

Merry Christmas

I believe the words from the president should be brief and positive. Today that will be a real challenge.

This has been the year that has seen the Covid pandemic affecting every aspect of our society. Unfortunately most of this has been negative. Hopefully we will have learned about our strengths and weaknesses. For example: A strength has been the leadership shown by our Health system, We have learned that the real people who matter are not sports heroes or our entertainment idols, but the Bonnie Henrys of this world.

Another strength is the contribution of our charities and local businesses. There are many, but I will mention only two that are neighbours of the Centre:



**Lorne's
Literary**

Quality Foods and the Courtyard Café. As to the weaknesses, I leave that to the media who dwell on them every day.

Our Centre has been active from the start of the pandemic. Pat Weber, our President at that time, engineered many

initiatives to keep the activities going for our members.

He worked closely with Island Health and Work Safe BC. The relationship that was developed will allow us to proceed effectively in the future.

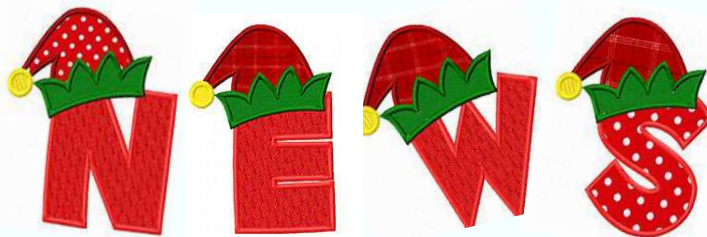
He will give more detail as to what was accomplished.

A special season is coming. Christmas will be a difficult time for those of us (myself included) who will not be able to spend time with our families. But, let's not despair, there is light at the end of the tunnel.

This pandemic will end, there will be a vaccine. Until then, we can look on this as an opportunity to reach out to others, let them know they are not alone, that we care.

**Season's Greetings
to all members
of the Senior Centre
from your
Board of Directors.
The need for cheer and
good will to all men
is greater than ever.
Warm Christmas
wishes from our
hearts to yours.**

Qualicum Beach Seniors' Activities Centre



for the Young at Heart

Box 103, 703 Memorial Ave.,
Qualicum Beach, BC
V9K 1S7

<http://www.qbseniors.com>
qbseniors@shawbiz.ca

~ OPEN ~

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

Closed until further notice

Centre Activities

**FOR
UPDATES
ON ALL
ACTIVITIES
DURING COVID
19, PLEASE
CHECK OUR
WEBSITE at
qbseniors.com
The Centre is
CLOSED
UNTIL
FURTHER
NOTICE**

**Lockdown can only
go 4-ways. You'll
come out a monk,
a hunk, a chunk
or a drunk.
Choose wisely!**

**NOW THAT I'VE LIVED
THROUGH AN ACTUAL PLAGUE,
I TOTALLY UNDERSTAND
WHY ITALIAN RENAISSANCE
PAINTINGS ARE FULL OF
NAKED FAT PEOPLE LAYING
ON COUCHES.**

BEST EVER SENIOR CITIZEN JOKE!

A little silver haired lady calls her neighbour and says, "Please come over here and help me. I have a little jig saw puzzle and I can't figure out how to get started."

Her neighbour asks, "What is it supposed to be when it's finished?"

The little old silver haired lady says "According to the picture on the box, it's a rooster". Her neighbour decides to go over to help with the puzzle. She lets him in and shows where she has the puzzle spread all over the table. He studies the pieces for a moment and says, "First of all, no matter what we do, we're not going to be able to assemble

these pieces into anything resembling a rooster". He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea" and then he said with a deep sigh see **page 6 for more.**



Just one of the outstanding beautiful carvings by talented people in our world

A CANADIAN went into Tim Hortons and noticed there was a "Roll up the Rim to Win" contest. So, he rolled up the rim of his coffee mug and started yelling "I've won a motor home, I've won a motor home"! The girl at the counter said "that's not possible. The biggest prize is a car." "No, it's not a mistake, I've won a motorhome." He handed the cup to the girl who read 'WIN A BAGEL'.

COVID 19 SHUT DOWN from CHRIS and the NEEDLEWORK GROUP

We have kept in touch with members through email! Many thanks to Anne Hill. We have continued to support our own favourite charities with shawls, lap blankets and knitted squares for blankets. This time of year we are supporting the Community Meals Program at St. Stephen's Church with mittens, toques and socks for their guests. Hoping 2021 will bring near normal activities.



MORE REASONS WHY WE LOVE CHILDREN

KETCHUP: A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

BIBLE: A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object. "Mama, look what I found" the boy called out. "What have you got there dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

Fun with English Heteronyms



From page 4.

1. 3 wise men.
2. Space invaders.
3. Sailing the seven seas.
4. Feeling under the weather.
5. Bend over backwards.
6. Split level.
7. Laid back.
8. Too young to drink.
9. Return ticket.
10. Unfinished symphony.
11. Scrambled eggs.
12. weeping willow.
13. bring back to life.
14. History repeats itself.
15. Out of court.
16. Bermuda triangle

1. The bandage was wound around the wound.
2. The farm was cultivated to produce produce.
3. The dump was so full that the workers had to refuse more refuse.
4. We must polish the Polish furniture shown in the store.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his tasty dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present to his girl friend.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object when he showed me
11. The insurance was invalid to the invalid in the hospital bed.
12. A sow escaped the sty and ate the seed the farmer planned to sow.
13. I broke a number of bones in my left hand, it's number than the right.
14. I stood on the bow of the ship with my bow and arrow.
15. I must record the music on this record.



Travel Talk

3



ELAINE MAY

I would like to say hi to all members. My name is **Elaine May** and I am the new **Travel Coordinator**. My assistant is **Christiane Kerr**. Please feel free to contact me with any ideas you may have regarding places you would like to travel to

at 778-886-0045. elaineathome@shaw.ca. I also want to say a **BIG THANK YOU** to **Judy Southern** for all her hard work over these several years. Christiane and I wish you all a Very Happy and Healthy Christmas



Travel Note from Judy

As I mentioned in November's Newsletter, I am so very grateful to **Elaine May** for taking on the position of the Centre's **Travel Coordinator**. I promised her that I would make a small contribution this month as well.

COVID 19 is certainly taking its toll on any activities we might hope to have. Janie has somehow kept her bus on the road. We all hope this will continue—but it is somewhat unnerving to watch the numbers climb rather than decrease.

I noticed in last Saturday's Victoria Times-Colonist that **Mile Zero Tours** is offering trips beginning in March and **Wells Grey** actually has one at the end of January to **Banff**. Any-one for lots of snow this winter? Their next is in **April** to see **Shen Yun**—which, of course, was cancelled last year (when this coronavirus was just getting started!)

Happy Travels everyone—even if they are vicariously!

Stay safe and have a Happy Holiday Season.



Bus travels from Janie

Just to bring you up to date on my little Bus Company. I love my tiny bus. I am sure you all are going to love her too. She runs soft and quiet and I hear the seats are comfortable. High back seats with seat belts. A little bit of a climb to get in, but worth it. Above that, she's cute as the dickens!

Next, and finally this part hurts and there will be tears. My sweet, noisy (*not the best of seats*) bus is almost at the end of the trail. Not sure of my next move, I just know it will be expensive to get her back on the road again. A large amount of money to repair and question is, will it be feasible?

Happily we have the 14 passenger that I've run half empty since June. So, pray like crazy that we get back running by Dec. 7th.

Think happy thoughts and hopefully this pandemic will be over very soon.

Under the present rules put forward by Dr. Bonnie Henry, JANIE cannot offer any bus trips until December 7th. After that, it depends what the new rules will be. In case bus trips are allowed, JANIE will advise us and we will send emails to our members.



Penguins - I never knew this!

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they all go?

Wonder no more! It is a known fact that the penguin is a very ritualistic bird and lives an extremely ordered and complex life. Penguins are extremely committed to their family and will mate for life, as well as maintain a form of compassionate contact with their offspring throughout the remainder of their life.

If a penguin is found dead on the ice surface, other members of the family and their social circle dig a hole in the ice, using only their vestigial wings and beaks until the hole is deep enough for the dead bird to be rolled into and buried. After packing the ice back in the hole, the male penguins then gather in a circle around the fresh grave and sing: continued on page 6.



Thank you for allowing us to use the Centre Activity Room for practices. We wish you all a Happy Christmas Season and all Good Things in 2021
The Ramblers

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

I STILL HAVE A LANDLINE.

OR AS I LIKE TO CALL IT, "A CELL PHONE FINDER."

Judy is also the director of the Qualicum Beach Ukulele Band and teaches the Line Dancing class ... just a couple of the talents she has teaching seniors to enjoy exciting and fun activities that helps us all to "stay young"!

Please check website www.qbseniors.com for contact information, possible changes due to Covid and for online activities via Zoom

Qualicum Beach Community Hall						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:30 – 12:30 Jill's Yoga 1:00 – 2:00 Line Dancing				11:00 – 12:00 Jill's Yoga 12:30 – 2:15 Ukulele 2:30 – 3:30 Dance Practice	
<div style="background-color: red; color: white; padding: 10px; transform: rotate(-5deg); text-align: center;"> ALL ACTIVITIES listed on this page <u>EXCEPT YOGA on Zoom</u> are TEMPORARILY SUSPENDED </div>						
Civic Centre						
			10:00 – 11:00 Hatha Yoga			10:00 – 11:00 Hatha Yoga
Qualicum Beach Seniors' Activities Centre						
		10:30 – 12:00 Ukulele	1:00 – 3:00 Bridge 3:30 – 5:00 TOPS 6:30 – 8:00 Oceanside Acappella Choir		1:00 4:00 Ramblers	

For online Zoom activities check our website: www.qbseniors.com



Please save these 2 pages for your information

Acappella Choir directed by Leslie Hoffman at QBSC: Wednesday 6:30 – 7:30 p.m.
Marion Clark: oceansideacappella@gmail.com 250-468-9280

Bridge with Lorne: Wednesday 1-3:00 pm
Lorne Tetarenko: lorne-tetarenko@shaw.ca 250-951-9050

Cardio dance: Thursday 9:00 a.m. - Zoom registration on qbseniors.com

Cooking with Ruby: Zoom registration on qbseniors.com
Mondays Nov. 9- Dec.7 3:30 p.m.

Judy's Line Dancing: Monday 1-2 p.m. and Friday 2:30-3:30 p.m.
Judy Palipowski: judypalipowski@gmail.com 250-752-6837

QBUB Ukulele: Friday 12:30 - 2:15 p.m.
Catherine Khan: mckhan2@shaw.ca 250-752-9082

Ukulele at QBSC: Tuesday 10:30-noon - registration closed at this time
Maureen James: maureenjames@shaw.ca 250-594-6071

Yoga with Jill : Monday 11:30 a.m. and Friday 11:00 a.m. - current sessions are full
Jill Sawchuk: sawchukjill@hotmail.com 250-951-5455

Hatha Yoga: Wednesday 10:00 a.m. with Margaret Castenmiller
Saturday 10:00 a.m. with Bonnie Evoy - current sessions are full
Margaret Castenmiller: mjmjcastenmiller@gmail.com 604-961-2376;
Joanita Fernandes for Margaret's class joanita.2406.jaf@gmail.com 250-594-4194;
Bonnie Evoy: tangledandark@hotmail.com 250-248-7691

NOTE: These activities will resume once the Covid situation is under control.





WELCOME HENDRIK VERKERK to the Board of Directors. Henk is Director at large and has vast experience to bring to the board. He was born in Holland and emigrated to Canada in 1954. Raised in the Niagara peninsula area, served with the Canadian Armed Forces, and ended up in BC in 1974. Lived in Vernon until 1993 and then moved to Parksville. "I have too many interests to list, but suffice to say, I am very active playing Ukulele with different groups".

The **Tuesday morning Ukulele group** has had a very interesting year coping with and coming up with different strategies dealing with Covid 19, so we could keep playing as a group. It started with Zoom get-togethers last March/April and then as the weather improved, we met outdoors at different locations.

When the Seniors' Activity Centre re-opened at 10-2:00 pm

every Wednesday this fall for membership renewals and the weather changed, we were meeting there once a week.

Since this last Covid 19 up-spike however, we have decided to "play" a wait and see tune and hopefully we can begin playing together soon.

from Henk

...my thanks ...to **JULIE LAVIOLETTE** for her "Christmas Season greeting" running on the front page, and **PAT WEBER** for the great pictures gracing pages 6 and 7. Also to **JUDY SOUTHERN** for her continuing contributions to the NL. **LORNE**, as president takes on this duty and **ELAINE & CHRISTIANE** with travel info..all so helpful to keep the newsletter alive. **ALSO** to all of you who have spent many Wednesdays throughout the Fall welcoming new members and those renewing their memberships. Your efforts are very much appreciated. *Items from activity leaders is always appreciated and of interest to our readers.* Enjoy a special Christmas and a Happy New Year from Lila



from page 2. "Let's put all the Corn Flakes back in the box."

Penguins, from page 3.

"Freeze a jolly good fellow,"
"Freeze a jolly good fellow."



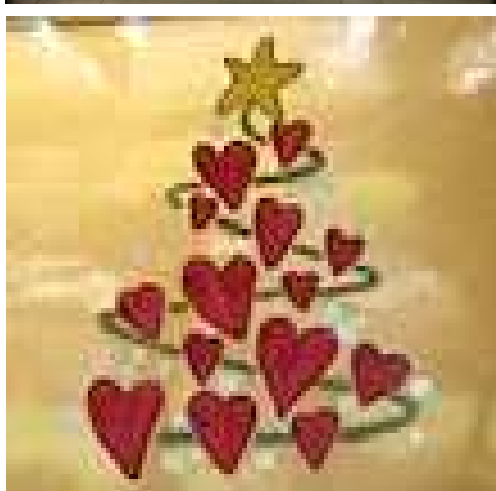
You really didn't believe that I know anything about penguins, did you?

It's so easy to fool us OLD people! I am sorry, an urge came over me that made me do it!! Oh, quit whining; I fell for it too! too!

From anonymous



It's beginning
to look
a lot like
Christmas



... right here at the Centre! **JULIE STARKEY** is busy displaying her artistic talent as she decorates the windows of the QB Senior Centre.

Drop by and take a look at the full eight window display. They are fantastic!





Many of you knew my late wife, Irene, who was very fond of visiting the Seniors Centre. We grew up in Scotland where I obtained my designation as a Chartered Accountant. In 1973 a few years after marriage, we moved to Canada, living in Ontario for nearly 35 years and then Alberta a few years before we decided to move to Vancouver Island in 2010 where we had the ten best years of our lives.

We **WELCOME JOHN TELFER** to the Board of Directors taking on the valued position as Treasurer.

HUGE THANK YOU'S ...

...to all of you who signed the sheet 'protesting' the Over 80 Drivers' mandatory exam. I will keep everyone up to date on our progress!

My next step is a visit with Adam Walker, our new M.L.A. If you have any thoughts, please email me at jnsouthern@shaw.ca. **AND ...**

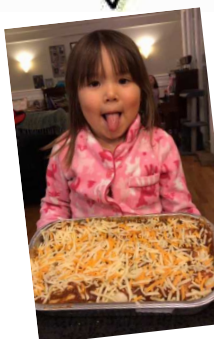
...to the 16 ladies who filled a Good Samaritan Shoebox this (crazy) year.

As a rule the Centre is open making it an easy task to pick up and drop off. Thanks to all of you who made a special trip to pick up and return your box. The children who receive them will be so very grateful. A shoebox full of wonderful Christmas wishes to you all
Judy Southern

RUBY KIM is the instructor for 'The Kid's In The Kitchen' online cooking lessons. Her program is 'What's Cooking with Ruby' and her broadcast this week involved



kids, their parents and grandparents from our area and as far away as Seattle and Toronto. She just completed week two of the five week program. Today's lesson featured Mexico and she prepared guacamole, enchiladas, Spanish rice and a salad. The "Kids" shown here were obviously enjoying what they are cooking.



...looking for a 2021 calendar?
















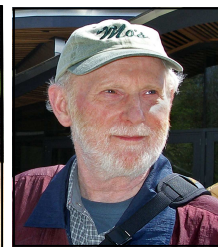
Just one of the lovely photos in *The Gardens Calendar* they produce for only \$20 with funds going to Hospice, a most worthy recipient.

Call Hospice at 250 752-6227 and they will be happy to see you can pick up a calendar from them. Unfortunately, the **SHRINERS** will not be producing their annual calendar this year. Will be missed by all!

FIGURE THESE OUT! ANSWERS ON PAGE 2

1. YYY MEN	2. VAD ERS	3. SAILING CCCCCCC	4. THE WEATHER FEELING
5. BEND DRAW DRAW DRAW	6. LE VEL	7 DIAL	8. YOUNG YOUNG DRINK DRINK
9. TEKCIT	10. SYMPHON	11. GSEG	12. PING WILLOW
13. BRING EFIL EFIL	14. HISTORY HISTORY HISTORY	15. OU T C R	16. B AE DUMR

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As affiliates, **WIN GAETZ**, is the centres "Sunshine" person at the centre, mailing cards, phoning those members who are feeling under the weather, lonesome etc. checking on them; an important focus of the centre. **LES McLEAN** has spent hours and hours as **Web-master**, revamping the centres website AND it is looking wonderful! **THANK YOU** to you both for your valuable dedication to these positions.



CONGRATULATIONS to GLORIA PAUL,
lucky winner of the monthly

\$25 Gift Certificate from

You could be the next



winner as the names of all currently registered members are eligible for monthly draws until July, 2021. So do check your renewal status to take advantage of this offer and other benefits.

CORONA PRECAUTIONS
I went to the bathroom at a restaurant.
I washed my hands.
Opened the door with my elbow.
Raised the toilet seat with my foot.
I switched on the water faucet with a tissue.
Opened the bathroom door to leave with my elbow.
And when I returned to my table I realized.... I forgot to pull up my pants!!!

DEADLINE FOR JANUARY NEWSLETTER
Wednesday, December 30th. lilapat@shaw.ca

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