

SEASHELL ECHO

NOVEMBER 2021

SEHELT SENIORS ACTIVITY CENTRE NEWS

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Green Dot of Thanks in Reopening Success

BY KEN WHITE

After just two short weeks, it is obvious how successful re-opening the Sechelt Seniors Activity Centre has been. With almost 800 current members—many of whom have visited since our October 4th re-start—comments have been extremely positive.

Participants in everything from Poker to Ping Pong, from Memory Café to Carpet Bowling, from Yoga to Ukulele, and a growing list of other activities, agree—it is great to be back. Volunteer co-ordinators for activities already underway are to be commended for their efforts. Kindness shown to volunteers as we adjust to entry protocols and the generosity of spirit shown in joining in our new “button” program make one proud to be a member of such a warm and welcoming group of caring individuals.

Of course, smiles are obvious (even if hidden behind mandatory masks), as so many members have renewed their enjoyment of sharing lunch in the dining room with other members—once again able to fully partake in Emily’s fine cooking. All the volunteers who have navigated the new protocols allowing members to engage in this way are owed a tip of the hat and a sincere thank you.

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Green Dot of Thanks ...

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The professional expertise of Life member and former board member Kit Artus, whose humour and kindness carried the mood through much of the closure period, was drawn on extensively as we developed protocols allowing us to safely serve frozen take-away entrées even at the peak of the first and second wave.

It has taken many volunteer hours to bring the Centre back into operation, and will take many more now with the increase in workload resulting from demands to meet BC Public Health regulations.

At the front door, volunteer “traffic cops” have done yeoman work in ensuring the safety of everyone who enters by checking QR codes, affixing the now infamous “green dots” and recording who comes and goes—all while maintaining a positive, courteous, friendly and at times humorous approach.

Our new manager, Lori Stemmler, has co-ordinated the re-opening, adjusting and developing systems and procedures that allow us all to feel valued, welcome and safe. The commitment and skills she has demonstrated in building these systems has been nothing short of exceptional. We are all very fortunate to have her on board as we manage the many changes that are now a part of operating a public assembly facility. Her work in securing grant funding has allowed us to open much more quickly—bring back and adding activities that on their own, don't pay fully for the cost of running them.

One member comment that recurs is how fresh and clean the facility looks—for which we can thank Jim Coffin, our custodian of many years. During the shutdown, he undertook many long-needed updates, and as we re-open he manages the extra workload and more demanding schedule—even under very uncertain and difficult circumstances—often making suggestions for improvements before anyone else notices the need.

A special thanks to the few volunteers who were busy at the Centre during the months of closure. Just because activities were not running, doesn't mean nothing was happening. The ongoing tasks of maintaining the Centre in tip-top shape took daily hours of volunteer time—much of it by Chris Kane (your president) and his partner Peter Coombs. Cupboards had to be emptied (cookies just don't last 2 years in storage . . . apparently), furniture moved, files sorted and old gear disposed of. The vision Chris has shown is evident not only in his creative sign writing, but in the resulting physical changes we see at the Centre now that it has reopened. Even this past weekend, the office needed a quick reorganization and who was there—Chris and Peter to move desks and get everything ready for Monday.

Extra administrative reviews were also undertaken, with new computers finally coming on-stream thanks to the work of treasurer Tony Stroud and his IT crew. Board members, long past their usual term, continued to work hard to develop protocols for interim re-opening, in the period before Lori came aboard.

Margaret Boyd has continued her fine work to ensure interior space is adorned with tasteful and appropriate décor and volunteer Bob Maveety has been hard at it to keep up with her requests to put up pictures, move bulletin boards, paint this and that as well as install new doors to the dining room while completing other “to-do” items on an ongoing basis.

As we move into this new environment, keep in mind that we are all human, we all make mistakes, and at times we may not agree with one another, particularly as we encounter challenges. Kindness and courtesy should be our mantra. We can never know the weight that others carry in their daily lives. Starting and ending our interactions with a smile and a kind word can make all the difference when someone is feeling that weight—so, even though you may have suffered during this pandemic, please try to remember that we are all in this together and are doing our utmost to make life better. Be thankful. Many are not as fortunate.

PassCards Now Available

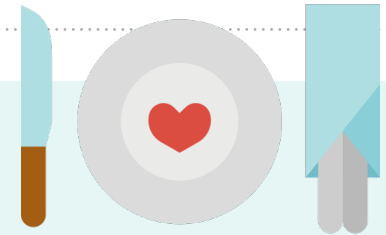


Convenient “PassCards” for five dollar SSAC activities may now be purchased. You can purchase either a \$25 card (5 activities) or a \$50 card (10 activities). This eliminates the need for stuffing our pockets full of fives so we can enjoy our activities. Hold on to your card, as it is the same as cash. Each time you attend an activity, one circle will be marked off by the Activity Chair. When the final circle is marked off, the card is to be returned with the sign-in sheet for that day.

If the cost of activities prohibits you from attending and enjoying the Centre, please see Lori, Centre Manager. If this pilot project is successful, we will consider similar pass cards for \$4 activities.

Note: Tai Chi is a community program, and the PassCard cannot be used. Please bring cash for Tai Chi on Thursday mornings.

NOVEMBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Soup & Sandwich Dessert	2 Smoked Salmon Quiche	3 Roast Pork	4 Soup & Sandwich Dessert	5 Fish & Chips
8 Soup & Sandwich Dessert	9 Butter Chicken	10 Chicken Cordon Bleu	11 Soup & Sandwich Dessert	12 Baked Salmon
15 Soup & Sandwich Dessert	16 Seafood Linguini	17 Greek Feast	18 Soup & Sandwich Dessert	19 Fish & Chips
22 Soup & Sandwich Dessert	23 Chicken Adobo	24 Roast Beef	25 Soup & Sandwich Dessert	26 Hot Reuben Sandwiches
29 Soup & Sandwich Dessert	30 Chicken Quesadilla			

Note: Emily has **soup & sandwiches** available on Tuesdays, Wednesdays, and Fridays when **hot meals** are served

New Community Program

Tai Chi at SSAC

S SAC is pleased to offer a new **Community Program.** The Canadian Tai Chi Academy will be renting the auditorium and has graciously invited our members to join them Thursday mornings from 10:00 until 11:30. Due to this community structure, entrance through the back door is preferable. David Carson has structured this as a beginners' class, which will run until end of January 2022.

Rest assured protocols are followed and all participants must show proof of fully vaccinated. SSAC membership cards with green stickers will be accepted. If you do not have a green sticker, a valid vaccine passport must be shown prior to entry

Tai Chi for Your Health

Tai Chi is a complete whole-body exercise.

- Tai Chi can be practiced anywhere, anytime, with no need for special gear or a change of clothing.
- Practiced by millions of people over the centuries, Tai Chi has been proven helpful to the health of the body.

One of the reasons that people feel so good when they are doing Tai Chi is that the movements are relaxing, even at the beginner level. This is because the nature of the movements tends to naturally stretch the muscles, tendons, and ligaments in a gentle manner.



The Benefits of Tai Chi

Regular Tai Chi practice has been found to help reverse the physical effects of stress as well as restore harmony both physically and mentally.

Physical benefits:

- Improved flexibility, balance, immune function, cardiovascular function and motor coordination.
- Reduction in pain and tension.
- Better sleep patterns and increased energy.

Mental benefits:

- Reduced stress and anxiety, increased ability to relax, better concentration and focus, and an enhanced sense of well-being.

Come out and enjoy a class!

\$5 cash (SSAC PassCards are not accepted for this activity)



Tai Chi at SSAC is offered in conjunction with the Canadian Tai Chi Academy. For more information about this not-for-profit organization, please visit their website canadiantaichiacademy.org.

CENTRE INFORMATION

Executive 2020-2021

President	Chris Kane
Vice President	Ken White
Secretary	Vacant
Treasurer	Tony Stroud

Directors at Large 2020-2021

Linda Willan
Roy Wren
Gillian Smith

All directors may be reached by email at communications@secheltactivitycentre.com. Please indicate to which director you would like the email sent.

Centre Manager	Lori Stemmler
Custodian	Jim Coffin
Chef	Emily McPherson
Blood Pressure Readings	Ann Fitzau

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

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.

They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Laurence Binyon, "Ode of Remembrance"

lest we forget

New Activities

We have new activities coming to the Centre, and would like your input.

- Memoire Writing (the how to)
- Dram Group
- Walkers Group/Bird Watchers
- Book Club, or discussions on current events
- Local History/Genealogy/U3A branch

Please email us at ssac@dccnet.com. Let us know areas of interest so we can bring together the groups.

Join us for POKER

We play Dealers Choice and will mentor you if you need some assistance. Fridays at 12 noon in the Farish Room.

Bring a roll of dimes to get you into the game or buy at the table. For further information call Bob at **604.741.7844**.



SSAC ACTIVITY SCHEDULE NOVEMBER 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	11:00-12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00-3:00	PM	Auditorium	Katie Caple / Shirley Allan	\$4
Duplicate Bridge	1:00-4:00	PM	Craft Room	Mike McCarthy	\$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
TUESDAY					
Chair Yoga	9:15-10:15	AM	Auditorium	Bobbie Seale-Cobiskey	\$5
Memory Café*	10:30-12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$5
Fitness	10:45-11:45	AM	Auditorium	Johanna Woods	\$5
Quilting	1:00-4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball (1.0-2.0-2.5)	1:00-3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social (3.25-3.5)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
WEDNESDAY					
Yoga with John	9:30-10:40	AM	Auditorium	John McDougall-Goulet	\$5
Line Dancing	11:00-12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00-3:00	PM	Auditorium	Marilyn Heinrich	\$4
THURSDAY					
Tai Chi** (starts November 18)	10:00-11:30	AM	Auditorium	David Carson	\$5
Fitness with Ivanna	12:00-12:45	PM	Auditorium	Ivanna Coppeletto	\$5
Carpet Bowling	1:00-3:00	PM	Auditorium	Shirley Allan	\$4
Majhong	1:00-3:00	PM	Farish Room	Katie Caple	\$4
Painting	1:00-3:00	PM	Craft Room	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 Room	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 (3.0-3.25-3.5)	3:00-5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
SATURDAY					
SUNDAY					
Pickleball Social (Beginners & 2.0)	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 (3.25-3.5)	5:00 - 7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4

SSAC PassCards are now available for \$5 activities. PassCards are available at Reception and sold as a \$25 card or \$50 card. No expiry date, non-refundable.

* Caregivers must also attend Memory Café –the cost is \$5 per person, no charge for caregivers. ** Tai Chi starts November 18th and is a 'Community Program'. This is a joint activity for both Tai Chi members and SSAC members. Protocols remain the same for all participants to be fully vaccinated. Tai Chi will welcome all SSAC Members with Current Membership Cards with green stickers/or proof of vaccination. Entry at the back door is recommended for this activity. Cash only – SSAC PassCards cannot be used for Tai Chi.

Don't see an activity which you would like to lead? Please contact Lori, Centre Manager.