



# SEASHELL ECHO

JUNE 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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# What's Happening at the Centre

**T**he summer season is fast approaching. The Centre will be open weekdays from 9am-3pm thanks to our wonderful volunteers. Many activities continue, though you can check the activity schedule month to month for changes.

The kitchen is open until June 10<sup>th</sup>, and will reopen for takeout on July 5<sup>th</sup>. Emily will be offering take out soup, sandwich & desserts on Tuesdays and Wednesdays and fish & chips & dessert on Fridays.

Emily's frozen entrees will continue to be available. Yay!

Hopefully, we'll have a coffee station soon so members can enjoy social time at the Centre. It would be great to have the books back too. If you're going to IKEA soon, let us know!

The Volunteer Appreciation Luncheon will be held in August at some point. Our amazing Centre would not be able to stay open without the incredible number of dedicated volunteers we have. Thank you all!

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



Reception: 604.885.3513  
Office: 604.885.8910



Centre Office Hours:  
Mon-Fri, 9 am-3 pm



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

# What's Happening . . .

CONTINUED FROM PAGE 1

More fun—the bus trips are back! Check the listings (page 4) for all of the upcoming bus trips for June. There will be a sign up sheet at the front desk and you can pay when you sign up. Drivers Kathleen Dufour and Rick McGowan are back along with Ken Legge, our Maintenance Director who got the bus fixed, inspected, insured, and cleaned on the inside. Thanks to Mark Garland and Fred Baines for the power washing party that made the bus sparkly again.

And thanks to everyone for their enthusiasm and suggestions.

More news—we have hired an Office Manager/Coordinator to help organize activities, rentals, communication and the general running of the Office with the volunteers, and your Directors. Get ready to say hello to Eric very soon. Don't worry—more info to follow at the Centre and in the next Echo.

Huge thanks to the Directors who have been coming in regularly to work in the office, databases and financials. Next we'll be resuming some of the very important Committees. Lots of work, but vital.

If you have an interest area, please send an email to [ssac@dccnet.com](mailto:ssac@dccnet.com). Not all committees will start soon or meet often, but it would be good to know who is interested and willing to contribute.

Happy June!



**SHANIA**  
*Totally Twain*

**“GET READY...WE'RE COMIN”**

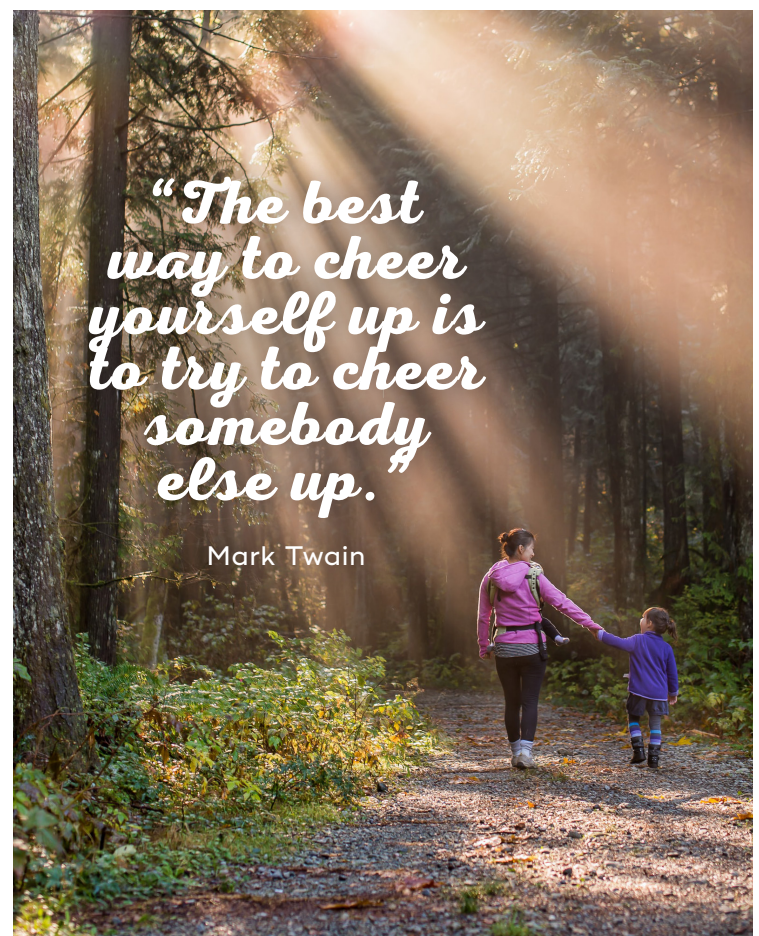
**JULY | 16 | 2022**

**SECHELT SENIORS ACTIVITY CENTRE**

Showtime: 7:30pm

**\$25 ADMISSION**

TICKETS AVAILABLE ONLINE @  
<https://totallytwainsechelt.brownpapertickets.com>



# Inaugural Serge Planidin Dinking Tournament

**O**n Sunday May 15<sup>th</sup>, the Centre held its inaugural Dinking Tournament to honour Serge Planidin who passed away earlier this year.

Serge was instrumental in developing the pickleball program at our Activity Centre over ten years ago. In addition to ten years as a volunteer dishwasher in our kitchen, Serge coached beginners and others several times a week and loved helping people improve their games. Serge worked hard over the years, along with so many other volunteers, to ensure that the Centre was fair and fun for everyone. This tournament was a great way to honour his legacy and boy was it FUN!

Congratulations to the winner—Cathy Kiss, and runners up Koen Drugman, Jan Meyer and Margaret Webb.

Thanks to Helen and Richard Ward and all your wonderful helpers, and to Stephanie and Sylvia for ensuring Sharon Planidin was able to attend and see the admiration and affection the Centre has for Serge.



Richard with finalists Margaret, Cathy, Janet, and Koen



Brian, Bert, John, and Michael



Stephanie and Sylvia with Sharon Planidin



Great turnout!

# Bus Trips!



## Tuesday June 14

Park Royal/Capilano Malls  
Cost: \$35 (\$40 under 65)  
Leaves Centre 9:50 AM  
Returns on 4:45 PM ferry

## Thursday June 16

Grasshopper Pub  
Cost \$12  
Leaves Centre 10:45 AM

## Tuesday June 21

Hard Rock Casino  
Cost \$35 (\$40 under 65)  
Leaves Centre 7:15 AM  
Returns on the 4:45 PM ferry

## Thursday June 23

Powell River  
Cost \$35 (\$40 under 65)  
Leaves Centre 6:50 AM  
Returns on the 2:30 PM ferry

## Tuesday June 28

West Coast Wilderness Lodge  
Cost \$12  
Leaves Centre 10:30 AM

Sign up at the Front Desk. If you have ideas for future bus trips, let us know!



## Tidbits

# With Best Wishes



Anita and Gerhardt - long-term active Carpet Bowlers at the Centre were given a lovely send off with best wishes for their return to Langley.

# Chair Yoga



Bobbi Seale-Cobiskey is offering another series of Chair Yoga for Arthritis on Mondays 10:15-11:15AM. If you are interested in improving your mobility, register at the front desk. Limited seating.

# JUNE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Chicken Cordon Bleu	2 Soup & Sandwich	3 Fish & Chips
6 Soup & Sandwich	7 Cabbage Rolls	8 Ham & Scalloped Potatoes	9 Soup & Sandwich	10 Fish & Chips

## KITCHEN SUMMER OPERATION

Indoor dining's last day is Friday June 10<sup>th</sup>  
Take out will be offered as of Tuesday July 5<sup>th</sup>

Tuesday & Wednesday: Soup, Sandwich & Dessert  
Fridays: Fish & Chips & Dessert



**FROZEN ENTREES WILL CONTINUE TO BE AVAILABLE  
MONDAY TO FRIDAY DURING OFFICE HOURS**

## CENTRE INFORMATION

### 2022 Board Members

President	Gillian Smith
Past President	Douglas 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@sehelctactivitycentre.com](mailto:communications@sehelctactivitycentre.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 dessert 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

# SSAC ACTIVITY SCHEDULE

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

# JUNE 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	Karyn Burney	\$4
Pickleball	3:00–8:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>TUESDAY</b>				
Fitness with Jacquie - <b>no class June 7</b>	9:15–10:15 AM	Auditorium	Jacquie / Ivana	\$5
Memory Café	10:30–12:30 AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$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 - <b>June 15 last session</b>	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
Poker	12:00–3:00 PM	Farish Room	Bob Hodgson	\$4
Pickleball	1:00–7:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>SATURDAY</b>				
Quilting	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	Karyn Burney	\$4
<b>SUNDAY</b>				
Pickleball	11:30–7:00 AM-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. 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 the Office to discuss. Time spaces have opened up and we are looking to possibly adjust the schedule for the fall to make use of all of our rooms/times and make this the best Seniors Activity Centre ever!*