

Seashell Echo

December 2016



Annual Craft Fair - a Huge Success

This was the first year that community vendors participated in the Christmas Craft Fair alongside our own Craft Group and Refugee Sponsorship Committee. This resulted in a colorful mélange of offerings, ranging from exotic teas and spices, to candles, vintage jewelry, screen printing, knit wear, as well as our own uniquely crafted items, and the ever popular bake sales. Attendance was steady during the peak hours, and most people were quite pleased with their bargains, according to “exit polls” conducted by Kit Artus.

The SSAC Craft group netted over \$800, while the Refugee group did \$600 worth of business, and sixteen of 30 tables were sold to community vendors, at the very reasonable price of \$15/per table.

We plan to hold this Fair again next year, and welcome your suggestions.

The fair is organized by the Special Events” committee, chaired by Director Kit Artus. This committee is responsible for festivities such as the Christmas, New Years’ Eve and Volunteer Lunches, and for the Craft Fair and Flea Market. If you like organizing parties, this is the committee for you! Contact Kit.



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

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

December 2016



The Christmas season is closing in, and many of us are wondering how to get into the spirit of the season. So, feeling some of this pressure myself, I posed the question to some members, "What does Christmas at the SSAC mean to you?"

Margaret Boyd and Dosie Bryant were busy putting up the Christmas decorations. I thought they would mention the difficulty of finding stuff, whether or not to hang the huge Santa face, or the challenge of booking time in the auditorium. What they did say was that the Centre is a haven at Christmas for those of us who would be sitting home alone, but instead have a warm and inviting gathering place.

They did mention the time spent climbing ladders, and I don't know what happened with the Santa face, but I'm sure the decorating committee creates a great deal of that warm and festive ambience.

Other members spoke in a similar vein. The Centre is like a family to many. We socialize, we eat, drink, and make merry – and we get a chance to dress up! One person said, "At home you don't feel Christmas, if you're alone. Here, you feel it."

Then I spoke to Kitchen volunteers, and those who organize the Christmas Lunch. They spoke of 12 hours spent cutting Brussel sprouts, and the game of Musical Tables, in which you try to sit at the table which is picked to go to the buffet first! Some said the joy of the season for them is in the feasting –

and also the spreading of cheer in a dark time of the year.

It is the time of year, I guess, and the rain, that was making me introspective, reflective, and perhaps downright gloomy, about life. (Perhaps the American election has something to do with it.) Then, it came to me – Eureka! That's the role of Christmas – to lift our spirits, to make us feel connected to and valued by each other, and to reassure us that life is worth living.

So, to everyone, I hope that your Christmas is as special as you all are, and that you all enjoy the magic of the season. On behalf of the Board, a very Merry Christmas!

~ Joanne Rykers

Mary Clark

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Please call for more info:

604-885-6396

mclark@cruiseshipcenters.com

www.cruiseshipcenters.ca/MaryClark



Expedia
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This & That

The Playreading Group Needs New Readers!

Why not drop in any Friday morning 10 – 12? We read mysteries and thrillers, family dramas, Broadway hits and British comedies – every Friday a new story to experience together.

No experience needed, no rehearsal, no memorization, no performance – just take a part and read along with us!

Thanks for the Christmas Cards

The Decorating Committee would like to thank all those who contributed Christmas cards.

We hope you enjoy the ways in which they were put to use—a touch of nostalgia perhaps?

FYI

Community events of interest to our members. The Centre does not necessarily support or endorse the events posted below.

For information concerning local activities around the issue of **Residential Care on the Sunshine Coast**

(Shorncliffe and Totem Lodge), please visit the following website:

www.pphcare.ca.

SCRD Programs - Free Seniors Workshops: **Frauds and Scams and Seniors**

Tax Advice For Seniors

Pre-registration is required. Call 604-885-7529 or visit our www.scrd.ca/ activities for more information and to register for free.



Peace Is Possible

Are you interested in being a part of a group that fosters peace: peace within, in relationships and in the world?

"Let there be peace on earth
and let it begin with me."

If so, please contact Ed White at 885-3916 or goldenquill.ed@gmail.com or sign the notice at the receptionist's desk. I would hope to start in January 2017.

~ Shalom, Ed

This & That

Kitchen Ketchup

As SSAC members we are so lucky to have Emily and her crew of volunteers!! But there is always a but - to ensure we continue to enjoy the restaurant and to avoid over load Emily needs more volunteers

Please sign up, enjoy free lunches when volunteering and the fun of working with your fellow members and their guests. Contact the receptionist or Charlie for more information!!

Please note the kitchen will be closed for lunches from December 15th, to prepare for the Christmas lunch and will re-open Tuesday January 3rd 2017.



Remembrance Day 2016—Barry Pruden placed a wreath at the cenotaph in Sechelt on behalf of the Sechelt Seniors Activity Centre.



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 December:

Thursday, Dec. 1

Anne Fitzau

Thursday, Dec. 15

Cheryl Casorso

ANNUAL CHRISTMAS LUNCHEON

December 16

Tickets on Sale December 1st

**Member & 1 Guest
\$17 each**

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

2017 Memberships are available.



**Happy New year
2017**

New Years Eve Lunch
Prepared by the Golden City Restaurant
Thank you!!!
Date - 31 December 2016
Time - 11.30 am

Chinese Food or Roast Beef or Ham

Sign up sheet will be available
Dec.3 to Dec. 16
so you can select from the above menu
Cost \$12.95
Lots of delicious food and
fun with your fellow diners



**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 January 3rd,
2017. Drop in and enjoy a cup of tea
and a good chat.




Doing it right!

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~ 604-885-3281 ~

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THE BEST OF THE SEASON
AND A HAPPY NEW YEAR**

2017 promises to be our best year ever with 10 all new or revisited tours to choose from and more than 40 tours in all.

Are you on our mailing list? Our **2017 Tour Brochure** will be in the mail the week of January 9. If you would like to receive a copy call us toll free at 1.877.277.5577 or email us your name, address, & phone number to **info@mandatetours.com** subject "Free Brochure"


On **Friday March 10** **Melinda Burns** is presenting our 2017 tours at **Sechelt Seniors Activity Centre**.

1:00 - 2:00 pm
light refreshments -
door prizes

**Please R.S.V.P. at the
Front Desk**




ON SALE NOW

<p>Cuba Revisited  Jan. 23 - Feb. 6, 2017 Cayo Santa Maria, Trinidad, Cienfuegos, Havana, Bay of Pigs, Valley of Vinales, Tropicana Show, Varadero, Dupont Mansion 36 incl. meals from \$5,199.⁰⁰ dbl.</p>	<p>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.</p>	<p>Incredible Iceland  July 21 - 30, 2017 Reykjavik, Krysuvik & Gunnhver Geyser, Blue Lagoon, Vestmanneyjar Island, Gullfoss, Seljalandsfoss & Skogafoss Waterfalls, etc. 17 incl. meals \$7,839.⁰⁰ dbl.</p>
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For more information on these or other tours check us out online or call us toll free

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Surrey, BC V4A 9E3



www.agelessadventuretours.com



**Prices include
all taxes**

DECEMBER 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.

Thurs	Dec	1	Butter Chicken
Fri	Dec	2	Fish and Chips
Mon	Dec	5	Shepherd's Pie
Tues	Dec	6	Cabbage Rolls
Wed	Dec	7	Chicken Cordon Bleu
Thurs	Dec	8	Salmon
Fri	Dec	9	Soup and Sandwich
Mon	Dec	12	Meatballs & Mushroom Gravy
Tues	Dec	13	Chicken Raja
Wed	Dec	14	Roast Pork
Thurs	Dec	15	Closed for Banquet Prep
Fri	Dec	16	Christmas Banquet - by ticket only

**The Kitchen will be closed between
December 16 and January 3rd.**

**Please order your New Year's Eve Lunch at
the Front Desk by December 16.**

Exciting news from Salt Seas

Charlie the clownfish has a friend! Today we introduce *Ecse-nius stigmatura*, the Tailspot Blenny.



This Blenny lives amongst the rocks, where it can be seen peeking its head out of small holes, or laying around, keeping watch over the aquarium and the people looking in. You may also notice that it bites at the rocks. This Blenny is an omnivore, and it uses its rasp-like teeth to scrape the algal film off the surface, and happily eats any small crustaceans it encounters as well. The Blenny will defend its territory from snails, who also graze on algae.

You may notice that this fish is capable of changing colours! It's normally blue-ish and orange body can quite quickly develop white stripes, and its lips will show white patches that look like fearsome tusks. This helps the Blenny to become camouflaged in its environment.

While the Blenny can swim, it spends much of its time laying on the rocks. This is because, unlike most fish, the Blenny does not have a swim bladder: an organ which holds a small amount of air, and keeps a fish buoyant. It can, however, easily swim backwards, even reversing vertically into holes. Being a bottom dweller, the Blenny occupies a different ecological niche in the aquarium than the clownfish and reduces the chance of aggression between the fish because they don't compete for the same food.

In other news, our chef Emily was recently interviewed in a podcast about keeping salt water aquariums. If you would like to hear about her experience learning how to keep a marine tank, and setting up the one for the Sechelt Seniors Activity Centre, the interview can be found at www.reefthreads.com. It is episode #299.



Bus Travels With Rick

2016 was another successful year for the Centre's bus. Throughout the year members enjoyed a variety of bus trips. These included excursions to some of the local casinos, shopping,

Tea and Trumpet concerts at the Orpheum Theatre, plays and other attractions. For the 2016/2017 concert season, Tea and Trumpets was a sell-out for the bus.

In April, 14 members enjoyed a three day trip to the Harrison Hot Spring Resort. The Centre had two bus trips in June for members to see the musical "Billy Elliot" at the Stanley Theatre. These two performances were thoroughly enjoyed by all who attended.

At the end of August, 21 members went on the Vancouver Island tour bus trip. Some of the high-lights included a daytrip to Salt Spring Island, dinner and a play (Footloose) at the Chemainus Theatre and a steam train ride at Port Alberni.

For 2017, the Bus Committee is hoping to have more trips. The committee would like people to submit ideas for bus trips. All suggestions will be considered. Lastly, I would like to remind people that a valid paid up membership is required to participate in bus trips.

Best Wishes For The Holiday Season!

~ Rick McGowen



Funtastics goes out on a high note



Maurice Farn and Patrina Thomson charm the audience one last time with "It's a Wonderful World."

It was another wonderful, sold-out production from the Funtastics this year. At the Hop was a compilation of some of our favourite music from the 60's and 70's, interspersed with delightful comedy - including a Laugh-In wall.

The backstage and decorating crew did a tremendous job. The technical crew was outstanding.

The addition of the Sandra Cordero Dancers worked out great and was an audience favourite.

This was the ninth Funtastics produced by Maurice Farns. It generated over \$7000 in profit for the Centre.

Sadly, Maurice has announced that this will be his final year as the show's producer. We are all extremely grateful for his hard work over the years and the wonderful entertainment he has provided for us.

IN MEMORIAM

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