

# SEASHELL ECHO

NOVEMBER 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

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# Gear Up For Fall!

BY GILLIAN SMITH

**T**he Fall General Members Meeting took place on October 26<sup>th</sup>, with over 50 people in attendance.

The appointment of Past-President Douglas Smith and Richard Ward to the board to fill the spaces left by Tony Stroud and Maureen Parker was approved by the membership. The AGM has been set for Wednesday March 8<sup>th</sup> at 1:30. Mark your calendars.

The motion passed at the General Meeting in August 2021 to require double vaccinations, masks and memberships for being in the building was lifted and the board is responsible for ensuring that the provincial health requirements are met and to impose stricter requirements as deemed necessary to reduce risks to our members. The board will meet on the first Wednesday of November to discuss this further.

The preliminary budget was prepared and presented by our Treasurer, Alison Kowalewski.

The members present had good input and suggestions and clearly want to help keep the Centre viable and safe. We have so much talent and energy here, it is what keeps us going! Emily's delicious cookies always help as well.

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# Gear Up For Fall

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There are even more activities starting up in November. Dance Rhythms with Louise Parker on Wednesday morning to move with the music, Badminton on Friday mornings, and the Friendship Tea on the second Tuesday of the Month is back! This is a free tea organized once again by member Sharon Blanchette and crew.

The Halloween Hoedown was the first Centre dance in a very long time! On November 26<sup>th</sup>, Blue Western band will be here for another fun dance. On December 10<sup>th</sup>, Kilbirnie Station will be presenting a ceilidh style concert. Thanks to Jay Alexov and Collene Sand and their crew for all your hard work to get the Centre hopping again.

As if that wasn't enough fun, Bingo will hopefully be starting in January. Richard Ward is working out all the licensing and logistical details and the interest shown so far is wonderful.

There is always plenty going on and thanks to our members and volunteers, the Centre is starting to thrive once again.

## Activity Report

BY COLLENE SAND

# Special Entertainment Committee

After a great Hallowe'en Hoedown on October 29<sup>th</sup> we are excited to share with you the details of our next two events!

On November 26<sup>th</sup> we have Blue Western booked to bring us great live music with a hmmm . . . western theme! Line dance steps will be taught at 6 pm and dancing starts at 6:30! There will be



plenty of two-steps and a few waltzes to round things out. It includes a cash bar and light snacks available for purchase. Tickets \$15.00. Save the date, bring a date!

On December 10<sup>th</sup>, Kilbirnie Station will be entertaining us! This ensemble performs a ceilidh-style concert of Scottish tunes including some sing-along favourites. Kilbirnie Station is a vibrant, high-energy group and we are so pleased to be able to book them. This is served with a seasonal flavour so you won't want to miss out. Save this date and buy your tickets early.

We are happy to offer these events for you to enjoy the SSAC in the old, yet new, way!

## FYI - NOOTKA ISLAND

Want to know more about Nootka Island where our cook Emily took a leave of absence to cook for Seaforth Expeditions? The documentary *Island of the Wolves* is out on Netflix now!

## REMEMBRANCE DAY

In observance of Remembrance Day, the Centre will be closed on Friday, November 11, 2022.





# Therapy Dogs Have Arrived

Last month we were fortunate to have Bruno, a beautiful Husky that was originally rescued from a Los Angeles shelter, join us for Memory Café and he was a BIG hit.

Now we have Gabriel, an equally-beautiful Poodle, coming in on Thursdays during the lunch period. He will be roaming the halls so please stop to say hi as he loves to receive affection from our super seniors.



## Ukulele Chair Needed



The Centre is currently looking for a new chair for Ukulele, where folks also sing and have a lot of fun. Until then this popular activity is currently cancelled. The role of the Chair is simply to bolster and communicate with members interested in attending Ukulele. The chair is no longer responsible for collecting activity fees so if you are interested please reach out to the office and we will get it back on the activity schedule.

## New Programs



The Centre is buzzing with activity! Aside from Dance Rhythms every Wednesday at 9:00am, other new programs for November include Badminton (Fridays 11:15am), Hatha Yoga (Sundays 9:00am) and Friendship Tea (Tuesday November 8 in the Lunch Room), a Sunshine Coast take on High Noon Tea served at the famous Empress in Victoria.

# Merilee Martell

**When members arrive for Tuesday morning activities their friendly greeter Kati checks them in before the good vibe is amped up even more with Merilee at the front desk. So the SSAC manager sat down with her to find out why she chooses to volunteer and how she always seems so positive.**

BY ERIC KRISTIANSEN

**Eric:** So young lady, what's your story?

**Merilee:** Well, after separation, raising my kids, and becoming an empty nester in North Vancouver, I decided to fix up an old 1948 wooden boat and live on Saltspring Island. This led me to Victoria where I ran an orthopedic clinic while also volunteering with the Coast Guard auxiliary before moving out here.

**E:** Oh so you've had experience as a volunteer. How did you become a volunteer at the SSAC?

**M:** My bestie and I thought it would be fun to volunteer together . . . so we did. We started out in the kitchen but then the pandemic hit. Since then I have moved over to the office.

**E:** Why do you do it?

**M:** Even though I am a self-described homebody it can get pretty boring, being at home all day so I really look forward to coming in. It gives me a reason to dress up nicely and, if you ask my friends, evidently I am quite the social person.

**E:** Great! So what message do you have for others in the community?

**M:** When I hear about the challenges folks face, it often seems to boil down to loneliness. So I say why not give it a try (volunteering at the SSAC). You get to meet interesting people, socialize and I always seem to be learning something new. Use it or lose it, they say.




**E:** At this golden era of life, what is your biggest inspiration?

**M:** I'd say spending time with my family. I'm fortunate to have five grandkids and, with my daughter and her husband living here, this gives me the opportunity to do fun things with the people I love.



*Eric is the 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.*

# NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Quiche & Salad	2 Roast Beef	3 Hot Reuben Sandwich	4 Fish & Chips
7 Shepherd's Pie	8 Soup & Sandwich	9 Roast Pork	10 Baked Salmon	11 <b>CLOSED</b> Remembrance Day
14 Butter Chicken	15 Cabbage Roll	16 Greek Chicken Dinner	17 Beef Stroganoff	18 Fish & Chips
21 Sole	22 Moroccan Chicken	23 Ham & Scalloped Potatoes	24 Meatloaf w/ Mac & Cheese	25 Fish & Chips
28 Pork & Fried Rice	29 Chicken Pot Pie	30 Chicken Cordon Bleu		

## 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            Viktor Kiss  
 Mark Garland         Jim Quirk  
 Sylvia Hockley        Richard Ward

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.

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 ( <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a> )	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.



Dance your blues away to the music of  
**Blue Western**



**Saturday, November 26, 2022**  
**6:30 – 9:30 pm**

**Sechelt Seniors Activity Centre**  
**Tickets \$15.00**

Available in Advance at SSAC or at the Door  
Learn Line Dance Steps at 6:00 pm!

**Cash Bar**

No dance partner? This is the dance for you  
Line dance doesn't care!

## Lifetime Membership Nomination

According to our By-laws, we admit two new Lifetime Members each year. They'll be announced at the Christmas Luncheon in December. This is your chance to nominate a person whose volunteer work puts them miles above and beyond the ordinary. The Life Membership Committee will meet in late November to make the selection.

Eligible members:

- Should be nominated by at least TWO other SSAC members
- Must have served at LEAST five years as outstanding SSAC volunteers

Nomination forms may be picked up from the office starting November 2<sup>nd</sup>. Completed forms are to be put in the Life Member mail box in the office by November 25<sup>th</sup>.

Questions? Ask Doug Smith at [ssac@dccnet.com](mailto:ssac@dccnet.com) or [Douglas.Smith@secheltactivitycentre.com](mailto:Douglas.Smith@secheltactivitycentre.com).



### NEW ACTIVITY

Wednesdays, 9:00am

# Dance Rhythms

Do you love music, love to dance, but have difficulty keeping up with the fast pace and complicated step sequences? This new activity is all about moving your feet to the rhythm of the music while also learning a few basic dance steps. Each session will focus on one or two dance rhythms (Waltz, Rumba, Cha Cha, Fox Trot, etc), beginning with very slow music and gradually increasing the pace with a variety of music. The goal is to have FUN, increase CONFIDENCE and feel SUCCESSFUL on our beautiful dance floor!

# In Memoriam

## Theresa (Roth) Allen

March 30, 1927 - September 15, 2022

Theresa was born in Grassy Lake, Alberta on March 30, 1927 and raised her family on a farm Southwest of Bow Island, Alberta. Some of her fondest memories were from when her children were young, and the funny and silly things that they would do. She welcomed countless nieces and nephews whenever they came to visit.



She moved to Burnaby in 1988, and relocated to the Sunshine Coast in 1992. In Sechelt she truly found her home and became who she was meant to be. She was fiercely independent, a quiet warrior woman who did what she had to do to have the life she loved.

She was active in the Seniors Centre and spent many an hour there. She took great pleasure in gardening, painting, knitting and crocheting, and up-cycling materials. She was a long-time practitioner of Qi Gong. She enjoyed spending time at the beach, particularly at Snickett Park. Theresa was kind and generous, giving of her efforts, her time, and her love.

She will be remembered for her generosity of spirit, kindness and love. Theresa was the heart of her family and will be deeply missed.

## Celebrating Members' Lives

It is important to remember those that have come before us and the contributions made to our community. If you know of a longtime SSAC member that has recently passed, please bring or send in their bio and a headshot so we can celebrate their life here in the Echo.

# november

..... bus trips



### Thursday, November 17

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

### Tuesday, November 22

Grand Villa Casino  
Cost: \$45.00 for 65 and older  
\$50.00 for under 65 years

### Thursday, November 24

Vancouver Museum  
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!



# SSAC ACTIVITY SCHEDULE

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

# NOV 2022

ACTIVITY	TIME		ROOM	CHAIR	COST
<b>MONDAY</b>					
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
<b>TUESDAY</b>					
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	Bobby 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 <sup>nd</sup> Tue of the month)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
<b>WEDNESDAY</b>					
Dance Rhythms	9:00–9:50	AM	Auditorium	Louise Parker	\$4
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
<b>THURSDAY</b>					
Pickleball	7:30–9:00	AM	Auditorium	ssacpickleball@gmail.com	\$4
Tai Chi	10:00–11:30	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 (#693)	\$4
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Pickleball	3:00–7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>FRIDAY</b>					
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	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	1:00–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>SATURDAY</b>					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Quilters (2 <sup>nd</sup> 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
<b>SUNDAY</b>					
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 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](mailto: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**