

Seashell Echo

December 2017



Christmas Craft Fair a Success!

We know Christmas is just around the corner when the Christmas Craft Fairs start. We are so lucky to have so many talented people here giving us “sale tour-ers” so much to choose from.

This year at the Seniors Centre we had 25 tables and a variety of items to admire and select. The SSAC Craft Group served a smorgasbord of delectable hand crafted items, sold delicious baked goods and a selection of beautiful holiday centre pieces.

Many artisans and entrepreneurs from the community participated, selling a host of items, from handmade ornaments to fudge.

The SSAC Refugee Sponsorship Committee sold baked goods, craft items, operated a refreshment stand and had a quilt raffle.

Thank you for participating and visiting the sale.

Merry Christmas to all!



Centre Information

Executive 2017-2018

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

Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	Tess Apedaile

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

Watch this space for bus trips for 2018.



If there are bus trips you would like to suggest, and you think others would also be interested, please leave your suggestion at the front desk to the attention of Rick McGowan.

Useful 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 604-885-6899
 HandyDART 604-885-6897

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm CLOSED FOR THE HOLIDAYS DEC 15-JAN 2

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



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



December is here, and the Centre is looking very festive, thanks to the excellent work of the decorating divas. We began to get into the Christmas spirit at our Craft Fair on November 18th. The auditorium was filled with good cheer, as busy vendors provided a variety of wares to enthusiastic shoppers. An enjoyable and profitable time was had by all.

The SSAC Christmas lunch is on December 15th, and this is the start of the Christmas break for the Centre. Tickets are \$20 each, and go on sale December 1st. Members can bring one guest. As well as Emily's delicious turkey dinner, there will be door prizes, and some very special entertainment. The kitchen will be closed on December 14th, to give Emily and her volunteers time to prepare, so the last kitchen meal for 2017 will be served on Wednesday, the 13th.

I regret to say that there will not be a New Year's Eve Lunch this year. The Centre is rented on Sunday mornings to the Church of Latter Day Saints, a longstanding contract that we are obliged to honor. Other days and other venues were considered, but none were workable. I am sorry because many enjoy this tradition. The Centre is open again on Tuesday, January 2nd, and I look forward to seeing everyone then.

This Christmas, I am very much aware of what it means to have a home, and how it must feel not to have one. I think of our sponsored refugee family, the upheavals they have had, fleeing from their home in war

-torn Syria, living in limbo for several years, and now relocating to Canada, but bringing with them heavy memories of the home and the life they had before. I think also of the difficult housing situation here in Sechelt, with low availability and prices unaffordable for many, leaving some vulnerable to being homeless. Having a home represents security and belonging, two fundamental human needs. In our Constitution, we hold the safety and dignity of the person to be a basic right, and certainly having a home speaks to this right. So, this Christmas, I take my hat off to those who are helping others in need, whether it is by giving refugees a home, helping to house people here at home or in war torn countries, and to all of you who care. Merry Christmas, and thank you for understanding.

On behalf of the Board, Merry Christmas and Happy New Year to all.

Joanne Rykers





Treasure Chest 50/50 Fundraiser Recent Winners

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 Seniors Centre and its projects. You can find our Treasure Chests at the reception desk at the Centre. Draws happen Tuesdays at 1:00 p.m. Good luck!



Winners!

Oct 31 Susan Beattie \$85
Nov 7 Toni Bolton \$90
Nov 14 John Stevenson \$93
Nov 21 John Alvarez \$171
Nov 28 Barb Skagfjord \$78

Congratulations!



Come explore your roots with Genealogy

For one-on-one genealogy help, pick up an Ancestry form from the Bulletin Board near the Craft Display case and book an appointment with Valerie for the 1st Wednesday of the month.

On the third Wednesday of the month, between 1 and 3pm, the Genealogy group meets to share stories about family history, usually bringing something for 'show and tell' belonging to the family.

The group helps each other research their family trees.

Meetings take place in the appropriately named Heritage Room and the cost is \$3.



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Merry Christmas
And Happy New Year!

Remembrance Day 2017

The annual Remembrance Day Ceremony at the Cenotaph on Cowrie Street was well attended again this year. Among Centre members was our representative Barry Pruden who laid the wreath on our behalf.



Did You Know?

Did you know that the SSAC is a Scent Free Zone? That means no perfume, scented deodorant, hairspray, after-shave or scented soap. Thanks for being scent-free!



The SSAC is closed for the Holidays starting December 16 and reopens on January 2. Some activities continue, so check the SSAC website <http://www.secheltactivitycentre.com> for update information.



The SSAC runs on its volunteers. And we're very grateful for each and every one of them. Sometimes they're front and centre and sometimes working behind the scenes. Such is the case for the crew who breaks down and sets up events and daily lunches at the Centre. Please ask if there's anything you can do to help.

FUNTASTIC NEWS!

The Funtastic Cast and Crew are coming together for our next show featuring music from the movies.

Where: Our wonderful Sechelt Activity Centre

When: March 23, 24, 25, 2018

AUDITIONS

We would also like to announce open Auditions on December 17th – 2pm to 5pm at the Centre in the Craft Room. We are looking for singers and actors who would like to participate. The theme this year is “Hollywood Musicals”. We are looking for solo, duo or group numbers or those who would like to be part of a chorus.

Auditions will be held on a first-come basis – come early and sign in.

Rehearsal Commitment: January – March – Thursdays 7pm to 9pm and Sundays 2pm to 5pm.

This is a chance to work with a great bunch of performers, the winter will seem shorter, and we have a Funtastic party after the show.

Artistic Director: Bob Hunt –
r2hunt@gmail.com (actors)

Music Director: Verna Chan –
vernachan52@gmail.com (singers)



Welcome Back Tess!

Tess is back on the Board, bringing years of experience and positivity to the table.

Did You Know?

Did you know that membership is required to participate in activities at the Sechelt Seniors Activity Centre? Beat the January rush and renew your SSAC membership for 2018 now.

The cost is still only \$25/year.

Feel Better Now

- 1 year gym membership \$300
- Gym drop in only \$5
- Pulsed electric magnetic field therapy \$5/session
- Massage, reflexology and more!

5654 Dolphin Street, Sechelt
604.885.8881
inchbyinchsechelt.weebly.com

Inch by Inch
fitness and wellness centre

December 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.

Fri Dec 1 Fish & Chips

Mon Dec 4 Seafood Linguini

Tue Dec 5 Chicken Raja

Wed Dec 6 Chicken Cordon Bleu

Thu Dec 7 Bangers and Mash

Fri Dec 8 Fish & Chips

Mon Dec 11 Filipino Chicken Adobo

Tue Dec 12 Meatballs in mushroom
gravy

Wed Dec 13 Roast pork

Thu Dec 14 CLOSED

Fri Dec 15 Christmas Banquet (by
ticket only)



The Kitchen will be closed after December 13th and will reopen on January 2nd.

Buy your frozen entrees at the lunch counter during lunchtime or at the front desk.



**Frozen Entrees
From Our Chef \$5**

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.



SSAC gets an RBC Grant for the kitchen



Thank you to Sahra Hailey - pictured here presenting a cheque for \$500 to SSAC Treasurer Donna Marsh. Sahra is a regular, hard working kitchen volunteer and knows her RBC Employee Volunteer grant will be used to purchase items for the Centre's kitchen.



- Downsizing
- Decluttering
- House Sale Preparation
- Move Services
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February 18 - 25
15 incl. meals dbl: \$5,312.⁰⁰

England, Ireland, & Wales



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

Incredible Iceland



Reykjavik, Blue Lagoon, Gullfoss
Waterfall, Golden Circle ...
June 15 - 24
18 incl. meals dbl: fm \$8,177.⁰⁰

Christmas tours are all but Sold Out, call now to reserve!

2018 marks our 30th year in business!

11 new tours in 2018 plus an Anniversary Tour to the Okanagan that is full of surprises!

Keep February 7 open as Melinda Burns is showcasing our 2018 tours at:

**Sechelt Seniors
Activity Centre
1:00 - 2:30pm**

**Light refreshments
& door prizes**



Fantastic Christmas Tours

Christmas in Chemainus incl. 'The Cornwalls'	SOLD OUT	Stay'n' Play	Nov. 29 - 30	2 meals	\$519. ⁰⁰
Deluxe Vancouver Christmas Wedgewood Hotel	SOLD OUT	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

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



www.agelessadventuretours.com



**Prices include
all taxes**

General Meeting



Many members turned out for the General Meeting in November. The Annual General Meeting will be held Thursday February 15th

we love coffee

coffee & comfort food
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***We Have A Monthly
Friendship Tea!***



Drop in and enjoy a cup of tea and a good chat on **Dec 4 from 2 pm-3pm**.
Everyone is welcome!



Dorothy Fraser dons her gay apparel. Fa-la-la-la-la...etc.



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>

Handy Folks Wanted:

Looking for Handy Persons who know their way around Building Maintenance, electrical, woodwork, plumbing and general repairs etc. If you want to be part of an essential

group that makes the Centre tick please contact Tony our Maintenance Director at:

604-312-1083 or

astroud@eastlink.ca



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:

Friday Dec 1

Dorothy Fraser

Friday Dec 8

Dorothy Fraser



Joseph Twerdun

April 30, 1930 – November 22, 2017

Joe was born in the rural community of St. Andrews, Manitoba – the 15th of 16 children born to Mike and Ann Twerdun.

Leaving home at 15, Joe took on a variety of jobs and had many adventures while making his way west. Joe eventually settled in Calgary with his sweetheart and wife, Muriel.

After raising two daughters and losing his dear wife to cancer, Joe moved to the Sunshine Coast, making Sechelt his permanent home.

Often seen walking to the Centre, Joe was a regular in the lounge, enjoying a coffee and a chat with his coffee buddies. Joe, you will be missed.



In Memoriam

If you know of any member who has passed on please let us know so we can remember them in the Echo.

Quilt Winners



Kit Artus (left) was the silent auction winner of this beautiful burgundy quilt donated by Penny Lyle. Thank you for your generous bid Kit!

Congratulations to Julie Nobert (right) the lucky winner of our quilt raffle. Julie is thrilled with the beautiful blue quilt which was graciously donated by the Sunshine Coast Quilters Guild. Thank you to all who bought tickets for supporting our Syrian Refugee Fund.

Did You Know?

Did you know that the Centre has a quilting group that meets in the Craft Room on Tuesdays from 1 pm-4 pm to quilt and chat.

New members are always welcome. \$3 drop-in fee applies.



Did You Know?

Did you know that the SSAC has a weekly Scrabble group? On Saturdays from 12:30 to 3:30 you can come and enjoy playing this good-for-the-brain game and meet new friends. Cost is \$3.



DANCE TIME! 
WITH *Jim Taylor*

**SECHELT
ACTIVITY CENTRE**

DECEMBER 2, 7:00

**50'S , 60'S ,70'S DANCE HITS
TICKETS AT THE DOOR / DOOR PRIZES**

TICKETS \$10:00 (NON -MEMBERS \$15.00)

