Qualicum Beach Seniors' Activities Centre



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. to 3:30 p.m.

Happy Valentine Day

VOLUME 25 ISSUE 2

FEBRUARY 2022

250 752-0420



We are all getting very impatient to get back to our normal routines. Adding to that is the prolonged lack of sunshine.

We are all hoping that we could announce that the Centre would open at the end of January. As you were in-

formed in an email from the Centre, this is not to be.

Bonnie Henry has announced that if possible Covid restrictions may be lifted on Family Day. That would mean we could open on Tuesday, February 22nd.

When Island Health allows it, we will be fully prepared to open the Centre. As well, you can look forward to

some very interesting events and travel excursions that are being planned. Until then let's help each other keep our spirits up ... the day is coming!

OUT TO DINNER?

Well, **DeeZ Restaurant** is open once more—BUT COVID has put the damper on us at the moment. We could still plan for perhaps, an Irish theme and go as a group in mid-March.

QUESTION:

Would you like me to hang on to your \$25? OR would you like a refund? **If a refund is your choice, please call JUDY SOUTHERN at 250 752-5586.

RE-OPEN PLANNING

The board of directors of the Seniors' Centre met Thursday, January 27, and initiated planning for the re-opening of the Centre. The directors agreed to tentatively set February 22 as the date to re-open, provided Vancouver Island Health grants the necessary approvals. The Board will arrange for the cleaning and inspection of the Centre to provide a safe and healthy environment as the members return.

POTENTIAL VOLUNTEER INVOLVEMENT

- ❖ ACTIVITIES: Judy P. 250 752-6837
- FACILITIES: Barry 250 248-9286
 Ian 250 752-8499
- ❖ MEMBERSHIP: Dianne 250 586-1904
- ❖ NEWSLETTER: Lila 250 752-6489
- ♦ HISTORY: Ann 250 752-5537
- ♦ KITCHEN: Jan 250 686-6348
- ❖ GREETERS: Shirley 250 594-6119
- ❖ WEBSITE & ITS MANAGEMENT: LES 250 752-7971
- ❖ OTHER: Pat 250 951-1159

GROUNDHOG DAY FEB. 2nd





Well, 'Phil' wakes up and sneaks
out of his hollow,
checking the weather is his task.
Spotting his shadow means
six more weeks for him to wallow!
But if his shadow doesn't appear,
Spring's in the air we happily cheer!
Enjoy a Happy February Everyone!



*PAT who promotes the Centre on 'The Beach', 9 am every 2nd Monday a month ...be sure to tune in!

*Diane and Maureen who, in spite of the closure, kept updating the membership.

*Barry and lan looking after the facilities.

*ROSE who kept the library updated (when we were open the last time). Was great to have a look for something to read!

*WIN for keeping up with her "sunshine" duties.





VISIT qbseniors.com FOR UPDATES ON ACTIVITIES **DURING CLOSURE OF THE SENIOR CENTRE**

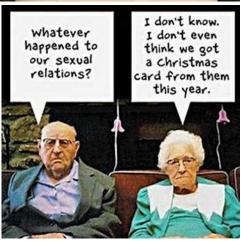




An iceberg flipped upside down







From p4. 1. Lucky break. 2. Trafalgar Square. 3. The price is right. 4. Total loss. 5. Swear on a stack of Bibles. 6. Negative attitude. 7. Turn of the century. 8. Double or nothing. 9. Bet ones bottom dollar.

KITCHEN NEWS

The delicious baked goods we had planned enjoy before to Christmas are still in the freezer, waiting to be thawed and enioyed.

Hopefully, we will open the centre soon and be able to finally enjoy the treats with a Cup of Coffee or tea! THANK YOU once again to our 'Cookie Cutters' baking group.

P.S. when an opening date is definitely decided upon, you wonderful volunteers may expect a phone call!

RAVEL

Pat has kept himself busy planning things to do to get us out of town. We'll look forward to getting on that bus! Janie is advertising day trips in February and March. Of course, you need to contact her directly Via phone (250 714-2855) or email janie@janiesbus.ca regarding any of the Janie's Bus Travels. I would think that, after this dreary winter, a great many of us are ready to get 'out 'n

More info: see page 4.

CONGRATULATIONS MAUREEN JAMES Winner of our monthly draw for a

\$25 Gift Card from P Quality



Thank You Quality Foods

ELCOME NEW MEMBERS

ROBERT CORBEIL AMANDA GRIESBACH **NORMA WITALA**

JANET ROBBIN SANDRA READ **TERRY WRIGHT**

Billy Bob and Lester were talking one afternoon when Billy Bob tells Lester, "Ya know, I reckon I'm about ready for a vacation. Only, this year I'm gonna' do it a little different." "The last few years I took your suggestion as to where to go three years ago, you said go to Hawaii. I went to Hawaii and Marie got pregnant."

"The second year you suggested Tahiti and darned if Marie got pregnant again."

Lester asked Billy Bob "So what are you gonna do this year that's different?" Billy Bob replied "This year I'm takin' Marie with me."

Commandments for Seniors

- 1. Talk to yourself. There are times you need expert advice.
- 2. "In Style" are the clothes that still fit.
- 3. The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- 4. "On time" is when you get there.
- 5. Even duct tape can't fix stupid—but it sure does muffle the sound.
- 6. Lately, you've noticed people your age are so much older than you.

- 7. Growing old should have taken longer.
- Ageing has slowed you down, but it hasn't shut you up.
- 9. You still haven't learned to act your age and hope you never will.
- 10. "One for the road" means peeing before you leave the house.
- 11. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free, and three sizes smaller

YOUR REASSURANCE 1/2 of age 60+ folks have symptoms that are due to age rather than disease. Most common are: go into a room and don't remember why. Blank memory for a movie title, actor, names. Waste of time searching for glasses or keys. You do not have Alzeheimer's! The more we complain about memory loss, the less likely we are to suffer from memory loss. Consult the little neurological test below...use only your eyes.

Find the C

Find the 6

A tougher one ... find the N

If you found the C, 6 & N, you passed the tests without a problem. You can cancel your annual visit to the neurologist, your brain is in decent working shape and you are far from having any relationship with Alzheimer's.

F

Fun to be Born in February

The February-born
shall find,
Sincerity and peace
of mind.
Freedom from passion
and from care,
If they an amethyst
will wear.
Free from passion,
care and strife,
If an amethyst she
cherish all her life.
Author unknown

Roses are red, violets are blue.'
That's what they say, but it just isn't true, because roses are red and apples are tro.
But violets are viole. Malets aren't blue. An orange is orange, but Greenlands not green. And a pinky's not pink. So what does it mean? To call something blue when it's not, we defile it. But ah, what the heck, It's hard to rhyme violet.

Author unknown



WIN GAETZ is the Centre's SUNSHINE LADY

If you know of someone who may be feeling ill, in hospital, grieving? Be sure to call Win at: 752-9229

She will be happy to Send them a card



Do you ever get the urge to start organizing and then 2 hours later you're just looking around at a mess like... what the heck have I done?

THE 'HEALTHY' CORNER

Are you surprized to learn that the leading cause of hospitalization in older adults is a fall from a standing height?

There is no single reason why people fall. If there was, we would of course work to prevent it. In many cases, there are multiple risk factors which can increase the risk of falling. Reducing these risk factors applies to everyone, not just seniors, however, with seniors, the consequences of a fall can be more severe. Falls cause 90% of hip and wrist factures.

Perhaps the easiest way to prevent falls is to have your eyes checked on a regular basis. Vision issues or incorrect glasses can make judging distances difficult. It can also make obstacles like stairs or curbs, hard to see. Regular exercise increases lower body

FALL



PREVENTION

strength & helps improve balance. You don't need to start jogging or swim endless laps to improve muscle strength and balance. Try tai -chi, chair yoga, line dancing (offered right here at the Senior Centre) or pole walking. Exercise is also social and can make you feel better, but this is just an added bonus.

Make your home safer...the best place to think about fall prevention. Here are a few ideas to increase home safety.

Ensure there is proper lighting in all areas of the home, especially around stairs.
 Use non-slip mats in the bathroom and on shower floors. Use double-sided tape on the bottom of throw rugs.

- Keep frequently used items in easy to reach places, avoid using step-stools.
- Consider grab-bars or tub handles in the bathroom and around the toilet.
- Have a night-light in areas where you walk at night.
- ♦ Keep pathways wide and clear of clutter.
- If you have pets, ensure they are not underfoot before walking.

Check with your *Pharmacist to see if any medications increase your risk of a fall.*For example: If on blood pressure medication, stand still for five seconds when you stand up. Never jump up and race to answer the phone or doorbell. Wait five seconds before you start walking. Learn more: finding-balancebc.ca a great resource for preventing falls.



Talk with Judy and Pat

Start Packing!

Get ready for the spring get-a -way casino tour planned by Forest Coach Tours for APRIL 11 to 14th

- ◆ 4-Day trip leaves from Qualicum Beach and travels to Langley.
- 3 nights accommodation at the Coast Hotels
- ♦ Visits to the Cascades Casino. Hard Rock Casino and Starlight Casino

- ◆ All hotel rooms and casinos are non-smoking.
- ♦ Includes bus, ferries, accommodations, side trips, and breakfast coupons.
- ◆ The poster for this tour is our website o n www.gbseniors.com and more information through Forest Coach Tours.

www.forestbustours.com or 250 **248-4525**.

Price \$674 plus GST

COMING SOOM

- ♦ Overnight bus tour to **BUTCHART GARDENS** with accommodation, dinner in the gardens, fireworks and breakfast.
- ♦ West Coast Tour. Deluxe Coach to PORT ALBERNI, return travel on the Frances Barkley to Bamfield. Includes lunch and then bus back to Qualicum Beach.
- **♦ FRASER RIVER PADDLE WHEEL JOURNEY**. Overnight deluxe coach travel to New Westminster Quay, overnight at the Inn at the Quay, enjoy lunch on the paddle wheeler as you travel up the Fraser to Fort Langley for a tour. Return travel includes ferry expenses and a mystery stop on the way home.

OBJECT: discern a familiar phrase, saying, cliché or name from each arrangement of letters. Answers p. 2.

Luc ky	TRAFALGAR	3. price
4. L +0 \$\$	5. Swear Bible Bible Bible Bible	- attitude
7.	or O Or	9. bet one's dollar





SIDNEY by the SEA-MARCH 10th,

8:00 am to 5:30. Self guided, WALK-ER FRIENDLY. Learn about the different creatures that live in the Salish Sea at Shaw Discovery Centre (not includ-



ed). Walk along the waterfront. Shop, Lunch will be at a restaurant of your choice or bring a bag lunch. \$75 + tax, meals not incl.

BAMFIELD/FRANCES BARKLEY—MARCH 17

6:00 am to 7:00 pm. Sail down the Alberni Canal to Bamfield. Stops at different camps & cottages delivering supplies along the way. Spend an hour in Bamfield before heading back. May see bears, eagles and whales. \$175 plus tax.

Meals not included

VICTORIA—MARCH 15th and 25th 8:00 am to 5:30 pm. WALK-ER FRIENDLY. Poke through the shops and eat in one of the many restaurants. Visit the museum or IMAX. Visit friends or family, people watch on the waterfront. Try your luck at the casino. Stop at one of the farmers markets on the way home.

\$75 plus tax, meals not included



TOFINO/UCLUELET PACIFIC RIM WHALE FESTIVALS & WHALE WATCH with Jamie's Whale Watching on the LUKWA. MARCH 20th 8:00 am to 8:00 pm, WALKER FRIEND-

LY. Bring a lunch, spend time at the beach, in Tofino for lunch, shop, enjoy activities throughout the town or go whale watching for 2-1/2 hours on closed-cabin boat. Later visit Amphitrite Point, may see whales. \$85 for the days, + tax.

\$185 for whale watch and trip + taxes. Meals not included

SOOKE METCHZEN—MARCH 19th.

8:00 am to 5:30 pm. **NOT** WALKER FRIENDLY. Matheson and Sooke. We will check out the area, have lunch at Metchzen Café, Pot holes, Sheringham



Lighthouse, Whiffen Spit. \$85 + taxes, meals not included

	Y	President Past President Secretary Treasurer	Lorne Tetarenko Pat Weber Bonnie Evoy John Telfer DIRECTORS	752-5630 951-1159 248-7691 240-9609
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	Directors		lan Blaikie AFFILIATES	752-8499
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