

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

OCTOBER 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 10



from
Lorne

Fall is really here, cooler temperatures, colourful forests, and moisture in the air. As winter sets in, in the rest of the country, we will soon see how fortunate we are to live in this bit of Paradise.

Our Centre is starting many new activities and welcoming many new members. It has always been a vibrant place but this fall it is even more so. Although many organizations are struggling to find volunteers, I can proudly say that our Centre does not have this problem. We have a very active membership.

Now a very important announcement. Our AGM will be on Wednesday November 13th at 1:30 pm. There are eleven (11) QBSAC Board positions. All positions are for a two (2) year term. It has been set up that every year approximately half of the positions become available. A list of the positions coming available this year will be posted in the Centre, please keep an eye out.

And one last thought, let's make a small but positive difference, that is, making at least one new friend and / or stranger (or both) smile every day.

Congratulations!

QB Seniors Centre, where he introduced many innovative activities, Pat was also involved in the the PQB Foundation as president, The French Creek Residents' Association, the Food Security Program, Low Income Housing projects, and countless others. Everything he continues to do, and has done, has been for the benefit of others.

Saturday afternoon September 7th was a blue ribbon day for **Pat Weber**, our past president, and many other family members, associates, and Seniors' Centre members to gather at the Centre. He was definitely our own **Blue Ribbon** president.

Pat was presented with the King Charles the Third Coronation Medal in recognition of his many years of service to the Oceanside community. In addition to the



The Medal was presented by Adam Walker, our local MLA, following delicious cake and coffee or tea for the attendees. The cake was donated by Quality Foods, to whom we sincerely say **Thank You!**

Extra thanks to the set-up and take-down crew, the kitchen Marvels, and the folks who did anything and everything else. I hope you realize just how valuable you are!



SENIORS CENTRE Activities



SUNDAY

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

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

New! Open Mic 6:30 - 8:30 pm
Bill Wilson 250-752-8542 laveer34@gmail.com

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 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 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 2:00 - 3:00 pm
First Wednesday of the month
Gail Smith 905-808-4585
xgailsmith@gmail.com

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

Dance Practice 7:00 - 9:30 pm
Judy Palipowski 250-752-6837
judypalipowski@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 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

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

New Activity!

Heart Healing Somatic Yoga

with Bonnie Evoy

A brand new class for everyone interested in safely and slowly, exploring ways to release anxiety, trauma, grief and sadness through movement, breath and



sound. We will experience more freedom, joy, energy, peace and vitality. Learning to notice the sensations of bracing or holding patterns, both physical and emotional, we will safely move on chairs and/or yoga mats, experiencing fun and gentle ways to tease out stiffness in our joints and spine, often related to stuck emotions.

Bonnie has been a yoga instructor for over 20 years, with training in hatha, vinyasa, kundalini, restorative, trauma informed, yoga for recovery, somatics, and most recently, Grief Yoga* with Paul Denniston, as well as 36 years as a (no longer registered) Registered Massage Therapist (and anatomy geek)!

Classes start **Wednesday, October 23** from 2:30-3:30 pm.

\$8.00 per session. To enrol contact **Bonnie** at 250-248-7691.

Hear Ye, Hear Ye, a Great Opportunity is available!



Join the Knitters Group!

We meet on Monday mornings from 9:30 to 11:30 am, to knit and socialize. These photos show the beautiful products we are currently producing.



For more information contact one of these Knitters:

Andrea Kennedy
250-738-1618
andyken45@gmail.com

Joy Strobl
250-594-4043
joystrobl@gmail.com



The **Book Club** meets 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 November 6th is *Becoming* by Michelle Obama.

New members are always welcome!

Email xgail.smith@gmail.com

Call or Text 905 808 4585



Starting Sunday October 7!

All members are invited to attend and/or participate in an Open Mic session from 6:30 to 8:30 pm. If there is enough interest a Karaoke session will be added.

Contact **Bill Wilson** at 250-752-8542 or laveer34@gmail.com

Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.



Upcoming Events

Saturday, October 26

2:00 – 4:30 pm

Join us for some afternoon fun!

Appies and Games with
FABULOUS prizes!

Sign up and pay at the
Centre before October 20.



\$10 pp

Save the date for Christmas Dinner!



Thursday, December 5 Starts at 3:00 pm

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

- White Elephant gift exchange
- Door prizes
- Cash Bar
- Details to follow!



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 _____

SEPTEMBER NEWSLETTER – Find the logo contest

And the winner is... **Len Bettam!**

The logo was hidden on the page 4, right column, in the photo
beside the yummy Blackberry Coffee Cake.

Many thanks to all who participated in this fun contest!



HALLOWE'EN TREATS FOR THE YOUNG ONES

Yes, that time of year is fast approaching! For some years now,
we've set up tables just outside the front door by 3:30 pm on
Thursday October 31, loaded with treats for the children.

We have had such a good time joining the businesses around
town in passing out goodies. It's fun for the adults too seeing
the kiddies' costumes – and a lot of dressed up parents too.

We're asking for
contributions! There will
be a large carton under
the card table in the foyer
to collect as many treats
as you're able to donate.
A huge **Thank You** in
advance!



Thanksgiving WORD SEARCH

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

CORNUCOPIA	SQUASH	FOLIAGE	FOOTBALL	MAPLE
CASSEROLE	APPLES	DESSERT	POTATOES	GRAVY
SCARECROW	DINNER	COBBLER	STUFFING	FALL
CRANBERRY	FAMILY	PUMPKIN	BONFIRE	
HAYSTACK	TURKEY	HARVEST	HAYRIDE	

LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY OCTOBER 1, 15 & 29

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

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



WEDNESDAY, OCTOBER 16

Bill & Verdelle's

CHILI with Corn Meal Muffin



THURSDAY LUNCH

Cathy & Brenda's

CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Greetings from the Cookie Cutters

Fall is fast approaching and it's time to snuggle down and get cosy!

This is my favourite time of year.

And of course we can look forward to pumpkin spice everything! Not to miss out I have included a pumpkin streusel muffin recipe to go with your pumpkin spice latte (if that's your thing!)

If you are finding time on your hands after a busy summer we are always looking for new bakers! The baking our volunteer bakers provide for the daily kitchen and for special occasions is really appreciated. There is nothing like home made. If you are interested and would like more information give me (Brenda) a call/text at 604-379-0290 or email me at charles.brenda@me.com.

Pumpkin Streusel Muffins

Ingredients:

- 2 cups flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves



- 1/2 teaspoon salt
- 1 large egg, beaten
- 1/3 cup cooking oil
- 1 cup canned pumpkin, no spice
- 2/3 cup milk

Streusel topping

- 1 tablespoon butter
- 1/4 cup brown sugar, packed
- 1/2 teaspoon cinnamon, ground
- 1/4 cup finely chopped walnuts, or pecans

Method:

1. Combine first 8 (dry) ingredients in a large bowl. Make a well in the center.
2. Beat egg, cooking oil, pumpkin and milk together in medium bowl and pour into well. Stir until just moistened.
3. Fill 12 greased muffin cups about 3/4 full.
4. Streusel topping – Melt butter in small saucepan. Stir in sugar, cinnamon and walnuts. Divide and sprinkle over each muffin.
5. Bake at 400°F for about 18 minutes. Let stand in pan for 5 minutes before removing muffins to wire rack to cool. Dig in!

Travel Talk

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



Cindy Crawford

Victoria Bus Trip

October 29 \$50 pp

We're going to Victoria again! Why not hop on our bus to Victoria for the day. Spend time with family / friends, have Fish & Chips at Fisherman's Wharf, or visit the Royal BC Museum to view one of the current Exhibitions and the IMAX Theatre. The day is yours!



Depart QB Civic Centre: 8:00 am with a stop at the Old Farm Market in Duncan, arriving in Victoria at 11 am.

Depart Victoria: 3:00 pm, stopping at the Old Farm Market and arriving at the QB Civic Centre 5:30-6:00 pm.

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

Payment by cash or cheque (payable to Qualicum Beach Seniors Centre); place in the Travel box by the Office.

Ladysmith Festival of Lights

LIGHT UP NIGHT Thursday, November 28



\$35 pp Return bus trip Qualicum Beach to Ladysmith
Join as we travel to Ladysmith to enjoy their Annual Festival of Lights on Light-Up Night. Shop at the 16th Annual Christmas Craft Fair at Aggie

Hall. Explore the food offered by the many food vendors, enjoy the Parade from the street or seated on the bus.

Depart QB Civic Centre: 3:00 pm

Departs Ladysmith: 9:30 pm

Festival of Lights schedule:

3:00 pm Christmas Craft and Artisan Fair at Aggie Hall

4:00 pm Street entertainment and concessions

4:30 - 6:15 pm Stage entertainment

6:30 pm Santa arrives and the lights are turned on

6:45 pm Light Up parade starts at 1st Avenue to Aggie Hall

Payment by cash or cheque (payable to Qualicum Beach Seniors Centre); place in the Travel box by the Office.



Cirque du Soleil presents ECHO

under the Grand Chapiteau, Concorde Place, Vancouver

SATURDAY, NOVEMBER 16 Matinee performance
\$309 pp

A spectacular performance combining poetry, stagecraft, daring acrobatics and technology. The performance explores the delicate balance between people, animals and the world we all share.

Price includes:

- Return coach transportation, ferry fare, gratuity to Driver
- Excellent seats in Section 200 – 202

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

Cheques made payable to Island Fever Travel – or e-transfer to kim@islandfever.travel password Qualicum).

SEATS AVAILABLE!

Christmas Magic Leavenworth, WA

DECEMBER 1 to 4

\$799 pp double

\$999 pp single

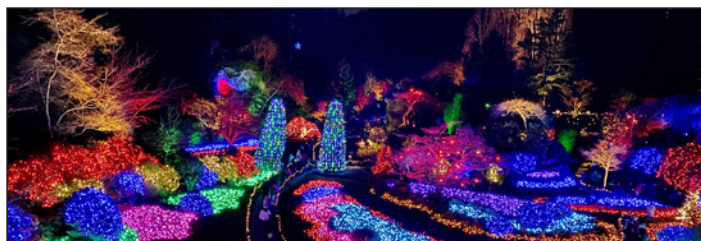
Price includes:

- 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.





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.



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).



Victoria Bus Trip Tuesday, September 3rd

We decided to do another bus trip to Victoria and this time the bus was almost full. The group arrived early at the Qualicum Beach Civic Centre – Dean Knudson, our bus driver, pulled up promptly, the group boarded the bus and we were on our way for another great day.

We stopped at the Old Farm Market in Duncan to stretch our legs and then back on our bus to continue our journey to Victoria. We arrived in plenty of time for those who had booked tickets for the *Blue Whales: Return of the Giants* IMAX show at the Royal BC Museum.



Others had made reservations at the Parliamentary Dining Room at the Legislature for lunch, which they truly enjoyed. The Parliament Buildings are open to visitors on weekdays for guided tours as well as self-guide tours. Many had plans to meet family and / or friends, some just strolled the streets, shopped, found their favourite dining spot and had lunch.

After four hours of our time in Victoria, we got back on the bus and headed home. We made another longer stop at the Old Farm Market again where Members were able to purchase fresh produce, treats and sample the best ice cream from their Ice Cream Shoppe. When we were done, we headed back to Qualicum Beach to what was another lovely Seniors Centre's day.

Cindy Crawford



WELCOME NEW MEMBERS

Valerie Amos	Donna Lanyon	Diane Sharp
Lee Blackmore	Mary Logue	Claire Simard-Masse
Gaye Brown	Doug MacDonald	Lorne Smith
Lorna Calder	Lynn MacDonald	Colin Spicer
Scott Chambers	Karen MacIsaac	Lyn Spicer
Doreen Clark	Louis Masse	Thea Stavroff
Sonia Cyr	Gloria Mazurkewich	Heather Stewart
Anneli Eriksson	Janet McBride	John Tait
Eloise Fix	Dick McClellan	Sherrol Tait
Pauline Foglietta	Elke Mihic	Matti Truss
Bertrand Gerard	Leslie Miller	Heather von Hugo
Roland Gobin	Elisabeth Pos	Margaret Willie
Renate Jackes	Gay Rhodes	Donald Willie
Jane Jackson	Guenther Rink	Rob Willis

MEMBERSHIP REPORT

For the month of September there were an additional **136** Members (42 new members and 94 renewals).

Year to Date as of Sept 30, 2024:

763 Members

- 655 Regular
- 98 Complimentary
(90 years old or over)
- 19 Life
- 2 Honorary



Congratulations!

The winner of this month's draw for a Quality Foods \$25 Gift Certificate for is **Trish Jenneson**.

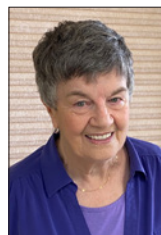
The Songbirds in Concert!

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!

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

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