

Seashell Echo

October 2017

Mystery Dinner Theatre



Set Sail for Success!

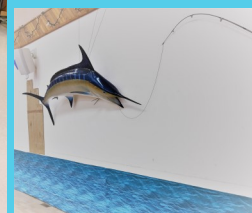
On Saturday September 23rd, Set Sail for Disaster played to a full house.

Delicious appetizers were followed by a gourmet buffet by Ricolan catering.

Then the drama begins aboard Captain Von Ammon's (played by Charlie Jensen) luxury yacht. Unfortunately for him, the Captain was murdered by one of his guests or crew. Foul weather lead to the yacht

being shipwrecked on a deserted island in the uncharted Caribbean. Many clues were given and audience members were given the task of solving the murder and submitting a ballot naming their prime suspect.

Prizes were awarded to three correct answers. Door prizes were also awarded. Thank you to the cast, crew, volunteers, supporters and sponsors who made Set Sail for Disaster a great success.



Centre Information

Executive 2017-2018

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	Gwen Austen
Maintenance	Tony Stroud

Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	

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 - Gillian Smith



BUS TRIPS

**Thursday Oct 26th
Hard Rock Café/IKEA**

October

More bus trips are being planned, check the bulletin board and website for updates.

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.

Let's take a moment to send a shout-out to Rick McGowan and his team for all the great trips they've made possible!

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 Laurel Ennis and Gillian Smith 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 desk.



President's Message



The Fall season has started with a bang! The Mystery Dinner Theatre was a huge, almost sold out success, and good food, wine, and many laughs were enjoyed by all. I think we saw a whole new side of Charlie Jensen – he could have a career in Theatre! Thank you to all the organizers, the caterer and the cast and crew who provided us with such great entertainment for such a worthy cause.

The auditorium floor has been getting rave reviews, and activities quickly got into full swing after the re-opening. On behalf of the SSAC, I would like to express our thanks to the Government of Canada, New Horizons project for their funding of this project. Their grant of \$25,000.00 allowed us to extend our budget and provide the highest quality floor. The cushioned floor will save the backs and knees of many senior participants, and enhance the quality of our recreation and physical activity.

We will miss the feisty presence of Lewine Hughes, who contributed to many things at the Centre, including the refugee project, by knitting toques for all the family. They were very sad to learn of her passing, and were looking forward to meeting her.

October will begin with our annual Open House on the 7th, in which the SSAC activities are showcased for the community, so plan to get involved and bring a friend or two.

On a personal note, we have finally, after 9 long months, moved back into our home. Its a bit like camping out still, with everything in boxes, appliances to be installed and much of the furniture still to be delivered but we are very grateful to be back. My husband, Mike, and I are very grateful to all of you who have offered help and expressed sympathy.

Joanne Rykers

Refugee Project Update

Fundraising to date is well over the \$25,000.00 mark, and we are waiting for the final tally for the Mystery Dinner Theatre. Our next events are The Open House, on Oct. 7, when we will sell the "Stepping Stones" books and Quilt Raffle tickets. At the Christmas Craft Fair on Nov. 18 we will sell crafts, baked goods, and draw for the quilt raffle. "Coats of Paint" has been postponed to April, so please watch for us then. We keep in touch with "our" family, and they continue to be positive and are very much looking forward to coming to Canada.

GENERAL MEMBERSHIP MEETING – NEW DATE

The Fall General Membership Meeting will be held on Thursday, November 16, at 1:30 pm. The change of date gives us extra time to prepare the proposed budget for the expansion plan. Hope to see you all there!



Treasure Chest 50/50 Fundraiser Recent Winners

Robin Bryant \$81
Cheri Kingsland \$127
Sally Watson \$57

How it Works:

Sign up at the desk to get a number. When you enter, take a sticky dot and write your number on it and drop it in the Treasure Chest. If your number is drawn you win half of the contents of the Treasure Chest! The other half goes to support the Senior's Centre. You can find our Treasure Chests at select vendors throughout Sechelt as well as at the Centre. Draws happen Tuesdays at 1:00 p.m. Good luck!



Winner!

This beautiful sturdy garden bench was raffled off at Saturday's Mystery Dinner Theatre to aid our refugee fund. The lucky winner was Ali Khan.



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Sechelt

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Saturday September 9, 10:00am-12:00pm

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Wickaninnish - Stormwatch



Stay n' Play

Stormwatching at Long Beach,
Tofino, Pacific Rim National Park
November 6 - 9
7 incl. meals dbl from: \$1,609.⁰⁰

Discover Magical Maui



Stay n' Play

Kaanapali Beach, 2^{hr} Whale Watch,
Lahaina Town, Royal Lahaina Resort
February 18 - 25
15 incl. meals dbl: \$5,312.⁰⁰

England, Ireland & Wales



Stay n' Play

Tower of London, Westr. Abbey,
Buckingham Palace, Stonehenge
June 6 - 24
30 incl. meals dbl: \$8,679.⁰⁰

Fantastic Christmas Tours

Tour	Itinerary	Stay 'n' Play	Dates	Meals	Price
Leavenworth Christmas	Concerts, Sleigh Ride	Stay 'n' Play	Nov. 28 - 30	4 meals	\$844. ⁰⁰
Christmas in Chemainus	incl. 'The Cornwalls'	Stay 'n' Play	Nov. 29 - 30	2 meals	\$519. ⁰⁰
Christmas in New York	Broadway Show, shopping, city tour	Stay 'n' Play	Dec. 12 - 17	9 meals	\$4,549. ⁰⁰
Deluxe Vancouver Christmas	Wedgewood Hotel	Stay 'n' Play	Dec. 24 - 27	7 meals	\$1,875. ⁰⁰
Christmas in Victoria	Hotel Grand Pacific	Stay 'n' Play	Dec. 24 - 27	6 meals	\$1,575. ⁰⁰

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

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Thumbs up!!

The new sports floor in the Auditorium is a huge success with our Pickleball players (including Serge Planidin and Bert Carswell - two of the floor volunteers).

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Let's Dance	9:30-11 am	Auditorium	Sandra Cordero	\$3
Qigong Shibashi	10-11 am	Craft	Barry Pruden	\$3
Bridge Upgrade	12:15-3:30pm	Craft & Farish	Peggy Malcolm & Charlie Jensen	\$3
Carpet Bowling	1-3 pm	Auditorium	Jean Bowden	\$3
Pickleball	3-9 pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10:30pm	Craft	Mike McCarthy	\$3
TUESDAY				
Emergency Radio	9-10 am	Farish	Barbara Lightfoot	\$3
Fitness	10-11:10 am	Auditorium	Susan Seabrook	\$4
Quilting	1-4 pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea 1 st Tues	2-3 pm	Auditorium	Dorothy Fraser	Free
Pickleball	3-7 pm	Auditorium	Gill Smith & Bert Carswell	\$3
Table Tennis	7-10 pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Yoga	10-11:15 am	Auditorium	André Casaubon	\$5
Computer 1 on 1-2 nd Wed	10:30am -12pm	Farish	David Marsh	\$3
Pickleball	1:30-7:30	Auditorium	Gill & Bert	\$3
Genealogy Searches - 1st Wed	1-3 pm	Heritage	Valerie Grant	\$3
Genealogy – 3 rd Wed	1-3 pm	Heritage	Arlene Hamilton	\$3
THURSDAY				
Crafts	9:30-11:30	Craft	Chris O'Brennan	N/C
Fitness	10-11:10	Auditorium	Ivana Cappelletto	\$4
Painting	12:30-3	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Heritage	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden	\$3
Pickleball	3-9 pm	Auditorium	Gill & Bert	\$3
Crib	6:30-9 pm	Heritage	Dave Grafton	\$3
FRIDAY				
Pickleball - Social	7:50-9:50am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11 am	Craft	Barry Pruden	\$3
Play & Poetry Reading	10am-12 pm	Heritage	Viveca Ohm	\$3
Poker	11am-3 pm	Farish	Doug Whitworth	\$3
Darts	1-3pm	Heritage	Shirley McCaughtrie	\$3
Pickleball	1:30-7 pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7:30-9 pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Chair Yoga	9:30-10:30 am	Craft	Abdre Casaubon	\$3
Duplicate Bridge	12-4 pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30	Heritage	Jim Wakeford	\$3
SUNDAY				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

October Lunch Menu

11:30 a.m. to 12:45 p.m.

Everything is made from scratch!

We also serve soup, sandwiches & salads every day. Desserts will vary.

Mon	Oct	2	Butter Chicken
Tue	Oct	3	Hot Reuben Sandwich
Wed	Oct	4	Roast Beef
Thur	Oct	5	Baked Chicken
Fri	Oct	6	Fish & Chips

Mon	Oct	9	CLOSED for Thanksgiving
Tue	Oct	10	Chicken Raja
Wed	Oct	11	Turkey Dinner
Thur	Oct	12	Beef Stroganoff
Fri	Oct	13	Fish & Chips

Mon	Oct	16	Sole
Tue	Oct	17	Soup & Sandwich
Wed	Oct	18	Ham Roast
Thur	Oct	19	Meatballs in Mushroom Gravy
Fri	Oct	20	Fish & Chips

Mon	Oct	23	Seafood Linguini
Tue	Oct	24	Cabbage Rolls
Wed	Oct	25	Roast Pork
Thur	Oct	26	Sweet & Sour Meatballs
Fri	Oct	27	Fish & Chips

Mon	Oct	30	Dahl Lentil Rice Bowl
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Save Those Grocery Receipts

Don't forget to save your grocery receipts from IGA and Claytons. These two locally owned stores generously give 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.



**Frozen Entrees
From Our Chef \$5
Pay at the kitchen cashier.**

***We Have A Monthly
Friendship Tea!***



Drop in and enjoy a cup of tea and a good chat on **Oct 3 from 2 pm-3pm.**

Everyone is welcome!



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WANTED!

The Pop-up Decorating Committee is looking for Christmas Stockings – all varieties (modern, heirloom, pet, etc) to decorate the Centre for Christmas. Please bring to the front desk. If you'd like your stockings back, pin your name and contact information to the back of the stocking. Thanks!



**OPEN
HOUSE!**

Saturday October 7

1-4 pm

Refreshments

Door prizes

Membership

FIND OUT ABOUT
ALL OUR ACTIVITIES

S.S.A.C.

AND HOW YOU
CAN GET INVOLVED

Come Join us and bring your friends too!

KITCHEN VOLUNTEERS

The Kitchen re-opened on September 5th after our summer hiatus. Emily, our super chef, is once again providing memorable meals and frozen entrees.

The real challenge the Kitchen Committee is having is filling the dishwashing positions. As the lunch program has become more popular, the need to have more than one dishwasher on busy days has become problematic.

We can only continue to bring these excellent lunches, at these prices, to our members and guests if we have dedicated volunteers to assist Emily. At the present time the prep and server positions are filled by the same people most of the time. We need more members stepping up so these dedicated volunteers don't get burned out.

We can really use more members helping in the kitchen. Training and a free lunch are provided. Please contact any of the Receptionists who can give you a Volunteer Sign-Up Form. For more information call Charlie Jensen in the Office, Mondays & Tuesdays 604-885-8910



Check the Website!

Sometimes things happen, so when you are heading in to an event, activity, talk etc. please check the website first to make sure there haven't been any last minute changes. The website info will be the most up-to-date.

<http://www.secheltactivitycentre.com>



WEDNESDAY MORNING 8:45AM-9:45AM

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IN MEMORIAM

LEWINE HUGHES

Lewine spent most of her youth in Saskatchewan, some of it on a large farm she remembered with fondness, and part of the time in Saskatoon. Lewine also lived for a time in North Vancouver before moving up to the Sunshine Coast.

Lewine loved to travel and spent many weeks aboard cruise ships seeing the world. She even got to know some of the crew aboard some of these cruises and enjoyed their stories.

Lewine joined the Sechelt Seniors Activity Centre sometime before 2006 and was a valued volunteer working at various positions in the kitchen. Lewine also volunteered with the Craft Group providing crafts in support of the Centre.

One would often see Lewine walking around Sechelt - she did a lot of walking and you would be hard pressed to keep up. We will miss seeing her coming through the doors at the Centre and her willingness to assist at whatever was happening.

*Those we love don't go away.
They walk beside us every day.
Unseen, unheard but always near.
Still loved, still missed and very dear.*



In Memoriam



Emma (Em) Skagfjord

September 16, 1921 - August 27, 2017

Em Skagfjord was of Lebanese heritage and born in North Portal, Saskatchewan. She passed away in Sechelt on August 27 at the age of 95. Em moved to Sechelt in 1977 with her husband Ole and fell in love with the area. She loved to visit with family, friends, and neighbours and was always ready to lend a helping hand. Em is survived by her son Grant (Margaret), daughter-in-law Barbara, and five grandchildren.

Em was an active member of the Sechelt Activity Center, enjoying the company of her friends while playing bridge and carpet bowling. She loved to sing and performed in several concerts put on by Nikki Weber. Em will be forever missed. There will be no service by request.



John Peat



John Bayne Peat February 25, 1928 - February 22, 2017 John passed away peacefully on February 22, 2017 in Sechelt at the age of 88. He will be lovingly remembered by his wife, Judy and his two adored daughters, Alyson (Brian) and Jennifer (Norman), along with much loved grandchildren, Cameron, Brett and Maya. John appreciated the loving relationship he received from Judy's children, Jeremy (Angela), Matthew (Kelly) and Kate (Chris) and their children, Kathryn, Madeleine, Andrew, Lucas and Rylee. John was predeceased by Beth, his dear wife of fifty years, in 2004. John immigrated to Canada in 1951 and over the years, he would be heard to say, "This country has been good to me." He enjoyed a successful and extremely happy 38 year career in real estate, retiring in 1994. John was ever thankful for the heart warming times spent with his family and wonderful times spent with cherished friends. He was known by his many Bridge player friends as a kind person and a real gentleman. He showed a strong will in his last year of life by playing Bridge with his friends with never a mention of his failing health. John's kind and generous spirit will be missed by many.



Seniors' Meeting

Gibsons Seniors Society Invites you to join us at 1:30pm Monday, October 2nd to hear Wanda Morris VP Advocacy CARP talk on matters they are advocating on behalf of Seniors. Please RSVP to: Pres@gssshhall@gmail.com Ron Sayer President Gibsons Seniors



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 Fridays in October:

Thursday Oct 5th

Anne Fitzau

Friday Oct 13, 27th

Dorothy Fraser

Thursday Oct 19?

Any volunteer RNs?

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Did You Know?

Did you know that some of our SSAC members get together to play Bridge? It is a game that you can spend your whole life studying, learning, and playing yet never fully master. Bridge is good for the mind. It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure.

Any member can play. \$3. Social Bridge is from 12:15 to 3:30 in the Craft and Farish rooms. For info contact Peggy Malcolm 885-8855.

Duplicate Bridge organized by Mike McMarthy is played Monday evenings 6:30-10 p.m and Saturdays 12-4.



It's "Dance Time"

Dance to the original musical sounds
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October 28th- 7 pm

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5604 Trail Ave.
Doors open at 7:00 pm
Dance from 7:30 to 10:30 pm
Tickets: \$5 for members
\$10 for non-members