

# S News

For the Young at Heart

Box 103, 703 Memorial  
Qualicum Beach, BC V9K 1S7  
<http://www.qbseniors.com>  
Email:  
[qbseniors@shawbiz.ca](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday to Friday  
9:00 am - 3:30 pm

Volume 28 Issue 1

January 2025

250 752-0420



## FROM ROB

Who will forget the Christmas Day Lunch organized by Judy and John with turkeys donated by QF? Judy, John and their helpers put out a Christmas spread like no other, including music and games.

As we reflect on the new year fast approaching, it is time to look at the last year, but also plan for the year ahead.

The Centre provides activities from Bridge to Yoga and everything in between.

Cindy does an amazing job on travel and trips.

Have a great year everyone.

## Payments by E-transfer

The recent postal strike has prompted me to implement the ability to make payments by e-transfer.

From now on, when any of you submit a request to have expenses that you have incurred on behalf of the Centre reimbursed to you, please indicate if you wish to be paid by e-transfer and, if so, please show your email address and confirm that you have set up Auto deposit. That way it will be easier than having to use a security question.

I have amended the Request for Reimbursement form accordingly.

Please note, that the default will be to pay you by cheque. E-transfer will only be used if you request it.

However, the benefit to you will be direct deposit into your account and avoiding the need to come to the Centre to pick up your cheque.




## ROBBIE BURNS

Saturday, January 25  
At the Centre ~ \$35  
Open 3:30 pm

- ◆ Sign-up list posted on activities board on January 7th
- ◆ Shepherds Pie, haggis, plus all that goes with it.
- ◆ Piping, John Telfer addressing the haggis, Highland Dancers.
- ◆ Cash Bar. Door Prizes.
- ◆ **Please deposit cash/cheque at sign-up time as seating is very limited. Drop into box over the desk on your left.**
- ◆ The Ramblers will entertain for a happy evening of camaraderie and dancing.

## Robbie Burns Dinner

### HELP REQUIRED

To ensure this year's event is as successful as last year, I need some volunteers.

The event is scheduled for Saturday, January 25th

Kitchen staff for the prep and serving of the meal are in place.

**What is needed is the following:**

1. Volunteers to help with the set-up: tables, chairs, table cloths and cutlery etc.
2. Volunteers to help with the clean-up.
3. Volunteers to prepare a dessert for the event.

If you are able to help with any of the above, phone me at **250 594-7840** or email me at [wimmergeorgeada@haw.ca](mailto:wimmergeorgeada@haw.ca)  
**George Wimmer**, director



# SENIORS CENTRE Activities



## SUNDAY

**Contract Bridge** 1:00 - 4:00 pm  
\$2 per session

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

**Open Mic** 6:30 - 8:30 pm

1st & 3rd Sunday - Dec 1st & 15th  
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 250-596-2500  
algagnon006@gmail.com

**Whist** 12:30 - 3:00 pm

Sally Jagger 250-752-3556  
sallyajagger@gmail.com

**Songbirds** 3:00 - 4:30 pm

Diana Meyer 250-752-4856

**Cleaning 6:30 pm. See Extra copies of Activities list in basket by Greeters desk for any changes over the month.**

## WEDNESDAY

**Hatha Yoga** 9:45 - 11:00 am

\$8 per session  
Bonnie Evoy 250-248-7691  
tangledandark@hotmail.com

**Dominoes** 10:00 - 12 noon

Pauline Childs 250-752-2440  
dave7522440@gmail.com

**Intermediate Spanish**

**Conversation** 11:30 - 12:30 pm

Harvey Freedman 250-594-5915  
landed@telus.net

**Fun with Chaz** 11:30 - 12:45 pm

Chaz Booth 250-240-0465  
chazentertains@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

Note: this month  
January 8

**Heart Healing Somatic Yoga**

2:30 - 3:30 pm  
Bonnie Evoy 250-248-7691  
tangledandark@hotmail.com

**TOPS Weigh-in** 3:15 - 5:00 pm

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

**Parkville/Qualicum**

**Foundation** 5:30 - 6:30 pm  
Monthly

Pat Weber 250-951-1159

**Dance Practice** 7:00 - 9:30 pm

Judy Palipowski 250-752-6837  
judypalipowski@gmail.com

### NOTICE TIME/DAY CHANGE

**Ramblers - 4:00 - 6:00 pm**

Colin Craig 250 228-3349  
goodison95@shaw@ca

## THURSDAY

**Darts** 10:00 am - 12:15 pm

Bernie Brockway 250-757-2330  
berniebrockway82@msn.com

**Intermediate Bridge Lessons**

9:30 - 11:30 am \$8 per lesson  
Peter Segers 250-586-5740 psegers@gmail.com

**Drop-in Bridge** 12:30 - 1:30 pm  
Donna Roberts 250-752-9082 @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 250 248-1184  
linhthuyca2018@gmail.com

**Introduction to American**

**Mahjong** 10:00 am - 12 noon  
Inger Weber 250-951-9298 inger-weber@shaw.ca

**Mahjong** 1:00 - 3:00 pm

Chic Starling 250-752-6846  
senchic40@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

Dr Rod LeBlanc rod@lifelonghealth.ca



# what's cookin'?

## LUNCH on MONDAY



### BRENDA'S QUICHE

with co-worker Barry

TUESDAY 7 & 21 WEEK



### Leslies fresh baked CINNAMON BUNS

ONLY \$1.00

(one per person, no take out)

Wednesday, January  
22



### CHILI

with Corn  
Meal Muffin

THURSDAY LUNCH



### CATHY & BRENDA'S CREAMY CLAM CHOWDER

**Greetings and Happy New Year** from the Cookie Cutters. I hope everyone had an enjoyable holiday and ready for the new year. Our bakers were very busy throughout the month of December. Thank you to everyone who contributed baking last year, it is very much appreciated.

If you are interested in joining our baking group, please let me know. Always room for more! Call or text 604 379-0290 or email me at Charles.brenda@me.com. I am in the kitchen the 2nd and 4th Thursday morning every month if you have questions.

This month recipe calls for that leftover cranberry sauce you've been wondering what to do with!



### CRANBERRY SAUCE SQUARES.

1/2 cup butter, softened  
2 tsp icing sugar  
1 cup flour 2 eggs  
1 cup sugar 1/3 cup flour  
1 tsp baking powder  
1/4 tsp salt 1 tsp Almond flavouring  
1/3 cup chopped raisins 1/3 cup chop almonds  
1/3 cup coconut 2/3 cup cranberry sauce

1. Mix butter, icing sugar and 1 cup flour and spread over bottom of a greased 9x13" pan.
2. Beat eggs, add sugar, 1/3 cup flour, baking powder, salt, almond flavouring and mix well. Stir in raisins, almonds, coconut and cranberry sauce.
3. Spread the cranberry mixture over crust. Bake at 350 deg. for 40 minutes. Cool on rack.

## YVONNE'S Thursday Lunches

1st Thursday

3rd Thursday

Cabbage  
Rolls

Shepherds  
Pie

### SENIORS' SKATING

By Gus Barrett

What is he doing here?,  
You might ask,  
Lounging around at the rink.  
"He's too old to be turning to  
skating again,"  
But I'm not as smart as you think.

I hadn't skated in forty-five years  
And I had no intent to return,  
But my friends all assured me,  
like riding a bike,  
You never forget once you've learned.

So I put on some skates and  
stepped on the ice  
Every muscle was already sore.  
My knees were knockin' so loudly and long  
That somebody answered the door.

An old lady sped by me just floating on air  
And I thought "That looks easy enough",  
Then my skates moved with a  
mind of their own  
And I landed flat on my duff.



## LUNCH on FRIDAY



### MIKE'S CHICKEN

with co-worker Betty

My friends gathered around  
as I lay on the ice  
All wondering if I had died.  
I saw stars in my eyes and my face was red  
But the only thing hurt was my pride.

I brushed myself off and got back  
on my feet,  
And then just as quick as a wink,  
My feet started moving in time  
with the tune  
And I made a full turn of the rink.

\* \* \*

Gus is a well known published Poet :  
"Poetry and Other Nonsense",  
(available on line)  
We all knew him as the Friday after-  
noon Dishwasher/valuable  
volunteer at the  
Senior Centre for Many Years.



# An Early Christmas Dinner



Our Christmas Dinner this year was held at the Senior Centre with 60 people in attendance.

Members arrived with friends at the beautifully set Christmas tables. The bar attended by **Linda Hoem**, served glasses of wine, beer, soft drinks and Lindas' favorite fruit punch.

Christmas dinner was excellent as our kitchen volunteers served roast turkey, with stuffing, whipped potatoes, mixed vegetables, gravy and cranberry sauce. **Yvonne Hooper** prepared our delicious dessert Panna Cotta with raspberry coulis along with shortbread cookies, a perfect ending to a perfect Christmas dinner.

**Bruce Feltham**, our favourite musical entertainer played tunes that encouraged members to get up and dance

A huge thank you to **Paula Kalsi**, our Events Director, for planning and managing the dinner, the **many volunteers** who set up and decorated tables, those who cooked, baked and served our meal and finally, those who cleaned up the Centre. What a lovely way for our members to connect with others, enjoy a tasty dinner that helped lead us into the Christmas season.

Writeup & photos courtesy **Cindy Crawford**.

*Season's Greetings To All*









Watch the website: [www.qbseniors.com](http://www.qbseniors.com)  
for updates on all of the trips being planned

## *A Great Year of Travel for our Seniors*

Thanks each one of you who have signed up and travelled with us this year one of our day trips or tours. Our year was off to a show start, but picked up quickly.

Thanks to Dean Knudsen Knuline Transportation in Port Alberni, for being available and providing safe professional transportation for our Seniors Group.

### **MISS BENETT: CHRISTMAS AT PEMBERLEY**

Chemainus Theatre December 18

Our Senior's group gathered at QB Civic Centre, ready to board the bus driven by Dean Knudsen of Knuline Transportation. We were on our way to enjoy the Christmas performance "Miss Bennett – Christmas at Pemberley." Nearing Chemainus, Dean drove along Chemainus Road so the group could enjoy the scenery. We arrived in plenty of time to dine at the Playbill Dining Room for a lunch buffet of freshly made salads, hot main courses and desserts, finishing in time for a bit of shopping in the Gift shop, and make our way to our seats.

The performance was a sequel to Jane Austen's *Pride & Prejudice*, set two years after the novel ends. Middle sister Mary is its unlikely heroine. She is growing tired of her role as the dutiful middle sister in the face of her siblings' romantic escapades. When the family gathers for Christmas, an unexpected guest sparks Mary's hopes for independence and possibly even love.

The actors were excellent, costumed and set provided a feast for the eyes, bringing us back to another time and place. The performance was a heartwarming tale of love and family with some laughter along the way.

On the way home we drove through Ladysmith enjoying the hundreds of thousands of lights and decorations in the annual Festival of Lights.

From **Cindy Crawford**



**Miss Bennett: Christmas At Pemberley**

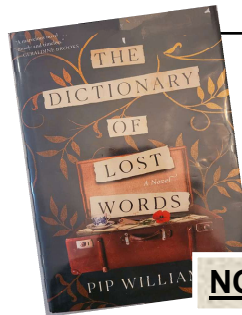
We use two travel agents to assist in planning longer, more detailed trips. Square 1 Travel in Courtenay and Island Travel in Campbell River. We look forward to working with them again in 2025.

During the year our group travelled to Chemainus Theatre twice, this year to enjoy their lunch buffet and the performance. We sailed on the Lady Rose Marines' MV Frances Barkley from Port Alberni to Bamfield. Enjoyed Cirque du Soleil's "Echo" in Vancouver. We also did a total of three day trips to Victoria where our members took time on their own to enjoy the

sites, meet family, shop or have lunch. Again this year, we travelled to Ladysmith to see their "Festival of Lights." Some of our members travelled on trips by Square 1 Travel to Tulalip Casino, Newfoundland & Labrador, Princess Louisa Inlet, a 7-night Alaska cruise from Vancouver, Christmas Magic in Leavenworth, Washington, State. Butchart Gardens Christmas overnight stay in Victoria.

One of our members joined the tour offered by Island Fever Travel...a Christmas River Cruise from Basel Switzerland to Amsterdam, with stops along the Rhine at Christmas markets.

**My Travel Cap is firmly on for 2025**, so stay tuned to our Travel News in our monthly Newsletter, via emails sent or by posters on the Travel Board at The Seniors' Centre.



The **BOOK CLUB** meets the first Wednesday of the month from 2:00 to 3:00 pm in the small room at the Qualicum Beach Seniors' Activities Centre. The book we are reading for January is 'The Dictionary of Lost Words' by Pip Williams

**NOTE:** January reading Wed. January 8th.



## **ADVANCED BRIDGE CARD PLAY**

This set of 10 drop-in lessons is suitable for the novice or social bridge player looking to upgrade their card playing skills. Topics covered are: declarer and defender play, holdups, finesses, placing cards and "thinking through" a hand. A comprehensive student handbook is available for \$10.

**WHEN:** Thursdays, 9:30 - 11:30 a.m.

**Starting January 16, 2025**

**Location:** Qualicum Beach Seniors' lounge  
703 Memorial Ave., Qualicum Beach  
[www.qbseniors.com](http://www.qbseniors.com)

**Cost:** \$8 per lesson

**Instructor:** Peter Segers, 250 586-5740  
[psegers225@gmail.com](mailto:psegers225@gmail.com)

Pre-registration not required, but you must be a member of Qualicum Beach Seniors. For more info about the lessons, contact the instructor.



# Christmas Day at the Centre

Thank you

The parcels on the chair are a Surprise Donation from the **Ninja's Group** to the members of the Senior Centre. A lovely group of 8 gift wrapped parcels. These Ninjas are a mysterious unknown group donating gifts around the town this Christmas. Also, a happy group of members were treated to a scrumptious turkey & trimmings dinner, prepared by Judy Palipowski and her gracious helpers. It was a rainy, windy day, but did not stop everyone from coming out for this Christmas Day treat, enjoy the fun gift exchanges, and hear Court Brooker playing his accordion to the crowd and for the dancers.

A huge thank you to Judy and all the

volunteers who helped prepare and serve ...it was a special day for us all.  
**Happy New Year Everyone**



**Message from Judi: HUGE THANK YOU's** to Qualicum Foods and LINDSAY BEULAC, Manager for the donation of seven turkeys valued at \$267. **AND John Telfer**, organizer, kitchen helper, applying for donation, shopping for ingredients, name tags, set up & collecting the lunch payments with assistance from **Jeri Burke.. Mary Connelly, Deb Duncan, Ann Peyton and Dudley Peyton** for pre-lunch kitchen helpers peeling potatoes and carrots. **Betty Brooker, Deb Duncan** kitchen helpers. **Zutka Hundley**, cooking turkeys, cranberry sauce and salad dressing. **Glynis LeBlanc**, apple crisp dessert with a gluten free version, table set up and decorations. **Rob Duncan**, door greeter and for organizing recognition and thank you note to QF, **Lindsay Beaulac, Cindy Crawford** and her visiting brother, **Steve**







Chris, Dave and Sally in their Santa finery, ready to welcome folks to the Centre and wish everyone a Happy Christmas Season.

## WELCOME NEW MEMBERS

Friedhelm Zimmermann  
 Karin Zimmermann  
 Jody Cox  
 James Taylor  
 Susan Church  
 Bill Barnes  
 Solange Valiquette  
 Judith Locke  
 Nitya Harris

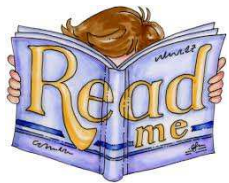
Dorothy Addison  
 Doreen Barrett  
 Beverly Turick  
 Barry Kallies  
 Paul Day  
 Brenda Day  
 Kate Holmes  
 Byron Fischer  
 \*\*\*

*Frosty Mornings, Cozy Nights,  
 What a Wonderful Season!  
 'Winters Here' on our windows by Julie Starkie  
 Happy scenes enjoyed by all seated within,  
 And those passing along!  
 A Very Happy New Year Everyone!*

### DECEMBER WINNER:

**Janet Dol**

Logo found on page 3— **S**ongbirds



**...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: .....

### CONGRATULATIONS

**DOREEN BARRETT**

Winner of our monthly draw for a  
**\$25 GIFT CARD** from



*With Thanks*

### MEMBERSHIP YEAR

901 Members

754 Regular (217 new members)

96 Complimentary (over 90)

19 Life      2 Honourary



### Board of Directors

\*

2024  
 2025

|                      |                  |              |
|----------------------|------------------|--------------|
| President            | Rob Duncan       | 752-2847     |
| Secretary            | Bonnie Evoy      | 248-7691     |
| Treasurer            | John Telfer      | 240-9609     |
| <b>DIRECTORS</b>     |                  |              |
| Travel               | Cynthia Crawford | 594-7701     |
| Facilities           | Geoff Rigby      | 594-5411     |
| Membership/Computer  | Anne Sharp       | 752-9771     |
| Advertising/Printing | Lila Greene      | 752-6489     |
| Kitchen Manager      | George Wimmer    | 594-7840     |
| Events Coordinator   | Paula Kalsi      | 738-6020     |
| Member At Large      | Pat Weber        | 951-1159     |
| <b>AFFILIATES</b>    |                  |              |
| Activities           | Anne Driesbach   | 604 679-1703 |
| Sunshine             | Jeri Burle       | 752-9320     |
| Kitchen Volunteers   | Jan Desjardins   | 250 686-0438 |
| History              | Ann Svensen      | 752-5537     |
| Welcome Desk         | Jeri Burke       | 752-9320     |
| Newsletter           | Karen Garland    | 250 589-5059 |
| Website              | Les McLean       |              |