

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

OCTOBER 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 10



from Rob

It looks like a busy autumn with the Fowl Supper and pub night and trips to Victoria.

Our AGM is November 12 at 1:30 pm in the Activity Room. Please bring your questions and suggestions for the upcoming year.

I would like to thank *Barbara Davidson* who looks after our website for taking on the additional job of Director of Technology and also thank *Paula Kalsi* for taking on the additional role and responsibility of vice chair. All these appointments will be confirmed by the membership along with voting by the membership of the incoming board at the AGM.

While I am thanking our volunteers I would like to make a special shoutout to *Karen Garland* who took the newsletter over from *Lila Greene*. Although she lives down island, she keeps us informed of all the comings and goings at the centre. Karen is always on the lookout for stories or items about the Centre.



SPECIAL NOTICE

Annual General Meeting of the Qualicum Seniors Centre

Wednesday, November 12

- ▶ 1:30pm
- ▶ Activity Room



It was September. A time for new beginnings at the Seniors Centre. I was particularly looking forward to Spanish Class and all the friends I had made during the past 3+ years. But it wouldn't be the same.

Harvey Freedman would not be there.

Harvey was the one who organized the first Spanish Class and shepherded it through its many iterations as people came and went over the 8+ years he was in charge. Harvey had a real passion for the Spanish language, Spanish culture and particularly Spanish music. I'm sure it was a bit of an exaggeration when his wife Barb told me his CD/DVD collection weighed as much as Harvey did. Often, in class, he'd find a reason to introduce lyrics from a Spanish ballad, not just as an extension of our learning, but as an extension of himself and his passion.

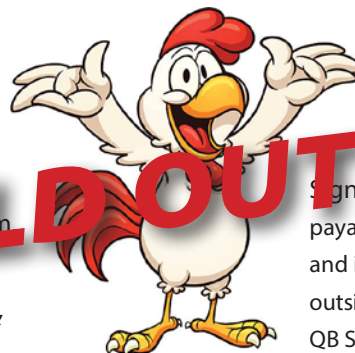
We will miss Harvey. We will miss his passion for the Spanish culture and the language. But most of all we will miss the person, Harvey Freedman.

Via con Dios, Harvey.

Ken Smith

8th
Annual!

Prairie Fowl Supper



Saturday, October 11th
Legion Hall • Doors open at 3pm

Menu: Chicken and all the trimmings, vegetables, salads, puffy bread, homemade pie and ice cream

- ◆ Door prices and more!
- ◆ Dance up an appetite with *Bruce Feltham & Court Brooker*

Sign up starts **Monday September 15;** payable by cash or cheque – place in an envelope and insert in the travel box outside the office at the QB Seniors Centre.

only \$25 pp

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

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

TUESDAY continued

Whist 12:30 - 3:00 pm

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

Splatters Painting Art Class

3:00 - 4:30 pm

Mike Sherlock 604-815-7711
msherlockqb@gmail.com

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

Beginning / Elementary Spanish

11:30 am - 12:30 pm

\$2 per session

Elena Ortiz 250-752-8803
elenaortiz23@yahoo.es

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

QWEST Weigh-in 3:15 - 5:00 pm

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

Beginner Line Dance

5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm

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

THURSDAY

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

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
treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Thuy Bui 250-607-8448
Linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260
fiona3@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

\$5 per session

Dr Rod LeBlanc
rod@lifelonghealth.ca

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

Your Health



Your brain is a hungry organ. It uses about 20% of your daily energy intake. Choosing the right foods keeps it firing on all cylinders!

Brain Boosting Foods and Habits to Sharpen Your Mind:

Fatty Fish: it's packed with omega 3's which help build healthy brain cells

Berries: are antioxidant – rich and shown to improve memory and delay age-related decline

Leafy greens: spinach & kale are full of folate and vitamin K linked to better cognition

Eggs: A natural source of choline which is a key for memory and neurotransmitter function

Pumpkin seeds: magnesium, zinc, iron & copper rich. These are key minerals that play a key role in nerve signaling.

- ☞ Try building a 'brain bowl' for lunch containing leafy greens, salmon, avocado, pumpkin seeds and blueberries...
- ☞ Limit ultra-processed foods & sugar and make sure you're eating regular meals.

Brain Boosting Supplements:

Omega 3, B vitamins (especially B6, B12, folate), Magnesium threonate

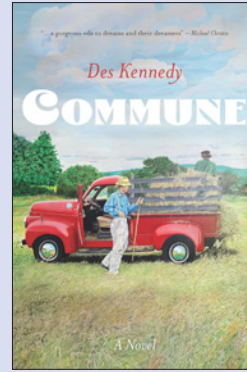
Daily Habits that Sharpen the Mind:

1. Hydrate, Hydrate, Hydrate: even mild dehydration can cause sluggish thinking
2. Move Your Body: exercise boosts circulation and helps deliver oxygen to your brain. You may feel resistance to getting started but once you start moving the boost is undeniable.
3. Prioritize Sleep: memory consolidation and detoxification happen while you rest. After resting you will find that you are much better able to focus and be productive.
4. Manage Stress: You can't keep pushing through forever – meditation, nature walks, or breathwork can make a big difference. Your brain will thank you for making a low stress way of living your normal style!

Mental Exercises:

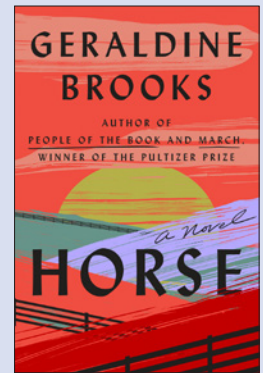
1. Never stop learning: pick up something new – novelty stimulates new neural pathways.
2. Puzzle power such as crosswords, Sudoku, Chess and strategy games keep your mind sharp.
3. Switch hands: brush your teeth or try other simple tasks with your non-dominant hand to engage new areas of the brain.
4. Social connections: meaningful conversation and shared laughter are surprisingly potent for cognitive resilience.
5. Neurobics: pairing physical movement with mental tasks such as reciting while walking, or solving math problems while bouncing a ball strengthens brain-body integration.

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 have read and are discussing on October 1st is *Commune* by Des Kennedy.

Our next book for discussion November 5th is *Horse* by Geraldine Brooks.



New members are always welcome!

Email xgail.smith@gmail.com

Call or Text 905 808 4585

Did you know...

A Chinook in Southern Alberta is a warm westerly wind, that may occur at any time of year. It is predictable, as it's source is a storm in the Pacific Ocean.

The most common storm creating a Chinook is called an Atmospheric River. When there is an Atmospheric River it will dry out as it travels east across several mountain ranges and maintain or increase its temperature. It will take two or three days to reach the foothills of Alberta. This has just happened with the Atmospheric River we have just had. Today (September 29th) there are Chinook conditions in Southern Alberta, causing very enjoyable, unseasonably high temperatures.

Lorne Tetarenko

If you're feeling too good about yourself, go ask a 5 year old to guess your age. That should even things out.

What's Cookin'?



MONDAY LUNCH

BRENDA'S QUICHE with Brenda & Helen



TUESDAY OCTOBER 7 & 21

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. *Only \$1.50 and one per person – no take out.*



WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret
SHEPHERD'S PIE



OCTOBER 15th – Bill & Verdelles
CHILI with Corn Meal Muffin



THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's
CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Greetings from the Cookie Cutters

The good weather from summer has just continued into an awesome fall! It's exciting to see the leaves change colour and feeling the cool crisp air in the mornings! This is my favourite season.

I was going to do a pumpkin recipe for October but then I was gifted a box of apples! So, now busy with all things apple.

If you enjoy baking, you would be very welcome to join our group. For more information give me a call/text at 604-379-0290, or email me at charles.brenda@me.com.

I am also in the kitchen on the 2nd and 4th Thursday mornings.

Here's a recipe for an old fashioned apple cake!

Old Fashioned Apple Cake

Ingredients:

- 1/4 cup oil
- 1/2 cup granulated sugar
- 1 large egg
- 1/2 cup milk

Mix these 4 ingredients together in a large bowl.

Then mix the following 4 ingredients in a small bowl

- 1 1/2 cups all purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

Add to liquid mixture in large bowl, stirring until just moistened.

Add 1 1/2 cups peeled and chopped apples and turned into a greased 8 x 8 baking pan.



Topping:

- 1/3 cup packed brown sugar
 - 2 tablespoons all purpose flour
 - 1/2 teaspoon cinnamon
 - 1 1/2 tablespoons melted butter
- Combine until crumbly and sprinkle over the batter.

Bake in a 400°F oven for about 30 minutes.

Put the coffee on!

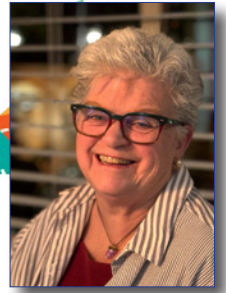


Travel Talk

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



Cindy Crawford



BUTCHART GARDENS & WHITE CHRISTMAS

December 4-6, 2025

(tour shared with Comox/Courtenay/Parksville)

\$899.00 – Double; \$1,099.00 – Single

BOOK BY OCTOBER 31

Includes:

- Transportation
- Admission to Butchart Gardens
- Butchart Gardens Buffet Dinner
- 2 Nights at Chateau Victoria
- 2 Buffet Breakfasts at Chateau Victoria
- Dinner at The Old Spaghetti Factory
- Irving Berlin's White Christmas at the Royal & McPherson Theatre

Full payment at time of booking. Name changes are permitted.

Payment by: Cheque payable to: SQUARE 1 TRAVEL or
Credit Card – call travel agent directly – (250) 334-0355

What does it feel like to be old?

Someone asked me that once, and I didn't really know how to answer. Not because I was offended, just surprised.

I don't wake up every day thinking, "I'm old." I just wake up, stretch, and get on with it.

But later, when I sat with the question, I realized something: Getting older isn't something I fear.

It's something I'm learning to appreciate. I'm not in a rush anymore. I don't worry about keeping up with everything and everyone. Some days I get things done. Some days I don't. Either way, life moves on.

I've stopped trying to fix things that don't matter.

I've learned that silence is an answer. That peace is more important than being right. And that some people will never understand you, and that's okay.

There are things I've lost along the way – people, moments, parts of myself. And yes, some of that still hurts.

But I also carry more love than I used to.

More patience. More softness.

More understanding of what really matters. I no longer pretend to be fine when I'm not. I don't explain myself as much. And I don't waste time worrying about what people think of me.

If I want to sit and watch the sky for an hour, I will.

If I want to cry over an old memory, I won't stop myself.

If I want to laugh at something silly, I'll let myself.

Because I've learned that time doesn't slow down.

And joy doesn't wait for permission.

So if you ask me what it feels like to be old – I'd say it feels like freedom. The kind that comes with letting go of things you used to hold too tightly.

I don't know how much time I have left, none of us do.

But I'm not wasting what's left of mine chasing perfection.

I just want to live quietly, honestly, and in my own way.

And if that's what being old feels like, I'll take it.

TRAVEL CO-ORDINATOR VOLUNTEER POSITION AVAILABLE



The Qualicum Beach Seniors Activity Centre is looking for a volunteer to take over the Travel Coordinator position for travel services we provide to our Members – would you be interested?

Duties and responsibilities would be affiliating with the two travel agencies we use to promote trips and tours they plan for our Centre;

creating day trips and longer term trips that would appeal to our Members and promotion of these trips.

If you are interested, please contact Cindy Crawford by email at cindycee46@gmail.com.

Cindy Crawford



It's October already - and October means Halloween fun!

The Board has yet to decide that we will take part in the handing out of treats to the local little ones on the 31st when, generally, the Town businesses open their doors from 3:00 – 5:00 pm.

Watch for news regarding our possible contribution; in other words be a little ready to help out by stocking up on some treats and being ready to bring them into the Centre.

Thank you in advance!

Judy Southern

Later in Life – It is never too late to laugh!

- ☺ I used to be able to do cartwheels – now I tip over putting on my underwear.
- ☺ I told my wife she should embrace her mistakes – so she hugged me.
- ☺ My wife says I only have 2 faults – I don't listen and something else...
- ☺ I thought growing old would take longer.
- ☺ A dog accepts you as the boss... a cat wants to see your resume.

- ☺ Oops, did I roll my eyes out loud?
- ☺ Life is too short to waste time matching socks.
- ☺ If you see me talking to myself, just move along. I'm self-employed and we are having a staff meeting.
- ☺ Some people call me crazy. I prefer happy with a twist.
- ☺ I really don't mind getting old, but my body is having a major fit.
- ☺ If you're happy and you know it, it's your meds.

Nominations for Life Membership Award

Each year at the Annual general Meeting there is the opportunity to grant a Life Membership card to a person (or persons) who have done a great of work to benefit the Seniors' Centre.

- Provided is a Nomination Form so that you may nominate someone you think has done just that.
- Other forms will be posted on the board in the hallway (just in case you don't want to cut up your newsletter!)

- Please put your completed copy in the envelope provided and
- Place it in the Travel/Events box just over the card table outside the Office
- A committee of 3 will choose 1 or 2 members to receive the Life Membership honour. Committee members are: Lorne Tetarenko, Lila Greene and Ann Svensen.

Thank you,
Lorne Tetarenko, Nomination Committee Chairman

Nomination Form

The annual selection of one or two members considered to be outstanding volunteers for the Qualicum Beach Seniors' Centre and deserving of a Life membership is a very important responsibility. Therefore it is most important that no deserving member be overlooked. To this end our members at large represent a valuable source of information in the selection process.

Again this year, the Selection Committee appointed by your Board of Directors needs your assistance in identifying those you consider most deserving of a Life Membership award. Only members in good standing for a minimum of five (5) years qualify.

Accompanying this form is a list of those who have previously received their life memberships.

The following types of information will be required by the selection committee in reaching a decision on the most deserving candidate(s):

Whether or not *this nominee* has

1. served on the Board of Directors either in an executive capacity and/or as a director – and over what period of time
2. served as a regular volunteer in the kitchen – and over what period of time
3. directed or assisted with events such as fundraiser sales, monthly special events (e.g. Robbie Burns party, Valentine luncheon, barbecue) - and over what period of time
4. served in a support position such as organizing the library, greeting people at the door, acting as 'Sunshine lady', being leader of an activity such as bridge or ukulele – and over what period of time
5. served the Centre in any other capacity not mentioned above.

While focusing on the above points, please complete the information required:

Name of member being nominated: _____

Number of years the nominee has been a member: _____

I nominate this member for the following reasons: _____

General Comments:

Please sign your nomination in the space provided below and place the Centre's Membership Box.

Nominated and signed by _____

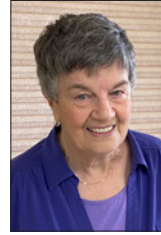
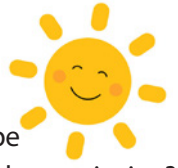
PRESENT LIFE MEMBERS

Pat Bull, Mike Bull, Ed Burnett, Maggie Coleman, Lila Greene, Maureen Johnson, Christiane Kerr, Sam King, Fran McLachlan, Norah Rawcliffe, Judy Southern, Ann Svensen, Joan Walsh, Ron Walsh, Christian Warrender.

WELCOME NEW MEMBERS

- | | | |
|------------------|-------------------|------------------|
| James Allen | Julie Ann Gubisch | Gilma Rivera- |
| Rosalynn Allen | Sandra Hamilton | Copeland |
| John Archer | Lenore Holychuk | Joyce Rose |
| David Belitsky | Bill Hyde | Marita Rose |
| Paul Bourque | Juanita Kehler | Barbara Rycquart |
| Bonnie Boychuk | Lorraine Kennedy | Judy Shaughnessy |
| Samantha Clement | Donna Martin | Nika Silickas |
| Henry Doyle | Kristine Masuch | Steve Smith |
| Colleen Efting | Ionne McCauley | Sandra West |
| Linda Erickson | Katie McShane | Irina Wilde |
| Robert Godfrey | Carole Neilsen | Geoff Wright |

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!



Congratulations!

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

MEMBERSHIP REPORT

For the month of September there were an additional **32** new Members and 59 renewals.

Year to date (2025-2026) as of September 30, 2025:

- 669 Regular (of which 138 were new members)
- 107 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



When I say
"the other day"
It could mean anytime
between yesterday
and my birth

When I was a kid,
there were no phones
or tablets. We read
cereal boxes at
breakfast.

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

BOARD OF DIRECTORS 2024-2025



President Rob Duncan 236-544-0021
 Secretary Bonnie Evoy 248-7691
 Treasurer Sandi Grant 778-987-2472
 Past President Lorne Tetarenko 951-9050

DIRECTORS

Events Paula Kalsi 250 738-6020
 Facilities Geoff Rigby 594-5411
 Membership Anne Sharp 752-9771
 Travel Cynthia Crawford 594-7701

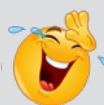
AFFILIATES

Activities Anne Driesbach ... 604 679-1703
 History Ann Svensen 752-5537
 Kitchen Manager.. George Wimmer 594-7840
 Kitchen Volunteers.. Jan Desjardins 250 686-0348
 Newsletter..... Karen Garland 250 589-5059
 Sunshine Jeri Burke 752-9320
 Website Barbara Davidson
 Welcome Desk ... Jeri Burke 752-9320

If a pig loses its voice, is it disgruntled?

Why is a person who plays the piano called a pianist, but a person who drives a race car is not called a racist?

If it's true that we are here to help others, then what exactly are the others here for?



The deadline for submissions for the **November** Newsletter is **Wed, Oct 29**