

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

AUGUST 2026 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 29 | ISSUE 8

8 pages and 2 inserts



Update from QBSAC President Rob Duncan

Three board resignations

The Board has reluctantly accepted resignations from three board members: Vice-President and Director of Special Events Paula Kalsi, Treasurer Sandi Grant, and Director of Travel Cynthia Crawford.

We thank them for their valuable contributions.

Circulating comments

Comments at the centre suggest that myself and the Board are not qualified to oversee the running of the Senior Centre. I'd like to address this.

My experience

I was recruited by former QBSAC President Pat Weber to take on the position of President because of my extensive board experience. I have been involved in many local and provincial boards over the last 40 years and often as the Chair.

My goal

I am and will continue working to make the centre what it has long been: welcoming, friendly, safe, and inspiring.

My style

I have always enjoyed leading and participating on Boards that focus on collaboration, respectful communication and shared outcomes.

Differences of opinion are expected and healthy for all boards, and issues are best resolved when brought to board meetings for information sharing, discussion and resolution.

Thanks to the current board and affiliates

I thank the current QBSAC Board members, Affiliates and many volunteers for their continued support and contributions.

Moving forward

We are currently working on the following priorities:

- Developing a Board Code of Conduct
- Recruiting a volunteer to act as a Grants Coordinator to research and manage grant applications
- Replacement of the heating/cooling system
- Transition from Shaw to Telus internet service

Submitted by Robert Duncan



Weekly Activities

SUNDAY

Duplicate Bridge 1:00 - 4:00 pm

\$2 per session

Wolfgang Dost 250-797-4513 wolf.dost@yahoo.ca

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Joy Strobl 250-594-4043 joystrobl@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

Glynis LeBlanc 250-738-5097

islandgirlsgmail.com

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

Dance practice 5:15 - 6:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-586-2500

algagnon006@gmail.com

Henk's Practice Grp 10:00 - 12 noon

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556

sallyjagger@gmail.com

Back Aug 4

TUESDAY continued

American Mahjong

12:30 - 3:00 pm

Sonya Miller 250-752-5737

miller206@shaw.ca

Functional Movement Class

1:30 - 2:30 pm **Back in September**

Jane Loney 250-228-3349

janeloney@hotmail.com

Splatters Painting Art Class

3:00 - 4:30 pm

Mike Sherlock 604-815-7711

msherlockqb@gmail.com

Ramblers' Practice 4 - 6 pm

Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

Ani MacGillivray 250-228-0518

animacg@hotmail.com

Dominoes 10:00 am - 12 noon

Pauline Childs 250-752-2440

dave7522440@gmail.com

Beginning / Elementary Spanish

11:30 am - 12:30 pm **Back September 2**

\$5 per session

Elena Ortiz 250-752-8803

elenaortiz23@yahoo.es

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Back in September

Book Club 2:00 - 3:00 pm

First Wednesday of the month

Gail Smith 905-808-4585

xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm

Chaz Booth 250-240-0465

chazentertains@gmail.com

QWEST Weigh-in 3:15 - 5:00 pm

Elaine MacDougall 250-594-3604 repac5@shaw.ca

ca

Beginner Line Dance

5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

THURSDAY

Darts 10:00 am - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

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

Donna Roberts 250-228-2788 robbos@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

Dance Practice 5:00 - 6:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm

Marion Clark 250-468-9280

treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Thuy Bui 250-607-8448

linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260

fiona3@shaw.ca

Mahjong 1:00 - 3:00 pm

Angie Bettam 250-937-1862

angiebettam@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

\$5 per session

Dr Rod LeBlanc

rod@lifelonghealth.ca

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

What's Cookin'?



MONDAY LUNCH

BRENDA'S QUICHE
with Brenda and Helen



TUESDAY August 4 & 18

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all.
Only \$2 One/ person: no take out.



*A friendly
reminder...*

ONLY Kitchen staff
have access to the fridge.

Kitchen staff use the
food in the fridge to
prepare meals that they
serve to members.



OBSACA July 24, 2026

WEDNESDAY Aug 5 & 19

Roz & Margaret's
SHEPHERD'S PIE



👑 *THANK YOU!* 👑

*The Board would like to
thank the anonymous
member who made a
donation to the Centre,
in appreciation of the
long hours worked by our
dedicated Kitchen staff.*



THURSDAY Aug 6 & 20

Cathy & Brenda's
CREAMY CLAM CHOWDER



FRIDAY LUNCH

BRENDA'S CHICKEN DINNER
with Brenda and Helen





Brenda Charles-

Greetings from the

Cookie Cutters

We are well into the swing of summer now. I hope everyone is enjoying themselves in this beautiful part of the world.

It can be a busy time of year with the opportunity to do some sightseeing with visitors or just checking out the many local events on offer. I especially love the Farmer's Markets!

Volunteer bakers welcome

If you find you have extra time on your hands, there is always room for more volunteer bakers in our kitchen. If you are interested, give me a call/text at 604-379-0290. My email address is charles.brenda@me.com. I am also in the kitchen the 2nd and 4th Thursday morning of the month.



This month's recipe takes advantage of the wonderful fresh local blueberries. One of our wonderful bakers, **Diane Duncan**, was approached for the recipe and she has graciously shared it. Enjoy!

Blueberry lemon cake

Ingredients

- 2 large eggs
- 1 cup granulated sugar
- 1 cup sour cream (8oz)
- ½ cup vegetable oil
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 cups fresh blueberries
- zest and juice of 1 medium lemon divided
- ½ tablespoon cornstarch
- Icing sugar to dust the top (optional)



Directions

1. Lightly butter a 9-inch springform pan and line the bottom with parchment paper.
2. Preheat oven to 375 degrees F.
3. Beat eggs and sugar on high speed for 5 min or until light in colour and thick.
4. Add sour cream, oil, vanilla, and salt and whisk on low speed until well combined.
5. In a small bowl, whisk together the flour and baking powder and then add to batter one third at a time stirring gently to incorporate each addition. DO NOT OVER MIX.
6. Finally add 1 tablespoon lemon juice and 1 tablespoon zest.
7. Rinse blueberries and drain well.
8. In a medium bowl, toss the blueberries with cornstarch and 1 tablespoon of lemon juice stirring until well combined and no dry white cornstarch remains.
9. Pour half of the batter into the prepared pan and spread evenly. Top with half of the blueberries. Spread with remaining batter and then sprinkle the rest of the blueberries evenly over the top, pushing them slightly into the batter, about halfway.
10. Bake for 45-55 minutes or until toothpick inserted in centre comes out clean.
11. Remove from oven and let the cake rest in the pan for 15-20 minutes.
12. Remove the ring and let the cake cool.
13. Dust with powdered sugar before serving.

Submitted by Brenda Charles and Diane Duncan

Last month's events

Remembering "Judy's Hot Dog Days"



Gail Smith, Brenda Charles, Jan Alexander and Leslie Kleven plated and served.

Lineups began at 11:15 and soon everyone was served and seated at long tables enjoying the food and sharing memories. Judy's warm presence was still in that dining room.

Thank you all for making this day a special way to remember our dear friend, Judy, together.

Proceeds from the event were guest donations and went to the French Creek Salvation Army Food Bank.

Submitted by Cindy Crawford

Last month, the Kitchen ladies decided to hold a "Judy's Hot Dog Day" in Judy Southern's memory.

Judy was our dear friend and past-President, who passed away in June. She was the heart of the centre and famous for her Hot Dog Fridays where she cooked the hot dogs herself. She would stand at the grill and flip the dogs with obvious pride, making each one perfect.

On Thursday, July 9th, Cathy Witala grilled dogs to the same standard of perfection.

Judy Southern's Obituary



I realize my mother's passing was acknowledged in the July newsletter. Since then we published an obituary that some members might like to read. Here is a link.

<https://www.dignitymemorial.com/en-ca/obituaries/nanaimo-bc/judith-southern-12950373>

Submitted by Karen Garland

QBSAC Grant Coordinator Volunteer position

QBSAC is looking at strategies for new revenue sources and to that end has created a new position: Grant Coordinator.

The Grant Coordinator would:

- research and recommend available grants to the Board
- provide reports to the Board for information and decision making

- complete grant applications and any follow up

The Board is responsible for setting priorities, reviewing and approving applications before they are submitted

This volunteer position requires the following skills:

- research
- writing and communication

- financial
- computer
- and ability to work well with the Board and other key members in the community

Please contact [Rob Duncan](#) if interested and we can chat!

robertduncancorp@shaw.ca

Submitted by Rob Duncan, President

Ukulele Corner

from the Qualicum Beach Ukulele Band, celebrating the music, friendship, and community spirit of our players, each month, we share moments of Ukulele happiness.

Glynis and Ron holding the fort

Summer format



John Telfer chooses a song to sing rather than singing from a song list prepared by the leaders. It is a wonderful collective effort shaped by everyone's enthusiasm.

The ukulele band is now following its summer format whereby everyone chooses a song to sing



points to the double benefit of engaging in music with other people. There is a remarkable effect in our brains when we sing or perform music in groups. Two neurochemicals – dopamine and endorphins - act together to promote a sense of acceptance within the group."

Join us

There is room right now during the summer months, so feel free to come and join us on Mondays

from 12:30 to 2:30 pm. You can sit and listen or you can join in – no ukulele required. Get those neurochemicals going!

Norma laid up, Henk away



For the last year or so, **Norma Cameron** and **Henk Verkerk** (with help) have lead the band. But Norma is temporarily laid up with some injuries and Henk is away, so the

band is being very ably led by **Glynis Leblanc** and **Ron Usher**.

Music is good for you

No matter who is leading, the singing always results in big smiles. And there's research to support this:

"As good as music may be on its own, most research



Submitted by John Telfer



The trishaw has arrived

Cycling Without Age is a global movement founded in Denmark in 2012. The program brings the joy of cycling to seniors and individuals with mobility limitations. Passengers are paired with volunteer "pilots" who ride specialized, electric, pedal-assisted trishaws (three-wheeled cycles). The passenger seat for two is positioned at the front of the trishaw, allowing riders to comfortably enjoy the outdoors, feel the "wind in their hair," and easily interact with the community.

Guiding principles

The program operates on five guiding principles:

- Generosity
- Slowness
- Storytelling
- Relationships, and
- Without Age

Rides are free and are designed to bring lots of smiles.

The component parts

Passengers: Anyone, but primarily those who can't get out easily.



Pilots: Local volunteers of all ages.

The Trishaws: Purpose-built tricycles featuring secure padded benches, seatbelts, and lowerable footrests.

Qualicum Beach Chapter

We have a chapter here in Qualicum Beach where you can request a ride, donate, or volunteer as a pilot.

Currently the rides all start and end at The Gardens and the route followed is along the Dollymount Trail.

For more information

You can find more details or book a ride on the [Cycling Without Age Qualicum Beach Society website](#) or you can call John Telfer at 250-240-9609

Submitted by John Telfer

BOARD OF DIRECTORS 2025-2026

President.....Rob Duncan 236-544-0021

Vice PresidentVACANT

Secretary.....Bonnie Evoy..... 250-248-7691

TreasurerDeborah Duncan..... 250-954-9900

Past PresidentLorne Tetarenko250-951-9050

DIRECTORS

Communications.....Lynda Simons778-884-2715

EventsVACANT

Facilities.....Geoff Rigby 250-594-5411

KitchenLeslie Kleven250-240-5479

MembershipAnne Sharp 250-752-9771

TravelVACANT

AFFILIATES

ActivitiesAnne Driesbach604 679-1703

HistoryAnn Svensen250-752-5537

Kitchen VolunteersJan Desjardins.....250 686-0348

Newsletter Editor.....Lynda Simons..... 778-884-2715

Sunshine Lady.....Jeri Burke..... 250-752-9320

Website.....Barbara Davidson.....250-752-6770

Welcome DeskJeri Burke..... 250-752-9320

MEMBERSHIP REPORT

For the month of July there were 13 new members and 183 renewals for 2026-2027.

Year to date as of July 31, 2026:

- 1057 total members
- 73 complimentary (90 years or over)
- 15 life members
- 1 honorary

WELCOME NEW MEMBERS

Catherine Brace	Frances Denzin
Margaret Dodds	Karen Haggblad
Annette Hester	Bud Howell
Caroline Little	Dale Little
Joy McLean	Diane Parker
William Pearson	Theresa Richard
John Thompson	

Anne Sharp, Membership Director

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

Newsletter Editor

A lot happened in July, so we have 8 pages and 2 inserts! I hope you find them interesting.

Please send comments or questions to me at lyndajoyssimons@gmail.com.



Notice of Special General Meeting

A special general meeting will be held on **Tuesday, August 25, 2026 at 1:00 pm**

Location: **QBSAC Activity Room**

This meeting has only one item on the agenda. No other items will be added.

Agenda

Heat/Cooling System Replacement Expenditure

The Centre's heating/cooling system, after 20+ years' service, is in an advanced state of deterioration and needs replacing.

The system replacement procurement process

Two weeks before this meeting, we will make available to all members information regarding the system replacement procurement process. We will send emails via Mailchimp and provide printed handouts at the front desk. This information will include the following:

1. determining the need for replacement of the system
2. seeking quotes
3. Quotes, and
4. the Board's recommendation

QBSAC Bylaw and Administrative Guidelines

This meeting is called in compliance with the following bylaw and administrative guidelines noted below.

QBSAC Bylaw 3.4 Notice of Special Business

A notice of a general meeting must state the nature of any business, other than ordinary business, to be transacted at the meeting in sufficient detail to permit a member receiving the notice to form a reasoned judgment concerning the business.

QBSAC Administrative Guideline 8.7 as follows:

Should the need arise to purchase equipment/furniture/fixtures or leasehold improvements at a cost exceeding \$10,000 plus taxes in a fiscal year, that expenditure must be approved in advance, first by the Board of Directors **then by a majority vote by the members in attendance at a general meeting.**

QBSAC Administrative Guideline 8.8 as follows:

A minimum of two (2) competitive bids/estimates are to be obtained whenever possible for proposed improvements to the centre and furniture and equipment expected to exceed \$2,000 plus taxes.

submitted by Qualicum Beach Senior Activity Centre Board of Directors

Summer Barbecue August 19, '26

CANCELLED



After discussion at a recent meeting, the Board decided to cancel the August BBQ.

What with Rotary changing our hours, and challenges with finding volunteers when we all need the summer off, the logistics of running this event seemed impracticable.

Refunds

Your refunds will be available for pick up at the front desk starting Monday, July 27.

We look forward to seeing you at our next event in September/October. Have a wonderful summer!

Your QBSAC Board of Directors