

Qualicum Beach Seniors' Activities Centre



NEWS

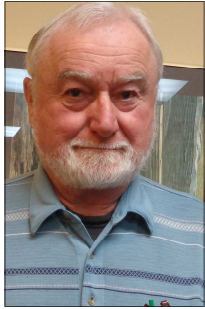
For the Young at Heart

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 26 Issue 8

August 2023

250 752-0420



FROM LORNE

It has been a busy year at the centre. I am pleased to see so many new members. And, so many enthusiastic volunteers.

We just had our annual Volunteer Appreciation Day. At this, the Board arranges the event and serves the volunteers. It is our way of saying thank you.

I encourage all of you to join in and volunteer. Per-

sonally, I sub when needed and my favourite place to sub is in the kitchen, my next favourite is at the Greeters Desk.

Unfortunately, the summer has been extremely dry with a record number of forest fires. Let us hope that it will give us enough rain to recover from the drought.

On the plus side, we have been able to enjoy the outdoors, so let us be thankful for that.

I am looking forward to seeing you at the Centre.



The presidents job description is a long one!

Bluegrass BBQ

Sunday, August 13, 4:00

\$30/person.?

Sign-up sheet at centre.

Back Porch Banjo Entertaining

Chicken & Ribs

Limited Seating

Sport Your Backwoods Attire

Dance, Listen and Chat!

Senior Centre ² Activities

~ SUNDAY ~

CONTRACT BRIDGE - 6:30 pm
Wolfgang Dost 594-4513
wolf.dust@yahoo.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

3:00 - 4:00 - 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

~ TUESDAY~

FUN BRIDGE: 9:00 – 12:00
Al Gagnon 250 596-2500
algagnon006@gmail.com

TUESDAY LOUNGE GROUP FULL

9:00—10:00
Helen 250 752-7274
helenhere1199@shaw.ca

CB TUNES

3:00 - 4:30

August 8

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

Back September 12

Diana Meyer 250 752-4856
Diana.meyer@outlook.com

RAMBLERS PRACTICE

6:00—8:30

Colin Craig: goodison95@shaw.ca

CLEANING: 4:30—7:30 pm

~ 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

SPANISH CONVERSATION BACK IN SEPTEMBER

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

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

~ THURSDAY ~

BEGINNER BRIDGE

(Start up will be end of September)
9:30-11:30 - \$8 -Peter 250 586-5740
psegers@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 **TECHNOL-**

OFF UNTIL SEPTEMBER

OGY
TUTOR BRIAN at
250 947-8258
tlc@sd69.bc.ca or book your
own appointment:

~ THURSDAY ~

LINE DANCING—4-5 Cancelled Aug. 24

BALLROOM DANCE - cancelled Aug. 24
5:00—6:00 pm—\$5

PRACTICE TIME: 6-7 cancel Aug 24

Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE IS FULL- 10-12

WAIT LIST ONLY

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

Beryl 250 752-9200
arieslady3847@gmail.com

CLEANING 4:30—7:30

~ SATURDAY ~

HATHA YOGA with Richard

10:00—11:00

Anne 752-9771—\$8 a session
sharp44@shaw.ca

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



Sunshine

what's cookin'?

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John

WEDNESDAY AUGUST 16

BILL & VERDELLE'S CHILI

w/Corn Meal
Muffin



THURSDAY LUNCH



CATHY & BRENDA'S CREAMY CLAM CHOWDER

LUNCH on FRIDAY



MIKE'S CHICKEN

with crew John & Betty

Greetings from the Cookie Cutters



Another month has flown by, despite the warm temperatures, our bakers continue to provide home baked treats for the kitchen. As is usual with summer however, many are taking a break whether a staycation or heading further afield.

We would welcome new bakers to fill in the gaps. If you are interested and would like more information, please call or text me (Brenda) at 604 379-0290 or email me at Charles.brenda@me.com.

This month I have a different recipe to try. It is a vegan fudge brownie. No weird ingredients, but it is made without eggs or dairy, although you could substitute milk for soy milk if you prefer. It is very chocolatey!

VEGAN FUDGE BROWNIES HAPPY SNACKING!



1-1/2 cups unbleached flour
1/2 cup cocoa
1-1/2 cups brown sugar
1-1/2 tsps baking soda
3/4 tsp baking powder
3/4 cup coffee
1/3 cup vegetable oil
3/4 cup soy milk
1/2 cup walnuts, roasted and chopped
1/2 cup carob chips.

Preheat oven to 325 deg. Prepare 9x9" pan. Grease and line with parchment paper.

Sift together dry ingredients in a bowl. Stir coffee, oil and milk in a separate bowl, combine wet and dry ingredients and mix well. Stir in walnuts and pour batter into pan. Sprinkle with carob chips and bake for 25 minutes or until an inserted toothpick comes out clean. Cool on rack.

50 APPLES



WANTED BY SEPTEMBER 5th
... to make Apple Strudel and some **PLUMS** for a gluten-free dessert to serve at the Ramblers SOS Fundraiser on September 16th, 2:00 pm to 4:00 pm. *Will come and pick.*
Call Judy at 250 752-6837

△ My friend Jack says he can communicate with vegetables. That's right, Jack and the beans talk.

△ My friend said she wouldn't eat cow's tongue because it came out a cow's mouth. I gave her an egg..

△ Black-Eyed Peas can sing us a song, but the chick peas can only hummus

△ I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire.



**ON THE SHELF BESIDE THE
FREEZER IN THE KITCHEN**

Thank You IAN, for mounting a shelf for the First Aid Kit ... now in a safe place for easy access.

**SEPTEMBER NEWSLETTER
DEADLINE - Tuesday Aug., 29
lilapat@shaw.ca 250 752-6489**



Happy Birthday Julie, delicious cake at the beach, 'pretend flames' on candles. A perfect day.

A **HAPPY 103rd BIRTHDAY!** ULLA GALL celebrated her birthday with friends, family (and the drive-by Firemen) on July 19th. A perfect day to join together and celebrate this milestone event.



Other Thoughtful Wishes

this is my wish for you:

comfort on difficult days,
smiles when sadness intrudes,
laughter to kiss your lips,
rainbows to follow the clouds,
sunsets to warm your heart,
hugs when spirits sag,
friendships to brighten your being,
beauty for your eyes to see,
faith so that you can believe,
confidence for when you doubt,
patience to accept the truth,
courage to know yourself,
love to complete your life.



Saturday, September 9th

8:30 am to 10:30 am

A group of **TURKISH** folks, part of the *Qualicum Beach Rotarian Friendship Program*, will visit

The Centre to enjoy a

PANCAKE BREAKFAST

ONLY \$8.00. Join us to welcome and meet these new friends!!

Open to all members. Sign up on the posted sheet on the activities board.

Please pay at the door

THE "HEALTHY" CORNER

Six summer safety

Here are six summer safety tips for seniors living on Vancouver Island

STAY HYDRATED

The most important thing to do during the summer is to make sure you are drinking enough fluids and eating fruits and vegetables to stay hydrated, even if you are not feeling thirsty. Remember that caffeinated and alcoholic beverages should also be minimized as they dehydrate your body.

PROTECT YOUR SKIN & EYES FROM THE SUN

Wearing sunscreen should already be part of your daily routine, but if it's recommended that sunscreen with SPF 15 or higher is worn every time you are outside. It's also recommended seniors wear sunglasses protecting your eyes from the sun's UV rays so that they don't get irritated or damaged.

AVOID THE OUTDOORS DURING PEAK TIME

During summer, there are certain times throughout the day that are considered peak times where the sun is at its strongest and can cause greater fatigue for longer periods.



tips for Seniors

If it's possible, try to avoid or limit your time outdoors between 10 am and 4 pm.

WEAR WHITER CLOTHES

By wearing loose fitting clothing that isn't too thick or bulky, you can stay comfortable for a longer period of time in the summer. If you avoid tight, constricting pieces of clothing, you will avoid constricting your joints and over producing sweat. Natural fabrics such as cotton are the best to keep you cool.

REDUCE STRENUOUS ACTIVITIES

Although the nice weather may have you excited to do a bunch of activities outside, strenuous activities should not be done for longer periods of time as you will feel more exhausted and are at a greater risk of dehydration.

WATCH FOR SIGNS OF A HEAT STROKE

Knowing the early signs of a heat stroke can help save your life and lives of those around you.

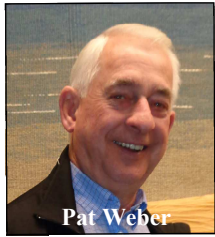
Signs of a heat stroke are disorientation, confusion, headache, nausea, dry skin, and a rapid pulse.

Thank You! VOLUNTEERS

July 22 was the night the Senior Centres' VOLUNTEERS were welcomed to the special evening arranged by the Board to show their appreciation of all the time and energy they put in to make our centre such a valuable place for all to enjoy.

There was fabulous food, lively entertainment by Denise & John Charon, and, of course, dining with friends and meeting new members while enjoying their delicious meal. Mayor Teunis Westbroek dropped in, and many thanks to Les McLean for the photos. Special thanks to Lorne, Bonnie, Judy P, Pat, Ann, John. Court (the 'pro bartender') Ian, George, and Barry for all the work spent over many weeks to make this event very special ... and a special night it was! Door prizes were assembled by Lila including wine donated by Pat.





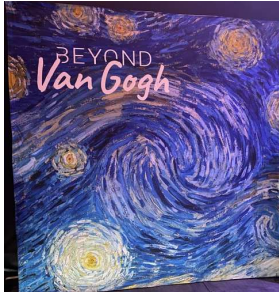
Pat Weber

TRAVEL Talk



Cynthia Crawford

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



August 16 - \$145

A second opportunity to visit this amazing event. Incl. coach to Victoria, entry to exhibit & lunch at the Old Farm Market. Witness Vincent's art leap from the frame and come to life all around. Explore over 300 of Vincent's greatest works throughout his career. Poster with full details and sign up sheet on travel bulletin board at the Centre.



Cowichan Wine Tour with a twist August 30 - \$130

An amazing journey through Cowichan / Valley, visit 2 of Vancouver Island's finest wineries w/special lunch at Merridale Cidery Restaurant & Bakery. Price includes

Coach from Qualicum Beach Civic Centre, tours and tastings at the wineries. 3 course lunch with drinks at Merridale Cidery Restaurant & Bakery and a stop to shop at the Old Farm Market

Beyond Van Gogh: the Immersive Experience



July 20, groups from Campbell River and Qualicum Beach travelled to Victoria to enjoy the "Van Gogh Immersive Experience."

We stopped at the Old Farm Market for lunch, then on to Victoria to the Starry Night Pavilion at Bayview Place, built to feature 300 Vincent

Van Gogh's greatest works showcasing 'Starry Night, Sunflowers and Café Terrace at Night.' and many more Masterpieces. This exhibit is an imaginative and fully immersible adventure. His art is freed from frames and is a 3D projection of technology & music, allowing guests to experience this with all their senses.

As we entered the exhibit, there were Van Gogh's personal letters displayed to his beloved brother Theo. This helped guests learn more about the man behind the madness and magnificence.

And then, we entered The Immersive Room where the Masterpieces came alive as paint brushes swirled, danced, and moved around the room. There were rippling waves, blossoms blowing in the breeze like when Van Gogh painted them. Some eyes even winked at the ladies, and I did see smoke drifting upwards from a pipe.

The group wandered through the room at their leisure, then it was time to board the bus and head home. We stopped once again at the Old Farm Market to stretch our legs, buy some local products and taste the best ice cream ever!

What an amazing day this was for the group. We all agreed that this was way more than we expected to experience.

From Cynthia Crawford

Exhibition 2023 August 24 - \$99

QB Seniors travel to Vancouver on August 24 for a day at the PNE. The price of \$99 includes bus, ferry, and entrance to the PNE. If under age 65, please add \$25.

This trip is hosted by Island Fever Travel. The poster with full details and sign-up sheet is on the Travel Bulletin Board.



September.16 - 18

\$899 dble. \$1199 single

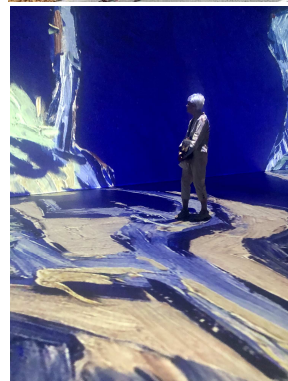
Enjoy our Getaway to Kelowna & Summerland. We visit the historic Kettle Valley Railway with a BBQ lunch, stop at a winery for wine tasting & brewery stop for lunch. Dinner cruise on the lake. Coach from QB. Sign up sheet on bulletin board. Cheque to Square 1 Travel.



HOLLAND AMERICA 50th ANNIVERSARY SEPT. 30 - OCT. 7

pp 2 sharing outside \$1,995
Veranda \$2,395 Suite \$3,095

Cruise to Alaska. Shore excursion credit USD \$50; Onboard credit USD \$50; beverage package, WIFI, specialty dining and home pickup and transfers from QB to cruise pier. See travel board for pricing and sign-up sheet.



CB TUNES



Free!

**Tuesday, 8th of Aug.
3:00 to 4:30**

**Old songs, bring music, sing, play,
watch, smile, have fun,
reminisce, be happy?**

Court Brooker, 250-951-2572, brook@shaw.ca



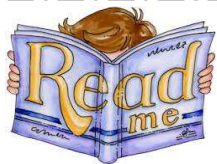
Now that's Community!

Bill Cove turns 90 and rather than a birthday present, asks if he can skydive again to help support a local community service—Oceanside Hospice. Judy Southern and Berwick Qualicum says yes, what a great idea and asks Pat Weber to contact Vancouver Island Skydive, Oceanside Hospice and Berwick QB to see what can be done. Berwick QB gets Berwick Parksville involved. Volunteers were needed and Royal Bank provided 5 volunteers and donated \$1,500 to the event. Staff at Crown Isle donated a gift certificate for their own golf community plus one from Crown Mansion. Vancouver Island Skydive is excited and talks to the food trucks on site and they agree to be there for food and the owners of Arbutus Meadows are thrilled to be a part of it all.



The result, a birthday to remember for Bill: six skydivers from the QB Seniors, three from Berwick Parksville and two from Berwick QB who have a great time, a great experience for the Royal Bank volunteers and an amazingly successful fundraiser for Oceanside Hospice, about \$10,000. Thank you Bill for inspiring your community.

From Pat Weber



...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:.....

JULY WINNER: Mary Ann Maybroda

Logo found on page 3 Cookie 'CutterS'

THANKS to all who participate in this fun contest.

Planned Events

AUGUST: Bluegrass BBQ

SEPTEMBER: Pancake Breakfast with Turkish Visitors, Rambler SOS Fund Raiser, Fowl Supper, Movie Night

OCTOBER: AGM, Halloween Scavenger Hunt & Trick or Treats for the Kids, Active Aging Week

NOVEMBER: Moonlight Madness Open House, Craft Sale

Welcome New Members

Bill Cove
Maeva Lowen
Liz Matson
Brigitta McDonald
Suzan Neugebauer
Anne Douglas
Beverly Maccarato

Jim Cairns
Elaine Floyd
Candy Ashbridge
Alison Bakker
Sally Shivers
Bonnie Robertson

CONGRATULATIONS

PHYLLIS ROBERTSON

Winner of our monthly
draw for a
GIFT CARD from



With Thanks

*"We look forward to
getting to know you"*

Do you know muffins spelled backwards is what you do
when you take them out of the oven?

I have been threatened a beating with a rolled up wet newsletter if I do not print the following from Judy Southern. I love doing this 'job', and pleased I had the experience in the workforce to be able to do so. I appreciate all the positive comments from so many...it is most gratifying. (*This against my wishes!*)

In July's newsletter one person was missed in the Special Thank You paragraph. Somehow, the name of Lila Greene was omitted. She is our volunteer who spends countless hours at her computer compiling the Centre's superb monthly publication—12 months every year. She is also the one who writes up our bi-monthly item for the PBQ News ad.

For many years she made the chili for the lunch at the Centre every 3rd Wednesday—as well as countless buckets of soup. As well she organized or helps out considerably at more than one of our 'Feasts' every year (*coming up is the September Fowl Supper*). And, almost forgot, does all the posters whenever we need one, and I'm sure I've missed other stuff. Not only that, she avoids mentioning her name when the accolades are distributed. She deserves a huge number of those accolades! **Judy Southern**

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Centre News

Year to date as of June 30, 2023

* * *

1034 Members – 130 Regular, 78 Complimentary,
23 Life, 2 Honorary
To June 30th, of the 130 Regular
61 were New Members

A REMINDER: As many of you have renewed,
please remember to request the newsletter mailed
to you...only \$10 for the year. Thanks so much to all
who've already registered for the 2023/24 season



Board of Directors

*

**2022
2023**

President	Lorne Tetarenko	752-5630
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	Barry Lohman	248-9286
	Ian Blaikie	752-8499
Electronic Media	Court Brooker	951-2572
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	