

Qualicum Beach Seniors' Activities Centre

S News

For the Young at Heart

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.



MARCH 2022

VOLUME 25 ISSUE 3

250 752-0420

THE CENTRE IS OPEN!! You can feel the relief in the air. A vaccine passport and masking are still required, but after all this time, it almost feels like the natural thing to do. Bonnie Henry has told us that in mid March, and again in mid April, the remaining restrictions will be reviewed. Dare we hope the passports and masks may also no longer be needed.

I would like to thank all the volunteers who have stepped forward and will continue to make our Centre a success. Many of you have been volunteering for some time, several others have come forward as new volunteers. Aging is inevitable & new volunteers are essential to fill in as others have to drop out.



FROM LORNE

As you see in the Newsletter, there are many interesting events and travel opportunities being arranged, so to stay right up to date, keep checking our website.

Listening to conversations here at the Centre and with friends at various times has made me realize that everyone has had some unique and interesting experiences. These experiences cover a wide

variety of happenings, from Physical Exports, to Hobbies, to Travel, to Music, to Art, etc. and etc.. I would like you to share your favourite happenings and feature one or two of these in our monthly Newsletters.

To get things started, let me tell you about something I have done that will be an example of what I mean. *"In my active mountaineering days, I have climbed five of the six mountains that surround the town of Banff in Banff National Park."* Now let me hear your unique experiences.

I am pleased to see our busy Centre President suggest to folks out there with many interesting life experiences etc., asking that you contribute to the newsletter. Please give thought to this suggestion and email me anything you would like to contribute to lilapat@shaw.ca, or drop into my mail slot in the office. Looking forward to some interesting stories. Lorne is right, we hear many interesting newsy stories while sipping coffee in the Centre with friends.

From Lila

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
- ❖ **TRAVEL:** Judy S. 250 752-5586
Pat 250 951-1159:
- ❖ **SUNSHINE:** Win 250 752-9229
- ❖ **GREETERS:** Shirley 250 594-6119
- ❖ **WEBSITE & ITS MANAGEMENT:** LES
- ❖ **OTHER:** Lorne 250 752-5630



ST. PATRICK'S DAY LUNCHEON - \$7.50

THURSDAY, at 11:30 a.m.

No time to plan a dinner party—but there is time to invite you to lunch! As our space is limited, please sign up on the sheet posted on the Activities Board in the hallway along with cash/cheque in envelope provided and place in the box above the desk by the office door. *If numbers warrant it, we may offer two sittings.*

MENU: Green Eggs and Ham, Hash Brown potato casserole, coleslaw, bun and a green (mystery at this point) dessert.

QBUB Ukulele Band will entertain with Irish songs for everyone to sing-along.





Seniors' Centre Activities

SUNDAY

DUPLICATE BRIDGE

1:00—3:30 TBA

\$2.00 per session

Starts in November

WEDNESDAY

HATHA YOGA with Margaret

10:00-11:00

Joanita 594-4194—**\$8** per session

DOMINOES—10:00—12:00

Audrey 250 752-9134

INTERMEDIATE

SPANISH CONVERSATION

11:30—12:30

Harvey 594-5915

TOPS: Starts March 2nd

Weigh-in 3:45—5:00

Elaine 250 594-3604

A CAPPELLA: 7:00—9:30

Marion 250 468-9280

MONDAY

YOGA: 9:30—10:30:

Jane 228-1157 - **\$10** per session

CHAIR YOGA: 11:00-12:00

Jane 228-1157 - **\$10** per session

UKULELE band: 12:30—2:30

Catherine 250 752-9082

BEGINNER UKULELE:

12:30—2:30

Henk 954-9484

LINE DANCE EASY

3:00 4:00: **\$5** per session

LINE DANCE INTERMEDIATE

4:00 - 5:00: **\$5** per session

Judy 250 752-6837

THURSDAY

CARDIO DANCE AEROBICS

8:45—9:45—**\$6**

Jeannine 250 240-0692

DARTS: 10:00-12:15

Bernie Brockway 757-2330

Member: **\$60**—752-4876

DROP-IN BRIDGE: 12:30—3:00

Lorne 952-9050

TECHNOLOGY TUTOR

Starts March 3rd

1:30—3:30: Brian 947-8258 or

tlc@sd69.bc.ca

LINE DANCING 4:00 5:00

\$5 p/session

BALLROOM DANCE LESSONS &

Practice time: 5:00—8:00

\$20 for 4 consecutive sessions

Judy Palipowski 752-6837

TUESDAY

FUN BRIDGE—9:00 am

Eldon/Shirley 250 752-3758

WHIST : 12:30—2:30

Sally 752-3556

CLEANING: 4:30—7:30 pm

FRIDAY

UKULELE FRIDAY IS FULL:

10:00—12:00

Maureen 250 594-6071

INTRODUCTION TO AMERICAN

MAHJONG: 10:00—2:00

Inger 250 951-9298

MAJONG 1:00—3:00

Chic 250 752-6846

ART GROUP: 1:00—3:00

Bev Hargreaves 250 752-9200

SATURDAY

HATHA YOGA with Richard

10:00—11:00

Registration required to max. of

13 persons.

Anne 752-9771—**\$8:00** pp



NEW MEMBERS

Monica Tolson

Jacqui Townsend

Lynda Hyndman

Darryl Gallagher

Karen Driol

Anna Fridriksdottir

Wayne Hunt

Wendy Attridge

Laraine Hunt

Ann Marie Rogers



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



NOTE: All activities are \$1.00 per person unless otherwise noted.

Irish students in an advanced biology class were taking their mid-term exam. The last question was "Name seven advantages of Mother's Milk." The question was worth 70 points or none at all. One student in particular, was hard put to think of seven advantages. However, he wrote:

1. it is perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive
5. It bonds the child to mother, and vice versa.
6. It is always available when needed. And then the student was stuck. Finally, in desperation, just before the bell rang, he wrote:
7. It comes in two attractive containers and it's high enough off the ground where the cat can't get it. He got an A+.

CONGRATULATIONS

PAM SWANSON

Winner of our monthly

draw for a

GIFT CARD from



Thank You Quality Foods



TRAVEL TALK With Judy and Pat



Sweetheart Travel Deals!

POWELL RIVER TRIP. OCEANSIDE AIR has a sweetheart deal for you. **ONLY \$119.99** per person plus GST (based on 4 passengers travelling together.)

◆ May see Denman Island, Hornby, Texada & Lasqueti islands from the air.

◆ Fly from Qualicum Beach Airport to Powell River Airport where you will be picked up by taxi to travel to the Shinglemill Pub and Bistro.

◆ Includes a **\$25 gift card** per person for lunch. After an hour stay, the taxi will pick you up and return to the Powell River airport for your return flight to Qualicum Beach.



◆ **SECHELT TRIP.** OCEANSIDE AIR has added one more destination to the list of Sweetheart Deals.

◆ Take a sight seeing flight to Sechelt where you will be picked up by taxi and taken to the Lighthouse Pub and Marina.

◆ The price for each person is **\$89.99** plus GST (based on 4 passengers travelling together and *does not include lunch*).

To book a trip (or both?) call Oceanside Air at 250 594-6872 and let them know that you saw these Sweetheart Deals on the QB Seniors' Centre website and in this newsletter. **Reservations and payment must be made by MARCH 15 and the trip completed by June 30, 2022.**

CASINO TOUR

Get ready for the spring get-away 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.

Poster for this tour is on our website www.qbseniors.com and more information through **Forest Coach Tours.** www.forestbustours.com or 250 248-4525.

Price **\$674** plus GST

Two Irishmen were working in the public works department. One would dig a hole and the other would follow behind him and fill the hole in. After awhile, one amazed onlooker said: "Why do you dig a hole, only to have your partner follow behind and fill it up again?" The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick." 😊

Janie's Got a Bus Road Trip and Adventures LTD

SHEN YUN

March 23 and 24, 2022

To book call :

Nanaimo Harbour City Seniors
250 755-7501

Leaves Bowen Park at 7:00 a.m., returns

8:00 pm. Lunch at the Sharks Club (not included)

PRICE **\$275** PLUS GST and MEALS



FOREST COACH TOURS



Is looking for an experienced **COACH DRIVER** with Class 1 or 2 license with air brakes.

Call 250 248-4525,
bustours@shaw.ca

PITMAR TOURS ARE BACK IN BUSINESS!

Folks who have taken advantage of their trips have always been happy travelling with them There are brochures on the Travel Board for you to have a look.

~ AND ~

The new **SENIORS GUIDES** are in the Centre. These books are full of valuable information for seniors ... please take home a copy. Always handy to have around.

APRIL NEWSLETTER DEADLINE TUESDAY, MARCH 29

lilapat@dshaw.ca or 250 752-6489



Board
Of
Directors
2021
2022

President
Past President
Secretary
Treasurer

Lorne Tetarenko 752-5630
Pat Weber 951-1159
Bonnie Evoy 752-6489
John Telfer 248-7691
240-9609

DIRECTORS

Activities
Newsletter
Membership
Facilities

Judy Palipowski 752-6837
Lila Greene 752-6489
Dianne Meyer 586-1904
Barry Lohman 248-9286
Ian Blaikie 752-8499

AFFILIATES

Sunshine
Kitchen volunteers
Travel

Win Gaetz 752-9229
Jan Dejardins 686-0348
Pat Weber 951-1159
Judy Southern 752-5586
Ann Svensen 752-5537
Shirley Shaw 594-6119

History
Welcome Desk



JUDY'S HOT DOGS- March 10
(Every 2nd Thursday)



KITCHEN ITEMS from Judy Southern

A huge bouquet of thanks to **JAN DESJARDINS** who is in full swing scheduling the volunteers for our kitchen. More thanks to **BRENDA CHARLES** who spearheads "COOKIE CUTTERS" baking group.

I am hoping someone may soon step forward to be the leader of our **Soup Making Group**. Jans number is 250 686-0348

ALSO: we are glad to introduce, once again, the two special menu items each month ...make note of day and time of each and drop in for lunch.



We continue to collect used **STAMPS** and the **PULL TABS** from aluminum cans in containers on a shelf under the DVD's and next to the lending library. Just deposit your 'savings' in the appropriate container ... with thanks.

Dinner at DeeZ Restaurant

Unfortunately our group dinner out continues to be postponed—blame Covid. Understandably, DeeZ is not yet prepared to accept large groups. We have high, high hopes for April! Trent at DeeZ would really hope that masks and passports may not be necessary by then which would make everyone more confident in being part of a large group. If you have paid, your \$25 is safely taken care of in the Credit Union account. If, for any reason, you would like a refund, please call Judy 250 752-5586.

A huge bouquet of Shamrocks to **JERRY BURKE** and **PAT McLEOD** who put their talents to work recovering the Greeter Desk in the Centre. Time well spent making it look like its brand new! **Many, many thanks** to you both for your thoughtfulness **MUCH APPRECIATED!**

THE "HEALTHY" CORNER

Migraines hurt. This is a gross understatement for those who are afflicted by these vicious headaches. I thought about migraines when a patient asked if there were any vitamins that could help. She had tried avoiding all migraine triggering foods, wine, aged cheeses, caffeine withdrawal, chocolate. MSG, shell fish and cow's milk, with no luck. A few medications to help prevent migraines proved unhelpful. I always have a few options that can help with migraines. The best supplement options to help prevent migraines are magnesium and vitamin B2.

What causes a migraine and why does it hurt so much? The exact cause of migraines is not known, but researchers have a few ideas. One theory involves a three-step process. **1. initiation**, in this step

MIGRAINE



HEADACHES

something begins the migraine chain of events. Could be stress, food allergies or other triggers. During step **2. prodrome**, the body responds to these triggers by releasing blood vessel constricting substances, causing reduced blood flow to certain parts of the brain. It's believed this may cause the 'aura' that is experienced before a migraine headache attack. **3. headache** step is where your body responds to this reduced blood flow by causing rapid blood vessel dilation. This increased blood flow might cause the pounding sensation that is felt during a migraine. This is a very simplified version of what is thought to happen.

Symptoms of migraines are not very pleasant. As well as a throbbing pain, they may include sensitivity to light and/or noise, nausea and/or vomiting. When should you contact your doctor about your migraine? *A few warning signs should alert you to seek urgent medical attention.*

- A very sudden headache "thunderclap".
- A headache after a blow to the head.
- A headache with other unrelated symptoms such as: numbness, vision changes, blurred speech, unusual confusion or weakness.
- A different type of headache than is usually experienced & symptoms such as fever, stiff neck, drowsiness, vomiting, confusion. **Contact HeartPharmacy.com for more info.. This item is from the Nov./2021 Times Colonist.**