

SEASHELL ECHO

JULY 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Another Welcome Back

BY ROY WREN, VICE PRESIDENT SSAC

Well, normalcy seems to be reappearing at the “Sechelt Seniors Activity Center” (SSAC), and although some COVID protocols are still in place members seem to be back enjoying their selected programs, and our volunteers are working hard to ensure your enjoyment and safety, health wise that is.

But today I would like to give a hearty thank you to our membership, you have returned in large numbers, and you have done this in a manner that makes us very proud.

You have entered daily, fully masked and fully vaccinated, and there has been absolutely no push back regarding the protocols we have put in place.

It has been my pleasure since being elected as Vice President to meet and greet many of you who arrive at the Centre in the morning (I am not a “Walmart Greeter” by trade). I have managed to remember some of your names, others, you are a number.

In fact at times it feels like going to “Camp” as a kid, having you all come in with your Yoga mat rolls, your sports bags jammed full, and a great assortment of water bottles.

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Reception: 604.885.3513
Office: 604.885.8910

Office Summer Hours:
Mon–Fri, 10 am–2 pm



info@secheltactivitycentre.com
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Another Welcome Back ...

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Other programs I have dropped into to see how things are going:

Carpet bowling is in full swing, the Poker players are all having fun, Painting Pals looks full, Duplicate Bridge is as popular as ever, the Quilting Group are as boisterous as ever, as I found out the other day, Ukulele is now in the dining room on Tuesdays. Memory Café is doing a wonderful job. Chair Yoga is another great health help program, and two types of Mahjong, a great game you should all try one day, and the various fitness offerings are as usual well attended. Some activities are on hold for summer, but there is still plenty going on.

I still have to get around to Table Tennis and Line Dancing, plus I must not forget the very popular Pickleball program. I do not venture in while you are playing, but I do know many of you and realize how important this program is to you. And I wish I could join you. Some programs use the back door so most of you I miss seeing.

You will see a great deal of requests for volunteers to help at the Centre, this would not be the case if so many of you had not returned as members.

Thank you members for returning and continuing to support the SSAC, your enthusiasm and cheerful attitude is (If you will excuse the expression) infectious. You certainly get my day off to a good start.

Thank you one more time to a wonderful membership.



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>

Coming Soon To The Sechelt Seniors
Activity Centre

A FUN-FILLED VARIETY SHOW

Let's Sing In The Sunshine &
Dance In The Rain



Starring

The Funtastics

A FUNDRAISING EVENT
All Proceeds To SSAC
Stay Tuned for Performance Dates & Times

Welcome Eric!



Our new Office Manager/Coordinator, **Eric Kristiansen**, arrives to the **SSAC with a diverse background** that includes 23 years owning & operating a commercial fitness company, experience with the YMCA (both in management and as a volunteer) and has sat on numerous boards & committees for groups like Camosun College, Basketball BC & the BCRPA.

As a former World Masters Games champion in basketball, he is currently featured internationally as a masters athlete and once helped lead the UBC Thunderbirds to the National Championship final. Eric has been on the Coast for a year after growing up in Nelson, BC before spending most of his professional life in Vancouver.

Message from Eric

As the new Office Manager for the Centre, I am sincerely delighted to come in to work each day with the dual role of enhancing activity & food options for the good folks all along the Sunshine Coast as well as building strong connections with our dedicated volunteers & esteemed Board of Directors.

As we continue to evolve through this post-COVID world, our older population has had to endure a myriad of difficulties—much born out of isolation—and resulting in many with compromised physical & mental states of being. It's time to change that!

So if you are looking to step-change your life for the better, I invite you to check out our website and come by the Centre to explore our wide range of activities & volunteer opportunities. This really is an inspiring group to work with; being around good-hearted, likeminded folks who care about themselves and others in their community. So help us help you get back to living the kind of life you want to live because we truly are . . . stronger together.

- Eric Kristiansen

Sechelt Seniors Activity Centre

COMMITTEE MEMBERSHIP

The SSAC is looking for volunteers to join the various working committees of the Centre. While the Board provides overall administration and guidance for the Centre, volunteers provide most of the energy and effort to keep all the various functions of the SSAC working to the best of our ability. Following a long period of restrictions and limitations due to Covid-19, the committees are being fully reinstated and we are looking for new members.

The committees are as follows:

- Finance**
- Kitchen (food services)**
- Maintenance**
- Security**
- Technical (computers, audio/visual)**
- Rentals and Activities**
- Membership & Volunteer**
- Fund Raising and Special Events**
- Communications**
- Bus**
- Legal and Legislative**

You can read about the responsibilities of each of the committees in the Policies and Procedures (pages 27-37) which are provided on the SSAC website or can be picked up from the Office.

If you have an interest in joining one of the committees or would like further information please come by the office or contact us at ssac@dccnet.com.

The Centre is predominantly a volunteer-operated facility and your participation can help with maintaining and enhancing the excellent services for all our members.



SUMMER LUNCH MENU

MONDAYS	Frozen Entrées
TUESDAYS	Soup, Sandwich, Dessert
WEDNESDAYS	Soup, Sandwich, Dessert
THURSDAYS	Frozen Entrées
FRIDAYS	Emily's Famous Fish & Chips, Dessert

Note: All food takeout only (for now)



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@secheltactivitycentre.com.

Please indicate to which director you would like the email sent.

Office Manager/Coordinator	Eric Kristiansen
Custodian	Jim Coffin
Chef	Emily McPherson

Lost & Found



Are you missing anything? You might have left it at the Centre. Please check our **Lost & Found**. Anything still there on August 15th will be taken to the thrift store, recycling or thrown out.

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 (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

SSAC Committees

BY MARK GARLAND, DIRECTOR AT LARGE SSAC

This is about *your* Activity Centre. Surprisingly enough it does not just happen, and open every weekday all on its own. There are many people behind the scenes that keep the day to day operation on track and hopefully paying its own way. The land and building are solely owned by the Society with no financial support from government. The Society relies totally on its members, rentals, grants and donations to balance the books and keep the building maintained and functional. The building, is a HUGE asset to the Coast.

The Sechelt Seniors Activity Centre Society is registered with the BC Government as a non-profit society owned and controlled by its membership and is staffed almost totally by volunteers. In effect, it is a membership only club. The exceptions to that rule are the chef, Emily McPherson who prepares all the lunches daily plus all the frozen entrees with the help of a team of volunteers. Jim the contract custodian keeps the entire Centre spotless and gleaming like a brand new building. The Society has recently hired a new office manager, Eric, to oversee activities, rentals, and many other oversight functions.

The bulk of the operation falls to the volunteers. They show up every day or whenever their schedule allows it and work for a few hours. Usually 1 - 3 days a week for 2 - 4 hours. The volunteers fall into several categories: kitchen, greeters, office, money counters, maintenance, security, bus, activity chairs, etc.

The Kitchen Volunteers work behind the scenes to prepare, serve, deliver food, clean tables, take orders, collect money, wash dishes, and help the chef wherever they can.

Then there are the Greeters who sit at the entrance and greet everyone, collect your name and member number and check your vaccination status. Since Covid interfered with all of our lives it is necessary to collect everyone's information as they enter the building in case it is required for tracking. In the time of Covid, the membership of the Society decided it was MANDATORY that all members be fully vaccinated before they are permitted to enter the building for meals and activities.

The Front Office staff are the next point of contact as you enter the building. They issue memberships, sell the frozen food if the kitchen is closed, sell activity tickets, answer phones, book special event tickets, and generally help wherever they can.

The money counters job is pretty obvious but just as important. Because cash is still a legal tender, it needs to be counted and balanced. Every activity, of which there are many, is paid for with cash or prepaid tickets. All money or tickets are tallied at the end of every day and balanced to the number of items sold or the number of people that attended an activity. Some items or activities can be paid for by card but it still needs to be balanced.

Maintenance volunteers are not constantly around, they are called in if the situation requires it. Same with Security and Bus Volunteers.

Your Board is responsible for ensuring that the Centre runs well. Committees meet to oversee the particular specialty to ensure that everything runs smoothly and to watch out for the best interests of our Society.

There are several Committees that have been designated in our Constitution and Bylaws to facilitate the smooth operation of your Centre.

Currently you have:

- Bus Committee
- Communications Committee
- Computer & Audio/Visual Committee
- Finance Committee
- Fundraising and Special Events Committee
- Kitchen Committee
- Legal & Legislative Committee
- Maintenance Committee
- Membership Committee
- Rental & Activities Committee
- Security Committee

All of the above Committees are overseen by a member of the Board of Directors, a group of volunteers like you, that have chosen to step forward to steer and decide what is best for the good of the Centre so that "IT" can carry on and be the focal point of the lives of all the seniors of the Sunshine Coast that choose to become members and get involved and be active in their community and take advantage of this fabulous resource.

Everyone has an interest, something that draws their eye, tweaks our attention, gets our blood pumping. The Centre relies on people that have had their interest in some activity piqued, to continue operating. If you have spare time and you see a committee that you are interested in and feel that you could be a benefit to your Centre and the Membership at large then step forward and make your interest known. Email the Centre at ssac@dccnet.com, or drop by the office and let us know.

Do not be afraid to get involved with something you are interested in, helping out and meeting new people can be extremely rewarding.



**VOLUNTEERS
NEEDED**

July BUS TRIPS



July 7 - Thursday

Blackfish Pub and Gibsons Public Market

July 12 - Tuesday

Grasshopper Pub
Madeira Park

July 14 - Thursday

Grand Villa Casino
Burnaby

July 19 - Tuesday

Park Royal, Capilano Mall
North Vancouver

July 26 - Tuesday

Tapworks, Gibsons

July 28 - Thursday

VanDusen Botanical Garden (tentatively)
Vancouver

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



SSAC ACTIVITY SCHEDULE

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

JULY 2022

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
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 / Andy Hopkinson	\$4
Pickleball	3:00–8:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY				
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
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
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
Card & Board Game Café	1:00–3:00 PM	Lunch Room	Eric Kristiansen	\$4
THURSDAY				
Pickleball	7:30–9:30 AM	Auditorium	ssacpickleball@gmail.com	\$4
Tai Chi*	10:00–11:30 AM	Auditorium	David Carson	\$5
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
Poker	12:00–3:00 PM	Farish Room	Bob Hodgson	\$4
Pickleball	1:00–7:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY				
Quilting	9:00–4:00 AM-PM	Dining Hall	2 nd 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 / Andy Hopkinson	\$4
SUNDAY				
Pickleball	11:30–7:00 AM-PM	Auditorium	ssacpickleball@gmail.com	\$4

Activities are subject to change. Check with the Centre or your activity chair if you have any questions.

* **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.

The pickleball schedule is available at the Centre or by contacting Richard at ssacpickleball@gmail.com. Thanks to our volunteer organizers and coaches, individuals can play with others of a similar ability. Each session is limited to 14 players and each member can enjoy this activity up to 4 times a week with level and social play.

Don't see an activity which you would like to lead? Please contact the Office to discuss. Time and spaces have opened up for the summer and we'll be starting to work on the Fall schedule soon.