

SEASHELL ECHO

FALL 2021

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Pay It Forward

S SAC is delighted to have a new program launching Oct 4th. A program that has been made possible through financial support from the District of Sechelt, Community Investment Program.

Many of you may be familiar with the term and practice of *Paying It Forward*, which is simply giving back anonymously to your community. We do this not only to help others and give a hand up, but to celebrate our blessings.

Some of our members may be unaware that 13% of seniors struggle with low income and face daily challenges paying for rent, food and the necessities of life. As we are a membership community, comprised mainly of seniors, we see this struggle and the results of the tough choices made.

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WE NEED VOLUNTEERS!

Now that SSAC has reopened with activities and food service, we are looking for volunteers to fill some gaps. We need a small team to do a monthly deep-clean on the kitchen. We also need help with event set up and tear down. Please let us know your interest by phone or by email.



5604 Trail Avenue, Sechelt, BC
PO Box 564, V0N 3A0



Reception: 604.885.3513
Office: 604.885.8910



Covid Office Hours:
11am to 2pm, M,T,Th,F



info@secheltactivitycentre.com
www.secheltactivitycentre.com

Pay It Forward

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"Pay It Forward" is made possible through financial support from the District of Sechelt, Community Investment Program.

SSAC created the 'Pay It Forward' program to provide a system in which those who can afford to donate \$1 can buy a button. Those that need help to get a frozen entrée can use buttons (paid for by fellow members) to purchase frozen entrees. All done with discretion and dignity.

Members who come to buy lunches and frozen entrées will see a large tub of buttons on the counter. Buttons that are purchased will be placed in a small jar and tallied at the end of the day. Anyone who needs assistance in purchasing entrées can approach Lori, our Centre Manager, who will facilitate the purchase with discretion. Frozen entrées will be made available from the current selection.

For every six buttons purchased, one member in our community will have a delicious meal to enjoy.

Yoga



One of our best attended activities is Yoga. John leads 'mat' Yoga on Mondays and Wednesdays at 9:30 a.m. and again on Fridays at 10:00 a.m. Chair yoga is available Tuesdays at 9:15 a.m. Yoga can help improve balance and flexibility, alleviate back pain, ease arthritis symptoms and benefit heart health. Regular practice can help manage stress and improve sleeping habits.

John is both registered and certified, bringing decades of experience in a personal yoga practice to his Seniors Centre sessions. All levels are welcome, including newcomers, occasional participants and even seasoned practitioners. Those with mobility issues may be more interested in Chair Yoga.

Coping Skills For Covid



We are all aware of the many challenges faced over the last two years. The pandemic has been a stressor and some of us may not have the coping skills to move beyond the fear, anger, and isolation caused by this extended health emergency.

SSAC is pleased to be able to offer 'Coping during Covid' a 4-week program to teach resilience building strategies during challenging times. Tools learned will be helpful for the difficult times we are currently facing. The skills developed will also be applicable to many of the ups and downs we all face in life.

Dates and times have not been confirmed but classes will be 90 minutes each, held weekly for the four week program. Presented in cooperation with Canadian Mental Health, this program will be offered without charge and includes an online workbook with many tools to take with you. If this course would be of interest, please reach out to the Centre to have your name added to a list. We have limited capacity and are attempting to determine whether in-person or virtual/electronic meetings are preferred, and if day or evenings are best.

This fall, SSAC will also be making space available for a Mental Health Coordinator to be on-site for drop-in consultations. When dates and times are confirmed, we will post notices on Facebook and around the Centre.

USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
Sunshine Coast Community Services	604.885.5881
Senior's Advocate (www.seniorsadvocatebc.ca)	877.952.3181
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

Letter From Your Cook



Hello and greetings to everyone! I can't tell you how thrilled I am to have you back at the Centre and to be able to serve you hot meals once again. I have missed you very much.

I want to send special greetings to all the faithful kitchen volunteers who are the backbone of everything I do here. My heart is full of gratitude seeing people signing up for their weekly shifts and rolling up their sleeves to make the lunch program happen. We are, of course, welcoming new volunteers as well.

We have an exciting menu set for October. My great hope is that we can enjoy these meals together. I do however want to point out that having enough volunteers is essential to making this happen. It might involve some flexibility if we don't, though. You may

see take out containers if we don't have a dishwasher, or simplified menus if we don't have servers or a prep person. Please bear with us while we get back into the swing of things. We are doing our best to bring you the service you have come to expect.

Lastly I want to announce that I'm looking for suggestions for meals you would like me to cook for you! If you have any great ideas to share, please let me know via the suggestion box we will be setting up in October.

Bon Appétit!

- Emily McPherson



OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1 Soup & Sandwich Dessert
4 Soup & Sandwich Dessert	5 Meatballs in Mushroom Gravy	6 Roast Pork	7 Soup & Sandwich Dessert	8 Fish & Chips Pick-up pre-ordered Turkey Dinner
11 CLOSED	12 Cabbage Rolls	13 Chicken Cordon Bleu	14 Soup & Sandwich Dessert	15 Chicken Wings
18 Soup & Sandwich Dessert	19 Lasagna	20 Roast Ham & Scalloped Potatoes	21 Soup & Sandwich Dessert	22 Fish & Chips
25 Soup & Sandwich Dessert	26 Chicken Pot Pie	27 Roast Beef	28 Soup & Sandwich Dessert	29 Sole

SSAC ACTIVITY SCHEDULE OCTOBER 2021

Open to adults of all ages | Check the website for changes



ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Yoga with John	9:30-10:40	AM	Auditorium	John McDougall-Goulet	\$5
Line Dancing (Experienced)	11:00-12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00- 3:00	PM	Auditorium	Katie Caple / Shirley Allan	\$4
Pickleball (3.0-3.25)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (>3.5)	5:00-7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Duplicate Bridge	12:30-4:00	PM	Craft	Mike McCarthy	\$4
TUESDAY					
Chair Yoga	9:15-10:15	AM	Auditorium	Bobbie Seale-Cobiskey	\$5
Fitness	10:30-11:30	AM	Auditorium	Johanna Woods / J Allan	\$5
Memory Café	10:30-12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$4
Pickleball (2.0-2.5)	12:30-2:30	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (All Levels)	2:30-4:30	PM	Auditorium	Gill Smith & Richard Ward	\$4
Quilting	1:00-3:00	PM	Craft	Carol Maynard	\$4
Table Tennis	7:00-9:00	PM	Auditorium	Marilyn Heinrich	\$4
WEDNESDAY					
Yoga with John	9:30-10:40	AM	Auditorium	John McDougall-Goulet	\$5
Line Dancing (Beginner)	10:00-11:30	AM	Craft	Jay Alexov	\$4
Pickleball (All Levels)	11:00-1:00	AM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (3.25-3.3)	1:00-3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (3.0-3.25)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
THURSDAY					
Fit with Ivanna	10:00-11:00	AM	Auditorium	Ivanna Coppelletto	\$5
Carpet Bowling	1:00-3:00	PM	Auditorium	Shirley Allan	\$4
Majhong	1:00-3:00	PM	Farish	Katie Caple	\$4
Painting	1:00-3:00	PM	Craft	Isobel Gibson	\$4
Pickleball (2.5-3.0)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball (3.25-3.5)	5:00-7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
FRIDAY					
Pickleball Social (3.0-3.25-3.5)	7:30-9:30	AM	Auditorium	Gill & Richard	\$4
Yoga with John	10:00-11:10	AM	Auditorium	John McDougall-Goulet	\$5
Poker	12:00-3:00	PM	Farish	Bob Hodgson	\$4
Ukulele	2:00-4:00	PM	Dining Hall	Mark Trevis	\$4
Pickleball Social (2.0-2.5)	1:00-3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (Beginners/Rusties)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball (All Levels)	5:00-7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
SATURDAY					
SUNDAY					
Pickleball Social Beginners	1:00 - 3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (2.0-2.5-3.0)	3:00 - 5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (3.0-3.25-3.5)	5:00 - 7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4

Please note: Caregivers must also attend Memory Café –the cost is \$4 each person. N/C The Craft Group creates items for sale at the SSAC with proceeds going to the Centre. Pickleball schedule is available online and at the Centre. There are Level Play and Social Play Sessions. PB – we are honoring all \$3.00 tickets sold for attendance to Pickleball. Don't see an activity which you would like to lead? Please contact Lori, Centre Manager.