

Qualicum Beach Seniors' Activities Centre



NEWS

For the Young at Heart

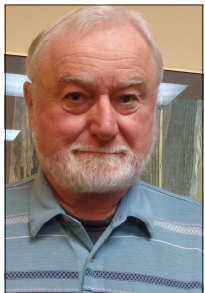
Box 103,
703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
Email: qbseniors@shawbiz.ca
~ OPEN ~
Monday to Friday
9:00 a.m. - 3:30 p.m.



Volume 26 Issue 5

May 2023

250 752-0420



FROM LORNE

May, 2000, I re-located from Calgary to Qualicum Beach.

For almost all of the 23 years I have lived here, I have been a volunteer at various organizations. For the last few years, that has been here at the Centre. I have always

believed a person should do their share to assist places like this Centre to function. I also believe that one should not hold positions such as President (which, as you know I hold) forever. Periodically new people with fresh ideas are needed. So, at the next Annual General Meeting in the Fall, I am going to resign from the Board to allow that to happen.

I am announcing this now to give all of you time to think it over and come forth yourself, or encourage others to do so. I am available to discuss any enquiries you may have at any time.

P	
RETIREMENT	
N	Do you currently receive a UK PENSION that is frozen?
S	
I	If you are receiving a UK pension that is frozen and wish to participate in a petition to correct the situation,
O	
N	CONTACT:

Joyce Shackleton 250 248-5355



SPACES STILL AVAILABLE

Members Craft

Saturday, May 13, 2023
11:00 am - 2:00 pm

Exhibit & Sale

- Still time to register to have a table to exhibit and sell your craft or art work at the Centre Free to exhibit and sell.
- Weather permitting, tables may be set up outside.
- Coffee and oatmeal cookies will be available.
- A street sandwich board will be set up on the day and announced in our newsletter, mail chimp, Facebook and on the web.

Tea Time
\$15pp

Victoria Day Tea

Saturday, May 20
2:00 p.m. at the Centre

Sign-up sheet is posted on the activities board. **Cash/Cheque at REGISTRATION TIME, PLEASE** and drop into box to your left above the desk. If you wish, you may wear your old fashioned clothing, tuxedo, pretty hat and anything vintage ...always a nice time to enjoy some nice homemade treats and visit with friends.

PLEASE BOOK YOUR TABLE
With Evelyn Schauerte
250 752-8407
evelyn_1109@hotmail.com

Senior Centre ² Activities

~ SUNDAY ~

CONTRACT BRIDGE - 6:30 pm
Wolfgang Dost 594-4513
wolf.dust@yahoo.ca

~ MONDAY ~

KNITTING/CROCHET for MANNA
9:30 - 11:30 ~ Jan 250 738-1040
jancurtis5431@gmail.com

MEMBERSHIP OFFICE WORK
11:30- 3:00 p.m
Anne 250 752-9771

YOGA: 9:30—10:30:
CHAIR YOGA: 11:00-12:00
Jane 228-1157 - \$8
janeloney@hotmail.com

UKULELE BAND: 12:30—2:30
Catherine 250 752-9082
mckhan2@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

TUES- CLOSED DAY
LOUNGE GROUP
9:00—10:00

Helen 250 752-7274
Deborah 250 937-1288

CREATING CRAFTS
In the concession—10 to 12
Betty 250 752-7489
berrybrooker@hotmail.com

CB TUNES
1st Tuesday of month—12:30 - 2:00
Court 250 951-2572
brook@shaw.ca

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

SONG- Off until September

BIRDS: 2:30—4:30
Diana Meyer 250 752-4856
Diana.meyer@outlook.com

RAMBLERS PRACTICE - 6:00—8:30
Colin Craig: goodison95@shaw.ca

CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Liz Moore
10:00-11:15 - \$8 a session
250 248-4116
lizzieandpat@shaw.ca

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

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

YOGA: 2:15—3:15
\$8 - Jane 228-1157
janeloney@hotmail.com

BOOK CLUB: 2:00—3:00
First Wednesday of every month
Gail Smith 905 808-4585
Xgail.smith@gmail.com

TOPS: Weigh-in 3:30—5:00
Elaine 250 594-3604
repac5@shaw.ca

PARKSVILLE/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

~ THURSDAY ~

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



PROBLEMS with your ELECTRONIC devices?
Call **TECHNOLOGY TUTOR BRIAN** at
250 947-8258

tlc@sd69.bc.ca or book your own
Appointment oblt.ca/calendar
Every Thursday 1:30-3:30

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 over the month.

~ THURSDAY ~

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
Anne 752-9771—**\$8** a session
sharp44@shaw.ca



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'?

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John

(Each 3rd) WEDNESDAY

MAY 17

BILL & VERDELLE'S

CHILI

w/Corn Meal Muffin



Welcome

When members come forward and ask "can we help", you take advantage of this request and welcome them with open arms!

I have enjoyed making the chili for these many years, but it's time I retired and am very happy that Bill and Verdelle Wilson are stepping up to take on the "Every third Wednesday Chili and Muffin Day!" Be sure to drop in and enjoy their chili that I know will be superb and tasty to your satisfaction!

From Lila

Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday.

You are my people.

Answers to "unscrambling" on page 7.

1. Eat healthy foods. 2. Get regular exercise. 3. Drink lots of water daily. 4. Get enough sleep. 5. Learn something new. 6. Make time for hobbies. 7. Take time to relax. 8. Connect daily with friends.

Greetings from the 'Cookie Cutters'

Homemade baking continues to appear in the kitchen at the Seniors' Centre. You never know what treat might be offered on any given day! We all enjoy the variety of cookies, squares, cakes and scones that the bakers provide. Anyone interested in being a part of this group, please call, text or email Brenda. We'd love to have you join us. Brenda Charles at 604 379-0290 or email Charles.brenda@me.com .

Recipe this month is a reprint from April's newsletter. A few steps were inadvertently lost in the process.

SAVORY KALE SCONES

w/pumpkin and cheese. They didn't last long!



INGREDIENTS:

2 cups kale leaves, loosely packed
2 cups unbleached flour 1/2 tsp salt
1 tsp baking soda
1/2 tsp baking powder
1 Tbsp sugar 1/3 cup cold butter
1 egg 3/4 cup buttermilk

1/2 cup cooked squash in small dice
3/4 cup grated cheddar cheese

METHOD: Preheat oven to 375 deg., set oven rack in the middle. Steam kale for a minute or so, just to blanch. Chop kale finely, squeeze out excess moisture. You should have less than a cup.

BLEND flour, salt, baking powder, baking soda and sugar together and cut in the butter with a pastry blender. In a small bowl beat the egg and buttermilk and add to dry ingredients, mixing just enough to combine Drop by spoonful onto parchment lined cookie sheet.

Bake for 20 minutes until lightly browned. **Alternatively you can form into a round & score into 8 slices before baking. You may have to add a bit more flour to make it manageable & add 5-10 minutes baking time.**

Note: my apologies to Brenda, (our faithful contributor to this page) and those who wished to try this recipe. I omitted a paragraph in the method, here it is again. From Lila

THURSDAY LUNCH



CATHY'S & BRENDA'S CREAMY CLAM CHOWDER

LUNCH on FRIDAY



MIKE'S CHICKEN

with crew Betty & John



THE "HEALTHY" CORNER

Why your muscles are cramping

Another gift of age, a higher risk of muscle cramps, while generally harmless, such cramps can hurt—a lot—and temporarily immobilize you. Most muscle cramps develop in the leg muscles and disappear on their own. If you get them often, it could signal:

- **Inadequate blood supply.** Narrowing of the arteries that deliver blood to your legs can cause cramps while you're exercising. These usually subside after you stop.
- **Nerve compression.** Compressed nerves in your spine can produce cramp-like pain in your legs when you walk. Walking in a slightly flexed position (as you would when pushing a shopping cart) may dial down your symptoms.
- **Mineral deletion.** Leg cramps

may reflect a lack of potassium, calcium or magnesium in your diet or from diuretics often prescribed for blood pressure.

- **Underlying conditions.** Medical conditions that boost your risk of cramps include diabetes and nerve, liver or thyroid disorders.

To prevent muscle cramps, drink plenty of fluids, which help your muscles work properly. Eat foods that top up the needed minerals, such as bananas, spinach, sweet potatoes and avocados, stretch your muscles before and after exercising, or before bedtime if you get leg cramps at night. See a doctor if your muscle cramps occur frequently, cause severe discomfort or are accompanied by swelling, redness or skin changes.

Sources: Mayo Clinic, Long Island Spine Specialists



MAY 25 at 1:30 p.m.

~~ Some of the folks who walked last May ~~

Please join us for our Walk for Alzheimer's. We will meet at Berwick, Qualicum Beach, walk down the Dollymount trail as far as we like, then head back to the Berwick courtyard for coffee and goodies! Berwick Qualicum Beach and Berwick Parksville will join us.

We will form three teams. Each team will set up their own online fundraising online for Oceanside.

The online registration will be available by April 11 and a sign up sheet will also be placed on the bulletin board in case you're comfortable with going online,

You can sponsor our walkers by going online or by making a pledge with one of the walkers. So, please let us know if you would like to walk or just support one of the walkers. For further information, contact:

JUDY SOUTHERN at 250 240-7240

SENIOR'S ADVOCATE For British Columbia

Members of the QB Senior's Centre joined residents of the QB Berwick April 29, to meet and listen to Isobel's Presentation on health care for seniors, our local needs for medical professionals and other services and actions.

Isobel Mackenzie has over 20 years experience working with seniors in home care, licensed care, community services and volunteer services. She led BC's largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice and led the first safety accreditation for homecare workers, among many other accomplishments.

Her presentation was informative, interesting and frank and gave the audience a closer look at what is going on in BC, together with tips and advice. We came away from the meeting having a lot more resources at our fingertips.

Thanks to the ladies at Berwick for helping set up and supplying drinks and lovely muffins for Elevenses and to Lorne and Judy for arranging everything else.

From **BARB FREEDMAN**





The Bucket List Challenge is Back

Dates are being set for the middle of June to raise funds for Oceanside Hospice through the bucket list challenge. Once again you will have the opportunity to join us as we jump from a perfectly good airplane in a tandem skydive.



Judy and Norah, brave skydivers, 2019

Or, if this is not on your bucket list, you can still join us for a day of fun at the Skydive Vancouver Island facility in Nanoose for a pancake breakfast, barbeque lunch and events that will run all day that are suitable for seniors & families.

You will be able to sponsor your favourite jumper and Skydive Vancouver Island will donate a \$100 from every jump to Oceanside Hospice. Watch our bulletin board, newsletter, Facebook page or website for more information as it comes available.

To join the jump, contact **Judy Southern** at 250 240-7240.



BEGINNER BRIDGE DROP-IN LESSONS

This set of 10 drop-in lessons is for both the absolute beginner and the novice player wishing to upgrade their skills. Topics covered are: vocabulary, opening suit and notrump bids and responses, scoring, leads, signals, slams, the finesse and basic play of the hand. Student textbook will be provided.

WHEN: Thursdays, 9:30-11:30 a.m.

Starting May 11, 2023

Location: Qualicum Beach Seniors' lounge
703 Memorial Ave., Qualicum Beach
www.qbseniors.com

Cost: \$8 per lesson

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

Pre-registration not required, but you must be a member of Qualicum Beach Seniors. For more info about the lessons, contact the instructor.



NEEDED—SPECIAL HELP FOR A SPECIAL LADY

Larisa is a 76 year old gentle grandma who arrived in QB 2 weeks ago from Ukraine with her daughter and twin 11-year-old grandsons. She is happy and co-operative, but unfortunately, has advanced dementia.

As they each adjust to their life in their new country, boys now in school and daughter juggling the needs of her mother and twin boys. The host, Val Hemingway and the daughter of Larisa, would very much appreciate some respite time for Larisa for a few hours each week as the daughter pursues work to support her family and become independent.

Two hours from Monday to Friday either from 10-12 or 1-3 would be greatly appreciated. This is companionship only, either a visit, some music playing, a drive or a little exercise class. She is very mobile but does not understand English.

For more information contact: Val Hemingway at 604 230-4931 vhemingway5@icloud.com.

We often hear about the importance of exercise, but did you know that social health provides just as many benefits for seniors? Studies have shown significant health and wellness gains from socializing including better cognitive function, reducing stress and maintaining independence.

So ... Come to the Seniors' Centre!

Planned Events

MAY: Craft Sale, Victoria Day Tea

JUNE: Volunteer Luncheon

JULY: BBQ

AUGUST: Pancake Breakfast

SEPTEMBER: Fowl Supper

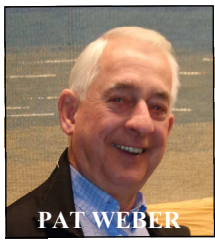
OCTOBER: Halloween Party

NOVEMBER: British Pub Night

DECEMBER: Christmas Tea/Dinner

Events subject to change

THE CENTRE IS ALWAYS looking for volunteers to Help / Organize an event. Let a member of the Board know if you would like to help out! Phone numbers on pg. 8.



PAT WEBER



Travel Talk

Watch the website: www.qbseniors.com for updates on all of the trips being planned



Thanks to Cynthia Crawford for submitting this schedule for all of us who are looking forward to viewing this special show.

ITINERARY for THURSDAY MAY 11, 2023 & SATURDAY, MAY 13, 2023

- Meet at **QB Civic Centre** ~ 9:00 a.m.
- Bus **departs** ~ 9:30 a.m.
- **Lunch** at The Old Farm Grill, Duncan (Theatre tickets will be distributed at lunch)
- **COME FROM AWAY**~ Royal Theatre, 2:00 p.m.
- Bus **returns** to QB Civic Centre
- **INCLUDED:** Bus transportation, lunch, theatre tickets and gratuities.



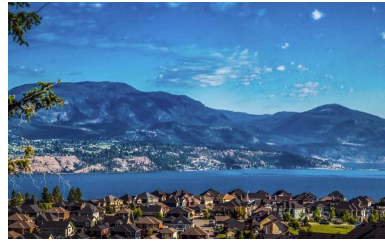
SQUARE 1 TRAVEL

Please check the travel board for the Square 1 trip to **CAMBODIA** and **VIETNAM** and the **Walking Tour of IRELAND**. The full itineraries for these trips are posted and bookings are directly with Square 1.

Spring is in the Air

Out my window, o'er the lawn
 I spy a robin on the wing.
 In a moment he is gone,
 Still, it's a sign that this is spring.
 The grass is white with morning frost,
 That yields before the rising sun.
 Another battle fought and lost,
 Old man Winter's on the run.
 Along the walkway to my door,
 The purple heather is in bloom.
 It's what we've all been waiting for,
 Release at last, from winter's gloom.
 The climbing rose bush sprouting leaves,
 Snowdrops and crocuses appear,
 As Mother Nature slowly weaves
 Her pattern for another year.

This poem is just one of Gus Barrett's taken from his (online) book of 'Poetry and Other Nonsense'. Gus was a long time volunteer at the Centre ... a pro at dishwashing! He spent his last years in Port Alberni, passing away a few years ago.



OKANAGAN GETAWAY With BBQ September 17-19

- ◆ Kettle Valley Railway with BBQ
- ◆ Okanagan Lake Sunset Dinner Cruise
- ◆ Wine & Beer Tasting

Enjoy our Okanagan Getaway to Kelowna and Summerland this fall. We shall cruise the Okanagan Lake and enjoy a buffet dinner. Visit historic Kettle Valley Railway with a BBQ lunch, stop at a local winery and brewery for tastings.

Watch the website or Travel Board for pricing and sign-up sheet.

ALASKA Holland America's 150th Anniversary September 30 to October 7th



Join us for this special Holland America Anniversary Cruise to Alaska. This venture will include return transportation from Qualicum Beach to Vancouver to board the cruise. Watch the website www.qbseniors.com or the Travel Board in the Centre for pricing and sign-up sheet.

Planning is in the Works

TRIP TO VANCOUVER



The Centre will be welcoming a Grade 2 class and teacher Bonnie Welers on **TUESDAY, MAY 9th** at 1:00 to 2:00 pm. The class is exploring various communities and has visited the Centre in the past. Members are welcome to drop in and help welcome them to our Centre.



1st Tuesday of Month

12:30 to 2:00

Free!

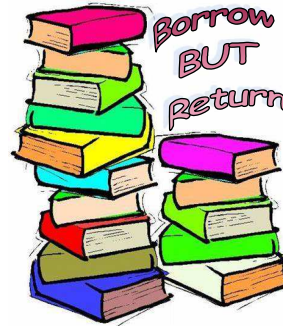
Old songs, bring music, sing, play, dance, watch, smile, have fun, reminisce, be happy?

Court Brooker, 250-951-2572, brook@shaw.ca



Can You Help?

Dagmar Aiken requires old magazines or calendars for a project with a lady who speaks no English. If you can help please email Dagmar at: fredag1@shaw.ca or give her a call at **250 757-9707**



ROSE, the Centre's long time "Keeper of the Books" Librarian is noticing the supply of **soft cover books** in the library is shrinking. Do you have book(s) you borrowed that haven't been returned?

We are pleased to have this library for everyone to enjoy and appreciate borrowed books brought back. Any soft cover books you may wish to donate to the library are most welcome, however, **NO HARD COVER** books please. Thank you for helping.

QUALICUM BEACH SENIORS' ACTIVITIES CENTRE

Volunteer & Members Handbook

QBSAC: What is it and What does it do?

Qualicum Beach Seniors' Activities Centre was incorporated in 1997, under the

British Columbia Society Act, as a Non-Profit Society

*Be sure to pick up a copy of our **VOLUNTEER & MEMBERS HANDBOOK***

*On the table across from the **Greeters Desk** contains valuable information on the organization of the **QBSAC***

Have fun unscrambling some habits to help make 2023 the best year possible

1. Tea lahethy odosf
 2. Tge largeru ceirxese
 3. Kridn stol of rawte idyla
 4. Egt uhgone pesle
 5. Arlne mingothes enw
 6. Ekma mite rof bohibes
 7. Etak mite ot xarel
 8. Netcccon idaly tiwh rinefsd
- Answers on page 3.

Qualicum Beach Seniors' Activities Centre ~ 2022-2023 MEMBERSHIP BENEFITS

1. Entry into monthly draw for a \$25 Quality Foods gift card Sept 2022-July 2023
2. 10% discount on all Vital brand products at The Source in Qualicum Beach
3. 10% discount in the pro shop at Brigadoon Golf Course
4. Jill Sawchuk Yoga is offering members who are interested in joining Jill's online Yoga community a discount rate for a 1-1 initial consultation—15% off! A private Zoom call can help to answer any questions about how to get started with online Yoga, or address specific questions or challenges you might be bringing to the practice. To book a 30 minute private session with Jill use this link: <https://go.oncehub.com/HealNowInt>
5. 10% discount at Fresh n Fabulous Flowers and Gifts
6. 10% discount on parts at Coast Auto Service (Brock Wag-
- ner) Qualicum Beach.
7. 10% discount at Arbutus Fashion and Lifestyles
8. 10% discount at Open Collar Men - a new men's clothing in Qualicum Beach
9. 10% discount at Sweet Dreams - The Bed & Breakfast Shop in Qualicum Beach
10. 10% discount at Gary's Bistro in Qualicum (excludes all beverages)
11. 10% discount at Boutique Flowers & Event Decor, 122B Craig St. Parksville
12. 10% discount Pacific Brim Cafe & Catering, Parksville (excludes alcohol)
13. \$49.95 Peace of Mind Inspection (regular \$80) at Stanford Auto Centre, Parksville
14. 5% discount at United Floors in Parksville



NEW MEMBERS

- | | |
|--------------------|------------------|
| Sue Ilenseer | Verrall Feeney |
| Walter Ilenseer | Don Barnes |
| Leigh Winter | Merv Ganie |
| Paula Batson | Joyce Shackleton |
| John Batson | John Hepton |
| Janet Quinn | Sheila Hepton |
| Charlene Fisher | Dorothy Spence |
| Paul Schmid | Simone Kehl |
| Cynthia Basarab | Alan Barry |
| Pauline Vandermoor | Susan Barry |

"We look forward to getting to know you"

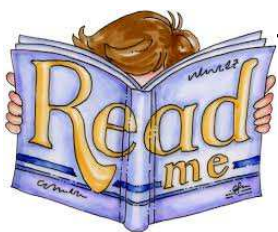
CONGRATULATIONS

PAUL SCHMID

Winner of our monthly draw for a
GIFT CARD from



With Thanks



...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 & phone:

Starting May 1st, 2023 the Centre is issuing **MEMBERSHIP** for the August 1, 2023, 2024 year. This advance issuing provides an additional three (3) months for the next year. Existing memberships (yellow card) expire July 31, 2023, so there's is plenty of time for members to renew.

Qualicum Beach Seniors' Activities Centre
705 Memorial Avenue - 250-752-0420

Time to Renew
and until July 31, 2024
This card is your official receipt

For the Young at Heart

Centre News

Year to date as of March 31, 2023

* * *

964 Members – 865 Regular, 74 Complimentary,
23 Life, 2 Honorary
To Feb.28, of the 865 Regular
411 were New Members

There's nothing scarier than that split second when you lose your balance in the shower and you think "THEY ARE GOING TO FIND ME NAKED."

APRIL WINNER: Betty Bettam

Logo found on page 7: **RSVP**
THANKYOU everyone for keeping this 'fun logo find' alive, your participation is much appreciated.



Board of Directors

*

**2022
2023**

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	Anne Sharp	752-9771
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499
Electronic Media	Court Brooker	951-2572
Director at Large	George Wimmer	594-7840

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