

SEASHELL ECHO

DECEMBER 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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It's That Time of Year!

BY GILLIAN SMITH

It's hard to believe it's time for the December Echo!

What an eventful twelve months it has been. I wish to extend my heartfelt thanks for all of the support I have received personally and on behalf of the Centre. It will never be forgotten.

The Centre is humming along with many new and returning members. Activities, lunches and rentals are energized. Bus trips are continuing through December. Let Kathleen drive you to Vancouver for a casino trip or some shopping.

The latest dance starring Blue Western band with line dancing, regular dancing and socializing was a success. Again, thanks to the Special Entertainment Committee—Jay, Collene & Ken, bartenders Alison & Jorgen & ticket desk greeters Mike & Richard and everyone else who helped out and attended.

So, what's next? Mark your calendars for December 10th and make sure to get your tickets early. The Kilbirnie Station concert promises to be a wonderful Christmas Ceilidh!

The annual Christmas Luncheon will be on Friday December 16th. As usual, Emily has already started planning and preparing for a delicious buffet lunch.

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Office Summer Hours:
Mon–Fri, 9 am–3 pm



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It's That Time . . .

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Tickets are available at the front desk during office hours. A member has anonymously donated \$100 towards our "Button Program" where we can pay forward our own good fortune to those who need a bit of help affording meals and is urging us all to contribute, now or at the luncheon.

The last regular lunch of 2022 is Wednesday December 14th. Emily and her marvellous kitchen volunteers will take a well deserved break, returning on Tuesday January 3rd. The Centre will be open the week of December 19-23rd from 10am-2pm and closed the last week of December. Some activities will continue. Check with your coordinator about this.

Watch for info about a New Year's Eve dance (on New York time—phew!) which should be available soon.

Again, thank you for supporting our amazing Centre.

Wishing you all Happy Holidays and a wonderful 2023!



**16TH ANNUAL
ARTS & CRAFTS
FROM THE HOOD
CHRISTMAS
MARKET**

**December 3 & 4 from 10am until 4pm
Sechelt Seniors Activity Centre Auditorium**

**Stop by and shop from 40 of our finest artisans
and crafters. You're sure to find something for
everyone on your shopping list. Tea & Coffee
available. Lunch provided by Eats West from the
Sechelt Farmers Market.**

Friendship Tea is Back!



Last month was our first heartwarming Friendship Tea since the end of pandemic restrictions and was thoroughly enjoyed by all. Thank you to longtime member Sharon Blanchette (pictured in centre) for helping get this fantastic community staple back on track. We invite you to attend the next Friendship Tea on Tuesday, Dec 13th from 2:00-4:00pm in the lunch room. All are welcome!

DECEMBER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SSAC Reopening
Tuesday January 3rd



5 Baked Salmon	6 Ginger Beef	7 Roast Pork	1 Shepherd's Pie	2 Fish & Chips
12 Butter Chicken	13 Seafood Linguini	14 Roast Beef	8 Hot Reuben Sandwich	9 Fish & Chips
19 Frozen Entrées Only	20 Frozen Entrées Only	21 Frozen Entrées Only	15 Frozen Entrées Only	16 CHRISTMAS LUNCHEON
26 CLOSED	27 CLOSED	28 CLOSED	22 Frozen Entrées Only	23 Frozen Entrées Only
			28 CLOSED	30 CLOSED

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 Victor Kiss
Mark Garland Jim Quirk
Sylvia Hockley Richard Ward

All directors may be reached by email at
communications@secheltactivitycentre.com.
Please indicate to which director you would like the email sent.

Manager: Eric Kristiansen
Custodian: Jim Coffin
Chef: Emily McPherson

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
Seniors Crisis Line	604.872.1234
Seniors Abuse and Information Line	1.866.437.1940
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

JOIN OUR ROSTER!

We are looking for volunteers in our kitchen. Various jobs are available and lunch will be provided for your efforts. Please reach out to the Centre, if you wish to contribute to a diverse, exciting team.

A Bustling Place!

BY ERIC KRISTIANSEN

With over 20 different activities each week, the SSAC has something to offer every adult yet there remains far too many older adults unwilling to leave their homes. To help improve the overall health of our seniors' community it will continue to take a concerted effort from family and friends to reach out to loved ones to get them out socializing, exercising and having fun. The best way to do this: join them!

Some activities in December may get cancelled so, to avoid disappointment, feel free to call the office if you want to be sure. Right now we have a couple of classes cancelled: Chair Yoga on December 5th & 6th (back on December 12th) and Painting Pals December 22nd (but still running until then).

The most attended activity at the Centre, by far, is Pickleball followed by Yoga, Bridge, Fitness & Line Dancing. Right behind those activities are Chair Yoga, Quilting, Memory Café, Carpet Bowling and

Poker while new activities like Badminton, Table Tennis and Sunday morning exercise (Yin Yoga, Latin Dance) continue to increase in popularity. The famous Fish & Chips Fridays continue to be the biggest weekly draw in the lunch room while monthly live music dances have provided a great reason to dress up, meet your neighbours and enjoy weekend socials.

Emergency HAM Radio activity chair Larry Peterson would like to invite members to participate in their weekly call (Wednesdays 9:15-9:45am) to help ensure folks are up to date on any imminent situations or emergencies arising in our community.

Wednesday's Dance Rhythms activity, led by Louise Parker has been changed to Thursdays from 11:45am-12:45pm. To get into the Christmas spirit, and introduce dance rhythms to more members, this month the activity will be themed Easy Holiday Dance Rhythms.



Badminton, the Centre's newest activity led by Board member **Val Galat** (pictured in pink), has been a smashing success with 14 players out the first day. Every Friday from 11:15am to 12:45pm.



Rosella Leslie had a well-attended book launch for her new book, *Losing Us: A Dementia Caregiver's Journey*.



Brian (standing) and **Rosella** have been getting terrific contributions from volunteers with music and bringing in therapy dogs (not shown) to enhance their highly impactful Memory Café activity.



SSAC yoga instructor **John McDougall-Goulet** leads the most popular yoga classes on the Sunshine Coast with classes every Monday & Friday at 10:00am and twice on Wednesdays at 10:00am & 5:00pm.



SSAC Manager **Eric Kristiansen** with longtime member **Mike**, in the lunch room on Halloween.



Longtime member **Louise** (left) with valued volunteer **Sonia**, enjoying free ice cream courtesy of a generous donation from E.B.'s Ice Cream (co-owned by the SSAC's incredible Chair Yoga instructor **Bobbie Seale-Cobiskey**).

Memory Café

BY ROSELLA LESLIE AND MARK GARLAND, FORMER CAREGIVERS

One of the many activities hosted by the Sechelt Seniors Activity Centre is Memory Café, a light exercise and socializing opportunity for persons with dementia and their caregivers. Created in 2017, the program is modelled after the BC Alzheimer Society's "Minds in Motion" program (unavailable on the Sunshine Coast since the Covid pandemic) and was adopted by the SSAC in 2019. It is facilitated by founding members, Brian Smith and Rosella Leslie, both former caregivers.

Many people suffering from dementia are fearful of meeting new people or participating in group activities. Some are embarrassed by their memory loss or overwhelmed by conversations that proceed too rapidly for them to keep up, and as a result they begin to avoid social situations, isolating both themselves and the person caring for them. Memory Café is designed so that everyone can enjoy, understand and keep up with conversations and activities.

The program begins with an hour of seated yoga, led by yoga instructor, Bobbie Seale-Cobiskey, and one hour of social activities where participants enjoy a beverage and cookies, listen to a short but informative talk, share news of something that happened during

the past week, and play games. Every other week, musician Vicky Beeman leads a sing-along, and occasionally the group goes on a bus trip, or picnic, or has a seasonal potluck celebration.

"Memory Café means belonging and acceptance for my mother and me at every stage of our journey together," says Christine Wood, a Sechelt caregiver whose mother is in the late middle stage of dementia. "It's literally the only place where I feel like I don't have to explain or apologize for my Mom because I know the other members get it. For two hours a week we can just rest in that understanding, focus on our physical health through chair yoga and our mental health through games, song and discussions that have introduced me to other supports in the community that I wouldn't have accessed otherwise. I'm so thankful we found Memory Café! I don't know where we would be without it."

Memory Café is held every Tuesday morning from 10:30 am to 12:30 pm. The cost is \$6 per session for the person with dementia, but there is no cost for their caregiver. The program ends just in time to get your order in for one of Emily's fabulous lunches.

For more information contact the Seniors Centre (604-885-3513) and leave a message for Rosella Leslie/Brian Smith Memory Café facilitators.

December Bus Trips



Tuesday, December 13

Parq Casino, Vancouver
Cost: \$45.00 for 65 and older
\$50.00 for under 65 years

Thursday, December 15

Park Royal Mall/Capilano Mall, North Vancouver
Cost: \$45.00 for 65 and older
\$50.00 for under 65 years

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

ALL ABOARD FOR... **Kilbirnie Station**

Scottish Musical Ensemble



With dramatic reader Richard Austin

This is a toe-tapping trip into Scottish music, Ceilidh - concert style

Saturday, December 10, 2022 - 6:30 pm
Sechelt Seniors Activity Centre

Tickets \$20 in advance at SSAC
or \$25 at the door

You won't want to miss this!

Activity Report

BY COLLENE SAND

Special Events Committee

After another great night of music from Blue Western, the SEC is eagerly anticipating our next event on December 10! **Kilbirnie Station** promises an exciting concert of strathspeys, jigs, airs and reels and although I know it will be hard . . . there is no dancing. (Toe tapping is permitted!) We have an MC who will be in full Scottish attire; see if you can spot the error in his dress!

In addition, we have engaged SSAC's own pickleballer, Richard Austin, as a dramatic reader. He will offer us a different seasonal perspective, something you won't soon forget. You will definitely want to hear him!

Here's an opportunity to break away from Netflix or Prime for an evening, reach into the back of your closet for some special kit and step out in style at 6:30 pm on December 10, for a Christmas Ceilidh! The bar will be open in advance and at intermission only. See you at the SSAC!

Special Events Committee: Jay Alexov, Ken Legge, Collene Sand

SSAC **Christmas Lunch**

Friday December 16th

Doors open at Noon

Lunch 12:30

Tickets \$25 each

Limited seating

Tickets on sale now

With Special Guest:
Santa Claus!

Centre Hours Over the Holidays



The Centre will be closed from Saturday, December 24th and reopen on Tuesday, January 3rd.

December 19th–23rd hours of operation will be reduced from 10:00am–2:00pm. All activities will be running (unless otherwise stated). The kitchen will be closed but frozen entrees will be available.

SSAC ACTIVITY SCHEDULE

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

DEC 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
Pickleball	1:30–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
Friendship Tea (2 nd Tue of the month)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
WEDNESDAY					
Emergency HAM Radio	9:15–9:45	AM	Farish Room	Larry Peterson	
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
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	7:30–9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Easy Holiday Dance Rhythms	11:45–12:45	AM/PM	Auditorium	Louise Parker	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Caple/Shirley Allan	\$4
Painting Pals	12:30–3:00	PM	Craft Room	Isabelle Gibson (#693)	\$4
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Pickleball	3:00–7:00	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
Badminton	11:15–12:45	AM/PM	Auditorium	Val Galat	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$4
Pickleball	1:00–7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	
Duplicate Bridge (confirm with chair)	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$4
Quilters (2 nd Sat of the month)	9:00–4:00	AM/PM	Lunch Room	Karen Biddlecomb	\$4
Pickleball	12:00–5:30	PM	Auditorium	ssacpickleball@gmail.com on	\$4
SUNDAY					
Hatha Yoga	9:00–9:55	AM	Auditorium	Viri Pichardo	\$6
Latin Dance	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pickleball	12:30–6:00	PM	Auditorium	ssacpickleball@gmail.com	\$4

SSAC Activity Cards are 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