

SEASHELL ECHO

FEBRUARY 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Message from the Interim President

BY ANTONY STROUD

As the Centre reopens we look forward with great anticipation and enthusiasm to “better days ahead.” Two years with the Pandemic has taken, and continues to take a toll on us all, mentally and physically. Nerves are frayed and patience is short.

One thing we can count on, spring is around the corner with warmer weather, and sunshine and fresh air in the future for all of us.

As your Interim Board prepares for the AGM we all need to think about the future of our Centre and what we want the future to be.

It is easy to sit back and let others do the work, and then criticize the decisions they make. It is easy to be an “armchair quarterback” and share an opinion, even if you don’t have the playbook.

There is no plan to operate your Centre as anything but the not-for-profit Society it has always been.

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JOIN US ON FEBRUARY 16, 2022

ANNUAL GENERAL MEETING & BOARD OF DIRECTORS ELECTION



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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
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Message from the Interim President

With the AGM fast approaching, there is a real need for people to step up. These are the people who will guide us in the next year with a balanced and even handed approach. No one activity should have more influence than others. For there to be a balanced Board, we need a balanced slate of candidates. Please, consider giving a few hours each week to this worthwhile and rewarding work.

Information regarding the duties of Directors is available. Don't let fear of not doing it right stop you from doing anything at all. There is lots of help for new directors.

The AGM will be held on February 16. As I am hoping there will be lots of interest in the AGM we are planning 2 meetings. The first will be at 1:30 and the second at 3:30. Two meetings will allow more room for social distancing. Whichever meeting you attend you will have an opportunity ask questions and to vote for your new Board of Directors.

Thank you to those Members that have already signed up to stand for election.



DID YOU KNOW?

It takes 35 volunteers every week to keep the Centre open

Office is open from 11 am to 2 pm

SSAC has over 20 pickleball sessions every week

Activity Schedule

Just a reminder the Activity Schedule is updated as of FEBRUARY 1st. Please note the time of activities, as some have changed.

New activities: Active Flow with John, Yoga for Arthritis, and Johanna Woods has a fitness class Fridays at 10:30. Ukulele is on hold for a couple of weeks.

Half Moon Crazies will be back in February, offering morning and afternoon sessions. This Quilting hub is about learning, sharing and socializing. You can attend either session, or join in for the full day.

More information on our activities are available on our website. If there is an activity you would like to attend, but is not on our schedule, please reach out the Centre and talk with Lori.

THANK YOU

A big thank you to **Sally Watson** for scheduling the kitchen staff!

Don't miss it!

Annual General Meeting

Mark the date in your calendar as the **SSAC AGM will be held on Feb 16th**. To accommodate physical distancing we will hold two meetings. The first at 1:30 and the second at 3:30. Choose the time that works best for, but only come to one.


We will have a quick AGM for 2020, with review of financial statements as submitted to CRA. The 2021 AGM will start immediately after, with updates on annual report and financials, and close with the election of a new board. There is a lot of information to cover in the two hours.

Remember to bring your membership card and a surgical mask to make sure you can sign-in and enter the Auditorium. Pre-registration is not required. Information packages will be provided upon your arrival. Signs will be posted and greeters can help direct you.

The Centre belongs to our members and it is important that every activity group and individual feels represented on the board. Your vision of your Centre matters, and your voice can make a difference. The Direction we take as a Society can be influenced by the election process of Board Members.

The AGM is the time for all members to have their voice heard and everyone one can make a difference in appointing a new board member. Please step up and make a difference by attending and voting.

And now, we need some of your time and expertise. If you are willing to stand for a position on the board, visit our website or visit the office and complete a nomination form.



*“Being in
the Centre
makes
my day”*

- A LIFE MEMBER




We need you.

**We are looking for
volunteers to fill many
roles. Join a diverse, fun,
and exciting team!**

If you wish to apply to volunteer, please
email ssac@dccnet.com

FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Sandwich Dessert 31	Lasagna 1	Chicken Cordon Bleu 2	Soup Sandwich Dessert 3	Fish & Chips 4
Soup Sandwich Dessert 7	Stuffed Chicken Breast 8	Ham & Scalloped Potatoes 9	Soup Sandwich Dessert 10	Hot Reuben Sandwich 11
Soup Sandwich Dessert 14	Cabbage Rolls 15	Kitchen Closed Frozen Entrées only 16	Kitchen Closed Frozen Entrées only 17	Kitchen Closed Frozen Entrées only 18
CLOSED 21	Filipino Chicken Adobo 22	Roast Pork 23	Soup Sandwich Dessert 24	Fish & Chips 25
Soup Sandwich Dessert 28				



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 dessert for your efforts. Please reach out to the Centre, if you wish to contribute to a diverse, exciting team.

Happy 10th Anniversary

BY LORI STEMLER



If the kitchen is the heart of the Centre, Emily is the heart of our kitchen. In a short time with the Centre, I have come to know Emily's passion and commitment for our members, volunteers and her kitchen. The challenges over the last two years, brought out creativity and adaptability to make sure our members were still able to access her home-cooking.

Each month, Emily plans a menu that provides the 'old favourites' along with new dishes for us to try and enjoy. I can't decide if the desserts are a blessing, or a test of will power; a test which I fail on most occasions. The desserts are a step back in time, warmed by memories of mom's kitchen with wheat puff squares too big for my hand. The comments that come in from our members are so complimentary; for Emily, her cooking and her kitchen.

We have enjoyed this level of inspiration and caring in our kitchen for ten years now. I encourage everyone to express gratitude to Emily. Feel free to leave a comment on our SSAC board in the main lobby. Let's make this a special month for Emily, in appreciation for delicious food and full bellies, all created with talented hands and caring heart.

The best way to our members' heart, is through their belly.

Thank you Emily - for all you do.

Tidbits

Protocol Reminder

The Centre is open as of January 24th for activities and dine-in lunches. Office hours are 11 am to 2 pm on weekdays.

Due to the present environment, we request surgical masks be worn to enter the building. We are continuing with our 'members only' policy, and look for the Green Dot club! If you do not have a green dot, you will need to provide vaccine passport for verification.

Masks are mandatory for Tuesday's and Friday's fitness classes, until further notice.



Grocery Receipts

A reminder to all our members to continue to drop off grocery receipts. Don't throw those receipts away! They are as good as cash for SSAC.

We have a drop box at the Centre and a volunteer that tallies and sorts them so we can submit for cash. The Centre is very grateful for the generosity of both Claytons Heritage Market and IGA, as they provide a portion of receipts back as gift cards.

This practice is used by many local organization and it makes a difference.

SSAC ACTIVITY SCHEDULE FEBRUARY 2022

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



ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Yoga with John	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$5
Yoga for Arthritis* pre-register	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$5
Line Dancing	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Cagle / Shirley Allan	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Mike McCarthy	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY					
Fitness with Ivana	9:15–10:15	AM	Auditorium	Ivana Cappelletto	\$5
Memory Café	10:30–12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$5
Chair Yoga	12:00–1:00	AM	Auditorium	Bobbie Seale-Cobiskey	\$5
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
WEDNESDAY					
Yoga with John	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$5
Line Dancing	11:30–12:30	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	11:45–12:45	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 Cagle	\$4
Painting Pals	1:00–3:00	PM	Craft Room	Isobel Gibson	\$4
Pickleball	3:00–8:00	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
Fitness with Johanna	11:30–12:30	AM	Auditorium	Johanna Woods	\$5
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Ukulele ON HOLD	2:00–4:00	PM	Dining Hall	Mark Trevis	\$4
Pickleball	1:00–5:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Half Moon Crazyes	9:00–4:00	AM-PM	Dining Hall	2 nd 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	12:00–4:00	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 Crazyes – 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 is 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.

Yoga for Arthritis is new and we ask that you pre-register so we can maintain class size to 10. It is an 8-week course.

***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.**

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