

Seashell Echo

June 2019

A Legendary Evening!



On Friday May 10th, the SSAC hosted The Legendary Ladies for a spectacular performance.

The decorating committee did an amazing job of transforming the auditorium into a sleek nightclub. Approximately 100 people attended.

Guests, volunteers and performers all noted that they had a great time.

Emily was contracted to provide a variety of wonderful appetizers, including dessert items. Bar sales and 50/50 ticket sales exceeded the budget and expectations. Thanks to all the volunteers, including our wonderful 50-50 team, Tony of Coast Social Events and local fire fighters who supported our event.

Overall, the event was successful and may be repeated. The costs to the Centre further were minimized by only occupying one date.



In the future, more attention will be required especially in regards to physical setup and tear down.

It should be noted that Jim Coffin did an outstanding job of getting the house back in order for the next day's scheduled activities. More photos from this Legendary Fundraiser are on page 6. Enjoy!!

Centre Information

Executive 2019-2020

President	Joanne Rykers
Past Past-President	Wilma Lorimer
Vice President	Chris Kane
Treasurer	Sylvia Graber
Secretary	Mary Bittroff
Maintenance	Ken White

Directors at Large 2019-2020

Margaret Boyd	Kit Artus
Chris O'Brennan	Roy Wren
Kathy Turner	Norma Pruden

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 & Activity	
Co-ordinator	Gillian Smith



JUNE BUS TRIPS

Hard Rock Casino/Ikea

Thursday June 13, 2019

Bus leaves Centre @ 7:15am and returns on the 4:40pm ferry—Cost \$35 (\$28—65+)

Van Dusen Gardens

Thursday June 20, 2019

Bus leaves Centre @ 9:45am and returns on the 5:30pm ferry—Cost \$35 (\$28—65+) Garden admission fee is extra—Seniors \$8.50, Under 65—\$11.25

Purchase tickets from the office weekdays
9 a.m.-3 p.m. SSAC Membership required.

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 Weekdays - 9:00 am to 3:00 pm // After June 21st—10:00 to 2:00

Closed for Statutory holidays

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.



President's Message

May certainly brought in the beautiful weather, and I came back from my holiday in mid-May to find my garden in full bloom. My European trip was short, packed with delightful experiences and lousy weather. We enjoyed a boat trip on the Danube one day, and the next evening, during Andre Rieu in concert, the floor was filled with graceful dancers waltzing to, of course, the "Blue Danube." We saw the continuing ravages of the communist era in Bucharest. They tried to destroy the old Byzantine and neo-classical architecture, but the citizens managed to save some buildings by hiding them behind the ugly cement blocks. Other highlights were connecting with family in Holland, and 2 days in the beautiful city of Bath, England.

The Centre's renovations are nearing completion, although there is a venting problem in the kitchen that still needs to be remedied. Our revenues from activities, membership, and fundraising are healthy enough that we will be able to make further payments to the construction loan. This means that, if all goes well, our mortgage with the Credit Union will be a very manageable \$150,000.

On June 13, 11:30 am – 2 pm, the Centre is hosting a visit from Anne Kang, Provincial Parliamentary Secretary for Seniors, and Nicholas Simons, MLA for the Sunshine Coast. The visit will be informal, including a tour, lunch, and a "meet and greet" in the Dining Room afterwards. Everyone is welcome. Thank you to our Director Kathy Turner for arranging this visit. We do enjoy showing off the new Centre, and perhaps there is some bit of money in the provincial pot to help with the mortgage.

On June 21 we will celebrate our many volunteers with the annual Volunteer Appreciation Lunch. This is our opportunity to acknowledge the contribution made by our hundreds of volunteers, their generosity, dedication, patience, and love.

Last year a reporter writing about our fundraising campaign asked why we have so many committed volunteers. And I realized that it is because, at the SSAC, volunteers are not just important to the organization, volunteers ARE the organization.

Through volunteering we are contributing to the strength and vitality of our own Centre and its programs, while we feel a sense of ownership and interdependence.

Book your spot for the Volunteer Lunch at the reception desk. I extend a special invitation to all you Activity Chairs and assistants. You are truly the backbone of the Activity Centre, and your many hours of work improves the quality of life for many.

A reminder – Summer Office hours are 10:00 am – 2:00 pm, starting June 24. The kitchen is closed, but activities continue as desired by the individual groups. The regular schedule starts again the Tuesday after Labor Day, Sept. 9.

Have a wonderful summer!

Joanne Rykers

SSAC Volunteer Lunch

Friday June 21st

Doors open at Noon
Lunch starts at 12:30

Limited seating

thank
you!

**If you are a regular volunteer, sign up
at the front desk & get your ticket.**

Thank you for all you do!!!!

**Volunteers
Wanted**



**Help -
the members need more volunteers!!!**

The kitchen is a happy meeting place and well supported BUT we the diners need help preparing vegetables for Emily, serving food and dish washing!!!!!!
Please sign up!!

We are also looking for a LEADER and a team to help with set up and take down for Special Events.

What is set up - moving tables, chairs and helping to set the tables.
Take down - putting everything away for the next activity.

**Best of all volunteering is working with teams
and supporting our members!!**



Monthly Friendship Tea



Drop in and enjoy a cup of tea, treats, and a good chat.

Tues June 4th

Everyone is welcome!



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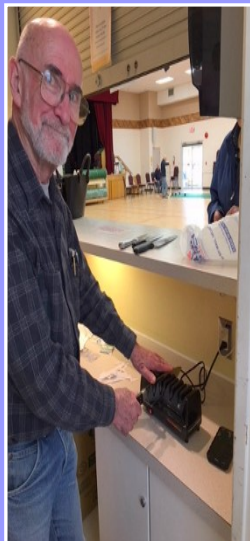
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Knife Sharpening

Bring in
your dull
knives and
let Leroy
sharpen
them for
you. Monday
June 10th
1 to 2:30pm
Cost is \$3
per knife.



- Downsizing
- Decluttering
- House Sale Preparation
- Move Services
- Home Contents Sales
- Estate Dispersal

Tricia Coffey 604.741.4424

tricia@rightsizingsolutions.ca
www.rightsizingsolutions.com



Legendary Fun



June Lunch Menu

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

Everything is made from scratch!

We also serve soup, sandwiches and salads.

Desserts vary.

Show Membership Card for Member Pricing

Mon	June	3	Butter Chicken
Tues	June	4	Cabbage Rolls
Wed	June	5	Roast Beef
Thur	June	6	Chicken Quesadillas
Fri	June	7	Fish & Chips
Mon	June	10	Shepherd's Pie
Tues	June	11	Quiche & Salad
Wed	June	12	Chicken Cordon Bleu
Thur	June	13	Sole
Fri	June	14	Fish & Chips
Mon	June	17	Salmon
Tues	June	18	Chicken Pot Pie
Wed	June	19	Roast Ham
Thur	June	20	CLOSED
Fri	June	21	VOLUNTEER APPRECIATION LUNCHEON



Frozen Entrees

From Our Chef \$6

Lunch is served Monday—Friday in our newly renovated Lunch Room from 11:30—12:45.

During Lunch you can order your frozen entrees at the lunch counter. Other times, you can purchase frozen entrees at the front desk.

Limit 6 per person.

Last lunch before the Summer Break—June 19th

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 \$5,000 that our members spend. This helps reduce the cost of food that we purchase for our wonderful lunches. Drop them off in the bin by the lunch desk.



Volunteers

are needed to help with Recycling—in the Kitchen and the Office. If you are interested in helping, please leave your name at the front desk. Emily & the office crew Thank you in advance!

Activity Schedule – June 2019

Check website for possible changes
Open to Adults of All Ages

Monday		
Qigong Shibashi	10-11	\$3
Plan 24 Tai Chi	11-noon	\$3
Keep Fit with Lori—Balance & Mobility	11-noon	\$5
Bridge Upgrade	12:15-3:30	\$3
Carpet Bowling	1-3	\$3
Fun Chess	2:30-5:30	\$3
Duplicate Bridge	6:30-10:30 pm	\$3
Tuesday		
Fitness	10-11:10	\$4
Memory Café	10:30-12:30	\$3
Quilting	1-4pm	\$3
Friendship Tea at 2 – First Tues.	2-3pm	Free
Table Tennis	7:00-9:00pm	\$3
Wednesday		
Yoga with Andre	10-11:15	\$5
Genealogy 3rd Wed	1-3	\$3

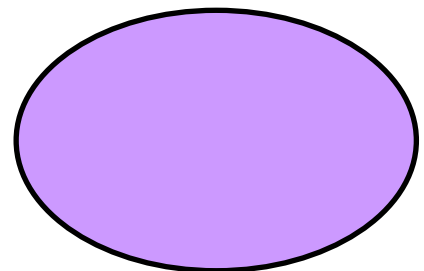
Thursday		
Crafts	9:30–11:30	N/C
Fitness	10-11:10	\$4
Painting	12:30-3	\$3
Mahjong	1-3	\$3
Yoga with John	11:30-12:30	\$5
Carpet Bowling	1-3	\$3

Friday		
Chair Yoga	10-11	\$3
Qigong Shibashi	10-11	\$3
Ukulele	11:10-12:20	\$3
Poker	Noon-3:30	\$3
Argentine Tango	7:30-9 pm	\$3
Saturday		
Quilting once a month	9-3	\$3-\$6
Dup. Bridge	Noon—4pm	\$3
Scrabble	12:30-3:30	\$3

Pickleball

is offered daily—except Saturday

Check the website or pick up a copy of the monthly schedule. We offer both Level Play and Social Play, equipment and coaching. Thanks to our volunteers who make pickleball so much fun! Any questions—
email ssacpickleball@gmail.com



Fun Pickleball Tournament



In May, an Advanced group Round Robin Tournament was enjoyed by many

The winners of the 3.5+group were

1st (by 1 measley point) Ed Harker (left)

2nd—Gill Smith (who does the Echo and conveniently omitted her picture and used the word 'measley' above)

3rd Irene Jankovits (pictured right)



The 3.25 group

The winner was John Stewart (left) - who didn't lose a game!

In second place—Fred Baines (right)

And tied for 3rd place—Glenn Millar, Margaret Webb & Steve Clifford (pictured below)

Next tournament will be held on June 23rd for Levels 2.0-3.0.

Thanks to Bert Carswell and his team of organizers and volunteers!!



Did you know?

We have a defibrillator in the main foyer. It has clear and simple instructions; so don't be afraid to use it if needed.



Thanks!!

Thank you to **Halfmoon Yoga** for your generous donation of yoga straps for our Yoga and Chair Yoga classes.

Your generosity is much appreciated by the large number of participants in the popular classes run by Andre Cassaubon & crew & John McDougall Goulet.

And thanks to Judith Grieves for making this happen.



MEMORY CAFE LOOKING FOR VOLUNTEERS

Memory Cafe is a Sechelt Seniors Activity Centre activity for people with dementia and their caregivers. At Memory Cafe caregivers and those with memory problems join in one hour of conversation and mind-stimulating games. This is followed by one hour of low-impact exercises directed by a BCRPA certified personal trainer.

We are looking for volunteers who would be prepared to help out by supporting participants in these activities. We meet every Tuesday from 10:30 – 12:30. If you can help or if you would like get more information, please call Brian Smith at 604 885-6202.

KNIT, DON'T QUIT

Come and join us to make toques, scarves and mitts for the homeless on the Coast.



Starting Thursday August 1st through September 26th from 9:30am to 11:30 in the Craft Room. There is no activity fee and all supplies are provided.

Hope to see you there

We needle all the help we can get.



Donation Wall Says Thanks!



The Donor Wall Committee was dedicated to coming up with a means to honour our initial donors who contributed towards the SSAC Renovation Project. After several discussions and consultations amongst the committee, and then with our (reluctant) volunteer artist Dave Phillips, a design was agreed upon. The mural, painted in Heather Waddell's garage, had begun. Heather added her beautiful flowers to the bottom edges, which depicts native Sunshine Coast flora.

Once delivery was made to SSAC, the mural was mounted on the lobby wall. With Bob Maveety's expertise in creating a frame, we had a painting we were all proud of.

Next came the ordering and the mounting of the acrylics on which to display donor names. These were placed so that they could be well seen.

And lastly, we will very soon have a book on display to honour all the donors who have contributed thus far to the renovation project. We hope it will be full very soon!

I was happy to chair this committee, and want to thank my fellow members, including those named above, as well as Joanne Rykers, Patti Flucker, Margaret Boyd, Agnete Newman and Nell Burns for their contributions.
Val Galat, Donor Wall Cmte. Chair



Bank of Montreal Sechelt staff present a cheque for \$610 to SSAC Vice-President, Chris Kane. The funds were raised by the branch's ongoing book sale. Bank of Montreal thanks everyone who purchases and donates books.

WOO HOO!! -THANK YOU RBC

PLEASE RESPOND TO OUR SURVEY

The SSAC has gratefully received a donation of **\$5000** from the RBC Foundation for purchases needed in the expanded area of the building. The survey is part of the report required in the RBC grant. This money will be directed towards the dining room. Solar blinds and new round tables have been suggested. The round tables are believed to allow for more tables in the dining room, make mobility easier, and facilitate conversation.

QUESTION: Do you support the purchase of these
tems? YES _____ NO _____

COMMENT:

Please leave your response at the reception desk in the Centre
or return your answer and comments to the question by e-mail to ssac@dccnet.com

Quilt Raffle

Tickets

\$2 ea or 3 for \$5

Draw takes place—June 21st

Tickets available at the Centre

**Thanks to Evelyn Harker for this
beautiful quilt & pillow**



THURSDAY June 13th—approx. 11:30—2

Parliamentary Secretary for Seniors in BC

— Anne Kang

& our MLA— Nicholas Simons

will be at the SSAC for

an informal visit—tour, lunch and chat



They'd like to hear what to have to say.

Hope you can attend.



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U'mista Cultural Centre
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8 incl. meals dbl: \$2,598.⁰⁰



Discovery Coast Passage
Freedom Highway, Chilcotin
Plateau, Bella Coola
July 30 - August 3
10 incl. meals • dbl: \$1,736.⁰⁰



Desolation Sound
Quadra Island, Rebecca Spit,
Prideaux Haven
August 8 - 12
12 incl. meals • dbl: \$1,877.⁰⁰

Many other tours including: B.C.^s Inside Passage & Rail Circle Tour; Glacier National Park &
Waterton Lakes; Kettle Valley Railway; Rockies, Rails, & Dinosaurs; Tuscany & Umbria;
Autumn in Quebec ... to name a few.

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all taxes**



7NT BRIDGE LUNCHEON



Saturday September 21, 2019

11:00am - 3:00pm

LUNCH, SILENT AUCTION, PRIZES

Social & Duplicate Tables

Open to Men & Women

Social - \$120 table // Duplicate - \$60 pair

Limited space—reserve your table now!

For more information contact Sue - 604-885-5600 hayport@telus.net

DANCE TIME!



WITH **Jim Taylor**

SECHELT
ACTIVITY CENTRE

JUNE 22, 7:00

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

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

