



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 a.m. - 3:30 p.m.

Volume 26 Issue 3

March 2023

250 752-0420



FROM LORNE

It is really a frosty Friday. Winter has paid us a (hopefully) final visit for this winter.

As you read this, I will be on holidays down in Arizona. It will be my first experience as a snowbird. I am looking forward to basking in the sunshine and seeing the sights.

In my absence, Pat Weber will be acting President.

It is rewarding to see the growing number and variety of activities at our Centre and the number of new members that are joining as they discover what we have to offer.

As well, the travel opportunities have been expanded to include a wide ranging

choice of opportunities for adventure.

All of this and a delicious variety of lunches is only possible by the efforts of our many dedicated volunteers.

COMING IN MARCH

The Seniors' Centre will be introducing a new, optional, pre-pay **PUNCH CARD SYSTEM**. You can buy prepaid cards to use for activities or lunches. The cards will be \$30 (\$5-\$6 activities or lunches) and \$40 (\$5-\$8) activities or lunches) you can buy them for yourself or as a gift card.

If you know of anyone who needs financial assistance to participate in activities at the Seniors' Centre, RDN Parks and SOS will assist in purchasing a membership and punch cards. **Full information will be available on March 2, 2023.**

As you know, we are the only organization of this type that operates entirely with volunteers.

Thank you to all of you who make our Centre the success it is.



Last fall I won the "Bee Team" prize at the Centres' Wheel Game for a free oil change at **COAST AUTO** on Fern Road. I would like to point out to the membership it was a very positive experience ... a Free, friendly, local and thorough checkup!
From PAULINE PIKE



Senior Centre Activities

~ SUNDAY ~

CONTRACT BRIDGE - 1:00 pm
Wolfgang Dost 594-4513

~ MONDAY ~

KNITTING/CROCHET for MANNA
10:00 - 12:00 ~ Jan 250 738-1040
jacurtis5431@gmail.com

YOGA: 9:30—10:30:
Jane 228-1157 - \$8

CHAIR YOGA: 11:00-12:00
Jane 228-1157 - \$8
janeloney@hotmail.com

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 EASY
3:00 - 4:00: \$5 per session
LINE DANCE INTERMEDIATE
4:00 - 5:00: \$5

BALLROOM DANCE /PRACTICE
5:00 - 6:00 - Judy 250 752-6837
judypalipowski@gmail.com

~ TUESDAY ~

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

OCEANSIDE SQUEEZERS
1st Tuesday of month
April 4, 12:30 - 2:00
Court 250 951-2572
brook@shaw.ca

WHIST: 12:30—2:30
Sally Jagger 250 752-3556
sallyajagger@gmail.com

SONGBIRDS: 2:30—4:30
Lynn Beamond
lbeamonde@shaw.ca

RAMBLERS PRACTICE
6:00—8:30
Colin Craig: goodison95@shaw.ca

~ WEDNESDAY ~

HATHA YOGA with Liz Moore
10:00-11:15 - \$8 a session
250 248-4116
lizzieandpat@shaw.ca

DOMINOES ~ 10:00- 12:00
Audrey 250 752-9134
amishbell@shaw.ca

BOARD - 2nd Wed./month
1:00—3:30—Lorne 250 752-5630

THE BOOK CLUB
2:15 to 3:15—Gail 905 808-4585
Xgail.smith@gmail.com

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

YOGA: 2:15—3:15
\$8 - Jane 228-1157
janeloney@hotmail.com

BOOK CLUB: 2:15-3:15
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
oceansideacappella@gmail.com

~ THURSDAY ~

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

TECHNOLOGY TUTOR 1:30-3:30
Brian 250 947 8258 or tlc@sd69.bc.ca
or book own apt. oblt.ca/calendar

LINE DANCING - 4:00 - 5:00
\$5 a session

BALLROOM DANCE LESSONS
& Practice time: 5:00—8:00
\$5 pp/group, \$10 private
Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE IS FULL- 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
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

Having **PROBLEMS WITH YOUR ELECTRONIC DEVICES ?**
Call **TECHNOLOGY TUTOR BRIAN**
at **250 947-8258**
tlc@sd69.bc.ca
or book your own Appointment
go to:
oblt.ca/calendar
Every Thursday 1:30-3:30



BOOK CLUB meets the 1st Wednesday of every month from 2:00 to 3:00 pm, in the small lounge. Next meeting is MARCH 1st to discuss the book "The Tin Flute" by Gabrielle Roy. **NEW MEMBERS WELCOME.** Sign-up sheet is posted on the Activities Board
Gail Smith, xgail.smith@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's

LUNCH on MONDAY



MIKE'S QUICHE



with crew
Barry & John

(Every 3rd)
WEDNESDAY
March 15
Lila's
CHILI

w/Corn Meal Muffin



THURSDAY LUNCH



BRENDA & CATHY'S

Creamy CLAM CHOWDER



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew
Bette & John



News from the 'Cookie Cutters'

Unfortunately due to the unexpected heavy snow fall, the Cookie Cutter's baking group meeting was cancelled. I would like to reschedule our meeting to:

THURSDAY, MARCH 9 3:00 pm
at the Senior Centre



This will be a great opportunity to meet the other bakers and learn more about our great group. From Brenda ****

Message from the KITCHEN MANAGER

I have been appointed by the QB Seniors' Centre Board of Directors as Kitchen Manager.

We encourage our Kitchen Volunteers to be creative and to offer a variety of menu selections that are appealing, healthy & affordable.

The lunches on Mondays & Fridays have been very successful with the two Mike's preparing Quiches and Chicken dinners, as well as soup and sandwiches.

Our members also look forward to Lila's Chili on the 3rd Wednesday of each month & Brenda's Clam Chowder on Thursdays.

The baking group also prepares an amazing assortment of goodies to go with our tea and coffee.

On Wednesdays, our volunteers have offered such items as lasagna, shepherds pie etc., and we are hoping to introduce new items to the other days of the week.

We are also planning to place a Suggestion/Comments box near

the kitchen where you can drop notes (no signature required) where you can provide your ideas as to what you would enjoy. We are hoping to have a variety of ideas such as Hamburger-Hot Dog-Pasta day etc.

As we all know, the cost of groceries is on the increase and we want to continue to offer affordable, healthy tasty lunches, and in order to succeed, we need your support.

Have a goodie with your tea or coffee when you can and plan a day or two to join us for lunch. You will be amazed at the quality of the food and the fantastic company that you will enjoy when you share your day with your Senior Centre friends.

Thanking you in advance for your support. **George Wimmer**

HASHBROWN CASSEROLE

Folks are asking for Judy's casserole recipe served at the Valentine Tea.

1 pkg. frozen hashbrowns, thawed
1-1/2 cups sour cream
1 can cream of chicken soup
2 cups grated cheddar cheese
1 Tbsp chopped onion
1 tsp salt (optional) Dash of pepper
1/2 cup melted butter.
Mix all ingredients together. Place in a greased 9x13 pan

TOPPING:

1 cup crushed Corn Flakes
1/2 cup melted butter
***crushed potato chips work well, thus no butter needed.
Mix together, then sprinkle over the potato mixture.

Bake 350 deg. For one hour.

**Can be pre-made and frozen until needed.



Qualicum Beach Seniors' Activities Centre

Join
our
free
Facebook
Group
Today?

Qualicum Beach Seniors' Activities Centre
703 Memorial Avenue
Qualicum Beach, BC V9K 1S7
Phone: (250) 752-0420
email: QBSeniors@shawbiz.ca

Valentine Tea



Everyone seemed to enjoy our Valentine's Day lunch on the 14th. The 28 seats were filled to capacity (twice) with seemingly quite hungry folks!

Judy Southern wishes to thank the very hard working Kitchen Crew: Ann Svensen, Barb Kenno, Linda Cooper, Betty Brooker and Glenys Hewitt for their incredibly immense help.

As well, many accolades go to the most charming servers: Bonnie Evoy, Lorne Tetarenko, Gerry O'Brien and Court Brooker. AND Bonnie made all those delicious heart-shaped shortbread cookies and donated them. She is a Keeper! Jeri Burke, as usual, was our smiling greeter welcoming all the guests.



Please Be Aware!

There are some **Emergency Supplies** in the Centre. On the top shelf in the closet, behind the mirrored doors there is a blanket should anyone need it, a **First Aid Kit and extra bandages**.

On top of the convection oven in the kitchen there is a **red First Aid Kit**. **AND** in the hallway, on the wall right next to the Men's Washroom is an **AED—a Defibrillator**, in case of a heart attach.

We don't plan on anyone ever needing to be taken care of—but it does happen. **Please remember where there are some supplies available in case of an emergency.**



Lila Greene and John Dol celebrated 90th and 94th Birthdays recently. "We've still got it. The hard part is remembering where 'it' is! Age is only important if you're a cheese!"

Planned Events

APRIL: Easter Egg Hunt

MAY: Victoria Day Tea

JUNE: Summer Solstice

JULY: BBQ

AUGUST: Pancake Breakfast

SEPTEMBER: Fowl Supper

OCTOBER: Halloween Party

NOVEMBER: British Pub Night

DECEMBER: Christmas Tea/Dinner
Events subject to change. *Always looking for volunteers to help/organize an event. Let a member of the board know if you would like to help out!*

THE "HEALTHY" CORNER

Self Care—Make an appointment with You!

We only Get One Life

If you don't take care of yourself, you won't be able to do any of the other things.

MENTAL SELF CARE

Mental self-help is about stimulating your mind and your imagination.

Examples: read a book, solve a puzzle, write a story, make art, learn one new thing, see a play, solve a problem.

EMOTIONAL SELF CARE

...centres around regulating and holding space for your emotions and feelings.

Examples: journal about what you're feeling, make art, tell someone how you feel, talk to counsellor or therapist, feel your feelings, laugh, cry, practice self-compassion, do things just for fun and enjoy take a mental health day.

SPIRITUAL SELF CARE

Spiritual self-care is about our connection to ourselves, and anything we hold in value "bigger than ourselves".

Examples; prayer, meditation, getting fresh air, laying in the sun, being in nature, dance, art, mindfulness, practice yoga, listen to music, soak in the bath.



Aging in Place

SOCIAL SELF CARE

Social self-care recognizes that social interaction is a key component of human wellness. Remember to base this on your individual needs.

Example: spending time with a friend calling your kids, social media interactions, participating in a group, setting healthy boundaries, take some time alone.

PRACTICAL SELF CARE

Practical self-care is about doing the things in your life that you need to navigate through life with ease and minimal stress.

Examples: taking a shower, packing a lunch, cleaning your space, doing your taxes, creating a budget, organize your closet, plan your day, create a to-do list. And rest is not a 'treat' that you have to prove to get. It's medicine. It's prevention.

There will always be things more important.

PRIORITIZE YOUR SELF CARE

Qualicum Beach Seniors' Activities Centre

Join our free Facebook Group Today?

Qualicum Beach Seniors' Activities Centre
703 Memorial Avenue
Qualicum Beach, BC V9K 1S7
Phone: (250) 752-0420
email: QBSeniors@shawbiz.ca



PAT WEBER



Travel Talk

KEEP UP TO DATE: Check the bulletin board and travel section under activities on our website: www.qbseniors.com



Not necessarily this Liner

A VERANDA CABIN

To share for 15 days, August 29 to September 12, 2023. \$11,700 includes 12 tours, air fare, all transfers, tips, to London and back from Bergen to Vancouver. British Isles Viking Cruise.

Please call Carol 778-424-9922 for more info.

COME FROM AWAY

Yes, there is a second bus, and only a few more tickets available, so, if you want to go to this show don't miss this opportunity, **MAY 13 ~ \$259** includes deluxe coach, lunch in Duncan, theatre seats (rows M thru' P), all gratuities. Leaves QB Civic Centre at 9:30 a.m.



FRANCES BARCLAY to BAMFIELD

Join us for our exclusive trip to Bamfield on **JUNE 1st ~ \$170**

Includes deluxe coach to Post Alberni Quay, breakfast and lunch on the Frances Barclay, stopping along the way to serve small villages and fish farms and door prizes. Leave QB Civic Centre at 06:15 a.m., returning 6:30 pm. Sign up and pay at the Seniors' Centre.

GUIDED WALKING TOUR IN IRELAND

Inc, Dublin, Kenmare, & Killarney. **JUNE 11 - 25 From \$4,245** per person based on double occupancy and **\$5,495** for single. Prices include hotels, tours, some meals. *Price does not include air travel.*



TORONTO BLUE JAYS vs SEATTLE MARINERS

Three game series, **JULY 21 - 24**. Priced at **\$1159** per person double occupancy or **\$1699** single occupancy. Includes bus from Qualicum Beach, ferries, hotel accommodation, tickets to the games, cocktail reception and daily breakfast..

SQUARE 1 TRAVEL TOUR HOSTS

Will be at the Senior Centre on **TUESDAY, MARCH 14 ~ 1:00-2:00 pm**
JOIN Willy, Cathy & Diane, your travel hosts
1:00 to 2:00 pm for a discussion featuring
THREE of their upcoming tours

- ◆ **Vietnam and Cambodia:** October 2023 (Willy and Cathie's tour)
- ◆ **Newfoundland:** July 2023 (Diane's tour)
- ◆ **East African Safari and Zanzibar:** September 2023 (Diane's tour)



NEWFOUNDLAND & LABRADOR

July 6 - 18 with flights from Comox. This small group tour features local guides, cuisine, and entertainment.

Price **\$6,399** based on double occupancy and **\$7,299** for single. Includes airfare, hotels and tours.



NEW YORK

Only 12 spots available for this unique New York trip **JULY 21 - 26**, with amazing prices of **\$2,995** per person (double occupancy) and **\$3,995** (single occupancy),

includes: return airfare from Comox to New York City. *5 night accommodation at the Alix Hotel Time's Square *Daily breakfast *Hop-on Hop off bus tour of NYC Chelsea Market and Highline Cultural walking and Food tour *Walking tour of Broadway and Time's Square *Dinner at famous John's at Time's Square. *Tickets to New York NY, the musical *Central Park carriage ride.

The sign-up sheet is in the Centre

~ ~ ~ in **PLANNING** stages ~ ~ ~

A 3-Day Journey to the **Okanagan** including bus, ferries, most meals, accommodation, dinner cruise, Kettle Valley Railway trip with BBQ, Winery and Draft Brewery tours.



Oceanside Paddlers Dragon Boat Team

IS RECRUITING NEW MEMBERS

No experience needed

If you want to have fun and enjoy the water, there will be an **INFORMATION SESSION** at **Quality Foods** in **Parksville** in the **Community Room** up stairs.

Wednesday's **APRIL 5 & APRIL 12 ~ 10:00 a.m. - 12 noon**

If you cannot attend one of these sessions, please call **SHELLEY 250 240-9663** or **MARY 250 248-5824**



Oceanside Squeezers

First Tuesday of the month

April 4th ~ 12:30 to 2:00 pm ~ Group Fun & Frolic

Qualicum Beach Seniors' Activities Centre, 703 Memorial Avenue, Qualicum Beach

Primarily accordionists, all instrument players, dancers, singers & listeners welcome! \$25 annual QBSAC membership required



FORMAT: Short introduction

- ◆ Players to be ready to play one song and possibly say a few words for the group when the leader points to them
- ◆ I encourage groups to perform
- ◆ This pointing continues until there is no one left that wants to play

- ◆ Dancing and listening encouraged
- ◆ My parents told me not to point
- ◆ Have fun?
- ◆ Any donations will be given to QBSAC 100%

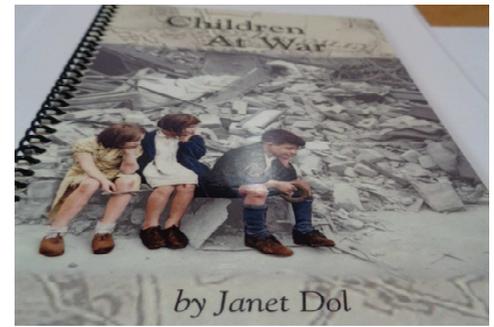
Register: Court Brooker 250 951-2572
or brook@shaw.ca



**Competition was fierce
but all were winners!**



When Irish eyes are
smiling, they're usually
up to something



Janet Del has written a book on her experiences as a child in England during WW2, and copies are for sale at the Centre. They are on display on a table near the front door.

Thank you to Bonnie Evoy for submitting this nostalgic poem reminding us of 'days gone by.'

Grandparents Generation

By Faith Sherin

They are taking so many things with them:
their sewing machines and fine china,

their ability to fold a newspaper
with one hand and swat a fly.

They are taking their rotary telephones,
and fat televisions, and knitting needles,

their cast iron frying pans, and Tupperware.
They are packing away the picnics

and perambulators, the wagons
and church socials. They are wrapped in

lipstick and big band music, dressed
in recipes. Buried with them: bathtubs

with feet, front porches, dogs without leashes.
These are the people who raised me

and now I am left behind in
a world without paper letters,

a place where the phone
has grown as eager as a weed.

I am going to miss their attics,
their ordinary coffee, their chicken

fried in lard. I would give anything
to be ten again, up late with them

in that cottage by the river, buying
Marvin Gardens and passing go,

collecting two hundred dollars.



NEW MEMBERS

Sue Farlinger
Anne Walker
Vivian Haist
Ken Hawkins
Kelly Francis
Bryan Matthews
Krysia Matthews
Carol Richardson
Alex Biddlecombe
Camille Cuthill
Gaetane Royer
Joselyn Tacher
Gwen Moncrieff
John Wirtanen
Dianne Leblanc
Judy Atkins

Susan Cormie
Gala Garland
John Mellors
Blair Reid
Anne McKean
Sylvia Dwyer
John Wheatley
Mel Lewis
Michael Mirams
Harrison
Lori Hoston
Debra Conteras
Iris Behren
Lenia Macdonald
Susan St. Cyr
Keith St. Cyr

Rhonda Tarney
Carol Sept
Valerie Scrivner
Jane Eisler
Arlene Keeling
Patricia White
Sue Lenton
Marion Jamieson
Claudia Hand

Patricia Casey
Susan Luck
Douglas Cockburn
Marlene Cockburn
Barb Ewens
Bruno Sterckeman
Linda L'Arrivee
Beverly Sobotkiewicz
* * *

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

FEBRUARY WINNER: Ron Halford

Logo found on page 7: LessonS

THANKYOU everyone for keeping this 'fun logo find' alive, your participation is very much appreciated.

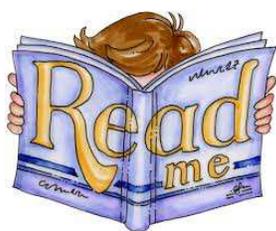
CONGRATULATIONS

RICHARD LLOYD

Winner of our monthly draw for a
GIFT CARD from



With Thanks



**...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.

ONE WINNER EACH MONTH !!

The  is hidden on page

Name & phone:

DEADLINE APRIL NEWSLETTER

Friday, March 31

lilapat@shaw.ca 250 752-6489



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
Director at Large	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