

SEASHELL ECHO

SEPTEMBER 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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The Centre in September

BY GILLIAN SMITH, PRESIDENT

Starting September 6th, the Centre is open weekdays 9am to 3pm and Emily is back with her full delicious menu. The 22nd is limited to soup and sandwich, because Emily and her crew will be preparing for the Volunteer Appreciation Luncheon on September 23rd.

It's been such a long time since we've been able to have such an event! If you are a regular volunteer at the Centre, sign up at the front desk to reserve your spot at the volunteer lunch. There are limited seats.

The button program is starting up again in September. If you feel like "paying it forward," pay a little more for your lunch. The extra money goes into a fund so people who need a little help paying for their lunch or frozen entrees might be able to get it.

If you have visitors and want to bring them for lunch, or if you know of anyone who would like to try some activities, but don't want to purchase an annual membership (\$30), we now have temporary one week memberships for \$5. Proof of vaccination is still required. If they opt for a full membership within the week, they only need pay \$25.

Our friendly office manager Eric has been organizing the new activity schedule and surveyed the members coming into the Centre about possible new activities. Check out the schedule and try something new. If there is an activity you would like to see/lead, have a chat with Eric.

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



info@secheltactivitycentre.com
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The Centre . . .

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There are activity tickets available from the front desk in packages of 10. You can purchase them with cash, credit or debit and it saves you having to find loonies and toonies every time you attend an activity.

During regular hours, you will enter through the front door, sign in and pay for your activity at the greeter table. You can use an activity card or exact cash. This should make things easier for activity coordinators and ensure that every activity gets credit for the revenue it is generating. If you're going for lunch before your afternoon activity, you should still pay as you enter the building.

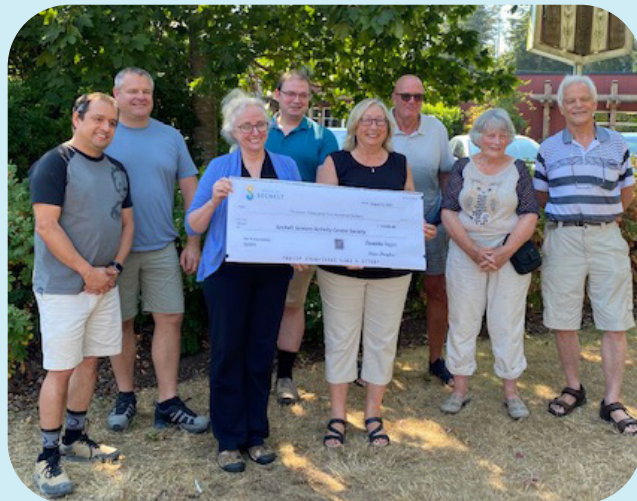
In addition to weekly activities, there is talk of Bingo, Karaoke and Trivia! Unfortunately, the Funtastics event won't be going ahead in October, but members Jay and Collene from Line Dancing are starting to investigate possible dates for dances! The *Totally Twain* event in July was so successful and fun, it is clear that people are ready to dance again! As with all events, especially coming back from a hiatus without a special events or fundraising team, it might take a while, and there will be hiccups, but there will still be plenty of laughter and fun as we continue to get the Centre hopping again.

Thanks to an incredibly generous grant from Community Forest and the District of Sechelt, we will be able to buy portable Audio Visual equipment for the Centre, to be used in the Lunch Room primarily. The grant is for \$15,000! Yes, you read that right, and it includes a portable tv, sound system and technical items I don't understand. The quote is from Patrick from Soundwerks who is a local expert that the Centre has relied on in the past for our audio visual equipment in the auditorium.

This equipment will make the lunch room perfect for our own events, rentals for community groups, Birthday Celebrations, Receptions and Celebrations of Life. All of these are important purposes and will raise revenue for the Centre. Our new Technology Committee will be working on moving this project forward as quickly as possible.

Sunshine Coast Community Forest

Generous Grant



The SSAC received a grant for \$15,000 for the Development of an Audio Visual Resource at the Centre.

The grant is for portable AV equipment, including a 65 inch 4K TV on a cart, digital mixer, ceiling speakers, volume controller, tablet and wireless headset and microphones. The Lunch Room is an ideal venue for meetings, gatherings and celebrations, but it does not have A/V capabilities . . . yet!

Our wonderful grant volunteer, Helen Ward, worked with Soundwerks, a local company who has been an important resource for the Centre in the past. Together, they listed the best items and a budget.

Now, it is going to happen! We don't have a timeline for completion, but the Centre is incredibly grateful to the Community Forest Foundation and the District of Sechelt for approving our application for this grant.

MedTalks

Promoting Health & Wellness



WOMEN'S HEALTH & WELLNESS FAIR

Understanding Breast Health &
Managing Hormonal Changes



Are You Dense? *with Dr. Paula Gordon,*

Medical Director, Sadie Diamond Breast Program at BC Women's Hospital
& Clinical Professor Department of Radiology, UBC

What women (and doctors!) need to know about dense breasts.



Menopause Management *with Dr. Kelsey Mills*

Clinical Assistant Professor OB & Gynecology, UBC

Tips and tricks for challenging cases.



What does Optimal Breast Screening look like, and can I have it in BC? *with Dr. Paula Gordon*

Sechelt Hospital Medical Imaging Services for Sunshine Coast *with Kelsey Oxley*

Site Supervisor of Medical Imaging, Sechelt Hospital

Panel Q & A

Women's Health Fair and Exhibits

BEFORE AND AFTER MEDTALKS

Friday, Sept. 9th, Rockwood Pavilion, Sechelt BC
Wellness Fair begins at 1pm | MedTalks will commence at 2pm

➔ RSVP to sh.foundation@vch.ca or 604-885-8637



BY ERIC KRISTIANSEN

Roy Wren



Last week I sat down with Roy Wren, Vice President of the Sechelt Seniors Activity Centre, to better understand his role and what motivates him to be so involved in the community.

Eric: What do you and Kamala Harris have in common?

Roy: I have no idea.

E: You're both sitting Vice Presidents of an important institution. (he regarded this a compliment!). Vice President, that's a big role. What does it involve?

R: I like the members to know who I am so I try and get out there to meet everyone. The members, volunteers, staff. If you're coming for a morning activity, chances are I will connect with you.

E: Ah, so it's like that show Cheers, where you walk through the door and hear a resounding "Roooooy!" Why do you invest so much time at the Centre?

R: It's my way of leading by example. I enjoy the people. I enjoy what we are building here. As a retiree, it gives me something worthwhile to do everyday. Being an adult educator for 30 years, and being a people person, this makes me feel like I'm contributing to my community.

E: How much of a commitment is involved?

R: I am usually in about 3 times per week for a few hours at a time. Really, though, there can be as little or much commitment as a person wants.

E: It's called the Seniors Activity Centre. What age do you have to be to become involved?

R: There is no age limit to participate. Members of all ages are welcome. I mean \$6 for top notch yoga? That's an amazing deal; so we have a wide range of participants.

The only restriction, according to our constitution, is members need to be over 50 to vote at the AGM and (biannual) General Meeting coming up October 19th.

E: Why are volunteers such an important part of the SSAC?

R: The only way the Centre can offer such affordable pricing for our members is if enough volunteers step up. We're talking as little as \$6 for a homemade meal. And we have the 'Button' program for folks that can't even afford that.

E: What can you say about the present Board Of Directors?

R: This is a hard working group who, together with volunteers & staff, are responsible for looking after the wellbeing of the Centre. It's also a new Board with myself being one of the rare exceptions of someone with past B.O.D. experience here.

E: What would be your message to someone who is considering being a volunteer?

R: Don't hesitate. Why not come in and give it a try? You'll receive a friendly welcome, be well trained, get fed and you can never have enough good people. And we really do have a lot of great people around here.



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.

SEPTEMBER MENU

MONDAYS

12 Butter Chicken
19 Hot Reuben
26 Beef Stroganoff

TUESDAYS

6 Chicken Quesadillas
13 Baked Salmon
20 Cabbage Rolls
27 Pork & Fried Rice

WEDNESDAYS

7 Roast Pork
14 Roast Beef
21 Ham & Scalloped Potatoes
28 Chicken Cordon Bleu

THURSDAYS

8 Shepherd's Pie
15 Moroccan Chicken
22 Soup & Sandwich
29 Lasagna

FRIDAYS

9 Fish & Chips
16 Fish & Chips
23 (Volunteer Lunch)
30 Fish & Chips



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

SSAC GENERAL MEETING

DATE/TIME:

Wednesday, October 26th, 1:30 pm

PLACE:

SSAC Auditorium

INVITEES:

**Members over
50 years of age**



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

Direct to Smelter

Precious Metals Roadshow returns to Sechelt

Ursa Major Gold, Silver & Coin returns to the Sechelt Seniors Activity Centre on September 19th and 20th. You can bring your gold, silver, coins and collectable banknotes between 10am and 4pm on Monday or Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin.

“Ursa Major has the unique advantage of dealing direct with a smelter” said Dick. “That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public.” In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a ‘melt’ value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

“If you decide to sell after hearing the quote, great, but it is also about information” says Dick. “A lot of times people just need to know a ballpark of what things are worth; we don’t pressure anyone into selling”. Dick took out his first gold claim when he turned 16 in the 1970’s and has been involved with precious metals ever since. An ardent gold panner, he was a regular at the world championship gold panning competition with a personal best of 3rd place in 1984.



“Nearly half of the world’s annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned.” Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. “We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins.” People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary.

In Memoriam

Marjorie Carey (Buttner)

Longtime resident of the Sunshine Coast, Marjorie Carey (Buttner) passed away on July 14, 2022 at home.



Marjorie settled on the Sunshine Coast and was captivated by the closeness of the community. She enjoyed meeting people and attended many community events and festivals. Her love of music had started at a young age and continued throughout her life in solo performances, large groups and choirs. Marjorie took pleasure from spending time with her children and two granddaughters as well as travelling around the world by cruise ship. She had a passion for making things including special meals, decorating wedding cakes, stained glass and candles to name a few. Throughout her years she maintained a youthful enthusiasm for everything that life could give. People that knew her will miss the warm light that shone from within.

A Celebration of Life will be held at the Sechelt Seniors Activity Centre on Sunday, October 2, 2022 at 2:00 p.m. All friends of Marjorie's are welcome.

HAM Radio Operator Needed

Did you know the SSAC has Emergency Response capabilities?

The Centre is looking for an old school HAM Radio operator. If you or someone you know has this skill, please reach out.

Advertise in the Echo



Hundreds of Older Adults on the Sunshine Coast read the SSAC's Echo Magazine - in print & online - every month.

Find out how inexpensive it is to advertise. Contact Eric @ 604.885.8910 to learn more.

Volunteer Luncheon



Date: Friday, September 23rd

Time: 11:30 am

Place: SSAC Luncheon

SSAC ACTIVITY SCHEDULE

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

SEPT 2022

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Hatha Flow Yoga	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 (experienced)	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
+ Regular Bridge	12:30–3:00 PM	Farish Room	Sally Watson / Toni Bolton	\$4
Pickleball	3:00–8:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY				
Fitness with Jacquie	9:15–10:15 AM	Auditorium	Jacquie Allan	\$6
Memory Café	10:30–12:30 AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$6
Chair Yoga	12:00–1:00 PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Quilting	1:00–4:00 PM	Craft Room	Carol Maynard	\$4
Ukulele	1:00–3:00 PM	Farish Room	Ron Skene	\$4
Pickleball	1:30–8:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
WEDNESDAY				
+ Cardio Dance (Fitness)	8:30–9:30 AM	Auditorium	Susan Seabrook	\$6
Hatha Flow Yoga	10:00–11:10 AM	Auditorium	John McDougall-Goulet	\$6
Line Dancing (new to dance)	11:30–12:30 AM	Auditorium	Jay Alexov	\$4
Card & Board Game Café	1:00–3:00 PM	Lunch Room	Eric Kristiansen	\$4
+ Table Tennis	1:00–3:00 PM	Auditorium	Marilyn Heinrich	\$4
+ Active Flow Yoga	5:00–6:10 PM	Auditorium	John McDougall-Goulet	\$6
THURSDAY				
Pickleball	7:30–9:00 AM	Auditorium	ssacpickleball@gmail.com	\$4
+ Cardio Cabaret (Fitness)	9:15–10:15 AM	Auditorium	Ivana Cappelletto	\$6
Tai Chi	10:30–noon AM	Auditorium	David Carson	\$6
Carpet Bowling	1:00–3:00 PM	Auditorium	Katie Caple/Shirley Allan	\$4
+ Painting Pals	12:30–3:00 PM	Craft Room	Isabelle Gibson	\$4
Mahjong	1:00–3:00 PM	Farish Room	Katie	\$4
Pickleball	3:00–6:30 PM	Auditorium	ssacpickleball@gmail.com	\$4
+ Darts	7:00–9:00 PM	Farish Room	Roy Wren	\$4
FRIDAY				
Pickleball	7:30–9:30 AM	Auditorium	ssacpickleball@gmail.com	\$4
Hatha Flow Yoga	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				
Quilters	9:00–4:00 AM/PM	Lunch Room	2 nd Saturday of month	\$4
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$4
Pickleball (+ monthly Sat, tourney)	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

+ New Activity for Fall

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.

Disclaimer: Weekend Activities Are Subject To Change