

Seashell Echo

January 2016



The 2015 Christmas Lunch was a huge success with tickets flying out the door in a matter of days, once they went on sale. Reg and Lynne Dickson gave us cheerful Christmas music and Sandra Cordero and her dancers provided some wonderful entertainment.

The Syrian Refugee Sponsorship Proposal

by Joanne Rykers

The Board of Directors would like to invite you all to be part of an exciting new project. Several weeks ago, when Canadians were all becoming aware of the plight of the Syrian refugees, some of us at the Centre started meeting to discuss how we could help, and the idea that the SSAC could actually become a sponsor for a refugee family began to take hold.

Our research indicated that the SSAC would be an appropriate organization to qualify with the Canadian department of Citizenship and Immigration and could sponsor a Syrian family. A sponsoring organization agrees to be responsible for a family for a period of one year, providing a level of financial assistance that is equivalent to a social assistance income.

For a family of four, this is about \$35,000. The sponsor is also expected to provide other types of support, i.e. help with finding jobs, housing, education, social integration, trauma counselling, and much more. Our concept is that the SSAC would provide part of this funding from its budget, and that part would be obtained through fundraising

As you can imagine, a project such as this requires a large support network, and again we are fortunate that the membership of the SSAC has so many resources among our membership. We also have many resources in the community at large. A generous family has offered a free rental apartment.

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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 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

Tues. Jan. 26 - Boulevard Casino

Leave at 7:15
Return 3:30 pm. Ferry

Thurs. Jan. 28 - Park Royal/Cap Mall

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

If there are bus trips you'd like to suggest, please leave your suggestion at the front desk, to the attention of Rick McGowen.



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

January 2016



I hope everyone had an enjoyable holiday season, whether you celebrated with family or friends, or enjoyed a peaceful rest. Our holiday festivities at the Centre

were enjoyed by all. Many thanks to the volunteer decorators, led by Margaret Boyd, who made special efforts to make the Centre look festive.

The Christmas lunch was enriched by the performance of Sandra Cardero and her dance troupe, and by Reg and Lynne Dickson's music. A scrumptious turkey dinner was served up by Emily and her Christmas elves.

Abe and the Golden City served up a delicious New Years Eve lunch. Thank you to all who gave up your time during the holidays to help with both of these events.

2016 promises to be a busy year at the SSAC, with all our tried and true activities as popular as ever, and some exciting new ones. Try our Chess group on Tuesday afternoons, it will give your little grey cells a work-out, and is fun for beginners and more experienced players.

If dance is your passion, try "Elements of Dance," on Wednesday afternoons, to develop your basic skills and rhythm.

If you want help learning balance and core strength, Lori Gregory's Wednesday morning "Keep Moving" group is for you.

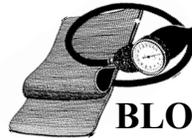
"The Joy of Writing" a workshop for anyone

interested in nurturing their creative process, will be held on Wednesday mornings.

February will bring the yearly Annual General Meeting and Board Elections. Yes, serving on the SSAC board requires a significant time commitment. It is also very rewarding and fulfilling to be part of what this Centre is and does.

There are 12 Board positions; six Directors, and six Executive Members. If you feel you have the time and ability to serve in one of these roles, PLEASE come and talk to one of us. Did I mention that you will be working with some interesting people?

Joanne Rykers



BLOOD PRESSURE CHECK

Thursday, Jan. 7

Anne Fitzau

Friday, Jan. 15

Dorothy Fraser

Thursday, Jan. 21

Cheryl Casorso

Friday, Jan. 29

Barbara Lightfoot

We are still looking for one more person to do Blood Pressure checks once a month.



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 2, 2016.

This +

New Activities in 2016

Joy of Writing

facilitated by Leena Wright



Taking time to write is fun and stimulates the brain. It is a fascinating adventure with surprising endings.

We all have a lot to say and a lot of ideas to explore. Meet

weekly to exercise your creativity in a fun and supportive setting.

You may have a project on the go now, and want to commit a specific amount of time to it.

You may want to explore your creativity with weekly suggested topics. There is no requirement to share your writing with others. It is a personal choice. The emphasis is on finding JOY in the creative process.

Wednesday mornings at 10 a.m.

“Fantasy is a necessary ingredient in living....it wakes up the brain cells.”

-Dr. Seuss

Elements of Dance

with Janet Oxley

This class is intended for anyone wishing to dance with more grace and confidence.

Participants will learn to experience the elements of dance movement — space, time, gravity, (weight and effort) through the mastering of simple, fundamental “steps” or movement phrases found in all dance forms.

Open to all levels, it is designed to complement and inform other dance styles and participants are encouraged to keep or find some kind of additional dance activity where they can apply what they learn here. Besides having fun once a week, the long term rewards include a general sense of well-being that comes from improved memory, balance

and reflexes, as well as greater cardio/vascular stimulation and all the benefits that come with it.



Participants should wear comfortable clothing and soft-soled shoes, or dance shoes.

(Running shoes can be sticky on the floor, but if that’s all you have, bring them to start with.) Other than some gentle stretching, there will be nothing gymnastic required of anyone — only your concentration and your desire to be a better dancer.

The class duration is 1 hour and 15 minutes. Come on your own or bring a friend.

Wednesday afternoons at 3 p.m.

That

If Not you , Who?

Now the holiday season is behind us, we start looking forward to the Centre's plans for the New Year. One of our very first priorities is preparing for the Annual General Meeting on February 18th, 2016 and the nomination and election of a new Board of Directors.

Your Board of Directors is presently made up

of 12 volunteers, not all of whom will be able to continue next year.

Have you ever thought of being a Director? Would you like to know more about this opportunity to spend time with a great team of people as we guide and direct the future of our Senior's Activity Centre.

Benefits of a Mobility Class

This class is designed to improve balance, agility and strength, to help reduce the risk of falling and in turn the risk of fractures.



The instructor aims to safely help participants increase their level of physical fitness, as new participants may not have been physically active for some time.

Participants progress onto more challenging sets of exercises like drills and games.

Studies from BC OsteoFit program states that for participants 60 years or older, balance and strength training reduces the incidence of falls and resulting fractures.

Physical activity should be a part of the routine of the day, rather than something that is squeezed in when there is time.

Lori Gregory

BCRPA certified Personal Trainer

There will be a
**SPECIAL GENERAL
MEMBERSHIP MEETING
ON THURSDAY,
JANUARY 21, AT 1:30 PM.**
to discuss the
Syrian Refugee Sponsorship Proposal

**You must have a current
2016 membership to attend.**

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The Syrian Refugee Sponsorship Proposal

Continued from Page 1

We have the offer of mentoring and assistance from the Tibetan Refugee Sponsorship group, who have successfully sponsored five families. In particular, they will be helpful in guiding us through the application process. Other community groups who are working at sponsorship projects will also work closely with us, and one has offered to co-sponsor with us.

A large group of volunteers are needed to manage this project. Currently, our working group has nine members, and we are aiming for fifteen. So, please contact me if you would like to be part of our sponsorship group, either as a project member, or if you have skills and resources you want to contribute.

Did you get a new Lap-Top, Tablet, i-pad or Computer for Christmas?

Technology Classes are held every second and fourth Wednesday of the month, from 10:30 to 12:00.

The next classes will be: January 13, January 27, February 10, and February 24.

Bring your questions and your device!

Please sign up as space is limited. The sign-up sheet is on the notice board, or you can call in to the Centre and the receptionist will add you to the list!

The Syrian Sponsorship Proposal needs to be approved by the membership, through a **Special Resolution**. Therefore, there will be a **SPECIAL GENERAL MEMBERSHIP MEETING ON THURSDAY, JANUARY 21, AT 1:30 PM**. The proposal will be discussed and a vote will be held at this meeting.

Would you like more information?

If you would like information before the Special Membership Meeting or would like to discuss the project, we will be having information meetings:

Thurs. Jan. 15, 1 p.m. to 3 p.m.

Tues. Jan. 19, 11 a.m. to 12:30 a.m.



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tour brochure



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Welcome to 2016!

We have 10 All New and 9 revised / updated tours for a total of 42 tours in 2016

Some of the New / Revised tours are:

Downton Abbey, Series Finale	Mar. 6 - 7
Women's Getaway at Tigh-Na-Mara	May 9 - 12
Portland Rose Festival Parade	Jun. 1 - 13
Princess Louisa Inlet - float & fly	Jun. 27 - 29
Glacier & Waterton Lakes Nat. Pks.	Jul. 3 - 9
Historic Nootka Sound	Jul. 28 - 31
Islands of the Salish Sea	Aug. 7 - 11
Yellowknife, NWT	Aug. 20 - 31
Across Canada by Rail	Aug. 30 - Sep. 8
Shuswap Wine Getaway	Sep. 6 - 9
Autumn in Quebec	Oct. 1 - 8
Albuquerque Balloon Fiesta	Oct. 6 - 13
Rhythms & History of the South	Oct. 16 - 25
Mexico - Maya Riviera	Nov. 15 - 22

... and many more. Our 2016 Tour Brochure will be mailed to you on January 8.

If you would like to be on our mailing list, please call us or email your name, address, and phone number to info@mandatetours.com with the subject, "**please add me to your mailing list.**"

Some tours sell out quickly so if you have a tour in mind and don't want to wait until the Tour Presentation, call to book as soon as you receive your brochure

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



2016 Tour Presentation:

W/ Melinda Burns

March 4, 1:00 - 2:15 pm

Light refreshments and door prizes are provided.

Please R.S.V.P. 1.877.277.5577



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JANUARY 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. For a reasonable price, we can provide frozen meals to take home.

Mon	Jan	4	Shepherd's Pie
Tues	Jan	5	Chicken Raja
Wed	Jan	6	Roasted Ham
Thurs	Jan	7	Quiche & Salad
Fri	Jan	8	Fish and Chips
Mon	Jan	11	Hot Reuben Sndwch
Tues	Jan	12	Lasagne
Wed	Jan	13	Chicken Cordon Bleu
Thurs	Jan	14	Bangers & Mash
Fri	Jan	15	Soup & Sandwich

Mon	Jan	18	Butter Chicken
Tues	Jan	19	Soup & Sandwich
Wed	Jan	20	Roast Beef
Thurs	Jan	21	Baked Salmon
Fri	Jan	22	Fish and Chips
Mon	Jan	25	Dahl Lentil Rice Bowl
Tues	Jan	26	Chicken Pot Pie
Wed	Jan	27	Roast Pork
Thurs	Jan	28	Seafood Linguini
Fri	Jan	29	Fish and Chips



Bus Travels With Rick

Happy New Year to all. The Centre had many successful bus trips in 2015 culminating in our 3rd annual Victoria-Chemainus trip (Dec 1-3). Everybody on the trip really enjoyed themselves.

On our first day we visited Victoria Butterfly Gardens where we saw many species of bright and beautiful butterflies. Also in these gardens are varieties of tropical birds including a parrot called Little E who liked to socialize with the ladies.

After the butterfly garden tour, we traveled to Victoria and people had free time to do some shopping or have afternoon tea at Murchies Tea Emporium. That evening, we went to the Old Spaghetti Factory for a group dinner.

The next day people had some more free time in Victoria to do as they pleased. That afternoon we left for Chemainus, where we enjoyed a wonderful dinner buffet and attended the Christmas play "Elf – the musical". As usual, the Chemainus Theatre Company did a fantastic job in putting on this performance.

On our last day, we drove around the town of Chemainus to view the wonderful murals that have been painted on the sides of the downtown buildings.

At this time, I would like to thank the volunteers who helped make the bus trips so successful all year. Many thanks to our bus

drivers, Kathleen Dufour and Gary Bisang, who got the passengers to the destinations safely and on time.

Next I would like to thank our previous bus coordinator, Rene Betts, who did a fantastic job for over two years in organizing trips.

A big thanks goes to Mary Clark, a travel agent, who volunteered her time in helping plan and organize our overnight trips for the past two and half years. Of course I need to thank our Board Liaison Directors, Linda Stroud and Maureen Heaven who have been a great help to the bus committee.

In 2016 the bus committee is planning a variety of trips such as going to the Stanley-Theatre to see "Billy Elliot – the musical". Some trips require early sign ups, so check the bus trip bulletin board for details.

Also information on bus trips can be found on the Centre's web site or in our ad in the Coast Reporter.

IN MEMORIUM

Irene Jones

passed in December, 2015

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