to a Royal Conservatory of Music
(RCM) **PIANO CONCERT**

Wednesday, April 12
2:00 p.m. at BERWICK



Active Living Manager, Laurel Wright, will treat the
audience to some wonderful music. Visitors need to
show proof of Covid vaccines and will be provided a
mask ... (will not be required during the concert.) Tea, cof-
fee and goodies will be available after the concert for
your enjoyment.

R&VP-250 738-6200



OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA

You are invited to **BERWICK**
in Qualicum Beach for a
presentation by Isabel Mackenzie, our Seniors Advoca-
te. She will bring us up to date on health care for
seniors, our local needs for medical professionals and
services and actions being taken to address drivers
licence renewals requiring medical examinations.
Wednesday, **APRIL 19 - 10:30 am**. Only 50
seats, please register on sign-up sheet on bulletin
board. No cost, refreshments will be served.



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.
Student textbook will be provided.

WHEN: Thursdays, 9:30-11:30 a.m.
Starting May 11, 2023

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.

Sue Lenton

**KIND, COMPASSIONATE,
RETIRED ENGLISH NURSE AVAILABLE FOR
COMPANIONSHIP, SHOPPING, MEDICAL
APPOINTMENTS FOR YOUR LOVED ONE**

CELL NO. 778-966-1447

*Small fee

FREE—ChatGPT

Interested in learning about ChatGpt and how it may be
of use? By online content creator, Laina Koskela spe-
cialized in using ChatGPT (a sizeable, artificial intelli-
gence language model trained by OpenAI) to produce
writing in all forms

ChatGPT can be used to create autobiographies,
memoirs, family trees, and just about any type of writ-
ing project you can think of—even grocery lists. The
technology may make writing more accessible and en-
joyable but it also promotes creativity & mental agility.

The presentation will provide an introduction to
ChatGPT, showcase its usefulness in creating written
works and demonstrate how to use the tool.

WEDNESDAY, APRIL 26 - 12:30 to 2:30 pm
In the lounge

Sign up on the activities board at The Centre. Limited
to 12 persons

FREE GROUP WORKSHOP on ATTENDING & HOSTING ZOOM MEETINGS



Thursday April 20 - 1:30 - 3:30

With **BRIAN COLLICOTT**

Coordinator, Technology Learning Centre
250 947-8258 tlc@sd69.bc.ca

Zoom is a great tool for communicating with fami-
ly, friends and co-workers from your computer,
smart phone or tablet. If you want to learn about
how to attend these online meetings or even how
to set up and manage your own zoom sessions and
invite other people to join you, then this work-
shop is for you! If you're not an experienced
Zoom user, get your feet wet in this session. Bring
your smart phone, tablet or laptop computer with
you when you attend if you wish to.

REGISTRATION REQUIRED with BRIAN
By THURSDAY, APRIL 20

W E L C O M E

NEW MEMBERS

Robert Hunter
Janet Hunter
Deborah McKinley
Patti Hughes
Lynn Sagorski
Maura Sutherland
Tony Whitney
Marilyn Sommers
Gary Collinge
Marianne Keilty
Norma Griffith
Lorna Veitch
Alice Marquardt
Helen Thomas
Richard Burk
Sher Burk
Susan Cockell
Winston Kerr
Glenda Mancinelli
Steve Mancinelli

Jennifer Krajcik
Maggie Campbell
Joanne Smith Tait
Robert Garness
Wendy Shaw
Judy Marsh
Lawan Mason
Gina Adams
Sheila Moore
Katie McLean
Barbara Lush
Bill Robertson
Kelly Weins
Gail Paquette
Kathy Desjardins
Lynda Lindsay
George Venner
Pauline Venner
Duncan Green
Brian Anderson

Doris Seeliig
Robert Michaelson
Faith Michaelson
Gary Battle

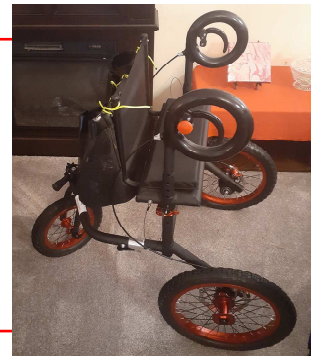
Glenda Elliott
Gerry Morisseau
Peter Coleman
* * *

"We look forward to getting to know you"

~~ FOR SALE ~~
BEDROOM SUITE. Double bed, 2 bedside tables with lamps. Dresser with mirror and tall 5-drawer chest. Mattress included. **\$475**

~~ ~ ~ ~
Blue leather **LOVE SEAT**
Good condition, asking price **\$75**
Phone **250 738-0696**

~~ FOR SALE ~~
NEW WALKER
This walker has never been used
Asking **\$900** ~ Please call **250 594-6119**



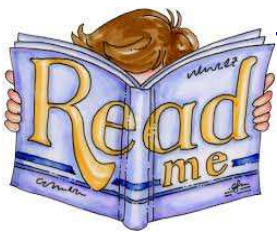
CONGRATULATIONS

ROBERT GARNESS

Winner of our monthly draw for a **GIFT CARD** from



With Thanks



...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.

ONE WINNER EACH MONTH !!

The  is hidden on page

Name & phone:

MARCH WINNER: Maureen Adams

Logo found on page 7: LessonS
THANKYOU everyone for keeping this 'fun logo find' alive, your participation is much appreciated.



Board Of Directors

*
2022
2023

President	Lorne Tetarenko	752-5630
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	Barry Lohman	248-9286
	Ian Blaikie	752-8499
Electronic Media	Court Brooker	951-2572
Director at Large	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