

# Seashell Echo

December 2015



**The Busy Bee Cra t & Bake sale was a great success on Nov. 28th.** Thank you to all who donated greenery for the Christmas table centrepieces, and baking for the bake table. Also many thanks to all you wonderful volunteers that helped us on Saturday. Our appreciation goes out to the many people and businesses that donated the raffle gifts.

## MERRY CHRISTMAS TO ALL

The Staff and Directors of the Sechelt Seniors Activity Centre wish everyone a very Merry Christmas and a Joyful New Year.

The Centre will be closed between December 18th and January 4, 2016

**The Annual Christmas Lunch will be held on Friday, December 18 at 12 Noon** Tickets are \$15 and seating is limited so please purchase your tickets right away.

**New Year's Eve Lunch** will be held on December 31st at 12 Noon. Tickets are \$12 and you must sign up at the front desk, choose either Asian or Western Cuisine and pay in advance.

## Centre Information

### Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Wilma Lorimer
Treasurer	Donna Marsh
Secretary	Gillian Smith
Maintenance	Ron Atkinson

### Board Of Directors 2015 - 2016

Margaret Boyd	Dorothy Fraser
Maureen Heaven	David Marsh
Barry Pruden	Linda Stroud

All directors may be reached by e-mail at [directorsdesk1993@gmail.com](mailto:directorsdesk1993@gmail.com). Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rental Co-Ordinator	- Cathrine Fuller

## BUS TRIPS

**Dec. 1 to 3 - Victoria - Chemainus**  
Wait List only

**Thurs. Dec. 10 - River Rock Casino**  
Leave at 7:10  
Return 3:30 pm. Ferry

If there are bus trips you'd like to suggest, and you think others would be interested, please leave your suggestion at the front desk, to the attention of Rick McGowen.



## Miscellaneous Phone Numbers

Sechelt Hospital 604-885-2224  
Sunshine Coast Community Services 604-885-5881  
Senior's Advocate: 877-952-3181 or [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)  
Sunshine Coast Transit 604-885-3234 (Transit buses and Handi-Dart)

## Sechelt Activity Centre

**Office Hours - 9:00 am to 3:00 pm**

5604 Trail Avenue,

Sechelt, BC

PO Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk

604-885-8910: - Office

Website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

E-Mail [ssac@dccnet.com](mailto:ssac@dccnet.com)

The Seashell Echo is published by Cathrine Fuller and can be found on the Sechelt Activity Centre website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

*This issue of the Seashell Echo has been compiled using Microsoft Office Word 2010 and Microsoft Office Publisher 2010.*



## PLEASE RECYCLE!

The Sechelt Seniors Activity Centre now has a recycling program in place for the Centre. Please put paper products in the marked blue bins, available in most rooms. Newspapers are recycled in their own blue box at the reception

## Presidents Message December 2015



As the year draws to a close the Centre is a hive of activity. The Funtastics gala, "Back To Broadway" played to a full house for three performances, and I am eagerly anticipating the Chair Actors' production of "Ghost Stories" on November 28/29.

I'm planning to do some Christmas shopping at our annual Christmas craft sale, conducted by the "Busy Bee Craft Group". During our annual Christmas lunch, on December 18<sup>th</sup> we will be entertained by the wonderful music of Reg and Lynne Dickson, and by a return performance from our own dancing group led by Sandra Cordero. Everyone is looking forward to another of Emily's mouth watering turkey dinners.

The Centre welcomes back Sandra, who recently suffered the sudden loss of her husband. Everyone at the Centre, especially her loyal dance group was moved by her loss. Sandra, you were in our thoughts and prayers. We deeply appreciate your return.

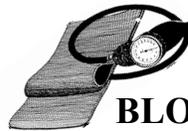
The end of the year is also a time to be thankful for our blessings, for living in such a beautiful, safe part of the world, and for having the wonderful place of companionship and community that we have at the Seniors Centre. I think the men and women who were inspired to build this community were insightful and far-seeing, and we should take a minute over the holidays to acknowledge them. And, I think we all, each in our own way, contribute to the success of our Centre,

and for that we can all give each other a pat on the back – or a hug.

This is also a time to give voice, and action, to our desire to help others who are not so fortunate. In particular, the horrible humanitarian crisis of the Syrian refugees comes to mind. A group of us has been exploring ways that the SSAC can help our fellow human beings in this terrible situation. A full plan will be presented to the Board, and to the membership early in 2016.

In the meantime, I wish you all a warm and Happy Christmas, filled with special times with friends and family, and a Joyous New Year.

*- Joanne Rykers*



### BLOOD PRESSURE CHECK

**Thursday, Dec. 3**

Cheryl Casorso

**Friday, Dec. 11**

Dorothy Fraser

We are still looking for one more person to do Blood Pressure checks once a month.



### **We Have A Monthly Friendship Tea!**

It's on the first Tuesday of the month from 2:00 pm to 3:00 pm. Everyone is welcome! The next one will be on December 1.

# 2015 - The Year in Review

It has been a busy and productive year at the Centre. Time passes so quickly that we don't realize how much we have accomplished.

After the traditional New Years Eve Lunch, activities began anew and "Emily's Kitchen" once again enticed members and visitors. The Board Members began work on updating the Bylaws and Constitution, and we entered the digital computer age by using "The Square" to accept credit card payments.



***Volunteer Shayla Keelan demonstrates the use of the Square to Member Joe Twerdun***

In February, the new Board Members were sworn in; the Pickleball Group hosted a successful mini-tournament with players from Powell River, and the Chair Actors took their production "Restless Spirit" on the road with the Downtown Business Association and St. John's United Church.

The Flea Market was held in March. Sadly, during this month we lost our wonderful

Treasurer, Brigitte Horn, to sudden illness. The Treasurer's position was taken over by Donna Marsh who has cheerfully and competently carried on.

During April there was emphasis on recruiting and acknowledging our wonderful volunteers. The Frozen Entrees, which the kitchen introduced, received rave reviews and were purchased in great quantities.

May found us fielding a large team of members and enthusiastic canines for the Hike for Hospice at Porpoise Bay Provincial Park. "Team Linda" was a real presence.

Another 'goodbye' to Kassie Ranchie, our Activities and Rental Coordinator and her husband Charles to retirement. Luckily Cathrine Fuller came on board to fill Kassie's demanding position.

Also in May, the Pickleball Group acquired a new pickleball practice machine, thanks to the Royal Bank of Canada Employee Grant and retired employee Marsha Neill.

June ended with a flourish as many members enjoyed the Volunteers Appreciation Lunch.

Although the Centre was closed for July and August, some activities continued - notably short bus trips. The auditorium was repaired, the Heritage Room received sound proofing and painting, and both office and lounge areas were repainted and re-floored. (One wonders if Ron Atkinson and his crew are ever off on vacation.)



# 2015 - The Year in Review



Many of our members showed up with their furry companions for the “Hike for Hospice” at Porpoise Bay Provincial Park in May.

Suddenly it was September, members were ready for a new season of activities and the return of yummie lunches. The Bus took members on an extended trip to Tofino where a great time was had by all.

In October, a successful Open House was held. This was also the month for the Annual General Meeting, where the new Constitution and Bylaws were approved.

Interestingly, the most controversial issue was whether or not to take the word “Seniors” out of the SSAC title. The word remains. A fundraiser for The Alzheimer’s Association was hosted by the Centre.

November – the month of the Funtastics, Ghost Stories, by the Chair Actors and the Annual Craft Sale.

Which brings us to December – starting off with a bus trip to Victoria and Chemainus. Another wonderful year of activity and celebration will wrap up with our ever-popular Christmas Luncheon on December 18<sup>th</sup> and the New Years Lunch on Dec. 31<sup>st</sup>.

- Margaret Boyd





## Bus Travels With Rick

I am writing a monthly article in the Echo to keep members up to date with what is happening with the Seniors Centre bus. Since taking over the bus coordinator's job in July, I have found the job interesting and sometimes challenging. Unfortunately the Centre has only had two drivers available since August.

However we have a new driver coming on board. I, on behalf of the Centre and the Bus Committee would like to welcome Tina Ramsey to our bus driver ranks.

With more drivers we will be able to plan more day and overnight trips. We're also looking for a volunteer to help research venues and events for possible day trips in the upcoming year. If you are interested and can help, contact me at the Centre.

We would like to thank Mary Clark very much for her hard work in helping plan our overnight bus trips ( Tofino, Victoria-Chemainus, Barkerville and the Okanagan Wine Tour). Mary is a licenced bona fide travel agent who has kindly donated her time

In the New Year, possible overnight trips being considered are a 3 day/two night trip to Harrison Hot Springs in April and a visit to La Connor, Washington later in the spring for the tulip festival. If you are considering going on these trips to the U.S. remember you will need either a valid passport or an Enhanced Drivers Licence. Please note that passports should not have an expiry date of three months or less upon entering the U.S. as some border officials can be very sticky about this. Also remember you will need out of country medical insurance.

- Rick McGowan, Bus Coordinator

# New Activities

## Joy of Writing—Wednesday mornings

Taking time to write is fun and stimulates the brain. We all have something to say and a lot of ideas to explore. Meet weekly to exercise your creativity in a fun and supportive setting. Sign up at the Front Desk and someone will be in touch with you before the new year.

## Make your Move and Play Chess

Tuesdays 1pm to 3 pm

## Keep Moving - Low Mobility Exercise

Wednesdays - 9:30 am to 10:45

**Current Membership is required to participate in any activities at the Sechelt Seniors Activity Centre.**

**2016 Memberships are available at the front desk.**



***Twenty-one performers onstage supported by 49 others behind the scenes - these lively, energetic, highly talented bunch of Seniors provided a musical treat to three sell out crowds. The production was flawless and a huge musical and financial success for the Funtastics.***

Call for a **FREE**  
tour brochure



**Toll Free**  
**1.877.277.5577**

**N**ow into December, we are adding the final touches to our 2016 Tour Brochure to be mailed the first week of January.

The Maui & Kauai tour below is almost sold out. If you are interested please call our office toll free. Space is limited.



**Maui & Kauai - Hawaii**  
Hawaii's Garden & Valley Islands  
Feb 17 - 26 • 17 incl. meals • dbl. fm. \$4,829

If you've never been to an **Ageless Adventures 'Keynote' Tour Presentation hosted by Melinda Burns**, now's your chance. Our 2016 tour presentation is at the Sechelt Seniors Activity Centre on **Friday March 4 from 1:00 - 2:30 PM**

Light refreshments will be provided and door prizes will be given out.

Please R.S.V.P. by calling toll free at the number above.

Our tours offer diverse sightseeing, quality meals, \*\*\*\* or better accommodations wherever possible, smaller group sizes, & more inclusions

2016 promises to be our best year ever with many new tours and the best of our annual favourites:

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[www.agelessadventuretours.com](http://www.agelessadventuretours.com)



**Prices include home pick-up and all taxes**

## DECEMBER LUNCH MENU

**11:30 am to 1:00 pm**

*Everything Is Made From Scratch!*

We also serve soup, sandwiches and salads every day. Desserts will vary. Everything is home made including the bread that is baked every morning for sandwiches as well as the Succulent Soups, Delectable Desserts and Exquisite Entrees.

Mon	Nov 30	Shepherd's Pie
Tues	Dec 1	Cabbage Rolls
Wed	Dec 2	Chicken Cordon Bleu
Thurs	Dec 3	Baked Salmon
Fri	Dec 4	Fish and Chips

Mon	Dec 7	Butter Chicken
Tues	Dec 8	Sweet & Sour Meatballs
Wed	Dec 9	Roast Pork
Thurs	Dec 10	Chicken Linguini
Fri	Dec 11	Fish and Chips

Mon	Dec 14	Bangers & Mash
Tues	Dec 15	Chicken Pot Pie
Wed	Dec 16	Roast Beef
Thurs	Dec 17	Soup & Sandwich
Fri	Dec 18	Christmas Lunch (Ticket Required)

For a reasonable price, we can provide frozen meals to take home.

# Ghosts in the Wings?

Theatre folk are a superstitious lot. We wish our colleagues “break a leg” instead of “good luck.” We never mention the title of “the Scottish play” in a theatre (I won’t even write its name here). We do not whistle backstage. Productions of plays with ghosts in them traditionally attract misfortune, but when the Chair Actors decided to stage a rehearsed reading of ghost stories drawn from plays, poems and short stories, we didn’t think we were tempting Fate.



Our last show, about early Sechelt pioneers, was titled *Restless Spirits*; I liked the theme of “spirits” continuing from one show to the next. Ed White had long wanted to perform an eerie little story by local author Dick Hammond, “The House by the Talking Falls,” based on a haunting occurrence his dad Hal Hammond had related. Lifelong professional actor and new Sandy Hook resident Martin Evans offered to abridge the Dickens classic, *A Christmas Carol*, and to read its tales of the Yuletide ghosts.

We planned to find material for a dramatic or comic reading for the other half of the show. *Ghost Stories* seemed as good a title as any.

A few days before our first rehearsal I was on my way home from the Vancouver Public Library, armed with play scripts about the supernatural, when my car was rammed by a young driver. It was a write off and I was feeling very sorry for myself.

In production week, another person had to leave the show when a close family member was failing. Martin fell ill with a dreadful cold and nearly fainted in his Dickens costume on opening night.

Coincidence? Jinx? Ghosts at work? Whatever the explanation, I take my theatrical hat off to all the dear Chair Actors. “The show must go on,” and it did. Our next show is *Blithe Spirit*, the Noel Coward comedy about a writer whose first wife returns to haunt him. It’s a co-production with Driftwood Players and will run at Gibsons Heritage Playhouse and here at the Seniors Centre next April. Take that, fickle Fate.

- Louise Phillips

## IN MEMORIUM

Please inform us of members that have passed on so we will be able to let others know.

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