

Seashell Echo

February 2017

Funtastics Return

Blast From the Past

They've barely got the grease paint off their collars and they're back in rehearsal.

After announcing last December that the Funtastics were going to retire, producer Mo Farn has his talented cast and crew back at work to raise money for a special cause.

The SSAC is starting an Emergency Relief Fund which will help members who suffer unexpected and devastating events. A committee will determine how this fund will be distributed.

The 2 day show will contain a variety of your favourite skits and acts from previous productions.



Some of the featured performers include Lynne & Reg Dickson and Bernie G.

Buy your tickets early for March 17 or 18 at 3 p.m. Tickets are \$20 each and are on sale at the SSAC.

2017 Annual General Meeting

Thurs. Feb. 16 at 1:30 p.m.

Election of the Board of Directors

You must have a valid 2017 membership & be over 50 to vote.

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

Sunday Feb. 26

Cloverdale Racetrack & Casino

Leave at 8:15

Return 5:50 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.



Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~

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

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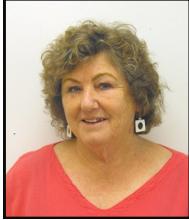
Microsoft



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 February 2017



At the Annual General Meeting being held **Thursday, February 16 at 1:30 pm**, the membership will be asked to vote on the following **SPECIAL RESOLUTION** regarding the expansion of our facility:

Contingent on approval of the District of Sechelt Parking Variance Application, the SSAC Membership approves a budget of \$50,000.00 to proceed with the development of a detailed plan for the proposed building renovations. This process will produce an architectural plan, scope of work plan, initial building permits, and selection of a suitable contractor bid.

To be approved, this resolution requires a 2/3 majority of those present. It is crucial that a large portion of the membership is involved in this important decision. Please plan to attend.

The Need for Renovations

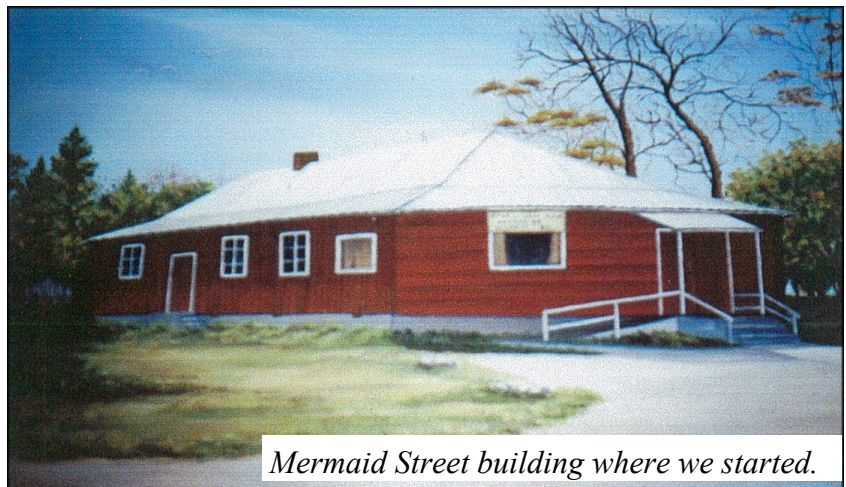
The original location for what was then named "Branch 69 of the Seniors Citizens Association of B.C." was a small building on Mermaid St. and the membership was about 350 persons.

The membership numbers soon began to outgrow that facility. The land at 5604 Trail Ave. was purchased, and construction on the current building took place from 1986 – 1993, much of it with volunteer labor. Membership at the official opening in 1993 was 650 persons. Shortly after, the Society underwent an official name change, to "The Sechelt Seniors Activity Centre Society," incorporating as a registered B.C. charity under that name in 1999.

There has been little change to the building since then, except for the addition of a storage room in 2013. Current membership has doubled, at over 1200 persons, and it has been so for 5 years. There has been a corresponding increase in demand for use of the facilities.

In response, the Board directed the Planning Committee to study the problems and make recommendations. The study came up with some surprising numbers, for both the increase in facilities use and use of the dining room.

As well as the increase in membership numbers, the number of activities offered by the Centre, and the amount of participation by



Mermaid Street building where we started.

members has increased significantly. Over 500 person per week attend activities at the Centre. (This is in addition to the dining room service.)

The 2017 Activity Schedule lists 32 separate activities using 51 scheduled times in a seven day week. The greatest pressure is on the use of the auditorium. As well as the scheduled activities, this facility is used Monday to Friday as a lunch time dining room.

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Presidents Message - Renovations Information

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It (the auditorium) is used for Special Events, such as theatre shows, dances, and fundraisers. It is also available to community renters on Saturdays and on Sunday mornings. It is estimated that the auditorium has an 85% occupancy rate, based on a 12 hour day.

The greatest increase in service demand has been in the use of the kitchen/ dining service. Over the past 5 years, there has been an increase of 35% in the number of meals served. During 2016, over 13,000 meals were served during the Mon-Friday lunch hours, or 1300 meals/month during the 10 month opening period.

The use of the SSAC by renters is an important part of our connection to the community, and produces important revenues. While the usage has remained steady over the years, this is due to the lack of availability of the auditorium. Many would-be renters are turned away, because member led activities have preference.

With the increase in demand for services, comes the need for more administration. The office space allocated is woefully inadequate. A very limited open area space is used by 12 Board members, a Rental/ Activity Coordinator, a Bookkeeper, and a variety of Activity Coordinators. It is also used for filing and storage. There is no space for private/confidential meetings, or for concentrated work.

It became apparent that the SSAC is a victim of its own success. The choice was between



A lot of volunteer labour went into the existing building

a cut back in services, or planning for an expansion in facilities. The Committee decided to explore options for expansion, especially since the senior population in Sechelt is growing, and so there is no reason to expect a decrease in the demand for services. A contingency fund has been built up over the years for building upgrades, and is currently at a very healthy \$300,000.00.

The Renovation Plan

The committee obtained a federal government grant to assist with hiring a consultant architect, Peter Treuheit, to provide options for building expansion. Over the past year several options, ranging from the modest to the expansive, were considered. The committee decided on a modest version, encompassing a “push out” of the front of the building, by a depth of 18 ft., yielding an increase of approximately 1325 sq. ft. of floor space.

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Presidents Message - Renovations Information



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This will allow the following renovations:

- Expanded kitchen, a walk-in freezer/cooler, increased storage, preparation and service space, ability to serve to both the dining room and auditorium.
- A dedicated dining room seating 72, which can be converted into two multi-purpose rooms after meal hours.
- Increased availability of the auditorium, approx. 13 more hrs./week of activity time.
- Increased office space, including two private office/meeting rooms, office space for the Rental/Activity Coordinator, a second

open office area, and more storage/filing space.

- A new resident's lounge, opposite the previous one.
- an enlarged electrical room.

The committee recommends that this design is the "best fit" to address the current needs, it is financially attainable and is responsive to the reactions from the neighborhood. Please see the above drawings for more detail.

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This + That

Yoga - Same Day, New time, New Place



Our mid-week yoga class has outgrown the Craft Room. It will be moving to the auditorium on Wednesday mornings. Instructor André Casaubon will make the change on Wednesday, Feb. 15th.

The new space will accommodate an increase in attendance.

Try your hand at Bridge



Come and join us for friendly Bridge Upgrade and play on Mondays—12:15 to 3:00 in the Craft Room.

Or try Social bridge on Saturday 12:15 to 3:00. We use California Scoring and it's an easy, friendly atmosphere, with Progressive Play and Prizes.

Don't miss the

Annual General Meeting

Thurs. Feb. 16
at 1:30 p.m.

You will be asked to vote on a
Special Resolution about the
Building Expansion

This + That

Toonie Treasure Trove



(Above) President Joanne Rykers pulls out the first winner of the SSAC Treasure Chest 50/50 Draw. Congratulations to our first winner Margaret McCaughy! Margaret won \$198 and the SSAC "wins" \$198.

The Treasure Chest 50/50 draw will take place every Tuesday afternoon at approximately 1pm. Play each week to support the Centre and for your chance to win 50% of the weekly pot.

How to play

As a new player, you need to register. Look for the sign-up forms by the treasure chest in the lobby. (They look like large tickets) Just fill out the form and take your half with the number on it. That's your number for as long as the draws are run.

When you want to play (enter the draw) you will write your number on a round, white sticker which you will find next to the Treasure Chest. Put the sticker with your number on it on a toonie and drop it into the Treasure Chest. If you want to play more than once, just remember to put a sticker with your number on each toonie before you drop it into the Chest.

The cut-off time for the weekly draw will be 1 pm each Tuesday. The weekly draw will take place at the SSAC every Tuesday afternoon.

The winner will be notified by telephone or email. The winner may also be announced at the SSAC, on our website, social media, in the Echo and local media.

The winner will receive 50% of the total pool received that week.

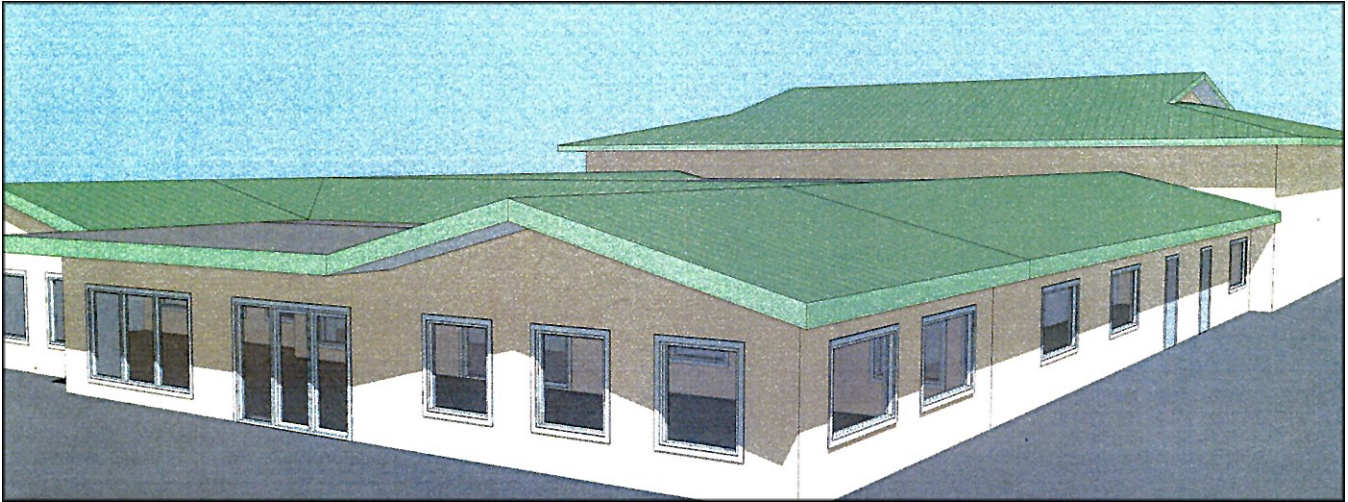


We Have A Monthly Friendship Tea!

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 March 7th, 2017. Drop in and enjoy a cup of tea and a good chat.

Presidents Message - Renovations Information



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Financing

We anticipate that a combination of funding strategies will be used in the budget. Current best “guestimates” are that the project cost will be in the \$600,000.00 range. A portion will need to come from the SSAC contingency fund. In addition, the following strategies are being actively pursued:

Federal government funding may be available through the Infrastructure program. We have met with our MP, Pam Goldsmith-Jones, and have begun the application process. We believe we are in a strong position to achieve significant funding.

We have met with the Sunshine Coast Credit Union, and the SSAC will qualify for mortgage funds, or a Line-of-Credit, if needed.

We will look into funding from municipal and provincial governments as well as Individual and corporate donors.

Finally, we will be having fundraising projects, such as the “Treasure Chest.”

Timeline

The Board believes we are at a critical point in our planning at which we should obtain, essentially, approval in principle, from the mem-

bership, hence the current Special Resolution.

Preliminary discussions with the City of Sechelt Planning Department have determined that we must apply for a Parking Variance before any building permit will be issued, and this process will take 3 – 4 months. We will then begin the process of detailed planning, which include more detailed drawings, building permits, a detailed budget, and final Membership approval. Construction could start in early 2018.

Information meetings

Renovation project brochures will be available in the lobby. We will also be holding information sessions, where you can bring your questions and we’ll try to provide some answers.

The meetings will be held:

Monday, Feb. 6 at 11:00 a.m in the Farish Room

Thursday, Feb. 9 at 11:00 a.m. in the Heritage Room.

~ Joanne Rykers

Is it still volunteering when it's for myself?

The Sechelt Seniors Activity Centre Society is a self-contained, self-sufficient unit. We (the members) own the property, and the building on it, outright.

We provide activities every day of the week which meet the wide variety of our members' needs.

Every week day, for 10 months of the year, we have a place where we can eat a healthy, delicious meal for a reasonable price. 2016 was the busiest year to date, with 13,000 lunches served. That involved 5,200 volunteer hours in the kitchen alone.

Being this busy, we are in constant need of extra hands, especially for dishwashing. Anyone who volunteers in the kitchen, gets training and free lunch when they work. Not to mention the deep appreciation of all the members who enjoy our lunches. If you think you can help, contact Charlie Jensen at (604) 885-8855.

In addition to the mid-day meal, we gather together in groups to simply socialize and enjoy each other's company at the monthly Friendship Tea; and all summer long we have "Tea @2 on Tuesday" when the kitchen is closed. It helps us to stay connected. In this activity, as well, we need some willing hands to manage and organize things. And to serve tea, of course. Contact Dorothy Fraser if you're interested. (604) 885-7637

Of course there's the time and energy it takes to maintain our actual building and property. We're looking for Handy Persons to join the elite group of the Maintenance Com-

mittee. If you have talents in the Plumbing, Electrical, Heating, Woodworking or any Building Maintenance fields, we would

like to meet you. Contact Tony Stroud (604) 312-1083 or Ron Atkinson (604) 885-9434 for more details.

So when we volunteer, we are participating in the operations and management of this vast, diverse organization which serves our individual and collective needs. It's a great way to support ourselves and each other.



	<p>Community Volunteer Income Tax Program</p>
	<p>The Community Volunteer Tax Preparation Program is back at the SSAC</p>
<p>this year, on Wednesdays from 10:00 a.m. to 3:00 p.m. through March and April. They will be located in the Farish Room.</p> <p>Volunteers will complete tax returns, free of charge, for low-income Individuals earning less than \$30,000 and families earning less than \$40,000 in 2014. The program does not serve clients with self-employment income, rental property income or capital gains.</p> <p>Consultation is available by appointment only. Contact Louis Legal at (604) 229-2337 for information or to make an appointment.</p>	

Mary Clark

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Cuba

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on many cruise ship itineraries.

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"Last Frontier"

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mclark@cruiseshipcenters.com

www.cruiseshipcenters.ca/MaryClark



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 February:

Thursday, Feb. 2	Anne Fitzau
Friday Feb. 10	Dorothy Fraser
Thursday, Feb. 16	Cheryl Casorso
Friday, Feb. 24	Barbara Lightfoot



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tour brochure



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1.877.277.5577



Fairmont Jasper
Park Lodge -
Seniors Spring Fling
April 3 - 8
15 incl. meals dbl: \$1,829.⁰⁰



Okanagan Wine
Summerland Waterfront
Resort
May 9 - 12
9 incl. meals dbl: \$1,597.⁰⁰



Watermark Beach
Resort & Wine Getaway ■
five different wineries
May 23 - 26
8 incl. meals dbl: \$1,389.⁰⁰



Canadian Arctic
Inuvik, Aurora Borealis,
Tuktoyaktuk, Reindeer Crossing
April 6 - 12
14 incl. meals dbl: \$6,966.⁰⁰



Annual Women's
Wellness Getaway ■ Tigh-Na-Mara
Seaside Spa Resort
May 15 - 18
8 incl. meals dbl: \$1,493.⁰⁰



Whistler, Tyax, Quaaout
Resorts - Sea-to-Sky, Chilcotin &
High Country Regions
May 28 - June 2
12 incl. meals dbl: \$2,159.⁰⁰

On Friday March 10, Melinda
Burns is presenting our 2017 tours at
Minoru Seniors Centre.

1:00 - 2:15 pm
- light refreshments
- door prizes

Please R.S.V.P. by
calling:
(604) 542-5566



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



www.agelessadventuretours.com



Prices include
all taxes

FEBRUARY 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, and the Succulent Soups, Delectable Desserts and Exquisite Entrees.

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

Wed	Feb	1	Roasted Ham	Mon	Feb	20	Dahl Lentil Rice Bowl
Thurs	Feb	2	Quiche & Salad	Tues	Feb	21	Shepherd's Pie
Fri	Feb	3	Fish and Chips	Wed	Feb	22	Chicken Cordon Bleu
				Thurs	Feb	23	Beef Stroganoff
Mon	Feb	6	Hot Reuben Sandwich	Fri	Feb	24	Fish and Chips
Tues	Feb	7	Chicken Souvlaki				
Wed	Feb	8	Roast Beef	Mon	Feb	27	Seafood Linguini
Thurs	Feb	9	Filipino Chicken Adobo	Tues	Feb	28	Cabbage Rolls
Fri	Feb	10	Fish and Chips				
Mon	Feb	13	Closed for Family Day				
Tues	Feb	14	Sweet & Sour Meatballs				
Wed	Feb	15	Roast Pork				
Thurs	Feb	16	Butter Chicken				
Fri	Feb	17	Fish and Chips				



Frozen Entrees From The Kitchen

Frozen Entrees are now available. Single serving portions cost only \$5.

Selections may include Butter Chicken, Broccoli & Tuna Casserole, Chicken Pot Pie or Spaghetti with Meatballs.

These may be ordered and paid for from the kitchen cashier and taken home.

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Bus Travels With Rick

Greetings! As you may have noticed, January and February are slow months in regard to the number of bus trips that are planned. This is due to the cold weather and the shorter days. Once March arrives, the Bus Committee will be able to plan more trips.

Speaking of bus trips, the committee is looking for a volunteer to help plan interesting trips. Also, we welcome any and all suggestions from members.

On Sunday, February 26th, the bus will be going to the Cloverdale Racetrack and Casino.

Come out and enjoy a day of harness racing. There are 2 buffets where you can have lunch.

I would like to remind people that you must be an SSAC member to participate in bus trips. Please make sure you have renewed your membership for 2017.

Lastly, if you're interested in a 3 day/ 2 night trip to Harrison Hot Springs Resort in April, an interest sign-up sheet will be at the front desk.

Cheers,

~ Rick McGowen

IT'S DANCE TIME

Saturday February 25th, 2017
7:30 pm to 10:30 pm

The Blue Line Trio



And The Bear Music Company
with John and Krystyna

Members \$10 Non-Members \$15

IN MEMORIAM

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



SALE at the SSAC
Saturday, April 1st
10 a.m. to 2 p.m.

Tables \$15 each or 2 for \$25

Spaces go quickly so reserve
 at the reception desk soon.