

SEASHELL ECHO

DECEMBER 2021

SECHELT SENIORS ACTIVITY CENTRE NEWS

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Time for Renewal

BY SUE JACKAL

The Pandemic Pause is slowly receding, giving way to renewed friendships and activities. The disruptions to our taken-for-granted routines and associations have made us appreciate all the more the services and facilities provided by the Sechelt Seniors Activity Centre Society.

During the downtime, the society's Board took advantage of the opportunity to attend to some neglected aspects of organization and operation. Along with the painting and repairing, a small group of members have undertaken a review of the society's sustaining structures, its constitution and bylaws.

In January the review team will present their recommendations and invite comments from the general membership. Bylaws need periodic tidying up, to keep the governing rules consistent with current practice and good old common sense.

There is a more urgent need for redefining the size and scope of the Board, to spread the work more evenly and rebalance the duties and responsibilities of board positions.

Watch for notices inviting your participation in responding to the recommendations in the later part of January, and think about becoming involved in steering the direction of this diverse and vital crowd of Sunshine Coast seniors.



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PO Box 564, V0N 3A0

Reception: 604.885.3513
Office: 604.885.8910

Covid Office Hours:
M-F, 10 am-2 pm



info@secheltactivitycentre.com
www.secheltactivitycentre.com

A Big Thank You

A big thank you to our volunteers who are the backbone of the Centre. Without everyone that shows up daily, we could not provide the delightful food service or activities that we know to be SSAC. We have a team of dedicated volunteers that show up on their scheduled day, once a week to: slice and dice; manage cash; serve lunches; wash dishes; scrub pots; and greet everyone as they come through the door. We also have volunteers that share their talents and passion in leading activities for everyone to enjoy.



Ukulele

Fridays 2:00 pm–4:00 pm



Join *The Echoes* ukulele community groove for an afternoon of musical delight and merriment. All levels of experience welcome. Just bring your ukulele, your voice and your fun!

“Everyone should have and play a ‘uke’. It’s so easy to play and carry with you and it is the one instrument you can’t play and not laugh. I love them - the more the merrier” - George Harrison

Ukulele is a \$4 activity. Registration not needed.

Memory Café

Tuesdays 10:30 am–12:30 pm



After a hiatus of 18 months, **Memory Café** restarted at the **Seniors Activity Centre in September**. The program was designed by caregivers for caregivers and their loved ones and is patterned, in part, after the *Minds in Motion* program offered by the Alzheimer’s Society.

The weekly two-hour program is divided into two parts, one part consists of low-impact exercises led by a personal trainer. The second part consists of conversation and simple games designed to stimulate areas of the brain affected by memory loss. We are looking forward to organizing pot luck lunches and bus trips in the future as we have in the past.

The restart has been very successful with old members being joined by many new members. If you have a partner who is struggling with cognitizant difficulties, we encourage you to join us to see if this is for you.

Caregivers must also attend Memory Café. There is no charge for caregivers.

Memory Café is a \$5 activity. PassCards can be used.

Holiday Turkey Dinner

PRE-ORDER BY DECEMBER 14!



Emily is preparing a holiday dinner, for **takeout only**. Turkey, stuffing and all the trimmings for **\$15**. Please pre-order by December 14th. Pick up set for December 17th as we will be serenaded by the Ukulele players with Christmas carols.

To make pick up quicker and easier, we ask that orders be pre-paid. Pick up will be at the auditorium.



Centre Holiday Hours

SSAC will be open regular hours on December 20, 21, and 22. We will be closed on Thursday, December 23 and reopen Tuesday, January 4. As we are a volunteer-run facility, this allows everyone to enjoy time with family and friends over the holidays.

DECEMBER MENU

Turkey Dinner Pick-up Dec 17 (order by Dec 14)

Wednesday, December 15 hot meal moved to Thursday, December 16 to allow for preparation of turkey dinner. Soup & sandwich on Wednesday, December 16.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



		1 Roast Pork	2 Soup & Sandwich Dessert	3 Fish & Chips
6 Soup & Sandwich Dessert	7 Seafood Linguini	8 Chicken Cordon Bleu	9 Soup & Sandwich Dessert	10 Sole
13 Soup & Sandwich Dessert	14 Baked Chicken	15 Soup & Sandwich Dessert	16 Ham & Scalloped Potatoes	17 Fish & Chips
20 Soup & Sandwich Dessert	21 Smoked Salmon Quiche	22 Roast Beef	23 CLOSED	24 CLOSED
27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED

Driftwood Players

You're Invited to our Dining Room

Are you looking for a chance to participate in live community theatre? Whether on stage, back stage, set construction, props, scenery decoration, costumes or audience management, the Sunshine Coast Driftwood Players offers you the opportunity to join in the camaraderie, joy and challenges of community theatre production.

After two years of Covid hiatus, Driftwood is preparing for a full MainStage production of A.R. Gurney's *The Dining Room* to run in the first two weeks of April, 2022.

Your best opportunity to meet us, and to hear about auditions and off stage opportunities is to join us at a read through of the play as follows:

A Preview of Driftwood Players' "The Dining Room"

Sunday, December 12, 2:00 pm until 4:00 pm
Sechelt Seniors Centre
(Covid 19 vaccination and masks will be required)

Synopsis: The play is a comedy of manners, set in a single dining room where 18 scenes from different households overlap and intertwine. Each story is focused around a different family during different time periods from 1935 to 1980, who has in their possession the same dining room furniture set, manufactured in 1898. It is a multiple character, ensemble piece wherein each actor plays more than one character.

For further information, and to RSVP your attendance on December 12, email driftwoodplayers@gmail.com, or phone Troy at **604.840.3141**.



Sunshine Coast Driftwood Players is a registered non-profit society which has been entertaining audiences on the Sunshine Coast for over 40 years. For more information, visit their website at driftwoodplayers.ca.

CENTRE INFORMATION

Executive 2020-2021

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

Directors at Large 2020-2021

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

JOIN OUR ROSTER!

We are looking for volunteers. While they work hard, they have fun along the way. We have a need for dishwashers and you get a delicious hot meal and desert for your efforts. Please reach out to the Centre, if you wish to contribute to a diverse, exciting team.

SSAC ACTIVITY SCHEDULE DECEMBER 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	12:30–4:00	PM	Craft Room	Mike McCarthy	\$4
Pickleball	3:00–5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball	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	1:00–3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball Social	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**	10:00–11:30	AM	Auditorium	David Carson	\$5
Fitness with Ivanna	12:00–12:45	PM	Auditorium	Ivanna Cappelletto	\$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	3:00–5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball	5:00–7:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
FRIDAY					
Pickleball Social	7:30–9:30	AM	Auditorium	Gill Smith & Richard Ward	\$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	1:00–3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball	3:00–5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
SATURDAY					
Tai Chi** starting December 11	10:00 – 11:30	AM	Auditorium	David Carson	\$5
Duplicate Bridge	12:30 – 4:00	PM	Craft Room	Mike McCarthy	\$4
SUNDAY					
Pickleball	1:00 – 3:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball	3:00 – 5:00	PM	Auditorium	Gill Smith & Richard Ward	\$4
Pickleball	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 is a 'Community Program' with Saturday classes starting December 11. 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 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.

Evolution & Change

BY CHRIS KANE

On March 15th, 2020, by provincial health order, the Centre completely closed as the Covid health emergency took hold. Had it been any other year, the freshly minted Board (from the February AGM), would have begun the job of assigning directors to various committees, reviewing budgets and dealing with daily issues and events. But timing is everything. Committees, along with most other aspects of operational board matters, were not to be a part of this year.

In pre-pandemic years, some directors wore many hats over the course of their annual term. Up to 12 committees operated, providing monthly progress updates at Board meetings. These updates were often very detailed, leading to extended discussions around the minutia of each committee concern. Board meetings turned into 3+ hour marathons producing few tangible results. Such was the way for an Operational Board.

As the closure dragged on and the pandemic deepened, your President invited a few willing members to assist with steering the Centre through these uncharted waters. From this, focus groups sprouted. Unlike committees, these focus groups were challenged with specific tasks to determine “how to” restart each aspect of operations at the Centre. Once each task was completed, task forces were disbanded.

During the shutdown, directors delved deep into matters that had previously gone unattended. Doing so revealed significant shortcomings in operational and accounting practices that had evolved into accepted “norms.” Bringing these practices up to generally accepted standards has been challenging. The first step in addressing these issues was the appointment of a contracted bookkeeper who, in consultation and agreement with a certified accountant, made changes to the daily bookkeeping systems and procedures.



There will be a need for significant additional as-yet unbudgeted expenses in the coming months and years to ensure all systems are appropriately managed. As we plan and determine potential costs, we will share those details and how they may impact future operations—our hope is to have these plans in place for consideration at the February 2021 AGM.

Without daily operations filling their days, members of your Board have turned their attention from daily operations to Governance. With an ever-expanding slate of activities and the challenges uncovered during the shutdown, it has become clear that your Board needs to focus on long-term planning and leave to others the matters of day-to-day operation. To achieve this goal, a qualified Centre manager was hired to consolidate previously inconsistent management, caused at least in part, to the nature of annual board changes. That new manager has brought competent, centralized authority, control and accountability. As the re-opening takes form, processes are being created, streamlined and/or deleted. Adjustments are being made as required, and there is a single voice to speak for the Centre as issues arise.

In 18 months, the Centre has been fundamentally restructured. More importantly, the Centre has reopened to members. We’ve undoubtedly encountered challenges along the way—and there will be more. But, I hope you can begin to see what we are trying to achieve and the progress being made to evolve into a better, more sustainable operation. It may not be crystal clear, but many of you are pleased with where we are on that path. The future is bright as the Centre continues evolutionary adaptations to the “new reality.”