

# Seashell Echo

Feb 2019



## AGM

The Annual General Meeting is Feb 20, 1:30 p.m. in the Auditorium. We will be ratifying changes to the By-laws. A copy of the Constitution and By-laws are available on the website and at the Centre.

## Board Members

A call for Board Members! Please contact Joanne Rykers, who is the Chair of the Nominating Committee, at 740-8868.

## Grand Opening

At the Grand Opening, we saw a lot of smiling faces, had good food, and music from Ken Dalgliesh. It was a mammoth task for the volunteers to get the Centre ready for the event. A special thank you to the Board, decorators, kitchen volunteers, chef Emily and you, the members. May the Centre go from strength to strength.

(More photos inside)



**Now  
\$30**

**KEEP  
CALM  
AND  
RENEW YOUR  
MEMBERSHIP**

## 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](mailto: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



### Thursday Feb 7

#### **Hard Rock Casino/IKEA Coquitlam**

Bus leaves SSAC 7:15 am & returns on 4:20 ferry.

Cost \$35 (\$28 for 65+)

### Wednesday Feb 20

#### **Park Royal/Cap Mall**

Bus leaves SSAC 9:30 am & returns on the 4:20 ferry

Cost \$35 (\$28 for 65+)

Purchase tickets from the office weekdays

9 a.m.-3 p.m.

SSAC Membership required



## 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](http://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](http://www.secheltactivitycentre.com)

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

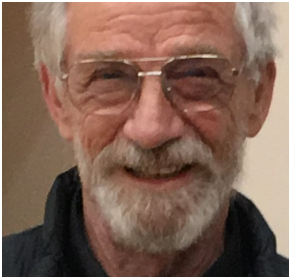
The Seashell Echo is published by Laurel Ennis and Gillian Smith and can be found on the Sechelt Activity Centre website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

*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 desk.



## President's Message



We have successfully completed our renovation and expansion project. There are still a few deficiencies to iron out, but for the most part we are operating fully again. The Grand Opening went off without a hitch under the able planning of Kit Artus, Special Events Coordinator and her many helpers.

We received a generous donation of \$100,000.00 from the Sunshine Coast Community Forest Legacy Fund before the ribbon cutting.

Now we just have to pay for our much improved facility. Fund raising is continuing with several raffles, a Name a Chair Project, and the Yestertones Production, *Love is in the Air*.

The Ferry Raffle is almost sold out, and will be drawn on Valentine's Day in the Centre. The Quilt Raffle is under way, tickets available at the reception desk.

The AGM is coming up on the 20<sup>th</sup> of February. For those that need to file reports for the Annual Report please get them our Board Secretary Mary Bittroff.

We will be visited by Filomena Tassi, Federal Minister for Seniors, and Pam Goldsmith-Jones our MP on the afternoon of February 11<sup>th</sup>. It will be an opportunity to show off our facilities and seek ideas for possible funding.

Thank you to all that helped to get us through this project, but we cannot rest on our laurels, there is always a need for volunteers in the kitchen and other areas. Please contact the office if you can help.

Wayne A. (Charlie) Jensen,  
President SSAC

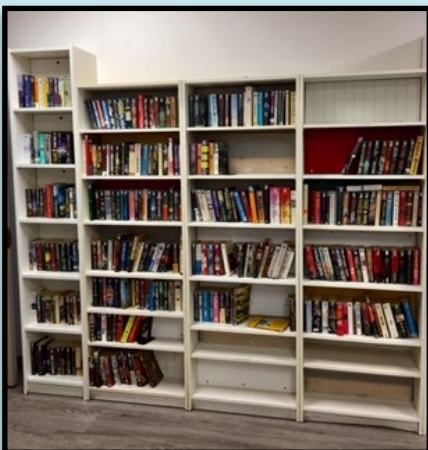
## Library Donation Don'ts

The intrepid book volunteers at the SSAC have requested that donations follow these guidelines.

We are **NOT** able to accept the following items:

- Books that are worn, torn, underlined, highlighted, dusty, dirty, moldy or in otherwise poor condition.
- Hardcover books
- Books that don't fit on our shelves
- Encyclopedias
- Computer books and manuals
- Reader's Digest condensed books
- Colouring books, workbooks
- Previously sold library material
- DVDs, CDs, records, cassettes or VHS tapes
- Magazines
- Textbooks
- Travel books over six years old

**THANKS!**



**Due to the sad loss of Barbara Lightfoot and Dorothy Fraser, we need new volunteer doctors or nurses to take blood pressure readings at the SSAC one hour a week. Please call the office (604-885-3513) to offer your services.  
Thanks!**



Friends of the Sechelt Library

## Book Faire Dates – 2019

**Fridays - 12 to 5**

**Saturdays - 10 to 5 & Sundays - 10 to 3**

**Feb 8 - 10**

**Mar 8 - 10**

**Apr 12 - 14**

**May 17 - 19**

**June 7 - 9 & June 21 - 23**

**July 5 - 7 & July 19 - 21**

**Aug 2 - 4 & Aug 16 - 18**

**Sep 6 - 8**

**Oct 4 - 6**

**At the Sechelt Library – Community Room**

For more information – [secheltfol@gmail.com](mailto:secheltfol@gmail.com)





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## Frozen Entrees

**From Our Chef \$6**

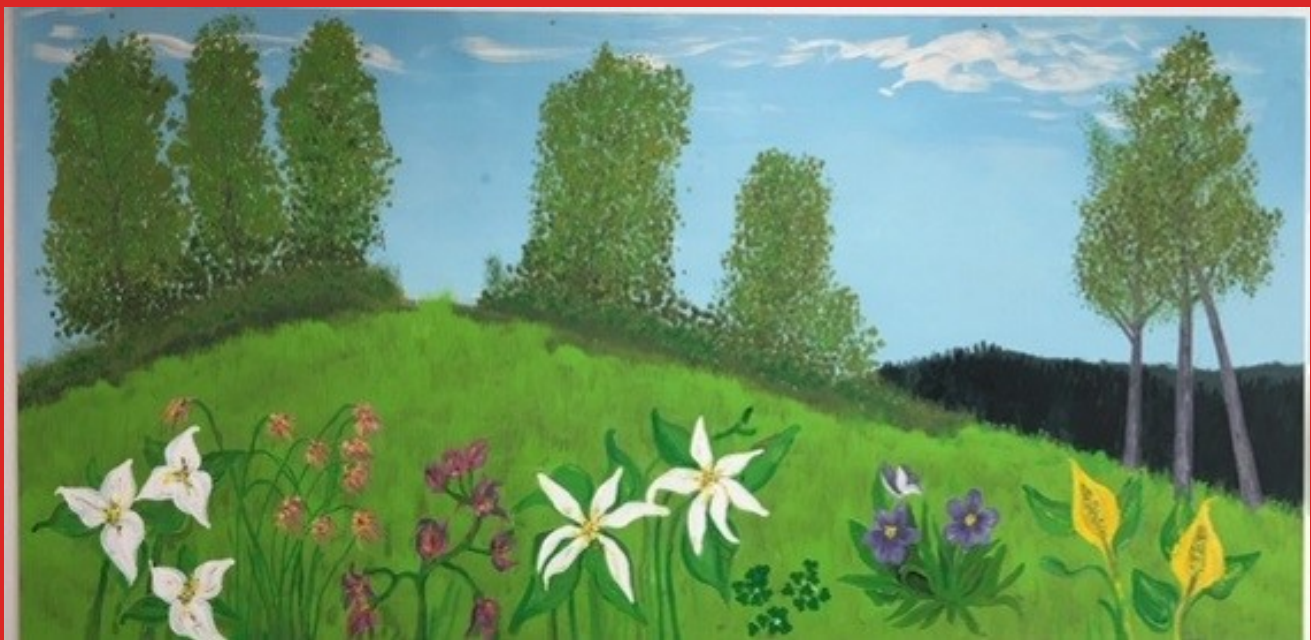
## Save those grocery receipts!



Don't forget to save  
your grocery receipts  
from **IGA and Claytons**.

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.

# Grand Opening









## A fun game that's easy to play



Did you know that carpet bowling is a fun game that almost everyone can play? At the Centre, the players aren't too competitive and don't make fun of anyone when they miss a throw. It's a fun way to get a little gentle exercise.

Carpet bowling is like a combination of lawn bowling, curling, bowling and a little of the French game Pétanque or Boules.

They say that the games came from Egypt originally. It was played in Greece and Rome in the Middle Ages. Versions are played in the Commonwealth.

Carpet Bowling at the SSAC is between 1 –3 p.m. in the Auditorium on Mondays and Thursdays with a fee of \$3 (members only).

## Carpet Bowling!

## Tea @ Two

Feb 5



## PHARMASAVE®



**Sunshine Coast  
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~ 604-885-3255 ~

## Knife Sharpening

Bring in your dull knives and let Leroy sharpen them for you.

Mon. February 11

1pm to 2:30pm

Cost is \$3 per knife.





## Activity Schedule – February 2019

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Let's Dance	9:30-11:30	Auditorium	Sandra Cordero	\$3
Qigong Shibashi	10am-11am	Craft	Meryem Durnie	\$3
Plan 24 Tai Chi	11am-noon	Craft & Farish	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
<b>TUESDAY</b>				
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
<b>WEDNESDAY</b>				
Pickleball – Int to Adv	7:30-9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Computer one on one (4 <sup>th</sup> Wed)	1-2:30pm	Farish	David Marsh	\$3
Genealogy (3 <sup>rd</sup> Wed)	1-3pm	Farish	Arlene Harmon	\$3#
Pickleball (3 sessions)	1-7pm	Auditorium	Gill & Bert	\$3
<b>THURSDAY</b>				
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
<b>FRIDAY</b>				
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
<b>SATURDAY</b>				
Duplicate Bridge	12-4pm	Auditorium	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish or Lunch	Jim Wakeford	\$3
Saturday Quilters – Feb 16 <sup>th</sup>	10-4	Lunch Rooms	Judi Wilson	\$3 or \$6
<b>SUNDAY</b>				
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3

# February 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.

Fri	Feb	1	Fish & Chips
Mon	Feb	4	Chicken Quesadillas
Tues	Feb	5	Quiche & Salad
Wed	Feb	6	Roast Beef
Thur	Feb	7	Greek Feast
Fri	Feb	8	Fish & Chips
Mon	Feb	11	Seafood Linguini
Tues	Feb	12	Chicken Rajah
Wed	Feb	13	Roast Pork
Thur	Feb	14	Hot Reuben Sandwiches
Fri	Feb	15	Fish & Chips
<b>Mon</b>	<b>Feb</b>	<b>18</b>	<b>CLOSED FOR FAMILY DAY</b>
Tues	Feb	19	Shepherd's Pie
Wed	Feb	20	Chicken Cordon Bleu
Thur	Feb	21	Salmon
Fri	Feb	22	Fish & Chips
Mon	Feb	25	Butter Chicken
Tues	Feb	26	Lasagna
Wed	Feb	27	Roast Ham
Thur	Feb	28	Cabbage Rolls

**Must show membership card to get member's discount.**



# MedTalks

Promoting Health & Wellness

## HEART & STROKE ADVANCES IN TREATMENT & RECOVERY

Friday Feb. 22, 2019 · 6:30 | Sechelt Seniors Activity Centre · 5604 Trail Ave, Sechelt

Co-sponsored by



SECHELT HOSPITAL  
FOUNDATION



Sunshine Coast  
CREDIT UNION  
*Together, we enrich lives.*

Please register via email: [sh.foundation@vch.ca](mailto:sh.foundation@vch.ca) or call 604-885-8637

Entrance by donation at door—6:30 reception, 7:30 MedTalks

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### Palm Springs

Palm Desert, Indian Wells,  
Joshua Tree National Park

March 24 - 30

9 incl. meals • dbl: \$3,320.<sup>00</sup> CAD



### Wickaninnish Inn

Stormwatching at Long Beach,  
Tofino, Ucluelet, Pacific Rim

March 4 - 7

7 incl. meals • dbl from: \$1,789.<sup>00</sup>



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Golden Circle, Geysers, Waterfalls

June 14 - 23

8 incl. meals • dbl: \$8,366.<sup>00</sup>



### Rome, Umbria & Tuscany

Florence, Assisi, Siena, Volterra,  
Montefalco, Monteriggioni,  
Basilica of St. Francis

Sep. 21 - Oct. 2

20 incl. meals • dbl: \$TBA.<sup>00</sup>



**You're Invited! Free Presentation—Wed. Feb. 6th, 1pm— in the Craft Room**

**Door Prizes & Light Refreshments—RSVP toll free 1-877-277-5577**

#260 -1959 152<sup>nd</sup> Street,  
Surrey, BC V4A 9E3



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



Prices include  
all taxes



The Halfmoon Bay Fire Department Auxiliary is looking for fundraising volunteers.

Please contact:  
Ralph Rutherford  
604-741-8128



## SSAC now has an official Facebook Page!



Go on Facebook and search for Sechelt Seniors Activity Centre. Our page has "Official" at the top of the page. We post daily with fun things, tomorrow's lunch entrée, amusing signs, events, and activities. Please come and "like" our page and "follow" us.

## Constitution & Bylaws Discussion Group Thursday February 7, 2:00 p.m. SSAC Dining Room

- Do you wish to have our revised constitution explained?
- Do you wish to know more about the reasons for the need to revise our previous constitution and bylaws to comply with the provincial and federal governments?

We will not be revisiting the outcome of our fall membership meeting but this is a time for you to have explanations before the final ratification at the AGM.

Discussion group hosted by your board secretary, Mary Bittroff 604-740-8123  
electa@dccnet.com



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



Drop in and enjoy a cup of tea & a good chat on

**Tuesday February 5th, 2019**

**2pm to 3pm**

Everyone is welcome!



Pamela Goldsmith-Jones, MP  
and  
the Honourable Filomena Tassi, Minister of Seniors  
together with  
the Sunshine Coast Seniors Planning Table  
invite the public to a meet and greet

Monday, February 11, 3:00 - 4:30 pm  
Sechelt Seniors Activity Centre Dining Room  
5604 Trail Avenue, Sechelt, BC, V0N 3A0

RSVP to Lucie McKiernan at 604-787-3274  
or at Pam.Goldsmith-Jones.C1B@parl.gc.ca



# Spring Quilt Raffle

**Donated by SSAC  
Quilting Group**

**Tickets \$2 each or 3 for \$5  
Draw Friday, March 15, 2019**

**All proceeds go to the SSAC  
Renovation**





### Howard F. Ball



**Feb 13, 1943 - Jan 18, 2019**

It is with great sorrow that we announce the death of Howard Frederick Ball, beloved husband, father, brother, uncle, and friend.

Howard was born February 13, 1943 in Outlook, SK and died January 18, 2019 of complications following a heart attack. Howard met Jolyne at university and they married in 1965. They were blessed with three daughters Deanna Blacklock (Jonathan), Gina Ball (Jim Saunders), and Janel Ball (Sergio Sandoval). He will be deeply missed by all who knew him.

### Anna M. Cavalier



**Dec 09, 1939 - Dec 20, 2018**

It is with much sadness we announce the passing of Anna May Cavalier (Dyck). Mom was a wonderful woman who was loved by those who knew her. Her family was the most im-

portant part of her life and her thoughts and actions always reflected this. At Mom's request, there will be no service. However, if you happen to notice a ladybug flying by, may it remind you of her. We will miss you, Mom.

### John Butler Hopkinson, P. ENG.



John Butler Hopkinson died peacefully on December 4, 2018 in Sechelt, with his beloved wife of 48 years, Judy, and his children at his side. He is survived by Judy, 8 loving children, 17 grandchildren, five great-grandchildren, and cat Nelly.

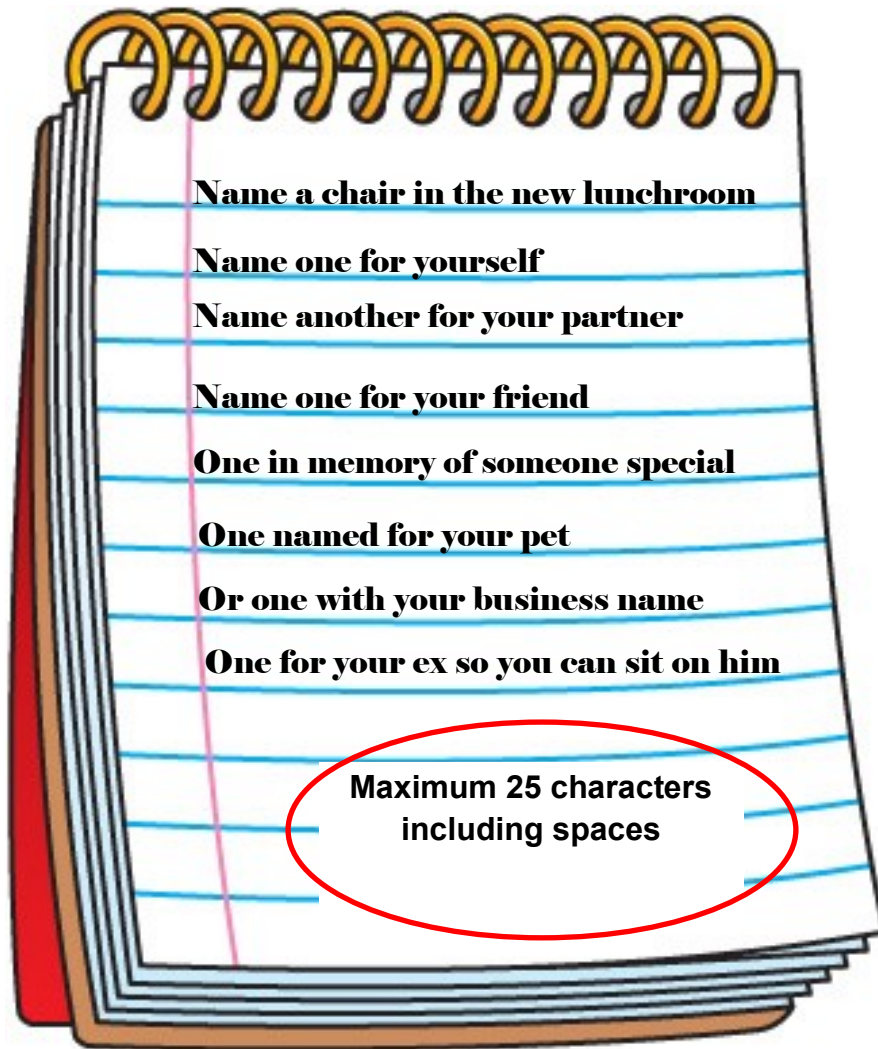
Born May 16, 1928 in Brighton, England, John emigrated to Vancouver with his first wife and young family in 1956. John attained his PEng qualification before joining Cominco, (Teck) in Trail and subsequently in Vancouver until retirement.

John loved spending time with friends and family and was a master at making wine, beer and pork pies to share. Reading, Scrabble, Formula 1 and cryptic cross-words were his interests and he retained his great and modest mind until the end. His wicked sense of humour had many in hysterics, with a well timed remark

A Celebration of Life will be held at the Botanical Gardens on April 27, 2019. In lieu of flowers the family suggests donations to charities of your choice.



# Name a Chair Project



**\$60**

**Early Bird  
Sale  
Extended!**

## SSAC Fundraiser

# Grateful thanks to our generous donors!

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Ron Atkinson

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## HEATHER'S INDEPENDENT GROCERS

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Sylvia Hockley  
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Ann Hultgren-Ryan  
Susan Jackel  
Irene Jankovits  
Wayne A. Jensen  
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# *Love is in the Air*

Musical Entertainment

by

## The Yestertones



**Friday Feb 8th at 7 p.m.**

**Sat Feb 9th at 3 p.m.**

**\$20**

All proceeds go to the SSAC

Doors open 1 hour before showtime