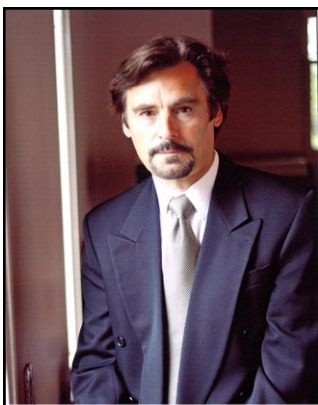


Seashell Echo

November 2015

Prepare to be Scared

*From ghoulies and ghosties
And long-leggedy beasties
And things that go bump in the night,
Good Lord, deliver us!*



Martin Evans

The Chair Actors are back at the end of November with another in their series of staged readings. This year's theme is hauntings — in plays, poems and short stories from the last 200 years. In Act One, the setting is a bar run by

affable host Ed White and fiddler extraordinaire Katie Angermeyer. Eleven patrons have signed on for an “open-mic” night to read their ghost story of choice — tales and verses of wandering spirits from authors as diverse as Edgar Allan Poe

and Thomas Hardy, Henry James and Dick Hammond. Spooky, sweet or funny, these ghosts bring a chill and a thrill.

In Act Two, Martin Evans as Charles Dickens offers a (very) abridged version of the ultimate ghost story, *A Christmas Carol*. Martin has recently moved to Sechelt after a long career on professional stages across the country and in TV and movies. He also directs *Ghost Stories*.

Each act runs approximately an hour with one intermission. Two shows only: Saturday, November 28 at 7 p.m. and Sunday, November 29 at 3 p.m. Tickets \$15 on sale at the SSAC as of Friday, November 13! All proceeds to the SSAC.



A Great Night at “Dance Time”

Everyone had a good time at “Dance Time” on October 24th, dancing to the music of DJ’s—The Bear Music Company. Dances are usually held on the last Saturday of each month.

However the next dance (and last dance of 2015) with live music by Jim Taylor, will be on December 5th. Don't miss it.

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. Nov. 4 - Grand Villa Casino

Leave 7:15 am
Return 3:30 pm ferry

Wed. Nov. 25 - Park Royal/Cap Mall

Leave at 9:15
Return 3:30 pm. Ferry

Dec. 1 to 3 - Victoria - Chemainus

Wait List only

We are still looking for a volunteer
Bus Driver with Class 4 Unrestricted license.



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 November 2015



October has been a busy month, and it is only half over! I am writing this on the eve of my departure for a 2 week holiday in England, which is the reason for the early timing of this message.

The Membership Committee, under the able leadership of Margaret Boyd, is to be congratulated on a very successful Open House, held on Oct. 3rd. Over 170 volunteers, members and guests from the community enjoyed the information and displays, the door prizes, and free refreshments.

The first session in our new fitness class, "Keep Moving," was very successful. The class is for those with mobility concerns caused by arthritis, MS, or just getting older! If you think it may suit you, come and try it out – Wednesday mornings, 9:30 – 10:30.

The October General Membership Meeting was held on Oct. 15, and attended by about 40 members. The special motion to adopt the revised Constitution and By-Laws passed handily. Thank you to the committee who has worked so hard for almost a year to produce this document. A special thank you to Gillian Smith, our Secretary, who drafted the many revisions. Thank you also for the helpful suggestions from the membership.

The proposal to change the name on the road-side sign, and the one on the building, produced a lively discussion. Some felt that, in order to attract a younger membership, the term "Senior" should be dropped. There was a strong opinion that this term represents too much of the history and values of the SSAC, and should be maintained. A motion to retain the term as is was carried by a large majority.

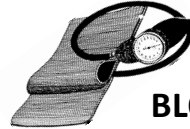
However, a very good suggestion was that we

emphasize, in all our promotional literature, that we welcome people of all ages.

One comment questioned the need for two meetings per year for the General Membership – it seems one would be more efficient. Wilma Lorimer pointed out a bit of history – in her lifetime, the policy was to have one every month! The Board spent the whole month getting ready for the next meeting! I guess two per year is a good compromise!

During my absence, the Centre will be very ably managed by Wilma, our Vice-President, assisted by Barbara Lightfoot, Past President. I am very fortunate indeed to have such capable women in my corner!

Joanne Rykers



BLOOD PRESSURE CHECK

Thursday, Nov. 5	Anne Fitzau
Friday, Nov. 13	Dorothy Fraser
Thursday, Nov. 19	Cheryl Casorso
Friday, Nov. 27	Barbara Lightfoot

Tea for Me? Yes!

Please come to our Tea and Cookies Event on Sunday, November 15, from 2:00 to 3:30 p.m. taking place in the auditorium.

The cost is \$10—which provides you with tea or coffee and a serving of sweets, as well as a dozen home-made treats to take home.

All proceeds will go towards the Retired Teachers Programme to fund scholarships for our local high school graduates. Hope to see you there.

This

Great Fun and Food at our Open House

The Membership Committee organized the 6th Annual Open House which took place on Saturday, October 3rd and was attended by about 170 people. It was an enjoyable event with great refreshments prepared and served by Emily and her team.

New members were signed up and memberships were renewed, door prizes were given away and questions were asked and answered.



We would like to thank everyone who participated. Special thanks to those who set up and took down all the tables, chairs and signs.

Membership Committee: Anne Stuart, Dorothy Fraser, Leroy Pattison, Maureen Heaven, Cheri Kingsland, Bette Chadwick, Margaret Boyd.

THE BRIDGE PLAYERS ARE ALREADY
DISTURBED
TRY NOT TO MAKE MATTERS WORSE



IT'S DANCE TIME!!

with

JIM TAYLOR

Saturday, December 5
7:00 pm to 10:30 pm
\$10 for Members
\$15 for Non-members

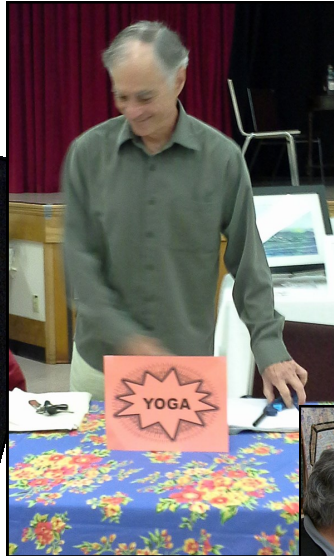
LIVE WELL WITH

PHARMASAVE®

~ 604-885-9614 ~

That

...and a whole lot of dancing



The Open house Bear

Perhaps some people who attended our open house on October 3rd are wondering what happened to the rather forlorn little black bear who was seen wandering around between the parking lot and the adjacent town homes. Luckily for this little guy, there has been a happy ending.

Sandra Cordero, whose salsa group entertained us with their elegant moves, called Clint and Irene Davy of Gibsons Wildlife Rehab Centre.

The Conservation Officer was also contacted, of course, but by then the bear had disappeared.

On Tuesday, October 6th, the Conservation Officer captured the bear and took him to the Gibsons Wildlife Centre where Clint and Irene fed him a dinner of salmon and berries.

It turned out that the bear was an orphaned cub who was hungry and exhausted.

Critter Care of Langley then stepped in and took the little bear to their facility, which can care for larger wild animals. When he is ready, he will be released in some suitable location where he can have his own Open House.



Margaret Boyd

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 their skills. If sufficient people want to continue, ongoing lessons and practice sessions will be organized.

Other Activities that may be of interest

Driving for Seniors—Impact of Aging, Drive ABLE & Class 5 Road Test: Nov. 13—27, 2—4 pm; Capilano University Sechelt, (604) 885-9310

Minds in Motion—5 Sessions: Nov. 20—Dec. 18, 10 am—12 noon, Sechelt Aquatic Centre, (604) 885-7529



Sunshine Coast Film Society

The Edge of Heaven— November 22

Germany/Turkey/Italy 2007, 116 min. Drama

Winner of more than 30 film awards, including Best Screenplay at Cannes, this is a complex and compelling tale about fractured families, dislocated cultures and the hope that comes from sacrifice.

After Ali accidentally kills a prostitute, his son leaves Germany to search for her adult daughter in Istanbul. Meanwhile, the daughter hides out in Germany to escape the Turkish Police. There, she falls in love with Lotte, who desperately tries to rescue her when she is deported back to Turkey.



ANNUAL CRAFT & BAKE SALE

SAT NOV 28TH 10AM TO 2PM

CRAFTS AT REASONABLE PRICES

BAKE TABLE

RAFFLE

**SECHELT SENIORS CENTRE CRAFT GROUP
ALL PROCEEDS GOING TO THE SENIOR CENTRE**

Baking Donations would be greatly appreciated and can be dropped off at the Centre the morning of the sale before 10 a.m. or the day before.

Call for a **FREE**
tour brochure



Toll Free
1.877.277.5577

Most Christmas tours are Sold Out. We still have limited space on the tours mentioned below.

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



Maui & Kauai - Hawaii

Hawaii's Garden & Valley Islands

Feb 17 - 26 • 17 incl. meals • dbl. fm. \$4,829



Mississippi Paddlewheeler

Delta Blues, New Orleans to Memphis

Mar 26 - Apr 4 • 21 incl. meals • fm dbl. \$7,378

Testimonial

We just want to thank you for organizing a wonderful trip down South. Both Dennis and I had a great time and would certainly recommend both your company and tour. It was a great group of people and we all got on so well. However, our tour leader, Heather, was tops. Words cannot express how good she is at her job. She was lots of fun and just one of the group. We were also impressed at the calibre of our bus driver Terry, and all the local tour guides in the various cities and museums, etc.

We will certainly travel with your company again.

Regards,

Diana & Dennis Hostrand
Rhythms and History of the South

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

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



www.agelessadventuretours.com



Prices include home
pick-up and all taxes

NOVEMBER LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

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.

Mon. Nov. 2	Turkey & Yam Shepherd's Pie
Tues. Nov. 3	Cabbage Rolls
Wed. Nov. 4	Roast Pork
Thurs. Nov. 5	Baked Salmon
Fri. Nov. 6	Fish & Chips
Mon. Nov. 9	Butter Chicken
Tues. Nov. 10	Lasagne
Wed. Nov. 11	Closed for Remembrance Day
Thurs. Nov. 12	Hot Reuben Sandwiches
Fri. Nov. 13	Fish & Chips

Mon. Nov. 16	Meatballs in Mushroom Gravy
Tues. Nov. 17	Seafood Linguini
Wed. Nov. 18	Roast Beef
Thurs. Nov. 19	Chicken Quesadillas
Fri. Nov. 20	Fish & Chips
Mon. Nov. 23	Baked Chicken
Tues. Nov. 24	Beef Stroganoff
Wed. Nov. 25	Roasted Ham
Thurs. Nov. 26	Quiche & Salad
Fri. Nov. 27	Fish & Chips

For a reasonable price, we can provide container(s) if you're planning to take food home, or frozen meals for later..



Thanks to the Sunshine Coast Community Foundation

The SSAC was the beneficiary of a \$4,000 grant from the Sunshine Coast Community Foundation this year. The Foundation is a philanthropic organization that benefits many non-profits on the Sunshine Coast. The grant enabled us to redecorate the auditorium and the Heritage room.

Many have remarked on the improved brightness and ambience in the auditorium. The Heritage room has improved sound proofing, - because it shares a wall with the dishwasher - as well as a new coat of paint.

Thank you SCCF!



Missing Blue Jacket

One light blue ski jacket disappeared from the Seniors Centre on Tues. Oct. 13th—Taken by mistake. If you have this jacket, please return it.



IN MEMORIUM

JEANNE BRAUN
March 2, 1940 - Sept. 23, 2015

Jeanne will remain forever in our hearts. Adored wife of Harry, mum to Heather (Basil) and Keith (Angie), grandmother to Jason (Sylvie), Kody, Rebecca, Sam and Nick, and great-grandmother to Bella and Salvador.

Jeanne was a terrific and talented seamstress with a vast knowledge of textiles and technique. She was a teacher and innovator and was loved by all who knew her. A true lady – kind, refined and charming.

The family has requested donations to the Canadian Alzheimer's Society in lieu of flowers.

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

Volunteer Opportunity

It's not the most glamorous job, but it is an essential part of providing our wonderful lunches— we need at least one more dishwasher to help in the kitchen.