

Seashell Echo

February 2015

Sechelt Seniors' Activity Centre AGM

The Annual General Meeting of the Sechelt Seniors' Centre will be held on Thursday, February 19th at 1:30 pm. Please attend! Your presence at the meeting is needed and will be most appreciated.
Refreshments will be available at the end of the meeting

SSAC FLEA MARKET

WHEN: Saturday, March 14th **TIME:** 10:00am to 2:00pm
WHERE: In the Auditorium **SET UP TIME:** 9:00am
Tables can be rented for \$15.00 each or 2 for \$25.00.
To book a table, see anyone on the Reception Desk or call
604-885-8910 for information.

The SSAC will be closed Monday, February 9, 2015 for Family Day
Some activities will continue, contact the activity chair for more information.

IT'S "DANCE TIME!"

Dance To The Music Of
DJ's John and Krystyna

WHEN: Saturday, February 28, 2015
WHERE: Sechelt Activity Centre
5604 Trail Avenue
Doors Open: 7:00 pm
TIME: 7:30 pm to 10:30 pm
TICKETS: \$5.00 for Members
\$8:00 for Non-members

Centre Information

Executive

President	Barbara Lightfoot
Past President	Doug Smith
Vice President	Joanne Rykers
Treasurer	Brigitte Horn
Secretary	Linda Stroud
Maintenance	Ron Atkinson

Board Of Directors 2014 - 2015

Kit Artus	Dorothy Fraser
Phil Green	Maureen Heaven
David Marsh	Doug Whitworth

All directors may be reached by e-mail at directorsdesk1993@gmail.com. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rental Co-Ordinator	Kassie Ranchie

BUS TRIPS

Thur. Feb. 5 - Tea & Trumpets

Leave - 9:30 am
Return - 5:30 pm ferry

Tues. Feb. 10 - Hard Rock Casino

Leave - 7:15 am
Return - 3:30 pm. ferry

Tues. Feb. 17 - Park Royal / Capilano Malls

Leave - 9:15 am
Return - 3:30 pm. ferry

Thur. Feb. 27 - Cloverdale Races & Casino

Leave - 7:15 am.
Return - 5:30 pm. ferry



Miscellaneous Phone Numbers

St. Mary's Hospital 604-885-2224
Community Information and Help Line 211
Sunshine Coast Community Services 604-885-5881
Senior's One-stop Information Line 604-741-0726
Senior's Advocate: 877-952-3181 or www.seniorsadvocatebc.ca
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.

P.O. 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 LeRoy Pattison 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.

Presidents Message

February 2015

Greetings,

Once again winter seems to be dodging our corner of the globe. Snowdrops are in full bloom, daffodil shoots are six inches out of the ground and the hellebore flowers are sprouting energetically. Spring seems to be just around the corner. The Sunshine Coast is undoubtedly the Canadian ideal place to live – until the ‘Big One’ happens, that is.

February 14 is St. Valentine’s day. ‘Berni G and Frenz’ are presenting a Valentine’s Cabaret ‘Have a Heart for the Homeless’ at the Centre from 2 – 4pm on that day. This is a fundraiser for the Cold Weather Shelter, which is run by St. Hilda’s Anglican Church. It promises to be an afternoon of great entertainment with live performances given by a host of performers and is a licensed, adult only show.

There is still an urgent need for more kitchen volunteers. Please consider donating time once a week or once a month to this very worthwhile occupation. Emily is a delight to work with and the kitchen workers we appear to attract are all of a happy and industrious disposition. Kitchen workers also get a free lunch on the day that they are working in the kitchen!

The Annual Flea Market is scheduled to take place on 14 March. Participation details are advertised elsewhere in the Echo. Please encourage friends to rent tables or donate your white elephant ‘collectables’ to the Centre’s tables. These funds all go to help support the Centre.

The Annual General Meeting will be held on February 19th. At this time a new Executive and Board will be elected. This year there are expected to be several changes in the composition of your governing body, including that of President. It has been my honour and privilege to have held this position for the past two years and it is now appropriate and time for me to hand on this challenging post. Please plan to attend.

I thank the Membership for making my tenure as President so pleasurable; your support and friendship not only heartwarming but also very humbling. I have made many new friends and have enjoyed ‘coming to work’, knowing that I would always be greeted with smiles and good wishes. Every single one of the SSAC volunteers is worth their weight in gold. I will continue to be around and look forward to a new, supporting role.

With the very Best Wishes to you all,

Barbara, SSAC President

KITCHEN VOLUNTEER REMINDER!

Please sign up on the new 2015 calendar. We require more general help from 10:00 am to 1:00 pm.

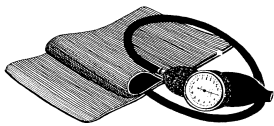
Our cook and the members would greatly appreciate your help in any area that you feel comfortable doing. Perhaps you might wish to help prep vegetables, make sandwiches, or be a server.

Once a month? Once a week? You decide.

We can't do it all without YOU!. If you can assist in any way, please contact Doug at 604-885-8910 for further information.

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery as well as IGA Marketplace will give the Centre a credit that can be used to help offset some of the cost of providing the delicious lunches to the members every day. Tapes can be dropped off at the entrance of the Centre in a box .



BLOOD PRESSURE-CHECK

Thursday, Feb 6th - Ann Fitzau
Friday, Feb 15th - Dorothy Fraser
Thursday, Feb. 19 - Ann Fitzau

THE FOOT CARE CLINIC IS BACK

WHEN: Friday, February 27.

WHERE: Here at the Activity Centre

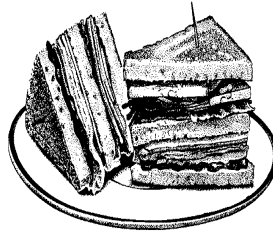
PRICE: \$40.00 per Session

TIME: 9:45 am - 2:00 pm

PRICE INCLUDES:

- Nursing assessment of feet and lower limbs.
- Epsom salt or herbal foot soaks.
- Nail care.
- Callus, bunion & corn care.
- Foot massage.

This care is provided by Linda Ruiz RN, BSN. Linda will be at the Activity Centre every other week to attend to the needs of your feet and lower limbs.



FEBRUARY LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

Mon. Feb. 2	Quesadillas
Tue. Feb. 3	Shepherd's Pie
Wed. Feb. 4	Turkey Dinner
Thur. Feb. 5	Perogies
Fri. Feb. 8	Fish & Chips
Mon. Feb. 9	Holiday - Kitchen Closed
Tue. Feb. 10	Seafood Linguini
Wed. Feb. 11	Roast Pork
Thur. Feb. 12	Chicken Pot Pie
Fri. Feb. 13	Fish & Chips
Mon. Feb. 16	Quiche & Salad
Tue. Feb. 17	Cabbage Rolls
Wed. Feb. 18	Roast Beef
Thur. Feb. 19	Butter Chicken
Fri. Feb. 20	Fish & Chips
Mon. Feb. 23	Chicken Raja
Tue. Feb. 24	Hot Rueben Sandwiches
Wed. Feb. 25	Chicken Cordon Bleu
Thur. Feb. 26	Lasagna
Fri. Feb 27	Fish & Chips

We also serve soup, sandwiches and salads every day. Desserts will vary. Everything is home made including the bread that is baked every morning for sandwiches as well as the Succulent Soups, Delectable Desserts and Exquisite Entrees. For a reasonable price, we can provide container(s) if you're planning to take food home.

No day is so bad it can't be fixed with a nap.



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 February 3rd.

FUNASTICS FALL PRODUCTION

For those dedicated supporters it is time to advise there will be no April show this year. There will be a Nov 2015 production with rehearsals beginning Sept 3 with ongoing rehearsals on Tues 1.30pm to 4pm and Thurs 6pm to 9pm. Show Dates Nov 6, 7, & 8th. Mo Farn is back as Producer, Bob Hunt as Director, and Berni G as Musical Director.

There is a large number of returnees for the Production committed, but as usual more bodies are needed to put on a major stage Production. And what a Production it will be. Moving away from its Vaudeville Roots the group will present BROADWAY REVIEW. With over 100 Broadway Hits to choose from there is an abundance of material to choose from. If you can help and can commit to the show and the schedule please e-mail Mo at mauricefarn@gmail.com indicating what you would like to help with. (No phone calls please)

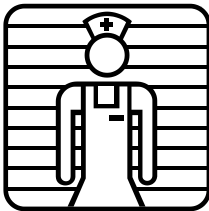
New performers are also welcome, and although there will be auditions in July and August, those interested in joining the Funtastics can get themselves on the group's mailing list. This way they can be up to date on social, decorating, auditions, and other matters relating to the Fall Production. Simply e-mail Mo at mauricefarn@gmail.com.

For current members of the FuntASTICS we need to know if you will be available for our Fall Production, and if you wish to continue performing or helping out with the production. Alternatively if you are unable to be part of the Fall show we can remove you from the mailing list. Whichever applies just e-mail Mo with the info. And please remember the Funtastics are a part of the Seniors Centre and to participate in our Production everyone must be members of the Seniors Centre. 2015 memberships available now for only \$25.00.

For our supporters, just be patient and you will be rewarded in Nov with our best production yet. Look forward to great music, songs, dances, and our own brand of comedy, BROADWAY STYLE. You know about the energy and great costumes. And just wait until you see (and hear) the great musicians. The Funtastics are baaack.....in November.

Maurice Farn

DID YOU KNOW?



As a retired or ex-Registered Nurse, you can still put your skills to use! We have an opening for someone with your skills to help with blood pressure checks on the third Thursday or Friday of the month. Who knows, you may even help save someone's life! Please contact one of the Directors at 604-885-8910 if you are interested.

Why do we park on a driveway and drive on a parkway?

Community Volunteer Income Tax Program Taxation Year 2014

To Be Eligible:

Volunteers will complete tax returns, free of charge, for low-income Individuals earning less than \$30,000 and families earning less than \$40,000 in 2014. The program **does not** serve clients with self-employment income, rental property income or capital gains. Interest income must be less than \$1000.

This FREE program will run from:

March 1st to April 30th, 2015.

Wednesdays - 10 AM to 3 PM

Please make an appointment at the reception desk – OR phone 604-885-3513.

For more information contact Louis Legal at 604-886-1995.

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Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~



**FANTASTIC
INDEPENDENT FILMS
AT THE SENIOR
CENTRE THIS WINTER**

Mark your calendars and come view the winter selection by
The Sunshine Coast Film Society.

Feb 9 When I Walk (Canada 2013 documentary. Award winner at the Vancouver International Film Festival)

Mar. 9 Wadjda (Saudi Arabia / Germany 2013)

Doors open at 1:30. Film begins at 2 pm
Refreshments available.

Pick up a brochure in the lobby or go to the website www.scfs.ca

LIVE WELL WITH

PHARMASAVE[®]

~ 604-885-9614 ~

Fundraiser for the Cold Weather Shelter

"Have a Heart for the Homeless"

VALENTINE'S CABARET

An Afternoon of Great Entertainment with
Live Performances Featuring
Benri G & Frenz

WHERE: Sechelt Seniors Activity Centre

WHEN: Saturday, February 14, 2015

TIME: 2pm to 4pm

TICKETS: \$15

Licensed Event – ADULTS ONLY

Tickets sold at Strait Music, Sechelt

Seniors Activity Centre, SWISH,

MELOmania or online at www.sccss.ca

AGELESS ADVENTURE TOURS
A Division of Mandate Tours & Transportation Inc.

MARCH 6
Tour Presentation w/
Melinda Burns
1:00 - 2:30 pm

*Intimate Group Sizes,
More Inclusions*

 Chemainus Theatre Project Johnny Cash March 11 - 12 dbl \$449.	 Jasper Park Idg. Seniors Spring Fling April 12 - 17 dbl \$1,738.	 Women's Spa Getaway-Kingfisher Resort May 4 - 7 dbl fm \$1,314.
 Okanagan Getaway Watermark Beach Resort May 26 - 29 dbl \$1,279.	 Gardens of Victoria Butchart, Abakhazi, Hatley June 2 - 4 dbl \$929.	 Olympic Peninsula Hurricane Ridge, Quinault June 9 - 12 dbl \$1,189.

If you would like to be on our mailing list to receive our annual and semi-annual tour brochures, call us toll free.

agelessadventuretours.com
For more information or to register, call:
1.877.277.5577

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

ACCREDITED BUSINESS
CONSUMER PROTECTION BC
BC 194 X 2389

Hello everyone! I hope you are enjoying our wonderfully mild winter as much as I am.

Just a quick note to update you on our 2015 tours. The response to this year's tours is much better than anticipated. It seems that the day our brochure hit the streets people started calling to register, unlike years past when people waited to attend our Tour Presentations to book the tours of their choice.

As I stated in our last installment in the Seashell Echo, our spring tours are all but sold out. A few tours have been added and another tour has Sold Out.

Palm Springs & Scottsdale, Mar. 24 – Apr. 2
Chemainus Theatre, Johnny Cash, Mar. 11 – 12
Fairmont Jasper Spring Fling, Apr. 12 – 17,
60% Sold

Okanagan Wine Getaway, May 26 – 29,
SOLD OUT (new date coming)

Women's Spa Getaway – Kingfisher Resort,
May 4 – 7, 55% SOLD OUT

Please don't forget our 2015 Tour Presentation on March 6 at 1:00 – 2:30 pm with Melinda Burns.

PICKLEBALL FOR BEGINNERS

Want to try your hand at Pickleball, the fastest growing sport in North America? Need some exercise and would enjoy meeting some new friends? We have just added an early evening beginners session at the SSAC for those who can't attend during the day. Here is when beginners can come to learn the game and play:

Monday's 3-5 PM

Wednesday's, 1:30-3:00 PM

Thursday's, 5-7 PM (new)

One Sunday a month, this month on February 8th 3-5 PM

All you have to bring are running shoes for the gym and clothes you can move easily in. We have pickleball racquets for you to use until you decide to stay and get your own. The cost is \$3 per session. You can play once and thereafter you must have a SSAC annual membership.

Everyone is welcome, come yourself or bring a friend and learn this amazing and addictive game!

If you have any questions contact Stephanie at 604-740-0931 or ssacpickleball@gmail.com

One Sunday morning, the priest saw little Davey staring up at the large plaque that hung in the church's foyer. The plaque was covered with names and small Canadian flags were mounted on either side of it.

"Father Donovan," the boy asked, "what is this?"

"Well, son, it's a memorial to all the young men and women who died in the service," the priest explained. They stood together quietly, staring at the memorial plaque.

Little Davey softly asked, "Which service? The 9:00 or the 10:30?"

SENIORS COMPUTE!

February 2015 Mini-Computer Classes (\$5.00) and Computer Skills (\$3.00)

Sign up for classes and skills sessions on the sign-up board.

Computer Skills: One-to-one help and questions answered. Helping you learn how to use your computer and programs, the Internet and trouble-shooting computer problems. Sign up please.	Wed, Feb. 4, 11, 18, 25	12:30 - 2 pm
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Mini-Computer Classes are 1 hour sessions where the class goes through course materials together & you get a handout to take home. Make sure you have the necessary computer programs installed/set-up prior to attending the course (you can get help with this during Computer Skills sessions. We also have computers at the centre you can use if you have a desk top computer at home. * This does not apply to the iPad course.

Computer Skills sessions – come with questions about your computer to these sessions. If you have a laptop or tablet, please bring them to the sessions. You can ask us about problems or get help using your computer, the Internet, email or programs.

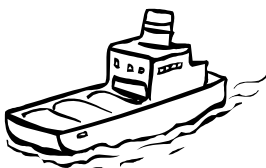
If you have any computer questions or suggestions for computer classes, please contact Janice at 604 885 5953 or janice.l.rafael@gmail.com



There will be no computer classes in March or April due to the fact Income Tax preparation will be taking place in the computer room.

It is nice to be important, but it's more important to be nice.

VOLUNTEER OPPORTUNITY!



Do you like to meet people?
Are you proud of the Sunshine Coast?
Do you have a few hours each week to spare?

Perhaps you'd like to be a Travel Ambassador. A Travel Ambassador, with a smile on the face, meets the traveling public on BC Ferries and answers questions from the visitors to our area. After a short orientation period, you'll be assigned a shift, usually 2 round trips per week, between Langdale and Horseshoe Bay. If this sounds like something you'd be interested in doing, or for more information, contact Dorothy Fraser at 604 885-7637

NEW ACTIVITY!

~ Circle Dancing ~

Starting Wednesday, February 11th

WHEN: 2nd Wednesday of Every Month

WHERE: Craft Room

TIME: 7:00pm to 9:30pm

Everyone must be a Centre Member to participate and the activity fee is \$3.00 each session.

In Circle Dance we use dances from around the world and from all traditions, sacred and secular, serious and light-hearted to celebrate community, the earth, each other, and the simple joy of living. All dances are taught and easy to learn. New dancers are always welcome, with or without any previous dance experience.

No partner is needed as we all join the circle together.