

# SEASHELL ECHO

OCTOBER 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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## Thank You Volunteers!

**T**he recent Volunteer Appreciation Lunch was a smashing success as it had been three long years since the Centre was able to host this (what was an) annual event. Thank you to all the volunteers who helped with organizing and transforming the lunch room into such a lovely place to celebrate. As usual Emily, the SSAC's resident chef, did not disappoint as she prepared a meal fit for . . . the King of England.

Special thank you to The Duke Of Earles, the hottest new musical act to hit the Coast in some time, who volunteered their time to provide amazing music throughout. Excited to see Cathy and Don become more involved here in the future, once they return from their Southern migration early in the New Year.



SEE PHOTOS ON P.3



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[www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

# Volunteer Luncheon A Big Success!

BY GILLIAN SMITH

**O**n Friday September 23<sup>rd</sup>, the annual volunteer appreciation luncheon took place in the beautifully decorated lunchroom. Huge thanks to the decorating committee and especially to Sylvia Hockley and Alison Kowalewski for organizing the whole event.

Emily prepared a delicious buffet with the help of volunteers of course. Viktor and Mark ensured everyone had bevies and the Duke of Earles (our newest volunteers) provided lovely music throughout and fun was had by all. Sally Watson highlighted the challenges of the last few years and volunteers learned more about the board members with Eric's unique questions. Thanks to Gourmet Girl for providing gift certificates, and Friends of the Library for book faire gift certificates and a wine prize from Board member Val Galat.

In these times of rising costs, the Centre is affordable and accessible because of all the time dedicated by volunteers. The Button Program is back. If you can pay a bit forward, please do so. If you're in need of a bit of help, please talk to Eric in the office.

Progress is being made on the dishwasher acquisition. Thanks to the Sunshine Coast Community Foundation, and a generous donation from RBC's volunteer program (thanks Sahra Hailey!), we are halfway towards funding the dishwasher. Another \$5,000 is required, and we'll be fundraising to ensure the dishwasher is ordered and installed by the funding deadline. Ideally, it could be completed by the end of the year. Tax receipts are available for donations of \$30 or more.

More fun is on the way. We have a new Special Entertainment Committee consisting of Jay Alexov,

Collene Sand, and board liason, Ken Legge. This hardworking group already has 3 monthly events lined up for the Centre. The first is a Hallowe'en Hoedown for October 29<sup>th</sup> (see poster on page 7 for details). Tickets are available and should be a lot of fun. Costumes are not required, but "hay" why not?

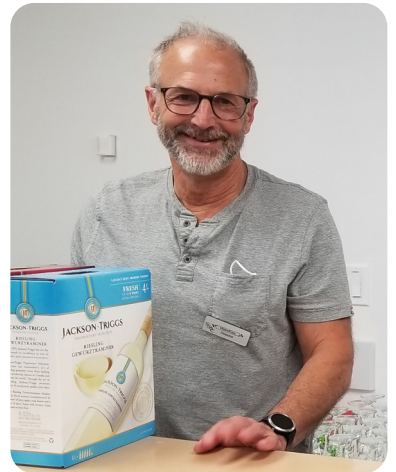
Our manager, Eric, has been working hard to bring in new activities and coordinate facility rentals. Latin Cardio is starting on Sunday October 2<sup>nd</sup> at 10am. Even better than Zumba I've heard. Let's give it a try! Enter the auditorium through the back. If you have ideas for activities you would like to lead, please talk to Eric in the office Monday-Thursday 9am-3pm.

The Tech Committee headed by Fred Baines is working on the portable A/V equipment we received the generous grant from Sunshine Coast Community Forest. This will make the Centre even more attractive to organizations and individuals wanted to rent space, ensuring that the facility is well used, with activities and lunches having priority of course.

The General Fall Membership meeting is back! On Wednesday October 26<sup>th</sup> at 1:30 in the auditorium. All members are welcome, but only members 50 and older may vote.







Yummy buffet, dancing queens, music by the Duke of Earles, and smiles all around. What a great way to celebrate our volunteers!



# The Most Interesting Man on the Sunshine Coast?

BY ERIC KRISTIANSEN

**Who is the most interesting man on the Sunshine Coast?** I bet a lot of folks that travel South along Trail Avenue into Sechelt would say Bob Maveety. Well actually they would say, “The Sign Guy.”

As office manager of the Sechelt Seniors Activity Centre, I have the daunting task of going *mano a mano* with Bob as he constructs the weekly message on one side of the SSAC sign while I manage the other side with boring operational stuff. And, no kidding, every time I’m out there, I get bombarded with passersby comments like, “I love your jokes” or “What’s your message today?” or “You are soooo funny.” Graciously I take a bow. Who knew *Tuesday Morning Cardio Dance* and *Wednesday Evening Active Flow Yoga* could be so tantalizing?

Why is this so relevant? Because it’s hard to be funny these days. Just take an inventory of all the professional comics in hot water; offending some group over something they said. It’s crazy (and not the good kind). Even a seasoned politician like Premier Horgan can’t get away with attempting some light comedy. When he said he doesn’t see a person in terms of the colour of their skin he joked, “I don’t see colour. I’m colour blind”. Critics were quick to pounce.

Today it is considered quite inappropriate to crack a Surrey Girl joke. Don’t dare opine about some of the lighter aspects of different cultures within Canada. Hijabs and helmets, crosses and Korans, lisps and liposuction. All taboo! I mean, seriously, is there *anything* or *anyone* left to have a little fun with . . .

Enter Bob Maveety. Week in and week out, he does not disappoint with his whimsical sayings that never seem to offend anyone...yet are so darn funny. Bob is truly a regional treasure; an aberration in these sensitive times and particularly apt at relating his brand of humour to the current events of the day.

So what’s been Bob’s funniest sign to date? Well, based on an informal poll, it may have been when Besos & Musk were competing for who had the biggest rocket. Bob’s mind-bending message: *Don’t Have A Billion Dollars To Fly To The Moon? My Friend’s Got This Brownie Recipe . . .*



*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.*

## OCTOBER LUNCH MENU

### MONDAYS

3 Butter Chicken  
10 Closed (Thanksgiving)  
17 Sole Fish  
24 Meatballs in Mushroom Gravy  
31 Chicken Quesadillas

### TUESDAYS

4 Quiche & Salad  
11 Baked Salmon  
18 Chicken Pot Pie  
25 Seafood Linguini

### WEDNESDAYS

5 Turkey Dinner  
12 Roast Beef  
19 Ham & Scalloped Potatoes  
26 Chicken Cordon Bleu

### THURSDAYS

6 Shepherd's Pie  
13 Baked Chicken  
20 Cabbage Rolls  
27 Bangers & Mash

### FRIDAYS

7 Fish & Chips  
14 Fish & Chips  
21 Fish & Chips  
28 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](mailto: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

Wednesday, October 26<sup>th</sup>, 1:30 pm  
SSAC Auditorium

If you are a SSAC member over the age of 50 then are eligible to vote and have a say in how the facility operates. As we (hopefully) continue to move beyond the pandemic, there will be much to discuss so hope to see you there!



## 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

# Pickleball

## Activity Report

BY RICHARD WARD



### Fun environment for challenging or social competition

Pickleball is the perfect activity to fulfill the purposes outlined in the SSAC constitution. It provides both physical and mental stimulation in a fun environment. When one of our new players was asked if they were enjoying it, she replied "It's more than just pickleball." To her and countless others it provides not only physical benefits but also much needed socialization and the ability to make new friends that otherwise would not happen. Air conditioning and a joint cushioning sports floor make the Auditorium the most comfortable and safest place to play Pickleball on the Sunshine Coast. Although play sessions are organized by skill level ratings to ensure equitable competition during games there is always a welcoming and fun environment at all sessions.

### Online Sign-in

We now control participation in specific playing sessions with an online sign-in system called SSACSign. SSACSign was developed by the volunteer work of SSAC member Viktor Kiss. We thank Viktor profusely for this and his tireless work on maintaining it. SSACSign allows ease of sign in for the players and the ability for us to limit the number of players in each session. This has been invaluable implementing COVID restrictions and coping with the large influx of new players to the Centre.

As a predominantly "After Hours" activity (after 3pm weekdays and on weekends) Pickleball provides revenue from use of the Auditorium at times that are of little appeal to other activities.

Pickleball is run entirely on voluntary basis, with a minimal draw on SSAC resources. We have up to 6 voluntary coaches. SSAC Manager Eric Christiansen works with us to optimize our schedule, balancing Auditorium availability and revenue generation.

As we move forward out of the present COVID restrictions the question will not be: "can we produce enough revenue from the Auditorium time allotted?" but "can we provide enough time for all our members to play the amount of Pickleball they want in order to enhance their quality of life?"

### SEPTEMBER PICKLEBALL TOURNAMENT

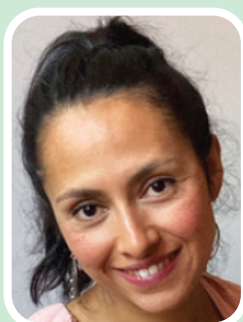
PLACE		POINTS
<b>3.0</b>		
Champion	Chris King	96
2	Gill Poulton	94
3	Alister Blair	87
4	Colin Sutton	82
5	Jacquelyn Collins	79
<b>3.25</b>		
Champion	Jan Meyer	91
2	Annette Schober	87
3	John Stewart	85
4	Ann Watson	82
5	John Maddalozzo	81
<b>3.5</b>		
Champion	Debbie Burchill	96
T2	Andy Jones-Cox	94
T2	Brian Clingwall	94
4	Helen Ward	78
T5	Gill Smith	77
T5	Irene Jankovits	77



## NEW ACTIVITY

# Latin Fitness Class

Sundays, 10:00am  
- please use back entrance -



Getting back in shape is hard. An effective way, according to our inspirational new Latin Fitness instructor Viri Pichardo, is to get folks moving to lively dance music. Not only is this fun and social but the best part is that it doesn't even feel like exercise. If you like Zumba, you'll love this!

## HALLOWE'EN HOEDOWN

WITH

### HALF CUT & the SLACKERS



**SATURDAY, OCTOBER 29, 2022**

**SECHLT SENIORS ACTIVITY CENTRE  
6:30 - 9:30 P.M.**

**TICKETS \$15.00 AVAILABLE AT SSAC**

**\* NO TICKET SALES AT THE DOOR \*  
MEMBERSHIP REQUIRED - TEMPORARY MEMBERSHIP \$5.00**

**LINE DANCE BASICS AT 6:00 P.M.**

**DANCE YOUR GHOULS & GOBLINS AWAY!**

**CASH BAR ~ TREATS ~ COSTUME OPTIONAL**

## *Losing Us*



ROSELLA M. LESLIE

## *Losing Us*

A DEMENTIA  
CAREGIVER'S JOURNEY

During the twelve years that author Rosella Leslie was her husband's primary caregiver, she came to accept that she didn't cause, couldn't cure, and absolutely couldn't control the dementia that attacked his brain. But in the time she also found what she could control was her own response to the impact this disease had on their lives.

In this memoir, she reveals with honesty and compassion the guilt and shame she experienced for not being or doing enough for John, for her emotional outbursts and for wanting to escape what began to feel like a life-sentence in a rapidly shrinking prison. But much more than just a memoir of loss, *Losing Us* is an informal guide to dementia caregiving, providing links to caregiver resources and showing friends, families and the community what they can do to help. Leslie's insights demonstrate that dark thoughts and harsh feelings are not shortcomings but a natural response to being in an impossible situation, and she encourages caregivers to keep putting one foot in front of the other as they move toward the faint light of hope that shines at the end of this very dark tunnel.

# SSAC ACTIVITY SCHEDULE

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

# OCT 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	1:00–3:30	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/Ivana Cappelletto	\$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					
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
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 Caple	\$4
Pickleball	3:00–6:30	PM	Auditorium	ssacpickleball@gmail.com	\$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	1:00–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Quilters	9:00–4:00	AM/PM	Lunch Room	2 <sup>nd</sup> Saturday of month	\$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					
Hatha Yoga	9:00–9:55	AM	Auditorium	Viri Pichardo	\$6
Latin Dance	10:00–10:55	AM	Auditorium	Viri Pichardo	\$6
Pickleball	11:00–7:00	AM-PM	Auditorium	ssacpickleball@gmail.com	\$4

**SSAC Activity Cards are now available in packages of 10 for \$40 or \$60. No expiry date, non-refundable.**

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.

**Disclaimer: Weekend Activities Are Subject To Change**