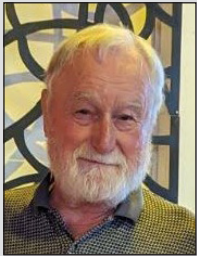


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

JUNE 2024 For the young at heart

703 Memorial Avenue
 Qualicum Beach BC
 Monday to Friday
 9:00 am to 3:30 pm
 250-752-0420
 VOLUME 27 | ISSUE 6



from
 Lorne

This is the time of year that everyone can enjoy. The ElHi students have summer holidays just around the corner, the gardeners can see their produce growing, the sun worshippers can enjoy tanning and best of all it is vacation time.

Myself, I am going to spend the week of June 10th visiting family and friends in Alberta. The highlight of the trip will be my visit with my 100-year-old friend in Nanton Alberta. Bridget is one of those rare people that has passed the 100 mark and still is active mentally and physically. If only we all could be so fortunate.

One downside during the summer is many of our volunteers are busy at home or travelling therefore unable to help out. Right now, we are stretched on the Greeters desk and in the Kitchen – if you are able to help out contact the coordinator of those areas.

I am going to put some copies of Art Skipsey's biography on the desk by the door. The Books have been signed by the author. They are \$10 each with the money going to the Qualicum Beach Paleontology club.

I rejuvenate by walking in the Forest. And that is what I am going to do, right now.



Please note

The Seniors Activities Centre will be closed
 Canada Day, Monday July 1st



Fathers Mean the World

Fathers are the ones who work so hard,
 Building bridges and fixing up the yard,
 Driving trucks and feeding their families,
 Their hard work is the backbone of society.

They have toiled in the sun and rain,
 Working hard to help ease the family's pain,
 Their dedication and hard work, never in vain,
 For their love and care, there is no refrain.

They have built homes and
 schools and more,
 Their contributions we
 cannot ignore,
 From fixing everything
 that's broken,
 To teaching us lessons that remain unspoken.

Fathers are the unsung heroes of our time,
 Their sacrifices and hard work are a true sign,
 Of their unwavering dedication and love,
 That lifts us up and makes us soar above.

We need fathers in this world today more than ever,
 To guide us through life's twists and turns, we must endeavor,
 To honor their hard work and sacrifice,
 And cherish their love and care, forever in our lives.



Food Bank Donation

I was really pleased to take a donation on behalf of our Seniors' Centre of **\$105.50** to our Salvation Army office to be used for the local Food Bank. There were funds donated at the Songbirds' *Spring Sing* in April, money from bottles and cans taken to the bottle depot, as well as quite an amount of cash in the Food Bank Donation jar.



Thank you so much to all who contributed! And please keep funnelling your change (or bills) into that jar on the card table in the foyer!

Judy Southern

Dev Sommerville

SENIORS CENTRE *Activities*



SUNDAY

Contract Bridge 1:00 - 4:00 pm

\$2 per session

Wolfgang Dost 250-594-4513
wolf.dost@yahoo.ca

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Jan Curtis 250-738-1040
jancurtis5431@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771
sharp44@shaw.ca

QB Ukelele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082
mckhan2@shaw.ca

Beginner Ukelele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-596-2500
algagnon006@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556
sallyjagger@gmail.com

Cleaning 4:30 - 6:30 pm

Ramblers Practice 6:30 - 8:30 pm

Colin Craig 250-738-0464
goodison95@shaw.ca

WEDNESDAY

Hatha Yoga 10:00 - 11:15 am

\$8 per session

Ani MacGillivray 250-228-0518
anymacg@hotmail.com

Dominoes 10:00 - 12 noon

Pauline Childs 250-752-2440
dave7522440@gmail.com

Intermediate Spanish

Conversation 11:30 - 12:30 pm

Harvey Freedman 250-594-5915
landed@telus.net

Fun with Chaz 12:30 - 1:45 pm

Chaz Booth 250-240-0465
chazentertains@gmail.com

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Book Club 2:00 - 3:00 pm

First Wednesday of the month Sept – June
Gail Smith 905-808-4585
xgailsmith@gmail.com

Starting in September

Gentle Restorative Yoga

2:30 - 3:30 pm

Ani MacGillivray 250-228-0518
animacg@hotmail.com

TOPS Weigh-in 3:45 - 5:00 pm

Elaine MacDougall 250-594-3604
repac5@shaw.ca

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Rob Duncan 250 752 2847

A Cappella 7:00 - 9:30 pm

Marion Clark 250-468-9280
oceansideacappella@gmail.com

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.

THURSDAY

Darts 10:00 - 12:15 pm

Bernie Brockway 250-757-2330
berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788
robos@telus.net

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258
Or book your own appt: tlc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm

Ballroom Dance 5:00 - 6:00 pm

Dance Practice 6:00 - 7:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

FRIDAY

Ukelele Friday 10:00 am - 12 noon

Maureen James 250-594-6071
maureenjames@shaw.ca

Introduction to American

Mahjong 10:00 am - 12 noon

Inger Weber 250-951-9298
inger-weber@shaw.ca

Mahjong 1:00 - 3:00 pm

Chic Starling 250-752-6846
senchic40@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425
rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am

\$8 per session

Anne Sharp 250-750-9771
sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

Dr Rod LeBlanc
rod@lifelonghealth.ca

LUNCH on MONDAY

MIKE'S QUICHE with Brenda and Barry



TUESDAY JUNE 4th and JUNE 18th

Leslie's fresh baked CINNAMON BUNS are a favourite with all.

Only \$1.00 and one person – no take out. Watch for July dates in the next newsletter.



WEDNESDAY, JUNE 19

Bill & Verdelles

CHILI with Corn Meal Muffin



THURSDAY LUNCH

Cathy & Brenda's CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Greetings from the Cookie Cutters BAKING GROUP

Greetings from the Cookie Cutters! Hope everyone is enjoying the combination of sun and rain so far. It's been fantastic for the garden. I notice that the weeds in my garden are especially prolific this year!

If you need a break from the garden (weeding), or something to do on the rainy days, the Seniors Centre kitchen welcomes baking from our members. If you would like to join our group or would like more information, call/text me (Brenda) at 604-379-0290, or email me at charles.brenda@me.com. I'd love to hear from you!

The recipe this month is easy and low fat!

Cranberry Orange Scones

Ingredients:

- 1 ½ cups all purpose flour
- 1/2 cup oat bran
- 1/2 cup dried cranberries, chopped
- 1/3 cup packed brown sugar

- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup buttermilk
- 2 tablespoons butter, melted
- 2 tsp grated orange zest
- 1/2 tsp vanilla
- 1 egg

Method:

1. Preheat oven to 400° F. Spray a large baking sheet with cooking spray or use parchment paper and set aside.
2. In a large bowl, combine flour, oat bran, cranberries, brown sugar, baking powder, baking soda and salt. Set aside.
3. In a medium bowl, whisk together buttermilk, butter, orange zest and vanilla.
4. Add wet ingredients to dry and stir until a soft dough is formed edge (add more flour if too sticky). Turn dough

onto a lightly floured surface and divide into two pieces. Shape each piece into a ball. Place balls on baking sheet and roll out or pat into ¾ inch circles, about 6 inches in diameter. Using a sharp knife cut each circle into 6 wedges, but do not separate.

5. To make glaze, lightly beat egg and 1 tablespoon of water in a small bowl. Brush glaze over top of dough (you won't need it all).

6. Bake for 15 - 17 minutes, until scones are puffed up and golden.

Cool slightly. Pull scones apart and serve warm!



Travel Talk

Check the website qbseniors.com for updates on the trips that are being planned



Casino Getaway Tulip Resort Casino

JUNE 23 to 26
\$799 pp double
\$999 pp single



SPACE STILL AVAILABLE

Coach Transportation from Courtenay, Qualicum Beach & Parksville, 3-night stay at the Tulip Resort & Casino.

Daily Breakfast | \$20 US Free play | \$25 US pp Dining Gift card

Optional trips to Tulip Bingo, Hibulb Cultural Centre, Angel of the Winds Casino, Shuttle to the Premium Outlet Mall & Walmart.

Payment in full at time of booking. Non-refundable after May 23.

Newfoundland & Labrador

13-day Guided Tour

JULY 7 to 19
\$6795 pp double occupancy
\$7795 pp single occupancy

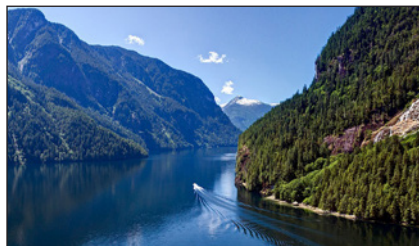
With flights from Comox.



SOLD OUT

Princess Louisa Inlet

AUGUST 19 & 20
\$775 per person double occupancy
\$875 per person single occupancy

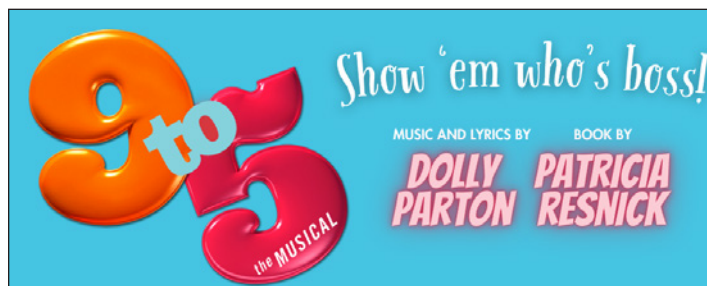


SPACE STILL AVAILABLE

Includes: Return Bus transportation and Ferries from Qualicum / Parksville; a 3-course Dinner at Laughing Oyster; Okeover Arm, one Night accommodation at Powell River Town Centre Hotel; Continental Breakfast; Private Boat Tour to Princess Louisa Inlet; Box Lunch for the Boat Tour; visit to Nancy Bakery in Lund; Tour Host for Trip.

Only 16 spots available! Call **Square 1 Travel** at 250-334-0355 to reserve your spot.

Payment in full at time of booking and non-refundable after June 19.



9 to 5 The Musical Chemainus Theatre

WEDNESDAY, AUGUST 21 2:00 pm matinee \$189pp

Based on the 1980 hit movie, this is a story of friendship and revenge, pushed to the boiling point by the female co-workers who concoct a plan to teach their egotistical boss.

Price includes:

- Return transportation from Qualicum Beach Civic Centre to Chemainus;
- Buffet lunch at the Theatre at noon;
- Free time before the performance;
- Performance starts at 2:00 pm

A WAIT LIST is available should any cancellations occur

Alaskan Cruise Inside Passage Cruise

7 NIGHTS SEPT 4 to 11

\$1895 - \$3399 pp double occupancy
\$2899 - \$5799 pp single occupancy



LIMITED SPACE AVAILABLE

Inside and ocean view Staterooms and Vista Suite available.

Price includes: Return Bus & Ferry transportation from Courtenay & Qualicum to Vancouver Cruise Pier, Sparkling Wine & Strawberries and a \$20 photo credit.

SIGN-UP SHEET AT THE TRAVEL DESK, QB SENIORS CENTRE

Hosted by Charla Harrison,
Square 1 Travel,
Courtenay, B.C.



Lady Rose MV Frances Barkley

THURSDAY, JULY 11 \$150 pp

Depart QB Civic Centre: 6:30 am
MV Frances Barkley, Port Alberni:
8 am to 5 pm

Return QB Civic Centre: 6:00 pm

Sail along the Alberni Inlet, from Port Alberni to historic Bamfield. Bring your binoculars and you might just find some wildlife all around.

The boat services various destinations in Barkley Sound and may drop off or pick up passengers at these destinations.

There is a galley aboard the ship where you can choose from a variety of menu items.

Price includes: return bus transportation and the boat trip.

**SIGN-UP SHEET AT THE TRAVEL DESK,
QB SENIORS CENTRE**

*Please make cheques payable to
Qualicum Beach Seniors Centre*



Day Trip to Victoria

TUESDAY, JUNE 18 \$50 pp

Depart QB Civic Centre: 8:00 am
Return QB Civic Centre: 6:00 pm

Why not join us for a bus trip to Victoria for the day? Your time is your own – see the sights, walk around downtown, enjoy the Royal BC Museum, shop, visit with family / friends.

We will also stop at the Old Farm Market in Duncan for half an hour on our way to Victoria and again on the trip back to Qualicum Beach.

Price includes: return bus transportation.

**SIGN-UP SHEET AT THE TRAVEL DESK,
QB SENIORS CENTRE**

*Please make cheques payable to
Qualicum Beach Seniors Centre*



Health Corner

Five Things You Can Do to Maintain Your Hearing

1. Eat right

A healthy diet may help slow or delay the progression of hearing loss. Make sure your meals contain foods rich in potassium, folate, beta carotene, vitamin D, and Omega 3s.

2. Move

Making time for exercise is one of the best things you can do for your overall health. When it comes to hearing, a good blood flow promoted by exercise is essential to the inner ear.

3. Don't Smoke

Chemicals in cigarettes make it harder for blood to travel through your body, starving your inner ear of oxygen and causing irreversible damage.

4. Use Hearing Protection

Two of the most common causes of hearing loss are age and noise. You can control your exposure to loud noise. Hearing protection is relatively inexpensive and readily available.

5. Wear Your Hearing Aids

If you have a diagnosed hearing loss, get hearing aids and wear them. If you think you have hearing loss, do see an audiologist and book a test. More and more research confirms that untreated hearing loss can have negative impacts on your overall health. There are strong correlations between hearing loss and social isolation which can contribute to cognitive decline.

What do you call an old man who has his hearing aids turned off?

Anything you want because he can't hear you.



Saturday Night with The Divas!



To support our local branch of the Legion — and to see quite a spectacular show — 14 of our Seniors' Centre ladies thoroughly enjoyed *The Divas* presented the evening of the May 18th. A one woman show, the Star performed as Tina Turner, Dolly Parton,

Cher, Julie Andrews, and more... Costumes were amazing, as was her singing voice. We all cheered and laughed and applauded till we were tired out! Two of our very own Divas even joined in on stage for a shimmy or two! Well done, Cindy and Henrietta!



Qualicum Beach Ukelele Band at Family Day



Line Dancing with Darla!

Our line dance crew paid a special visit to Darla, one of our most beloved members, on Monday, May 6th at Stanford! Darla, a true dancing star and talented musician, recently had a stroke and moved to Stanford's Independent living facility. We all miss her dearly, so we knew we had to bring the party to her!



We planned a special line dancing performance for Darla at Stanford.

The welcome was electric – big smiles from Darla, and open arms from the activity coordinator, the staff, and everyone else! Led by our amazing instructor Judy, we put on a showstopper with upbeat music, dazzling

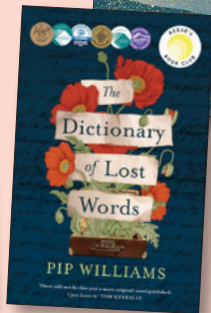
moves, and smiles all around – it brought pure joy to Darla's face and had everyone clapping hands, tapping their toes, and laughing along.

The fun didn't stop there! After the performance, we visited Darla in her room where she surprised us with delicious treats. It was a truly special line dance class, filled with love, energy, and joy. We can't wait to do it again soon!





Book Club



We are 7 friendly, avid readers who have over the past year, discussed such diverse books as *Off the Record* by Peter Mansbridge and *The Prospectors* by Ariel Djanikian. Our line up for this coming fall season includes *Diamond Eye* by Kate Quinn and *The Dictionary of Lost Words* by Pip Williams.

New members are always welcome and our next meeting will be in the small room at the QB Seniors Activities Centre on Wednesday, June 5 at 2:00 pm.

Note: there are no meetings in July or August.

Email xgail.smith@gmail.com Call or Text 905 808 4585



Did You Leave your Jacket at the Centre?

If you have forgotten to pick up your jacket from our closet at the Qualicum Beach Seniors Centre, please do so by Friday, June 14, 2024, otherwise we will be donating these items to our local SOS branch.

What are dads' favorite Father's Day treats?
POPsicles.

When does a joke become a dad joke?
When it becomes apparent.

What do hermit crabs do on Father's Day?
Shellabrate their dads!

Two guys walked into a bar.
The third guy ducked.



Happy Father's Day

WORD SCRAMBLE

LOER DOLEM _____

NIISPIGRN _____

TPEARN _____

PYRTOS _____

HAFTRE _____

APPA _____

YMAFIL _____

ADYDD _____

LACPESI _____

ROEH _____

RNIGAC _____

NUYFN _____

RAMST _____

TOPTOCRER _____

GVINOL _____

POTSVERUPI _____

Supportive	Funny	Daddy	Father
Loving	Caring	Family	Parent
Protector	Hero	Papa	Inspiring
Smart	Special	Sporty	Role Model

FIND THE LOGO AND WIN \$25!

Find and describe where the Centre's logo is hidden in this Newsletter (*NOT in the headline or this form*) and drop your entry into the jar provided on the table by the Greeter's desk.

One winner per month (winner will be notified by phone)

The  is hidden on page _____

Name & phone _____

MAY NEWSLETTER – Find the logo contest

And the winner is . . . **Dianne LeBlanc!**

The logo was hidden on the Activities Schedule page 2 – was the "S" in Sunday.

Many thanks to all who participated in this fun contest!

WELCOME NEW MEMBERS

Cindy Adamson	Verna Hutchinson	Ian Paterson
Alex Adamson	David Johnson	Len Sawyer
John Badger	Nory Johrden	Judy Sheppard
Mavis Badger	Paulette Loewen	Mardi Smith
Dale Gagne	Don MacPherson	Sean Suti
Tracy Hardy	Diane Oatey	Peter Wallace

MEMBERSHIP REPORT

For the month of April there were an additional **18** Regular Members, of which **17** were New Members!

Year to Date as of April 30, 2024:

1046 Members

- 938 Regular
(348 are new Members)
- 87 Complimentary
- 19 Life
- 2 Honorary



Congratulations!

The winner of this month's draw for a \$25 Gift Certificate for *Quality Foods* is **Nory Johrden**.

Membership Renewal



The Centre is now issuing Membership for the August 2024 to July 2025 year. Existing memberships (green card) expire on July 31, 2024, so there's plenty of time for members to renew!

Arrowsmith Home Services



Dan and Carolyn

250-228-7653

Our goal is to simply your life!

- **Decluttering and Downsizing**
- Listing and Selling Your Home
- Maintenance and Home Services

arrowsmithhomeservices@gmail.com

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

Brian Collicott
250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



Every Thursday 1:30 to 3:30 pm in the Lounge



Pat Bull is the Centre's Sunshine Lady

If you know of someone who may be feeling ill, in hospital, or grieving, be sure to call Pat at 250-752-3946

She will be happy to send them a card



BOARD OF DIRECTORS 2023-2024



President Lorne Tetarenko 752-5630
 Vice President Rob Duncan 752-2847
 Secretary Bonnie Evoy 248-7691
 Treasurer John Telfer 240-9609

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Computer Gerry O'Brien 752-0702
 Facilities Geoff Rigby 594-5411
 Kitchen Manager George Wimmer 594-7840
 Membership Anne Sharp 752-9771
 Past President Pat Weber 951-1159
 Printing Lila Greene 752-6489
 Travel / Events Cynthia Crawford 594-7701

AFFILIATES

Activities Anne Driesbach . . 604 679-1703
 History Ann Svensen 752-5537
 Kitchen Volunteers .. Jan Desjardins ... 250 686-0348
 Newsletter Karen Garland ... 250 589-5059
 Sunshine Pat Bull 752-3946
 Welcome Desk Jeri Burke 752-9320
 Website Les McLean