

# 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](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday to Friday  
9:00 a.m. to 3:30 p.m.

Easter Greetings

**APRIL 2022** **VOLUME 25 ISSUE 4** **250 752-0420**



### FROM LORNE

On a positive note, this is by far my favourite time of the year. Everything is coming to life. The weather is warming, the plants are blooming and you can feel that summer is just around the corner.

The Centre is also coming alive. The activities are in full swing, there are many travel and special events being planned, details are in this newsletter and on the website.

The Saint Paddy's day luncheon was

sold out. Judy Southern, the organizer, will fill you in on the details.

A big **THANK YOU** to the **Ukulele Band** and **Accordion players** for bringing their singing and strumming talents, much to everyone's enjoyment, a positive musical addition for all to enjoy at the luncheon.

I would like to add an additional **thank you** to those **Activities** that gave up their weekly time slot so this could happen.

That is the teamwork that makes our Centre the success that it is. The Centre is so popular that we will be open on Easter Monday.

As you know, your suggestions and ideas are welcome and needed, so let's hear from you.

**Walk for Alzheimer's on Sunday, May 29th.** Prior to Covid we participated in the provincial event along with The Gardens and Berwick by assembling a team of walkers.

I would recommend that we enter a team again this year and have a few volunteers who are willing to lead the way. *Please watch the mail chimps and our website for information on this worthwhile fund raiser.*

From Pat



A nice Easter gift ... The \$1 fee for activities has been discontinued as of April 1st



Wow! I really won? **JOHN DOL**, the lucky winner of a basket that was donated by **Kathleen Kennedy**, one of our new members. The

draw took place at the St. Patrick's luncheon. Congratulations John. **Many thanks** to Kathleen for your generous donation.



**LOLA COOK**, just one of the volunteers who sit at the front desk helping anyone coming in the door. **Shirley Shaw** has done a terrific job of scheduling

those people, but isn't sure she's able to continue doing so. If you feel you'd like to take over from Shirley, please call her at **250 594-6119**. An Easter Basket to all of you.



## QBSAC NEWS

### MEMBERSHIP:

✓ Year to date, as of February 28, 2022: **627 members**: 151 new members (499 regular, 103 complimentary, 23 Life and 2 Honorary).

✓ **As of April 1st 2022, the \$1.00 activities fee is discontinued.**

✓ The profit from the St. Patrick's Day luncheon: **\$237.84**. 54 lunches were served.

### BOARD of DIRECTORS:

✓ It's early, however Members of QBSAC are invited to contact Lorne to express their interest in **allowing their name to stand for election to the 2023 board (held in October).**

Easter baskets full of **THANK YOU'S** to **ANN SVENSEN**, who amongst all her other jobs she does for us, has donated an electric can opener to the kitchen and would not



consider payment. She also sorted the coins (mostly pennies) we have been saving in a jar for some years now. The coins totalled **\$45.70** which has been donated to the local Food Bank. The jar is empty now—SO—please consider emptying your change pocket or purse the next time you go down the hallway to the library (or beyond) and deposit those coins in the labelled container on the last library shelf!



# Seniors' Centre Activities

~ SUNDAY ~

**DUPLICATE BRIDGE**  
1:00—3:30 TBA  
**\$2.00**

~ MONDAY ~

**YOGA:** 9:30—10:30:

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

**CHAIR YOGA:** 11:00-12:00

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

**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**

**LINE DANCE INTERMEDIATE**

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

Judy 250 752-6837

~ 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

~ WEDNESDAY ~

**HATHA YOGA** with Margaret

10:00-11:00—**\$8**

Margaret 604 961-2376

**DOMINOES**—10:00—12:00

Audrey 250 752-9134

**INTERMEDIATE**

**SPANISH CONVERSATION**

11:30—12:30

Harvey 594-5915

**TOPS:**

Weigh-in 3:45—5:00

Elaine 250 594-3604

**A CAPPELLA:** 7:00—9:30

Marion 250 468-9280

~ THURSDAY ~

**QI GONG** Commencing May 5

8:45 am—9:45—Monika Lux

**\$12**—250 738-7010

**DARTS:** 10:00-12:15

Bernie Brockway 757-2330

**DROP-IN BRIDGE:** 12:30—3:00

Barbara Wade - 250 228-4233

**TECHNOLOGY TUTOR**

1:30—3:30: Brian 947-8258 or

tlc@sd69.bc.ca

**LINE DANCING** 4:00 5:00

**\$5**

**BALLROOM DANCE LESSONS**

& Practice time: 5:00—8:00

**\$20** for 4 consecutive sessions

~ 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

Beryl Hargreaves

~ SATURDAY ~

**HATHA YOGA** with Richard

10:00—11:00

Registration required to max. of

13 persons.

Anne 752-9771—**\$8:00**

**RAMBLERS PRACTICE**

1:00—3:30



Happy St. Patrick's Day at the Centre



The QBUB and Accordion Players led by Judy Palipowski entertained the members who came to enjoy a delicious lunch prepared by Brenda, Cathy, Mary Ann and Jeanette. Over 50 were served and enjoyed visiting with friends (some not seen in two years!) ... a perfect day for this get-together. Many Thanks to Judy Southern for organizing this long yearned for event and the 'kitchen ladies' for your help.



**RIVA WEST** and **JEANNINE KREFTING** are stepping down from their activity of **Tai Chi** and **Cardio Dance**. They will be very much missed. Our **SPECIAL THANKS** to them both for volunteering and their valuable dedication to these activities. If you would like to take the opportunity to lead either of these classes, please call Judy 250 752-6837.



**Feeling lonesome. Looking for some companionship?** The Centre has created a special website for members to view. Designed for folks who are looking for a **SENIOR ESCORT SERVICE** ([www.ses2ectvw\l.cotr.srca](http://www.ses2ectvw\l.cotr.srca)) For the website activating please see page 3 for further information on this exciting new venture.

♦ As of April 1st, there is no \$1 activity fee per person participating required to be collected for use of the Centre.

Thank you to all **INSTRUCTORS** for all the extra time and diligence you put into carrying out the fee collection. It was very helpful for the time required.

♦ **JANE LONEY**, the Yoga and Chair Yoga instructor advises there is more room for participants. Especially the first morning class. She will be happy to welcome new members.

♦ **MONIKA MARGUERITE LUX**, new Qi Gong instructor has been an intuitive Trauma & Grief Coach and Mindfulness instructor for almost 20 years, embarked on her self-healing journey in Germany and became passionate about helping others heal themselves. Qigong is the perfect exercise for seniors as it uses their own body as a weight. Therefore, it helps to strengthen muscles and improve balance & flexibility. Other benefits: improved sleep & strengthened immune system, improved memory, ease arthritis, many more benefits.



# TRAVEL TALK With Judy and Pat



## DINNER CRUISE on a Historic Paddle-Wheeler



Travel with us on June 19 and 20 for a special overnight journey to New Westminster Quay where we will explore the fascinating area around the mouth of the Fraser River enjoying dinner on the historic paddle wheeler, the MV Native. Overnight

stay in the Inn at the Quay with views from all rooms. Includes return bus, ferry fares, dinner & river cruise, accommodation & breakfast at New Westminster Quay...fabulous market, shops, walkways in Quayside Park. **\$375** pp based on 2 people sharing. (single occupancy an additional \$120). **Travel must be confirmed, fares paid by May 15.** Details website or Pat 951-1159. Sign-up sheet on Travel Board \* \* \* \*

**SIGHTSEEING FLIGHT & DINNER.** The sun is setting later in the day—the perfect time to grab a scenic flight to Powell River for dinner. Starting in mid May, groups of 4 can take in scenic return flights from Qualicum Beach airport, fly over Lasqueti, Denman, Hornby and Texada Islands, taxi to/ from Powell River for dinner at Shinglemill Pub & Bistro for low price of **\$139**. More info on our website, **Pat 250 951-1159**. \* \* \* \*

**PLAY BALL:** The 2022 professional baseball season will be going ahead, the Toronto Blue Jays will be in Seattle to play the Mariners. Check out the travel portion on our activities board for an amazing opportunity to travel to Seattle for the July 8, 9, 10 games. Prices inc. transportation, hotel, accommodation, tickets to games, much more. Check website [qbseniors.com](http://qbseniors.com) \* \* \* \*

**SPRINGTIME IN VICTORIA:** Travel by coach for an overnight trip to **Butchart Gardens**, stay at the Chateau Victoria, breakfast in Parliament dining room. Free time to enjoy downtown Victoria. All inclusive, **\$329** p/p based on double and **\$429** single. Optional visit to **Malahat Skywalk** for **\$35**. More details [qbseniors.com](http://qbseniors.com), the activities/travel section.

## Janie's Got a Bus LTD 250 714-2855

- ♦ **VICTORIA: THIS WILL BE EVERY MONTH ON 25th of the month. APRIL 25th, 8 to 5:30.** Walker friendly. Poke thru' shops, eat in restaurants, visit Museum, IMAX, Casino, people watch on waterfront. **\$75**, plus tax, meals not incl.
- ♦ **TOFINO/UCLUELET: April 20, 8 to 8.** Time on the beach, visit Tofino, eat and shop. In Ucluelet Amphitrite Pt. Lighthouse, view of Wild Pacific Trail. Bring a lunch to eat at the beach. **\$95**, plus taxes. Meals not included.
- ♦ **BUTCHART GARDENS FOR SPRING & HIGH TEA, April 29.** Walker friendly. enjoy spring flowers & high tea in the gardens restaurant. Food preference? Let me know, gluten free, vegan option is offered. **\$130** plus tax, incl. Garden and High Tea.

Finally Covid has allowed us to again offer trips on Janie's Bus.. Payment when you sign up would be preferred. If not, Janie needs payment 2 weeks prior to the trip. **\*Please place cash or cheque (made out to Janie's Bus) in an envelope and place it in the Travel Box on the wall above the small desk in the hallway. If tickets are purchased (eg. Butchart Gardens) there is no refunds ... unless there is a waiting list. Refunds issued up to 5 days prior on regular trips. Note:** the Victoria "shop or whatever" will be monthly on the 25th. The first one is on Monday, April 25th. Happy Travels. From Judy

**WIN** has decided to retire from her position as Sunshine Lady. Her kind attention to the needs of members needing a "cheer up" card now than then was most appreciated and we wish Win a happy "retirement." Welcome **PAT BULL** who is pleased to take on this position. Many thanks Pat, we all know you will be most efficient looking after the needs of deserving folks.

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

Something New from page 2.

**GOTCHA!**  
Sorry to disappoint!  
**APRIL FOOL!!**

**MAY NEWSLETTER DEADLINE THURSDAY, APRIL 28**  
[lilapat@dshaw.ca](mailto:lilapat@dshaw.ca) or 250 752-6489



Board of Directors 2021 2022

President	Lorne Tetarenko	752-5630
Past President	Pat Weber	951-1159
Secretary	Bonnie Evoy	248-7691
Treasurer	John Telfer	240-9609
<b>DIRECTORS</b>		
Activities	Judy Palipowski	752-6837
Newsletter	Lila Greene	752-6489
Membership	Dianne Meyer	586-1904
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499
<b>AFFILIATES</b>		
Sunshine	Pat Bull	752-3946
Kitchen volunteers	Jan Desjardins	1-250 686-0348
Travel	Pat Weber	951-1159
	Judy Southern	752-5586
	Ann Svensen	752-5537
History	Shirley Shaw	594-6119
Welcome Desk		



**LILA'S CHILI & Muffin**  
**April 20th**  
*(Every third Wednesday)*



**MIKE'S QUICHE**  
**For Lunch**  
**Every Monday**

**MIKE'S HOT DOGS**  
**April 1st**  
*(Every 1st Friday)*



Easter baskets to all of you who have volunteered to work in the kitchen. **Jan Desjardins** reports that she has so many on the list that some may need to wait a bit to get that volunteer job. *BUT ... that doesn't mean you should not put your name forward! ...things have a way of changing!* **NOTE:** Jans fone no. is 250 **686-0348** (apologies, it was printed wrong in the March newsletter.



## The COOKIE CUTTERS

*Are you interested in baking? Meeting new people? Having some fun? If so, consider joining the new baking group. "The Cookie Cutters".*

This fledging volunteer group will be meeting at the Senior Centre kitchen to bake up treats for the daily kitchen fare and special events at the Centre.

This is a new activity for the Centre and we are in the planning and experimental stage. We would love some more people to join the group.

If you are interested and would like more information, please give **Brenda Charles** a call at 604 379-0290 or email [Charles.brenda@me.com](mailto:Charles.brenda@me.com).

## ~ THE "HEALTHY" CORNER ~ Cultivating Mental Resilience

If there's one thing that gets us through hard times (Covid?) it's cultivating mental resilience. Follows some ways to approach this.

- 1. Take responsibility for what you can control, and let go of what you can't.** There are only four things that you can control, your thoughts, your feelings, your words, and your actions. Let go of everything else. You can't control what happens outside of you, but you have enormous power in controlling what you do with what happens to you. How you respond is what determines the outcome of the situation. Take care of yourself, be responsible for yourself & let the rest go.
- 2. Keep things in perspective.** When we are emotionally triggered, it's easy to make a mountain out of a molehill. Asking yourself how much this will matter a month from now, a year from now, a decade from now really helps put things into perspective and helps you consciously choose where to invest your energy, and whether to let go.
- 3. Hold space for your emotions.** It's ok to not be okay right now. You don't need to use this time productively, you can just allow yourself to feel and process the weight of everything that is happening. If you are struggling you don't need to do it alone. Reach out to a friend, family or a therapist or counsellor to help you navigate challenging emotional waters.
- 4. Practise Gratitude:** We are literally programmed biologically to look for what's wrong as a method of survival. We need to be able to spot the danger. But in today's world, that has a tendency to hinder us a lot more than it helps. The antidote is gratitude. We have so much to be grateful for. Even if that's clean air to breathe and a roof over our heads. Cultivate a practice of listing three things each morning and/or bed that you are grateful for.

From the Times Colonist article on Healthy Lifestyles.



## WALKER for SALE

Has a seat plus brakes. Nice condition  
**\$75.00 ~ Call 250 752-3946**

## ISO

IN SEARCH OF, a person who can converse in **Bulgarian** to befriend a lady who has recently moved to Qualicum Beach to be with her family. Just a once per week for lunch at the Senior Centre would be most appreciated. **Please call BONNIE 250 248-7691**

## WELCOME NEW MEMBERS

Dagmar Aiken	Patricia Folting	Beverley Rink
Fred Aiken	Mary Graham	Guenther Rink
Viola Ainsworth	Margaret Hill	Nancy Taylor
Marsha Bergen	Garnet May	Cherilynn Toll
Peter Bollans	Howard Maloney	Delia Wardrope
Court Brooker	Patricia Maloney	Pamela Willingshofer
Lesley Bugden	Peter Neumann	Cynthia Basarab
Marilyn Butler	William Norman	Richard Alden-Green
Irmgard Cameron	Gerald O'Brien	Kathleen Kennedy
Carin Ekeroth	Olga Richardson	Pamela Kortgaard

## CONGRATULATIONS ROBERT CORBEIL

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

Thank You

## HATHA YOGA PROGRAM at our CENTRE

You are probably aware that this program has been running at our Seniors' Centre since December 5, 2018, has completed three years, is in its fourth year now, and still going strong. While some yogis are still with us since the beginning, we have lost quite a few due to Covid-19 restrictions imposed on us and hopefully they will be back when normalcy resumes.

Every single yogi from Dec. 5, 2018 until Feb. 23, 2022 has contributed to the success of the program. On behalf of our yogis, past, current and deceased, we are donating \$420, balance from our surplus funds to the QB Seniors' Activities Centre to use these funds as they see fit.

In addition to payment of weekly tuition/rental fees (Civic Centre, Community Hall) our other achievements during this period include: purchase of yoga blocks for this program/Centre's use, free year-end luncheons, names drawn frequently for door prizes and free yoga classes, financial assistance to HY Saturday class (2019, 2020), year end gifts in appreciation and a free yoga class to all yogis on the last day (Feb. 23) as a final good-bye!

To our Hatha Yoga (Wednesday) yogis, a HUGE thank you! We couldn't have done this without you! I want to say *thank-you* to you in many ways ... merci, danke, sukria, obrigado, gracias, asante etc.

Hatha yoga on Wednesdays continues under the leadership of Margaret CM. Contact Margaret via cell: 1-604 961-2376, email: [mjmjcastenmiller@gmail.com](mailto:mjmjcastenmiller@gmail.com).