

# SEASHELL ECHO

MAY 2022

SECHELT SENIORS ACTIVITY CENTRE NEWS

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# Fundraiser Lunch for Ukraine

**O**n Wednesday April 27<sup>th</sup>, the Auditorium was filled with members who enjoyed a wonderful fundraising luncheon to support seniors fleeing the war against Ukraine.

The brainchild of Cathy Kiss, Cathy and her fellow organizers and countless volunteers made sure the event was excellent! Over 120 people came out in support of the cause.

The luncheon began with a moving speech from Daria Anico-Taveras who emigrated from Ukraine to the Coast 18 months ago. It was heartbreaking to hear of her hometown being attacked and people fleeing carrying only a backpack.

Before lunch began, JoAnne Bentley sang three beautiful folk songs a capella. Lunch of cabbage rolls, potato pancakes and beetroot salad was next. During the delicious lunch, we watched a recorded message from HelpAge Canada. CEO Gregor Sneddon shared information about the situation in Ukraine and the work being done to assist seniors. He reminded us why we were there and said he wished he could be with us to enjoy Emily's cabbage rolls!

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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)

# Fundraiser . . .

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*Martini Madness Trio*, Kevin Crofton, Andy Amanovich and Graham Walker, entertained us concluding with a song “Ukrayina” written by Kevin about Ukraine.

Special Ukrainian guests joined the luncheon who are part of our Sunshine Coast Community: Daria Anico-Taveras, Daria McMorran, Yuri and Mira Keschak, Alex Minets and Olga Liubenko.

To assist in fundraising, there was a 50/50 draw, raffle tickets and a silent auction.

Thank you to all of our generous donors, including Gigi Holler, Blue Ocean Golf Club, Tuwanek Hotel and Spa, Daniel McPherson, Krystinas, Gourmet Girl, Starbucks, Tim Hortons, A Little Brit of Heaven, IGA Madeira Park, Ann Lynn Flowers, Ricky’s Restaurant, Jill Bellissimo, The SSAC Tuesday Quilters Group, Carol Maynard, Isobel Gibson, Evelyn Harker and Sew Easy.

Our sponsored donors Claytons Heritage Market and Wilson Creek IGA each donated \$500 to cover the cost of food and the marvelous flowers that adorned each table.

As always, Emily and her remarkable kitchen crew worked tirelessly to prepare an awesome meal and dessert. The organizers and volunteers, including Cathy Kiss, Gill Poulton, Alison Kowalewski, Mark Garland, Vicki Wilson, Lois Pickard, Diana Young, Sylvia Hockley, Helen Ward, Norma Pruden, Sally Watson, Viktor Kiss, Chris Kuck, Irene Jankovitz, David Marsh, Sue Brown, A/V guru Larry Baker and everyone who pitched in to set up and take down the room in lightning speed, are truly appreciated.

So many people made donations too. The final tally is being calculated and will be posted in the Centre and in the next *Echo*. ***Dyakuyu!***



Daria Anico-Taveras - Keynote speaker



Symbol of Ukraine



Ev Harker quilt



Ukrainian guests - Olga, Alex, Mira, Yuri, and Daria



Silent auction - Thank you Quilters and donors!



Over 120 people came out in support of the cause



Dedicated lunch volunteers



Raffle winner Katie



JoAnne



Gill and Emily



Martini Madness



Dancing in the aisles

# We're Hiring!

The SSAC is currently inviting applications for the position of **Office Manager/Coordinator**.

The SSAC Office Manager/Coordinator will manage all office operations, activities and rentals in accordance with the SSAC Constitution and Bylaws as part of an integrated team of SSAC employees, contractors, volunteers and Board Members. The Office Manager/Coordinator is the person in charge of making sure that the SSAC office runs smoothly and efficiently and provides general support to our members.

Applications should include a resume and cover letter that address the candidate's qualifications in accordance with the Job Description that is available in the office or on our website **seheltactivitycentre.com**.

Please email your application to **ssac@dccnet.com** or drop off at the Centre weekdays 10am-2pm by May 6<sup>th</sup>.

# Bus Update



Well, thanks to our new Maintenance Director Ken Legge, and bus driver Kathleen Dufour, we have some good news. The SSAC bus is running again!

The battery has been replaced, we have new tires and soon the freshly cleaned bus will be taking its first trip in years! On Thursday May 12<sup>th</sup>, we are heading to Persephone in Gibsons. The bus leaves the Centre at noon and returns at 4pm. The cost is \$20/person for the bus ride.

Costs will be increasing with the continuously rising cost of fuel, but as a non-profit society, with volunteer bus drivers (thanks Kathleen, Rick & Bill), we will aim to keep trips as affordable as possible.

**Sign up at the front desk.**

As well, there is a suggestion sheet for more ideas about future bus trips.

# The Circle

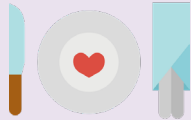
Enjoy the uplifting benefits of connection and respite with a new wellness program for people with life-limiting illness and their caregivers. "The Circle" sessions are free, engaging activities followed by a light lunch and good conversation.

Doors open at 9:30 a.m., Tuesdays and Thursdays, Hospice House in Davis Bay (4602 Simpkins Road).

For details call **604.740.0475**, ext.3 or email **info@coasthospice.com**.



# MAY 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
Soup & Sandwich <sup>2</sup>	Filipino Chicken Pancit (Noodles) <sup>3</sup>	Roast Pork <sup>4</sup>	Soup & Sandwich <sup>5</sup>	Fish & Chips <sup>6</sup>
Soup & Sandwich <sup>9</sup>	Lasagna <sup>10</sup>	Chicken Cordon Bleu <sup>11</sup>	Soup & Sandwich <sup>12</sup>	Bangers & Mash <sup>13</sup>
Soup & Sandwich <sup>16</sup>	Seafood Linguini <sup>17</sup>	Ham & Scalloped Potatoes <sup>18</sup>	Soup & Sandwich <sup>19</sup>	Fish & Chips <sup>20</sup>
<b>CLOSED FOR VICTORIA DAY</b> <sup>23</sup>	Baked Salmon <sup>24</sup>	Roast Beef <sup>24</sup>	Soup & Sandwich <sup>26</sup>	Chicken Quesadillas <sup>27</sup>
Soup & Sandwich <sup>30</sup>	Chicken Pot Pie <sup>31</sup>	1	2	3

## CENTRE INFORMATION

### 2022 Board Members

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

### 2022 Directors at Large

Fred Baines  
Mark Garland  
Sylvia Hockley  
Viktor Kiss  
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

# Note from the Kitchen

**I would like to take this opportunity to thank and congratulate everyone for the resounding success that was our fundraiser for Ukrainian Seniors!** The generosity and dedication of everyone who participated, contributed, volunteered, and donated has filled my heart with so much pride in our community here at the Seniors Centre. You are wonderful and I am so grateful to have been a part of this good work.

I also wanted to let our membership know about some of the changes that are on the horizon as we move toward summer.

I have been offered an opportunity to take a short leave of absence at the end of June to do some adventure cooking in a remote area of Nootka Sound. My older brother runs a company called Seaforth Expeditions that does tours for film crews who are documenting the endemic sea-wolf population there. He couldn't find anyone able to cook for him for this important season when the wolf pups are starting to venture from their dens, and he has asked me to come help him at this time. I want to reassure everyone that the Seniors Centre is still my top priority and I will be with you as long as you want me here, and I hope to have your understanding that I will help my brother this time, and also come back to you all. As this is a leave of absence for working, I will still take my regularly scheduled holiday at the end of August. I will keep the membership apprised of the exact dates, as soon as they are finalized.

In the meantime, we will be hosting a volunteer appreciation luncheon again for the first time since the pandemic began! I am so excited to be able to celebrate everyone who has worked so hard to make the Centre what it is. Look for more details in the June Echo. This will happen before my leave of absence begins.

During the summer we will offer reduced hours and resume take out meals only, like we did during the height of the pandemic. This is to allow our volunteers and coordinators a well-deserved rest, as everyone gets busier with the events and activities of the summer. I will be here, and will serve you the take out meals personally, so I look forward to seeing you all summer long. Regular operation will begin after Labour Day.

So this is just a general overview of what is coming up in the kitchen. Please bear with us through the changes; serving this community as best as we can is our goal.

Much love from your cook. - *Emily*

## 55+ BC Games

After two years of Covid related hiatus the **55+ BC Games** for 2022 will be held in beautiful Victoria from September 13 to 17.



Several thousand senior participants will participate in 27 different events over the course of the games in everything from archery to whist. There is something for all ages 55+ and all levels of physical ability. Participation is the goal with the games' motto being "For life, sport and friends". The province is divided into zones with the Sunshine Coast being in zone 4. I will be participating in track and field for the first time. Several years ago, I competed in pickleball when the games were in Vernon. If competition isn't your thing there are also opportunities for people to participate as a volunteer. Check out the games' website **55plusgames.org** for more information.

SUBMITTED BY BERT CARSWELL

# In Memoriam

## Gerry Sheanh

Gerry passed away peacefully in Sechelt Hospital on January 16<sup>th</sup> at age 89 from the effects of a severe stroke suffered 3 days earlier. Gerry served 37 years on the Vancouver Fire Department, a job he loved.



He was involved in numerous community activities, always willing to help and assist in whatever was asked of him in a quiet, unassuming manner. He sang in choirs, cooked at banquets, washed dishes and sorted books. Gerry was a kind, generous, gentle, loving man who always placed his family above all else. He did everything he could to provide them with the means and opportunity to emulate his example of honesty, integrity and compassion.

Predeceased by his son Jim. He is survived by his loving wife of 71 years, Jo-Anne, sons Gerry (Joan), Joe, and granddaughters, Molly & Amy.

A reception of Remembrance to honour Gerry's life will be held on Sunday, May 29<sup>th</sup>, 2-5 PM at the Sechelt Royal Canadian Legion, Branch #140."

*"There are no goodbyes for us. Wherever you are, you will always be in my heart."* - Mahatma Gandhi

## Barry Pruden

New bench in front of the Centre was donated by Norma Pruden in honour of her late husband Barry, a long time member, Board member and Tai Chi/ Qigong instructor.



# Volunteers!

On February 23<sup>rd</sup> & 24<sup>th</sup> a **Volunteer Fair** was held at the Centre. Organized by Sunshine Coast Rotary with cooperation from the Centre and financial support from Sunshine Coast Credit Union, 30 local community organizations set up displays and interacted with the community and each other and led to new volunteers signing up.

It was very informative and will hopefully happen again in the fall or next spring.

Volunteers are a key part of the Centre and without you, we couldn't continue. So, thank you all!

Photos by Barbara Webb



Gwen & Alison for SSAC



Lori Pratt, Darnelda Seigers & Patrick Weiler with Rotary & SSAC members



Jim & Sylvia for SSAC

# SSAC ACTIVITY SCHEDULE

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

# MAY 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
Ukulele	1:00–3:00 PM	Lunch Room	Ron Skene	\$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)	4:30–5:40 PM	Auditorium	John McDougall-Goulet	\$5
<b>THURSDAY</b>				
Pickleball	7:30–9:30 AM	Auditorium	ssacpickleball@gmail.com	\$4
Tai Chi*	10:00–11:30 AM	Auditorium	David Carson	\$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	1:00–7:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>SATURDAY</b>				
Half Moon Crazy's	9:00–4:00 AM-PM	Dining Hall	2 <sup>nd</sup> Saturday of each month	\$4
Tai Chi* (dates vary)	10:00–11:30 AM	Auditorium	David Carson	\$5
Pickleball (dates vary)	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.

**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.*