

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

MARCH 2025

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 28 | ISSUE 3



from Rob

It is the end of February and hopefully our last taste of winter. That was quite the snowfall especially in Qualicum and it has finally melted. Hopefully spring is around the corner.

At the Town of Qualicum Beach council they passed a motion to allocate \$30,000 to the town budget in 2027 to do a needs assessment of the Seniors Centre to determine if we need larger facilities.

As we all know we have outgrown our current site and are adding programs and having wait lists to accommodate our membership.

We are planning to reach out to the town council now to have those discussions.

Celebrated annually on March 17, **St. Patrick's Day** is a holiday known for parades, shamrocks and all things Irish.

The shamrock, which was also called the *seamroy* by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

It has long been recounted that, during his mission in Ireland, St. Patrick once stood on a hilltop (which is now called Croagh Patrick), and with only a wooden staff by his side, banished all the snakes from Ireland.

In fact, the island nation was never home to any snakes. The "banishing of the snakes" was really a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity. Within 200 years of Patrick's arrival, Ireland was completely Christianized.

Happy St. Paddy's Day!



Transportation to and from medical appointments

Jeri Burke shares her recent experience: For transportation to Nanaimo Hospital, and doctor appointments, **Island Health** has recently been awarded the contract which was previously held by Wheels for Wellness.

The information you need to contact this division of Island Health is **1-844-940-6617**. I booked two weeks ahead as I had an appointment date. The person I spoke to was knowledgeable and direct; I gave them my hospital appointment date and they confirmed time of pickup a week ahead and then confirmed again two days prior.



ISLAND HEALTH has set this up this service with **AC CABS** (bright yellow cabs) - clean cabs and good drivers although I was unable to understand the driver which wasn't a BIG problem as he knew all he had to. They picked me up at home on time, and when

I was finished with my procedure I telephoned the above number (which was passed on the driver) and as I left the hospital a car/driver was right there and didn't even need directions to my home!

Wonderful service provided by **ISLAND HEALTH!**

Thank You!

A huge thank you to all of you who treated themselves to a Valentine shortbread cookie. Your payments netted almost \$60 for our local Food Bank. With other contributions which have come in over the past couple of months, the total donation from the QB Seniors' Centre was **\$160!** Again, thank you to everyone who is contributing! (The plastic jar is on the card table in the foyer.)

Judy Southern



SENIORS CENTRE Activities



SUNDAY

Duplicate Bridge 1:00 - 4:00 pm
\$2 per session

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

Open Mic / Karaoke 6:30 - 8:30 pm
1st & 3rd Sunday - Feb 2nd & 16th
Bill Wilson 250-752-8542
laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am
Joy Strobl 250-594-4043
joystrobl@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 Ukulele Band 12:30 - 2:30 pm
Catherine Khan 250-752-9082 mckhan2@shaw.ca

Beginner Ukulele 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 250-586-2500
algagnon006@gmail.com

Henk's Practice Group
10:00 am - 12 noon
Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm
Sally Jagger 250-752-3556
sallyajagger@gmail.com

TUESDAY continued

Advanced Bridge Bidding
1:00 - 3:00 pm \$5 per session
Wolfgang Dost 250-797-4513
wolf.dost@yahoo.ca

Songbirds 3:00 - 4:30 pm
Diana Meyer 250-752-4856

Rambler's Practice 4:45 - 6:15 pm
Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am
\$8 per session
Bonnie Evoy 250-248-7691
tangledandark@hotmail.com

Dominoes 10:00 am - 12 noon
Pauline Childs 250-752-2440
dave7522440@gmail.com

Intermediate Spanish Conversation 11:30 am - 12:30 pm
Harvey Freedman 250-594-5915
freedmanlanded@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
Gail Smith 905-808-4585
xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm
Chaz Booth 250-240-0465
chazentertains@gmail.com

TOPS Weigh-in 3:15 - 5:00 pm
Elaine MacDougall 250-594-3604
repac5@shaw.ca

Parksville/Qualicum Foundation Monthly
5:30 - 6:30 pm
Rob Duncan 250-752-2847

Dance Practice 7:00 - 9:30 pm
Judy Palipowski 250-752-6837
judypalipowski@gmail.com

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

THURSDAY

Advanced Bridge, Card Play
9:30 - 11:30 am \$8 drop in
Peter Segers 250-586-5740 psegers225@gmail.com

Darts 10:00 am - 12:15 pm
Bernie Brockway 250-757-2330
berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm
Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm
Brian Collicott 250-947-8258
Or book your own appt: tlc@sd69.bc.ca

Splatters Painting Art Class
2:45 - 3:45 pm
Mike Sherlock 604-815-7711
msherlockqb@gmail.com

Line Dancing 4:00 - 5:00 pm
Ballroom Dance 5:00 - 6:00 pm
Judy Palipowski 250-752-6837
judypalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm
Marion Clark 250-468-9280
oceansideacappella@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon
Maureen James 250-594-6071
maureenjames@shaw.ca

Mahjong 1:00 - 3:00 pm
Angie Bettam 250-937-1862 angiebettam@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

Upcoming Events

St. Patrick's Day Dinner Saturday, March 15



- ♣ Doors open at 3:30 pm
- ♣ Live music by *Saxx Appeal*
- ♣ Followed by a scrumptious Irish Stew Dinner
- ♣ Cash bar

Wear your favourite green clothing!

\$35 pp

A Sign-up Sheet will be posted at the Centre on Tuesday March 4th



Easter Brunch

Saturday, April 19

More details to follow!

\$20 per person

A Sign-up Sheet will be posted at the Centre on Tuesday April 1st

Mexican Fiesta Night

Saturday, May 10

Save the date – more details to follow



BERWICK | EMPOWERED LIVING

Strings and Sings Ukulele Concert



The Berwick Qualicum Beach resident ukulele band Strings and Sings invite you to their concert at Berwick Qualicum Beach.

Tuesday, March 25th

2:00 pm

Please register on the sign up sheet



Berwick Qualicum Beach
120 First Ave. W., Qualicum Beach



Our kitchen volunteer coordinator, Jan, is looking for someone to job share her position. The program has grown so much that we could better serve the Centre with 2 people.

If you would like more information contact Jan
250-686-0348 or email janmdesjardins@hotmail.com

Saint Patrick's Day

H G R E E N R C G S Q N L H O L I D A Y
E L D D I F F Y Y A H C L O V E R V N B
H C D L O G B H R U L L O W Y Q O H U A
T E C A Q E I E Q C Q F S B O G W J P C
J N M C L I M E R I C K H Q U P Q P Y E
I U C N H F K K D K R R N S P S R D T L
Q A W G N F O C Z Q X C L A I A U K I E
M H O T W O B I Y I G U R E Y R Q C N B
R C F H R L I R M T C A C E D F I P I R
C E N A A K P T F K D N R S I B O M R A
E R A E I L S A I E A L F P F E U B T T
L P U F N O N P Y D D C A B B A G E D E
T E H W B R A T P D A E R B A D O S O L
I L C O O E K N T A L R P S D L R H E G
C B R K W K E I K Q P A T R V V S P J Y
J F A W P E L A O N R O B O A E R S E Z
K O M F K R T S O H W F A R S H C E S V
U D O F E I H C S I M J D R R S N I O C
F Z D N A L E R I X S C O E O P A L O U
N N J E R U S A E R T H K C O R M A H S

CABBAGE	FIDDLE	HORSESHOE	MARCH	SHAMROCK
CELEBRATE	FOLKLORE	IRELAND	MISCHIEF	SNAKE
CELTIC	GOLD	IRISH FLAG	PARADE	SODA BREAD
CLOVER	GREEN	LEPRECHAUN	PRAYER	TRDITION
COINS	HARP	LIMERICK	RAINBOW	TREASURE
DANCE	HOLIDAY	LUCK	SAINT PATRICK	TRINITY

NOTICE:

We have a change of procedure to the Activity Room exit door leading to Memorial Avenue.

To comply with a fire marshal regulation, the exit door of an occupied room requires no more than one operation to be opened therefore the wooden barrier on that door must be removed while the room is in use; the deadbolt can remain engaged. The wooden barrier should be replaced when the activity concludes.

Greetings from the Cookie Cutters

I am sure we are all looking forward to Spring. With any luck it is just around the corner.

There was a bit of a mix up with the **Raisin Cake** recipe from last month, specifically the ingredients and method for the icing. My apologies for the mistake. Here is the correct version.

Whipped cream frosting:

- 2/3 cup soft butter or margarine
 - 2 tbsp cold milk
 - 1 tsp vanilla
 - 1 cup icing sugar
 - 2 tbsp boiling water
1. Beat butter and sugar well; add milk and keep beating.
 2. Add boiling water slowly, beating all the time, until stiff (5 minutes at least) and add vanilla.

Our home baked treats are well received at the Centre and our bakers enjoy sharing their favourites for everyone to enjoy. If you are interested in joining

our group please get in touch with me at charles.brenda@me.com or call/text me at (604) 379-0290. I am also in the kitchen the 2nd and 4th Thursday mornings.

This month I thought I would give you a savoury scone recipe. This is one of my all time favourites and it freezes well.

Savoury Kale Scones with Pumpkin and Cheese

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 T sugar
- 1/3 cup cold butter
- 1 egg
- 3/4 cup buttermilk
- 1/2 cup cooked squash or pumpkin in small dice
- 3/4 cup cheddar cheese, grated



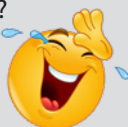
Method:

1. Preheat oven to 375°F. Set oven rack in the middle.
2. Steam kale for a minute or two, just to blanch. Chop kale finely, squeezing out as much liquid as you can. You should have less than a cup of chopped kale. Too much will make the scones sticky.
3. Blend or sift flour, salt, soda, baking powder and sugar together. Cut in butter with a pastry blender or your fingers.
4. In a small bowl beat the egg, then add the buttermilk and beat until well combined. Add egg mixture along with the squash, kale and cheese to the dry ingredients, mixing with a fork just enough to combine.
5. Drop by spoonfuls onto a parchment lined cookie sheet. Bake about 20 minutes until lightly browned.

Makes 8 to 10 scones

Why did the leprechaun say no to a bowl of soup?
He already had a pot of gold.

How do you know if an Irishman is having fun?
He's Dublin over with laughter!



The Songbirds Concert

Come and enjoy the **Songbirds Choir** as we remember wonderful music and memories of 'our' times



QB Seniors Centre
Tuesday, April 1 ♦ 1:00 pm

Have lunch and bring your singing voices too!

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 _____

FEBRUARY NEWSLETTER – Find the logo contest

And the winner is... **Ann Peyton!**

The logo was hidden on page 3 beside the tea pot handle. Many thanks to all who participated in this fun contest!

What's Cookin'?



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY MARCH 4 & 18

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

Only \$1.00 and one person – no take out.



WEDNESDAY MARCH 19

Bill & Verdelle's

CHILI with Corn Meal Muffin



THURSDAY LUNCH

1st Thursday of the month – Yvonne's
CABBAGE ROLLS & PEROGIES



2nd Thursday – Cathy & Brenda's
CREAMY CLAM CHOWDER



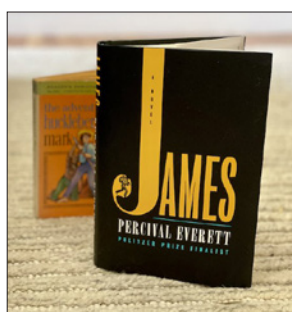
3rd Thursday – Yvonne's
SHEPHERD'S PIE



4th Thursday – Cathy & Brenda's
CREAMY CLAM CHOWDER

FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



The **Book Club** meets the first Wednesday of each month from 2 to 3 pm in the small room at the QB Seniors Activities Centre.

The book we are reading for March 5th is **James** by Percival Everett. A brilliant

reimagining of Adventures of Huckleberry Finn — both harrowing and ferociously funny — told from the enslaved Jim's point of view.

New members are always welcome!

Email: xgail.smith@gmail.com

Call or Text 905 808 4585

I started reading a book about anti-gravity. It's impossible to put down.

I have absolutely no shelf control when it comes to books!

Your Health



Stay Connected: It's important for your health

Social isolation and loneliness can negatively impact both physical and mental health. The risks for conditions like heart disease, stroke, depression and dementia increase when people experience social isolation and loneliness.

In 2023, the Canadian Coalition for Seniors' Mental Health conducted a national survey of adults age 65 and older about social isolation and loneliness. In it, respondents shared their favourite activities to stay connected. Their top three recommendations were:

- spending time in person with friends and family
- exercising or taking part in exercise classes
- using technology to connect with friends and family.

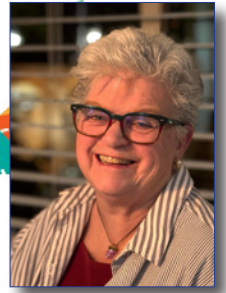
Excerpted from Pension Life Summer 2024 newsletter

Travel Talk

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



Cindy Crawford

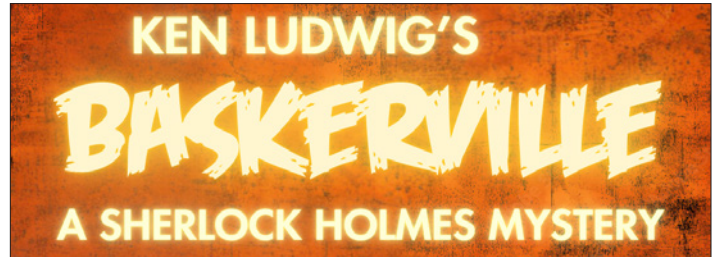


Effective immediately, the Seniors Centre will not be promoting, advertising or participating in any trips to the United States.

Please note that the following tours are still going ahead; they have been arranged by Square 1 Travel, Courtenay and intended to be shared with Comox Valley guests.

Should you wish to book any of these tours, please contact Square 1 Travel directly at (250) 334-0355.

<i>April 13 - 16</i>	Tulalip, Washington
<i>May 9 - 12</i>	Blue Jays vs Mariners
<i>April 29 - May 2</i>	Repositioning Cruise, LA to Vancouver
<i>July 9 - 16</i>	Alaska Cruise



BASKERVILLE *A Sherlock Holmes Mystery*

WEDNESDAY, MAY 21 **Chemainus Theatre**

Buffet Lunch and Matinee performance \$199 pp

Sherlock Holmes and Dr. Watson take a journey to the windswept moors of England as they crack the case of the Baskerville in this madcap retelling of a classic tale. Who says family curses can't be fun?

Included:

- Return bus transportation from Qualicum Beach to Chemainus
- Lunch Buffet
- Performance of *Baskerville*

Sign-up and payment need to be completed by April 21; a minimum of 30 members are required to sign up.



FOOTLOOSE

WEDNESDAY, JULY 23 **Chemainus Theatre**

Buffet Lunch and Matinee performance \$209 pp

A spirited city kid moves to a small farming town where he finds himself at odds with the restrictive dancing ban enforced by the local preacher. This lively musical breaks down barriers in a triumph of spirit and freedom. It's time to kick off your Sunday shoes!

Included:

- Return bus transportation from Qualicum Beach to Chemainus
- Lunch Buffet
- Performance of *Footloose*

Sign-up and payment need to be completed by June 23; a minimum of 30 members are required to sign up.



10-day Eastern Newfoundland & St. Pierre Tour

JULY 17 - 27

\$6450 pp double | \$7750 pp single

Included:

- Flights from Comox to St. John's, return
- Pre-night hotel before tour
- McCarthy's Party – Local Newfoundland Guide
- Welcome Reception
- 10 nights accommodation; 9 breakfasts, 6 lunches, 6 dinners
- Entrance to Historic Site & Museums
- Visit – Cabot Tower & Signal Hill, Avalon Peninsula, Villages of Holyrood & Brigus
- Boat tour in Bay Bulls (weather permitting)
- Trip to Saint Pierre

\$1000 deposit at time of booking; payable to Square 1 Travel.

Balance due April 17.

Contact Square 1 Travel directly to book (250) 334-0355.

A husband and wife packed their suitcases in a rush and made it to the airport just in time. "I wish I'd brought the refrigerator" said the wife. "Whatever for?" asked her husband tetchily. "Our tickets are on top of it."





LION KING *The Musical*

THURSDAY, AUGUST 21 [Queen Elizabeth Theatre, Vancouver](#)

2pm performance \$279 pp 65+ | \$319 pp Adult

More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music and the uniquely theatrical storytelling of this Broadway spectacular. Now is your opportunity to experience this amazing show.

Included:

- Return bus transportation from Qualicum Beach to Vancouver
- Return BC Ferry fare
- Performance of *Lion King*

Sign-up and payment need to be completed by April 30; a minimum of 20 members are required to sign up.



Saturday, February 22

It was a windy, rainy, blustery day, but that didn't stop our Seniors Centre members from attending the Singo afternoon that *Paula Kalsi*, our Manager of Events planned. They were ready to be *All Shook Up*, we met *At the Hop* and we *Rocked Around the Clock*!!!

To begin, the bar was open with choices of wine, beer or soft drinks. Then the group was invited to help themselves to a tasty lunch of Pulled Chicken Sandwiches, Cole Slaw, Potato Chips prepared by our Kitchen Staff and Members. As they ate, the excitement grew as comments were exchanged about what in the world was SINGO, but they all looked forward to playing the game.

Singo is a musical spin on the game of Bingo. Instead of listening for a number, players are listening to their favourite music. Each player receives a Singo card printed with titles of popular songs. Our Singo Host, *Bob Martineau*, played song clips, players marked matching titles on their cards. As the "Golden Oldies" played, Members joined in and sang old familiar tunes. At various points, a game card won and winners received door prizes. And then Game 1 was over.

There was a break at that point and the group enjoyed dessert which was Strawberry Poke Cake, along with tea or coffee. Then it was back to Game 2. Once again the tunes played along, the group sang, laughed, some even felt the urge to dance. After winners chose their prizes, Singo was over.

What a great way to spend a rainy Saturday afternoon – Members gathering together to enjoy lunch, play the game, re-connecting with friends and enjoying each other's company.

Once again, we couldn't have had this enjoyable event if it weren't for our Members who tirelessly volunteer: *Lila Greene, Jeri Burke, Glenys Hewitt, Leslie Rodgers, Cathy Witala, Cathy Stewart, Barbara Davidson, Linda Wesley Hoem* and *Al Gagnon*. And finally a huge thank you to *Paula Kalsi* for planning, organizing and managing this fun event.

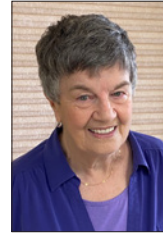
Cindy Crawford



WELCOME NEW MEMBERS

Jan Buchanan	Robi Jones	Ellen Overstall
Debbie Bulmer	Sharon Kevis	Ann Marie Rogers
William Crowther	Donna McDonnell	Barbara Smith
Carol Hansen	Yoko Nishi	Valerie Webb
		Mary Zanette

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving? Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

Jeri would be happy to brighten their day!

MEMBERSHIP REPORT

For the month of February there were an additional **24** Members (13 new members and 11 renewals).

Year to Date as of February 28, 2025

969 Members

- 852 Regular (of which 263 were new members)
- 96 Complimentary (90 years old or over)
- 19 Life
- 2 Honorary



SENIOR CITIZEN TEXTING CODES

BFF	Best Friend Fell
LOL	Little Old Lady
BTW	Bring the Wheelchair
TTYL	Talk to You Louder
BYOT	Bring Your Own Teeth
LMDO	Laughing my Denture Out
WAITT	Who Am I Talking to?
OMSG	Oh My! Sorry Gas
GGPBL	Gotta Go Pacemaker Battery Low
ROFLACGU	Rolling On Floor And Can't Get Up

Congratulations!

The winner of this month's draw for a *Quality Foods*

\$25 Gift Certificate is **Robi Jones**



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

- ☞ My doctor asked if anyone in my family suffered from mental illness ... I said "No, we all seem to enjoy it."
- ☞ Just once, I want a username and password prompt to say, "Close enough."
- ☞ I'm a multitasker. I can listen, ignore and forget all at the same time!
- ☞ People who wonder if the glass is half empty or half full miss the point. The glass is refillable.

*The deadline for submissions for the **April** Newsletter is Sunday, March 30*

BOARD OF DIRECTORS 2024-2025



President Rob Duncan 752-2847
 Secretary Bonnie Evoy 248-7691
 Treasurer John Telfer 240-9609
 Past President Lorne Tetarenko 951-9050

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Computer John Telfer 250 240-9609
 Events Paula Kalsi 250 738-6020
 Facilities Geoff Rigby 594-5411
 Membership Anne Sharp 752-9771
 Travel Cynthia Crawford 594-7701
 Director at Large Pat Weber

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Activities Anne Driesbach 604 679-1703
 History Ann Svensen 752-5537
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 Newsletter Karen Garland 250 589-5059
 Sunshine Jeri Burke 752-9320
 Website Les McLean
 Welcome Desk Jeri Burke 752-9320