

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

JULY 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 7



from Rob

Summer solstice came and went. Here in Qualicum we are waiting for summer to happen.

A sign of summer is our Barbecue and Silent Auction which is taking place at the Seniors Centre on Saturday, July 19 starting at 5pm. Hamburgers, hot dogs and goodies.

Hope to see you there!



NOTE: The Seniors Centre will be closed on Tuesday July 1

## Summer at the Cottage A short story about Summer | [breathdreamgo.com](http://breathdreamgo.com)

EVERY SUMMER, I start thinking about the cottage. Each type of summer weather brings back a distinct memory of what that particular type of day was like at the cottage.

I might be walking in the park or near the lake on a clear, bright, sunny day, with fluffy, high clouds overhead, and a crisp breeze snapping sails and flags, and I'll know exactly what that kind of weather would be like at the cottage. In my mind's eye, I see the gentle whitecaps on the open lake beyond our protected bay; and I imagine myself in a light sweater (or, if the memory comes from the late 60s, in a poncho), playing on the dock.

On days like those, my mom would do laundry in a fat, ringer-washer that sat outside the cottage. As she put the rung-out clothes on the line, she would invariably exclaim, "Oh what a glorious drying day!" At night, when the sky was clear, I would take the canoe out to the middle of the bay, and lie on the bottom watching the milky way churning above, so real and close, I felt I could reach out and stir it. Oh what a glorious drying day!

On overcast days everything was different. I can see the grey skies over the deep-green lake and the trees and grass

dripping with moisture. Warm, rainy days would find me and the other kids swimming in the shallow bay. There was something special about playing and swimming in the rain; we felt as if we were getting away with something, as if we had entered a special, magical, kids-only zone.

If the rain was really heavy, we would tip the canoe—the red canoe my dad built and varnished every year—upside

down on the beach and hide underneath, peeking out to watch the drops splash the surface of the lake and make ever-expanding circles, mesmerizing to watch.

When I got older, I liked curling up inside the damp cottage with a book. I kept my entire collection of Nancy Drews at the cottage — all 42 of them, at the time — for such days. I would find a quiet

corner, sip a cup of tea and invite my cat Marmalade to join me. I can recall the comforting sound of the rain as it spattered on the wood roof above me and made me feel cozy and snug inside — especially if a storm was rolling in.

On really hot and humid days, when I feel imprisoned by the heat, that's when I'm most likely to think of the cottage. I remember what it was like to walk up the long country

*cont'd on page 3*



# SENIORS CENTRE *Activities*



## SUNDAY

**Duplicate Bridge** 6:30 - 9:30 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

**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

*Resumes September 3*

**Intermediate Spanish**

**Conversation** 11:30 am - 12:30 pm  
\$2 per session

Elena Ortiz 250-752-8803  
elenaortiz23@yahoo.ca

**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

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

## 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

**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

\$5 per session  
Dr Rod LeBlanc  
rod@lifelonghealth.ca

# Greetings from the Cookie Cutters

Looking forward to lazy days and sunshine. We live in a beautiful part of the country.

The recipe today epitomizes summer. Fresh and light and very quick to make. It's even red and white to celebrate Canada! It makes a lot for you to share.

We always welcome new bakers and if you would like to join please give me a call/text at 1-604-370-0290, or email me at [charles.brenda@me.com](mailto:charles.brenda@me.com). I am usually in the kitchen on the second and fourth Thursday morning every month too.

## Raspberry Icebox Cake

### Ingredients:

- 24 graham crackers, crushed
- 1/3 cup butter, melted
- 1/4 cup packed brown sugar
- 1 (6 oz) package raspberry flavoured Jello mix
- 1 cup boiling water
- 15 ounces frozen raspberries (or 4 cups fresh)
- 1/3 cup milk
- 20 large marshmallows
- 1 cup whipping cream, whipped

*cont'd from page 1*

road on a hot day to go to the corner store. The walk seemed interminable and I was always thirsty and bushed when I got to the Gas Bar. I bought a root beer or cream soda and Eatmore chocolate bar, and if there was money left over, an Archie's comic book. Then, there was the long walk back and I'd head straight for the warm back bedroom that always smelled like wood to change into my bathing suit so I could jump in the lake.

I know exactly how the light changes from the vital burst of early July to the long shadows and melancholy twilights of late August.



### Method:

1. Preheat oven to 350° degrees
2. Mix crushed graham crackers, melted butter and brown sugar in a bowl until well combined.  
Set aside 1/4 cup graham mixture for topping. Press the remainder into a 9" x 13" pan.
3. Bake in the preheated oven for 10 minutes and set aside to cool.
4. Dissolve raspberry gelatin in boiling water. Add raspberries, stirring until melted. Chill until partially set, then spread over graham crust.
5. Pour milk into a microwave safe bowl and heat in the microwave until warm. Stir in marshmallows until melted and allow to cool slightly.
6. Fold whipped cream into marshmallow mixture. Sprinkle with reserved graham topping. Chill in the fridge for 3 to 4 hours before serving.

No matter what the summer weather is like, I can always imagine what it would be like at the cottage — how the lake would be, whether it would be calm and flat, or whipped into choppy waves. I know what the sky would be like, how the clouds would gather along the shoreline. I know exactly how the light changes from the vital burst of early July to the long shadows and melancholy twilights of late August. I know how the meadow plants in the field across the road — the weeds and wildflowers, grasses and bull rushes — would grow, reach their full height and then begin to dry out by the end of summer.

In the summer, I often think of the cottage, which is only a two-hour drive from where I live. But I can't go there. After being in the family for about four generations, the cottage had to be sold almost 20 years ago; and since then both my parents have died. My siblings and I are all grown up, and two have children of their own.

Sometimes, it seems incredible to me, inconceivable, that I can't just reach out and touch those days — the happiest days of my life; that I can't go there, to that cottage, on that lake and find it as it once was, with the people who were once there.



# Upcoming Events



Paula Kalsi | Barbara Davidson



## Barbecue and Silent Auction

Saturday, July 19 – 5:00 pm

\$20 pp

- Hamburgers, hot dogs, salads and dessert
- Cash bar

A Sign-up Sheet is posted at the Seniors Centre

We will be hosting a silent auction and raffle with lovely gifts to bid on. Proceeds raised will go towards the Seniors Centre.

Eat when you want, play some games, bid on some silent auction items.

Auction items include the following:

- Dinner for six with one alcoholic beverage per person in the private dining room at the Berwick, QB.
- Floral arrangements with vases
- Gift baskets from
  - ▶ Qualicum Foods,
  - ▶ Silverwood Gift Shop,
  - ▶ Swell Sweets and
  - ▶ Pharmasave

More items to follow!



**What is Singo?** Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favourite music and dabbing the name of a song instead of a number.

**Sunday, August 24**

Doors open at 5 pm | Dinner 5:15 pm | Singo 6 pm

- Dinner – main course and dessert
- Cash bar
- Prizes

\$20 pp

More details to come!

## FIND THE LOGO CONTEST

After ten years of placing the FIND THE LOGO in the Newsletter, it has been decided it has run its course. It was popular when we printed 300+, however now that it is also on our website, entries have dropped considerably. THANK YOU to all who have participated in this content.

### JUNE NEWSLETTER

And the final winner is . . . **Dirk de Vries!**

The logo was hidden on page 3 on the left side, just above the muffin tin.

A guy said to God, "God, is it true that to you a billion years is like a second?" God said yes. The guy said, "God, is it true that to you a billion dollars is like a penny?" God said yes. The guy said, "God, can I have a penny?" God said, "Sure, just a second." 😄

# 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 JULY 8 & 22

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



July 16th – Bill & Verdelles

**CHILI with Corn Meal Muffin**



## FRIDAY LUNCH

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



## Your Health



Healthy aging is all about making positive choices to feed our mind, body and soul. The goal of healthy aging should be to maintain our happiness and safety. Aging isn't something to be feared although many older adults have at least one of these common aging fears.

- ◆ Loss of independence
- ◆ Declining health
- ◆ Running out of money
- ◆ Not being able to live at home
- ◆ Death of a spouse or other family member
- ◆ Inability to manage their own activities of daily living
- ◆ Not being able to drive
- ◆ Isolation or loneliness
- ◆ Strangers caring for them
- ◆ Fear of falling or hurting themselves.

We all have an opportunity to change the mindset of people young and old and help move them from a place

of fear to a place of hope. Healthy aging is a holistic approach to life centered around the mind, body and soul. Fulfilling these needs at a fundamental level, is the groundwork for healthy aging.

The following tips for healthy aging can be implemented at any age.

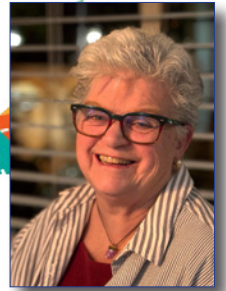
1. Be active. Make physical movement a part of every day.
2. Eat well. Add plenty of fruits and vegetables. The more colorful the plate, the better!
3. Practice Prevention. Ensure your home is a safe environment.
4. Understand your health status. Advocate for your health.
5. Get enough sleep. The body needs rest to rejuvenate.
6. Cultivate relationships. Stay connected with the people who matter to you.
7. Engage your brain. Keeping learning – you're never too old to learn a new trick.
8. Reduce stress. It's crucial to know how to relieve stress.
9. Use your time productively. Make time for your interests.
10. Embrace aging. Focus on what you can do instead of any limitations you may have.

# Travel Talk

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



Cindy Crawford



## FOOTLOOSE

WEDNESDAY, JULY 23 Chemainus Theatre \$209 pp

**CANCELLED DUE TO LACK OF PARTICIPATION**



## PRINCESS LOUISA INLET

SEPTEMBER 1 & 2

\$799 pp double | \$899 pp single

Included:

- Return Coach transportation and Ferries from Courtenay (note no transportation from Qualicum Beach)
- 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
- Continental Breakfast
- Private Boat Tour to Princess Louisa Inlet
- Box Lunch for boat tour
- Visit Lund, Jervis Inlet and Chatterbox Falls
- Tour Host for the trip

Full payment due at time of booking; cancellation policy 100% non-refundable. Insurance recommended. *Note: Tours by Square 1 Travel can be paid by cheque payable to Square 1 Travel or credit card by calling the travel agent at 250-334-0355*



**TICKETS STILL AVAILABLE! SIGN UP TODAY**

## 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).



## THE LION KING

THURSDAY, AUGUST 21

Queen Elizabeth Theatre, Vancouver

\$279 pp 65+ | \$319 pp Adult

Included:

- Return coach transportation Qualicum Beach to Vancouver

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

A MINIMUM OF 30 MEMBERS ARE REQUIRED TO SIGN UP



## OKANAGAN GETAWAY

Kelowna & Summerland

SEPTEMBER 14 to 16

\$929 pp double

\$1199 pp single

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
- One dinner, two breakfasts, three lunches

A non-refundable deposit of \$250 per person is required at the time of booking. Balance due by July 14th, 2025. Cancellation penalties non-refundable after July 14.

*Note: Tours by Square 1 Travel can be paid by cheque payable to Square 1 Travel or credit card by calling the travel agent at 250-334-0355*



Halfway between New York City and Washington, D.C., the train's engine fell silent. "I've got good news and bad news," the conductor announced. "The bad news is we lost power." The passengers groaned. "The good news," he added, "is we weren't cruising at 30,000 feet."

"I wish I was a postcard. For less than \$2, you can travel the world!"




## Did You Know These Things Had Names?

- ☞ The space between your eyebrows is called a glabella.
- ☞ The way it smells after the rain is called petrichor.
- ☞ The plastic of metallic coating at the end of your shoe laces is called an aglet.
- ☞ The rumbling of a stomach is called a wamble.
- ☞ The prongs on a fork are called tines.
- ☞ The sheen or light that you see when you close your eyes and press your hands on them is called phoxphenes.
- ☞ The day after tomorrow is called overmorrow.
- ☞ Your tiny toe or finger is called minimux.
- ☞ The wired cage that holds the cork in a bottle of champagne is called an agraffe.
- ☞ The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song are called vocables.
- ☞ When you combine an exclamation mark with a question mark (like this !?) it is referred to as an interrobang.
- ☞ The space between your nostrils is called columella nasi.
- ☞ Illegible hand-writing is called griffonage.
- ☞ That utterly sick feeling you get after eating or drinking too much is called crapulence.

You are warmly invited to a  
**Dedication Ceremony**  
 in honour of  
**Yvonne Hooper**

Please join us to remember Yvonne, and to dedicate a memorial bench for her.

Date: July 2  
 Time: 4:00 PM  
 Location: Arbutus St and West Crescent – overlooking the Strait



This bench, overlooking the water and at the top of the stairs to the beach, reflects Yvonne's practicality, her deep appreciation for art and beauty, and her enduring respect for the earth.  
 Use it as a space for reflection, and inspiration.

**She made the world a better place.**  
 We invite you to come, remember, be inspired, and continue that legacy in your own way.

# WELCOME NEW MEMBERS

Jess Batha	Carolynn Gilbert	Violeta Pacheco
Nancy Berry	Colin Griffiths	Gordon Rix
Melanie Butler	Ebbe Lehmann	Doreen Rix
Helene Champagne	George Lerchs	Carolyn Russell
Karen Craig	Nancy Lundhild	Jennifer Segers
Gerri Davis	Carol Lynn	Susan Shillingford
Diana Dundas	Mary MacDermott	Wayne Stewart
Cindy Febiger	Adrienne Monks	Joan Stewart
George Febiger	Graeme Monks	Anne Walker
Carole Garness	Ricardo Pacheco	Jackie Wiltse

## MEMBERSHIP REPORT

For the month of June there were an additional **30** new Members and 98 renewals.

Year to Date as of June 30, 2025:

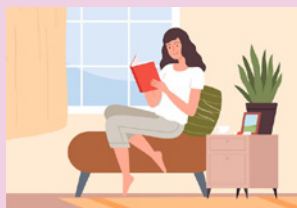
1069 Members

- 958 Regular (of which 357 were new members)
- 103 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



### Looking for a responsible, kind, respectful tenant?

I have a dear friend looking for a place to call home in QB. She is a lovely hardworking professional and is willing to help with yard work and gardening.



If you have a studio or one-bedroom suite please call Karen (newsletter) at 250-589-5059 or email [kkgarland22@gmail.com](mailto:kkgarland22@gmail.com)

The deadline for submissions for the **August** Newsletter is Tuesday, July 29

## 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

## MEMBERSHIP RENEWAL



A reminder that existing memberships (mauve card) will expire on **July 31, 2025**.

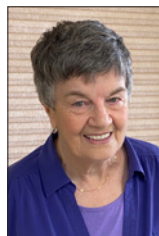
Effective May 1st the annual fee is \$30.00



### Congratulations!

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

## 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!*

## 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