

Seashell Echo

Jan 2019



Welcome Back!



Happy New Year!

And welcome back to our renovated Seniors Centre!

The permanent lunch room is already a hit! There are still a few finishing touches to make it look even better, but it's a pleasure to have a bright space for lunches and smaller special events.

Emily and the kitchen volunteers are hard at work in the lovely new kitchen preparing delicious and nutritious lunches and frozen meals.

Our activities will be starting up again and everyone's patience and flexibility is greatly appreciated.

The Centre continued throughout the reno, but it will be great to get back to more suitable spaces for many activities!

January 19th—
Opening Ceremony
Ribbon Cutting

AGM -

Wed. Feb. 20th
1:30—Auditorium

Centre Information

Executive 2018-2019

President	Charlie Jensen
Past President	Joanne Rykers
Vice President	Ron Atkinson
Treasurer	Sylvia Graber
Secretary	Mary Bittroff
Maintenance	Craig Heffernan

Directors at Large 2018-2019

Margaret Boyd	Tess Apedaile
Kit Artus	Chris O'Brennan
Chris Kane	Roy Wren

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
Rental & Activity	
Co-ordinator	Gillian Smith



Tuesday Jan 15th

Guo Pei's Fashion Couture at the Vancouver Art Gallery.

Bus leave SSAC 9:30, returns on 4:20 ferry. Cost \$35 (\$28 65+) Gallery admission is \$24 adult, \$20 seniors



Useful Phone Numbers

Sechelt Hospital 604-885-2224
 Sunshine Coast Community Services 604-885-5881
 Senior's Advocate: 877-952-3181 or www.seniorsadvocatebc.ca
 Community Information and Help Line 211 Healthlink BC 811
 Community Resource Centre 604-885-4088
 Sunshine Coast Transit 604-885-6899
 HandyDART 604-885-6897

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

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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 desk.



President's Message

WOW! It is hard to believe; we are open again. What a busy year, and in some ways traumatic. The renovation is in the final stages, just a few deficiencies to iron out. The kitchen reopened in time to hold our Annual Christmas Lunch on Dec. 21st, & it was completely sold out. We welcome two new life members—Shirley McCaughtrie & Margaret Boyd—thank you for your service to the Centre.

Sadly it was a year that also saw the passing of over a dozen members; most recently, the sudden loss of Barbara Lightfoot, a life member and past president.

As I look back over the year, I am very grateful to all parties that came together to make the project work including: our contractor & subs who did so much to give us the best kitchen in town & did a beautiful job on the extension; our many members who helped in getting us ready and kept activities happening; everyone in the office who made sure we stayed on track; Ron who stood in when David had some personal issues that precluded his continuing as project manager; Joanne and her fund raising committee that worked to raise over \$400,000 in grants and donations; and finally, **all of you that have contributed in many ways to make it all happen.**

The provisional budget for 2019 is being finalized for presentation to the Board & the AGM. We are looking at a small surplus to replenish the contingency fund, even after making payments on the mortgage. The final amount of the mortgage & the required payment has not yet been calculated, but should be available early in the new year. We have recently been informed of two more major donations totalling \$110,000,

that will help to reduce our mortgage. We appreciate all donations and invite you to contribute as you can.

In order to ensure that we stay fiscally responsive to the increasing costs of providing the best services to our members, certain prices have increased. The membership fee for 2019 is now \$30 & the price of lunches are adjusted as necessary to meet costs. 2019 memberships are on sale in the office & are required for all activities. We are asking everyone to please update all your contact information as well.

We have a number of tasks to get done in the coming weeks, the office needs to be moved to the new offices, the computers and phones setup, pictures hung, library books brought back, etc. We will be calling for work parties as needed from our lists in the office. We also have receptionist and kitchen help calendars for you to offer your volunteer time for the coming months. If you can help, please come and volunteer a few hours. We need all the help we can get.

The Nominating Committee will be looking to fill SSAC Board positions for the coming year. If you would like to be a part of operation of the Centre please contact Joanne Rykers for further information. Our AGM will take place on Wednesday, February 20th, 2019, at 1:30 p.m.

We will have a Grand Opening Ceremony on the afternoon of January 19th to celebrate the completion of our renovations; details are still in the works.

Respectfully, Wayne A. (Charlie) Jensen
President SSAC

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1pm to 2:30pm

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Palm Springs

Palm Desert, Indian Wells,
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March 24 - 30

9 incl. meals • dbl: \$3,320.⁰⁰ CAD



Wickaninnish Inn

Stormwatching at Long Beach,
Tofino, Ucluelet, Pacific Rim

March 4 - 7

7 incl. meals • dbl from: \$1,789.⁰⁰



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June 14 - 23

8 incl. meals • dbl: \$8,366.⁰⁰



Rome, Umbria & Tuscany

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Montefalco, Monteriggioni,
Basilica of St. Francis

Sep. 21 - Oct. 2

20 incl. meals • dbl: \$TBA.⁰⁰

Watch for numerous new tours coming in 2019 including: A Taste of Vancouver Island, Inside Passage, Friendly Cove, Friendly Cove & Nootka Sound, Alaskan Cruise & Tour, Canyons of Arizona / Utah, and more!

#260 -1959 152nd Street,
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Prices include
all taxes



On Friday December 21st, the Annual Christmas Lunch was held with 160 tickets being snapped up within 2-1/2 days. As usual, Emily and her crew of hard-working volunteers provided a delicious turkey dinner buffet which was enjoyed by all.

Reg & Lynn Dixon helped provide some holiday cheer, aided by Franz and Chris as bartenders. There were plenty of door prizes awarded, including three \$50 Gift Cards generously donated by Pharmasave. It was a well-organized event thanks to Kit Artus and her special events crew.

President, Charlie Jensen, emceed the event and then Life Member Chair Joanne Rykers announced the 2 new Life Memberships awarded for 2018.

The SSAC by-laws call for the appointment of two new Life Members annually. A potential recipient must be nominated by two fellow SSAC members, and have served at least five years as an extraordinary volunteer. As well as a Life Membership, recipients receive yearly invitations to the Christmas lunch and a memorial service. Nominees are assessed by the Life Membership

Christmas Luncheon

Committee & this year the committee was fortunate to have 6 nominees, all of whom were worthy applicants. If your choice did not get selected, please feel free to nominate them again next year, as the length of service is often a deciding factor.

It is fitting that the first recipient, Shirley McCaughtrie, is the leader of two activity groups, Quilting and Darts. Activity chairs are often unsung heroes at the Centre, because the countless hours they devote to organizing, managing and supporting their groups are worked behind the scenes. These leaders are the foundation of our Centre. Shirley has been an active member since the 1990s.

The second recipient is Margaret Boyd. Margaret is a committed and hardworking Board Director, who was a top notch volunteer on the Reception Desk before that. Margaret is very competent in her many other duties, including chairing the Membership Committee, Volunteer placement, & coordinating the Pop-Up Decorating Committee. Her creative talent has been put to good use in planning the new décor at the Centre.






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Kitchen volunteers needed!!!

**Please consider volunteering.
Talk to the day director in the
office for more information.**



Frozen Entrees

From Our Chef
Pay at the kitchen cashier.

Save those grocery receipts!



Don't forget to save your grocery receipts from **IGA and Clay-tons**. These two locally owned stores generously give us a \$20 credit note for every \$5,000 that our members spend. This helps reduce the cost of food that we purchase for our wonderful lunches & teas.

January Lunch Menu

Weekdays 11:30 a.m. to 12:45 p.m.

Everything is made from scratch!

We also serve soup, sandwiches and salads.

Desserts will vary.

Wed	Jan	2	Chicken Cordon Bleu
Thur	Jan	3	Meatloaf
Fri	Jan	4	Fish & Chips
Mon	Jan	7	Beef Stroganoff
Tues	Jan	8	Chicken Rajah
Wed	Jan	9	Roast Beef
Thur	Jan	10	Salmon
Fri	Jan	11	Fish & Chips
Mon	Jan	14	Butter Chicken
Tues	Jan	15	Soup & Sandwich
Wed	Jan	16	Roast Pork
Thur	Jan	17	Chicken Adobo
Fri	Jan	18	Fish & Chips
Mon	Jan	21	Bangers & Mash
Tues	Jan	22	Cabbage Rolls
Wed	Jan	23	Roast Ham
Thur	Jan	24	Baked Chicken
Fri	Jan	25	Fish & Chips
Mon	Jan	28	Meatballs in Mushroom Gravy
Tues	Jan	29	Lasagna
Wed	Jan	30	Chicken Cordon Bleu
Thur	Jan	31	Sole

Activity Schedule – Jan. 2019 (Check website)

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Let's Dance – Level 1	9:30-10:30	Auditorium	Sandra Cordero	\$3
Let's Dance – Level 2	10:30-11:30	Auditorium	Sandra Cordero	
Qigong Shibashi	10am-11am	Craft	Meryem Durnie	\$3
Plan 24 Tai Chi	11am-noon	Craft	Barry Pruden	\$3
Bridge Upgrade	12-3:30pm	Craft & Farish	Peggy Malcolm & Chris Kane	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball (3 sessions)	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10pm	Craft	Mike McCarthy	\$3
TUESDAY				
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Pickleball (2 sessions)	3-7pm	Auditorium	Gill & Bert	\$3
Table Tennis	7-9pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball – Int to Adv	7:30-9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Genealogy Searches (1 st Wed)	1-3pm	Farish	Valerie Grant	\$3
Genealogy (3 rd Wed)	1-3pm	Farish	Arlene Harmon	\$3
Pickleball (3 sessions)	1-7pm	Auditorium	Gill & Bert	\$3
THURSDAY				
Crafts	9:30-11:30am	Craft	Chris O'Brennan	N/C
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Duplicate Bridge Lessons	9:30-noon	Farish	Judi Wilson	\$3
Painting	12:30-3pm	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Farish	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball (3 sessions)	3-9pm	Auditorium	Gill & Bert	\$3
Crib	7-9pm	Farish	Dave Grafton	\$3
FRIDAY				
Pickleball (Social Play All Levels)	7:45-9:45am	Auditorium	Gill & Bert	\$3
Chair Yoga	10-11am	Auditorium	Andre Casaubon	\$3
Qigong Shibashi	10-11am	Craft	Susan Fletcher	\$3
Poker	noon-3pm	Farish	Doug Whitworth	\$3
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Duplicate Bridge	12-4pm	Auditorium	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish	Jim Wakeford	\$3
SUNDAY				
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3

In Loving Memory



Barbara Ann Lightfoot

9 May, 1936 –
13 December, 2018

Barbara passed away suddenly in Sechelt Hospital, following a heart attack suffered at home.

Barbara was born in Swanage, Dorset, the eldest of six children born to John & Ina Green. She trained as a nurse and subsequently practiced as an OR sister.

Barbara and her family emigrated to Canada in 1968, settling in Calgary. Following the end of her first marriage she worked in Saudi Arabia as nurse supervisor. With her second husband, David, she retired to Sechelt in 1999.

Barbara is survived by David, her three children, & four of her siblings.

Busy in the community, Barbara was a music lover, choir member and key organizer of the annual Festival of the Performing Arts, as well as a busy member of Canadian Federation of University Women, and an avid bridge player, amongst other things.

We all know Barbara as a long-serving SSAC Life Member. Barbara was SSAC President for 2 years, Past-President for 3 years, fundraiser, key member of the Refugee Sponsorship committee, past chair of both the Life Membership Committee and the Nominating Committee - which meant she had to manage the Board elections each year—no mean feat!

Barbara was a technical and website guru, computer course teacher, Emergency Radio operator, & a regular blood pressure volunteer.

And, this is just some of expertise and energy Barbara gave to the Centre. Thank you for your years of service Barbara, you will be sorely missed.

In Memoriam

If you know of a member who has passed away, please let us know so we can remember them in the Echo and on the website.

Centre Happenings

Ribbon Cutting—Jan 19

If you haven't already, come down and see the newly renovated SSAC with all its bells and whistles.



Yestertones Feb 8 & 9



AGM Feb 20th

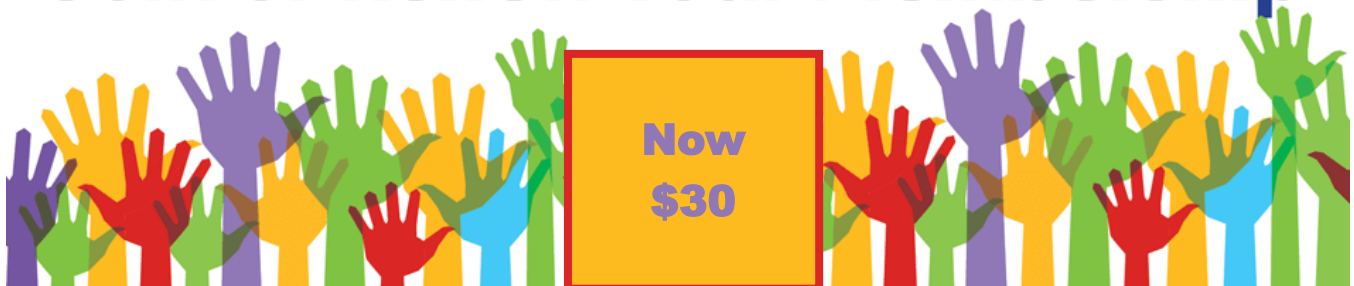
AGM
ANNUAL GENERAL MEETING

Tax Receipts

To all our wonderful donors, 2018 Tax Receipts will be issued shortly and a full list of donors will be included in the February Echo.

Join our list— Donations gratefully accepted in the office (weekdays 9am -3pm), by mail, or Go-Fund Me.

Join or Renew Your Membership



Love is in the Air



Musical Entertainment by

The Yestertones



**When: Friday February 8 - 7pm
Saturday February 9 - 3pm
Doors open 1 hour before showtime**

**Where: Sechelt Seniors Activity Centre
5604 Trail Ave., Sechelt**

Cost: \$20 - All proceeds to the SSAC



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