

SEASHELL ECHO

JANUARY 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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January Closure

After two months of people gathering in the hall, enjoying activities and sharing a laugh over a meal, SSAC has had to close again. The health and well-being of our members is paramount to SSAC. With a resurgence in Covid-19 cases, we have closed our doors to all activities until January 18, 2022, per the BC Public Health Order issued on December 22, 2021. We will keep you updated as we learn more. Should the PHO be extended, we will follow that order.

Provincial restrictions are in place to stop the spread of Covid-19. The restrictions are made by the Provincial Health Officer (PHO) under the Public Health Act.

We encourage anyone that is feeling the stress and frustration and isolation of continual shutdowns to reach out to CMHA as they offer several support groups online.

- **Mindful Self Compassion:** Thursday 5 pm
Email anzai.msc@gmail.com to register
- **Chronic Pain Support:** Tuesday 1:30 pm
Email elaina.moss@cmha.bc to register
- **Men's Let's Talk:** Thursday 5 pm
Email ty.javos@cmha.bc.ca

Check out CHMA's website cmha.bc.ca/covid-19 for a listing of available groups.



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



Reception: 604.885.3513
Office: 604.885.8910



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



info@secheltactivitycentre.com
www.secheltactivitycentre.com

What's Happening

Activities Update (pending reopening dates)

We have added a more advanced Yoga class on Wednesday at 4:30 pm for those ready to take their practice to the next level.

Active Flow Yoga is for those with at least a foundational understanding of yoga poses and are looking for a slightly more energetic practice. If you enjoy John's morning classes or practice elsewhere and ready to take it to the next level, Active Flow may be for you. If you prefer a more gentle class, John's gentle yoga morning classes are on Mondays, Wednesdays, and Fridays.

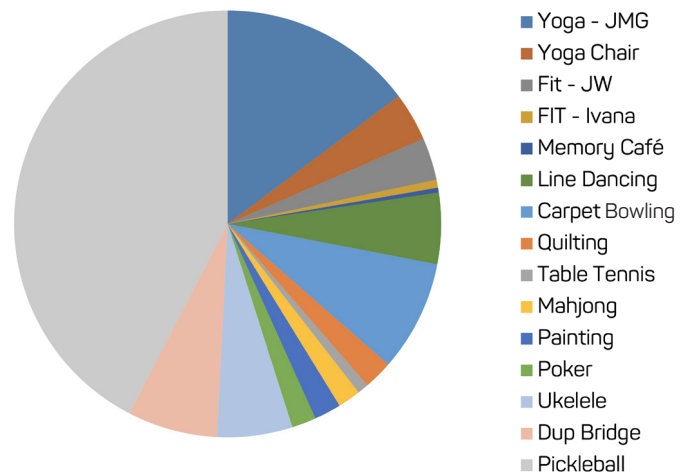
In February, SSAC will welcome back Jacquie Allan to lead her fitness class on Tuesdays. Jacquie took the time during Covid-19 to complete her MBA and we congratulate her on this milestone, showing furthering education and knowledge matters at every stage of life.

Changing the time slot for Fitness and moving Memory Café to the Auditorium, means Chair Yoga will have a later start. The revised schedule for February will be made available before the end of the month.

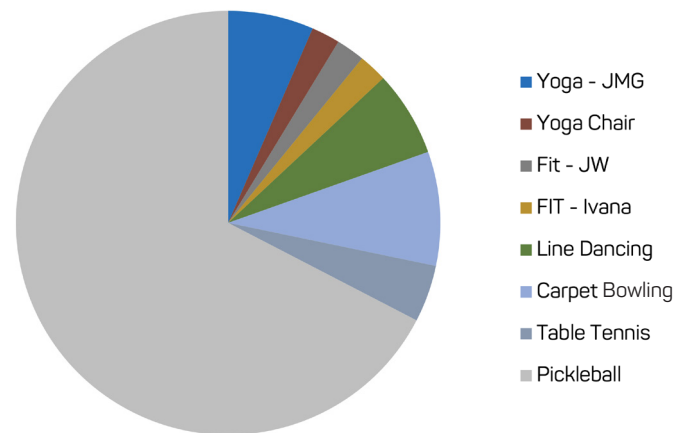
Also in February, we are adding a yoga class for arthritis led by Bobbie. This class will include movement to reduce joint stiffness, poses to build strength and flexibility, breathing practices to help manage stress and pain and mindfulness practices to build resilience and peace of mind. Pre-registration is required for the class due to a class maximum. Please contact the Centre to register for this class.

With the start of the New Year, it is time to present a summary of 2021. A detailed breakdown of all activities will be included for the annual report.

DOLLAR CONTRIBUTION PER ACTIVITY



TIME ALLOTMENT - AUDITORIUM



SSAC Kitchen

Emily will open for **takeout food service** on Tuesdays, Thursdays, and Fridays from 11:00 am until 2:00 pm. This service is available for members only and membership cards with green stickers are required for service. Masks must be worn at all times while in the building. Enter through front doors, exit side door (to Sherlock Lane).

Tuesdays and Thursdays: Sandwiches, Soups, and Frozen entrées are available

Fridays: Fish & Chips and Frozen entrées are available

NOTE: If the PHO is extended, SSAC will remain closed for activities and continue to provide **takeout only** as detailed above. However, should the PHO be lifted, Emily's menu will be available as posted.



JANUARY MENU

Entrées can be purchased during PHO closure from 11 am - 2 pm on Tuesdays, Thursdays, and Fridays. **SHOULD** dine-in start on Jan 18th (as per PHO) menu below will be served. **IF** we need to revert to takeout only, Tue, Thu, and Fri schedule will be followed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 3	Soup & Sandwich Takeout only 11am-2pm 4	CLOSED 5	Soup & Sandwich Takeout only 11am-2pm 6	Fish & Chips Takeout only 11am-2pm 7
CLOSED 10	Soup & Sandwich Takeout only 11am-2pm 11	CLOSED 12	Soup & Sandwich Takeout only 11am-2pm 13	Fish & Chips Takeout only 11am-2pm 14
CLOSED 17	Soup & Sandwich Takeout only 11am-2pm 18	Soup & Sandwich Dessert 19	Soup & Sandwich Dessert 20	Hot Reuben Sandwiches 21
Soup & Sandwich Dessert 24	Butter Chicken 25	Roast Beef 26	Soup & Sandwich Dessert 27	Salmon 28
Soup & Sandwich Dessert 31				



One Straw:

Building community by nature, growing food for life



One Straw Society has been building gardens, education, events, and community on the Sunshine Coast community for over 26 years.

The goal? To create vibrant, sustainable, local food systems.

One Straw brings people together to share valuable skills, knowledge & resources, and celebrate our human connections around food. Programs range from community gardens, food waste reduction initiatives and workshops to seed exchanges and potlucks. They also support emergency preparedness and building local economy!

Soup Stories: One Straw is looking for seniors to lead a day in the kitchen with a small group, creating your signature, favourite soup. Seniors lead the charge, casually mentoring the young folks to chop, stir and measure, while sharing stories about your childhood in the kitchen, that veggie in the garden, or your grandmother's classic recipe.

The vat of soup is shared with the neighbourhood, while enjoying conversation on recent topics in a "food for thought" exchange.

Curiosity piqued? Please reach out to One Straw via email at info@onestraw.ca.

Visit their website onestraw.ca for more information

AGM - SAVE THE DATE!

The SSAC Annual General Meeting has been tentatively set for **February 16, 2022**. This will cover both 2020 & 2021.

CENTRE INFORMATION

Executive 2020-2021

Interim President	Antony Stroud
Interim Vice President	Roy Wren
Interim Secretary	Linda Stroud
Interim Treasurer	Sylvia Graber

Interim Directors at Large 2020-2021

Doug Smith
Gillian Smith
Kit Artus
Marni Mulloy
Sylvia Graber
Wilma Lorimer

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

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 JANUARY 2022

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	ssacpickleball@gmail.com	\$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	3:00-7:30	PM	Auditorium	ssacpickleball@gmail.com	\$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
Active Flow Yoga (back door entrance)	4:30-5:30	PM	Auditorium	John McDougall-Goulet	\$4
THURSDAY					
Pickleball	7:30-9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Tai Chi**	10:00-11:30	AM	Auditorium	David Carson	\$5
Fitness with Ivana	12:00-12:45	PM	Auditorium	Ivana 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 Pals	1:00-3:00	PM	Craft Room	Isobel Gibson	\$4
Pickleball	3:00-7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
FRIDAY					
Pickleball	7:30-9:30	AM	Auditorium	ssacpickleball@gmail.com	\$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	3:00-7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Half Moon Crazies	9:00-4:00	AM-PM	Dining Hall	2nd Saturday of each month	\$4
Tai Chi**	10:00-11:30	AM	Auditorium	David Carson	\$5
Pickleball	12:00-7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
Duplicate Bridge	12:30-4:00	PM	Craft Room	Mike McCarthy	\$4
SUNDAY					
Pickleball	1:00-7:00	PM	Auditorium	ssacpickleball@gmail.com	\$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.

Half Moon Crazies – QUILTING – 2nd Saturday of each month. AM and PM sessions (choose both or either) \$4 per AM and \$4 per PM.

Active Flow Yoga with John (starts January 19th). For those with at least a foundational understanding of yoga poses who are looking for a slightly more energetic practice. Those new to yoga or looking for a gentler class will benefit from John's morning classes.

* Caregivers must also attend Memory Café –the cost is \$5 per person, no charge for caregivers.

** Tai Chi is a 'Community Program' and welcomes SSAC Members with current membership cards with green sticker. Protocols remain the same for all participants to be fully vaccinated. Entry at the back door for this activity **Entry at the back door for this activity.**

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

Changes & Challenges

BY CHRIS KANE

Yes, I resigned.

On December 17th, Ken White and I submitted our resignations as Vice-President and President, respectively, to the Sechelt Seniors Activity Centre Society. After 22 months of guiding the Society through an incredibly turbulent period, it's time for us to seek new opportunities.

Since our election in February of 2020, the Board has had to manage unprecedented situations within the limits of a constitution drafted in pre-pandemic years. That constitution had “engraved in stone” clauses that were burdensome to uphold while following mandatory public health requirements. To meet provincial and federal regulations, AGMs for both 2020 and 2021 are scheduled for February of 2022. I encourage each of you to attend, volunteer to serve on the Board, share suggestions, and be part of solutions as the Society moves forward in the new reality that the pandemic has created.

Forced to close for much of 2020 and 2021, the Society dealt with significant financial stress. By instituting operational changes, we were able to set the Centre on a path to financial security, regardless of future circumstances. Keeping a keen eye on expenses, securing short-term rentals, and establishing the position of centre manager have been instrumental in these results, which are reflected in the financial statements for 2020 and 2021.

Relying on a rotating slate of volunteers to control critical elements of management had been putting the Centre in jeopardy for many years. As far back as 2010, previous presidents had reported on this challenge, but the short term of office for board members, combined with restrictive elements of the constitution, prevented them from acting decisively.

Gaps in responsibility and authority were further exposed during the pandemic closure which also gave us the opportunity to begin the much-needed process of change.

As the Society continues to grow, the requirement for professional management is all the more evident as Lori Stemmler, Centre Manager, improves procedures, outlines plans and finds new revenue streams.



The coming months will bring more challenges for the Society. The expanded facility needs urgent upgrades to address the airborne nature of COVID-19. There are also key pieces of equipment in need of replacement, and others that are nearing their end-of-life. The cost of addressing these needs will be high, but the Society is in a good position to respond.

Ken and I are of one mind in expressing our sincere gratitude to those volunteers who so strongly supported our tenure, who challenged us to find the best path forward, and who lent their time, energy and support to helping the Centre return to successful operations stronger than it was before.

As we all look ahead to the new year, I wish all members and the Society continued success, knowing that the Centre is well-positioned to meet future tests as they arise.