

Seashell Echo

April 2017

The Funtastics were Fantastic!

Bravo to the fabulous Funtastics for their presentation of "Rewind— a Blast from the Past". From the opening phrases of "Old Man River" to the closing chorus of "Dancing Queen", the large audiences were enthralled, amused and enthused. Musical memories included sea shanties, Irish melodies, ballads from "Grease", and many other show tunes. There was something for everyone.

Adding an extra dimension were guests Bernie G, Java Jazz, Reg and Lynne Dickson, and the Sandra Cordero dancers.

Thanks must also be given to the many Centre members who worked quietly behind the scenes, creating costumes, decorating, managing music, selling tickets, serving refreshments, and cuing the performers.

It was truly a collaborative effort, with proceeds going to provide an emergency relief fund.



Those funny Keystone Cops stole the show

Center Information

Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	Gwen Austen
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 - Cathrine Fuller



BUS TRIPS

Thursday April 20

Park Royal and Capilano

Leave at 9:15

Return 3:50 pm. Ferry

Thursday April 27

Grand Villa Casino

Leave at 7:15

Return 3:50 pm Ferry

Sign-up sheets are at the front desk.

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
Community Information and Help Line 211 Healthlink BC 811
Community Resource Centre 604-885-4088
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

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.



604-885-8910: - Office



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.



Presidents Message

April 2017

At the Centre, April does promise to be an eventful month. It begins with “Trash 2 Treasures” on April Fool’s Day, an annual garage sale in which some bring their precious items in the hope that someone else may find joy in them. We are hoping for a good turnout.

Many of you have been asking “Where is the piano going?” Well, this is a sad story with a happy ending. The piano was donated to the Centre by Mr. Tom Woods, who no longer had room for it at his home. He would sometimes come and serenade us with lovely music, until he moved back to the Lower Mainland, for health reasons. The piano sat idle for some months, sadly lapsed into disrepair, and its fate became a concern. Then, a fortunate happening saved the loved instrument from a nasty end. A former pupil of Mr. Woods came and made a plea for the piano because it was an important part of his history, and he wanted to refurbish it to make a gift for his daughter, a budding pianist. So, a happy ending for all – the piano, its new owners, the SSAC and, especially, Mr. Woods, who can be happy in the knowledge that his legacy lives on.

We all enjoy our coffee, and at the Centre, we try to make sure the pot is always full and fresh. Sometimes, however, the dirty cups do pile up. The volunteer dishwasher the next morning must wash all those dirty cups, plates and glasses before they go into the automatic dishwasher, and do this before he/she starts on that day’s dishes! We can all help by rinsing out our cups,

taking full trays to the kitchen, and soaking the dishes in soapy water. Thank you!

The Syrian Refugee Sponsorship committee will also be busy in April, because we hope that the arrival of our sponsored family is getting close! The committee will be selling treasures at the T2T sale on April first, and we would love to bargain with you! There will be a baked goods table. Gourmet cooks Barbara Lightfoot and Dagmar Nunn will be operating a concession stand, featuring hot dogs and drinks. Payment by donation. And, tickets to future fundraisers will be sold.

A special Thank You to the members that organize the monthly SSAC dances. They have generously offered to contribute all the proceeds for the April dance to the Syrian Refugee Sponsorship project. The dance will be held on Saturday, April 29, 7 pm., featuring the very popular Big Creek Band. Tickets are \$20.00. Hope to see you all there!

On May 5th, a very special event is being hosted by the Strait Coffee Company. They are staging a benefit dinner for the Syrian Refugee Sponsorship project, with dinner, wine, entertainment, a silent auction, all for the price of \$100.00. This is a very special benefit, and the Strait Coffee owners and staff are very special people! There are a limited number of tickets, and half have already been sold, so please contact the SSAC office if you wish to be part of this great benefit.

Finally, I wish you all a Happy Easter, with special times with family and friends.

Joanne Rykers



Treasure Chest 50/50 Fundraiser

MARCH WINNERS

Date	Winner	Amount
Feb. 28 th	Tony Stroud	\$150
March 7 th	Mike Lane	\$238
March 14 th	John Stevenson	\$147
March 21 st	Agnete Newman	\$124
March 28 th	Deb Sonter	\$153



Non-members are allowed to try out a class once by paying the activity fee, but if they want to continue they have to become members.



Lewine Hughes knits to raise funds for Syrian refugees.



Treasure Chest travels

Starting Mar 22 the fundraising treasure chest 50/50 draw will be at Gibsons Building Supply at the front desk. Plans will have the draw in several stores and at the mall. There will still be a treasure chest at the Centre as well. Be sure to play when you see it out in the community. Help the Seniors' Centre and maybe win some money.





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 <p>Okanagan Wine Summerland Waterfront Resort May 9 - 12 9 incl. meals dbl: \$1,597.⁰⁰</p>	 <p>Watermark Beach Resort & Wine Getaway • Five different wineries May 23 - 26 8 incl. meals dbl: \$1,389.⁰⁰</p>	 <p>Wild West Coast of Vancouver Is.; Alberni Inlet Cruise, Tofino, Long Beach June 11 - 14 6 incl. meals dbl: \$1,495.⁰⁰</p>	<p>For more information on these or other tours check us out online or call us toll free</p>

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



SALE at the SSAC
Saturday, April 1st
10 a.m. to 2 p.m.

Tables \$15 each or 2 for \$25

Spaces go quickly so reserve
at the reception desk soon.



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 April:

Thursday Apr 6

Anne Fitzau

Friday Apr 14

Dorothy Fraser

Thursday Apr 20

Cheryl Casorso

Friday Apr 28

Barbara Lightfoot

Help to welcome our Syrian refugee family

Keith Maxwell and Jack Pope, presenters at Elder College, will give a talk on April 22, from 3 p.m. to 5 p.m. called "Open a Door to Syria". It's an educational fundraiser designed to help us welcome the Syrian refugee family that the Activity Centre is sponsoring.

Tickets are \$10 and includes a sampling of Middle Eastern refreshment. Tickets are available at the front desk.



SYRIAN BENEFIT DINNER

On Saturday, May 5, there will be a very special benefit dinner at Strait Coffee, put on by the owners and staff. All proceeds go to the fund for sponsoring the Syrian refugee family, scheduled to arrive this summer. The ticket price of \$100.00 includes food, wine, and entertainment. There will be a Silent Auction for a number of services, such as a spa treatment, guitar lessons, hypnosis, and a septic service.

Tickets may be obtained from the Seniors' Centre, during office hours, 9am – 3 pm Monday – Friday. There are a limited number of tickets, and over half have already been sold, so act quickly!

On behalf of the Seniors' Activity Centre, and the Refugee Sponsorship Committee, a very large thank you to Strait Coffee for this magnificent gesture.



Photo courtesy of Red Cross

Pickleball Champs



A full slate of five players in all levels competed for in the third round robin tournament on Sunday, March 5. The attached photo contains the 1st, 2nd and 3rd place finishers. They were as follows:

Level 2.0 - winner, Cathy Tait; second Colene Sand and third, Patti Fluker.

Level 2.5 - winner, Mike Lane; second, Debbie Manou and third, Blake Alderson.

Level 3.0 - winner Joanne Rykers; second, Irene Jankovic and third Sandy Hendriks.

Level 3.25 - winner Bert Carswell/Sue Brown (tie); third Denise Henshaw/Cathy Kiss (tie).

Level 3.5+ - winner Kira Sufalko; second Martin Candlish and third Rick Guiton.

My thanks to Gillian, Denise, Sue, Cathy and Kay for their assistance and to Trail Bay Source for Sports for the donation of a gift certificate, the Sechelt Library Auxiliary for the donation of gift certificates and Nurse Next Door for their donation of calendars.



Junior Seniors drop by for lunch on Friday.





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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 4th , 2017. Drop in and enjoy a cup of tea and a good chat.



Save Those Grocery Receipts

Don't forget to save your grocery receipts from IGA and Claytons. These two locally owned stores generously gives 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.

Meet Mary Clark



Mary has over 45 years in the travel industry, Her experience as a world traveller has taken her on over 45 cruises, and she has travelled extensively in Europe, South Pacific and South America For the past 3 years she has volunteered her time to help organize the multi-day bus trips for the Activity Centre.

This is your chance to talk to her about your travel dreams and find out what she can do for you.

April 13 10:30 to 12:30
in the Heritage Room



April 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.

Mon	April	3	Dahl Lentil Rice Bowl
Tues	April	4	Sweet & Sour chicken
Wed	April	5	Roast Pork
Thurs	April	6	Hot Reuben Sand.
Fri	April	7	Fish & Chips

Mon	April	24	Seafood Linguini
Tues	April	25	Beef Stroganoff
Wed	April	26	Chicken Cordon Bleu
Thurs	April	27	Shepherd's Pie
Fri	April	28	Soup & Sand. only

Mon	April	10	Butter Chicken
Tues	April	11	Lasagna
Wed	April	12	Ham & Scalloped Pot.
Thurs	April	13	Salmon
Fri	April	14	Closed-Good Friday

Mon	April	17	Closed-Easter Monday
Tues	April	18	Chicken Quesadillas
Wed	April	19	Roast Beef
Thurs	April	20	Filipino Chicken Adobo
Fri	April	21	Fish & Chips



Frozen Entrees From Our Chef

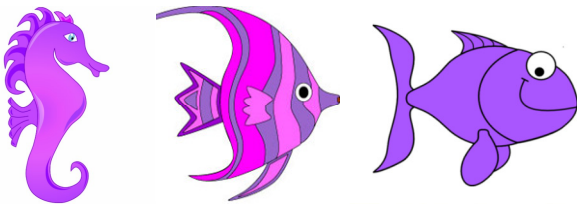
Frozen entrees are now available. Single serving portions cost \$5. Selections may include Butter Chicken, Broccoli & Tuna Casserole, Chicken Pot Pie or Spaghetti & Meatballs. Order and pay for these at the kitchen cashier.

Filter Fundraiser



Salt Seas is holding a fundraiser to cover the cost of upgrading the filter on the aquarium. Come purchase cinnamon buns in the foyer of the seniors centre during lunch on Thursday 13 April, 100% of the profits will be used toward the new filter!

This image is of our resident Scarlet Skunk Cleaner Shrimp after it moulted its old shell on 20 March. It will grow a new exoskeleton underneath the old one that has become too small, then shrug the whole thing off.



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**APRIL 29
7:30 TO 10:30**

**This is a fundraiser for our
Syrian Family sponsorship
All Tickets \$20**



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IN MEMORIAM

Kathy Archibald

June 1, 1942 - March 3, 2017

Long time supporter and volunteer of the SSAC, Kathy Archibald passed away on March 3rd. Kathy's joy in life and thrill at adventures big and small that will be so missed. Flowers on her table, beautifully wrapped gifts, theme tea parties, aesthetically presented food, always an eye for the perfect. That kinship with all things Japanese eventually lead her to realize her dream, living in Japan for several years. Her wanderlust also took her to Australia, New Zealand, all of Europe, Peru, Greece and Turkey. While travelling and at home, her eye for beauty captured images that are valued years later. This evolved into independent film making, leaving behind films that tell stories, are fun and others that are simply lovely. Her sense of beauty shows in the countless quilts she designed, made by hand and gave away. Forever treasures.

Her friends were swept up by Kathy's zest for life and passion for adventure. She lived and died just as she wanted.

Her reaction to untreatable cancer was to embrace the unknown with a flurry of lists and visits. Her friends and children followed her wishes and made the home stretch, in her words, "a blast."

Early in the morning, March 3, with her darling Max by her side and a West Coast

storm blowing outside her window, just the kind of storm she relished, Kathy gave up trying to breathe and let the wind carry away her valiant spirit.

Kathy's daughter Chris and son Andrew, extend heartfelt thanks to Dr. Forgie and the nursing staff on the third floor at Sechelt Hospital. With their care Kathy was kept comfortable, safe and valued to the end, embracing whatever is next with a spirit of adventure.

A celebration of Kathy's life will be held at 2pm on Monday, May 8 at St. Hilda's By The Sea Anglican Church in Sechelt, BC. Kathy's family then invite those in attendance to The Seaside Centre for sharing and memories over a casual afternoon tea.



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



BC 55+ Games in Vernon

Sep 12-16, 2017 Over 3500 athletes, officials & supporters, and over 1200 volunteers and fans will converge upon Vernon & Area for one of the largest community celebrations sport has seen in many years.

This annual event showcases the outstanding athleticism of BC competitors 55+ and promotes the benefits of leading an active, healthy lifestyle.

All competitions are free and open to the public, and you don't need a ticket to attend. Games include archery, badminton, bocce, bridge, carpet bowling, cribbage, cycling, darts, dragon boat racing, equestrian, 5-pin, floor curling, golf, horse-shoes, ice curling, ice hockey, lawn bowling mtn bike racing, pickleball, slo pitch, soccer, squash, swimming, table tennis, tennis, track and field, and whist.

I estimate that the total cost per person to compete in these games would be \$600 - \$700 based on double occupancy. It would be possible for competitors who are SSAC members to be transported as a group to Vernon and return in the SSAC bus. If anyone is interested in doing this please contact me at bertcars@telus.net.

See www.55plusgames.ca for more info.

