

Seashell Echo

November 2017

General Membership Meeting

There is an important General Membership Meeting which takes place on **Thursday, November 16th at 1:30** in the Auditorium. See you there!

Open House

On Saturday October 7th, the SSAC welcomed visitors to the 2017 Open House. Many of our activities were represented, allowing guests to ask questions and discuss programs.

2018 memberships were available for \$25.00, and we received both new and renewal applications.

Tasty light refreshments were served by our kitchen and enjoyed by guests. Some lucky attendees won a membership, bus trip or luncheon certificate.

All in all it was a pleasant and productive day.



Centre Information

Executive 2017-2018

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	
Maintenance	Tony Stroud

Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	

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 Co-ordinator	Gillian Smith



BUS TRIPS

Park Royal/Cap Mall

Thursday Nov 23
Leaves 9:15 a.m. and returns on the 3:50 ferry.

Edgewater Casino

Tuesday Nov 28
Leaves at 7:15 a.m. and returns on the 3:50 ferry.

Tea and Trumpets

Thursday Nov 30th
Leaves at 9:00 a.m. and returns on the 5:50 ferry. 4 bus seats available.

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
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

November has jumped up very quickly, bringing the joy of fall colors, the discomfort of chilly mornings, and the expectation that Christmas is on the horizon. This month, the Board is pleased to welcome back Tess Apedaile as a Director at Large. Tess' experience and welcoming manner are an important asset to the Centre, and she is a joy to work with.

The Board is still in urgent need of a Secretary. This role is crucial to a well functioning Board. The secretary is the paperwork expert on the Executive, maintaining records, filing official documents, preparing agendas, recording minutes, maintaining the filing system. Providing this kind of order to an office gives a feeling of satisfaction, and earns you the respect and gratitude of your colleagues. Your hours are flexible as well. We have been very fortunate in having Wilma Lorimer as Secretary, and she will be happy to assist the new person. So, if you would like to join the Board in this capacity, please contact me. You will be very welcome!

Centre activities are run by members for members, building on our long tradition of volunteerism. A very few instructors are hired because they have specific expertise in areas such as fitness, or yoga. When the size of the class is not large enough to cover this expense, and only if it is in the interest of members, we sometimes allow the instructor to rent the facility. This has caused some confusion this fall, because there are two such situations; Dance Cardio and Zumba.

When an activity is offered by a renter, that renter assumes the responsibility for the activity, promoting, advertising, payment, etc. The activity is not on the SSAC schedule or web site, and the Centre's only responsibility is to collect the rent.

The design phase for the building expansion has begun. Engineering and architectural services have been hired, a land survey is being done, and a construction cost estimator will be selected soon. We will have a preliminary design later this month, and final design documents, a construction cost estimate, a construction budget, and building permits early in the New Year. I am impressed that we have a team of very knowledgeable people working on the project, including David Lightfoot, SSAC Project Coordinator, and Peter Treuheit, Mobius Architecture, Lead Consultant, backed by our dedicated planning committee.

Many Christmas events are happening already this month. The Christmas Craft Fair on November 18 is once again a joint venture between the SSAC and community vendors, providing more interest and variety. A very beautiful quilt has been donated by the Quilters' Guild, to raffle as a fundraiser for the refugee sponsorship project. Please view it in the lobby. Tickets are only \$2.00 each, or 3 for \$5.00, with the draw being at the Christmas Craft Fair.

This month is also the time for our General Membership meeting, Nov. 16, at 1:30 pm. There will be cookies. See you there!



Treasure Chest 50/50 Fundraiser

How it Works:

Sign up at the desk to get a number. When you enter, take a sticky dot and write your number on it and drop it in the Treasure Chest. If your number is drawn you win half of the contents of the Treasure Chest! The other half goes to support the Seniors Centre and its projects. You can find our Treasure Chest at the reception desk at the Centre. Draws happen Tuesdays at 1:00 p.m. Good luck!

Winners!

Oct 3 Sandra Hendricks \$101

Oct 10 Helen Schmidt \$80

Oct 17 Judie Hamilton \$102

Oct 24th Rosa Gibson \$88

Congratulations!



Calling All Crafters!

The SSAC Craft Group was created over 20 years ago by a group of dedicated Crafters. They meet to create treasures that are sold at the Centre with proceeds going to the Centre.

This group continues to meet every Thursday from 9:30am to 11:30am..

There is no cost as the items made are sold to benefit the SSAC. New Crafters are welcome!

You can view craft items for sale in the display case in the entranceway and a second display case in the foyer. As well, the Craft Group will have many items for

sale at the annual SSAC Christmas Craft Fair on November 18th from 10 a.m. to 2 p.m. (See poster on the next page).

The Craft Group is looking for materials donations for table centrepieces:

- Holly
- Yellow cedar
- Green cedar
- Evergreens

They are also wanting baked goods for the Craft Fair. Please contact Chris O'Brennan at 604-747-9775.



CHRISTMAS CRAFT FAIR

**18TH NOVEMBER 2017
DOORS OPEN AT 10 AM - 2 PM**

WHERE - SECHELT SENIORS ACTIVITY CENTRE

WANT TO SHARE YOUR CHRISTMAS FAYRE?

**TABLES \$15 EACH
OR \$25 FOR TWO**

**AVOID DISAPPOINTMENT SIGN UP EARLY
AT THE CENTRE**



Refugee Project Update

Finally! Our sponsored family has received their appointment to be interviewed for their application to Canada. They are very excited, especially the three boys. I imagine the parents are both excited and apprehensive at such a monumental life change. There will also be a lot of sadness at leaving home and family behind. I remember this from my own family's experience. We have an excellent team on our refugee committee, who is poised to give the family the support they will need. It will still be several weeks before they arrive, so we have time to organize. Our big challenge is to find affordable rental housing for a family of five. If you can help in any way, please contact me!

In the meantime, fundraising continues. Check us out at the Christmas Craft Fair, buy a "Stepping Stones" book, and a ticket for the Quilt Raffle. - Joanne Rykers



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WANTED by November 10th!

The Pop-up Decorating Committee is looking for Christmas Stockings – all varieties (modern, heirloom, pet, etc.) to decorate the Centre for Christmas. Please bring to the front desk. If you'd like your stockings back, pin your name and contact information to the back of the stocking. Thanks!




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NOVEMBER 2017 ACTIVITY SHEET

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Let's Dance	9:30-11am	Auditorium	Sandra Cordero	\$3
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Bridge Upgrade	12:15-3:30pm	Craft & Farish	Peggy Malcolm & Charlie Jensen	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden	\$3
Pickleball	3-9 pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10:30pm	Craft	Mike McCarthy	\$3
TUESDAY				
Emergency Radio	9-10am	Farish	Barbara Lightfoot	\$3
Fitness	10-11:10am	Auditorium	Susan Seabrook	\$4
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea 1 st T	2-3pm	Auditorium	Dorothy Fraser	Free
Memory Café Fitness 2-4 th T	2-3pm	Auditorium	Brian Smith	\$3**
Pickleball	3-7pm	Auditorium	Gill Smith & Bert Carswell	\$3
Table Tennis	7-10pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Computer 1 on 1 -2 nd W	10:30am-12pm	Farish	David Marsh	\$3##
Pickleball	1:30-7:30pm	Auditorium	Gill & Bert	\$3
Genealogy Searches - 1 st W	1-3pm	Heritage	Valerie Grant	\$3##
Genealogy – 3 rd W	1-3pm	Heritage	Arlene Hamilton	\$3##
THURSDAY				
Crafts	9:30-11:30am	Craft	Chris O'Brennan	N/C
Fitness	10-11:10am	Auditorium	Ivana Cappelletto	\$4
Painting	12:30-3pm	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Heritage	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden	\$3
Pickleball	3-9pm	Auditorium	Gill & Bert	\$3
Crib	7-9pm	Heritage	Dave Grafton	\$3
FRIDAY				
Pickleball – Social	7:50-9:50am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Play & Poetry Reading	10am-12pm	Heritage	Viveca Ohm	\$3
Poker	11am-3pm	Farish	Doug Whitworth	\$3
Darts	1-3pm	Heritage	Shirley McCaughtrie	\$3
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Chair Yoga	9:30-10:30am	Craft	André Casaubon	\$3
Duplicate Bridge	12-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Heritage	Jim Wakeford	\$3
Social Bridge	12:30-3:30pm	Farish	Evelyn Stamnes	\$3
SUNDAY				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

** Caregivers must also attend Memory Café Fitness

- Sign up at the Centre – Sign up sheets are on the Bulletin Board near the Bus Trip announcements

N/C – no fee as our Craft Group creates items for sale at the SSAC with proceeds going to the Centre

Subject to change – check our website – www.secheltactivitycentre.com

November Lunch Menu

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

Everything is made from scratch!

We also serve soup, sandwiches & salads every day. Desserts will vary.

Wed Nov 1 Roast Beef
Thu Nov 2 Bangers & Mash
Fri Nov 3 Fish & Chips

Mon Nov 6 Sweet & Sour Chicken Stirfry
Tue Nov 7 Cabbage Rolls
Wed Nov 8 Roast Pork
Thur Nov 9 Fish Cakes
Fri Nov 10 Fish & Chips

Mon Nov 13 Meatloaf /Mac & Cheese
Tue Nov 14 Lasagna
Wed Nov 15 Chicken Cordon Bleu
Thur Nov 16 Hot Reuben Sandwich
Fri Nov 17 Fish & Chips

Mon Nov 20 Baked Salmon
Tue Nov 21 Chicken Pot Pie
Wed Nov 22 Roast Ham
Thur Nov 23 Quiche & Salad
Fri Nov 24 Fish & Chips

Mon Nov 27 Butter Chicken
Tue Nov 28 Shepherd's Pie
Wed Nov 29 Roast Beef
Thur Nov 30 Chicken Quesadillas



**Frozen Entrees
From Our Chef \$5
Pay at the kitchen cashier.**

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 \$5000 that our members spend. This helps reduce the cost of food that we purchase for our wonderful lunches.

Just deposit the sales receipts in the box next to the front door.



Introducing Jean-Claude Van Damsel-fish

News from Salt Seas Aquarium

We would like to thank everyone who supported our Aquarium on October 19th with our Cinnamon bun fundraiser. With those funds we have been able to purchase 3 items for our fishy friends.

The first is a new fish! Look for the Yellow Tailed Blue Damsel fish (*Chrysiptera parasema*). This feisty little Damsel is yet unnamed. One contender is "Bluey", another is "Jean-Claude Van Damsel-fish". We are still open to suggestions.

The second purchase is a cover for the aquarium. It blocks out the light which, for security reasons, is left on at night, directly over the aquarium. Every creature needs a period of darkness, and Charlie the Clownfish was especially affected by his lack of sleep. Since the cover has been on at night, he has become much more active, and swims around the tank instead of hiding in the corner.

Our community is welcome to take off the cover when the light is on, and to cover the tank if the lights are out. It is stored in the upper left hand corner of the cabinet below.

Lastly, your contributions have purchased a new light for our tank! Thank you all very much.



Memory Café Fitness

One of the many challenges presented by dementia is coping with social interactions. Studies have shown that socialization provides dementia sufferers with a sense of belonging while at the same time improving brain function and helping to maintain focus.

Memory Café is designed for people suffering from short term memory loss, early and mid-stage dementia AND their caregivers. The group meets on Tuesday at 1pm in the Farish Room. The first 15 minutes are set aside for anyone wishing to share. The rest of the hour is spent playing games such as dominoes, card or dice games, or bingo. It is a wonderful opportunity to come together with others facing the same challenges. The cost is \$1.50 per person. Caregivers must accompany the person with memory issues.

At 2 p.m., following the Memory Café meeting, Memory Café Fitness takes place in the auditorium. Physical exercise is essential for maintaining good blood flow to the brain and may encourage new brain cell growth and survival. The cost for this SSAC activity is \$3 per person and takes place every Tuesday from 2-3pm except the 1st Tuesday of the month. To join Memory Café Fitness, you must be a SSAC Member.



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Drop in and enjoy a cup of tea and a good chat on **Nov 7 from 2 pm-3pm.**
Everyone is welcome!

Pickleball Tournament

On October 22nd, the SSAC Pickleball held another fun Round Robin tournament.

Congratulations to the winners!

Level 2.5-3 Peter MacKenzie

Level 3.25 Rick Haines

Level 3.5 Sue Brown



Check the Website!

Sometimes things happen, so when you are heading in to an event, activity, talk etc. please check the website first to make sure there haven't been any last minute changes. The website info will be the most up-to-date.

<http://www.secheltactivitycentre.com>



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How's your blood pressure?

We have trained volunteers who come in each week to help you keep track of your blood pressure. Make your doctor happy and stop by for a quick blood pressure check on one of these days in November:

Thursday Nov 2

Anne Fitzau

Fridays Nov 10, 17th

Dorothy Fraser

Friday Nov 24th


Barb Lightfoot



LATIN CARDIO

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June 15 - 24
18 incl. meals dbi: fm \$8,177.⁰⁰

Fantastic Christmas Tours

<p>Leavenworth Christmas <i>Concerts, Sleigh Ride</i></p> <p>Christmas in Chemainus <i>incl. 'The Cornwalls'</i></p> <p>Deluxe Vancouver Christmas <i>Wedgewood Hotel</i></p> <p>Christmas in Victoria <i>Hotel Grand Pacific</i></p>	<p>Stay'n' Play</p> <p>SOLD OUT</p> <p>Stay'n' Play</p> <p>SOLD OUT</p> <p>Stay'n' Play</p> <p>Stay'n' Play</p>	<p>Nov. 28 - 30</p> <p>Nov. 29 - 30</p> <p>Dec. 24 - 27</p> <p>Dec. 24 - 27</p>	<p>4 meals</p> <p>2 meals</p> <p>7 meals</p> <p>6 meals</p>	<p>\$844.⁰⁰</p> <p>\$519.⁰⁰</p> <p>\$1,875.⁰⁰</p> <p>\$1,575.⁰⁰</p>
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Ken Beall from the Sechelt Rotary presenting Joanne Ryker with a cheque for \$500 to help our refugee family.

Thanks Rotary!

Did You Know?

Did you know that the Centre has a Cribbage Group? Would you like to play a game of old-fashioned Crib? There are 12-14 of us who meet every Thursday at 7 p.m. in the Heritage Room. It's \$3 per night (and we volunteer another \$1 for prizes). You can even win a small 1st, 2nd or booby prize. Cribbage is one of those games that is good for the brain. Try it, you might like it.



DANCE TIME!

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Jim Taylor

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December 2nd, 7:00pm

