

Seashell Echo

October 2015



Another Funtastic Time Ahead

The backdrop for this year's Funtastics Production was painted by volunteer Michelle Saari, who is in her 5th year with the Funtastics.

This production would not be possible without many volunteers, a long list of sponsors and lots of cooperation from the many users of the Activity Centre, many of whom are displaced from their normal schedule to accommodate the rehearsals and the show itself. Thank you all.

In past years the Sunday afternoon show sold out within 10 days, Saturday sold out within 3 weeks and the Friday evening show usually fills up the week of the show, so get your tickets early. We expect 460 to attend the 3 day show.

Once again the show will feature lots of glitzy costumes lively dances and songs, and a number of comedy acts.

Tickets are now on sale at the Sechelt Activity Centre, Mosaic Market and in Gibsons at Swish Ladies Apparel. Tickets are \$18 each and dates for the Production are Friday Nov 6th at 7pm, sat Nov 7th at 3pm and Sun Nov 8th at 3pm.

Volunteers Needed

We are looking for a volunteer bus driver with a Class 4—Unrestricted license. If you, or someone you know, are interested, please call the office.

Centre Information

Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Wilma Lorimer
Treasurer	Donna Marsh
Secretary	Gillian Smith
Maintenance	Ron Atkinson

Board Of Directors 2015 - 2016

Margaret Boyd	Dorothy Fraser
Maureen Heaven	David Marsh
Barry Pruden	Linda Stroud

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	- Cathrine Fuller

BUS TRIPS

Wed. Sept. 30 - Park Royal/Capilano Mall

Leave 9:15 am
Return 3:50 pm ferry

Tues. Oct. 6 Van Duesen Gardens

Leave at 9:15
Return 3:50 pm. Ferry

Wed. Oct. 22 - UBC, Nitobe Gardens & Museum of Anthropology

Leave 9:15 am
Return 5:30 pm ferry

Wed. Oct. 29 - Tea and Trumpets

Leave 9:15 am
Return 5:30 pm ferry



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
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

604-885-8910: - Office

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.



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

Presidents Message October 2015



Well, we are back into the Fall schedule of activities and events here at the Centre.

As well as the numerous regular activities, the Funtastics are deep into rehearsals for their performances of "**Back to**

Broadway," which will be held the first week of November. I would like to thank all the activity chairs and participants who so graciously made room in their routines so that the Funtastics would have the needed rehearsal time, and we could all enjoy this very popular event.

We will be offering a new fitness class for people with mobility issues. "Keep Moving" will begin on Wednesday morning, Oct. 14, 9:30 am. Please sign up at the Lobby desk if you would like to attend.

The instructor, Lori Gregory, is a very experienced fitness instructor, and we are fortunate to have her services.

Barbara Lightfoot has taken on the role of the "Emergency Preparedness" contact for the Activity Centre. She is at the Centre on Tuesday mornings, to check the ham radio system, and conduct classes. More participants are welcome.

Board members and committees have also been busy behind the scenes. The Technical Committee has been working hard to do an inventory of our audio-visual and computer equipment, and to develop a management plan for this very important resource. A large "Thank -You" in particular to Dave Marsh and Tony Stroud, and to the rest of the Committee. They also volunteer their time instructing one-on-one computer classes – the best deal in town! More volunteers would be welcome, so please contact Dave Marsh if you would like to become involved.

Two important events are happening in October: The Open House will be held October 3, 1 – 4 pm. Margaret Boyd and our Membership Committee have worked hard to make this annual event a very special one that we all will enjoy. Please plan to attend and bring a guest or two!

The SSAC General Membership meeting will be held on Thursday, October 15, at 1:30pm. The agenda will be posted on the web site, and in the Lobby. An important topic will be a discussion and vote on the proposed By-Laws Revision. Please take the opportunity to read the proposal, either on the web site, or there are copies available in the lobby. I look forward to seeing many of you at the meeting!

Joanne Rykers

SSAC Annual Open House

**Saturday Oct. 3rd
1 pm to 4 pm**

Refreshments

Door Prizes

Memberships

**Find out more about the
variety of activities you can join.**

**Come and Join Us
Bring your Friends Too**

This + That

LIFE MEMBER NOMINATIONS

Life membership is an award of merit where nominations are received from the General Membership. Prospective candidates must be Members in good standing and will have made an outstanding contribution to the Centre for at least 5 years. Nomination forms, available at the front desk, must be completed and handed in to the Director on duty by 15 October 2015.



Sunshine Coast Film Society

Love and Mercy — October 18

USA 2014, 121 min. bio/drama

Musician & songwriter Brian Wilson of the Beach Boys struggled with psychosis in the 1960's; then in the 1980's found ultimate redemption & release from the grasp of a shady therapist.

BLOOD PRESSURE CHECK



Thursday, Oct. 1 Anne Fitzau

Friday, Oct 9 Dorothy Fraser

Thursday, Oct. 15 Cheryl Casorso

Friday, Oct. 23 Dorothy Fraser

Thanks to Cheryl Carorso for coming forward to help out. We're still looking for one more volunteer to take blood pressure 1 day a month.

LIVE WELL WITH

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We now have a box to collect used glasses. It is part of the Lions Recycle for Sight program. If you have a pair of used glasses sitting around at home, please bring them in and deposit them in the box shown. This box is located in the coat closet near the reception desk.



The collected eyeglasses get sent to the Lions Eyeglass recycling Centre where they are cleaned, sorted by prescription and packaged. The majority of these glasses get sent to people in developing countries. These glasses help children with poor vision learn to read, seniors maintain independence and give adults the ability to find work or succeed at their jobs.

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery and Wilson Creek IGA Marketplace will give the Centre a credit that can be used to help offset some of the cost of providing the delicious lunches.

Tapes can be deposited in a box at the entrance of the Centre.



This + That

General Membership Meeting

Oct. 15 at 1:30 pm

It is important to attend, because we will vote on the changes to the SSAC By-Laws. Copies of the proposed revisions are available in the Lobby and on the web site.

New Activities

Interested in Chess? Come to a Chess Introduction Session

Tuesday, Nov. 10 1:00—3:00 Heritage Room

This will be a demonstration and introduction to playing Chess, facilitated by Bill Purtell and Bob Mallette.

It will be of interest to both new players and those who are looking for practice and improving

Keep Moving! (FALL PREVENTION CLASS)

Wednesdays beginning Oct.14th 9:30 a.m.

This low-mobility exercise class includes Core, Balance and Mobility work. It is ideal for persons with osteoporosis, arthritis, MS, and other mobility concerns.



The program includes chair warm ups, resistance training, agility exercises, working with balls and much more!

The program instructor, Lori Gregory, is a BCRPA certified personal Trainer and Fitness Instructor at several venues in Sechelt

Don't miss out on this opportunity to strengthen your body and improve your balance in a safe, supportive environment.

If you are interested, please sign up with the Receptionist at the Centre.

IT'S "DANCE TIME!"

Dance To The Music Of DJ's John and Krystyna

Saturday, October 24th

Doors Open: 7:00 pm

TIME: 7:30 pm to 10:30 pm

TICKETS: \$10 for Members

\$15 for Non-members

The food is cooking

The baking done

We need your help

To make it run.

If you can volunteer in the kitchen, please let us know.



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Stay 'n' Play Thanksgiving
Sidney-by-the-Sea, Vanc. Island
Oct 11 - 14 • 6 incl. meals • fm dbl. \$1,189

Stay 'n' Play Chemainus Christmas
featuring: 'Elf: the Musical'
Nov 25 - 26 • 2 incl. meals • fm dbl. \$443.

Stay 'n' Play Holiday Express
Xmas in Leavenworth & Amtrak Train
Dec 1 - 4 • 5 incl. meals • dbl. \$989.

Stay 'n' Play Scottsdale Christmas
Hyatt Regency Scottsdale
Dec 22 - 27 • 10 incl. meals • dbl. \$3,629

Our tours offer diverse sightseeing, quality meals, ★★★★★ or better accommodations wherever possible, smaller group sizes & more inclusions

For more information on these or other tours check us out online or call us toll free: 1.877.277.5577



Maui & Kauai - Hawaii
Hawaii's Garden & Valley Islands
Feb 17 - 26 • 17 incl. meals • dbl. fm. \$4,829

Upcoming tour updates

Wickaninnish Experience Stormwaychi
Nov 16 - 19 & Nov 23 - 26 7 incl. meals **SOLD OUT**

Christmas at the Fairmont Empress
Dec 24 - 27 6 incl. meals **SOLD OUT**

Christmas at the Oak Bay Beach Res.
Dec 24 - 27 6 incl. meals **SOLD OUT**

Cuba . . . At Last! While it's still **Priority**
Jan 11 - 25 35 incl. meals **SOLD OUT**
... watch for a new Cuba date ... **TBA SOON**



Mississippi Paddlewheeler
Delta Blues, New Orleans to Memphis
Mar 26 - Apr 4 • 21 incl. meals • fm dbl. \$7,378

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OCTOBER LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

Thurs. Oct. 1	Hot Reuben Sand.
Fri. Oct. 2	Fish & Chips
Mon. Oct. 5	Baked Salmon
Tues. Oct. 6	Quiche & Salad
Wed. Oct. 7	Roast Beef
Thurs. Oct. 8	Chicken Pot Pie
Fri. Oct. 9	Fish & Chips
Mon. Oct. 12	Closed
Tues. Oct. 13	Meatloaf, Mac & Cheese
Wed. Oct. 14	Turkey Dinner
Thurs. Oct. 15	Spaghetti & Meatballs
Fri. Oct. 16	Fish & Chips

Mon. Oct. 19	Butter Chicken
Tues. Oct. 20	Bangers & Mash
Wed. Oct. 21	Roasted Ham
Thurs. Oct. 22	Shepherd's Pie
Fri. Oct. 23	Fish & Chips
Mon. Oct. 26	Chicken Raja
Tues. Oct. 27	Sweet & Sour Meatballs
Wed. Oct. 28	Chicken Cordon Bleu
Thurs. Oct. 29	Perogies.
Fri. Oct. 30	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 For a reasonable price, we can provide frozen meals to take home.



Terrific Tofino

Twenty-one adventurers and driver Rick McGowen (AKA Saint Richard) spent an enjoyable four days visiting the Tofino area. Two ferry trips brought us to Vancouver Island where our first stop was at the Goats on the Roof Market at Coombs. There we ate lunch and bought various goodies.

Our accommodations in Tofino were clean, well-appointed rooms with views of the harbour, close to the centre of town. There were many restaurants, galleries and shops to check out.

A spectacular boat trip to freedom Cove was arranged for the second day. There, two artists have created a floating garden homestead. They are a totally unique pair, who have taken recycling and sustainability to new heights! (In their living room floor there is a Plexiglas panel so that the seals and other sea creatures can “visit”.

Day three found us at the Interpretive Centre on

Long Beach. Some of us braved the sands, watching the tide rushing in.

After another visit to the market at Coombs, we carried on to the Dorchester Best Western. Once again we had great rooms with harbour views and a dining room that served breakfast lunch and dinner for those who didn't want to venture out.

Two more ferry trips and we were home – tired but happy, having been blessed with marvelous weather and great companionship.

by Margaret Boyd





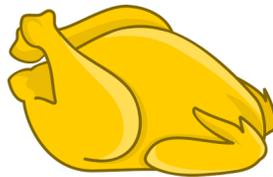
Bob Scott was self-taught on the computer—starting with his first one in the 1980's – a lesser known Tandy Computer from Radio Shack – an MC-10 – from which he learned computer programming. For the past few years he shared his skills volunteering for our Computer Skills Training Program.

Frozen Entrees From The Kitchen

Frozen Entrees are now available. Single serving portions cost only \$5.

Selections may include Butter Chicken, Broccoli & Tuna Casserole, Chicken Pot Pie or Spaghetti with Meatballs.

These may be ordered and paid for from the kitchen cashier and taken home.




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IN MEMORIUM

Bob Scott passed away during the evening hours of Sunday Sept 20, 2015 at the Sunshine Coast Hospice, located in Shorncliffe, Sechelt.

Bob was a valuable volunteer in the Computer Skills Training Program at the Sechelt Activity Center for the past few years. His light hearted humor, commitment to volunteering in the community and expertise with both Apple and PC computers was extremely valued by our members.

Bob was also an avid photographer who took photos his whole life and enjoyed posting them on his website Hidden Grove – Bob's Sunshine Coast (www.bobsc.com)

Photos from his website show Bob at Sulphur Ridge Summit behind the Hot Springs Pool in Jasper. He also loved the Coast and photographed Hidden Grove, Sergeant's Bay, and the Skookumchuck. His photos, mainly from 2013, are still available online for people to appreciate. His website shows Bob's kind spirit and zest for life.

Bob was a member of the Ruby Slipper Cancer Support Group for the past year and a half. Here he made many friends several of whom visited him and offered him support during his stay in the Hospice. We will miss Bob greatly and his contribution to the Computer Training Program here at the Center. Bob, you will be remembered for your contagious smile....

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