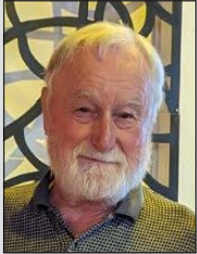


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

SEPTEMBER 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 9



from
Lorne

Our AGM will be on Wednesday November 13th. Watch for more information and a Nominations Board will be set up in the Centre.

The priority for the Centre is to recruit a Treasurer, a very key position. John Telfer has been our Treasurer for some time. John has done an excellent + job. But he has decided to step aside so that he has time to pursue other interests. I understand this, as I am going to step aside, for the same reason, as of the AGM in November. So if you are interested in taking on the Treasurer's job, please call one of the following: John Telfer, Rob Duncan or

Lorne Tetarenko. Our contact numbers are on the last page of this Newsletter.

I hope that all of you had a pleasant and rewarding summer. My summer will end on a very happy note, next week I will go to a family reunion in Calgary. Personally, I prefer the shoulder seasons; Spring because everything is starting fresh, and Fall because of the harvest and the Autumn colours.

Looking at the year's plans for Activities, Events, and Travel, shows that the Centre will have a full slate of opportunities for the members. I know you will continue to enjoy being part of this wonderful organization.

7th
Annual!

Harvest Fowl Supper



Saturday, October 5th
Legion Hall ♦ Doors open at 3pm

Menu: Chicken and all the trimmings, veggies, salads, puffy bread, homemade pies and ice cream

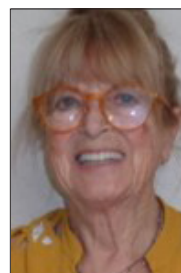
- ♦ Door prices and more!
- ♦ Entertainment by *The Ramblers*

Sign-up starts **Monday September 16;** payable by cash or cheque – place in an envelope & insert in the travel box outside the office at the QB Seniors Centre

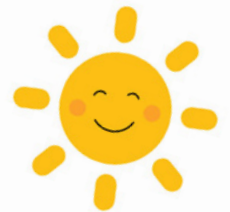
only \$25 pp



Last month we were able to thank all those who took part in the Raffle to raise funds for the Food Bank. This month we can thank the other contributors to the **Food Bank** jar on the table in the foyer. Thank you, and please keep up the good work! Also, there are containers on the Library shelves for aluminum can pull tops and stamps from "snail mail" envelopes.



Pat Bull, our warm, friendly, and conscientious spreader of sunshine to those who were ill or suffering loss, has retired.



Thank You!

A **HUGE** thank you to Pat for all her dedication for all those years!

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 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

judyopalipowski@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

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

THURSDAY

Darts 10:00 - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

THURSDAY continued

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

robboos@telus.net

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

judyopalipowski@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

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



Barbara Davidson
Paula Kalsi



Thursday, December 5

Starts at 3:00 pm



Save the date for Christmas Dinner!

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!



Thursday, November 14

1:00 – 3:00 pm

Annual General Meeting

Followed by appetizers and
drinks.



Intermediate Bridge Drop-in Lessons

This set of 10 drop-in lessons will take the novice player to that next level of competent play. Topics covered are: all phases of bidding with emphasis on forcing and non-forcing sequences, pre-emptive bidding and balancing, Stayman, Jacoby Transfers and play of the hand. A comprehensive student textbook is available for \$10.

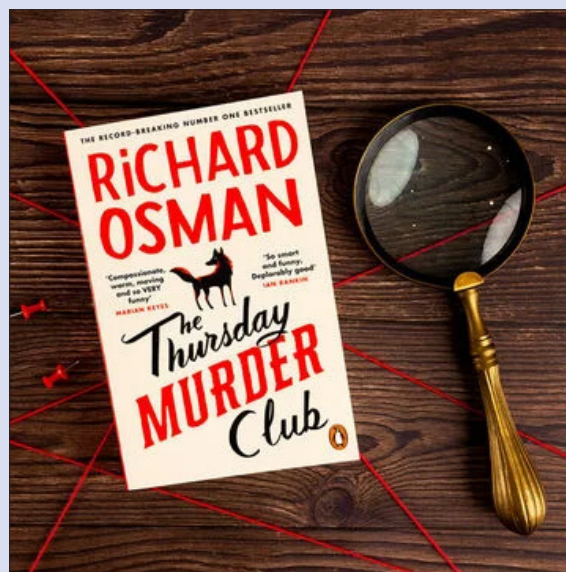
When: Thursdays 9:30-11:30 am; starting September 19, 2024

Location: Qualicum Beach Seniors' Centre Lounge
703 Memorial Avenue, Qualicum Beach
www.qbseniors.com

Cost: \$8 per lesson

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

Pre-registration is not required. For more information about the lessons contact the instructor.



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 September 4th is *The Thursday Murder Club* by Richard Osman.

New members are always welcome!

Email xgail.smith@gmail.com

Call or Text 905 808 4585

LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY SEPTEMBER 3 & 17

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

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



WEDNESDAY, SEPTEMBER 18

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

I hope everyone has managed to enjoy the freshest fruit and vegetables available through the summer. We are so fortunate to live here and have access to local produce. Another perk of living here is the abundance of blackberries and it is difficult to resist picking a bucket when they are just there for the picking. What do you do with them once they are home? There are lots of options including just eating them! I have included a very easy and basic coffee cake recipe below if you are running out of ideas. Any kind of berry would work fine, fresh or frozen.

If you would like to be part of our baking group here at the Seniors Centre, you would be most welcome. For information give me (Brenda) a call/text at 604-379-0290 or email me at charles.brenda@me.com.

Blackberry Coffee Cake

Ingredients:

- 1 2/3 cups flour
- 3/4 cup sugar
- 1 Tablespoon baking powder
- 1/4 teaspoon salt
- 1/3 cup cold butter
- 1 large egg, beaten
- 1 cup milk
- 1 teaspoon vanilla

Topping

- 1/2 cup brown sugar
- 3/4 teaspoon cinnamon

Method:

1. Combine flour, sugar, baking powder and salt in large bowl. Cut in butter until crumbly.



2. Add egg, milk and vanilla. Stir until just moistened. Turn into greased 9" x 9" pan.
3. Sprinkle with blackberries.
4. Combine brown sugar and cinnamon in small bowl. Sprinkle over blackberries.
5. Bake at 350° oven for about 50 minutes.
6. Cut into 9 pieces.

Brain Teaser

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z. *Solution on page 8*

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

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 _____

AUGUST NEWSLETTER – Find the logo contest

And the winner is . . . **NANCY LYON!**

The logo was hidden on the page 5, in the left column, at the bottom of the Note from the Kitchen, on the black pot.

Many thanks to all who participated in this fun contest!



9 to 5 The Musical Chemainus Theatre

Wednesday, August 21

It was a somewhat rainy day, but 41 of our Seniors Centre members filled our bus with sunshine and were on our way to Chemainus Theatre to enjoy a Lunch Buffet, followed by the upbeat performance of *9 to 5 – The Musical*. The group chatted and laughed along the way and we celebrated two birthdays with our group singing *Happy Birthday*.

We arrived in plenty of time for the group to assemble in the Playbill Dining Room and enjoy the buffet of a choice of salads, soup, entrees of chicken, seafood pot pie, meatballs, quiche and finished off with the dessert bar.

After lunch, the group seated themselves in our Premium Seats to enjoy the performance of the popular 1980 comedy film and book that encompassed women empowerment and a story of friendship. The cast were strong, talented actors, singers and dancers that gave us an uplifting afternoon.

One of our dear friends of the Seniors Centre, *Kathleen Kennedy*, has created and donated several beautifully filled baskets for our Seniors group to use at our events. On the return trip back to Qualicum Beach, we decided to use one of these baskets by putting everyone's name in a hat and our President, Lorne Tetarenko, pulled *Dorothy Spencer's* name, to her delight.

All in all, another great day with our Seniors Centre group.



Travel Talk

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



Cindy Crawford



Casino Getaway

Tulalip Resort Casino

October 29 – November 1

\$799 pp double

\$999 pp single



3-night stay at the Tulalip Resort with Coach transportation from Qualicum Beach, Parksville & Nanaimo.

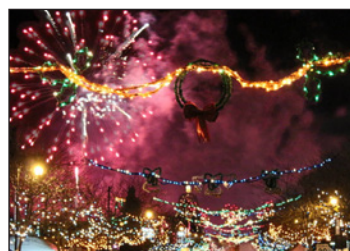
Daily Breakfast | \$20 US Free play | \$25 US pp Dining Gift card

Visit to the Hibulb Cultural Centre, shopping at the Premium Outlet Mall next door.

Payment in full at time of booking. Package 100% non-refundable, insurance recommended.

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 (made payable to Qualicum Beach Seniors Centre). Place in Travel box by the Office.



Cirque du Soleil presents ECHO

under the Grand Chapiteau, Concorde Place, Vancouver

SATURDAY, NOVEMBER 16

Matinee performance

\$309pp

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

We will be sharing the coach with Island Fever Travel, Campbell River.

Sign-up sheet on the Travel Board in the Seniors Centre. Book and pay by **Sept 15, 2024** (cheques made payable to Island Fever Travel – or e-transfer to kim@islandfever.travel password Qualicum).

SEATS STILL AVAILABLE!

Christmas Magic Leavenworth, WA

DECEMBER 1 to 4

\$1399 pp double

\$1959 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.





WEDNESDAY, DECEMBER 18 Chemainus Theatre
Buffet Lunch and Matinee performance
\$189pp

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 in the Seniors Centre. Book and pay by **November 18, 2024** (cheques made payable to *Island Fever Travel*).

Your Health



Stay Connected: It's important for your health

Social isolation and loneliness can negatively impact both physical and mental health. The risks for conditions like heart disease, stroke, depression and dementia increase when people experience social isolation and loneliness.

In 2023, the Canadian Coalition for Seniors' Mental Health conducted a national survey of adults age 65 and older about social isolation and loneliness. In it, respondents shared their favourite activities to stay connected. Their top three recommendations were:

- spending time in person with friends and family
- exercising or taking part in exercise classes
- using technology to connect with friends and family.

Excerpts from Pension Life Summer 2024 newsletter

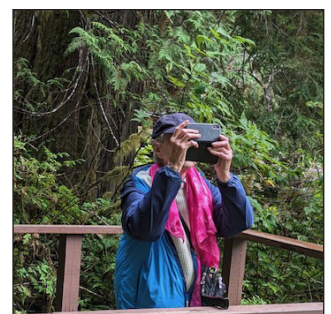
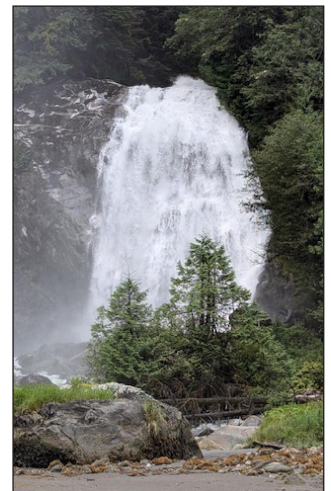
How much did the pirate pay to get his ears pierced? A buccaneer. I once worked at a cheap pizza shop to get by. I kneaded the dough. 😄

PRINCESS LOUISA INLET August 19 & 20

Our Members met at an early hour at the Qualicum Beach Civic Centre where their bus arrived with Charla Harrison, Travel Agent & Tour Host, Square 1 Travel, Courtenay on board. They boarded the bus and were off to the Little River Ferry Terminal in Comox to take the ferry to Powell River. They then drove up to Lund to enjoy Nancy Bakery for a treat. On the way back to Powell River, they explored Willington Beach and Marine Drive, then headed to their hotel to check in. A delicious seafood dinner was had at *Laughing Oyster* at Okeover Inlet with spectacular views. Then, back to the hotel for a good night's rest.

Next day, after enjoying a complimentary breakfast at the hotel, they boarded the bus to meet their tour boat at Saltery Bay. The boat tour was about 2 hours winding their way through the remote areas of Jervis Inlet, passing through Malibu Rapids into Princess Louisa Inlet. There was free time in Princess Louisa Marine Park, right beside Chatterbox Falls. Time to walk around and enjoy the packed lunch the group brought with them. And then it was time to head back to Powell River, take the Westview ferry back to Comox and then on to Qualicum Beach.

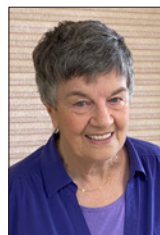
Comments from various Members were that it was a great trip. The day they left it was overcast and a few showers, but by the time they needed to get off the bus, the sun came out just in time for the group to enjoy their tour.



WELCOME NEW MEMBERS

- | | | |
|---------------------|-------------------|--------------------|
| Georgina Attridge | Sherry LaFleur | Nancy Steeves |
| Donald Ballard | Louise Legassicke | Elizabeth Stephens |
| Honya Ballard | George Machin | Lorna Stokkeland |
| Cynthia Denman | Wynn Machin | Barb Thompson |
| Daniel Dockendorff | Mary Martin | Christine Ward |
| Heather Dockendorff | Flory Merrit | Dawn Waring |
| Laverne Grams | Jill Munro | Laurel Webster |
| Martyn Green | Darlene O'Farrell | Sue White |
| Janice Greig | Mike O'Farrell | Larry Whitman |
| Margaret Halliday | Terry Smith | Jan Whitman |
| Lorie Jones-Flory | | |

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!

MEMBERSHIP REPORT

For the month of August there were an additional **153** Members (31 new members and 122 renewals).

Year to Date as of August 31, 2024:

627 Members

- 519 Regular
- 91 Complimentary (90 years old or over)
- 19 Life
- 2 Honorary



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



Congratulations!

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

Solutions – Brain Teaser puzzle page 7

Spend time in front of the mirror.	PRIMP
Intuitive inking.	HUNCH
Pioneer in photocopying.	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty-eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation	DREAD
Water storage area.	RESERVOIR



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