

2022 Happy New Year

A short time ago I planned to start my thoughts for this January Newsletter with: *At last let's say goodbye to 2021, the "Year That Never Was", and say hello to 2022, the "Year We Return to Normal"* Well, the first part of the message remains the same, but I must change the second part. 2022 is not taking us back to normal, instead we are at the start of what will be our new normal. Even the weather has decided it is time to show us there



is a winter in this fair land. Confidentially, before I moved out here, I was a winter person enjoying all types of skiing including multi-day back country trips, so this weather brings back warm memories. And warm memories are what we all need to call on to help us through trying times. This is a perfect time to share our good memories with family and

friends. As Doctor Bonnie Henry is saying, we will overcome this Covid virus by being diligent and determined. We will see it pass. Right now we don't know when. We will re-open the Centre just as soon as it is safe to do so.

In the meantime, look after yourself, your family, your friends and keep an eye out for those who are isolated and alone.

My best wishes to everyone for a very Happy New Year.

Butchart Gardens Christmas



Early December 1st, 40 Seniors boarded a Forest Tour Bus, with overnight destination Victoria, to primarily experience the **Christmas Lights at Butchart Gardens**. Pat Weber leader/organizer obviously again had the right connection to the weather god. It was damp going down, but, to our surprise, cleared up in the evening and beautiful sunshine next day.

First stop, Duncan Farmers' Market Restaurant where excellent hot coffee/tea and delicious appetizers were served. We were lucky the Malahat had re-opened, arriving without problems. At the Gardens we had ample time to explore the exquisite gift shop or start our festive stroll along the pathways

to view the illumination of thousands of colourful lights and enjoy 'The 12 Days of Christmas' displays. A delicious buffet was served in the Garden's Blue Poppy restaurant. After this we had another 1-1/2 hours of free time to enjoy those parts of the Gardens we had not yet visited. Some of us even had a carousel ride!



Our overnight stay was at the comfortable **Huntington Manor**, a short walking distance to downtown. A great self-serve breakfast was included.

On our own once again, some of us visited the IMAX, did shopping and enjoyed a lunch at our favourite restaurant. On our return trip we stopped again at the Duncan Market to load up with fresh vegetables.

While on the bus, there were door prizes and quizzes. It was another fun trip enjoyed by all. From **Christiane Kerr**

Qualicum Beach Seniors' Activities Centre

News

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.

Seniors' Centre Activities


VISIT qbseniors.com FOR UPDATES ON ACTIVITIES DURING CLOSURE OF THE SENIOR CENTRE

WELCOME NEW MEMBERS

- | | |
|----------------------------|----------------------------|
| ◆ <i>Walter Gurka</i> | ◆ <i>Jane Loney</i> |
| ◆ <i>Richard Allen</i> | ◆ <i>Nina Nichol</i> |
| ◆ <i>Bette Brooker</i> | ◆ <i>Rhona Proctor</i> |
| ◆ <i>Bette Bystrom</i> | ◆ <i>Marlene Sharman</i> |
| ◆ <i>Julie Chambers</i> | ◆ <i>Joy smith</i> |
| ◆ <i>Ian Chambers</i> | ◆ <i>Maureen Weilmaier</i> |
| ◆ <i>Michael Downes</i> | ◆ <i>Fleurette Wilk</i> |
| ◆ <i>Bridget Fairhurst</i> | ◆ <i>Mark Wonneck</i> |
| ◆ <i>Wendy Karhoffer</i> | ◆ <i>Susan Zwick</i> |
| ◆ <i>Patricia Kucey</i> | * * * |

CONGRATULATIONS PAULINE PIKE
Winner of our monthly draw for a
\$25 Gift Card from 
Thank You Quality Foods


 Due to lack of participation this fun puzzle is being retired. Many Thanks to those who sent in guesses over the past 6 years.
FERNE GURKA was the winner in the December 2021 Newsletter.
...and WIN a PRIZE
HAPPY NEW YEAR TO EVERYONE

Canada Place Christmas Market

December 7th, 40 seniors boarded a Forest Tour bus, destination Vancouver /German Christmas Market. It was a liberating feeling to experience a ferry ride, the Lions' Gate Bridge, and through Stanley Park. Upon arrival and vac//ID, bag check, we strolled through a beautifully decorated outdoor market with 80+ vendors selling traditional German food and products from individual huts. Food stalls served made-to-order piping hot fast food, needed to put you in the mood to shop. There was lots of food and beauty items, traditional ornaments, jewellery, clothing, spices, sweets, roasted chestnuts, Christmas Stollen, incense and many more items for sale. Especially popular were the 'pretzels' made from a secret recipe.

After tasting those, most folks bought them. The only damper was the rain. The food had to be eaten outside under free standing tables with only a flimsy umbrella for protection. We were getting cold and most people went to Canada Place, some to restaurants or meeting relatives or friends.

In the windows of Canada Place we admired the beautiful mechanical Christmas decorations which, long past, were shown at Christmas times in the Woodward's Department store window to the delight of children and adults. Thankfully, these had all been saved. They were also able to see many live Christmas trees beautifully decorated by different businesses in the city. Thereafter, we had plenty of free time

which was used more or less successfully by different people. After a bit of exploring the surrounding area, my friends and I visited a bar during 'happy hour' and had great fun with two other ladies in our group.

The bus took us back to the ferry, arriving home at around 9:30 pm at the Civic Centre. As usual, there were door prizes and quizzes on the bus which kept everyone in good spirits.

THANK YOU to PAT for arranging this adventure. Unfortunately the weather god did not listen to you this time, however, hopefully we can soon travel again, rain or shine. It's always good to 'get out of Dodge' with such a 'fearless' leader!

From **Christiane Kerr**





IT'S HOT DOG FRIDAY
at the Centre
MARGOT GRAHAM is anxious to
enjoy one of Judy's tasty hot dog
creations. *Everyone just has to
have a hot dog once in awhile!*

NEWS from the KITCHEN

From JUDY SOUTHERN

I must wish all of our wonderful volunteers a most **Happy New Year!** May all good things come your way this year.

It seems we just got underway and into 'the swing of things' when, on December 20 the Board deemed it necessary to close again. It's most important to keep our members safe. But, we missed our 3 Teas of Christmas and all those delicious desserts that **Brenda** and the "**Cookie Cutters**" baking group had worked so hard to create.



However, they are in the freezer, so one of these days, we may just get to taste them!

Pat felt so badly that he and **Inger** needed to cancel the Christmas Day dinner as well. Damn Covid Omicron ... when the Centre does re-open, Judy will no longer be calling your number to ask for help in the kitchen. **JAN DESJARDINS** has kindly agreed to take over the job. If you are a volunteer, please make note of her telephone number **250 686-0348**.

THANK YOU, JAN.



BERYL HARGREAVES & MAGGIE SHEEHAN painting on glass, Fridays at the Art Group sessions. **CHRIS STRETTON** spent a few moments updating the Craft display cabinet with a variety of Christmas novelties created by the talented ladies in the Craft group.



THE "HEALTHY" CORNER

Winter is here and the days are short, whether or not we like it and in a season that can be hard to navigate in our best health, be it because of the desire to hibernate, or the lack of sunlight, prioritizing our wellness is important.

Here are some Winter Wellness tips to stay healthy, and thrive this season.

TAKE ADVANTAGE OF THE LIGHT.

Sunlight is in short supply this time of year and that can make many of us feel the effects of seasonal depression. That is why taking advantage of as much light as we can get is so important.

Make an effort to steal outside for at least 15-20 minutes. every day.

SUPPLEMENTS TO CONSIDER: There are some key supplements that can make your

WINTER



WELLNESS

journey through winter months a bit easier.

- **Vitamin D:** this is a big one, as many Canadians become deficient at this time of year.
- **Vitamin C:** Works alongside Vitamin D to support a healthy immune system
- **B Vitamins:** Important for supporting the stress response and to help boost energy.
- **Zinc:** helps fight infection in cold and flu season.

Always be sure to speak with your healthcare provider before adding any supplements into your diet to make sure they are right for your needs.

KEEP MOVING: It's easy to give into the

desire to hibernate in the Winter and get lax on physical activity, but keeping up a daily movement practice goes a long way in maintaining good physical and mental health.

Make at least 10-60 mins of movement a part of your daily routine, it can be as simple as a walk or a yoga flow, just as long as you're moving.

GIVE YOURSELF A BREAK:

Honoring our inner seasons is important in preserving our mental health throughout this season. Holding ourselves to the same standards of energy and productivity just isn't realistic, and it's ok to give yourself a break. It's okay to rest more, or to need to eat a bit more food, or feel less motivated to take on tasks. Focus on one thing each day, take care of yourself and build from there.



Thank goodness we managed to enjoy those two December trips before the axe fell on Centre activities. Enjoy reading the write-ups. Thank you, Christiane!

Just in case you have the opportunity to travel, here are five tips from the Wilsons group.

1. Check for flexible ticket options, cancellation insurance etc.
2. Check traffic and ferry conditions before you leave.
3. Double check hours of operation and reserve early to ensure availability.
4. Be COVID prepared.
5. Watch for deals and savings.

Won't it be lovely when the country gets back to normal!

THE DASH

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on the tombstone, from the beginning...to the end.

He noted that first came the date of birth, and spoke the following date with tears, but he said what mattered most of all, was the dash between those years.

For that dash represents all the time that they spent alive on earth. And now only those who loved them know what that little line is worth.

For it matters not, how much we own, the cars, the house, the cash. What matters is how we live and love and how we spend our dash.

Win Gaetz is so good at being our ray of sunshine, sending out cards (and sometimes phone calls) to those in need of a bit of attention. Please could you help her by letting her know of anyone in need of that card or phone call. Also, once the Centre is open & the opportunity to write names on the list (the board is near the kitchen menu) is available, could you please write your name as well as the name of the person who will be receiving the card. That way Win will get details if she needs more information.

So, think about this loud and hard. Are there things you'd like to change? For you never know how much time is left that can still be rearranged.

If we could just slow down enough to consider what's true and real and always try to understand the way other people feel.

And be less quick to anger and show appreciation more, and love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile, remembering that this special dash might only last a little while.

So, when your eulogy is being read, with your life's actions to rehash, would you be proud of the things they say, about how you spent YOUR dash?



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



With Judy and Pat

Janie's got a Bus
Road Trips & Adventures Ltd.



Sign up at: 250 755-7501 or 250 756-5200

- ☒ **Maple Sugar Festival, Duncan, Feb. 5**—9 am to 4:30 pm. Walker friendly. \$50 + tax, meals not included
- ☒ **Tofino & Ucluelet, Feb 20.** 8 am to 8 pm. Walker friendly. \$85 plus tax, meals not included.
- ☒ **Bamfield Frances Barkley, Feb. 10**—6 am -7 pm. \$175 + tax, meals not incl. May see bears, eagles, whales.
- ☒ **Victoria, Feb. 25,** 8 am to 5:30 pm. Walker friendly. \$75 + tax, meals not incl.
- ☒ **Victoria, Feb. 15,** —8 am to 5:30 pm. Walker friendly. \$75 + tax, meals not inc.
- ☒ **Cowichan Wine Tour (3), Feb. 27**—9:30 am - 5:30 pm. \$129 plus tax Includes. tastings, meals not incl.

In Memory

Some of you may remember Fran and Peter McLachlan who were very involved members of the Centre in its early days. Fran was secretary on the Board for a few years, and also the first producer of the monthly newsletter.

Peter helped with the move into our present premises in January of 2004. They were the first

to treat the members to a Christmas dinner and a summer barbecue.

Being very Scottish, Peter also excelled at Robbie Burns suppers!

Some years ago they moved to Chemainus and from there to Sidney.

Unfortunately, Peter passed away from a heart attack in mid-November.

HATHA YOGA PROGRAM

On Saturday, December 11, Hatha Yoga program completed three years (having had our first class on December 5, 2018). To celebrate its third anniversary, we had a luncheon at Gary's Bistro in Qualicum Beach following Covid 19 regulations. Gary's were kind enough to have us all seated together, create a special menu for our group, and once again, donate a gift certificate as a door prize.

At the end of the luncheon, names were drawn for door prizes. Lucky winners: Patricia B, Anne S, Frances O, & Janice N. Gary's Gift Certificate was won by Wendy S.

Our sincere thanks to Gary's Bistro! The photos you see here were taken by Andrew B., our official photographer. Thank you, Andrew.

Joanita, Hatha Yoga Program at the Senior's Centre.

