

Seashell Echo

January 2018



Christmas Luncheon Cheer

On Friday Dec. 15th, the Centre held its Annual Christmas Luncheon for 160 attendees. The Centre was looking very festive thanks to the creativity and hard work of the Pop-Up Decorating Committee.

We were entertained with festive readings and music by Richard Borthwick and Val Rutter. The program also included door prizes and the presentation of Life Memberships to two very worthy recipients.

It's no wonder tickets sell out so quickly. Everyone knows there will be a huge, delicious buffet including traditional fare followed by delightful treats. Thanks once again to Emily and her amazing kitchen volunteers for the incredible amount of effort that goes into such an occasion. Dorothy and Franz were on hand, of course, tending bar.

Kit Artus and the Special Events Committee organized the event and lots of wonderful volunteers were on hand to make sure everything ran smoothly.

Happy New Year!



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

Tues Jan 23

Grand Villa Casino

Leaves 7:30 a.m.
Returns 3:30 ferry

Wed Jan 31

Park Royal/Cap Mall

Leaves 9:30 a.m.
Returns on the 4:30 ferry

Cost for either is \$32 (65+)

Or \$38 (under 65)

Useful Phone Numbers

Sechelt Hospital—604-885-2224
 Sunshine Coast Community Services—604-885-5881
 Seniors 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 - Monday to Friday

Address: 5604 Trail Avenue, Sechelt, BC

PO Box 564, V0N 3A0

Reception / Information Desk: 604-885-3513 Office: 604-885-8910

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



The Centre celebrated Christmas in style, with our lunch on Dec. 15th. A delicious turkey dinner was served up by Emily and her kitchen elves to a sold-out crowd. Franz Eber and Dorothy Fraser provided the usual friendly bar service, and a beautifully decorated auditorium was the work of the "Pop-Up Decorating Committee." The entertainment, by Richard Bothwick and Valerie-Anne Rutter, was an interesting combination of music, readings and some sing along carols. The reading of "Christmas in the Trenches" was particularly poignant. We have enjoyed a welcome Christmas break, enjoyed time with friends and family, and I hope we are all ready to face the challenges of 2018 with renewed vigor.

Welcome back to Jacquie Allan, who returns to lead the Tuesday/Thursday fitness classes after a sojourn at university to do a Masters' degree. I am sure you excelled at your studies, Jacquie, and we are very happy to have you back. Thank you to the two very able substitute leaders, Susan Seabrook and Ivana Cappelletto, who conducted these very popular classes all through the Fall.

The SSAC application for a 2018 New Horizons Grant has been approved. This funding will allow Louise Phillips, and the Chair Actors group to produce her play, "The Wild Flower Book" and stage it at the SSAC. Louise is a professional actor who has led the Chair Actors in several successful productions. With the production of her play, she

will now also be a published playwright. Look forward to the performances in June.

Jacquie and Louise are two examples of the amazing talent we have among our members at the SSAC. Speaking of talent I'm sure that many of you have talent in the administrative and managerial spheres which would be welcome on the Board. We have limped along without a Secretary for most of this year, although Wilma Lorimer has graciously stepped in to substitute. In February, at the AGM, there will be Board Elections, and there will be vacancies for several positions. Please consider offering your skills.

This month will also see movement on the Refugee Sponsorship and the Expansion projects. Our sponsored family has cleared all the hurdles and is awaiting their travel plan, which we hope will be late this month, or early February. (I am giving my wooden desk a good rap as I write this.) We expect progress on the Centre Expansion project by the end of this month, as the preliminary engineering design should be complete.

Welcome to 2018, and I wish you all good health, good fortune, and good will for the entire year.

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 Chest at the reception desk at the Centre. Draws happen Tuesdays at 1:00 p.m. Good luck!



Winners!

Nov 28 Barb Skagfjord

Dec 5 Eva Wall

Dec 12 Charlie Jensen

Congratulations!



Newest Life Members



At the Annual Christmas Luncheon, Life Member Committee Chair Barbara Lightfoot awarded this year's Life Memberships to two very deserving volunteers. Congratulations to Joanne Rykers and Franz Erber!!! Thank you for all you do for the Centre.



It's Membership Time!

Renew your membership for 2018— still only \$25. With activities for everyone, wonderful, affordable lunches and a place to come hang out, it's no wonder we have an average of 1,200 members annually.

Join or Renew Your Membership



Dull Knives?

Everyone has knives—but you don't have to have dull ones any longer. Starting in January, The SSAC will provide a knife sharpening service for the members. From a 3 inch paring knife to a 14 inch slicing knife, your knife will be brought to like new condition. Sorry, no serrated blades. It will only cost you \$3.



That's 1-3 pm on the third Monday of the month — January 15th.

Did You Know?

Did you know that the Centre has Duplicate Bridge lessons?

This bridge class is intended for any bridge player, that is willing to learn Duplicate Bridge. You will need a partner. If you don't have a partner, you may not be alone, and maybe someone is in the same boat. Let me know, I will make a list of persons needing a partner. And we can go from there. It is a wonderful game, great for the brain and a wonderful way to meet people. Duplicate Bridge gets a bad rap, please know that there is ZERO tolerance for bad manners.

The class will begin Thursday, January 4th in the Farish Room at 10am. Be early to help set up tables and chairs. It would be great to know in advance how many people are interested. You can contact Judi Wilson at judimae@telus.net or 604-885-2343.

Welcome Back Jacquie!

Jacquie Allan returns on Thursday Jan 4th for fitness workouts! Her workouts focus on improving and maintaining your fitness level. We all need:

1. Stamina
2. Strength
3. Suppleness

The 3 S's of Fitness. Each class includes cardiovascular and muscular conditioning, stretching, and the best part— relaxation!

Meet your friends at class and make new ones. Just bring a water bottle, wear comfortable exercise gear including indoor runners, and if you have a mat, bring it too. Jacquie's Fitness Workouts happen on Thursdays starting Jan 4th and Tuesdays starting Jan 9th—10am to 11:10 - \$4.



We'll be looking for you!

Photo by Karen Mortgenstern

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Tricia Coffey 604.741.4424

tricia@rightsizingsolutions.ca
www.rightsizingsolutions.com

January 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.

Tue	Jan	2	Butter Chicken
Wed	Jan	3	Roast Ham
Thu	Jan	4	Beef Stroganoff
Fri	Jan	5	Fish & Chips

Mon	Jan	8	Baked Salmon
Tue	Jan	9	Chicken Pot Pie
Wed	Jan	10	Roast Beef
Thu	Jan	11	Bangers & Mash
Fri	Jan	12	Fish & Chips

Mon	Jan	15	Meatballs in mushroom gravy
Tue	Jan	16	Lasagna
Wed	Jan	17	Chicken Cordon Bleu
Thu	Jan	18	Sole
Fri	Jan	19	Fish & Chips

Mon	Jan	22	Hot Reuben Sandwich
Tue	Jan	23	Cabbage Rolls
Wed	Jan	24	Roast Pork
Thu	Jan	25	Chicken Quesadilla
Fri	Jan	26	Fish & Chips

Mon	Jan	29	Shepherd's Pie
Tue	Jan	30	Baked chicken
Wed	Jan	31	Roast Ham



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

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.

Activity Schedule – January 2018

Open to Adults of All Ages – 2018 SSAC Membership Required

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Let's Dance	9:30-11am	Auditorium	Sandra Cordero	\$3
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Bridge Upgrade	12:15-3:30pm	Craft & Farish	Peggy Malcolm & Charlie Jensen	\$3
Carpet Bowling	1-3pm	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	9-10am	Farish	Barbara Lightfoot	\$3
Fitness Note: Starting Jan 9th	10-11:10am	Auditorium	Jacquie Allan	\$4
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea 1 st T	2-3pm	Auditorium	Dorothy Fraser	Free
Memory Café Fitness 2-4 th T	2-3pm	Auditorium	Brian Smith	\$3**
Pickleball	3-7pm	Auditorium	Gill Smith & Bert Carswell	\$3
Table Tennis	7-10pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Yoga – Starting Jan 10th	10-11:15am	Auditorium	André Casaubon	\$5
Computer 1 on 1 -2 nd W	10:30am-12pm	Farish	David Marsh	\$3##
Pickleball	1:30-7:30pm	Auditorium	Gill & Bert	\$3
Genealogy Searches - 1 st W	1-3pm	Heritage	Valerie Grant	\$3##
Genealogy – 3 rd W	1-3pm	Heritage	Arlene Hamilton	\$3##
Armchair Travel – Jan 17th	2-4pm	Craft	Penny Lightbourne	\$3
THURSDAY				
Crafts	9:30-11:30am	Craft	Chris O'Brennan	N/C
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Duplicate Bridge Lessons	10am-12pm	Farish	Judi Wilson	\$3
Painting	12:30-3pm	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Heritage	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden	\$3
Pickleball	3-9pm	Auditorium	Gill & Bert	\$3
Crib	7-9pm	Heritage	Dave Grafton	\$3
FRIDAY				
Pickleball – Social	7:50-9:50am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Play & Poetry Reading	10am-12pm	Heritage	Viveca Ohm	\$3
Poker	11am-3pm	Farish	Doug Whitworth	\$3
Darts	1-3pm	Heritage	Shirley McCaughtrie	\$3
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Chair Yoga – Starting Jan 13th	9:30-10:30am	Craft	André Casaubon	\$3
Duplicate Bridge	12-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Heritage	Jim Wakeford	\$3
SUNDAY				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

** Caregivers must also attend Memory Café Fitness

- Sign up at the Centre – Sign up sheets are on the Bulletin Board near the Bus Trip announcements

N/C – no fee as our Craft Group creates items for sale at the SSAC with proceeds going to the Centre

Subject to change – check our website – www.secheltactivitycentre.com



Armchair Travel Club

1st Meeting

Wednesday Jan 17

Craft Room 2 to 4 pm

Light refreshments

Activity Fee \$3

Special Speaker Presentation

And a discussion on how the Armchair Travel Club will work



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 Fridays.



In Memoriam

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

Join or Renew Your Membership





Fun Pickleball Tournament

On December 10th, 33 SSAC pickleball players enjoyed a round robin tournament. Many other players came to watch and enjoy the fun pot luck social that followed. Organized by co-chairs Bert Carswell & Gill Smith with lots of support and goodies from all involved.

Special thanks to Deb Manou for donating beautiful framed paintings as two of the many door prizes awarded.

Congratulations to the winners in each of the three groups

Group 1 – 1st – Heather Waddell,

2nd – Dianne Flynn & 3rd – Patti Fluker

Group 2 – 1st – Bert Carswell,

2nd – Cathy Tait & 3rd – Joanne Rykers

Group 3 – 1st – Kira Sufalko,

2nd – Rick Carton & 3rd tie – Ed Harker & John Stewart



Did You Know?

Did you know that pickleball was invented by Joel Pritchard, a US congressman from Washington at his home on Bainbridge Island in 1965? He came up with the game when he couldn't find his badminton equipment and altered the rules to suit his new gear, a ping pong paddle and a whiffle ball.

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



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

Please volunteer!

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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:

We're 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



Syrian Refugee Sponsorship Project



FILM: HUMAN FLOW

**Saturday
February 3rd
1:30 pm**

Come see the celebrated artist and film-maker Ai WeiWei's latest film which is a detailed and heart-breaking exploration into the global refugee crisis. He visited 23 countries and conducted over 600 interviews in the making this film.

**Doors open at 1:00
Film begins at 1:30 pm
Syrian Refreshments included
Tickets \$10**

DANCE TIME!

WITH **Jim Taylor**



**SECHELT
ACTIVITY CENTRE**

JANUARY 27 , 7:00

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

TICKETS \$10.00 (NON - MEMBERS \$15.00)

