

Dec. 2019

Seashell Echo

Christmas Craft Fair Success



The SSAC Craft Fair was busy on Saturday November 23rd as shoppers came looking for goodies. The SSAC Craft Group has been working hard creating crafty items of all sorts and filled eight

tables with their offerings.

The baked goods were also a great hit and sold out quickly. Raffle tickets were on sale and the winners of the Winter Quilt and Brit Box were selected. More photos and info on pages 5-7.



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Centre Information

Executive 2019-2020

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

Directors at Large 2019-2020

Margaret Boyd	Kit Artus
Chris O'Brennan	Norma Pruden
Tony 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 & Activity Co-ordinator	Gillian Smith



BUS TRIPS

**Parq Casino—
Tuesday December 10th**

If you have ideas for possible bus trips, leave a message for Rick McGowan in the office.

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 - Weekdays, except 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. Newspapers are recycled in their own blue box at the reception desk.



President's Message

December is here, and with it, comes Christmas and the closing of another year. I'm still adjusting to single digit temperatures after weeks of 30 degree sunshine in Australia, so am not ready to face the prospect of snow! Thank you to Chris Kane for very competently taking over, and to everyone who pitched in during my absence. We say good bye to Kathy Turner, who resigned as Board Director, temporarily, to deal with health concerns. We will miss her and hope she comes back in February, healthier than ever! This leaves us short one Director, and I encourage you to talk to us if you are interested in being part of the Board of Directors, and in shaping the future direction of the Centre.

The problem with the heating of the air return in the kitchen has been fixed, and the kitchen workers are finally able to doff their toques! The maintenance team is now turning their attention to the heating system in the rest of the Centre, particularly the problems in the Craft and Farish rooms. By the way, those machines high on the wall in the Dining Room and Lounge are heating/cooling units, and are controlled by remotes hung on the wall underneath the units. If you need help with their operation, please come and see one of us in the office.

Speaking of the Dining Room, we are experiencing a challenge with respect to maintaining a table arrangement that is safe and practical for both servers and diners, which means keeping passage ways open. If you move the tables during another activity, PLEASE consult the posted diagram, and replace them in the exact position.

The Craft Fair on Saturday, Nov. 23, was enjoyed by all, and was a financial success for the Craft Group, thanks to the hard work of Chris O'Brennan and the crafters. Thank you Kit Artus for outstanding organization of this event.

A bonus was a donation from the former Weeds store, who donated thousands of dollars worth of health care product, which became a lucrative fundraiser for the Centre, through the entrepreneurial skills of Chris Kane and Gill Smith. The connection with the Weeds store was established through the persistent work of two members of the Fundraising Committee, Val Galat and Patti Fluker, who developed a keen interest in this market, from a purely professional point of view, of course! (Although Patti did display a keen interest in the idea of gummy bears.)

The final push is on for the raffle to win a BC Ferry \$1000 gift certificate. Rojean Trent and her elves are working hard to sell the final few hundred tickets. Please contact Rojean or myself if you would like to help. Draw is on December 20, at the Christmas lunch.

2019 has truly been an exciting year. Our New Look has infused us all with a sense of renewal, as well as attracting hundreds of new members, and bringing the challenges of growth. This is also a time to honor the work of past members, dating back over 30 years, who established the SSAC as a vital force in this community. We can manage the future because we have strong roots and traditions. The Board of Directors look forward to celebrating the season with you at the Christmas Lunch, and to being part of the Centre in 2020.

Joanne Rykers

Important Dates

- Memberships for 2020 are now available for \$30 and will be valid until the **end** of 2020. Get yours now to avoid the January rush!
- Tickets for the Christmas Lunch will go on sale December 2nd. Tickets are \$20 each and members can buy one additional ticket for a guest.
- The Christmas Lunch is on Friday December 20th.
- The last regular lunch is on Wednesday December 18th
- The kitchen will re-open on Monday January 6th.
- The office will close at 3pm on Friday December 20th and reopen on Thursday January 2nd.



Discount
for SSAC
Members

**Entre-Deux-Mers – French
Bistro, – offers 10% discount
when presenting valid
SSAC membership card**

108A, 5530 Wharf St., Sechelt,

ph, 604-740-0285

EDMbistro@hotmail.com

Reservations recommended



Friendship Tea



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

December 10th
2-3 p.m.

Everyone is welcome!

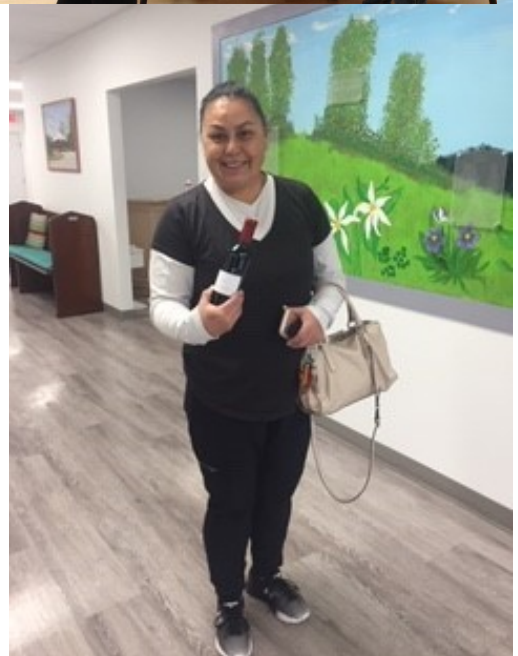
WINTER QUILT & BRIT BOX RAFFLE



Lucky Louise Potter (above right) was the winner of the beautiful quilt made and generously donated by Margaret (above left).

Below, Sharon happily accepts the BritBox she won which was donated by Chris O'Brennan (above and right with special Craft Fair helper).

Below right is April Joe with a bottle of chocolate port donated by Joanne Rykers.





Craft Fair Success

The Craft Fair, including the proceeds from the raffle, raised almost \$2,000 for the SSAC!!!

Special thanks to the SSAC Craft Group for all your hard work—meeting weekly on Thursday mornings at 9:30 to create wonderful items to sell to benefit the Centre.

Greeting cards are available year round near the book cases, and there is a display cabinet in the front entrance that always contains fabulous items for purchase.



The Craft Group welcomes new members and there is no activity fee

The Craft Group would like to thank everyone who generously donated Greenery for the Holiday crafts and centrepieces.



Thanks to the Special Events committee lead by Kit Artus for organizing the Craft Fair and to all the volunteers who helped. The Special Events Committee is now getting ready for the Christmas Lunch on Dec. 20th!



Craft Fair Success

In addition to SSAC Craft items, local crafters were able to rent tables for our event, increasing the selection of items even more!

Special Thanks

Special thanks to Weeds/Mary Jane's who donated thousands of dollars worth of product to the Centre for our fundraiser. We were able to sell the product at a reduced price (which makes it affordable for everyone) and raised almost \$1,500 for the Centre, thanks to Chris and Peter for making this part of the Craft Fair.



Win A

Class B-Raffle License-Regular Ticket, Licence #120290



**Draw
December 20th**

**At SSAC
Christmas
Luncheon**

**\$5.00
Per ticket**



SSAC

Christmas Lunch

Friday December 20th

Doors open at Noon

Lunch 12:30

Tickets -- \$20 each

Members can buy one ticket for a guest

Limited seating

Tickets go on sale
Monday December 2nd

December 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.			
Mon	December	2	Seafood Linguini
Tues	December	3	Chicken Rajah
Wed	December	4	Roast Beef
Thur	December	5	Meatballs in Mushroom Gravy
Fri	December	6	Fish & Chips
Mon	December	9	Shepherd's Pie
Tues	December	10	Chicken Pot Pie
Wed	December	11	Chicken Cordon Bleu
Thur	December	12	Hot Reuben Sandwiches
Fri	December	13	Fish & Chips
Mon	December	16	Soup & Sandwich only
Tues	December	17	Quiche & Salad
Wed	December	18	Roast Ham
Thur	December	19	Kitchen closed
Fri	December	20	Christmas Banquet – Ticket Only
Kitchen reopens Monday January 6th!			



Pictured is Sahra Haley, a retired RBC employee who volunteers many, many hours in the kitchen each year.

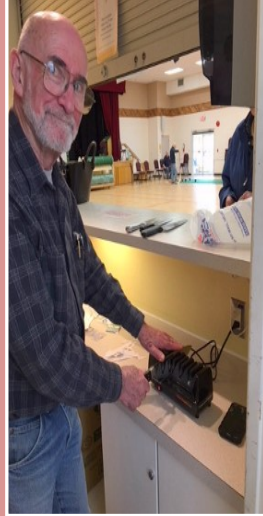
Sahra is presenting the RBC volunteer reward cheque to SSAC Treasurer Sylvia Graber. (also an incredibly hardworking SSAC volunteer).

Thank you Sahra and RBC for your generosity.

Knife Sharpening

Bring in your
dull knives and
let Leroy
sharpen them
for you.

Monday
December
16th
1pm to 2:30pm
Cost is \$3 per




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Maintenance Volunteers Needed!

SSAC is inviting members who have a background in mechanical systems or maintenance and who would be interested in joining the maintenance committee (either hands on or perhaps only in an advisory role). This could benefit the committee by having a wider experience base while not requiring all committee members to actually have to participate in hands-on maintenance activities. Your participation would be appreciated. Please forward your interest to the attention of Chris Kane, Vice President, SSAC. Thank you.



Graham Rae



Mike Powell (left) John Maddalozzo (above)

Congratulations!!!

The Grand Prix Pickleball Tournament was held in November & these are the winners!

Level 2.5 (above) Gold—Mike Powell, Silver—John Maddalozzo & Bronze—Graham Rae.

Level 3.0 (below) Gold-Aldo Tachi, Silver—Cathy Tait, Bronze—Richard Ward

Level 3.25 Gold—Russ Alfreds, Silver—Bert Carswell, Bronze—Laura Maddalozzo

Level 3.5—Gold—Carl Amberg, Silver—Ed Harker

Bronze—Sue Brown & Brian Clingwall



Cathy Tait above, Aldo Tachi above right,
Richard Ward (maybe??) right





Russ Alfreds



Bert Carswell



Laura Maddalozzo



Pickleball Fun!!!

Thanks to everyone at the Centre for making Pickleball so much fun. Thanks to Serge, Brian, Mary, Sheryl, Bob & Ed for coaching this year. Thanks to Bert and crew for organizing the fun tournaments & thanks to Trail Bay Sports for donating tournament prizes.



Carl Amberg above, Ed Harker below & Sue Brown & Brian Clingwall right



Activity Schedule – December 2019

Open to Adults of All Ages – Check the website for changes

The Auditorium is Closed for activities on December 20th.

The Centre is Closed December 21st to January 2nd, but some activities will continue.

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Qigong Shibashi	10-11am	Craft	Meryem Durnie	\$3
Yoga with John	9:30-10:30am	Auditorium	John McDougall-Goulet	\$5
Plan 24 Tai Chi	11am-noon	Craft & Farish	Bill Cron	\$3
Keep Fit with Lori	11am-noon	Auditorium	Lori Gregory	\$5
Social Bridge	12:15-3:30pm	Craft & Farish	Karyn Burney	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Pickleball	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Singalong – Ukulele ++	5:30-7pm	Lunch Room	Ron Skene	\$3
Duplicate Bridge	6:30-10pm	Craft	Mike McCarthy	\$3
TUESDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allen	\$4
Memory Café	10:30am-12:30pm	Craft/Aud.	Brian Smith	\$3
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea – 2 nd T	2-3pm	Lunch Room	Sharon Blanchette	Free
Pickleball	1:00-7:00pm	Auditorium	Gill & Bert	\$3
Table Tennis	7:00-9:00pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Pickleball	12-6pm	Auditorium	Gill & Bert	\$3

Memory Café—** Caregivers must also attend Memory Café – the cost is \$3 each person.

There are many pickleball sessions—check the website, or pick up a schedule to see what times are available for Social Play and Level Play. Each person is entitled to play 2 times a week at their level.

Any questions, email ssacpickleball@gmail.com.

THURSDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Crafts/Knitting Group	9:30-11:30am	Craft	Chris O'Brennan	N/C *
Duplicate Bridge Lessons	9:30am-noon	Farish	Judi Wilson	\$3
Fitness	10-11:10am	Auditorium	Jacque Allan	\$4
Yoga with John	11:30am-12:30pm	Auditorium	John McDougall-Goulet	\$5
Painting Social	12:30-3pm	Craft	Isobel Gibson & Donna Stevenson	\$3
Mahjong	1-3pm	Lunch Room	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Just Stitching	1:30-5pm	Lunch Room	Sheila MacDonald	\$3
Pickleball	3-5pm	Auditorium	Gill & Bert	\$3
Line Dancing	5:30-7:30pm	Auditorium	Jay Alexov	\$3
FRIDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Susan Fletcher	\$3
Chair Yoga	10-11am	Auditorium	André Casaubon	\$3
Ukulele	11:10-12:15	Craft	Ron Skene	\$3
Poker	12am-3pm	Farish	Bob Hodgson	\$3
Pickleball	11:30am-7pm	Auditorium	Gill & Bert	\$3
Plan 24 Tai Chi	1-2pm	Craft	Bill Cron	\$3
Argentine Tango & More	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Quilting – Dec. 7th	9am-3pm	Lunchroom	Judi Wilson	\$3/\$6
Duplicate Bridge	12:30-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish/Lunch	Jim Wakeford	\$3
SUNDAY				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

**

There is no cost for Craft Group as the members make projects to raise funds for the Centre (see craft display in the entrance, cards by the book shelves, and attend the annual Christmas Craft Sale)

SSAC Membership is required to attend activities. You may try an activity one time without being a member (just pay the activity fee), then you'll need to (and want to) join our wonderful activity Centre. Membership is open to all ages. Available at the front office—\$30—valid to the end of 2020.



SSAC has an Official Facebook Page!

To find us, go on Facebook and search for Sechelt Seniors Activity Centre. Our page has "Official" in the title. We post fun things, events, activities, those funny signs. Please come and "like" and "follow" us!



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- Decluttering
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- Home Contents Sales
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Tricia Coffey 604.741.4424

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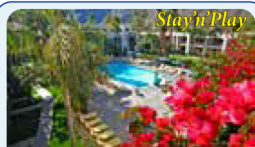
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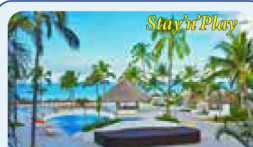
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Rest In Peace



Pat Gibson

It is with great sadness that the family of Pat Gibson (nee Berry) announces her passing, November 17, 2019 at the tender age of 94. With the exception of the last 7 months in Shorncliffe and a few short married years in Bella Coola and Boston Bar, Pat lived all of her long, healthy and happy life on the same multi-generational property in West Sechelt where she was raised.

Pat was as generous with her family and friends as she was kind and the kettle was always on at her house. She could crochet a baby sweater or handle a pickup truck with equal skill. Her many interests included collecting stamps, doing jigsaw

puzzles and handicrafts and colouring by the midnight oil. She loved to dance and did so at every chance, right into her 90s.

Pat was a long standing member of the Sechelt Hospital Auxiliary and a Lifetime Member of the Sechelt Seniors Centre where she contributed many lovely items for the Craft Group and remained a crack cribbage player to the end.

Pat is survived by her children, grandchildren, sisters, great granddaughters and many nieces and nephews.



In lieu of lowers, donations can be made in Pat's memory to the Sechelt Hospital Auxiliary. There will be no service by request. Pat's ashes will be scattered as she wished, in the ocean she spent her life looking out on.

If you know of any other members who have passed away, please let us know so we can honour them in the *Echo*..

Volunteer Appreciation Corner

It takes a dedicated team of volunteers to keep our Seniors Centre running smoothly. So this month it's hats off to:

IRENE JANKOVITS

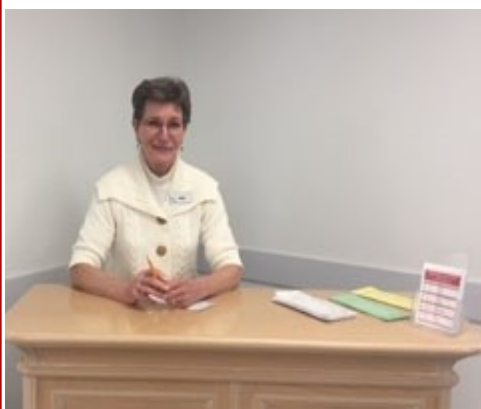
Irene is a long time volunteer who can be seen regularly at the front desk, and in the dining room taking lunch orders.

Did you also know that Friday Fish & Chip Day relies on Irene in the kitchen and for serving?

And, as if that wasn't enough, Irene volunteers to co-ordinate all of the office reception volunteers, to make sure the front line person is knowledgeable and friendly!

Thank you Irene!

And thank you to your office



Mike & Fay McCarthy



Mike & Fay have been organizing Bridge at the Centre for over 20 years!

They can be seen every Monday night and Saturday afternoon at Duplicate Bridge in the Craft Room.

And.... Mike is also head of Security at the Centre and has a group of dedicated volunteers who inspect the Centre daily to check that the building is locked down.

Thanks Mike & Fay

Thanks to the security volunteers!

Lunch Volunteers!

Thank you to all our volunteers—new and experienced for keeping the Centre running so well!! We couldn't do it without you!!