

Seashell Echo

May 2019

Yestertones Entertain



On April 12th and 13th, the Yestertones, under the skillful direction of Lester Harris, performed for enthusiastic audiences. Their choice of music, from romantic ballads to upbeat numbers provided something for everyone to enjoy.

Two lighthearted skits, featuring Colleen Anderson, Llewellyn Keates, Charlie Jensen, Mo Farn and Ed White added just the right touch of humour.

The Fundraiser was a success, raising over \$3,000 for the Centre.

We certainly hope that they will be back to entertain us again soon!

See inside for more photos.

Centre Information

Executive 2019-2020

President	Joanne Rykers
Past Past-President	Wilma Lorimer
Vice President	Chris Kane
Treasurer	Sylvia Graber
Secretary	Mary Bittroff
Maintenance	Ken White

Directors at Large 2019-2020

Margaret Boyd	Kit Artus
Chris O'Brennan	Roy Wren
Kathy Turner	Norma Pruden

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



BUS TRIPS

May bus trips will be posted on the bulletin board at the Centre & on our website shortly. Check us out!

If you have any ideas for future bus trips, please let us know at the office. - Attention: Rick McGowan

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
 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

The Seashell Echo is published by Laurel Ennis and Gillian Smith 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 desk.



President's Message

Welcome to May and, hopefully, to spring weather. As you read this, I will be holidaying in Europe with my sisters, enjoying the tulip fields of Holland, the history of Bucharest, and an Andre Rieu concert in Vienna. Sadly, I will miss the Legendary Ladies Gala at the Centre, but it will be such a popular, sold out event that there will be a follow up.

It is difficult to say good bye to some people, because they never really leave. Wilma Lorimer and Ron Atkinson fit into this category. Your Board is very happy to welcome back Wilma, in her new incarnation as Past President. Wilma is an Elder in a community of elders. Her wisdom, experience, and practical manner are a valuable asset to us all.

Ron knows the history and workings of our building better than anyone, having served on the Board for several terms, most notably as Maintenance Director. This past year he was Project Manager for the Reconstruction, spending countless hours in oversight and consultation, and the project would not have succeeded without him. Ron has withdrawn from active involvement (though he is still finishing up with the renovation) so that he and Dianne can focus on their personal plans. But somehow, I know we will continue to have Ron's presence, and be a better organization because of it.

The above are two of many stories of the dedication shown by our volunteers. On Friday, June 21, at our annual Volunteer Appreciation lunch, we will pay tribute to everyone, so save the date! That will be the date for the start of our summer slowdown, which means shorter office hours, closure of the kitchen, and reductions in some activities. Please check with your group leader to see what your summer schedule will be. Special events like the

volunteer lunch are organized by Board Director Kit Artus. Kit's role as Special Events Coordinator has been extended. Members who are interested in staging an event, such as a fundraiser, will now be able to get help from Kit.

As you are in the lunch line up, or waiting to get help at the reception desk, you will notice that our lobby has new and interesting features. The Donor Wall "Garden of Giving" contains plaques listing the names of founding donors over \$5,000. On the adjacent wall, a Donor Book will be mounted. This beautiful book will contain names of all current and future donors.

The art work is the creation of two talented members, Dave Phillips and Heather Waddell. Thank you to Val Galat, who saw this project through from start to finish. The beautiful quilt on display on the opposite wall is the creation of Ev Harker, and is being raffled, with all proceeds going towards paying for the renovation project.

Thank you to the federal government's New Horizons program, which has awarded us a \$16,000 grant, and to the Royal Bank for a \$5,000 grant, for new furnishings and equipment. We are looking forward to finishing the refurbishment of the dining room, lounge, and lobby, purchasing equipment for the offices and kitchen, and redecorating the auditorium. Some lovely and unique pieces of furniture have been donated to the lobby and lounge. With these grants we will be able to complete the process of creating a bright, welcoming environment for ourselves and our guests.

Joanne Rykers

Knife Sharpening

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

Mon May 13th
1pm to 2:30pm
Cost is \$3 per knife.



You won't believe
how much fun it can
be. You'll find out on
May 10th.

Stay Tuned.



Nurse Next Door
home care services



Home Care
that
Celebrates Aging

*Friendly companionship
Support with life's essentials
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Call today to book your **FREE** Caring Consult

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Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~

Seniors Downsizing Services

Come hear about our services!

When: 2:00pm
Wednesday,
May 15th

Where: Sechelt
Seniors Activity
Centre

MOVING WITH DIGNITY

604-877-1519

makoy@telus.net

Volunteers are needed to
help with **Recycling—in the
Kitchen and the Office.** If you
are interested in helping, please
leave your name at the front
desk. **Emily & the office crew
thank you in advance!**

PHARMASAVE®



Canada's
community pharmacy

Ladies, dust off
your ball gowns.

Gentlemen, at your own
discretion.

Stay Tuned.



Monthly Friendship Tea



Drop in and enjoy a cup of tea,
treats, and a good chat.

Tues May 7th

2-3

Everyone is welcome!



Call for a
FREE
tour brochure

Toll Free
1.877.277.5577

#1 escorted
tour company in
B.C.

Serving BC Seniors for 30 years



Incredible Iceland

Land of Wonders - Blue Lagoon,
Golden Circle, Geysers, Waterfalls

June 14 - 23

18 incl. meals • dbl: \$8,366.⁰⁰



Wild West Coast of
Vancouver Island; featuring
MV Francis Barkley, Alberni Inlet
Cruise, Long Beach, Tofino

June 16 - 19

6 incl. meals • dbl: \$1,679.⁰⁰



Tyax Lodge & Wells Gray

Carpenter & Tyaughton lakes,
Mounts Fergusson & Truax, etc.

June 17 - 22

15 incl. meals • dbl: \$2,559.⁰⁰



Canadian Maritimes

Nova Scotia, P.E.I., & New
Brunswick, Halifax, Hopewell
Rocks, Annapolis Valley, etc.

July 6 - 17

23 incl. meals • dbl: \$5,998.⁰⁰

Many other tours including: Historic Barkerville, Grizzly Bears of Knight Inlet, Rockies, Rails, & Dinosaurs, Glacier
National Park & Waterton Lakes, Tuscany & Umbria to name a few.

#260 - 1959 152nd Street,
Surrey, BC V4A 9E3



www.agelessadventures.com



Prices include
all taxes

The Yestertones





So long Charlie & Peggy!

On April 11th, an informal farewell gathering was held for Charlie Jensen & Peggy Malcolm who are leaving the Coast.

A large crowd was on hand to wish them well and to thank them for their years of service to the SSAC, including Charlie's work as a board member, and most notably, President during our recent renovation. Peggy has been long-time Bridge Upgrade Co-ordinator and organized our recent successful Ferry Raffle. And...as with many hard working volunteers, many other volunteer efforts that are too numerous to notice, let alone mention. Sardis is lucky to have you!



You'll be missed!

May 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 vary.

Wed	May	1	Roast Pork
Thur	May	2	Chicken Quesadillas
Fri	May	3	Fish & Chips
Mon	May	6	Butter Chicken
Tues	May	7	Quiche & Salad
Wed	May	8	Roast Beef
Thur	May	9	Bangers & Mash
Fri	May	10	Fish & Chips
Mon	May	13	Shepherd's Pie
Tues	May	14	Chicken Pot Pie
Wed	May	15	Chicken Cordon Bleu
Thur	May	16	Hot Reuben Sandwiches
Fri	May	17	Fish & Chips
Mon	May	20	CLOSED FOR VICTORIA DAY
Tues	May	21	Salmon
Wed	May	22	Roast Ham
Thur	May	23	Meatballs in Mushroom Gravy
Fri	May	24	Fish & Chips
Mon	May	27	Seafood Linguini
Tues	May	28	Lasagna
Wed	May	29	Roast Pork
Thur	May	30	Chicken Adobo
Fri	May	31	Fish & Chips



Frozen Entrees

From Our Chef \$6

Lunch is served Monday—Friday in our newly renovated Lunch Room from 11:30—12:45. During Lunch you can order your frozen entrees at the lunch counter.

Other times, you can purchase frozen entrees at the front desk.

Limit 6 per person.

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 for our wonderful lunches. Drop them off in the bin by the lunch desk.

Activity Schedule – May 2019

Check website for possible changes
Open to Adults of All Ages

Monday		
Qigong Shibashi	10-11	\$3
Plan 24 Tai Chi	11-noon	\$3
Keep Fit with Lori—Balance & Mobility	11-noon	\$5
Bridge Upgrade	12:15-3:30	\$3
Carpet Bowling	1-3	\$3
Fun Chess	2:30-5:30	\$3
Duplicate Bridge	6:30-10:30 pm	\$3
Tuesday		
Fitness	10-11:10	\$4
Quilting	1-4pm	\$3
Friendship Tea at 2 – First Tues.	2-3pm	Free
Table Tennis	7:00-9:00pm	\$3
Wednesday		
Yoga with Andre	10-11:15	\$5
Genealogy 3rd Wed	1-3	\$3
1 on 1 Computer help 4th Wednesday	1-2:30	\$3

Thursday		
Crafts	9:30–11:30	N/C
Fitness	10-11:10	\$4
Painting	12:30-3	\$3
Mahjong	1-3	\$3
Yoga with John	11:30-12:30	\$5
Carpet Bowling	1-3	\$3

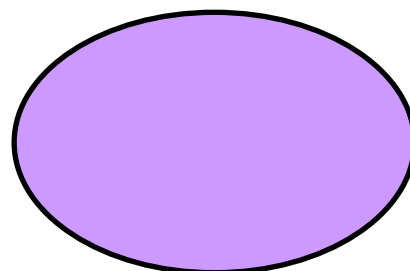
Friday		
Chair Yoga	10-11	\$3
Qigong Shibashi	10-11	\$3
Ukulele	11:10-12:20	\$3
Poker	Noon-3:30	\$3
Argentine Tango	7:30-9 pm	\$3
Saturday		
Quilting once a month	9-3	\$3-\$6
Dup. Bridge	Noon—4pm	\$3
Scrabble	12:30-3:30	\$3

Pickleball

is offered daily—except Saturday

Check the website or pick up a copy of the monthly schedule. We offer both Level Play and Social Play, equipment and coaching. Thanks to our volunteers who make pickleball so much fun! Any questions—email ssacpickleball@gmail.com

Memory Café will begin on May 21st—Details will be posted at the Centre.





POKER

Poker

Fridays noon-3:30

\$3

Mahjong!



Thursdays 1-3

**Beginners
welcome!!!**

Interested in volleyball or badminton?
Watch for Interest sign up sheets on the
bulletin board.

Interested in organizing a new activity?
Talk to Gill in the Office.

Fun Chess
Mondays 2:30-5:30

Save May 10th.
Some things you just have
to see to believe.

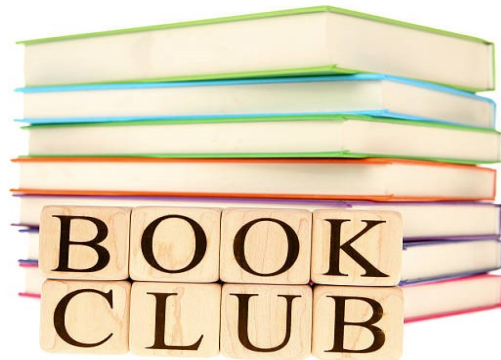
Stay Tuned.



- Downsizing
- Decluttering
- House Sale Preparation
- Move Services
- Home Contents Sales
- Estate Dispersal

Tricia Coffey 604.741.4424

tricia@rightsizingsolutions.ca
www.rightsizingsolutions.com



SSAC Book Club!

New group!.

1st Wednesday

10-noon

Cost:

\$3

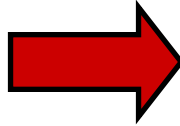
Join the Bunch!

**Name a Chair
Fundraiser**



40 chairs in the Lunch Room have already been named by our members!

Some were named for loved ones, some for those who had passed and some were named for themselves.



30 chairs are still available. (Sad, nameless chairs.) See the office to sign up. \$75 per chair.

Quilt Raffle



Tickets

\$2 ea or 3 for \$5

Draw takes place—June 21st

Tickets available at the Centre

or 3 for \$5

In Memoriam

PHILIP (PHIL) ERNEST GREEN

March 24, 1934 – April 6, 2019

It is with deep sadness that the family of Phil Green announce his peaceful passing at his home in the early morning hours of Saturday morning, April 6, 2019. Phil had recently turned 85.

As a young man Phil was a member of the RAF where he was part of a flying crew during the Korean War. Phil was able to see parts of the world he might not have seen otherwise.



Phil and Carol and the boys, Don and Rick, moved to British Columbia, from Don Mills, Ontario in 1974 where Phil became a labour relations officer with BC Hydro. His retirement at age 61 allowed Phil and Carol the opportunity to travel around Canada and the US, camping and visiting family and friends.

Phil contributed time to his community both before and after his retirement. He was on the Board of Directors of the Sechelt Seniors Center and taught computer classes. He also served on the Sunshine Coast Hospice Society and up until the end of December volunteered with Habitat for Humanity in their Re-Store.

Early November 2018, Phil was diagnosed with ALS (Lou Gehrig's disease). Nothing could have been further from our minds. Following this diagnosis Phil and Carol re-located to Maple Ridge to be closer to the kind of medical treatment and support he would soon need. This devastating disease took its toll on Phil as it moved rapidly throughout his body.

The Family asks that in lieu of flowers, memorial tributes may be made to the ALS Society #1235, 13351 Commerce Parkway, Richmond BC Canada V6V 2X7.

A Celebration of Life will be held Saturday, May 11th in Sechelt, BC at the Royal Canadian Legion at 12 noon.





SSAC has an Official Facebook Page!

To find us, go on Facebook and search for Sechelt Seniors Activity Centre. Our page has "Official" in the title. We post fun things, events, activities, those funny signs. Please come and "like" and "follow" us!

The "Girls" Are Coming, Darling!

Stay Tuned.



Direct to Smelter Roadshow May 13 & 14 10am-5pm

** Paid advertisement*

Ursa Major has the unique advantage of dealing direct with a smelter. That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public. In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a 'melt' value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

Nearly half of the world's annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned. Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins. People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary.

Legendary Ladies are Coming Soon!!

As you might have seen in the Local Newspaper and the Coast Reporter, The Centre is hosting a glamorous, totally entertaining fundraiser on Friday May 10th.

VIPs will be invited to meet the Legendary Ladies and have their photos taken before the show begins.

Local Firefighters will be on hand to
add to the fun!

Tickets available at the Centre.



Legendary Ladies

Friday May 10th Sechelt Seniors Activity Centre

7:30pm VIP RECEPTION

8:00-8:15pm GENERAL ADMISSION

Starring

Conni Smudge, Carlotta Gurl & Jaylene Tyme



Advance Tickets
sales only
available at
Sechelt Seniors
Activity Centre

Cash bar
50/50 draw
Door prizes

Legendary Ladies

8:30pm - First set
9:10pm - Intermission
9:30pm - Second set
10:15pm - Dancing
12:00am - Close

Tickets \$75 VIP
\$50 General Admission
A fundraiser for the Centre

With the support of the Sechelt Fire Department