

Seashell Echo

November 2016

Raffle Winners drawn at Open House

Once again, on October 1st, we enjoyed a very successful Open House, thanks to the skills and hard work of our Director, Margaret Boyd, and her planning committee. Equally important was the time and effort put forth by the wonderful team who are usually in charge of our many activities.

There were close to 200 visitors, many of whom were impressed by the variety of programs offered to our members. Wherever possible, demonstrations featured “the real thing” in action: bridge, genealogy searches, Scrabble or Chess, etc. There were demonstrations on the stage throughout the afternoon, which featured dance and exercise groups.

Emily, our wonderful chef, provided delicious sandwiches for people setting up in the morning and an endless supply of cookies, coffee and tea for our visitors.

2017 memberships were for sale and about 50 people signed up that day.



Heather Lyons won the Via Rail Pass



Maurice Farn who single-handedly put together the Luxury Cruise raffle, congratulates Nancy Dobie, who won it.

During the afternoon, the winner of the Luxury Cruise Raffle was announced. Nancy Dobie (above) was the lucky person winning a luxury cruise with Holland America.

Another member, Heather Lyons (left), won the Via Rail Pass. In addition to the raffle prizes, other lucky participants won free annual memberships, vouchers for bus trips and free lunches.

The money raised by the raffle (over \$8,000) goes to the Syrian Refugee Sponsorship project.

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

Kit Artus	Margaret Boyd
Dorothy Fraser	Charlie Jensen
Kit Moffat	Gillian Smith

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

Wed. Nov. 9 - Vancouver Museum & Maritime Museum

Leave at 9:15 a.m. Return 5:30 Ferry

Sat. Nov.12 - Grasshopper Pub

Leave 10:45 a.m.

Thurs. Nov. 24 - Boulevard Casino/IKEA

Leave 7:15 a.m. Return 3:30 Ferry

Wed. Nov. 30 - Park Royal/Cap Mall

Leave: 9:15 a.m. Return 3:30 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	
Community Information and Help Line	211 Healthlink BC 811
Community Resource Centre	604-885-4088
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 2016



October was a busy month, with the Open House and the General Membership Meeting both being successful. November promises to be even busier, with the Funtastics production,

“At the Hop,” and many Christmas activities underway. Please note that, at the SSAC Craft fair on Nov. 26, individuals will be able to rent tables to sell their own wares. Sign up at the front desk

My congratulations to our Membership Committee on running a very successful Open House on October 1st. This group, chaired by Margaret Boyd, worked very hard for months to arrange the program, ensuring participation from all Centre activities and promoting this event to the community. As well as the Open House, they are responsible for membership enrollment, and volunteer coordination. This is a great example of how volunteers work to ensure the smooth operation of the SSAC, and it is a great segue to my message this month.

You’ve often heard us say that volunteers are the lifeblood of our Centre, but perhaps not everyone realizes how essential our volunteers are. The SSAC is entirely a self-sufficient organization. We generate all of our operating budget through membership, activity fees, the kitchen, rentals, fundraising, and other income. We do not receive operating grants from any level of government, although we do apply for small grants for capital expenditures. This makes the SSAC unique in Canada, as most Centres are operated by local governments.

The founders of this society envisioned a Centre that was independent and autonomous, able to develop activities and programs based on the needs of members, and provide the sense of community and belonging that comes from this.

It is volunteers who enable the Centre to continue to be independent, and to offer affordable activities, events, and meals to members, and to the community. Our members have a wide variety of talents and skills. There will be vacancies on the Board of Directors in February. If you have a background in management, administration, or accounting, WE NEED YOU!

The meal service is the single most profitable activity at the Centre, because it provides affordable, nutritious meals for the community. We can do this because the kitchen is staffed entirely by volunteers. Filling the staff roster becomes a daily challenge. You can help by volunteering 3 hours a week on a regular basis, and, believe me, you will become one of the most appreciated and loved members of the Centre!

Thank you all for working to make this Centre a caring community. I appreciate your continued support.

~ Joanne Rykers



This & That

Back to Rumba Basics in November



On November 7th, join *Let's Dance* for its new term of Latin Dances. We will start learning the Rumba from the very basic; working on posture, arm movements, foot work and all the basic steps that will allow you to dance like a pro.

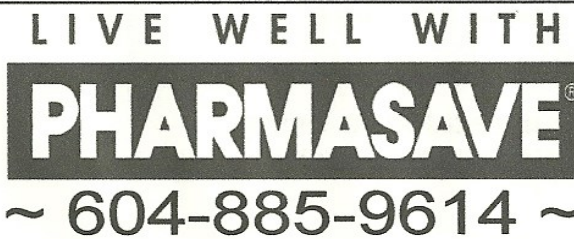
Experience is not required but if you have it, this program will allow you to improve your dancing skills.

Leads are hard to find so please encourage your partners and friends to join, but if you have nobody, you are still welcome since everybody has the chance to dance with a partner.

Remember:

Every Monday, starting November 7th.

9:30am at the Auditorium



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, Nov. 3

Anne Fitzau

Friday, Nov. 11

Dorothy Fraser

Thursday, Nov. 17

Cheryl Casorso

Friday, Nov. 25

Barbara Lightfoot

This & That

Wednesday QiGong & Betty Jeffries will be missed



Betty Jeffries was our QiGong instructor for 27 years at the Sechelt Seniors Activity Centre. With true regret, she had to cancel her classes last Spring and was unable to resume them this Fall.

The class of 15 to 20 people every Wednesday morning, enjoyed her teaching. We miss her very much.

She gave selflessly as a true volunteer. We will keep in touch with Betty as a friend and wish her all the very best in the future.



Sunshine Coast
CREDIT UNION
~ 604-885-3255 ~

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

2017 Memberships are now available.

Funtastics' *At The Hop* is great fun

The show dates for the upcoming Funtastics Production of "AT THE HOP" are drawing close, and once again it is becoming obvious there will be sellouts on all three performances. Two hundred and fifty tickets had been sold by Oct 24th and daily sales increase as the performance gets closer.

So what can you expect at a Funtastics Production? Lots of energy, colourful costumes and a great variety of songs, background singers and dancers, with lots of 50s and 60s comedy - including the famous "Laugh In wall", featuring well known characters including Rowan and Martin, Goldie, Lily, and many others. There is even a cameo appearance by Tiny Tim.

Mary Clark

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604-885-6396

mclark@cruiseshipcenters.com

www.cruiseshipcenters.ca/MaryClark



Seniors' contributions recognized



The Celebration of Excellence Awards were announced on October 3rd and we were delighted to see two of our members on the recipients' list.

These awards are given by the Sunshine Coast Community Services to people "...whose unique stories contribute significantly to the vibrancy of our community"

Dorothy Fraser (left) was recognized for her years of contribution to Arts and Culture in this community.

Sue Jackel was honoured for her work in Community Building.

We're very proud of the contributions all our volunteers make to this community and it's nice to see other organizations acknowledge some of them.



forget me not

Lori Gregory and her group from the Alzheimer Society will be conducting a Fundraiser on Tuesday, Nov.15 from 11:30 – 1:00 pm. They will sell coffee, tea and baked goods in the auditorium during lunch time. Payment by donation. Our kitchen will not serve coffee and dessert on that day. A similar fundraiser last year was very successful.

IT'S DANCE TIME

with **JIM TAYLOR**

Saturday, November 26

**Doors Open
at 7 pm**

Members \$10

Non-members \$15





*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 November 1, 2016. Drop in and enjoy a cup of tea and a good chat.



Don't Miss This Year's

**Christmas
Craft Sale**

November 26

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

NOVEMBER 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	Oct	31	Chicken Quesidilla	Mon	Nov	14	Seafood Linguini
Tues	Nov	1	Cabbage Rolls	Tues	Nov	15	Shepherd's Pie
Wed	Nov	2	Roast Beef	Wed	Nov	16	Chicken Cordon Bleu
Thurs	Nov	3	Butter Chicken	Thurs	Nov	17	Bangers & Mash
Fri	Nov	4	Fish and Chips	Fri	Nov	18	Fish and Chips
Mon	Nov	7	Filipino Chicken Adobo	Mon	Nov	21	Dahl Lentil Rice Bowl
Tues	Nov	8	Lasagne	Tues	Nov	22	Chicken Pot Pie
Wed	Nov	9	Roast Pork	Wed.	Nov	23	Roast Beef
Thurs	Nov	10	Sole	Thurs	Nov	24	Quiche & Salad
Fri	Nov	11	CLOSED	Fri	Nov	25	Fish and Chips
				Mon	Nov	28	Meatloaf w/ mac & Chs
				Tues	Nov	29	Stuffed Chicken
				Wed.	Nov	30	Roast Ham



SCTA Donates to the Syrian Refugee Fund

The SSAC Refugee Steering Committee is very grateful to the Sunshine Coast Teachers' Association, for their welcome donation of \$400 to the Centre's Syrian Refugee Sponsorship project.

The committee has begun actively planning for the arrival of the family. While we still expect them in late spring of next year, there is work to be done in fundraising, lining up resources, and identifying roles for committee members.

Fundraising to date has been very successful, with over \$10,000 in the coffers, due to the success of the Cruise raffle, and generous donations. We are participating in the SSAC Christmas Craft Fair, and contributions of crafts or suitable items would be welcome.

In the meantime, we are in regular contact with the family, through Skype and e-mail.



They have also contacted the Syrian family that is already living in Sechelt, and hopefully, this will be an ongoing support to them while they are waiting!

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<p style="background-color: white; color: blue; padding: 2px; transform: rotate(-45deg); display: inline-block;">Stay'n'Play</p>  <p style="color: red; font-weight: bold; margin-top: 5px;">Leavenworth Christmas</p> <p style="font-size: small;">Amtrak Train ride, Bronn Journey Concert</p> <p style="background-color: yellow; font-size: x-small; padding: 2px;">2nd departure</p> <p style="font-size: small;">Nov. 29 - Dec. 1</p> <p style="font-size: x-small;">4 incl. meals dbl: \$783.⁰⁰</p>	<p style="background-color: white; color: blue; padding: 2px; transform: rotate(-45deg); display: inline-block;">Stay'n'Play</p>  <p style="color: red; font-weight: bold; margin-top: 5px;">Chemainus Christmas</p> <p style="font-size: small;">Presents: 'A Christmas Story'</p> <p style="font-size: small;">Nov. 30 - Dec. 1</p> <p style="font-size: x-small;">2 incl. meals dbl: \$476.⁰⁰</p>	<p style="background-color: white; color: blue; padding: 2px; transform: rotate(-45deg); display: inline-block;">Stay'n'Play</p>  <p style="color: red; font-weight: bold; margin-top: 5px;">Victoria Christmas</p> <p style="font-size: small;">Hotel Grand Pacific</p> <p style="font-size: small;">December 24 - 27</p> <p style="font-size: x-small;">6 incl. meals dbl: \$1,389.⁰⁰</p>	<p style="background-color: white; color: blue; padding: 2px; transform: rotate(-45deg); display: inline-block;">Stay'n'Play</p>  <p style="color: red; font-weight: bold; margin-top: 5px;">Oak Bay Christmas</p> <p style="font-size: small;">Oak Bay Beach Hotel</p> <p style="font-size: small;">December 24 - 27</p> <p style="font-size: x-small;">6 incl. meals dbl: \$1,709.⁰⁰</p>
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ON SALE NOW

<p>Cuba Revisited 2nd departure Jan. 23 - Feb. 6, 2017</p> <p>Cayo Santa Maria, Trinidad, Cienfuegos, Havana, Bay of Pigs, Valley of Vinales, Tropicana Show, Varadero, Dupont Mansion</p> <p style="font-size: x-small;">36 incl. meals from \$5,199.⁰⁰ dbl.</p>	<p>Big Island & Maui Feb. 23 - Mar. 4, 2017</p> <p>Kona, Hawaii Volcanoes National Pk., Rainbow Falls National Pk., Akaka Falls, Maui, Upcountry Maui, Drums of the Pacific Luau</p> <p style="font-size: x-small;">18 incl. meals from \$5,959.⁰⁰ dbl.</p>	<p>Incredible Iceland 2nd departure July 21 - 30, 2017</p> <p>Reykjavik, Krysuvik & Gunnhver Geyser, Blue Lagoon, Vestmannaeyjar Island, Gullfoss, Seljalandsfoss & Skogafoss Waterfalls, etc.</p> <p style="font-size: x-small;">17 incl. meals \$7,839.⁰⁰ dbl.</p>
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