

# Seashell Echo

April 2016

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## BLITHE SPIRIT - A Spirited Comedy

The Chair Actors from the SSAC and Driftwood Players from Gibsons have teamed up to stage a full production of *Blithe Spirit* by Noel Coward. The show will play at the Seniors Centre Friday April 15 and Saturday April 16 at 7:30 pm, and Sunday April 17 at 3 pm, following an eight-show run at Gibsons Heritage Playhouse.

The improbable but hilarious plot involves a middle-aged novelist who holds a séance as research for his next mystery story. When his late wife materializes and decides to move back in with him — and with wife number two — chaos ensues. Witty and fast-paced, the play is set in the late 1930s.

Sir Noel Coward was theatre's enfant terrible in the 1920s, 30s and 40s, a gifted writer of plays and songs, an actor and director equally at home on stage and screen in London and New York. His plays were a provocative mirror-image of his audience, and his audiences loved seeing themselves on stage. The characters in *Blithe Spirit*, *Private Lives*, *Fallen Angels*, and *Hay Fever* are charming members of the privileged English upper-



*Ruth (Mardell Vestad) and Charles Condomine (Richard Austin) are central figures in the hilarious comedy Blithe Spirit by Noel Coward opening at the Centre on April 15.*

middle class — suave, cynical and just a little smug. Threatened, they skewer one another's egos with verbal barbs and head unerringly for the drinks table, their flawed behaviour demonstrating Coward's affectionate amusement with human frailties. Nothing is as it seems in this Coward comedy...or is it? Is it really love that summons the ghost? Is Madame Arcati truly psychic? What's Edith the maid up to after hours? Come and find out. Tickets are \$20, on sale now at the Seniors Centre reception.

## Centre Information

### Executive

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

### Board Of Directors 2016 - 2017

Margaret Boyd	Dorothy Fraser
Charlie Jensen	Maureen Heaven
Kassie Ranchie	Gillian Smith

All directors may be reached by e-mail at [ssac@dccnet.com](mailto:ssac@dccnet.com). Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rentals	Cathrine Fuller



## BUS TRIPS

**Tues. April 12 - Park Royal/Cap Mall**

Leave at 9:15

Return 3:30 pm. Ferry

**April 19, 20 & 21 - Harrison Hot Springs**

\$100 deposit is required when you sign up.

We are taking expressions of interest in a trip to: **Billy Elliot**

**Wednesday, June 29th**

Sign-up sheet at the front desk.



## 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](http://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 Desk

604-885-8910: - Office

Website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

E-Mail [ssac@dccnet.com](mailto:ssac@dccnet.com)

The Seashell Echo can be found on SSAC

website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

*The Seashell Echo has been compiled using Microsoft Office Publisher 2010.*



## 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 5th, 2016.



## 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

### April 2016



I would like to bring you up to date on the work of the SSAC Planning Committee. The committee consists of Tony Stroud, Ron Atkinson, Gill Smith, Donna Marsh,

Wilma Lorimer, Barry Pruden, and myself.

Our goal for this year is to develop a strategy to address the need for growing capacity at the Centre. The three areas which are taxed most greatly are the Kitchen, the Auditorium, and the Office.

It may not surprise you to know that the number of meals served per year by the Kitchen has increased by 34% over the last 3 years, and that's not counting the numbers of frozen entrees. To save the health of our volunteers, the serving hours have been reduced by 15 min. In the long term, we need a dedicated dining room, in which the hours are not bookended by activities, and time is not taken up setting up tables and chairs.

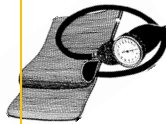
The auditorium is booked by SSAC activities 6 days a week, 10 – 12 hours per day, while Saturdays are taken up by community rentals in addition to Centre activities. Activities are often bumped by special events such as the Funtastics, Christmas celebrations, etc. Additional auditorium space would allow activities such as Pickleball to expand, while

providing access for special events.

You may have noticed that the office is usually a hot bed of activity, and, while it is lively and full of enthusiastic, hard working volunteers, it is not a place conducive to work!

The committee is exploring all options to address these problems, including a plan to determine the feasibility of expanding our existing building to two levels. Some of the grant we received from the federal government's New Horizons program will go towards hiring a design consultant to assess what type of expansion is possible.

I am feeling excited and somewhat daunted by all these ambitious plans. But, I am satisfied that we are taking the first steps down what will be a long road, with many more decisions to make, and much more information to gather. Your input and ideas are welcome – please talk to anyone on the committee.



### BLOOD PRESSURE CHECK

**Thursday, April 7**

Anne Fitzau

**Friday, April 15**

Dorothy Fraser

**Thursday, April 21**

Cheryl Casorso

**Friday, April 29**

Barbara Lightfoot



# This + That

## The Benefits of Playing Chess

A medical study involving 488 seniors by the Albert Einstein College of Medicine shows that playing chess, which stimulates the brain function, measurably decreases the risk of dementia and combats its symptoms.



“Learning and playing a game like chess actually stimulates the growth of dendrites, which in turn increases the speed and improves the quality of neural communication throughout your brain,” according to the *Online Psychology Degree website*.

### 10 big brain benefits of playing chess

(from the *Health Fitness Revolution website*)

1. It can raise your IQ: a study of 4,000 Venezuelan students produced significant rises in IQ scores after 4 months of chess instruction.
2. It helps prevent Alzheimer’s: A recent study featured in the *New England Journal of Medicine* found that people over 75 who engage in brain games like chess are less likely to develop dementia.
3. It increases creativity: One four-year study had students play chess, use computers, or do other activities once a week for 32 weeks to see which fostered the most growth in creative thinking. The chess group measured highest in all categories.

4. It exercises both sides of the brain.
5. It improves your memory: A Pennsylvania study of students who had never played chess improved their memories and verbal skills after playing.
6. It improves problem-solving skills: A 1992 study in New Brunswick indicated that those who played chess scored significantly higher on standardized tests.
7. It improves reading skills.
8. It improves concentration.
9. It grows dendrites.
10. It teaches planning and foresight.

Play chess every Tuesday from 1 to 3. Free lessons for beginners.

### “*Salam Neighbour*” showing at St. Hilda’s

Want to see a film about the hope and resilience of Syrian refugees? Watch *Salam Neighbor*, a compelling 75-minute documentary to screen in Sechelt on Friday, April 15.

Doors open 7 p.m. at St. Hilda’s Anglican Church. Screening to begin at 7:30 p.m, followed by a discussion. Admission by donation (suggested \$10-\$20).

Proceeds to support local groups working to bring Syrian refugee families to the Lower Sunshine Coast. Reserve a seat online via <https://www.tugg.com/events/93829>. Otherwise, entry is first-come, first-served.

# This + That

## Activities

### Poetry and Play Reading

Do you like to read aloud and share stories? The PLAYREADING group reads comedies, dramas, and mysteries, both new and old. No experience or preparation is required as we read through a different play each week. The play sets are ordered through the Sechelt Library, and roles are randomly assigned as we go round the table. We have a lot of fun experiencing the story together – sometimes we know the ending, sometimes not!

Occasionally we read poems. In fact the group is officially called Poetry & Play Reading, but over the years the poetry has become a fall-back option on those rare occasions when we don't have a play available.

In any event, we welcome new readers even if you just want to try us out or drop in now and then. We meet at the Centre on the 2nd and 4th Friday of each month. The other Friday mornings, we enjoy meeting at each other's homes. Leave a message at the Centre for Viveca if you'd like more information.



### *Time Change for Lunch Service*

Effective April 1st 2016, lunch service hours will be changed to the following: the Kitchen will be open from 11:30 a.m. to 12:45 p.m.; the Dining area will be open from 11:30 a.m. to 1:15 p.m.; lunch ticket sales will stop at 12:45 p.m.

Lunch sales have increased by 35% since 2013. These changes are necessary due to the increased work load on our fabulous volunteers. With activities using the auditorium before and after lunch, this will reduce the pressure on our hard working kitchen team.

Bon appétit!

## Mary Clark

- 40 years experience in world travel
- 3 years organizing tours for the SSAC

*Please allow me the opportunity to help you with your travel needs.*

Due to USD many cruise lines have lowered prices or added amenities on various cruise destinations. Call for further information.

604-885-6396

[www.cruiseshipcenters.ca/MaryClark](http://www.cruiseshipcenters.ca/MaryClark)

[poppyland@dccnet.com](mailto:poppyland@dccnet.com)



## Funtastics auditioning for fall show

The Funtastics have been performing for six years. During this time they grew to approximately 40 members and evolved from their Vaudeville beginning. They have produced and performed in blockbuster shows including a tribute to Dixie and Funtastics on Broadway. With sell out crowds of up to 500 per production, the Funtastics are popular and known to put on a quality Production.

In November 2016 they are back with "At the Hop", a fast moving production featuring solos, duets and group "Doo-Wop" numbers from the 50's and 60's. Look for their version of Rowan and Martins Laugh-in Wall and numbers from groups such as The Beatles, Supremes and the Platters to name a few.

Auditions will take place as follows: Sunday April 10th 7-10 pm - Auditorium. Listen to all the music chosen for the Production.

Wed April 13th 3 - 6 pm - Craft Room. Audition for any of the solos, duets group numbers and dance numbers or bring your own music for consideration.

Wed April 20th 3 – 7pm - Craft Room. Audition for comedy numbers, Laugh-in Wall skits or bring your own material.

Rehearsals are set for Mondays 3 to 6 pm & Saturdays 12 to 3pm beginning September.

To perform for the Funtastics you must be a member of the Sechelt Activity Centre.



*Dance Time - April 30*


*Doors open at 7*

*Members \$10*

*Dance 7:30 - 10:30*

*Non-members \$15*

Call for a FREE  
tour brochure




# AGELESS ADVENTURE

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Sold Out




Stay 'n' Play

Annual Women's Wellness

Tigh-Na-Mara Seaside Spa Resort  
May 9 - 12 • 8 incl. meals  
dbl. \$1,398.

NEW DATE




Stay 'n' Play

Okanagan Wine Getaway

Watermark Beach Resort  
May 31 - June 3 • 8 incl. meals  
dbl. \$1,339.


Sold Out



Stay 'n' Play

Historic Barkerville

Gold Rush Trail • Theatre Royal  
July 10 - 13 • 7 incl. meals  
dbl. \$ 955.



Yukon, N.W.T.

featuring: Inuvik & Tuktoyaktuk  
July 12 - 24 26 incl. meals  
dbl. \$6,649.

Stay 'n' Play

Portland Rose Parade

Festival of Roses Parade, Columbia Gorge  
Jun 10 - 13 • 7 incl. meals • dbl. \$1,389.

The Wild West Coast

of Vancouver Isl., Alberni Inlet Cruise  
Jun 12 - 15 • 6 incl. meals • dbl. \$1,199.

Victoria's Spectacular Gardens

Abkhazi, Hatley, Butchart, etc.  
Jun 20 - 22 • 6 incl. meals • dbl. \$969.

Sooke, Port Renfrew, Salt Spring

Pacific Spirit Marine Circle Tour  
Jul 4 - 7 • 8 incl. meals • dbl. \$1,257.

10 tours have already SOLD OUT  
New dates have been added to:


Okanagan Wine Getaway, *(see above)*

May 31 - June 3      call to reserve


Autumn in Quebec,

October 4 - 11      call to reserve

#260 -1959 152<sup>nd</sup> Street,  
Surrey, BC V4A 9E3



[www.agelessadventuretours.com](http://www.agelessadventuretours.com)



Prices include  
all taxes

## APRIL LUNCH MENU

11:30 am to 12:45 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.

<b>Fri</b>	Apr 1	Fish and Chips			
<b>Mon</b>	Apr 4	Meatloaf w/Mac & Cheese	<b>Mon</b>	Apr 18	Sole
<b>Tues</b>	Apr 5	Shepherd's Pie	<b>Tues</b>	Apr 19	Chicken Pot Pie
<b>Wed</b>	Apr 6	Chicken Cordon Bleu	<b>Wed</b>	Apr 20	Roast Pork
<b>Thurs</b>	Apr 7	Baked Salmon	<b>Thurs</b>	Apr 21	Quiche & Salad
<b>Fri</b>	Apr 8	Fish and Chips	<b>Fri</b>	Apr 22	Fish and Chips
<b>Mon</b>	Apr 11	Seafood Linguini	<b>Mon</b>	Apr 25	Chicken Raja
<b>Tues</b>	Apr 12	Chicken Souvlaki	<b>Tues</b>	Apr 26	Cabbage Rolls
<b>Wed</b>	Apr 13	Roast Beef	<b>Wed.</b>	Apr 27	Roast Ham
<b>Thurs</b>	Apr 14	Butter Chicken	<b>Thurs</b>	Apr 28	Bangers & Mash
<b>Fri</b>	Apr 15	Fish and Chips	<b>Fri</b>	Apr 29	Fish and Chips

# ANNUAL GARAGE SALE

**Saturday  
April 23**

**Tables \$15 each or  
2 for \$25**

To book a table, sign up  
at the Reception Desk

## Bridge Lessons

A session of four bridge lessons is being offered April 4 - 25, 12:30 - 3 p.m.

When you complete this block, you will be able to participate in a friendly, social game of bridge and will be conversant in the language of bridge.

Come join us and learn bridge basics in a friendly, encouraging atmosphere. The cost is \$35 for 4 lessons and you need to register at the SSAC front desk by April 1st.



**Sunshine Coast  
CREDIT UNION**

~ 604-885-3255 ~

## Bus Travels With Rick

You couldn't ask for better weather for a bus trip. The February 25th trip to the Vancouver Planetarium included a lunch stop at the West Vancouver Seniors Centre and a spontaneous cruise of the Kitsilano streets that were showing off their early blooms.



Although the June 22nd trip to see Billy Elliot is full, we are taking expressions of interest for a second trip on June 29th. Sign up at the Reception Desk.

*A Celebration of Life*  
**For Robbie Robson**  
**April 2 1:30 to 3**  
*Bring finger food and memories*

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