

Seashell Echo

September 2016

Funtastics Return for Their Sixth Annual Show



For six past years the Funtastics have been entertaining Coasters with their zany, upbeat, and popular productions.

Never afraid of a challenge, this year the Funtastics presents the 50's and 60's - taking us back to the musical era of Rock 'n' Roll: The Twist, the Beach Boys, the Beatles and Danny & The Juniors. Of course we have the doo wop dancers (supported by girl groups) and the British invasion in this rousing production with over 40 songs.

Outstanding glitzy costumes, sets and decorations add to your experience and have always played a significant part of the Funtastics Shows.

To add to the excitement and mayhem, we will have Dan Martin & Dick Rowan's "Laugh-In". In this revival of the zany come-

dy show from the 60's, there will be appearances by Goldie Hawn, (Charmaine Harris) Lilly Tomlin (Erika Bennett) Jo Anne Worley (Jan Gillis) Dick & Dan (Barry Gillis & Maurice Farn).

Once again the auditorium at the Sechelt Activity Centre will be set up Cabaret style and this production will encourage audience participation with a dance area at the rear of the auditorium.

This year's rousing musical event takes place at the Sechelt Seniors Activity Centre. Friday - Nov 4th at 7pm. Doors open at 6 pm. Saturday 5th & Sunday 6th performances start at 3 pm with doors open at 2 pm.

Tickets will be on sale Sept 5th at the Sechelt Activity Centre, Mosaic Market in Davis Bay and Swish Ladies Apparel in Gibsons.

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 2015 - 2016

Margaret Boyd	Dorothy Fraser
Charlie Jensen	David Marsh
Kit Moffat	

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

Thurs. Sept. 8 - Park Royal/Cap Mall

Leave at 9:15
Return 3:45 pm. Ferry

Wed. Sept. 14 - Powell River

Leave at 9:00
Return 4:20 pm. Ferry

Tues. Sept. 20 - River Rock Casino

Leave at 7:15
Return 3:45 pm. Ferry

Sign-up sheets are at the front desk.

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

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

September 2016



Welcome back! I trust you all had a great summer. Summer on the "Coast" is a busy, energetic time, with many events, family visiting, and holiday travelling.

We began the summer with a grand celebration of our volunteers at the Volunteer Appreciation Lunch. There were many fabulous prizes, great food, and the entertainment (by volunteer dancers) was a joy to behold! Throughout the summer the Centre was still bustling, with many activities in full swing, especially Pickleball.

The players very much enjoyed the extra times, and the air conditioned comfort of the auditorium. More than one player mentioned, during the really hot days, that they could move in altogether! I think the Carpet Bowlers and the Fitness group echoed that sentiment. "Tea at Two on Tuesdays" had another successful summer, giving many an opportunity to maintain social connections while enjoying tea and goodies. A round of applause to Dorothy Fraser and her team of volunteers for making it all happen!

The Maintenance team was also busy, as you can see by the sparkling cleanliness of the floors (thank you, Jim Coffin!) and the new chairs and card tables. The workers in the office are also thankful for the new air conditioning unit, which has made the atmosphere a lot more livable and healthy. The ac unit, and the new auditorium chairs are the result of a Canadian government grant,

through their New Horizons program for Seniors. The grant also included funding for the consultant who has been assisting us with planning for Centre expansion. We are grateful that we have been well served by this federal government program for Seniors.

The summer is a time for light and sunshine, but for me, in the last weeks there has also been a dark side. "In the midst of life we are in death," the old poem is especially poignant when referring to the lives of us older folks.

This summer I have seen the loss of two close friends. Martin Evans became a guru for us Chair Actors as our Director. Those of you who saw the productions of "Blithe Spirits," "Ghost Stories," and "Restless Spirits," appreciate the excellent and professional work he did in set design and directing.

My long time friend Charlotte had resided in Shorncliffe for several years, and passed away suddenly a few days ago. Charlotte was captured by that evil demon, dementia, before she had the opportunity to take full pleasure in her retirement.

These are my stories, and you all have similar ones. Each month the Centre sees the passing of valued members. As we head into the busy events of Fall at our Centre, we do so with joy and purpose, valuing our community as we reconnect with each other. We will also be mindful of those who are gone. And, most of all, we will be thankful for the strength of the human spirit.

~ Joanne Rykers



Annual Open House

**Saturday October 1
1 to 4 pm**

Refreshments *Memberships* *Door Prizes*

DEMONSTRATIONS

Chair Yoga Dance Shibashi Qigong

A preview of this year's FUNTASTICS

This will be your last chance to buy a raffle ticket and

HELP US FUND THE SYRIAN REFUGEE PROJECT

The raffle draw will be held for a

**HOLLAND AMERICA
7 DAY LUXURY CRUISE FOR 2**

Outside Cabin

No Expiry Date

Chances of winning - 1 in 600



SEPTEMBER 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.

Mon	Sept	5	Closed for Labour Day	Mon	Sept	19	Quiche & Salad
Tues	Sept	6	Butter Chicken	Tues	Sept	20	Lasagne
Wed	Sept	7	Roast Beef	Wed	Sept	21	Chicken Cordon Bleu
Thurs	Sept	8	Baked Salmon	Thurs	Sept	22	Bangers & Mash
Fri	Sept	9	Fish and Chips	Fri	Sept	23	Fish and Chips
Mon	Sept	12	Shepherd's Pie	Mon	Sept	26	Seafood Linguini
Tues	Sept	13	Chicken pot Pie	Tues	Sept	27	Cabbage Rolls
Wed	Sept	14	Roast Ham	Wed	Sept	28	Roast Pork
Thurs	Sept	15	Meatloaf, Mac & Cheese	Thurs	Sept	29	Sweet & Sour Meatballs
Fri	Sept	16	Fish and Chips	Fri	Sept	30	Fish and Chips

Holland America 7 Day Luxury CRUISE FOR TWO

PLUS \$500 CASH TO COVER PORT TAXES



NO EXPIRY
DATE

1 IN 600 CHANCE
TO WIN

OUTSIDE
CABIN

ONLY
\$20

You choose your cruise and date

Alaska, Caribbean, Mexico or Eastern Canada/New England

This

New Activity

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 October 15.

With the arrival of September, the Centre is once again a busy place. Along with the re-starting of all our year-round activity groups, we have a new offering to consider.

There is a sign-up sheet at the front desk for people interested in meeting weekly to play cards and board games in a fun atmosphere. If you'd like to try it out, sign up for more information.

A time and room has not yet been set for this activity.



SQUARE AND ROUND DANCING for experienced dancers

Have you danced at club level and would like to
get back to friendship and exercise
set to music?

JOIN US WED. NIGHTS 7:00 TO 9:30
Starting Sept. 7

That



The Volunteer Appreciation Lunch was a great success. Seats were filled early and all our wonderful volunteers enjoyed a special lunch prepared by Emily.

How's your blood pressure?

We have trained volunteers who come in each week to help you keep track of your blood pressure.

Make your doctor happy and stop by for a quick Blood Pressure Check on one of these days in September:

Thursday, Sept. 8	Anne Fitzau
Friday, Sept. 16	Dorothy Fraser
Thursday, Sept. 22	Cheryl Casorso
Friday, Sept. 28	Barbara Lightfoot



Save Those Grocery Receipts

Don't forget to save your grocery receipts from IGA and Claytons. These two locally owned stores generously gives us a \$20 credit note for every \$5000 that our members spend. This helps reduce the cost of food that we purchase for our wonderful lunches.

Just deposit the sales receipts in the box next to the front door.



Current Membership is required to participate in any activities at the Sechelt Seniors Activity Centre.

2016 Memberships are available at the front desk.

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tour brochure



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1.877.277.5577



Kettle Valley Railway
Wine & Casino

September 18 - 20
6 incl. meals dbl: \$846.⁰⁰



Thanksgiving at
Cowichan Oceanfront Suites

October 10 - 13
7 incl. meals dbl: \$1,215.⁰⁰

Christmas tours

Chemainus Christmas	Presents: "A Christmas Story"
Nov. 30 - Dec. 1	2 incl. meals \$ 476. ⁰⁰ dbl.
Leavenworth Christmas	Bronn Journey, Amtrak trainride
Dec. 5 - 7	4 incl. meals \$ 769. ⁰⁰ dbl. <i>a few seats left</i>
Victoria, Grand Pacific	Tea at the Empress, Butchart Gardens
Dec. 24 - 27	6 incl. meals \$1,389. ⁰⁰ dbl. <i>selling fast</i>
Oak Bay Resort	Tea at the Empress, Butchart Gardens
Dec. 24 - 27	6 incl. meals \$1,709. ⁰⁰ dbl.

ON SALE NOW

Cuba Revisited Jan. 23 - Feb. 6, 2017
Cayo Santa Maria, Trinidad, Cienfuegos, Havana, Bay of
Pigs, Valley of the Sugar Cane, Tropicana Show, Varadero, Dupont
Mansion
Jan 16 departure SOLD OUT
36 incl. meals from \$5,199.⁰⁰ dbl.

Big Island & Maui Feb. 23 - Mar. 4, 2017
Kona, Hawaii Volcanoes National Pk., Rainbow Falls
National Pk., Akaka Falls, Maui, Upcountry Maui, Drums of
the Pacific Luau
18 incl. meals from \$5,959.⁰⁰ dbl.

Incredible Iceland Jun. 16-25 & Jul. 21-30, 2017
Reykjavik, Krysuvik & Gunnhver Geyser, Blue Lagoon,
Vestmannaeyjar Islands, Gullfoss, Seljalandsfoss &
Skogarfoss Waterfalls, etc.
17 incl. meals \$7,839.⁰⁰ dbl.

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

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



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all taxes

IT'S DANCE TIME

with **JIM TAYLOR**

Saturday, Sept. 24
7 p.m.



Members \$10 Non-members \$15



Fall Activity Schedule 2016

ACTIVITY	TIME	ROOM	CHAIR	FIRST DAY	
MONDAY					
Let's Dance	9:30 am - 11 am	Auditoriiium	Sandra Cordero	Sept. 12	
Bridge Upgrade	12:30 pm - 3 pm	Craft & Farish	Peggy Malcolm & Charlie Jensen	Sept. 12	
Carpet Bowling	1 pm - 3 pm	Auditoriiium	Jean Bowden	Ongoing	
Pickleball	6 pm - 8 pm	Auditoriiium	Gillian Smith	Ongoing	
Bridge Duplicate	6:30 pm - 10:30 pm	Craft	Mike McCarthy	Ongoing	
TUESDAY					
Emergency Radio	9 am - 10 am	Farish	Barbara Lightfoot	Ongoing	
Fitness	10 am - 11:10 am	Auditorium	Jacquie Allan	Ongoing	
Chess	1 pm - 3 pm	Heritage	Bill Purtell	Ongoing	
Quilting	1 pm - 4 pm	Craft	Shirley McCaughtrie	Ongoing	
Friendship Tea	2 pm - 3 pm	Auditorium	Dorothy Fraser	Sept. 6	1st Tues.
Pickleball	3:30 pm - 7:30 pm	Auditorium	Gillian Smith	Ongoing	
Table Tennis	7 pm - 10 pm	Craft Room	Marilyn Heinrich	Sept. 13	
WEDNESDAY					
Keep Moving	9:30 am - 10:30 am	Craft	Lori Gregory	Sept. 14	
Joy of Writing	10:00 - 12:00	100	Leena Wright	Sept. 14	
QiGong	10 am - 11:30 am	Auditorium	Betty Jeffries	Sept. 14	
Comp. Training 1 on 1	10:30 - 12 pm	Farish	Janice Rafael	Sept. 7	1st Wed
Yoga	1 pm - 2:30 pm	Craft	Andre Casaubon	Ongoing	
Genealogy Searches	1 pm - 3 pm	Heritage	Valerie Grant	Oct.5	1st Wed
Genealogy	1 pm - 3 pm	Heritage	Arlene Harmon	Sept. 21	3rd Wed.
Pickleball	1:30 pm - 7 pm	Auditorium	Gillian Smith	Ongoing	
Square Dancing	7 pm - 10 pm	Auditorium	Ron Atkinson	Sept. 7	

Fall Activity Schedule 2016

THURSDAY				
Crafts	9:30 am - 11:30 am	Craft	Chris O'Brennan	Sept. 8
Fitness	10 am - 11:10 am	Auditorium	Jacquie Allan	Sept. 8
Painting	12:30 - 3 pm	Craft	Valerie Grant	Sept. 8
Mahjong	1 pm - 3 pm	Heritage	Alison Speirs	Ongoing
Carpet Bowling	1 pm - 3 pm	Auditorium	Jean Bowden	Ongoing
Pickleball	3 pm - 9 pm	Auditorium	Gillian Smith	Ongoing
Crib	7 pm - 9 pm	Heritage	Dave Grafton	
FRIDAY				
Pickleball	7:50 am - 9:50 am	Auditorium	Gillian Smith	Ongoing
Latin Cardio	10 am - 11 am	Auditorium	Sandra Cordero	Sept. 9
Qigong Shibashi	10 am - 11 am	Craft	Barry Pruden	Ongoing
Play & Poetry Reading	Fri 10 am - 12 pm	Heritage	Viveca Ohm	Ongoing
Poker	11 am - 3 pm	Farish	Doug Whitworth	Ongoing
Darts	1 pm - 3 pm	Heritage	Shirley McCaughtrie	Sept. 9
Pickleball	1:30 pm - 7:30 pm	Auditorium	Gillian Smith	Ongoing
Argentine Tango	7:30 - 9 pm	Auditorium	Alan Barnes	Sept. 9
SATURDAY				
Chair Yoga	9:30 am - 10:30 am	Craft	André Casaubon	Sept. 10
Duplicate Bridge	Noon - 4 pm	Craft	Mike McCarthy	Ongoing
Scrabble	12:30 pm - 3:30 pm	Heritage	Jim Wakeford	Sept. 10
SUNDAY				
Chair Acting	1:30 pm - 4:30 pm	Craft	Louise Phillips	Sept. 18
Pickleball	3 pm - 7 pm	Auditorium	Gillian Smith	Ongoing



Bus Travels With Rick

My notes on our trip to Vancouver Island started with the comment: "Smooth sailing!" And that's the way the entire week went.

Our hotel faced the Nanaimo waterfront across from the area where the seaplanes come and go. The rooms were clean, comfortable and quiet—a great place from which to set out on further adventures and explorations.



Travelers enjoy a wine-tasting session at the Saltspring Island Vineyard on the Vancouver Island Bus Tour.

Rick McGowen, our chauffeur, tourist guide, baggage handler and general dog's body, had provided us with interesting places to visit, activities to enjoy and exploratory trips where we could learn about the Island's industries, food and fun.

We went to "Goats on the Roof", two different and very enjoyable wineries, and Saltspring Island from one end of the island to the other. We enjoyed dinner and a production at the Chemainus Theatre and sampled the cuisine at the various villages on our route.

On Thursday, our final day of sight-seeing, we drove through a forest of giant trees to get to Port Alberni where we got to ride on the open-air train to visit the McLean Historic Sawmill and Museum.

I think we were all happy to get home, but it was a very contented type of fatigue. We had a compatible group who all got along with each other, forging new friendships while renewing other acquaintances.

Many thanks to Rick for his untiring care and concern for all of us. It was a wonderfully enjoyable trip.

~ Dorothy Fraser

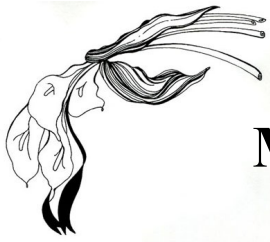


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We Have A Monthly Friendship Tea!

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 September 6, 2016, followed by one on October 4.



IN MEMORIAM Martin Evans

1950-2016

The Chair Actors lost a valuable and talented friend when the curtain came down on the life of Sandy Hook resident Martin Evans on July 27. He had been fighting leukemia for about seven years.

His 35-year acting career had taken him to all the major regional theatres in the country. He was a founding member of the original Bard on the Beach festival in Vancouver, and also appeared in numerous TV series and films. He worked with, and learned from, some really well known screen actors including Ian Richardson. He could name drop like crazy.

Trained as an architect in the UK, Martin had always had a passion for acting. What he lacked in theatre training, he picked up quickly in courses and workshops. In Vancouver in the mid-1980s, he and I were often cast together in lightweight "Britcoms." The most fun we ever had was in a dreadful farce called *Sextet* at Stage West in Calgary in 1989, "starring" ex-Playboy bunny Barbi Benton. With actor Bernard Cuffling, we then took *Faith Healer*, a brilliant drama by the Irish playwright Brian Friel, to the Vancouver Fringe Festival, then the Arts Club, and even to the wilds of Sechelt — the first live-stage production at the brand-new Raven's Cry Theatre. Neither Martin nor I ever thought we'd end up as neighbours in such a remote place!

For the Chair Actors, he directed *My Father's Story* in 2013, *Restless Spirits* in 2014, and *Ghost Stories* in November 2015. He fainted on stage in the last few pages of *A Christmas Carol*, in which he portrayed Dickens reading all the characters' voices, but insisted on finishing the piece. He did manage to design our Art Deco set for *Blithe Spirit* last April.

Now he's a spirit, and I hope he's a blithe one.

~ Louise Phillips



Martin Evans, relaxing at home in Sandy Hook this summer.

Beth Myer

Beth passed in May, 2016. She spent many years with the Sechelt Seniors Activity Centre, participating in Carpet Bowling, Fitness Class and Scrabble.

Ken Tidderington

Sept. 28, 1937 - July 18, 2016

Ken was a retired Captain with the West Vancouver Fire Department. He enjoyed playing poker on Friday afternoons.

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