

Seashell Echo

March 2016



The 2016—2017 Board of Directors (from left to right): Back Row - Kassie Ranchie, Maureen Heaven, Barbara Lightfoot, Charlie Jensen, Tony Stroud, Ron Atkinson Front Row - Dorothy Fraser, Joanne Rykers, Margaret Boyd, Wilma Lorimer, Gillian Smith. In Front - Donna Marsh.

New Board of Directors Appointed

On February 18th, the Centre held it's Annual General Meeting. It was well attended with 66 members in attendance. First we said good-bye to Linda Stroud, Barry Pruden and David Marsh who have stepped down as Directors with our thanks for their dedicated service! Linda, Barry and David will continue volunteering at the Centre.

The Centre has 12 Directors – 6 Executive Officers and 6 Directors at Large. We are fortunate to have Joanne Rykers staying on as President for another year.

Ron Atkinson, after many (many) years of working tirelessly as our Maintenance Chair, has agreed to serve as Vice-President and Donna Marsh will carry on as our indomitable Treasurer.

Wilma Lorimer will use her incredible

organizational skills as Board Secretary.

Tony Stroud has stepped up from being a Maintenance Committee member to being our Maintenance Director. And Barbara Lightfoot continues on valiantly as our Past-President providing her wisdom and guidance as needed.

Now for our Directors-at-large who volunteer as day-directors each week as well as doing committee work, etc. etc. Come in and see Dorothy Fraser on Mondays; Gill Smith on Tuesdays; Maureen Heaven on Wednesdays; Charlie Jensen on Thursdays; Margaret Boyd on Fridays ...and our very own Kassie Ranchie is back! Being a floater filling in for the other Day Directors.

We are incredibly fortunate to be a vibrant Centre run almost entirely by volunteers - including your volunteer Board of Directors.

Centre Information

Executive

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

Board Of Directors 2016 - 2017

Margaret Boyd	Dorothy Fraser
Wayne Jenson	Maureen Heaven
Kassie Ranchie	Gillian Smith

All directors may be reached by e-mail at ssac@dccnet.com. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rentals	Cathrine Fuller



BUS TRIPS

Wed. March 23 - Park Royal/Cap Mall

Leave at 9:15
Return 3:30 pm. Ferry

Tues. March 29 - River Rock Casino

Leave at 7:15
Return 3:30 pm. Ferry

April 19, 20 & 21 - Harrison Hot Springs

A \$100 deposit is required when you sign up.

If there are bus trips you'd like to suggest, please leave your suggestion at the front desk, to the attention of Rick McGowan.

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
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

E-Mail ssac@dccnet.com

The Seashell Echo is published by Cathrine Fuller and can be found on the Sechelt Activity Centre website 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

March 2016



March brings us many interesting and delightful things. We have the first hints of spring, which at my house means the deer are eating the crocuses! At the

SSAC, we had our Annual General Meeting on February 18. The executive reports to the membership were that the Centre is in good financial health, that activities are well attended, and that the kitchen service is increasingly popular. The full Annual report for 2015 is available in the office. The new Board of Directors for 2016 features a few new faces, and some old faces in new positions. I look forward to working with all, and I am grateful to the departing Board for their hard work and support. I hope you all take some time to meet the new Board members and find out what we all do.

Our proposal to sponsor a refugee family from Syria has been sent off to Citizenship and Immigration Canada, and we are waiting anxiously to hear if we have been approved. Meantime, every day there are offers of help, including volunteers willing to do ESL tutoring, interpreting, counselling, help with housing, provide dental services, and donate furniture, household goods, and clothing. I am reminded again what a truly remarkable group of people the SSAC are, and what a wealth of resources we have to offer. Mo Farn has some exciting fundraising schemes up his sleeve.

The Centre will offer all the usual activities in

March, and then some. The free income tax preparation service offered at the SSAC during March and April has been expanded to two days per week. This program is part of a Canada Revenue Agency service for low income people, and is managed by Vancouver Coastal Health. The down side of this service is that we lose our computer lessons for two months, but we look forward to their resumption in May.

The fitness group led by Jacquie Allan is planning an exciting photo exhibit towards the end of March, and the photos will be for sale! Sandra Cordero will begin a new fitness class, "Latin Cardio," and there has been keen interest in this new venture. It starts on March 4 at 10 a.m. in the auditorium. There is a sign up sheet at the front desk in the meantime.

I am celebrating the end of winter by taking a short holiday to find some sun in Arizona but with Ron Atkinson, Wilma Lorimer and Barbara Lightfoot at the helm here, I leave everything in very capable hands!

Joanne Rykers



New Activity

LET'S DANCE – LATIN CARDIO



Looking for a fun fitness class where you will not only stay fit, but also learn some moves dancing to Latin music?

On March 4th, at 10:15, join us in the auditorium for the first Latin Cardio.

You only need to bring water, comfortable exercise clothes and shoes and an OK from your family doctor.

What is Latin Cardio

Latin Cardio is a combination of a high-low impact fitness program and a Zumba class.

The participant works at her/his own pace and level and chooses from different levels of difficulty in each given dancing exercise.

All the exercises are performed to upbeat music, making the workout easier and more enjoyable.

The participants learn short sequences of exercises in the form of dance steps. They are offered different options depending on their own fitness level.

Throughout the class, participants work one rhythmic and fast beat song, to achieve a good cardio workout and one rhythmic slow tempo piece of music to strengthen core muscles and improve posture and balance.

Mary Clark

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www.cruiseshipcenters.ca/MaryClark



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

Mon Feb 29 Meatloaf w/ Mac & Cheese
Tues Mar 1 Chicken Quesidillas
Wed Mar 2 Roast Beef
Thurs Mar 3 Seafood Linguini
Fri Mar 4 Fish and Chips

Mon Mar 7 Filipino Chicken Adobo
Tues Mar 8 Shepherd's Pie
Wed Mar 9 Chicken Cordon Bleu
Thurs Mar 10 Quiche & Salad
Fri Mar 11 Fish and Chips

Mon Mar 14 Butter Chicken
Tues Mar 15 Cabbage Rolls
Wed Mar 16 Roast Pork
Thurs Mar 17 Salmon
Fri Mar 18 Fish and Chips

Mon Mar 21 Sole
Tues Mar 22 Lasagne
Wed Mar 23 Roast Ham
Thurs Mar 24 Sweet & Sour Chicken
Fri Mar 25 Closed for Good Friday

Mon Mar 28 Closed for Easter Monday
Tues Mar 29 Stuffed Chicken
Wed. Mar 30 Roast Beef
Thurs Mar 31 Hot Reuben Sandwiches

**BLOOD PRESSURE CHECK**

Thursday, March 3	Anne Fitzau
Friday, March 11	Dorothy Fraser
Thursday, March 17	Cheryl Casorso
Friday, March 25	Barbara Lightfoot

Food Skills for Active Seniors

The Canadian Diabetes Association (CDA) is once again offering, in partnership with the Sechelt Seniors Activity Centre, an opportunity to participate in the Food Skills for Active Seniors program. Participants will learn some new skills while having fun cooking in the kitchen.

This program is completely funded by the CDA and participants are provided with all the materials and supplies. The course is six weeks long and begins on Thursday, March 17th. It runs one day a week 1 p.m. to 5 p.m..

We also do a grocery store tour with the Vancouver Coastal Health Dietician where she provides lots of wonderful information about food and choices we make in the grocery store.

Food Skills for Active Seniors is presented in a fun and friendly atmosphere where all food is cooked, then eaten and laughs are shared by all. We encourage good behaviour, but don't require it.

Any skill level is welcome to attend and join with us. Contact Isabel McPherson, 604 741 7452 for any questions you might have, if you need more information or if you would like to attend.



ANNUAL GARAGE SALE

**Saturday
April 23**

**Tables \$15 each or
2 for \$25**

To book a table, sign up
at the Reception Desk

Tax Preparation Service

Beginning March 1st, the Community Volunteer tax Preparation Program will be in the Parish Room on Tuesdays and Wednesdays between 10:30 a.m. and 3:00 p.m.

Volunteers will complete tax returns, free of charge, for Individuals earning less than \$30,000 and families earning less than \$40,000 in 2014.

Consultation is available by appointment. More information and sign-up is available at the Sechelt Activity Centre reception desk.

Chi-Gong Shibashi



This group meets in the crafts room on Fridays from 10-11am and is led by Barry Pruden. The exercise starts with a ten move warm-up which is comprised of gentle motions that can be learned in about one minute.

After the warm up some comparable Tai-Chi movements are introduced before a short break. The course resumes with an

eighteen move Chi-Gong set. Once per month the group has a visit from a very experienced instructor, Paul Blakey, who is currently introducing another eighteen move Chi-Gong set.

Because the moves are simple and straight forward, new members can come and enter at any time and they will find the course invigorating. The atmosphere is friendly and meditative.

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

2016 Memberships are available at the front desk.





Bus Travels With Rick

The Bus Committee is planning a trip during June to see "Billy Elliot" - the musical at the Stanley Alliance Theatre in Vancouver. This would be a matinee performance on a Wednesday afternoon. An interest sign-up sheet will be at the front desk. We need people to sign up early in order to get good tickets. Price and date to be announced later.

Also, there are some seats left for the get-away to Harrison Hot Springs Resort and Spa. This trip is 3 days / 2 nights on April 19th to 21st. A \$100.00 deposit is required at the time of sign-up.

There is more information about this trip available on the Centre's website or the bus trip bulletin board.

Regular March bus trips will include Park Royal / Cap Mall and the River Rock Casino.



One of the most popular bus trips of 2015 was to Victoria and Chemainus in December. One stop on the trip was at the Victoria Butterfly Gardens.

Photo by Garth Jones

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<p><small>Stay 'n' Play</small> Fairmont Jasper Park Ldg. Seniors Spring Fling Apr 10 - 15 • 15 incl. meals • dbl. \$1,759.</p>	<p>The Wild West Coast of Vancouver Isl., Alberni Inlet Cruise Jun 12 - 15 • 6 incl. meals • dbl. \$1,199.</p>	<p><small>a few seats left</small> Glacier National Park & Waterton Lakes July 3 - 9 • 13 incl. meals • dbl. \$2,579.</p>
<p><small>Stay 'n' Play</small> Spectacular Gardens of Victoria, Abkhazi, Hatley, Butchart, etc. Jun 20 - 22 • 6 incl. meals • dbl. \$969.</p>	<p>Portland Rose Parade Festival of Roses Parade, Columbia Gorge Jun 10 - 13 • 7 incl. meals • dbl. \$1,389.</p>	<p>Sooke, Port Renfrew, Salt Spring Pacific Spirit Marine Circle Tour Jul 4 - 7 • 8 incl. meals • dbl. \$1,257.</p>

Stay 'n' Play **Annual Women's Wellness**
Tigh-Na-Mara Seaside Spa Resort
May 9 - 12 • 8 incl. meals
dbl. \$1,398.

a few seats left
Stay 'n' Play **Historic Barkerville**
Gold Rush Trail • Theatre Royal
July 10 - 13 • 7 incl. meals
dbl. \$955.

Yukon, N.W.T.
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w/ Melinda Burns**
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From left to right:
Sylvia Hockley
Serge Planidin and
Stephanie Watson
- Pickleball Working
Group for the past 18
months.

Pickleball Committee Retires

Serge Planidin, Stephanie Watson, and Sylvia Hockley are to be commended for their commitment to the SSAC, and to the sport of Pickleball. For the past 18 months this dedicated group has been working diligently behind the scenes to manage this very large activity.

There are 130 Pickleball players, organized into 5 different skill levels. As well as the challenge of scheduling 13 – 15 playing groups each week, they have arranged volunteer coaches, and organized the use of the new practice machine.

This amount of scheduling is a challenge, especially when working within the confines of a multi-use auditorium. As of March 1, Gill Smith and Bert Carswell will become chairs of this activity. Well done, Serge, Stephanie and Sylvia!



IN MEMORIAM



Elsie Richards 1916 - 2016

Elsie passed peacefully at Totem Lodge on January 27th 2016. She was one of the first members of the Sechelt Seniors Center and did the coffee receipts for many years. At the Centre she was active in the Craft and Crib groups.

Frank and Elsie moved from West Vancouver to McNaughton Point in the early 1960's. You may have seen her driving her powder blue 1967 Camaro around town. One summer Frank and Elsie had over 300 overnight guests and Elsie made a quilt to commemorate those visitors. They moved to Sechelt in the late 1990's.

Elsie's ashes will be placed next to husband Frank at St Hildas.

Daughters Dawn Richards, Lee Cole, Marj Hampton and many grand and great grandchildren will deeply miss her.



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 April 5th, 2016.



Robbie Robinson 1914 - 2016

Robbie was born H. E. Robson on Dec. 22nd, 1914 and passed away on Feb. 12th, 2016. He was a Life Member of the Sechelt Seniors. Activity Centre for a number of years and will be sadly missed by all who knew him.

Robbie was responsible for many activities of the Centre which are still enjoyed today.

One of his favorite activities was the potluck dinners. With this in mind his daughter, Karen D. Robson and Grandsons Benjamin and Jonathon would like to invite all to a potluck of finger foods on Sat. April 2nd, 2016 at the Centre. Please bring your stories and memories also to share.

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