

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

SEPTEMBER 2025 For the young at heart

703 Memorial Avenue
Qualicum Beach BC
Monday to Friday
9:00 am to 3:30 pm
250-752-0420
VOLUME 28 | ISSUE 9



from Rob

Now that the rains have come and gone, it helped clear the smoke and calmed the fires down.

A big thank you to all the firefighters.

It is hard to imagine but this is the last week of August the sun is shining and it is warming up again.

This fall the centre has a long list of activities everything from bridge to yoga and everything in between.

This provides us with a good social network and certainly makes us happier and healthy!

Cindy is Our Lion King! Heather Thompson

Cindy was at the Civic Centre early to welcome us on board the bus to the Ferry to Vancouver and to the wonderful production of *The Lion King*. We got there on time, Cindy handed us our tickets, which were excellent seats and we saw a superb performance of The Lion King. She did all this with enthusiasm and caring.



THEN, there was the long, long bus delay from the theatre to the ferry. THEN Cindy had to change our reservation from the 6:30 ferry to the 8:30 ferry, fortunately there was room for a large bus with 41 seniors as passengers. THEN once at the Departure Bay Ferry kiosk, the attendant made Cindy get on the bus and collect all our identity cards, so that he could count

them by hand, while she waited, to ensure that *She* was not committing fraud. Again Cindy did it all with caring, hiding her frustration, and continued with enthusiasm. We got safely on the ferry and Cindy got us comfortably back home to Qualicum Beach.



Cindy — Our Lion King

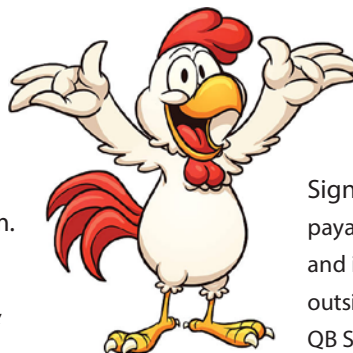


8th Annual!

Prairie Fowl Supper

Menu: Chicken and all the trimmings, veggies, salads, puffy bread, homemade pies and ice cream.

- ◆ Door prices and more!
- ◆ Dance up an appetite with **Bruce Feltham & Court Brooker**



Saturday, October 11th
Legion Hall ♦ Doors open at 3pm

Sign-up starts **Monday September 15;**
payable by cash or cheque – place in an envelope
and insert in the travel box
outside the office at the
QB Seniors Centre.

only \$25 pp

SENIORS CENTRE Activities



SUNDAY

Resumes September 21

Duplicate Bridge 1:30 - 3:30 pm

\$2 per session

Wolfgang Dost 250-594-4513

wolf.dost@yahoo.ca

Resuming in September

Open Mic / Karaoke 6:30 - 8:30 pm

Bill Wilson 250-752-8542

laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Joy Strobl 250-594-4043

joystrobl@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771

sharp44@shaw.ca

QB Ukulele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082

mckhan2@shaw.ca

Beginner Ukulele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-586-2500

algagnon006@gmail.com

Henk's Practice Group

10:00 am - 12 noon

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

TUESDAY continued

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556

sallyajagger@gmail.com

Splatters Painting Art Class

3:00 - 4:30 pm

Mike Sherlock 604-815-7711

msherlockqb@gmail.com

Rambler's Practice 4:45 - 6:15 pm

Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

Bonnie Evoy 250-248-7691

tangledanddark@hotmail.com

Dominoes 10:00 am - 12 noon

Pauline Childs 250-752-2440

dave7522440@gmail.com

Resumes September 3

Beginning / Elementary Spanish

11:30 am - 12:30 pm

\$2 per session

Elena Ortiz 250-752-8803

elenaortiz23@yahoo.es

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Resumes September 3

Book Club 2:00 - 3:00 pm

First Wednesday of the month

Gail Smith 905-808-4585

xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm

Chaz Booth 250-240-0465

chazentertains@gmail.com

QWEST Weigh-in 3:15 - 5:00 pm

Elaine MacDougall 250-594-3604 repac5@shaw.ca

Beginner Line Dance

5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

THURSDAY

Darts 10:00 am - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258

Or book your own appt: tlc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm

Ballroom Dance 5:00 - 6:00 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm

Marion Clark 250-468-9280

treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Thuy Bui 250-607-8448

linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260

fiona3@shaw.ca

Mahjong 1:00 - 3:00 pm

Angie Bettam 250-937-1862

angiebettam@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425

rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am \$8 per session

Anne Sharp 250-750-9771 sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

\$5 per session

Dr Rod LeBlanc

rod@lifelonghealth.ca

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

Greetings from the Cookie Cutters

It has been a wonderful summer with lots of sunshine. I would however, be remiss not to acknowledge the hard work of the wildfire fighters and volunteers that kept people and homes safe. So grateful and appreciative of the dedication keeping Vancouver Island safe and green!

We also appreciate our bakers who volunteer their time in providing baked goods for our kitchen. Always room for more! If you are interested please give me a call/text @ 604-379-0290 or email me at charles.brenda@me.com. I am also in the kitchen the 2nd and 4th Thursday mornings.

This month's recipe uses local blackberries. It was a bumper crop this year!

Blackberry Cobbler

Ingredients:

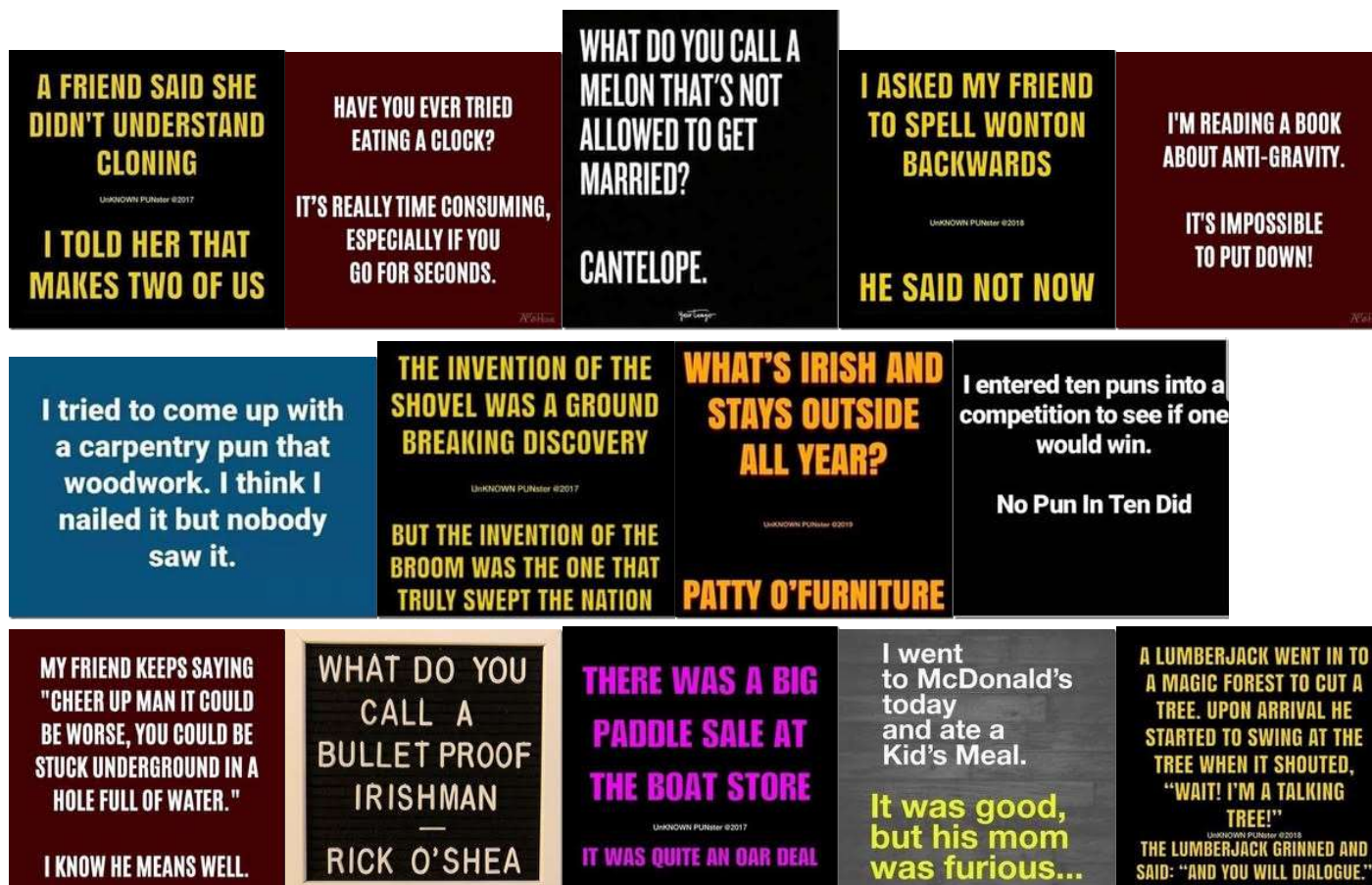
- 4 cups blackberries
- 1 1/2 cups white sugar
- 2 tablespoons cornstarch
- 2 cups water
- 2 cups all purpose flour
- 2/3 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter or margarine
- 2/3 cup milk



Directions:

1. Preheat oven to 425° F. Grease a 9 x 13 baking dish.
2. Place blackberries, 1 1/2 cups sugar and cornstarch in a large sauce pan; add water.
3. Bring to a boil over high heat, stirring constantly until thickened, about 5 minutes.
4. Transfer to the prepared dish.
5. Whisk flour, 2/3 cup sugar, baking powder and salt together in a large bowl, cut in butter with pastry blender until mixture is pea-sized. Stir in milk until a soft dough forms.
6. Drop by spoonfuls on top of blackberry mixture.
7. Bake in the preheated oven until golden brown, 30-40 minutes.

The recipes "says" 12 servings!



What's Cookin'?



MONDAY LUNCH

BRENDA'S QUICHE with Brenda & Helen



TUESDAY SEPTEMBER 9 & 23

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.50 and one per person – no take out.**



WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret
SHEPHERD'S PIE



September 17th – Bill & Verdelle's
CHILI with Corn Meal Muffin



THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's
CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



A Note from the Kitchen

George Wimmer

Beginning with the 1st Thursday in October, **Judy Palipowski** and **John Telfer** will be preparing a spaghetti lunch.

Make sure to mark this on your calendar. The cost will be \$8.00.

Thanks to Judy and John for adding this to our monthly offerings!



Barbecue Meatballs

Barbara Davidson

As served at Singo.

Ingredients:

- 3 lbs ground beef
- 12 ozs evaporated milk
- 1 cup oatmeal
- 1 cup cracker crumbs
- 2 eggs
- ½ cup chopped onion
- ½ tsp garlic powder
- 2 tsp salt
- ½ tsp pepper
- 2 tsp chili powder

Sauce:

- 2 cups Ketchup
- 1 cup Brown Sugar
- Liquid smoke to taste
- ½ tsp garlic powder
- ¼ cup chopped onion



Directions

Combine meatball ingredients and shape into walnut-sized balls. Place meatballs in single layer.

Combine sauce ingredients and pour over meatballs.

Bake for 350°F for approximately one hour.



Kitchen Gals (l to r) Mary Ann Maybroda, Jan Desjardins, Brenda May, Betty Brooker

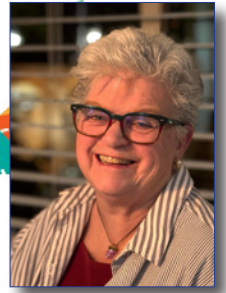
My opinions may have changed, but not the fact that I'm right. 😊

Travel Talk

Check the website qbseniors.com for updates on the trips that are being planned



Cindy Crawford



PRINCESS LOUISA INLET SEPTEMBER 1 & 2

SOLD OUT!

Included:

- Return Coach transportation and Ferries from Courtenay
- Appetizers at the Shinglemill on Powell Lake
- 3-course Dinner at the Laughing Oyster in Okeover Arm
- One-night accommodation at Town Centre Hotel, Powell River
- Private Boat Tour to Princess Louisa Inlet
- Tour Host for the trip



OKANAGAN GETAWAY Kelowna & Summerland

SOLD OUT!

SEPTEMBER 14 to 16

Included:

- Return Coach transportation and Ferries to Kelowna
- Two nights accommodation at Hyatt Place Kelowna Hotel
- Sunset Dinner Cruise
- Kettle Valley Railway journey
- Wine tastings



DAY TRIP TO VICTORIA

THURSDAY, SEPTEMBER 18 \$50 pp

Our Poster for this Victoria Trip was on our Travel Board at the Seniors Centre for only 10 days and this bus trip is now full.

Thank you everyone for signing up.



THE LION KING THURSDAY, AUGUST 21

36 Members travelled to Vancouver on Thursday to enjoy the musical performance of *The Lion King*.

If you haven't enjoyed this musical, it is based on the 1994 Disney-animated film. The story follows Simba, a young lion cub who is destined to become the King of the Pride Lands, a large African savannah. After the death of his father, at the hands of his uncle Scar, Simba is led to believe he is responsible for the tragedy and flees home.

It was pure magic from the very first notes of *Circle of Life* to the final bows. Breathtaking costumes and masks that brought the African savannah to life. Animals paraded down the aisles to the stage – the agility of the gazelles, zebras, giraffes and hyenas were amazing.

Cindy Crawford



Sunday, August 24

Paula Kalsi, our Event Manager, planned such a fun and enjoyable evening on Sunday. Our Members arrived and enjoyed a beverage at our bar. They then found seats at tables set with place settings, a bowl of snacks and a fresh vegetable platter to enjoy prior to our Tapas-themed dinner.

Members served themselves to dinner, which was small bites or tapas. The ladies in our Kitchen prepared beautiful bites that consisted of a platter of Charcuterie Meats, Devilled Eggs prepared by *Verdelle Wilson* and *Leslie Kleven*; warm Mini Meatballs in BBQ Sauce – prepared by *Barbara Davidson*. Barbara, your recipe is in huge demand for these



tasty meatballs!! The main serving table was set with slices of Watermelon, Smoked Salmon with Cream Cheese on Cucumber Rounds, along with condiments, trays of sliced Cheeses with Crackers & Baguettes, along with Grapes.

And then it was time to begin our first round of *Singo*. Imagine your traditional bingo game, but instead of calling out numbers, favourite songs are played. Players receive a card printed with song titles that are marked off as the songs play. Bob Martineau, has been passionate about all kinds of music from a young age and brought his Singo game to the Seniors Centre for our Members to enjoy. Three games were played in the first round with winners being awarded prizes.

We then enjoyed a break where fresh Trifle, made by Barbara Davidson, was served along with tea, coffee. And then it was time for our second round of *Singo*. The group sang along with the "Oldies Tunes" that were played and some even danced. Truly – a fun way to spend an August Sunday evening.

Paula Kalsi prepared, organized and managed this Singo Evening, but couldn't do it without the help of our dedicated Volunteers:

Jeri Burke – managed the Sign Up Sheet & Payments; signed Members in, upon arrival

Yvette & David Freeman – setting the tables for dinner

Verdelle Wilson & Leslie Kleven – prepared the Devilled Eggs



Barbara Davidson – prepared and delivered the Mini Meatballs in sauce as well as the Trifle for dessert

Leslie Kleven, Sandi Grant, Brenda May and Margaret Sills – worked tirelessly in our Kitchen to prepare, serve the food, dishwashing and kitchen clean up

Susan Gupta – an extra set of helpful hands, wherever and whenever needed

Chantal Boileau & Gordon Standish – set up the bar, performed the bartending duties

Henrietta Penney – post event clean up

Cindy Crawford – photos and write up for Newsletter

The Members at the end of the event, wholeheartedly encouraged another *Singo* to be held very soon. We had lots of First Time Singo players that totally enjoyed the game – and some even won more than one game.

Cindy Crawford



Reflections...

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers...

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying "I went to the Jim this morning"

I don't have grey hair; I have "wisdom highlights" and I'm just very wise.

When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

Don't ever ask me to bend down and touch my toes. If God wanted me to touch my toes, He would have put them on my knees.

Last year I joined a support group for procrastinators, we haven't met yet.

Of course I talk to myself; sometimes when I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Actually I'm not complaining because I am a Senager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

– I don't have to go to school or work.

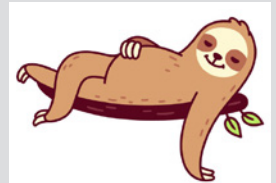
– I have a driver's license and my own car.

– I get an allowance every month.

– I have my own ipad (although I can't recall where I kept it)

– I don't have a curfew.

Life is great.



WELCOME NEW MEMBERS

Ruth Arnot	Nancy Gagnon	Valerie Kirton
Lily Ayre	Sue Hasse	Marie Monaghan
MaryBeth Correy	Judy Heard	Betty Prosser
Eddie Cross	Arlone Jensen	Patt Wagil
Enid Elliott		

MEMBERSHIP REPORT

For the month of August there were an additional **13** new Members and 100 renewals.

Year to date (2025-2026) as of August 31, 2025:

- 578 Regular (of which 106 were new members)
- 105 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

Brian Collicott

250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



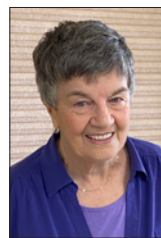
Every Thursday 1:30 to 3:30 pm in the Lounge

Life

The keys are in my hand, I swear I saw them last,
Right here upon the table, a fleeting, fading past.
I search and search, a furrowed brow,
Where did I put them? I just don't know now.
A name, a word, a face, a thought,
A sudden blank, a moment caught.
In the swirling mists of time,
A senior moment, a silly rhyme.
But then a smile, a gentle grace,
I've had these moments, time, and space
Have blurred the edges, softened lines,
And life's a journey, not just signs.

*The deadline for submissions for the **October** Newsletter is Sunday, Sept 28*

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

Jeri would be happy to brighten their day!



Congratulations!

The winner of this month's draw for a **Quality Foods \$25 Gift Certificate** is **Chic Starling**.

- **BEAUTY PARLOR:** A place where women curl up and dye.
- **CHICKENS:** The only animal you eat before they are born and after they are dead.
- **COMMITTEE:** A body that keeps minutes and wastes hours.
- **DUST:** Mud with the juice squeezed out.
- **EGOTIST:** Someone who is usually me-deep in conversation.
- **HANDKERCHIEF:** Cold Storage.
- **INFLATION:** Cutting money in half without damaging the paper.
- **SECRET:** A story you tell to one person at a time.

BOARD OF DIRECTORS 2024-2025



President Rob Duncan 236-544-0021
Secretary Bonnie Evoy 248-7691
Treasurer Sandi Grant 778-987-2472
Past President Lorne Tetarenko 951-9050

DIRECTORS

Events Paula Kalsi 250 738-6020
Facilities Geoff Rigby 594-5411
Membership Anne Sharp 752-9771
Travel Cynthia Crawford 594-7701

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Activities Anne Driesbach 604 679-1703
History Ann Svensen 752-5537
Kitchen Manager ... George Wimmer 594-7840
Kitchen Volunteers... Jan Desjardins 250 686-0348
Newsletter Karen Garland 250 589-5059
Sunshine Jeri Burke 752-9320
Website Barbara Davidson
Welcome Desk Jeri Burke 752-9320