

Qualicum Beach Seniors' Activities Centre



NEWS

for the Young at Heart

Box 103, 703 Memorial Ave.,
Qualicum Beach, BC
V9K 1S7

<http://www.qbseniors.ca>
email: bseniors@shawbiz.ca

~ OPEN ~

Monday - Friday
9:00 a.m. - 3:30 p.m.

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MAY 2020

250 752-0420

It has now been seven weeks since the Centre was closed due to the Covid-19 pandemic. As an extreme extrovert, it feels more like seven months to me.

Cancelling the St. Patrick's dinner and dance two days before the event resulted in a flurry of telephone calls, emails and personal visits with the volunteers who were preparing food, those who were decorating and setting up for the evening, the meat, produce and fish departments at Qualicum Foods, returning wine and beer and sending notice to the liquor control board. It helped us to appreciate all the volunteers and outside suppliers who contribute to making our events a success. The thoughtfulness and consideration of those of you who were planning to attend was really appreciated by Margaret and Julie when they contacted you regarding the cancellation and process for refunding your tickets.



PAT'S Perspective

As we proceeded to notify the activity coordinators we were reminded just how many activities are offered through our Centre. Board games, art classes, ukulele groups, choir, acapella group, discussion groups, yoga, Tai Chi, Qi Gong, Cardio dance, chair yoga, line dancing and darts all had to be notified that the Centre was being closed, cleaned, sanitized and secured. A big thank you to the board of directors for taking the steps that were needed and a big thank you to all of you for allowing the process to take place so smoothly and thanks for understanding and staying home so that everyone remains safe.

Despite the cancellation of all the ac-

tivities and events that would have taken place in March and April, we have been able to keep in touch and to remain active and, for the most part, healthy. Creativity and innovative ideas allowed us to develop some new ways to allow the activities to come to you when you were unable to come and participate. Within a week of closing the Centre we developed a process for allowing our members to take part in activities while remaining in isolation and safe in their own homes. Jill Sawchuk from yoga, Riva West from Tai Chi, Judy Palipowski and Hank Verkerk from the ukulele group, Jeannine Krefting with Cardio Dance, Debbie Flynn Photography and Jenny from Oceanside Art Studio all participated in delivering their programs on the Zoom virtual platform so that our members could join the activities live through the internet. A huge thank you to **Bill Adkins** and **Les McLean** for assisting with these productions and providing daily updates via email and on our website so that the most current access to these programs is always available.

I had a great time joining Jenny's Paint Party along with Inger and a few of our friends. It was quite an experience for someone like me who has limited artistic talent to actually produce a painting in a single evening that resembled something that I could recognize. And the wine and apples were good too. I learned how to use my smartphone camera to produce some pretty amazing pictures, during the seven photography course lessons with Debbie Flynn. Continued on page 2

POTENTIAL VOLUNTEER INVOLVEMENT

- ❖ **ACTIVITIES:** Margaret 250 752-5454
- ❖ **FACILITIES:** Barry 250 248-9286
- ❖ **MEMBERSHIP:** Trevor 1-604 418-8538
- ❖ **NEWSLETTER:** Lila 250 752-6489
- ❖ **HISTORY/PUBLICITY:** Julie 594-3389
- ❖ **KITCHEN:** Judy 250 752-5586
- ❖ **GREETER:** Shirley 250 594-6119
- ❖ **WEBSITE & ITS MANAGEMENT:**
Bill 250 752-7971
- ❖ **OTHER:** Pat 250 951-1159

Happy Mother's Day



Centre Activities



SUNDAY

- ◆ DUPLICATE BRIDGE
6:30 pm April—September
1:00 pm October—March

MONDAY

- ◆ LIFE FLOW YOGA 9:15, 10:30 am
- ◆ SCRABBLE ~ 10:00 a.m.
- ◆ QB UB UKULELE : 12:30 pm
- ◆ SPANISH: 1:00 p.m.
- ◆ BODY ENERGY : 2:15 pm
- ◆ LINE DANCING:
2:30 pm Beginners—3:15 Ongoing

TUESDAY

- ◆ FUN BRIDGE ~ 9:00 a.m.
- ◆ CHAIR YOGA ~ 12:30 pm
- ◆ NEEDLE CRAFTS ~ 1:00 pm
- ◆ MAH JONG ~ 1:45 pm

WEDNESDAY

- ZUMBA GOLD ~ 9:30 am
- ◆ DOMINOES ~ 10:00 a.m.
- ◆ YOGA (Margaret CM) ~ 11 a.m..
- ◆ Tai Chi/Qi GONG ~ 1:00 pm
- Discussion Group ~ 1:00 pm
- ◆ TOPS ~ 4:00 p.m.
- ◆ ACCAPPELLA Group - 7:00 p.m.

THURSDAY

- ◆ AEROBICS—8:45 a.m.
- ◆ COMPUTER CLUB
(1st & 3rd Thurs.) ~10 a.m.
- ◆ SONGBIRDS: 10:00 a.m.
- ◆ Drop-in BRIDGE ~ 12:30
- ◆ WHIST ~ 12:30 p.m.
- ◆ MOVEMENT IMPROVEMENT
1:30 pm—2:30 p.m.

FRIDAY

- ◆ DARTS ~ 9:00 a.m.
- ◆ UKULELE JAM ~ 10-12
- ◆ LIFE FLOW YOGA, 11:45 am.
- ◆ MAJONG ~ 1:00 pm
- ◆ ART GROUP ~ 1:00 pm

SATURDAY

- ◆ CANASTA ~ 10:00 a.m.
- ◆ HATHA YOGA - 10:00 a.m.
(enter by rear door)

You must be a member to participate in

Centre Activities—\$20

PAT'S Perspective from page one

I am learning to speak our second national language by taking French lessons. Who would have ever imagined how much the world would open up to us when we isolate ourselves.

Our community partners have been there to support us too. The Town, Cary Corbeil, The Parksville and Qualicum Beach Foundation, PQ News, Island Radio, The Qualicum Beach Chamber of Commerce and Quality Foods all helped us to be able to include people who did not have the technical equipment or ability to connect to the internet by providing funding or access to android tablets. It is wonderful to be a part of such a thoughtful and caring community. So, if you are aware of anyone who would like to participate in the online activities but do not have a laptop or desktop computer, ipad, tablet, smartphone or wifi, please have them contact me and we will do our best to help them to get connected.

Although the Centre is closed, both the executive committee and the board of directors continue to hold virtual meetings using Zoom. We are staying on top of the day to day needs

both physical and financial. The Centre is operating on minimum demand for hydro, the computer has been removed and, thanks to Les McLean, has been totally rebuilt to meet the increasing demands of the Centre. Security inspections are carried out at the Centre daily.

We are ready to re-open when we receive notice that we can return to our normal lives again.

We all miss the opportunity to share time together in the Centre. The lunches, special events and daily activities provide so much pleasure. The virtual experience is amazing and will never replace the ability to meet face to face, to share our thoughts and feelings and to be able to interact on a personal level. Hopefully, the time until we meet again will be short. Meanwhile, take care of each other, stay safe and healthy.

One of the many online programs taking place via Zoom

CARDIO DANCE AND GENTLE SEATED FITNESS ONLINE INSTRUCTORS



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Richard Goldney Team
PERSONAL REAL ESTATE CORPORATION
Good service is not expensive, it's priceless.
TF. 1-800-668-3622 O. 250-752-2466 C. 250-248-7777





Travels with Judy, Christiane & Bill

Obviously, the best laid plans of mice and men—and seniors—do go sideways. We now have the sunshine and some warmer temperatures—but, unfortunately, no opportunity to get out there as a group and enjoy. I'm feeling sorry for us!

But, as none of us wishes to come down with THE VIRUS, we echo the younger ones with, "It is what it is" ... and we will be careful.

We have had email from Teresa at **Pitmar Tours** with, hopefully, tours to the **Sunshine Coast June 1st-3rd**, **Wells Gray Park, July 16-18**, **Haida Gwaii August 10-21**, and some November/December listings. Contact **Teresa** at Teresa@pitmartours.com if you might be interested.

We now have our **cash returns** from Janie's Bus for the Chemainus Theatre March cancellation. *Janie will be getting*

a new bus donated to her. By the way, we have received a request from Janie to help her out via a "Go Fund Me" account. Her type of business is not eligible for any government assistance. If you wish to contribute to her fund, contact Janie at 250 714-2855 or Janie@janiesbus.ca.

Of course, any plans for April such as the **Shaw Oceanside Discovery Centre** in **Sidney**, the regular bus trip to **Victoria**, the **Eagle release** at the Wildlife Centre and the **Sunday Drives** are

past history AND, by the look of things, we are not able to plan anything in the way of travel at the moment. Sadly, **NO Snowbirds practises** at Comox this year. The **Port Alice Sea Otter Tour** the last week of May is a huge question mark. Even if the tour might be available, I am hearing that people aren't willing to chance any togetherness anytime soon AND just when I was looking forward to Janie's Paddle-Wheeler trip (Vancouver harbour & Indian Arm) on June 8th.



Coping with COVID-19 Quarantine Diary

DAY 1: I can do this! Got enough food and wine to last

a month!

DAY 2: Opening my 8th bottle of wine. I fear wine supplies night not last!

DAY 3: Strawberries: some have 210 seeds, some have 235 seeds. Who Knew??

DAY 4: 8:00 p.m. Removed my Day pajamas and put on my night pajamas.

DAY 5: Today, I tried to make hand sanitizer. It came out as Jello Shots!

DAY 6: I get to take the garbage out. I'm so excited, I can't decide what to wear.

DAY 7: Laughing way too much at my own jokes!!

DAY 8: Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

DAY 9: I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.

DAY 10: Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

DAY 11: Isolation is hard. I swear my friend just said, "What the hell do you

want now?"

DAY 12: I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

DAY 13: If you keep a glass of wine in each hand, you can't accidentally touch your face.

DAY 14: watched the birds flight over a worm. The Cardinals lead the Blue Jays 3-1.

DAY 15: Anybody else feel like they've cooked dinner about 395 times this month?"

DAY 16: Learned coffee filters and dryer sheets are twice as absorbent as toilet paper.

DAY 17: Made sure I followed the arrows in the grocery store thus avoiding a collision from a masked, glaring, cart wielding 6' shopper!

Spending a lot of time at the computer these days? Remember, when you get to the point where you really understand your computer, it's probably obsolete.

A computer program will always do what you tell it to do, but rarely what you want it to do.

Then, when the going gets tough, upgrade because he who laughs last probably has a backup!

STAY HEALTHY! STAY SAFE!

DID YOU KNOW:

- ◆ Every "c" in **Pacific Ocean** is pronounced differently?
- ◆ The longest common word with all the letters in alphabetical order is "**almost**".
- ◆ More English words begin with the letter "**s**" than any other letter.
- ◆ Evening news is where they begin with "**Good Evening**," and then proceed to tell you why it isn't.
- ◆ To steal ideas from one person is **plagiarism**. To steal from many is **research**.
- ◆ If it wasn't for **STRESS** I'd have no energy at all.
- ◆ A woman is like a **tea bag**—you don't know how strong she is until you put her in hot water.
- ◆ **Dogs** have owners. **Cats** have staff.
- ◆ **Junk** is something you've kept for years and throw away three weeks before you need it.
- ◆ May is **International Respect for Chickens** month.
- ◆ No other month begins on the same day of the week as **May**.

JUNE Newsletter Deadline: Wed. May 27

752-6489 lilapat@shaw.ca

VIEW COLORED NEWSLETTER www.qbseniors.ca

WELCOME NEW MEMBERS

Janice Bailey

Anna Bryan

Marie Bogaardt

Gail Krickan

Lee Teal

Susan Aldous

Shelley McKendrick

* * *



Winner 'FIND the LOGO'

(March newsletter page 7

Life Support)

SHIRLEY DAVIS

We look forward to getting to know you... SOON we hope!

Let's put things in "Perspective"

We probably all think that it's a mess out there now. Hard to discern between what's a real threat and what is just simple panic and hysteria.

For a small amount of perspective at this moment, imagine you were born in 1900. Many would think that that was a pretty simple time of life. Then on your 14th birthday, World War I starts, and ends on your 18th birthday. 22 million people perish in that war; including many of your friends who volunteered to defend freedom in Europe.

Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 59 million people die from it in those two years. Yes, 50 million.

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly

collapses along with the world economy. If you were lucky, you had a job that paid \$300 a year, a dollar a day.

When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. If you lived in London England or most of continental Europe, bombing of your neighbourhood, or invasion of your country by foreign soldiers along with their tanks and artillery was a daily event.

Thousands of Canadian young men joined the army to defend liberty with their lives. Between your 39th and 45th birthday, 75 million people perish in the war.

At 50, the Korean War starts. 5 million perish, At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in the conflict.

On your 62nd birthday there is the

Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, could have ended. Sensible leaders prevented that from happening.

Now, in 2020, we have the COVID-19 pandemic. Thousands have died; it feels pretty dangerous; and it is!

Now think of everyone on the planet born in 1900. How do you survive all of that?

When you were a kid in 1995 and didn't think your 85 year old grandparent understood how hard school was. And how mean that kid in your class was. Yet they survived through everything listed above.

Perspective is an amazing art. Refined as time goes on, and very very enlightening. So let's try and keep things in perspective. Let's be smart, we are all in this together. Let's help each other out, and we will get through all of this.



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**Special
events!**

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NATLEY
PUT ON HOLD
UNTIL WE
ARE OPEN
ONCE
AGAIN**

