

25th Anniversary



FROM LORNE

This is the 25th Anniversary of the Grand Opening of the first Seniors' Centre. It was on November 27, so to commemorate

that, this year's AGM will be on the same date, November 27. This will also be the first AGM to be held on a Sunday.

Looking at the history of this Centre, it can

be said that the centre has been very successful in the past, is successful today, and will continue to be in the future.

It is great to see more and more people coming to the Centre for activities, camaraderie and to enjoy our great lunches.

You will see from the many events being planned, that the rest of this Calendar year will be very busy and with traditional and new events.

Our travel and event planners deserve a big thank you for the work they are doing.

Much needed rain has finally arrived, but I must admit I miss those clear blue skies. I guess originally coming from Saskatchewan puts two things in your genes, longing for blue skies and having to cheer for the Roughriders.

I look forward to seeing you at the Centre.

AGM

SUNDAY, NOVEMBER 27

1:00 p.m. at The Centre

We are expecting lots of you to join us in celebrating. There will be a reception following to commemorate our 25 Years! If you were one of the first people to join the QB Seniors Activities Centre, you will receive a personal invitation to the AGM. If anyone has a memory or two of those early days, we'll arrange a time for you to share that with everyone.

Please bring your Membership card with you

Time is running short before our AGM on the 27th of November. If you notice someone doing an awesome job in the Centre, please consider nominating them for a **Life Membership**. Forms are on the activities board in the hallway.

Has anyone 80 and over received notice from Motor Vehicles for a Drivers' License Medical examination?

If so, please call Judy at 250 752-5586

Centre News

Year to date as of September 30, 2022

*

617 members – 533 Regular, 59 Complimentary, 23 Life, 2 Honorary
To September 31st, of the 533 Regular, **148 were New Members**



"May we never forget freedom isn't free"

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

Senior Centre

Activities

~ SUNDAY ~

CONTRACT BRIDGE - 6:30 pm
Wolfgang Dost 594-4513

~ MONDAY ~

KNITTING/CROCHET
10:00 - 12:00 ~ Jan 250 738-1040
jacurtis5431@gmail.com

YOGA: 9:30—10:30:
Jane 228-1157 - \$8

CHAIR YOGA: 11:00-12:00
Jane 228-1157 - \$8
janeloney@hotmail.com

UKULELE Band: 12:30—2:30
Catherine 250 752-908
mckhan@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

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

GUIDED AUTOBIOGRAPHY
2:30 - 4:00

September 20- November 22
Norma Cameron 778-533-508
Normacameron33@gmail.com

CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Ani
10:00-11:15 - \$8 a session
Ani MacGillivray 250 228-051
animacg@hotmail.com

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

BOARD - 2ND Wed./month
1:00—3:30—Lorne 250 752-5630

THE BOOK CLUB
2:15 to 3:15—Gail 905 808-4585
Xgail.smith@gmail.com

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

TOPS:
Weigh-in 3:45—5:00
Elaine 250 594-3604
repac5@shaw.ca

PARKVILLE/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

NOTE: please check the Activity List posted on the Activity board for any changes that may have taken place throughout the month. Copies are in the basket by the Greeters Desk

~ THURSDAY ~

BRIDGE LESSONS
Oct, 6—Dec. 8 - 9:30—noon
Peter 586-5740
psegers225@gmail.com

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

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

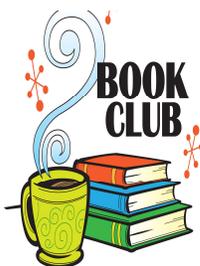
ART GROUP: 1:00—3:00
Beryl 250 752-9200
arieslady3847@gmail.com
CLEANING 4:30—7:30

~ SATURDAY ~

HATHA YOGA with Richard
10:00—11:00
Registration required to max. of 13 persons.
Anne 752-9771—\$8 a session
sharp44@shaw.ca

RAMBLERS PRACTICE
1:00—3:30
Lila Greene 752-6489
lilapat@shaw.ca

DEC. NEWSLETTER DEADLINE
MONDAY, NOV. 28
lilapat@shaw.ca
250 752-6489



The **FIRST MEETING** will be held in the lounge on **Wednesday, NOVEMBER 2nd** from **2:15 to 3:15** for consideration to share with the group. The sign-up sheet is on the Activities Board. Names and email addresses are required. Registration is a maximum of 10 members. Any questions can be directed to **GAIL SMITH**, xgail.smith@gmail.com or 905 808-4585. See you on November 2nd and until then, happy reading.



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'?



News from the 'Cookie Cutters'

Summer is over and we are enjoying the fall season. The colours are fantastic as the leaves on the trees change. While we might miss the glorious summer blooms, there is something to be said for the gorgeous reds, oranges, yellows we see now. The colours brighten up a rainy day, don't they?

Members of the Centre baking group, aka, the 'Cookie Cutters' continue to provide fresh home baked goods.

Come in and try the cookies, cakes, squares, scones and loaves. There is always something new to try! And, anyone is welcome to contribute their favourite baking,

Give me a call or text me at 604 379-0290 if you would like more information. I can also be reached via email at Charles.brenda@me.com.

Here's an easy pumpkin loaf that goes well with a cup of hot coffee or tea as you watch the rain come down!

LUNCH on MONDAY



MIKE'S QUICHE



with crew
Barry
& John

(Every 3rd)
WEDNESDAY
November 16
Lila's
CHILI



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew
Bette & John



Pumpkin Loaf

1/4 cup butter	1 cup sugar
1/2 cup milk	
2 large eggs	1 cup pumpkin (no spice)
2 cups flour	1 tsp salt
2 tsp baking powder	1/2 tsp baking soda
1 tsp cinnamon	1/2 tsp cloves (ground)



- ◆ Cream butter and sugar in large bowl. Beat in eggs, one at a time. Add pumpkin mixed with the milk.
- ◆ Combine remaining 7 ingredients in medium bowl. Add to batter, stir 'til just moistened and then into a greased 9x5x3 loaf pan.
- ◆ Bake at 350 deg. For about 50 minutes. Let stand in pan for 10 minutes. Turn out onto wire rack to cool.
- ◆ This recipe easily doubles and freezes well.

Notes from Judy

- ◆ The kitchen is always in need of baking! All contributions gratefully received! (trade your baking for a coffee and snack or a lunch, if you wish!)
- ◆ If you paid for your Christmas Dinner outing at DeeZ Restaurant last year and wish to have that payment transferred to our own dinner at the Centre on December 10, please call Judy S. asap at 250 752-5586.

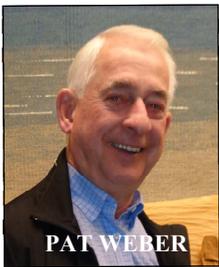
Samaritans Purse Shoe Boxes

18 boxes are being filled for distribution from our Centre. **Please return your box to the Centre by November 10.** 10.5 million boxes were gathered globally in 2021, with a goal of 11 million in 2022. Australia, Austria, Canada, Finland, Germany, New Zealand, South Korea, Spain, Switzerland, United Kingdom and USA collect boxes. Operation Christmas Child has 498,000 volunteers world-wide. Some of the Countries who benefit are Philippines, Ukraine, Central America, Africa. Many thanks to all who have supported this program for many years, and thanks Judy for arranging distribution every year, very much appreciated!



Answers to page 8.

1. Piano 2. Library 3. Hole 4. Egg



PAT WEBER

TRAVEL Talk

LADYSMITH LIGHTS and PARADE



A Bus has been reserved for the trip to Ladysmith for their Christmas parade and lighting.

THURSDAY, NOVEMBER 24

The usual spaghetti dinner is not going to be offered this year, but food trucks will be on hand to serve hot food and the local restaurants will all be open. The cost of the trip will be **\$35** per person. Departure from the Civic Centre at 2:00 pm. This is a QB Seniors event.

OVER NIGHT TO VANCOUVER German Market VanDusen Gardens



DECEMBER 4 & 5

Reservations have been made at the Pinnacle Hotel on the Vancouver Waterfront at Coal Harbour (beside Canada Place). A dinner is planned at the Shaughnessy Restaurant and the lights at VanDusen Gardens for the evening of the 4th and the Vancouver German Christmas Market on the morning of the 5th. The cost of the trip will be **\$425** including bus, ferry, hotel accommodation, dinner at the Shaughnessy, breakfast, and admissions to VanDusen and the Christmas Market. This will be a QB Seniors event.

more travel adventures on the way!



12 Days of Christmas at BUTCHART GARDENS

Square 1 Travel is making the arrangements for the overnight trip to the Butchart Gardens 12 Days of Christmas light display with dinner at the Gardens and overnight accommodation at the Chateau Victoria Hotel. *Prices have not been announced yet.*

'COME FROM AWAY'

Island Fever Travel from Campbell River is offering transportation and tickets to the musical production of "Come from Away" in Victoria in May. *Prices and further information will be coming later ... so stay tuned!*



I AM A CANADIAN
FREE TO SPEAK WITHOUT FEAR
FREE TO WORSHIP IN MY OWN WAY
FREE TO STAND FOR WHAT I THINK IS RIGHT
FREE TO OPPOSE WHAT IS WRONG
FREE TO CHOOSE THOSE WHO GOVERN MY COUNTRY
THIS HERITAGE OF FREEDOM I PLEDGE TO UPHOLD FOR MYSELF AND ALL MANKIND



Judy picked up her Poppy Basket from the Legion, ready to take her turn selling poppies at Dolly's. Ian and I were happy to catch her at the Centre, saving a trip up the hill. Thanks Pat, for the photo.



John Diefenbaker

.... More

from Bonnie

CRABFEST TRIP

PORT ANGELES, WASHINGTON

Our fabulous trip started on Friday morning October 7-9 being picked up on a huge comfy bus by our excellent guides, Kathy & Willy. Including the Courtenay passengers, 34 of us loaded for Victoria to catch the 3:00 pm Coho Ferry to Port Angeles.

The Crab Festival venue and our great accommodations at the Red Lion Inn were all walking distance from the ferry terminal, everything so convenient.

Saturday was our big day wandering through:

- All the food, souvenir and crafts booths, grab-a-crab derby, Welcoming Ceremony by the Lower Elwha Klallam Tribe.
- Beautiful art sculptures, musicians and dancing everywhere
- Search and Rescue demonstration
- Face painting, 5 K run, walking paths.
- Silly crab hats and costumes.
- Hollywood Beach, rowing and sailing demonstrations.
- Marine Centre, oyster bar, scallop delights and ending with our delicious Old

Fashioned Dungeness Whole Crab dinner with corn and coleslaw.

I was curious about how many were fed at this event, so asked Crab Captain, Chris. He told me they brought in a whopping 14,000 pounds of crab, 800 pounds of butter, 7,000 cobs of corn and 1,400 pounds of coleslaw to feed over 7,000 people in this lovely town of Port Angeles.

Amazing, hard working volunteers managed to keep the venue tidy and organized

AND, AS CANADIANS we certainly were welcomed!!

Sunday morning, after breakfast and another wander around town to hear the Crab Gospel Revival, we headed to our ferry ride and the bus ride back home to Qualicum Beach.

We made new friends and great memories. And, with perfect weather and a few of Willy's silly jokes ... **"Why does the ocean roar?" ... "You would too, if you had crabs on your bottom!"**



Photos by Bonnie



Joe & Lenora



Doris & Carol



Fern & Walter

Tips from a lady who is 105 years old

1. Always have a purpose or a project for the day.
2. Think positively.
3. Find something each day to smile or laugh about.
4. Give your opinion, but not your advice.
5. Be open to learning something new.
6. Enjoy a good book.
7. Keep your sense of wonder.
8. If something worries or upsets you, deal with it right away.
9. Keep an interest in current affairs.
10. Love your memories, but don't wallow in them.



Some more "Happy Crabbers." Many thanks to **Lenora** for these great photos of the event. Even the Llama got in on the act enjoying some tasty treats!



From Ann: "I just have to send you a pic of the garbage cans they had placed around at the Crab Dinner". Ann and Jeri had also taken in the fun and excitement at the Port Angeles Crab Festival and recommend this annual event a must on your travel list. Something to keep in mind for next year!

Art.

The Senior Centre Art Group is a diverse group of seniors who love to create art using different mediums from watercolour to acrylics and inks, also the creation of collages and simple greeting card art, it is so nice to send a hand painted card.

Every season brings colour of nature from Spring flowers to Summer sunsets, Autumn leaves, Winter's snow and icy scenes, the red berries of holly. So much to see and appreciate in our lovely town of Qualicum Beach.

We have various members from other provinces who have backgrounds in art and

share ideas with others in the group.

We meet every Friday from 1:00 to 3:00 pm without pressure to compete, we just enjoy drawing, painting and creating. We have also enjoyed making the small works of art you see on the walls where you sit and relax enjoying a cup of tea or coffee with other friends in our Centre.

We will, hopefully, add to the joy of decorating the walls with some Christmas art as the season approaches and share those lovely Christmas card scenes with all of you

Beryl Hargreaves



Pat McLeod

Moyra Pepper

Trish Kilby



Janet Tucker

Andrea Kennedy

Beryl Hargreaves

Mike Sherlock

The two lovely pictures on wall facing the front door (just above the first table in the concession) were generously donated to the Centre by **Henk Verkerk**. We are not too sure of the medium the were created in (maybe Paper Tole) ... a lovely addition to the Centre. Thank you Henk.



Maureen James



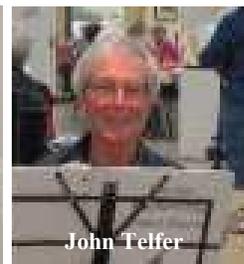
Henk Verkerk



Glenys Hewitt



Sandi Wiggins



John Telfer



Judy Palipowski

The Friday Ukulele Band serenaded Judy recently, singing Happy Birthday to her. Friends gathered (at Lorne's bidding) at the Centre on a Friday so we could all enjoy a chicken dinner, prepared by "Friday" Mike and Bette and then a nice surprize dessert, a piece of birthday cake in honor of Judy's special day. Many happy returns Judy, may you enjoy many more happy birthdays.

Having PROBLEMS WITH YOUR ELECTRONIC DEVICES ?

Call **TECHNOLOGY TUTOR BRIAN**
at **250 947-8258**
tlc@sd69.bc.ca or book your own
Appointment, go to: obl.ca/calendar
Every Thursday 1:30-3:30



CONGRATULATIONS KATE WAHL

Winner of our monthly draw for a
GIFT CARD from



With
Thanks



NEW MEMBERS

Connie Lewis
Tara Sinclair
Barbara Crozier
Chris Nokleby
Elaine Fortin
Rita Van Eyck
Donna Smart
Sharon Coates
Kathy Holt

"We look forward to getting to know you"

Leslie Dabb
Kathie Stedman
Mike Harding
Carol Ann Carnegie
Wayne Laroque
Peachy Giacomazzi
Kirsten Juergensen

David Mitchell
Ingrid Jurkschat
Karen Driol
Carolyn Danczak
Monica Odenwald
Verdelle Wilson
Jane Thomson

Joanie Miller
Jan Nelms
Bruce Nelms
Sharon Brocklesby
Lea Brocklesby
Joan Williams
Elaine Menzies
Melvyn Scott
Linda Dale

THE "HEALTHY" CORNER

Bone Loss Prevention - Food & Supplements for Osteoporosis

BONE LOSS PREVENTION

MOVEMENT: Regular physical activity is a way to maintain bone mass, increase muscle strength and improve balance. Some of the best workouts include weight bearing exercises and strength training such as aerobics, yoga, tai chi, walking, hiking, stair climbing, weight training, squats, and lunges.

LIFESTYLE: To stop putting our bones at risk, we can also eliminate habits such as smoking, excessive alcohol or sugar, sodium, caffeine and a sedentary lifestyle. Anything that induces more inflammation in the body is ultimately not supportive.

CALCIUM: When a diet is low in calcium, the body will take it from the bones to ensure normal cell function, this makes calcium a priority for bone health. The best food sources of calcium are dairy products, veggies, leafy greens, fish, oatmeal, squash, garlic, sea veggies and cabbage.

MAGNESIUM: Magnesium is Calcium's best friend in helping the body to absorb and retain calcium. Our bodies



Aging in
Place

aren't as good at storing Magnesium, so it's important to get enough of it in your diet via foods or supplements. Magnesium-rich foods are nuts and seeds, whole grains, legumes, veggies such as spinach, Swiss chard, squash, turnip, mustard greens broccoli, cucumbers. Magnesium comes in many supplemental options such as in capsules, dissolvable powder, liquids etc., it's easy to add into your daily routine.

VITAMIN D: another helpful friend in helping calcium to absorb in the body is vitamin D. Of course, the best way of getting vitamin D is being in the sun for at least 15 minutes a day and eating foods rich in vitamin D such as milk, eggs, cheese, butter, cream, fish, shrimp and oysters.

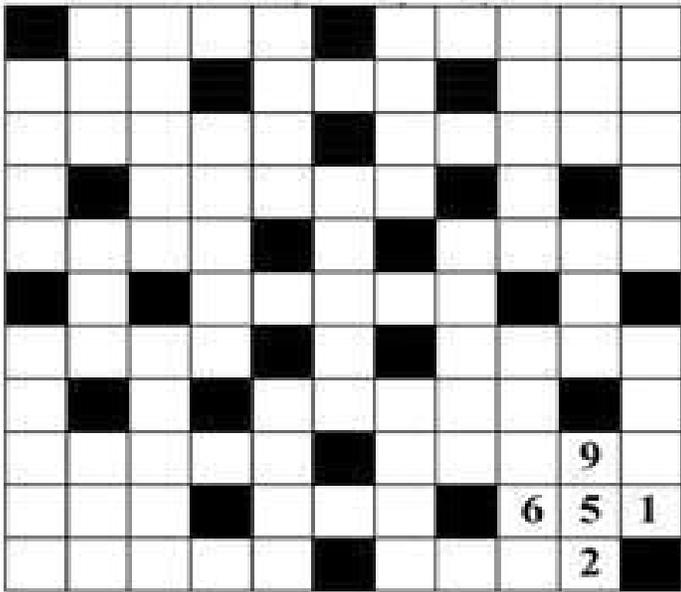
VITAMIN K is responsible for activation for Vitamin K dependent proteins

which help with blood coagulation, bone metabolism and the inhibition of arterial calcification. Vitamin K rich foods are egg yolks, liver, garlic, salmon, avocados, blueberries, spinach, Swiss chard, collards and kale.

COLLAGEN: Collagen is the framework that makes up strong and flexible bones. Vitamin C, lysine and silica can all help to generate healthy collagen pathways.

SEEK SUPPORT/TREATMENT: Taking a preventative approach is the best option to lower the risk and what further support or testing, reach out to your healthcare provider. Bones weaken naturally as we get older but this doesn't mean we need to develop Osteoporosis. A healthy diet and balanced lifestyle is always the best way to prevent disease in the body. Unfortunately, there's no absolute cure for Osteoporosis, however with proper care lifestyle and preventable choices we can ensure that our bones are working at peak health. Women of all ages from very young to very old should make building health and strong bones a lifelong priority.

This article appeared recently in the Victoria Times Colonist.



- | | | | |
|-----------------|-----------------|-----------------|-----------------|
| 3 Digits | 4 Digits | 5 Digits | 5 Digits |
| 164 | 1472 | 14369 | 51943 |
| 218 | 1692 | 16324 | 56218 |
| 285 | 1859 | 18234 | 69784 |
| 317 | 2674 | 18324 | 71658 |
| 375 | 3157 | 23156 | 72691 |
| 376 ☺ | 3427 | 24753 | 93781 |
| 418 | 3491 | 34159 | |
| 436 | 3571 | 36179 | |
| 529 | 4126 | 37416 | |
| 569 | 5864 | 41398 | |
| <u>651</u> | 7283 | 45217 | |
| <u>952</u> | 7681 | 49321 | |

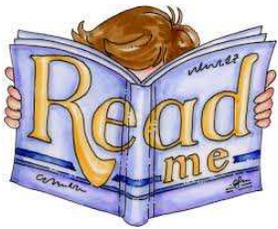
Fill
In
the
Numbers



- What has many keys but cannot open any doors?
- What building has the most stories?
- What gets bigger the more you take away?
- What has to be broken before you can use it? (answers P3)



...due to having to revamp page 6 (where I had hidden the logo) I forgot the logo was on the page, thus did not appear in the October newsletter. However, it's back in this one, so "seek and ye shall find!"



...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



LOGO WINNER?
No October winner this month
THANKS everyone for keeping this 'fun logo find' alive. It is back in this November issue.



**Board
Of
Directors**

2021
2022**

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	Dianne Meyer	586-1904
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499

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