

SEASHELL ECHO

AUGUST 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Happy August Everyone

BY GILLIAN SMITH, PRESIDENT

Hopefully, by the time you read this the heat has subsided and things are starting to return to “normal”. In the summer, the Centre is open Mondays to Fridays (except holidays) from 10am to 2pm and is a cool place to relax. In addition to her wonderful frozen entrees, until she takes her well-earned vacation at the end of August, Emily will be serving her delicious soup and sandwiches and, of course, desserts (whipped cream hmmm?) on Tuesdays and Wednesdays and Fish & Chips on Fridays. It is “take away” to give our volunteers a break in the summer, but feel free to enjoy your lunch in the lunch room on those days with your friends.

On Wednesdays, you can stay for cards and board games. This is a new activity and fun games of Scrabble and Crib have been played so far, with lots more options available. Thanks to our new member and volunteer, Sally, for donating a brand new game of Clue. It's great for the brain, playing games, and trying to remember the rules. It's also a great way to meet new people and have a laugh. This is a \$4 activity.

Speaking of activities, wait for it . . . Activity Cards are back! Woo hoo! No more scrambling for loonies and toonies. Packages of 10 tickets are available at the front desk on weekdays from 10am-2pm.

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Reception: 604.885.3513
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Office Summer Hours:
Mon-Fri, 10 am-2 pm



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Happy August . . .

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Activities with a paid instructor are \$6 per class and other activities are \$4 per session.

Write your name and number on each card and pop one into the plastic bag instead of cash each time you attend a session. These cards are a bit glossy, so you might want to use a marker and write your name and number on all of them. Or, write the information on the back.

If you have an idea for an activity that you would like to lead, please speak to Eric in the office soon. It would be great to have the activity schedule done mid August so that we can move into September full force.

The Activity Schedule is greatly reduced in the summer with many activities taking a break. However, still come out and enjoy Carpet Bowling on Mondays. Ukulele on Tuesdays will resume again shortly.

Morning Yoga sessions with John, Fitness with Jacquie, Bridge, Pickleball, Memory Café and Line Dancing continue.

And speaking of dancing . . . the SSAC line dancers participated in the Canada Day Parade and then put on an awesome show at the new amphitheatre in Hackett Park. Great job Jay and your entire crew.

At the Centre, *Traditionally Twain*, a Shania Twain tribute band, put on an amazing show in July. Over 100 people attended, including our line dancers and many members. A wonderful time was had by all. Audience members were up dancing almost immediately! The event was a hybrid—it was a rental, with a bar that was run for the benefit of the Centre. Thanks to Alison and Jurgen for organizing the bar and to everyone who turned up and had a good time. They'll be back! There was a lot of enthusiasm for resuming music and dances at the Centre. Hopefully, we can start working on that soon.



Clockwise from top left: Alison & Jurgen; Line dancers; *Traditionally Twain* at the SSAC Auditorium

Speaking of shows . . . The Funtastics are coming back for a show in October! This is a traditional fundraiser at the Centre with talented and hardworking members entertaining us with music and skits. There will be auditions in August for those interested in trying out. Thanks to Colleen, Norma, Mo, Les and all the volunteers for all the hard work you will be doing. We need the “fun” the Funtastics deliver.

And speaking of fun . . . how about all the bus trips that are being offered? Huge thanks to the bus committee for organizing everything, but especially to Kathleen DuFour, our friendly volunteer bus driver. Sign up at the office for a variety of outings, with someone else driving! If you have any suggestions for future bus trips, let us know and the committee will discuss your ideas.

I was thinking that things have been slow and there is so much that needs to be done, but I'm reading this and thinking that the Centre is really starting to be an active fun place again. Thanks to all our workers, volunteers and members who help make this place rock! See you soon.

AUDITION NOTICE

YOU ARE INVITED TO ATTEND
THE FUNTASTICS VARIETY SHOW
AUDITION

Auditions will be held in the
SSAC Craft Room

Tuesday August 9th
& Thursday August 11th
7-9pm

Sing, Dance, Act, Trivia, Skits, Solo, Trio, Quartet

Show date: October 1, 2022

Now Available

New Activity Cards

Beginning **August 2nd**, packages of 10 activity cards can be purchased at the office. \$60 for paid instructor activities and \$40 for other activities.

\$6

\$4

**STEP CHANGE
YOUR LIFE**

BECOME A VOLUNTEER

The Centre is looking for volunteers in all areas of facility operations including in the Kitchen, the Office and in many other areas. For more information, or to express interest, please stop by the front office.

New Activity

Card & Board Game Café



Join us in the Dining Room (or just stay after lunch) every Wednesday for Card & Board Game Café, where members can play popular board games like Scrabble & Mexican Train as well as card game staples like Cribbage & Hearts. It's a lot of fun and always great to make new friends.

Freeing Ourselves From The Shackles

BY ERIC KRISTIANSEN

The last few years have been hard on all of us and none more so than with our youth and seniors. Lockdowns, restrictions, isolation have had devastating effects on our mental and physical conditions. And, while we need to continue to be aware of virus threats, many folks continue to live with the shackles of pandemic anxiety dominating thoughts and preventing them from living the active, social lives they once lived.

In pandemic conditions it's easy to forget that being social and moving our bodies is our natural state of being. Anthropologists point out that it has been our ability to come together, bond in groups and form communities for the collective good, that has allowed us to evolve as we have. This may help explain why the human experience is suffering these days.

No more! It's time to have a little pep talk with that little voice in our heads that is hardwired to protect us. Like the ex that just can't seem to move on, it's time to have that talk: "It's over. Deal with it!"

And then guess what? (cue the Flashdance music) "Oh, what a feeling! Being's believing." Freeing ourselves of those self-imposed, mental shackles that keep holding us down. How?

The short answer, of course: daily exercise, eating well and socializing more. Fortunately we live in a great environment for this. Did you know that Sechelt has one of the most walkable downtowns in North America? Within a 100 metres or so, you can walk from the shopping centre to the ocean to the library to the activity centre to the pub. And, compared to big cities, people are so friendly



wherever you go. Ever try saying hi to strangers, walking around downtown Vancouver?

At the Sechelt Seniors Activity Centre (SSAC), every day I feel these shackles coming off as active agers come through our doors for sports like pickleball and carpet bowling, creative activities like ukulele and quilting, social games like bridge and poker and, of course, well attended staples like yoga, fitness and dance. Bus trips provide the opportunity for folks to get around to places they might otherwise not be able to. Even serving fresh lunches can be huge as this may be the only opportunity all day that a person, living alone, has to interact with others.

Summer is the golden time for Canadians so get outside, breath in nature, move the body and interact with others motivated to do the same. Remember . . . if it's going to be, it's up to me.



Eric is the office manager at the SSAC and brings a lifetime of experience working in the health & wellness industry. He has a degree in Physical Education from UBC, is a former world champion in basketball and has presented internationally on topics ranging from masters athlete performance to active aging strategies for public recreation.

SUMMER LUNCH SCHEDULE

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

* FROM AUGUST 22 UNTIL SEPTEMBER 5, THERE WILL BE NO IN-FACILITY DINING AS ONLY FROZEN ENTRÉES WILL BE SOLD.



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 Last Chance!



August 15th is the deadline for folks to pick up their lost item at the Centre before items are either donated to the thrift store, recycled, 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 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 (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

A Financial Helping Hand: How To Handle a Senior Loved One's Finances

It typically happens slowly: you start to notice your mom isn't remembering to pay her bills on time, or you see your dad having trouble signing checks due to his arthritis.

Before long, though, it's clear that your senior loved one needs help managing their finances. Read on to find out signs to recognize and how you can provide support.

WHAT TO WATCH FOR

Unfortunately, too many people fail to recognize a senior loved one's decline until it starts to cause issues. If you begin to notice any of the [following signs](#), it may be time to sit down with your senior loved one to bring your concerns about their finances to their attention:

- Cluttered, disorganized, or dirty home
- Confusion and uncertainty when performing regular tasks
- Inability to explain or recall unusual purchases
- Falling victim to [fraud or financial scams](#)
- Struggling to complete or manage financial documents
- Unopened mail or unpaid bills piling up

If you do recognize these signs, use this opportunity to have a conversation about [estate planning](#) before it's too late. Document their wishes and consult a qualified estate planner to ensure the senior's final requests are honored.

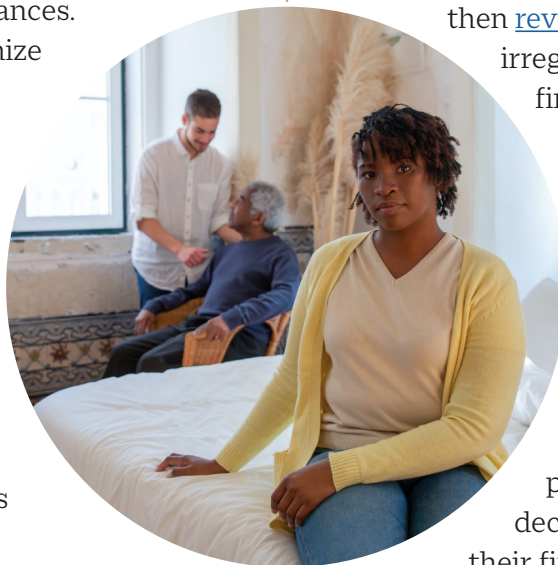
HOW TO HELP

The first step to helping manage a senior loved one's finances is talking about their finances. Have them provide you with their financial documents, such as bank statements, taxes, and receipts, then [review those documents](#) to find any irregularities or errors. Use personal finance apps, such as Mint or Simplifi, to easily track your loved one's finances.

As your loved one continues to age, they'll probably need more extensive [help with their finances](#). Talk with them about giving you power of attorney authorization. With a power of attorney, you can make decisions on their behalf regarding their finances, including managing bank accounts, signing checks, and selling property.

PUTTING THEIR HOME ON THE MARKET

Sometimes, your senior loved one needs more care than you can provide, and the best choice is to move them to a senior living community. Making this happen may require you to sell their home if they're currently living independently. If your loved one is incapacitated, this process is overseen by a court. Hire a real estate agent to facilitate the sale and [research the current market](#) to estimate how much you'll get for the sale of the property. If your area is currently in a buyer's market, you may want to consider waiting a few months before selling the home.



SELLING A BUSINESS

If your loved one owns a business, you need to [think about selling it](#) if they can no longer fulfill their obligations. Not only will this free them of the responsibilities, but it can also free up money to be used for their care.

Use the services of a commercial appraiser to determine the value of the business. The appraisal should be inclusive of every aspect of the business, including assets, inventory, the physical building, and any other associated real estate or property.

PROMOTE FINANCIAL PEACE

Not being able to manage their own finances any longer is scary for many seniors. By equipping yourself with the knowledge to recognize what's happening and how you can help, you can bring a sense of peace and security to your senior loved one as they age. Look for signs of decline, manage their finances, help them sell their home and business, and find them suitable and safe living accommodations.



The Sechelt Seniors Activity Centre provides activities and services to seniors that promote companionship and stimulation and offer them opportunities to interact socially.

Call **604.885.3513** to learn more.

Photos from Pexels.com

AUGUST

..... BUS TRIPS



Thursday, August 4

Blackfish Pub/Gibsons Public Market
Bus leaves Centre 11:00am. Cost: \$12.00

Tuesday, August 9

Persephone Brewing
Bus leaves Centre 11:00am. Cost: \$12.00

Thursday, August 18

Park Royal/Capilano Mall
Bus leaves Centre 9:45am returns 4:45pm ferry
Cost: \$35.00 for 65 and older - \$40.00 for under 65 years

Tuesday, August 23

River Rock Casino
Bus leaves Centre 7:15am returns 4:45pm ferry
Cost: \$35.00 for 65 and older - \$40.00 for under 65 years

Thursday, August 25

Lunch at West Coast Wilderness Lodge
Bus leaves Centre 10:45am. Cost: \$12.00

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

AUGUST 2022

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Yoga with John	10:00–11:10 AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis (pre-register)	10:15–11:15 AM	Craft Room	Bobbie Seale-Cobiskey	\$6
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	\$6
Memory Café	10:30–12:30 AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$6
Quilting	1:00–4:00 PM	Craft Room	Carol Maynard	\$4
Ukulele (restarts August 23 rd)	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	\$6
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	\$6
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	\$6
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
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

SSAC Activity Cards are now available for \$6 & \$4 activities. Packs of 10 cards are available at the reception desk for \$60 and \$40 (cash, debit or credit card). Use one ticket, instead of cash, for your activity. No expiry date, non-refundable. Existing passcards will be honoured.

Active Flow Yoga with John - 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 please 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.

Pickleball - 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 as time spaces have opened up.**