

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 - Friday
9:00 a.m. - 3:30 p.m.

**Centre Opens
September 7th**



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September 2021

250 752-0420



from Lorne

AT LAST ... the Centre is going to open Tuesday, September 7th.

It is with great relief that we are finally inching our way back to normal.

You will be pleased to see travel has arranged a Bus Trip and most of our Activities will start again

As a cautionary note I must inform you that there are **very strict conditions** that must be followed as we open. These are not conditions we invented, they are conditions given to us by **Island Health**. Failure to follow them will result in our being shut down.

(See Reminders).

As an example I will draw your attention to one condition. This is, **we are not allowed to have 'drop in' activities**. People must register in advance. This is new to several activities. To pre-register for 'drop-in' activities please contact the coordinator listed in the activities calendar. As an example, I am the coordinator for Thursday Bridge. So call me to pre-register at 250 951-9050.

There is a light at the end of the Covid tunnel. A little patience on our part and we will be there.

Please note that, as of now, masks are required in all venues but may be removed while participating in a physical activity. This would include line dancing, yoga, cardio dance, gentle seated exercises, tai chi and qi gong. No changes have been implemented for food service, card games, musical programs etc. and those should be individually addressed using the existing guidelines. Masks must be used when moving from one point to another in a room in a facility.

~ REMINDER ~

- **Be sure to wear your mask**
- **Present your membership and vaccination cards at all times you visit the Centre**



OPEN HOUSE ~ WINE & CHEESE

Saturday, September 4th
3:00 to 5:00 pm

We are losing something valuable. Maggie (Coleman) and her husband Bob (Blacklaws) are moving mid-September which will be our loss and Courtenay's gain!

Maggie, as so many of you know, has been a huge part of the Centre for a great many years. She was on the Board both as vice president and president, a regular worker in the kitchen—and a great addition to many of our entertainment nights! Bob, as well, has contributed greatly.

Also, Ingrid Pelzer will be leaving us for Smithers at the end of September, taking all her wonderful baked goods with her! She has been an enthusiastic member of the Ukulele group for many years, and on the Monday afternoons the rest of us were able to enjoy the goodies she would bring in with her.

So, if you would like to wish these wonderful people a fond farewell, please drop in.

We can all agree that in 2015 not a single person got the answer correct to, "Where do you see yourself 5 years from now?"

* * *

Coronacoaster (noun): the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking scotch for breakfast and missing people you don't even like.

* * *

We're getting tired of being part of a major historical event.

HARVEST FOWL SUPPER





Seniors' Centre Activities

* SUNDAY *

DUPLICATE BRIDGE

\$2.00 pp, a session
1:00 - 3:30 pm October - March
6:30 pm - April to September
Wolfgang 250 594-4513

* MONDAY *

YOGA

MONDAY: 9:15 — 10:15
TUESDAY: 3:30 — 4:30
THURSDAY: 3:30 — 4:30

BONNIE
248-7619

HATHA YOGA

WEDNESDAY: 10 - 11:00
SATURDAY: 10:00 - 11:00

ANI MAC
228-0518

BOTH THE YOGA SESSIONS

\$8.00 pp

page order form

* TUESDAY *

ALL Yoga classes see Monday listing

* WEDNESDAY *

Conversational SPANISH

11:30—12:30

Harvey 594-5915

QiGong Tai chi

1:00-2:00 pm ~ Riva 752-7178

\$1 pp a session, both events

T O P S

at the Senior Centre

Weigh Ins: 3:45—5:00 pm

\$1 pp, paid by chapter

Info: Elaine 250 594-3604

I ♥ A cappella

7:00 - 9:30 pm

\$1 pp, a session, all 3 events

Marion Clark 468-9280

* THURSDAY *

CARDIO DANCE AEROBICS

8:45—9:45 am ~ \$6

Jeannine 250 240-0692

SONGBIRDS ~ 10:00—12:15

Member: \$60 - Diana 752-4876

DROP-IN BRIDGE

12:30 - 3:00 p.m.

Lorne 951-9050

BALLROOM DANCE ~ 5:00—6:00

\$1:00 pp a session, these 4 events

* FRIDAY *

! ♥ MAHJONG

10:00 to 12:00

and

1:00 to 3:00

Chic 752-6846

UKULELE FRIDAY

10:00 am to 12 noon
Maureen 250 594-6071



12 to 2:00 pm

Wendy 594-7721

ART GROUP ~ 2:00 to 4:00,

Vicki 250 752-4600

\$1.00 pp a session, these four events

~ NOTICE ~
SCRABBLE Players
Needed. Call Pat at
250 752-3946

Conversational
SPANISH, starts on
Wed., September 15

Darts, Songbirds &
Duplicate Bridge
will announce start-up dates

* SATURDAY *

Canasta

10:00 ~ 12 am. \$1 pp. TBA

Please register for
BALLROOM DANCE by email-
ing judyपालipowski@gmail.com
or phone 250 752-6837. A
commitment to 4 sessions is
required with 6 persons regis-
tering to offer this fun and easy
ballroom steps introduction.
Ballroom Dance Thursday, Sept.
9, 5-6 pm will offer beginner's
instructions for: JIVE, CHA CHA,
SOCIAL FOXTROT and WALZ.
Attending with a partner is pref-
erable. Singles may partner with
another person in attendance
with a lead & follow being de-
cided between each other.

Each session will feature a dif-
ferent dance with review of the
previous session. A follow up
will be decided by those in at-
tendance. A possibility may be
stay with one dance or to repeat
the four dances again. Come and
make the class what you would
like it to be.

SCRABBLE

10 :00 to 11:00 am
Pat 250 752-3946

UKULELE 1 ~ 12:30 - 2:30

Catherine 250 752-9082

INTERGENERATIONAL UKULELE

3:00 - 5:00, with Henk, 954-9484

BEGINNERS LINE DANCING

3:00 - 4:00 pm ~ \$5 pp, a session

ONGOING LINE DANCING

4:00 - 5:00 pm ~ \$5 pp, a session

Judy 250 752-6837

judyपालipowski@gmail.com

* TUESDAY *

FUN BRIDGE - 9 am

Eldon/Shirley
250 752-3758

WHIST ~ 1:00

Sally 752-3556

\$1 pp, both sessions

NEEDLECRAFTS

1:00 to 3:00 p.m.

\$1:00 pp, a session

Chris Stretton

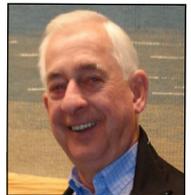
250 228-5515





My sincere THANKS to **Elaine May**, who was very enthusiastic about organizing our Travel from the Centre. Unfortunately, she has now filled her life with other things to keep her busy—so I am “back in the saddle” which is great, especially since Pat (Weber) is now a partner, Hurray! You'll see the news on our very own trip planned for the Shaw Centre for the Salish Sea in Sidney, September 28. The other trips this month will be with Janie's Bus **still done*

TRAVEL TALK With Judy and Pat



through the Bowen Park Seniors' Centre. In October we will (God willing and the creeks don't rise) have our Janie trips organized from our Centre. I have been thinking about one or two 'Sunday Drives' during each month.

So watch for those, send me any ideas for places you would like to go. Pat and I met with Sherry from Forest Bus Tours. We now have a full page of ideas! Depending on the number of people interested, and the choice of a small or large bus. I also net with Bill Cove and two others in

Alberni which added to the possibilities for our Travel opportunities. Now, all we need is a better health situation in the province!

Feel free to contact **Judy** at 250 752-5586 or jnsouthern@shaw.ca if you have questions or ideas.

3-Day, Sept. 20-23 MAINLAND CASINO TOUR. Info and/or to book this tour, call FOREST BUS TOURS 250 248-4525

JANIE'S GOT A BUS Road Trips & Adventures LTD. Register: 756-5200, 755-7501. All trip meals are subject to change to bag lunches. I will call and let people know all trips for the time being will be 7 passengers. **Mask required in bus. Will do extra trips if change is warranted.**



***PACIFIC RAPTOR CENTER/DUNCAN: SEPT. 3 ~ 9 to 5:30.** Walker friendly, mask required in museum. Vancouver Island's premier **RAPTORS, Flying Birds of Prey**, in Duncan, tour and stay for flying demo. Stop at the farmers market, lunch at Mr. Mikes. **\$75 + tax.** Includes admission. Meals NOT included

***VICTORIA: SEPT. 15 & 25 ~ 8 to 5:30. WALKER FRIENDLY** Poke thru' shops, eat in one of the many restaurants. Visit the Museum or IMAX, Casino. Visit friends, family, people watch. Stop at Farmers Market on way home. **\$75 + tax.** Meals NOT included

***CUMBERLAND/COMOX MUSEUMS: Sun., SEPT. 18, 8 -5:00 WALKER FRIENDLY. Mask required in museum.** Features the life of the people that populated this area and worked mines. Cumberland Brewing Company for lunch. **\$95 + tax.** Meals NOT included.

***MAYNE ISLAND: Wednesday, SEPT. 22 ~ 7 to 7:00** Discover the Japanese Memorial Garden, Georgia Point Lighthouse and few artisans. Lunch at Bennet Bay. **\$150 + tax.** Meals NOT included.

***WHALE WATCH, CAMPBELL RIVER: Friday, SEPT. 10 ~ 8 to 6:00.** This is the best wildlife watching company on the Island. Lunch at QUAY WEST RESTAURANT. **\$175 + tax.** Meals NOT included

***MALAHAT SKYWALK: Thurs. SEPT. 16 -9 to 5:30 \$79 + tax** Ascend the spiral ramp to peak. 250 m above sea level. Sweeping views of Mt. Baker etc. Explore West Coast from a whole new perspective, choose descent ...walk down ramp or spiral slide. Lunch at Bridgeman's Bistro(?). Meal NOT included. **Cost includes skywalk.**

***TOFINO/UCLUELET: Monday, SEPT. 20 ~ 8 to 8:00, Walker friendly.** Spend time at the beach or go in to Tofino for lunch, do some shopping. Then off to Ucluelet on wild pacific trail and the lighthouse. **\$85 + tax.** Meals NOT included

***POWELL RIVER/LUND DAY TRIP: Tuesday, SEPT 28 ~ 7 a.m. to 8:00** Explore Lund. Purchase cinnamon buns, visit the Gallery. Lunch at Lund Hotel Pub and great ice cream on the way home. **\$159 + tax.** Meals NOT included.

THE "HEALTHY" CORNER

STROKE HAS A NEW INDICATOR

BLOOD CLOTS/STROKE—They now have a fourth indicator, the TONGUE.

STROKE: Remember the 1st three Letters ...

S. T. R. STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall—she assured everyone that she was fine (they offered to call paramedics) ... she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a big shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone his wife had been taken to hospital (at 6:00 pm Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead. A neurologist says if he can get to a stroke victim within three hours he



can reverse the effects of a stroke...totally.

RECOGNIZING A STROKE: Thank goodness for the sense to remember the '3' steps: **STR.**

Sometime symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster.

The stroke victim may suffer severe brain damage when people nearby fail to recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently) (i.e. **Chicken Soup**)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately & describe the symptoms to the dispatcher.

NEW SIGN OF A STROKE: — Stick out your Your Tongue! If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

Beef 'n Chicken Barbecue

Weather was perfect at the Museum, as well as the food. Folks had the opportunity to tour through the museum, and enjoy music by Bruce. Many thanks to Barry, Dianne, Brenda, Julie, John, Alida, Ken, Norah, Judy S, Bill and Lila. We were able to donate \$200 to the museum, plus a small profit for the Centre. Pat and his helpers worked all day preparing the food, getting it ready to serve ... a big undertaking. QFoods were also a huge help in many ways. If you haven't visited the museum in a long time, do so, the volunteers over time have done fantastic updates. We are so fortunate to have such a special place to visit in our town. Our thanks to them for allowing us the opportunity to spend a nice evening at the museum in spite of covid.



CONGRATULATIONS BRENDA CRAIG
 You are our latest winner of a
QF Quality Foods \$25 Gift Certificate
 More draws monthly from the names of all current members. Thank You QF.

GOLF - ZOO - TRIPS - MEALS - EVENTS

- ◆ OCTOBER 27: AGM
- ◆ DECEMBER: SUPPER at DeeZ
- ◆ JANUARY: ROBBIE BURNS
- ◆ FEBRUARY VALENTINE LUNCH
- ◆ MARCH: ST. PATRICK'S Dates subject to change



NEW MEMBERS

- Jim Adams
- Sheila Adams
- Roz Bailey
- Norma Cameron
- Katherine Fouchard
- Lois Grant
- Heather Watson
- Fred Stoddard
- Lynn Luke
- Diane Patterson
- Eileen Payne
- Colin Payne
- Jacqueline Slocombe
- Gillian Coady
- Jutta Storey
- *Joanne Provost
- *Laverne Miller



WELCOME TO OUR SENIOR CENTRE. We look forward to getting to know you



This little lady was sitting down eating the raspberries Mom had just purchased. ... "love these

berries Mom, even if they are a bit sour" as she stood up. Two of the many folks who jam the Market Saturday mornings to shop for a variety of items. The Legion hosts a pancake breakfast for all to enjoy!



WIN GAETZ is the Centre's SUNSHINE LADY but with the Centre closed, people who need a card are easily missed. So, if you know of someone who would like/ should receive a card, be sure to call Win at **752-9229**



Joanne and Laverne, please get in touch with the centre via email qbseiors@shawbiz.ca

BOARD OF DIRECTORS 2020/2021



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