

Qualicum Beach Seniors' Activities Centre



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 ~

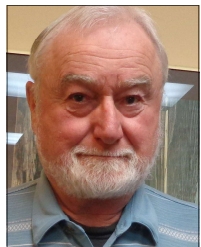
Monday to Friday

9:00 am - 3:30 pm

Volume 27 Issue 1

January 2024

250 752-0420



FROM LORNE

Happy New Year. Last year was a very busy and successful year for the Centre. The coming year looks to be even busier than ever.

I know you have already said in your membership form that you would like to volunteer, but sometimes it doesn't happen or situations

change, so please let us know if you can still volunteer and where that is. Any Board member will be pleased to hear from you, including myself.

To say goodbye to 2023 and welcome 2024, let me say a Big,

Thank you to all who pitched in to help make the Centre a real success in 2023 and who will make it a success in 2024.

FREE TECHNOLOGY WORKSHOP



Sign up at Qualicum Beach Seniors' Activities Centre
Online Security—Best practices for Seniors

Saturday, January 13, 2024

12:45 to 2:30 p.m.

Seniors are heavily targeted for various online scams and information theft. Sign up at the Qualicum Beach Seniors' Activities Centre for this workshop. **Become more aware of your potential risks and learn about steps you can take to better protect your personal information online.** The workshop will consist of roughly 60 minutes of presentation, followed by an open Q&A session where more individual help can be given to participants.

THANK YOU from Judy Southern. I was so very pleased to take the Centre's contribution (from the Christmas Tea) to our local Food Bank. The total was \$338 in cash plus one food item. I thank each and everyone of you for your donation. I do have a few boxes of aluminum cans plus milk and juice containers to take to the recycle depot—so there will be more funds to contribute.

I do hope you all had a very nice Christmas—and am sending the best of wishes for the New Year.

And, I hope those of you who were there enjoyed the Tea as much as I did!



~ STORIES ~

Saturday, January 20 ~ 1:30—3:30

(including refreshment break, by donation to the Centre)

Seating is limited. Sign-up posted on bulletin board

Why not treat yourself to an afternoon of stories?

Seven storytellers are ready to share stories they've written. Come, listen and let your imagination take you to places such as Wales, Japan, Spain, Australia and Scotland ... as well as flying high above the clouds and walking in the woods. It's a magical adventure not to be missed.

This concert is presented by participants from the Guided Autobiography course held at the Seniors' Centre in 2022, who continued to meet and share stories. The concert features some of their favourite stories.

BURNS-N-TE



Saturday, January 27 ~ at The Centre

4:00 pm doors open ~ Only \$35 pp

PAYMENT A MUST AT SIGN-UP TIME AS SEATING IS LIMITED

Sign-up list is posted on the Activities Board. Cash/cheque in the envelope provided and dropped into the box to your left over the desk. There will be 'piping the haggis', highland dancing, a delicious supper and music by the Ramblers to round out a nice evening.



Judy Palipowski

Senior Centre

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—3:30 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE 1— 3:00 - 4:00
LINE DANCE 11— 4:00 - 5:00
\$5 for 1 & 11

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

The word “swims” upside down is still “swims”.

~ 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
psegers225@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 - 5-6
5:00—6:00 pm—\$5
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.



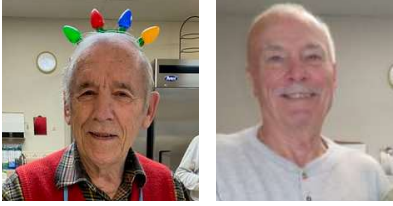
PAT BULL is the Centre's SUNSHINE LADY

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'?

LUNCH on MONDAY



MIKE'S QUICHE

with co-worker Barry

TUESDAY 1 & 3 WEEK



Leslies fresh baked CINNAMON BUNS

ONLY \$2.00

(sorry, no take out)

Wednesday, January 17
Bill & Verdellas



CHILI

with Corn Meal Muffin

THURSDAY LUNCH



CATHY & BRENDA'S CREAMY CLAM CHOWDER

HAPPY NEW YEAR EVERYONE from the Cookie Cutters. We wound up a very successful year of baking with the Christmas Tea. The home baked treats were enjoyed by a record breaking attendance.

It's a new year and if you are looking for part-time volunteer work, we would love to have you join us in baking for the kitchen and special events.

If you are interested, contact me at Charles.brenda@me.com or call/text 604 379-0290, I am usually in the kitchen Thursday mornings as well.

This months recipe is one of my favourite treats and is a big hit to give as a gift.

CARAMEL CORN

- Ingredients:** 8 cups popped corn (1/2 cup raw kernels)
 3/4 cup whole toasted almonds
 3/4 cup toasted whole pecans
 1/2 cup butter 1 cup white sugar
 1/4 cup golden corn syrup 1/2 tsp salt
 1/4 tsp baking soda 1/2 tsp vanilla

Method: pre-heat oven to 350 deg. Combine popcorn & nuts in a large bowl. Butter, sugar, syrup and salt into

a saucepan, bring to a boil over low heat. Boil for 8 minutes stirring only once. Remove from heat and add baking soda and vanilla. Pour over popcorn mixture while hot & toss with a wooden spoon until well coated. Spread on a parchment lined baking sheet & bake for 15-20 minutes. Stir with spatula once while baking. Let cool & break into bite size pieces. Store in airtight containers.

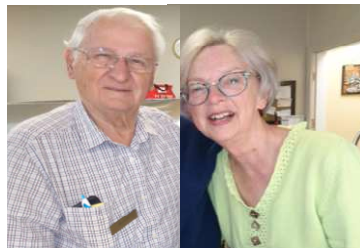


Yvonne Hooper, our **busy soup maker/kitchen helper**, just needs a hammer, saw and nails and she will fix/build anything ... this drawer renewal is superb and so very much needed. At her own expense she has personally carried out a very professional job of adding drawers, shelves and storage areas in the kitchen.

THANK YOU, YVONNE ...you are hired!!...



LUNCH on FRIDAY



MIKE'S CHICKEN

with co-worker Betty

DEADLINE
for FEBRUARY NEWSLETTER
SUNDAY, JANUARY 28

TEN YEARS AGO at the CENTRE

A Little Poem, so True it Hurts!

*Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems a little colder*

*There was a time not long ago
When life was quite a blast.
Now I fully understand
About "Living in the Past."*

*We used to go to weddings,
Football games and lunches,
Now we go to funeral homes
And after-funeral brunches.*

*We used to have hangovers,
From parties that were gay.
Now we suffer body aches
And wile the night away.*

*We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags
Come home and take a pill.*

*We used to often travel
To places near and far.
Now we get sore asses
From riding in the car!.*

*We used to go to night clubs
And drink a little booze.
Now we stay home at nights
And watch the evening news.*

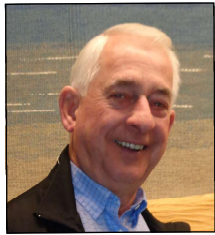
*That my friend is how life is,
And now my tale is told.
So enjoy each day and live it up
Before you're too damned old!
Hope you all have a healthy
And prosperous New Year
Courtesy Ken Cotton.*

Ken was a long time member of the Centre. An avid Dart player.



We had a full house at our Christmas Tea on Monday, Dec. 18. Christmas was in the air as members enjoyed music by the QBUB Ukulele Band playing carols for everyone to sing along to. Tea and coffee was served along with treats prepared by the Cookie Cutters. Myra Watson wrote and told her story "This Child's Christmas in Wales", a recollection of her Christmases as a child in Wales. Santa dropped in to welcome everyone as he stopped by tables, dropping treats from his Santa bag. He sat in his 'Santa Chair' checking his list of those who were "Naughty and Nice". The ukulele band finished our day strumming and singing Christmas tunes.





Watch the website: www.qbseniors.com
for updates on all of the trips being planned



A most enthusiastic pilot and "sky diver" **WILLIAM "BILL" COVE** (shown here after his dive at age 90 this past summer) has passed away after a long battle with cancer. Bill was a devoted Travel Co-ordinator at the Centre for a few years, or-

ganizing some wonderful trips for all members to enjoy. He was a talented aviator with BC Airlines, flying into the many communities on Vancouver Island for many years.



Platinum award winning Crooner **MATT DUSK**, plays homage to the legendary Tony Bennet
**SID WILLIAMS THEATRE
COURTENAY
APRIL 24—\$150 pp**



Includes return transportation to the theatre, admission and gratuities.



**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.

KIM: Island Fever Travel, 250 287-3221.
Make cheque out to: Island Fever Travel
e-transfer: kim@islandfever.travel
password **tenors** (no refunds available)
JANUARY 13, 2023 - \$269 pp

Save On Memorial Arena, Victoria.

Corteo which means cortege in Italian is a joyous procession, a festive parade imagined by a clown. It's a story of a man named Mauro, a clown in the circus, one night he dreamed of dying and imagines what his friends would do to remember him and celebrate his life. The show brings together passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun and comedy situated in a mysterious space between heaven and earth. Price includes return transfer from QB Civic Centre, admission, buffet dinner, gratuities.



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

Watch for updates in the New Year





This beautiful **Poinsettia** was dropped off at the Centre by a member who was going to be away and didn't want this beautiful plant left alone ... what a lovely Christmas present for the Centre. Our **special thanks** to the gentleman for his kindness **AND**

Huge Thanks to Norah and her decorating crew: helping make the Centre very festive! **AND**

THANK YOU
Aline & Geoff Clayton
for the pretty Christmas Tree, donated to the Seniors' Centre.
Decorated
by **Glynis LeBlanc**

AND
to the **happy volunteers** all ready for the Christmas Season

AND
Welcome to Chaz who looks forward to **'Guitar Fun'** at the Centre
Lots of you talented Music loving folks are invited to join in!
View his ad on page 7

AND
THANK YOU
To the **QBUB** for the entertainment
At our Christmas Tea



Christmas



Dinner Time

This year's Christmas Dinner was held in the banquet hall at Eaglecrest Golf Club with about 70 people in attendance.

Folks started arriving about 3:30 pm while Don & Denise Charon entertainment was setting up their guitar and drums.

There was plenty of room at the tables and people sat and enjoyed the music until 5 pm when the buffet opened for dinner. With the help of cheerful staff no one had long to wait to be served.

The food was excellent, salad, Brussel sprouts, carrots

mashed yams and potato, turkey, stuffing and gravy. The crème de la crème was dessert, sticky toffee pudding with caramel sauce, which was delicious along with tea and coffee.

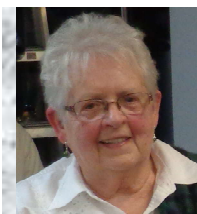
Dancing ensued and everyone enjoyed themselves with the evening finishing about 7:30 pm. Thanks to all who made Christmas Dinner at Eaglecrest a memorable occasion.
From **Barbara Freedman**



This very pretty jacket was left behind a few weeks ago. If you are missing this jacket and wondering where you left it ... well, guess where it is! At the Qualicum Beach Seniors Activities Centre waiting for you to pick it up!

In the Lounge.

"Guitar Fun With Chaz"
Most Wednesdays, 12:30 to 1:45 pm
Grab your guitar, come out to play, sing with others, learn, enjoy and maybe pick up a trick or two? Free.
Register here or: (250) 240-0465,
Chazentertains@gmail.com



DECEMBER WINNER:

Joan Fayter

Logo found on page 5— LessonS
Many Thanks to all who participate in this fun contest in our Newsletter.

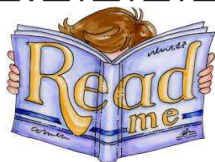
Lila Greene



Find the words once again.

HAPPY NEW YEAR!

- | | | | |
|----------------|-------------|----------|------------|
| Auld Lang Syne | Garnet | Midnight | Toast |
| Countdown | Carnation | Horns | Baby Party |
| Resolutions | Noisemakers | Kiss | |
| Fireworks | Horse | Apple | |
| | Fathertime | Snow | |



...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:

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

Season's Greetings

WELCOME NEW MEMBERS

Chaz Booth
Paul Ciceri
Valerie Ciceri
Glenis Burns
Orest (Yogi) Minishka
Marcel Maillot
Nichols Carder

Jim Nash
Debra Rees
Richard Kemp
Linda Mushka
Ron Ashcroft
Trudy Smart
* * *

HELP!! Unless a member of our Board of Directors is willing to assume the job of taking the **blue recycling box** home to dispose of its paper & cans & plastic items ... I am eagerly(!) searching for someone to take over the job that I have done for sometime now. Sadly, my back just can't cope any longer. Please contact **Judy Southern** at **250 752-5586** if you are willing to be that helpful person! It just means picking up the box from the Centre, taking it home to empty and returning it.



Born on Leap Year? Often called "leapings" or "leapers". Most celebrate a birthday each year tho' Feb, 28 or March 1st.

- ◆ The chances of having a leap year baby are 1,461.
- ◆ Scotland thought it bad luck for livestock "leap year was ne're a good year for sheep."
- ◆ Italy: doom year, warns against planning weddings, special activities in a leap year ... reason, women are erratic!
- ◆ The Honor Society of Leap Year day is a club for people born on Feb. 29. More than 11,000 people world wide are members; their goal to promote leap year day and help leap day babies get in touch.

Arrowsmith Home Services

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Decluttering and Downsizing
Residence Transition

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*Staging *Need help?
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NO JOB TOO SMALL!
250 228-7653

arrowsmithhomeservices@gmail.com

CONGRATULATIONS

VALERIE CICERI

Winner of our monthly
draw for a
GIFT CARD from



With Thanks

Centre Stats

~~ MEMBERSHIP ~~

For month of November
there were an additional

86 Regular Members, of which were 46
new **Year to Year to date of**
November 30, 2023

906 Members - 796 Regular,
87 Complimentary,
21 Life, 2 Honourary
Of the 796 Regular Members
,237 are New Members

THREE WISE WOMEN:

Would have asked directions, arrived on time, helped to deliver the baby, brought practical gifts. cleaned the stable, made a casserole, and there would be **PEACE ON EARTH!**



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	752-2847
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	