



from Rob

Spring is finally here – it feels like it has been a long winter.

A shout out to Berwick Qualicum Beach for hosting the Board planning session; great facilities, great food and thanks to Lorne for being our facilitator.

Also thanks to Paula and Barbara and their kitchen helpers for an amazing Easter Brunch which included games and an Easter egg hunt.

Pat Weber's Service will be held at St. Stephen's Church on Saturday, May 3 at 1 pm. All of us at the Seniors Centre will miss him.

## The Songbirds Concert

Tuesday, April 1



There was no fooling around here even though it was April Fools Day as the Songbirds featured a delightful program with energetic singers providing our Seniors with wonderful music and memories.

The Songbirds performed at the Seniors Centre on Tuesday, April 1st with Lynn Beamond, Musical Director leading the choir, accompanied by Margaret Nelson at the piano. Len Flint was the Master of Ceremonies.

The Songbirds sang great songs from *The King and I*. The soloists that performed from this wonderful musical were: Richard Keir; Anne Jenkins & Diane LeBlanc, Len Flint; and the Dancers were: Liz Hammond & David Shadbolt.

For the second portion of the concert, there were songs from the twenties to sixties: soloists were Lynn Beamond singing *The Birth of the Blues*, and Margaret Nelson, played *Here Comes the Sun* from the Beatles.

Thank you, once again to the Songbirds for sharing their voices and music with us.

Cindy Crawford



# SENIORS CENTRE *Activities*



## SUNDAY

**Duplicate Bridge** 6:30 - 9:30 pm  
\$2 per session

Wolfgang Dost 250-594-4513  
wolf.dost@yahoo.ca

**Open Mic / Karaoke** 6:30 - 8:30 pm  
1st & 3rd Sunday - April 6th & 20th  
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

**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  
tangledandark@hotmail.com

**Dominoes** 10:00 am - 12 noon  
Pauline Childs 250-752-2440  
dave7522440@gmail.com

**Intermediate Spanish  
Conversation** 11:30 am - 12:30 pm  
Harvey Freedman 250-594-5915  
freedmanlanded@gmail.com

**Chair Yoga** 1:00 - 2:00 pm  
\$8 per session  
Jane Loney 250-228-1157  
janeloney@hotmail.com

**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  
\*Organization change as TOPS is a US organization)

**Parksville/Qualicum  
Foundation** 5:30 - 6:30 pm  
Monthly  
Rob Duncan 236-544-0021

**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: tl@sd69.bc.ca

**Splatters Painting Art Class**  
2:45 - 3:45 pm  
Mike Sherlock 604-815-7711  
msherlockqb@gmail.com

**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  
oceansideacappella@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  
\$2 per session  
Dr Rod LeBlanc  
rod@lifelonghealth.ca

# The Berwick Qualicum Beach ANNUAL FASHION SHOW & HIGH TEA

On April 23, the Berwick Qualicum Beach held their Annual Fashion Show & High Tea. Proceeds from the Show supported the Nanaimo District Hospital Foundation. As this is a popular event and not widely advertised, the 120 tickets available sold out in a couple of days – many of our Members bought tickets to enjoy the Show and Tea.

Seated in the Main Dining Room we enjoyed women's clothing from Arbutus Fashion & Lifestyle and the men's clothing from Open Collar Men. The fashions were modelled by both Berwick residents and staff.

We were treated to two RCMP Officers accompanying some of the models as they strolled through the dining room. The Berwick staff then served High Tea which consisted of sandwiches, scones and desserts. Door prizes featuring gorgeous flower baskets were handled by Jean Young, Arbutus Fashion.

All in all, a lovely way to spend an April afternoon.

*Cindy Crawford*



Great Hide and Seek players are hard to find.  
I wear memory foam inserts to remember why I walked into the next room.  
I married my wife for her looks, but not the ones I'm getting lately.



# Greetings from the Cookie Cutters

It is really great to see some sunshine. Lovely to get out and enjoy Spring, whether it's golfing, gardening or just sitting. Nothing better than a little sun on your face.

It is also great to have time to bake and our bakers that contribute to the kitchen selections are really appreciated. If you would like to get involved with our baking group, give a call/text to 604-379-0290, email me at [charles.brenda@me.com](mailto:charles.brenda@me.com), or drop by the kitchen the 2nd or 4th Thursday morning. I'd love to meet new bakers!

This month's recipe is using asparagus. You sometimes see asparagus on sale and when I do I like to make this savoury tart.

## Asparagus Galette with Lemon and Parmesan



### Crust:

- 1 ¼ cups all purpose flour
- ¾ teaspoon salt
- ½ cup cold butter cut into cubes
- 5 tablespoons icy cold water, or more as needed

### Asparagus:

- 3 tablespoons olive oil, plus more for drizzling
- ¾ cup grated Parmesan (I have used half ricotta/half Parmesan with great success)
- 1 bunch asparagus, woody stems removed
- Zest and juice of one lemon
- 1 egg, beaten

### Method:

1. To make the crust, combine the flour and salt in a large bowl. Using a pastry cutter work the butter into the flour until combined. Add the cold water 1 tablespoon at a time, mixing well after each addition until it holds together. Wrap dough in plastic wrap and refrigerate for at least 1 hour.
2. Roll out the dough on a floured surface until it is about 10" in diameter. Place the dough on a parchment covered cookie sheet.



3. Preheat oven to 375° F.
4. To make asparagus, combine olive oil and Parmesan cheese in a bowl, then spread on the bottom of the crust, leaving 1" to 2" of room around the edges (to fold the crust over the filling). Top the cheese mixture with asparagus and drizzle lemon juice on top. Fold the extra crust over the top of the asparagus (it won't cover it all). Drizzle additional olive oil over the top of the asparagus.
5. Brush the crust with the beaten egg and bake for about 40 minutes until the crust is brown and flaky. Sprinkle with fresh lemon zest and serve.

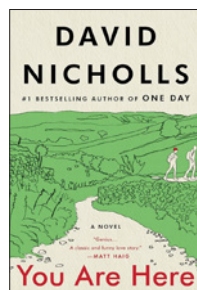


**After many years our librarian is retiring.**

For those interested in continuing this valuable service please contact **Rob Duncan** [Robertduncancorp@shaw.ca](mailto:Robertduncancorp@shaw.ca)

The **Book Club** meets the first Wednesday of each month from 2 to 3 pm in the small room at the QB Seniors Activities Centre.

For **May 7th** the book is **You Are Here** by David Nicholls. Centred on two middle-aged protagonists, on a long-distance walking trail across northern England after being brought together by a mutual friend.



*New members are always welcome!*

Email: [xgail.smith@gmail.com](mailto:xgail.smith@gmail.com) Call or Text 905 808 4585

## Your Health



### Physical Activity

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer, but also may live better – meaning they enjoy more years of life with less pain or disability. On the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations, and increased risk of certain chronic conditions.

Aim for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, gardening, or stretching. Experts recommend 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.

*Excerpted from National Institute on Aging*

# What's Cookin'?



## MONDAY LUNCH

**BRENDA'S QUICHE** with Brenda & Barry



## WEDNESDAY LUNCH

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



## THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's  
**CREAMY CLAM CHOWDER**



## TUESDAY MAY 6 & 20

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.00 and one per person – no take out.**



May 21st – Bill & Verdellas

**CHILI with Corn Meal Muffin**



## FRIDAY LUNCH

**MIKE'S CHICKEN** with co-worker Betty



## IN LOVING Memory

We received notice in late March that a long time member of the Seniors' Centre, Peg (Margaret)

Feist had passed away on the 12th of March – just 2 weeks short of her 104th birthday.

Peg and husband Ted were original 1998 members and helped greatly in the opening of the (old) Centre and making the finishing touches. Ted was quite the carpenter and Peg got the kitchen going. When the move came to our present premises, Peg, again, was instrumental in the design of the kitchen. Ted, again, took care of anything that needed doing in the woodworking area.



When Ted passed away many years ago Peg moved back to Ontario to be closer to her family and she kept in touch right up until the last few years. It is sad to note that such a wonderful couple (Peg was Ted's War-Bride) are now both gone.

*Apologies from Judy S. – this notice was meant to be in the April newsletter*



## FIND THE LOGO AND WIN \$25!

Find and describe where the Centre's logo is hidden in this Newsletter (*NOT in the headline or this form*) and drop your entry into the jar provided on the table by the Greeter's desk.

One winner per month (winner will be notified by phone)

The  is hidden on page \_\_\_\_\_

Name & phone \_\_\_\_\_

### APRIL NEWSLETTER – Find the logo contest

And the winner is... **Maurice Fernandes**

The logo was hidden on page 2, bottom right corner on the t-shirt of one of the yoga participants. Many thanks to all who participated in this fun contest!

# Travel Talk

Check the website [qbseniors.com](http://qbseniors.com) for updates on the trips that are being planned

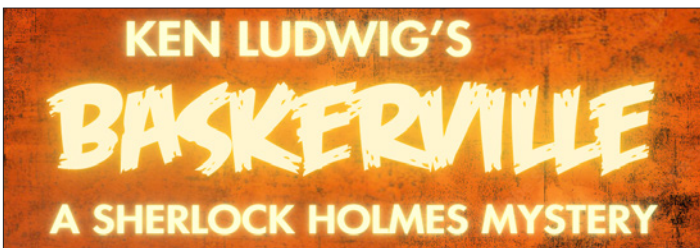


Cindy Crawford



## HARRISON HOT SPRINGS MAY 13 - 15

**CANCELLED** Due to Lack of Participation



## BASKERVILLE WEDNESDAY, MAY 21

**CANCELLED** Due to Lack of Participation



## DAY TRIP TO VICTORIA THURSDAY, MAY 29 \$50 pp

- Return Coach transportation from Qualicum Beach to Victoria with stops at Old Farm Market, Duncan
- Free time in Victoria

A MINIMUM OF 40 MEMBERS ARE REQUIRED TO SIGN UP.

Payment to Qualicum Beach Seniors Centre



## 10-day Eastern Newfoundland & St. Pierre Tour

## PRINCESS LOUISA INLET JUNE 9 & 10

\$799 pp double

\$899 pp single

Included:

- Return Coach transportation and Ferries from Comox\* to Powell River
- Appetizers at Single Mill Pub on Powell Lake
- 3-course Dinner at Laughing Oyster in Okeover Arm
- One night accommodation at Town Centre Hotel, Powell River
- Boat Tour to Princess Louisa Inlet with box lunch; visit Lund

\*if sufficient participation (minimum 20) by Qualicum Beach members transport to Comox can be discussed



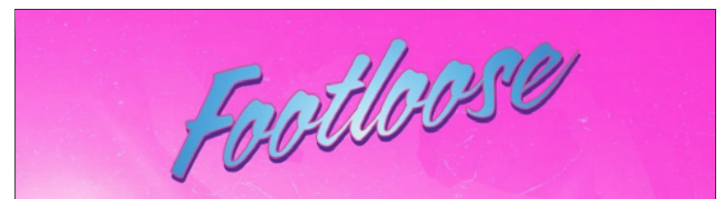
## RIVER DANCE The New Generation \$319 pp

SUNDAY, JUNE 15 Queen Elizabeth Theatre, Vancouver

- Return Coach transportation and BC Ferry fare, Qualicum Beach to Vancouver
- Matinee Performance

A MINIMUM OF 20 QB MEMBERS ARE REQUIRED TO SIGN UP (this Tour will be shared with Campbell River guests).

Payment to Island Fever Travel



## FOOTLOOSE

WEDNESDAY, JULY 23 Chemainus Theatre \$209 pp

Return Bus transportation; Buffet Lunch; Matinee performance

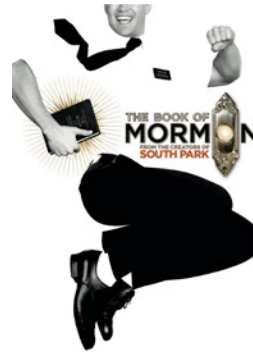
A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP

Payment to Island Fever Travel



**THE LION KING**  
**THURSDAY, AUGUST 21**  
**Queen Elizabeth Theatre,**  
**Vancouver**  
**\$279 pp 65+ | \$319 pp Adult**  
*Included:*

- Return coach transportation Qualicum Beach to Vancouver



**THE BOOK OF MORMON**  
**WEDNESDAY, JULY 30**  
**Royal Theatre, Victoria**  
**\$319 pp Adult**  
*Included:*

- Return coach transportation Qualicum Beach to Victoria
- Matinee performance

A MINIMUM OF 20 QB MEMBERS ARE REQUIRED TO SIGN UP (this Tour will be shared with Campbell River guests).

- BC Ferry fare
- 2 pm matinee performance of *The Lion King*

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP



## **Easter Brunch** Saturday, April 19

Members gathered at the Centre on a beautiful sunny spring day for our Easter Brunch. Doors opened at 11:00 with Ladies and Gents arriving and some of the Ladies wearing Easter Bonnets. Pictorial trivia on flowers and famous sites were on the tables for people to try their hand. Mimosas



and orange juice were served followed by brunch dishes of breakfast casserole, sausages, mini-cinnamon rolls and fruit cocktail with tea and coffee. After brunch, table centrepieces were given out as prizes. There was also an Easter egg hunt in which all members were able to find an egg with a little treat in it. Three lucky members each found a golden egg to win a prize. A fun and lively Easter Bonnet parade followed and the winners were chosen by the applause level of the audience. First place went to *Judy Southern* and second place went to *Diane Duncan*. Finally the door prizes were awarded. An amazing gift basket donated by Kathleen Kennedy was won by *Louise Mayled* and a \$25.00 Quality Foods gift card was won by *Cathy Witala*. A lovely way for members to get-together, especially those on their own, to celebrate Easter.



A big thank you goes out to all the volunteers under the expert guidance of Paula Kalsi: Cathy Witala, Court Brooker, Brenda May, Betty Brooker, Paul Keogh, Ann Svensen, Beverly Evans, Barbara Davidson, Leslie Kleven, Sue MacLeod, Jeri Burke, Lila Green, and Jim Davidson. If we have forgotten anyone, our sincere apologies!

*Barbara Davidson*



# WELCOME NEW MEMBERS

Diane Archer  
Harbhajan Kalsi  
Marilyn Kelly

John MacFarlane  
Sandra Nettleton

Karin Schreurs  
Dot Van Dyke

## MEMBERSHIP REPORT

For the month of April there were an additional **8** Members (7 new members and 1 renewal).

*Year to Date as of April 30, 2025:*

997 Members

- 886 Regular (of which 285 were new members)
- 93 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



## PROBLEMS with your ELECTRONIC DEVICES?

*Call the TECHNOLOGY TUTOR!*

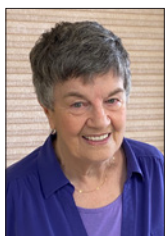
**Brian Collicott**

250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at [tlc@sd69.bc.ca](mailto:tlc@sd69.bc.ca)



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



## 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!*

**Mexican Fiesta Night**  
Saturday, May 10

**CANCELLED**



The deadline for submissions for the **June** Newsletter is Friday, May 30

## MEMBERSHIP RENEWAL

Starting May 1st, 2025 the Centre is issuing Membership for the August 1st, 2025 to July 31st, 2026 year.



This advance issuing provides an additional three (3) months for the next year. Existing memberships (mauve card) expire on July 31, 2025, so there's plenty of time for members to renew.

*Effective May 1st the annual fee is \$30.00*

## Congratulations!

The winner of this month's draw for a *Quality Foods* \$25 Gift Certificate is **Myrna Bailey**



My neighbour said to try manure on my strawberries. I am going back to whipping cream.

## BOARD OF DIRECTORS 2024-2025



President ..... Rob Duncan ..... 236-544-0021  
Secretary ..... Bonnie Evoy ..... 248-7691  
Treasurer ..... John Telfer ..... 240-9609  
Past President ..... Lorne Tetarenko ..... 951-9050

### DIRECTORS

Computer ..... John Telfer ..... 250 240-9609  
Events ..... Paula Kalsi ..... 250 738-6020  
Facilities ..... Geoff Rigby ..... 594-5411  
Membership ..... Anne Sharp ..... 752-9771  
Travel ..... Cynthia Crawford ..... 594-7701

### AFFILIATES

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