

For the Young at Heart



Volume 26 Issue 1

JANUARY 2023

250 752-0420



FROM LORNE

Goodbye to 2022 and hello to 2023.

I firmly believe that 2023 will be a banner year for Islanders in general and Oceanside in particular.

This is certainly true of our Centre. For example, we have the most new members we've ever had & the most volunteers.

You will see from our activities calendar that most available times are booked, including evenings and weekends.

A New Years Resolution?

Smiling is infectious
You catch it like the flu.
When someone smiled at me
today, I started smiling too.
I passed around the corner
And someone saw my grin.
When he smiled, I realised
I'd passed it on to him.

I thought about that smile
And realised it's worth.
A single smile just like mine
Could travel around the earth.
So if you feel a smile begin
Don't leave it undetected.
Let's start an epidemic quick
And get the world infected!

Spike Milligan



Our fall events were quickly sold out, and there are many events and travel opportunities being planned for 2023.

The first is Robbie Burns night and to accommodate as many people as we can, arrangements have been made to hold it at the Legion.

May 2023 be a banner year for each and every one of you.

... moving forward ?

As we start another year, we all tend to wonder what it will hold. Sometimes we are glad to leave the old year behind us, to forget its worries and its problems, and to set out hopefully on a new journey.

The last year, of course, had its highlights and its happy times and left us with some pleasant memories. Perhaps, we are not quite so eager to dismiss them.

However, we need to move forward and these delightful words by T.S. Eliot sum it up so well: "For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning."

If there has been some kind of ending in your life, perhaps now is the time for a new beginning.

I hope it will be a successful one for you, and a year of peace and goodwill for us all.

Courtesy: The Friendship Book

ROBBIE



BURNS

Saturday, Jan. 21, 4 pm

at the LEGION ~ \$35 pp

- ◆ Sign-up list is posted on the activities board.
- ◆ Shepherds Pie, haggis, plus all that goes with it.
- ◆ Entertainment by the Junior Highland Dancers.
- ◆ Haggis addressed by John Telfer.

- ◆ Deposit cash/cheque in envelope provided at sign-up time please.
- ◆ Dance to music by the Ramblers.
- ◆ Door prizes.
- ◆ Lots of parking. Enter at the back of the Legion and check in with the greeters.

Senior Centre

Activities

~ SUNDAY ~

CONTRACT BRIDGE - 1:00 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
sallyjagger@gmail.com

SONGBIRDS
2:30—4:30
Lynn Beamond
lbeamonde@shaw.ca

RAMBLERS PRACTICE
6:00—8:30
Lila Greene 250 752-6489
lilapat@shaw.ca

CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Liz Moore
10:00-11:15 - \$8 a session
250 248-4166
lizzieandpat@shaw.ca

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



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



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

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

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:
oblt.ca/calendar
**Every
Thursday
1:30-3:30**



**FEBRUARY NEW & LETTER
DEADLINE**
Friday, January 27
lilapat@shaw.ca

what's cookin'?



LUNCH on MONDAY



MIKE'S QUICHE

with crew
Barry
& John



(Every 3rd)
WEDNESDAY
January 18
Lila's CHILI



w/Corn Meal Muffin

LUNCH on FRIDAY



MIKE'S CHICKEN

with crew
Bette & John



News from the 'Cookie Cutters'

Happy New Year to everyone! It was a busy month leading up to Christmas with lots of baking. Hope you are all fat and happy and ready for the new year.

The Cookie Cutters group are gearing up for another year of providing baking for the kitchen at the Senior Centre. Come for a visit and a snack!

If you are interested in helping out with the baking, please call/text or email me: Charles.brenda@me.com or 604 379-0290.

On the off chance you are getting low on treats, there is an easy no-bake cookie that is pretty healthy. Recipe follows below.

Chocolate Oatmeal Coconut Clusters

2 cups sugar 6 TBSPs cocoa powder
1/2 cup 2% evaporated milk
1/3 cup butter 1/2 tsp vanilla
3 cups quick cooking rolled oats (not instant)
1 cup sweetened shredded coconut
In medium pot combine sugar cocoa milk and butter. Cook and stir over medium high heat until mixture comes to a boil. Boil for one minute, stirring constantly.

Remove from heat and stir in vanilla. Add rolled oats and coconut, mix well and drop by tablespoons full onto cookie sheet lined with parchment paper. Refrigerate until firm, about 30 minutes. Store in airtight container in the fridge or at room temperature.



HEATHER, one of our greeters in the Christmas spirit!



MANY, MANY THANKS to everyone who donated to the Food Bank.

The people there were most appreciative and grateful



MICE TREATS created by Brenda Craig folks at the Christmas Tea enjoyed...chocolate kisses, chocolate covered cherries with peanut ears, and tasty too. !!



HUGE THANKS to Kathleen Kennedy who created and donated these gift baskets for door prizes at the Christmas tea. Your thoughtful generosity is very much appreciated.

Merry Christmas



At The Centre

'FUN SWEATER' WINNERS



**Door Prize
Barbara Tesluk**

TO YOU ALL. The accolades need to be overwhelming, but everyone declared it a feast as well as a wonderful time! Thanks

Bonnie & Graham for helping **Lorne** with the set-up—along with **Julie L., Norah** and **Ann** who set the tables with a decorator's eye. A newer member, **Bruce Nelms** also helped out a lot as well.

Of course there are the amazing ones: like **Pat** who cooked turkeys and appies, etc., **Judy P** who cooked turkeys and delicious dessert (with **John's** help), **Lila** who cooked a turkey, made dressing, gravy and dessert. **Mike** for cooking turkey and **Ann**

and **Jeri** who peeled 30 lbs. of potatoes for mashing **AND** the "working" class" in the kitchen with **Pat** (who exhausted himself): **George, Brenda Charles** and **Brenda Craig, Tina, Jan, Inger, Marlene & Howard Corham, Judy P** who plated the desserts and took over the dishwashing from **Jan**, (she did let **John** replace her – eventually). **Brenda Ch.** spent at least 5 hours there.

Then, naturally, **Ann** could not help finding something to do in the kitchen later on.

Bonnie, Julie & Ann cleared all the tables,

was **Santa** along with **Jeri** as **Mrs. Claus!** **Melody** and **Joanitta** looked after prize winners. Thanks to **Judy S, Ann, Brenda Craig** and **Lila**, for donating to the prizes & **Pat** and **Brenda Cr.** for donating bottles of wine.

Jerry and **Linda** tended bar, and **Denise** and **John** entertained the crowd with their musical talents.

All in all, a huge amount of work but a huge feeling of success. It was so good to work with all of you! From **Judy S.**



Jillian Bennett & Dave Derham, 1st prize



**Jutta Storey
2nd prize**



**Sam & Julie King
3rd prize**



**Door Prize
Eric Driesback**

Graham and **Lorne** got everything put away. **Graham** finished up with the broom. **Ada** helped **Jeri** greet everyone. **Ken** was the 'gopher' delivering hot potatoes and



Jeanette, Bette & Mary Ann preparing treats for the tea.

Christmas Tea

The **Christmas Tea** was a delightful time for everyone on the 22nd. Treats created by the 'Cookie Cutters' were served (along with mice created by **Brenda Craig!**). The Ukulele Band had great fun strumming and singing Christmas tunes with fabulous audience participation. **Santa Claus** came for a visit with **Mrs. Claus** tagging along. Inspired by *Nature-Seasoned by Life*, appearing as *Back Country Annie-Jule Briese* sprinkled a little mountain magic with her narrative poem: "*Skoki Lodge Remembered.*" *Frosty evenings ablaze with stars. Striking mountain silhouettes. Fossil Mountain on a moonlit eve. Strong—bold —simmering. We look forward to hearing more of Jule's original work. More pics on p8.*





WELCOME NEW MEMBERS

- | | |
|-----------------|-------------------|
| Jo-Anne Monahan | Jim Sing |
| Georgie Higgins | Ros Hurren |
| Rick Poneira | Chris Lihou |
| Colleen Poneira | Rosalia Chamulak |
| Patrick Doyle | Ron Usher |
| Irene Doyle | Roslyn Stephenson |
| Alyce Carney | Barbara Ness |
| Lally Grauer | |

"We look forward to getting to know you"

The Shriners Cash Calendar draw was held on December 31st courtesy of the Qualicum Beach Seniors' Activities Centre, with all 365 Winners drawn for 2023. Many thanks to Lorne and his committee for allowing the Shriners to use their facility and also many thanks to Lila for her valuable assistance in helping organize the event and assisting in the kitchen with Brenda and Penny preparing a very tasty lunch. And thanks to Pat for helping with the use of the copier and assist-

ing with computer data input. The draw was supervised by the 2023 cash calendar Committee: Trevor Prutton assisted by nine other Shriners, as well as the Potentate Ron Yates. The stringent requirements of our BC Gaming licence meant we were there from 9:00 am until after 5:00 pm, but we all had fun in following the rules & regulations. Thanks again for all who helped and for the use of this excellent facility. The Shriners wish everyone a Happy New Year.

THE "HEALTHY" CORNER What Causes Hearing Loss?

We know that 60% of adult Canadians experience hearing health issues including hearing loss and/or tinnitus, but what causes it?

Hearing loss may be a result of environment, aging, health factors or a congenital condition.

LOUD NOISES

Sound that are too loud or last too long can cause noise-induced hearing loss, in basic terms, loud noises can overwork hair cells in the ear and cause them to die, causing irreversible damage. Protect your ears if you're often in a loud environment.

AGE RELATED HEARING LOSS

Presbycusis is a natural by-product of aging and is caused by changes that occur in our ears as we age. Medical issues that arise with age may increase one's chances of presbycusis.



HEALTH FACTORS

A variety of health factors can impact one's hearing. Otosclerosis, for example, causes the middle ear bone to be unable to move which means the ear cannot properly signal the brain. Meniere disease also may result in hearing loss due to fluid buildup in the chambers of the inner ear. Furthermore, an acoustic neuroma or physical head injury could impact hearing.

OTOTOXIC MEDICATIONS

Some medicines can cause ototoxic hearing loss including chemotherapy drugs, aminoglycoside antibiotics, and loop diuretics. If the dose was high or long-term, damage may be permanent.

Contact your physician if you're concerned about hearing loss emergency.

CONGENITAL CONDITION

Hearing loss is the most common congenital condition in Canada. Waardenburg syndrome, Airport syndrome, Treacher Collins syndrome, Down syndrome and Crouzon syndrome all include symptoms of hearing loss.

Hearing may also be impacted by exposure to alcohol and drugs in utero or having a low birth rate causing under-developed ears.

SUSPECT HEARING LOSS?

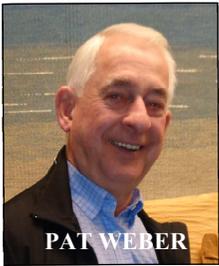
If you think you may be experiencing hearing loss, find a good audiologist or hearing instrument practitioner to run some tests.

Living with untreated hearing loss can lead to mental fatigue, poor emotional well being and dangerous falls.

This item recently appeared in the Victoria Times Colonist.



Talk



PAT WEBER

We started our travels last spring with exclusive air travel, sightseeing over the islands and lunch at the Shingle Mill Pub on Powell Lake.

Later, in the spring, travelled overnight to Vancouver for a visit to the VanDusen Gardens, a private dinner on a paddle wheeler as we cruised up the Fraser River and an exclusive shopping experience at IKEA.

Early summer arrived and some of our members travelled to Seattle for a three game baseball series between Seattle Mariners and the Toronto Blue Jays. We continued into the summer with a full slate of travel adventures planned such as day trips on the Uchuck on Nootka Sound to Friendly Cove, a 3-day Okanagan trip featuring dinner on the lake and travel on the Kettle Valley Steam Railway, a 2-day trip to Port Angeles Sea

Festival and Crab Fest, a Cowichan Valley Winery tour and exciting Christmas trips to the Ladysmith Light Up & Parade and the Butchart Gardens 12 Days of Christmas,

Our journeys continue to be popular—most are sold out.

So, this coming year we will be planning to make more of our travel experiences exclusively for our members.



~ ~ ~ 2023 PLANNING ~ ~ ~

'COME FROM AWAY'

We will post the date and price in mid-January along with a sign-up sheet. 48 reserved tickets for our group for MAY 17 at the Royal Theatre in



Victoria. The price includes lunch along the way.

FRANCES BARCLAY to BAMFIELD

Includes return bus to Port Alberni Quay, lunch on board the Frances Barclay and dinner on the way home.



~ ~ ~ LONGER TRIPS ~ ~ ~



- Retired, or that kind of age?
- Men and Women
- Can you hold a tune ?
- Want to sing for fun and the social engagement?

then join the **SONGBIRDS' CHOIR**

- no need to "read music"
- Spring and Fall sessions
- we rehearse for about 10 sessions
- then perform 5 or so concerts at retirement homes of other senior support groups



winery and craft brewery tours.

A very exclusive 8-day paddlewheel trip up the Columbia & Snake Rivers including airfare one night hotel, 7 days with stateroom accommodation on the paddlewheeler, meals and beverages on board and shore excursions.



PRACTICES
Qualicum Beach
Seniors' Centre
Tuesdays 2:30-4:30
Starting
January 10, 2023

MODEST FEES
To cover costs
More details:
Diana Meyer
250 752-4856
Lynn Beamond
250 752-8870

KEEP UP TO DATE: Check the travel section under activities on our website: www.qbseniors.com

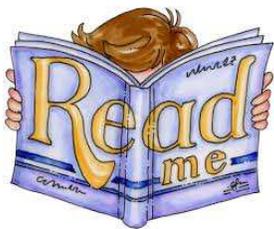


The Qualicum Beach Friday Ukulele group joined with the Parksville Senior Centre Choir to present an entertaining musical program at the Centre's Christmas Tea on December 10.



CONGRATULATIONS
DAWN HUGHES
 Winner of our monthly draw for a **GIFT CARD** from 
 With Thanks

QBUB entertained the crowd gathered at the QB Senior Centre on December 22, a happy time to welcome the Christmas Season



...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:

DECEMBER WINNER: Lola Cook
 Logo found on page 8 'S'ee you there.
THANKS everyone for keeping this 'fun logo find' alive.



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	Anne Driesback	604 679-1703
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