

# SEASHELL ECHO

APRIL 2022

SEHELT SENIORS ACTIVITY CENTRE NEWS

## *In this Issue*

- 1 SSAC Springs Back!
- 3 Happy 95<sup>th</sup> Nikkil!
- 4 Yoga Information Sessions
- 5 April Menu
- 6 Sunshine Coast Volunteer Fair
- 7 In Memoriam
- 8 April Activity Schedule

## SSAC Springs Back!

BY GILLIAN SMITH

**W**elcome, welcome, welcome. I hope everyone is feeling the positive atmosphere at the Centre!

Of course, it is still members only and double vaccinations are required to attend activities or enjoy lunch in the dining room, but - wow! The place is rocking again.

So, what should we focus on this month?

Let's start with a couple of amazing events. First and foremost is the SSAC Ukrainian fundraiser lunch organized by Cathy Kiss, Emily and their crew of awesome volunteers. The fundraiser will take place on Wednesday April 27<sup>th</sup> starting at noon. The cost per ticket is \$25 and there will be entertainment, silent auction items and, of course, a wonderful Emily lunch. Community businesses, like Claytons and IGA Wilson Creek, have already generously donated to our luncheon. Many auction items are already collected, including a gorgeous quilt from our quilter's group.

And, there is a Volunteer Fair on the weekend of April 23 & 24 organized in partnership with the Rotary Club, with support by the Sunshine Coast Credit Union. Our community is very talented and this will be an opportunity for people to come out and find a non-profit group (or two, or three) that they want to volunteer with, apart from the SSAC of course.

CONTINUED ON PAGE 2



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

Reception: 604.885.3513  
Office: 604.885.8910

Covid Office Hours:  
Mon-Fri, 11 am-2 pm

[info@secheltactivitycentre.com](mailto:info@secheltactivitycentre.com)  
[www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

# SSAC Springs Back!

CONTINUED FROM PAGE 1

At the Centre, your new Board has been working hard to keep everything running smoothly as they learn about the day to day functioning of the Centre. Members have been offering their help and we welcome everyone to keep volunteering! If you offered to volunteer on your membership form, but haven't heard from us yet, rest up, we'll be reaching out to you in April.

Your board has met numerous times and are working on how to staff the office and what committees need to be re-established. Some examples are Legislation and Policy and the Communication committees.

And speaking of communication . . .

Communication is vital to the Centre. In addition to the website and Echo, we need to make sure members feel comfortable asking questions, making suggestions and know what's going on.

There is a suggestion box in the foyer for your comments and ideas. We want to organize a regular Town Hall style meeting where members can ask questions. Hopefully, the first one will take place in May.

Board member Fred Baines is heading up the job description process for our future Office Manager. The Board will be meeting again the first week of April to get the process rolling for finding someone (hopefully already on the Coast) who would be interested in working for the Centre who is great with members, can organize the activities, rentals, communications, administration and loves keeping the place running smoothly. In the meantime, we appreciate your patience.

Board member Viktor Kiss has been working on the membership system, with a view to streamlining the process for renewing memberships and ensuring accuracy and privacy of membership data.

Maintenance Director, Ken Legge, has been working on a number of projects for the Centre, including the



## Luncheon Fundraiser for the people of Ukraine

**Event starts promptly at 12 p.m.**  
Enjoy Emily's Traditional Cabbage Rolls and a Special Dessert!  
Wednesday April 27, 2022 In the Auditorium  
Lunch served between 12:30 and 2 p.m.

Tickets are \$25.00 each and go on sale starting April 6th.  
Seating limited to 125 Members

**50/50 Draw, Raffle Prizes from our Generous Donors!**

**SPECIAL GUESTS**  
Speaker,  
Daria Anico-Taveras  
& Singer,  
JoAnne Bentley

bus situation. We are reaching out to the bus driver volunteers to see if they are willing to remain our bus drivers for possible trips this summer. This will depend on the bus being repaired and the cost of fuel making bus trips viable.

We will definitely keep you up to date on this issue as members are missing their social bus trips.

Bob Maveety is continuing to do the day to day maintenance of the Centre and is now changing the sign at the front of the building once a week for us. There is still a "funny side" as well as more information about what's going on at the Centre.

And that's just some of what's happening. Stay tuned.



# Happy 95<sup>th</sup> Nikki!

Family & friends came from near and far to join SSAC Life Member Nikki Weber in celebrating her 95<sup>th</sup> birthday on March 19. What better way to celebrate a woman who has dedicated so much of her life to music than to have a musical party! Many local musicians performed, paying tribute to Nikki for all of the years she has selflessly devoted to her many musical groups. She has directed duos, trios, quartets as well as the MellowTones and RollingTones. She is still actively guiding the Sh'Booms and J-Tones.



## Join us for Poker

LADIES & GENTLEMEN WELCOME

We play Dealers Choice (No Texas Holdem) and will mentor you if you need some assistance. Fridays at 12 noon to 3 pm in the Farish Room. Bring a roll or two of dimes to start or buy in at the table. For further information call Bob at **604.741.7844**.

## 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.



# EASTER HOLIDAY

The Centre is closed on Good Friday, April 15,  
and Easter Monday, April 18

## Wellness

# Yoga Information Sessions



**Are you interested in trying yoga, but you've never been before?**

**Are you curious to know if a yoga practice is suitable for you?**

The Sechelt Seniors Activity Centre offers, to its members, a free twice-monthly 30-minute introductory session to cover the foundations, fundamentals and philosophy of a physical mat yoga practice. The program is led by John McDougall-Goulet.

The information session will explain the basics of a physical yoga practice (such as optimal hand and foot placement) as well as showing you the types of poses that a typical class includes. You will learn what you need to know to determine if yoga is something you want to try.

The information sessions are for SSAC members who have never previously been to any yoga class but are curious to learn more. For those who are brand new to yoga, this information session is a

pre-requisite to participate in the Gentle Flow Yoga classes at the SSAC. It is only necessary to attend the session once. (NOTE: If you have previously participated in any kind of physical yoga, you do not need to attend this session prior to participating in the Gentle Flow Yoga classes at the Centre).

### Upcoming sessions:

Friday April 8, 2022  
11:30am-12:00pm  
Craft Room

Friday April 22, 2022  
11:30am-12:00pm  
Craft Room

NOTE: This program is for those interested in a mat-based yoga class. It is not an information session for either the chair yoga classes nor the yoga for arthritis class.

As with any activity check with your doctor or other health care provider beforehand to ensure it is right for you.

## Being Prepared for the Unexpected: Developing an Advance Care Plan

The one thing we know about life is that, at some point, we are all going to die. Advance care planning helps you have a say in the health care you would like to receive if you get very sick and cannot speak for yourself. Together we will explore the steps involved in making an Advance Care Plan (ACP) and we will introduce the new Green Sleeve Initiative on the coast. These will be interactive sessions with the goal of providing opportunities for participants to develop their own ACPs.

**Instructors/Presenters:** Joan Hibbard and Jackie Scott



Pre-registration is required as each session is capped at 25. Please reach out to the Centre to have your name added to the list for one of the dates. Seminars will be on April 6 or April 22, from 10:00 am to 12:00 pm. Attend only one.

# APRIL MENU



Weekdays 11:30 am to 12:45 pm. Everything is made from scratch!  
We also serve soup, sandwiches and salads. Desserts vary.  
SSAC membership & double vaccination required.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Crispy Sole
4 Soup & Sandwich	5 Seafood Linguini	6 Chicken Cordon Bleu	7 Soup & Sandwich	8 Fish & Chips
11 Soup & Sandwich	12 Chicken Quesadilla	13 Ham & Scalloped Potatoes	14 Soup & Sandwich	15 <b>CLOSED FOR GOOD FRIDAY</b>
18 <b>CLOSED FOR EASTER MONDAY</b>	19 Chicken Adobo	20 Roast Beef	21 Soup & Sandwich	22 Fish & Chips
25 Soup & Sandwich	26 Butter Chicken	27 <b>FUNDRAISER FOR UKRAINE BY TICKETS ONLY \$25</b>	28 Soup & Sandwich	29 Hot Reuben Sandwiches

## CENTRE INFORMATION

### 2022 Board Members

President	Gillian Smith
Vice President	Roy Wren
Secretary	Valerie Galat
Treasurer	Alison Kowaleswski
Maintenance Director	Ken Legge

### 2022 Directors at Large

Fred Baines  
Mark Garland  
Sylvia Hockley  
Viktor Kiss  
Maureen Parker  
Jim Quirk

All directors may be reached by email at [communications@secheltactivitycentre.com](mailto:communications@secheltactivitycentre.com).  
Please indicate to which director you would like the email sent.

Custodian	Jim Coffin
Chef	Emily McPherson

## 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.

## USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
Sunshine Coast Community Services	604.885.5881
Senior's Advocate ( <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a> )	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



# Sunshine Coast Volunteer Fair

**April 23 & 24, 2022**  
**Free Admission**

Over 30 organizations will be present at the **Sunshine Coast Volunteer Fair** on Saturday April 23<sup>rd</sup> and Sunday April 24<sup>th</sup> at the Sechelt Seniors Activity Centre. The Fair will run both days from 10:00 am to 3:00 pm.

## Presentation Series

Visit the Farish Room throughout the Volunteer Fair weekend. There will be eight 20-minute presentations from a diverse group of organizations, beginning with our Keynote Speech from Cameron and Laurean Reid of the Rotary Club of the Sunshine Coast.



**Keynote Speech - Saturday 10:30 am**  
Cameron and Laurean Reid and Siyiyaya Reconciliation Movement

**Keynote Speech**  
**Saturday 10:30 am**

Welcome Cameron and Laurean Reid and the Siyiyaya Reconciliation Movement as our keynote speakers who will offer their special messages to begin the Presentation Series of the Sunshine Coast Volunteer Fair.

**Sunshine Toastmasters**  
**Saturday 11:30 am**

Sunshine Toastmasters is an organization which gives its members the opportunity to develop and improve public speaking abilities through club meetings, training and speech contests, and volunteering.

**Halfmoon Bay**  
**Community Association**  
**Saturday 12:30 pm**

The Halfmoon Bay Community Association fosters a sense of community pride and spirit through the engagement of our diverse population in activities that support our unique lifestyle on the Sunshine Coast.

**Habitat for Humanity**  
**Saturday 1:30 pm**

Habitat for Humanity brings communities together to help working families around the globe build strength, stability, and self-reliance through affordable home ownership. Our volunteers are the backbone of our success!

**Arrowhead Clubhouse**  
**Sunday 10:30 am**

Arrowhead Clubhouse is a place where people with mental illness can come to learn skills, get support, and build relationships in a safe, stigma-free environment. See how you can support this rewarding initiative.

**ElderDog Canada**  
**Sunday 11:30 am**

ElderDog Canada Inc. is a national, registered charitable organization dedicated to ageing people, ageing dogs, and the important connection they enjoy. We need your help to keep people together with their dogs.

**Sunshine Coast**  
**Bear Alliance**  
**Sunday 12:30 pm**

The Sunshine Coast Bear Alliance mission is to reduce human-bear conflict on the Sunshine Coast by fostering a pragmatic understanding and appreciation of our Coast's bears. Help us spread the word about living respectfully with bears.

**Loon Foundation**  
**Sunday 1:30 pm**

The Loom Foundation's philosophy is to ignite connections between people and the natural world to encourage responsible stewardship of our natural resources for future generations. Be a part of our ongoing research and education programs.

# In Memoriam

## Serge Planidin

Hard to believe, but Serge has left the Court. He will be sorely missed.



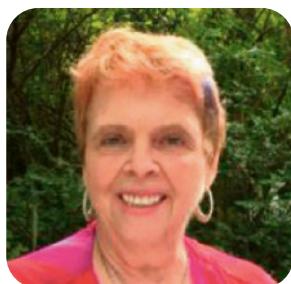
Coaching many of the long time pickleball players, Serge loved helping us all understand the game better and teaching us how we could improve. He was instrumental in establishing pickleball at the Centre and as the activity co-chair ensured that it remained a fun and fair activity for everyone.

Serge wasn't just a volunteer coach at the Centre, he was also a dishwasher and willingly helped out wherever needed.

In your honour Serge, we will be hosting the first annual Serge Planidin Dinking contest in May. We know you'll be with us in spirit.

## Sandy Verge

It's with heavy hearts that we announce the passing of Sandy Verge on February 16, 2022, she took her final breath surrounded by those who loved her.



Sandy lived and worked most of her 77 years of life in Burnaby, serving the community as a Home Support Worker. When she decided to retire, Sandy moved to a place she called "paradise" (Sechelt) and quickly made friends. She was an active member of the Senior Centre and enjoyed many outings and meals with the locals.

She will be greatly missed by her daughters Leith (Tommy) and Celise (Teddy), and her many friends. A service was held on Saturday, March 26 at Maple Ridge Funeral Chapel.



*"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](mailto:ssac@dccnet.com)

# SSAC ACTIVITY SCHEDULE

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

# APRIL 2022

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Yoga with John	10:00–11:10 AM	Auditorium	John McDougall-Goulet	\$5
Chair 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 Caple / 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
<b>TUESDAY</b>				
Fitness with Jacquie	9:15–10:15 AM	Auditorium	Jacquie / Ivana	\$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
<b>WEDNESDAY</b>				
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	\$5
<b>THURSDAY</b>				
Pickleball	7:30–9:30 AM	Auditorium	ssacpickleball@gmail.com	\$4
Chinese Majhong	9:15–11:45 AM	Farish Room	May Jim	\$4
Tai Chi*	10:00–11:30 AM	Auditorium	David Carson	\$5
Fitness with Ivana	10:00–11:00 AM	Craft Room	Ivana Cappelletto	\$5
Painting Pals	12:30–3:00 PM	Craft Room	Isobel Gibson	\$4
Carpet Bowling	1:00–3:00 PM	Auditorium	Shirley Allan	\$4
Majhong (social play)	1:00–3:00 PM	Farish Room	Katie Caple	\$4
Pickleball	3:00–8:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>FRIDAY</b>				
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-PM	Auditorium	Johanna Woods	\$5
Poker	12:00–3:00 PM	Farish Room	Bob Hodgson	\$4
Ukulele <b>ON HOLD</b>	2:00–4:00 PM	Dining Hall	Mark Trevis	\$4
Pickleball	1:00–5:30 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>SATURDAY</b>				
Half Moon Crazies	9:00–4:00 AM-PM	Dining Hall	2 <sup>nd</sup> 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
<b>SUNDAY</b>				
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.**

**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 information sessions for those who have never previously been to yoga class but are curious to learn more – Friday April 8 or 22 from 11:30-12pm – free. A pre-requisite to participating in John's Yoga classes. This is not for either the chair yoga class or the yoga for arthritis classes. **Chair 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 Gill, SSAC President.*