

# Qualicum Beach Seniors' Activities Centre

# Seniors

*For the Young at Heart*

Box 103 - 250 752-0430  
703 Memorial Ave.,  
Qualicum Beach, BC V9K 1S7  
<http://www.qbseniors.com>  
Email: [qbseniors@shawbiz.ca](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday to  
Friday  
9:00 am to  
3:30 pm

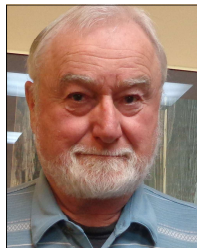
HAPPY  
GROUNDHOG  
DAY



Volume 27 Issue 2

February 2024

250 752-0420



## FROM LORNE

January is over, generally that means the end of winter for us. Victoria is gearing up for its annual flower count at the end of February. An interesting

tidbit for you trivia buffs, is that when we lived in Calgary we watched the coastal weather closely, because a Pineapple Express here means a Chinook there.

Retirements and health problems are creating gaps in the operation of the Centre.

The main priority is finding an Activities Director. We can assist and train a new person, but we need that person. So come forward if you are interested, just call me or any member of the Board for more information.

One last thing. We are out of storage space, so please

check with us before you donate anything. We may not want to say no, but we may have to. Second last thing. Many of you have asked if we could get those pictures from the Art class back on the walls.

We will ask them for you, as we also think it is a good idea.

It's our  
**20** YEARS  
ANNIVERSARY

Following the disastrous fire in 2002 that literally consumed the original Qualicum Foods, a new store was constructed and completed in January 2004.

A strata deal with the Town and Qualicum Foods gave us the opportunity to move in to our present location.

The Centre had its official Grand Opening on February 28th.

SO to celebrate our 20th Anniversary, we are planning on repeating the 'opening ceremony'.

There will be cake at **2:00 pm on Wednesday, February 28**. Come and join us.

**Judy Southern**

Hi. I will be taking over the production of the QB Newsletter on March 1st. I have been doing graphic design, page layout and editing for over 30 years, most recently with King's Printer (formerly Queen's Printer) where I currently work part-time, as I ease into retirement. My mom, Judy Southern, has been an active participant with QB Seniors for many years and I'm delighted to join the community.

**Karen Garland**

The 14 years I have had the privilege to be the Newsletter Compositor here, at the Centre, has been a lot of happy, pleasant years. The members of the Centre have been so supportive of my work and a huge Thank You for their kind comments over the years.

I will miss working on the Newsletter, but, as we all can appreciate, things pop up causing us to make decisions that we have to tend to. I will still have a few minute jobs to take care of which means I'll still be around the Centre as usual. My best wishes to Karen and a big thank you for taking on this pleasant endeavour.

**Lila Greene**



Centre President, Ed Burnett, town councilman Anton Kruyt, John Bruillo and Ken Schley of Qualicum Foods cutting the ribbon at our new home

A 10th ANNIVERSARY CELEBRATION will take place at the Centre at 2:00 pm, Sat. March 1st

Ran across this pic of the 10th anniversary in the 2014 NL and thought some folks who were present for this celebration, would enjoy seeing this pic of the 2004 opening. Time flies doesn't it!





Judy Palipowski

# Senior Centre <sup>2</sup>

# Activities

## ~ SUNDAY ~

**CONTRACT BRIDGE** - 1:00 pm  
Anne Jenkins 594-7097 (Oct.-March)  
annejenkins@shaw.ca

## ~ MONDAY ~

**KNITTING/CROCHET for MANNA**  
9:30 - 11:30 ~ Jan 250 738-1040  
jancurtis5431@gmail.com

**MEMBERSHIP OFFICE WORK**  
11:30—3:00 p.m  
Anne 250 752-9771

**YOGA:** 9:30—10:30:  
**CHAIR YOGA:** 11:00-12:00  
Jane 228-1157 - \$8  
janeloney@hotmail.com

**QB UKULELE BAND:** 12:30—2:30  
Catherine 250 752-9082  
mckhan2@shaw.ca

**BEGINNER UKULELE**  
2:30—3:00 - Henk 954-9484  
hcverkerkis@gmail.com

**LINE DANCE 1—** 3:00 - 4:00  
**LINE DANCE 11—** 4:00 - 5:00

**BALLROOM DANCE PRACTICE**  
5:00—6 :00 pm  
Judy 250 752-6837  
judypalipowski@gmail.com

### PEGS & JOKERS

6:00—8:00 pm  
Ruth 905 rac-447 7344

Off until Spring '24

## ~ TUESDAY~

**FUN BRIDGE:** 9:00 – 12:00  
Al Gagnon 250 596-2500  
algagnon006@gmail.com

**CB TUNES—TBA**  
Court 250 951-2572  
brook@shaw.ca

**WHIST:** 12:30—2:30  
Except in lounge 1st Tuesday  
Sally Jagger 250 752-3556  
sallyajagger@gmail.com

**SONGBIRDS:** 3:00—4:30  
Diana Meyer 250 752-4856

**RAMBLERS PRACTICE**  
6:00—8:30  
Colin Craig: goodison95@shaw.ca

**CLEANING:** 4:30—7:30 pm

Son: “Dad, can you tell me what a solar eclipse is?” Dad: “No sun.”



## ~ WEDNESDAY ~

**HATHA YOGA** with Any Mac  
10:00-11:15 - \$8 a session  
250 228-0518  
animacg@hotmail.com

**DOMINOES** ~ 10:00- 12:00  
Audrey 250 752-9134  
amishbell@shaw.ca

**Intermediate 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

**BOOK CLUB:** 2:15—3:15  
First Wednesday of every month  
Gail Smith 905 808-4585  
Xgail.smith@gmail.com

**FUN With CHAZ:** 2:30– 4:00  
Chaz Booth—250 240-0465  
chazentertains@gmail.com

**TOPS:** Weigh-in 3:45—5:00  
Elaine 250 594-3604  
repac5@shaw.ca

**PARKSVILLE/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

## ~ THURSDAY ~

**BEGINNER BRIDGE LESSONS**  
January 18—9:30-11:30 - \$8  
Peter 250 586-5740  
pseggers225@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

**PROBLEMS with your ELECTRONIC DEVICES?**  
Call **TECHNOLOGY TUTOR BRIAN** 250 947-8258  
tlc@sd69.bc.ca or book your own appointment:  
obl.ca/calendar  
**Every Thursday 1:30-3:30 in the Lounge**

## ~ THURSDAY ~

**LINE DANCING** - 4-5  
**BALLROOM DANCE LESSON** - 5-6  
5:00—6:00 pm  
**PRACTICE TIME:** 6-7  
Judy Palipowski 250 752-6837  
judypalipowski@gmail.com

## ~ FRIDAY ~

**UKULELE** 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  
Richard Waterfall: 613 791-6425  
rgwaterfall@gmail.com

## ~ SATURDAY ~

**HATHA YOGA** with Richard  
10:00—11:00  
Anne 752-9771—\$8 a session  
sharp44@shaw.ca

**Qi GONG**—11:15-12:15  
Dr. Rod LeBlanc rod@lifelonghealth.ca

**STORY TELLING** — 1:30—3:30  
Normacameron33@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 over the month.



Sunshine

## 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



# what's cookin's

## LUNCH on MONDAY



### MIKE'S QUICHE

with Barry & Brenda

TUESDAY 1 & 3 WEEK



### Leslies fresh baked CINNAMON BUNS

ONLY \$1.00

(sorry, no take out)

Wednesday, February 21  
Bill & Verdellas



### CHILI

with Corn  
Meal Muffin

THURSDAY LUNCH



### CATHY & BRENDA'S CREAMY CLAM CHOWDER

## GREETINGS from the Cookie Cutters

We are well into 2024 now and looking forward to warmer temperatures. In the meantime it has been great weather to be inside and do some cozy baking.

The kitchen volunteers love serving the home baked cookies and cakes that our volunteer bakers provide. If you are interested in becoming a volunteer baker, I'd love to hear from you. You can email me at Charles.brenda@me.com or call/text 604 379-0290, I am usually in the kitchen Thursday mornings and I would love to meet you!

With Valentines Day coming up, the following recipe is a nice change from all the chocolate goodies!

### LEMON COOKIES (makes about 20 cookies)

#### Ingredients:

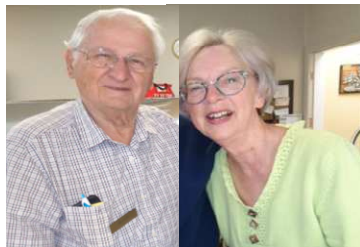
1 cup sugar      1/2 cup softened butter  
2 TBSP fresh lemon zest      2 eggs  
1 TBSP lemon juice      1/4 tsp salt  
1-3/4 cups flour      1/2 tsp vanilla  
1-1/2 tsp baking powder  
1/4 cup icing sugar (to roll cookies in)



#### METHOD:

- Beat together sugar, butter and zest until light and fluffy.
- Whisk together eggs, lemon juice and vanilla in a small bowl before beating into butter mixture.
- Whisk together remaining dry ingredients and add to egg mixture just combining (dough will be sticky.)
- Cover and chill in the fridge for at least 30 minutes.
- Preheat oven to 350 degrees and line two cookie sheets with parchment paper.
- Form dough into 1" balls and roll in powdered sugar, placing then 2" apart on the cookie sheet.
- Flatten slightly, bake 11 to 12 minutes.

### FRIDAY LUNCH



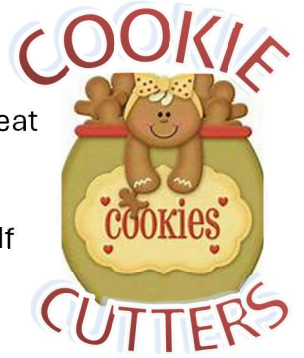
### MIKE'S CHICKEN

with co-worker Betty

Valentine  
Luncheon

WEDNESDAY, FEBRUARY 14  
11:30 a.m. & 12:30 pm ~ Only \$12

Sign-up sheet is posted on the Activities Board. Please drop your cheque/cash in envelopes provided and drop into the box on your left over the desk. **ONE PERSON PER LINE, PLEASE** Check your preferred time to enjoy a very nice lunch : ham, hashbrowns potato casserole, salad, bun, dessert and beverage. Only 28 seats (a setting), so sign up soon. We look forward to seeing you there!!



# Robbie



# Burns



HUGE THANK YOU'S need to go out to many volunteers who did such a wonderful job for our Robbie Burns party. George, Dagmar and Fred, with Betty's help, produced a totally delicious dinner. Lila & Ann cooked the tasty potatoes, and made those delicious desserts, scones, shortbread and oat cakes. Cindy did so much work putting the event together (under Pat Weber's guidance) as well as doing a superb job as emcee.

The Scottish dancers were fabulous in their beautiful tartan outfits as they performed for the full house crowd.

The Piper led Lorne, with haggis, to

where John was

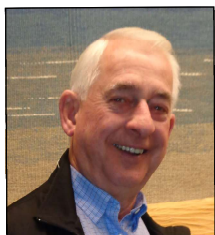
ready to toast the haggis. It was the best! Lorne then toasted the Lassies, and between Diane D, and Judy S., the Laddies had their toast.

The Ramblers entertained us with such danceable music, that everyone had a terrific time.

More thanks to the folks who pitched in to set up (in the Scottish mode) and put away everything: Norah, Julie, Diane, Bonnie, Ann, Graham, Lorne & Ken.

Unfortunately, Inger and Pat were unable, due to ill health, to attend this event. Thoughts are with you both and we wish you well. From Judy S.





# TRAVEL Talk



Watch the website: [www.qbseniors.com](http://www.qbseniors.com)  
for updates on all of the trips being planned



**MARCH 25**  
**\$279 pp**

Depart Civic Centre. 9:00 am, return Civic Centre 9:30 pm. Bring your own lunch or eat on

the ferry. On return, dinner will be on the ferry at your expense. Please make cheques payable to **Fever Travel at 250 287-3221**



Michael Flatley's new tour promises an unforgettable experience with new choreography that pushes the

boundaries of what is possible and a celebration of the Irish heritage and artistry of Irish dance. *Proposed price will include return transportation to the Centre in Vancouver, admission and over night hotel room*

**JUNE 13, 2024**



## SERENITY

The nice thing about being senile is you can hide your own Easter eggs and have fun finding them!



I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for a hour. But, by the time I got my leotards on, the class was over!



An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

"Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?"  
"Then I'll be sure my daughters visit me twice a week"



I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. Have bouts with dementia, have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license!

## STARS ON ICE

**MAY 16, '24**  
**\$230—\$279**

Leave from the Civic Centre at 3:00 p.m., return to the Civic Centre at 11:00 p.m. Includes buffet dinner, tickets and transportation. Experience the pinnacle of figure skating at the **2024 Stars on Ice Tour in Victoria.**

The star studded cast features Elvis Stojko, Patrick Chan,

Piper Gilles & Paul Poitier and more.



This show promises to be a celebration of talent and passion and the pure artistry of figure skating.

**Make your cheque payable to Island Fever Travel.**

Watch for sign-up sheet on the Travel Board soon.



## NEAT STUFF TO KNOW (?)

- ✓ Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times.
- ✓ Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- ✓ Your tongue is the only muscle in your body that is attached at only one end.
- ✓ If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- ✓ Kites were used in the American Civil War to deliver letters and newspapers.
- ✓ Drinking water after eating reduces the acid in your mouth by 61 percent.
- ✓ Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450 deg.
- ✓ The tooth is the only part of the human body that cannot heal itself.
- ✓ Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.
- ✓ Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
- ✓ Everything weighs one percent less at the equator.
- ✓ Warner Communications paid \$28 million for the copyright to the song Happy Birthday
- ✓ Intelligent people have more zinc and copper in their hair.

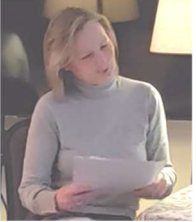
## Stories on Saturday



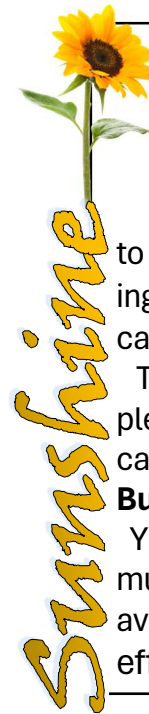
It was a slushy, rainy day as we gathered to share our stories. Emcee Myra Watson, welcomed everyone to the inaugural session of 'Stories on Saturday,' giving the background on how this group of storytellers came about. In 2022 a number of members signed up for a Guided Autobiography Class at the Centre and from this group, over the past year, seven of us have met for tea, cookies and stories. Topics are vague...no limits on where one takes their story.



Myra introduced each storyteller and tales were told of Wales, Australia, Japan & Spain, A Walk in the Woods and Above the Clouds storytellers included Myra Watson, Anne Lihou, Romilly Grauer, Beverley Rink, Norma Cameron and Cindy Crawford.



Myra concluded with a message to the audience, thanking them for attending and thinking about starting a storytelling group of their own. Our storytellers group found new friends as we shared our stories, and amazed at the outcome. From **Cindy Crawford**



**A NOTE from PAT  
Hello Everyone**

As **Sunshine Lady** at the Senior Centre, it is my pleasant duty to send various greetings, supportive, get well cards, etc. at times.

To avoid duplication, please do not send cards, but contact **Pat Bull** at: 250 752-3946.

Your cooperation is very much appreciated as it avoids wasting her efforts.

## THE HEALTHY CORNER

### Take Care of Your Heart Health

**F**ebruary is Heart month - not only because of Valentine's Day, but also because the images of hearts posted everywhere serve as a reminder to take care of your heart and cardiovascular health.

There are a wide variety of prescription drugs that can help reduce high blood pressure, but showing your heart some extra love isn't just about reducing or eliminating "bad" foods, but can also involve adding beneficial foods and supplements to your daily routines.

**As always, please consult your Heart Pharmacist or primary care provider before starting to make sure it's right for you.**

**1. COENZYME Q10:** your body naturally produces its own CoQ10, but as we age, our ability to produce our own diminishes. Additionally, statin medications which reduce cholesterol can further reduce your body's level of level of CoQ10. Supplement-



ing with CoQ10 has been linked to good heart health, a reduction in blood pressure and prevention of periodontal disease.

**2. FISH OILS:** A rich source of omega 3 fatty acids (a natural anti-inflammatory), studies have shown that fish oils have a positive impact on heart health. While eating fish is an even better way to ingest these fatty acids, for those who don't like fish or want more consistent intake of omega-3's supplements are considered a safe addition to your diet.

**3. ASPIRIN:** If you` have a history of heart disease or diabetes, low dose therapy can help reduce your risk of blood clots that cause heart attacks.

Aspirin therapy can cause stomach upset and should be avoided if you have a bleeding disorder!

**4. PLANT STEROLS:** Also known as phytosterols, these come from plant based foods and can help lower LDL cholesterol (the 'bad' cholesterol) by blocking its absorption.

*For more information on supplement uses, dosages and to avoid possible drug interactions be sure to speak to your Heart Pharmacist.*

*This article was printed in the Victoria Times Colonist.*

**A REMEMINDER:** There are containers on the shelves of the library that are for collection of PULL TABS which go to the Legion toward their various good causes. COINS (when we get enough) go the Food Bank. STAMPS go to the EASTERN STAR who sell them to raise money for Cancer research, funding Alberta/BC Guide Dogs comfort, education and much more. They appreciate everyone helping in the project. They take them trimmed or not. If trimmed, trim to 1/4 inch around the stamp. POSTCARDS also appreciated, but must remain intact.



**DEADLINE  
for MARCH NEWSLETTER  
MONDAY, FEBRUARY 26  
kkgarland22@gmail.com**



News has come to us, via her son, that **Phyllis Wedge** (always Phyl) had passed away January 17th.

Phil was one of our original members, having joined the Centre in October of 1997. She and her husband, Doug

were working members from the beginning, putting the original Centre (the old Town library) into shape for occupying. Phyl was always an involved, and an innovative member.

She introduced others to and led a variety of activities: Scrabble, Trivia, Whist, Dominoes, Movies on Monday, to name a few. Doug Wedge, who passed many years ago, was treasurer of the Centre for a number of years. They also started a painting group in the old centre where members could paint un-interrupted.

After a bad fall, Phyl moved from her waterfront home to Stanford Place, where she spent the past four years and died peacefully while in NRGH.

## ~ Notes from Judy Southern ~

### CENTRE RECYCLING.

Huge **THANK YOU** to **CATHY WITALA** who was kindly taken over the chore of removing recyclable items from our closet to her home, to pass on to the RDN

What wonderfully helpful person you are! We appreciate your interest in the Centre so very much!

PS: an added **thank you** to all the **kitchen volunteers** and others who care enough to place clean items in the blue box. You are appreciated.

\*\*\*

### A PERSONAL NOTE:

I'd personally like to welcome my daughter, one of our new young members in February, as she will be our next 'Young at Heart' Newsletter editor. It is so very sad that Lila Greene has to let go of 'her baby', but I know that Karen will do the best she can to fill those big shoes. And I know that she is good! Print has been her career.



- The frog is a symbol associated with February 29. The Australian rocket frog can leap over 2 meters.
- This day you are working for free if you are on a fixed income.
- February 29 also marks Rare Disease Day.

- The record for most generations born on leap year is held by the Keogh family in Ireland and UK.
- In Taiwan, married daughters return home during the leap month as the lunar month is believed to bring bad health to parents.
- A special leap day tradition in Ireland dates back to the 5th century in which women are encouraged to propose to men on this day. And he can't refuse or has to pay a set penalty.



### DECEMBER WINNER:

**JIM REYNOLDS**

Logo found on page 8—Congratulations  
**Many Thanks** to all who participate in this fun contest in our Newsletter.

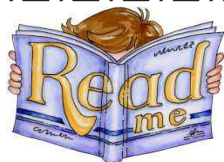
Lila Greene

## HAPPY VALENTINE'S DAY

- |                 |             |         |               |
|-----------------|-------------|---------|---------------|
| Valentines      | Shadow      | Violets | Flowers       |
| <del>Love</del> | Aquarius    | Hearts  | Chinooks      |
| Chocolates      | Sweethearts | Pisces  | Blizzard      |
| Ground Hog      | Amethyst    | Cupid   | Bow and Arrow |


DRAW LINES THRU' ALL THE WORDS in this Word Find puzzle

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



...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. **Winner will be phoned when ready for pickup at the Centre. One winner per month**

The  is hidden on page .....

Name & phone:.....

## WELCOME NEW MEMBERS

Janet Holte  
 Barb Ashcroft  
 Judie Coulter  
 Wendy McKenzie  
 Rosalee Sullivan  
 Terry Johnston  
 Janine Bryant  
 Corinne Jaques  
 Patti Kyryluk  
 Catherine Perrin  
 Linda Lavis  
 Farhand Ghafari  
 Rod Morrison  
 Noreen Morrison  
 Sandy Hyde  
 David Lepine  
 Erika Foley  
 Susan Oldfield  
 Ulric Robins  
 Marilyn Hartley

William Moore  
 Douglas Randle  
 Deborah Koyanagi  
 Ann Marie Rogers  
 Sharon Robins  
 John Potter  
 Norma Younie  
 Nancy Harrison  
 Anna Grieve  
 Donna Herman  
 Shirley Bradley  
 Carol Riera  
 Karen Garland  
 Dave Gauthier  
 Dianne Kleibl  
 Jim Reynolds  
 Nick Squire  
 Ann Peyton  
 Dunley Peyton

### QBSAC 2023-2024 Membership Benefits

1. Entry into monthly draw for either a \$25 Quality Foods gift card or a \$25 Swell Sweets gift card.
2. 10% discount on all Vital brand products at The Source in Qualicum Beach
3. 10% discount in the pro shop Brigadoon Golf Course
4. Jill Sawchuk Yoga offering members interested in joining Jill's online Yoga community discounted rate for a 1-1 initial consultation—15% off! A private Zoom call can help to answer any questions about how to get started with online Yoga or address specific questions or challenges you might be bringing to the practice. To book a 30 minute private session with Jill, use this link: <https://go.oncehub.com/HealNowInt>
5. 10% discount at Fresh N Fabulous Flowers and Gifts Qualicum Beach.
6. 10% discount on parts at Coast Auto Service (Brock Wagner) Qualicum Beach.
7. 10% discount at Arbutus Fashion and Lifestyles.
8. 10% discount at Open Collar Men—a new men's clothing store in Qualicum Beach.
9. 10% discount at Sweet Dreams—The Bed and Bath Shop in Qualicum Beach.
10. 10% discount at Gary's Bistro in Qualicum Beach (includes all beverages).
11. 10% discount at Boutique Flowers & Event Décor, 1228 Craig Street, Parksville
12. \$49.95 Peace of Mind Inspection (regular \$80) at Stanford Auto Centre, Parksville.
13. 15% discount at United Floors in Parksville.

## Arrowsmith Home Services

### HOME WATCH SECURITY

Decluttering and Downsizing  
 Residence Transition

Services include listing and selling your home



**\*Home maintenance**  
**\*Staging \*Need help?**  
 Call today  
**NO JOB TOO SMALL!**  
**250 228-7653**

arrowsmithhomeservices@gmail.com

## Congratulations!

**SUSAN OLDFIELD**

Winner of our monthly draw for a  
**GIFT CARD** from



*With Thanks*

## Centre Stats

~~ MEMBERSHIP ~~

**For month of December**  
**there were an additional**

**15 Regular Members**, of which were  
 9 new members

**Year to Date as of December 31, 2023**

921 Members: 811 Regular,  
 87 Complimentary, 21 Life,  
 2 Honourary

Of the 811 Regular Members,  
 246 are New Members

- We don't have grey hair. It's called wisdom highlights.
- It's weird being the same age as old people.



### Board of Directors

**\*  
 2023  
 2024**

President	Lorne Tetarenko	752-5630
Vice President	Rob Duncan	752-2847
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	Pat Weber	951-1159
	Rob Duncan	52-2847
Printing/Computer	Gerry O'Brien	752-0702
Travel / Events	Cynthia Crawford	594-7701
Kitchen Manager	George Wimmer	594-7840

#### 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
Website	Les McLean	