

SEASHELL ECHO

JANUARY 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Here's to 2023!

BY GILLIAN SMITH

Happy New Year everyone. Here's hoping 2023 is happy, healthy and full of fun. And a lot less snowy . . . please.

The annual Christmas luncheon was held on December 16th and was even more delicious, if that's possible. Emily and her wonderful volunteer crew put together a sumptuous buffet with lots of options. Thanks to our set up crew, decorators, MC Richard Ward, Dina Enright who played her lovely keyboard, which she has donated to the Centre, and to Leigh Gabriel for his reading. It was a full house and all who came out had a lovely time. I look forward to next year's luncheon and those amazing mint meringues.

At the luncheon, the Paying it Forward "Button Program" raised \$480 between donations and payments for Emily's food in take away containers. This is a wonderful initiative and if you are able to help at any time by giving a few dollars towards someone else's meal, feel free to contribute at the lunch counter or front desk. With the cost of living being so high, you're not alone if things get a bit tight and you can't always afford a lunch at your Centre. The program is designed for members who need a bit of extra support. We hope it will be widely used by and supported by members.

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Mon-Fri, 9 am-3 pm



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www.secheltactivitycentre.com



Lois and Gwen, Christmas Merry Makers

Christmas Kitchen
Volunteer Crew

In addition to lots of great activities and meals at the Centre, the special events and dances to date have been a great success. The December Ceilidh concert by Kilbirnie Station was filled with a happy toe tapping audience. Again, thanks to the Special Events committee and volunteers for making this all work so well. The New Year's Eve party will be a great success I'm sure and watch for future dances/special events in the New Year.

Great news! The Bingo gaming license has been granted and Bingo will begin Tuesday January 17th from 2pm to 5pm. You must be a member to attend and will purchase bingo cards, etc. in accordance with the very strict BC Gaming License requirements, but it will be fun and there will be prizes! What a great way to bring more fun and funding to the Centre. Thank you to Richard Ward and his team of volunteers for organizing this and making it work.

As a result of weekly Tuesday time slot, the monthly Friendship Tea will be moving to Thursdays once a month.

There is so much talent on the Coast, and especially at the SSAC. If you have suggestions, there will be Gratitude Boards set up shortly, and we welcome your thoughts and ideas. If you might be interested in joining the Board at some point, the AGM will be held in March and nomination forms will likely be available later in January. Who do you know who would be an asset to the Board? Maybe you?

Thank you to all our members for supporting the Centre and our Community.

● SPECIAL ENTERTAINMENT COMMITTEE

REPORT BY COLLENE SAND



Kilbirnie Station played close to a sold-out show, giving locals a taste of what a real Scottish Ceilidh (pronounced Kaylee) sounds like, along with a dramatic reading by Richard Austin.

With three successful events behind us, we are feeling more confident in what we are offering to our membership. Next up is a New Year's Eve event at the SSAC. This is sort of like a starter party or a primer. You get to celebrate New Year's Eve (at 9:00 pm) with relatives out East, then be home and tucked in by midnight. Or get yourself off to a 'better' party to celebrate with local friends at midnight PST. Happy New Year!

Did someone say "Mardi Gras"? Great idea! But what is that? Literally, mardi gras means Tuesday fat.

Easter is the first Sunday after the spring equinox. Back that up 46 days and you have Ash Wednesday. The day before that is Shrove Tuesday, aka Pancake Tuesday, (in many small-town-fund-raising-circles) or MARDI GRAS. It is traditionally the day when households use up the available fat in the larder to make way for the time of self-imposed penance of Lent. So, Mardi Gras is a party no matter how you slice it.

Join us for Bingo!

We have an exciting new social event for members of the SSAC—weekly BINGO sessions in 2023!

Bingo is a fun-filled way for seniors to build social connections and improve cognitive abilities while concentrating on the numbers and patterns of play.

BINGO will also provide a much-needed added revenue stream. The Sechelt Seniors Activity Centre has been granted a Class A Gaming License to run cash BINGO events. They will be held every Tuesday 2- 5pm in the Dining Room. Doors open at 1:30pm. Our inaugural session will be on Tuesday, January 17th, 2-5pm.

BINGO papers and dabbers will be available for purchase at the entrance and during the BINGO session.

A 10-game schedule will feature increasing cash payouts to a \$150 minimum guaranteed prize for the final game. Minimum payouts for each game will be posted prior to the event. However, these may be increased for any given game, based upon revenue at the event. After the 5th game there will be a 15-minute intermission with coffee and tea available for purchase.



Participation in BINGO is for SSAC members only. Players must be 19 years or older to play. Due to the limited seating capacity, you will be able to secure a seat in advance by registering at the SSAC Office by phone or in-person (provide your Name, ID # and membership expiry date). Registration starts one week prior to each session. The first registration will start on Tuesday January 10th. If the seating limit is not filled by the time of the event, admission at the door will be possible. At that time, people who are new to the Seniors Centre, and wish to play, will also be able to sign up for SSAC membership.

BINGO is being organized by Richard Ward, Alister Blair, Alison Kowalewski and an excited group of volunteers, working to make this a fun social event for members and a permanent weekly feature of the SSAC schedule.

SPECIAL ENTERTAINMENT COMMITTEE REPORT (CONT'D)

Our Mardi Gras will happen the previous Saturday, February 18th. Big Band is booked for entertainment. Beads, boas, feathers and masks are optional. There may even be a featured cocktail a la New Orleans. Dress up fancy, in costumes, or come as you are. You can dance in the style you like or just enjoy the music. Watch next month for more details.

For us, the planning and presenting of each event requires the same work whether it turns out to be a failure or a success. It is YOU who make the difference. For that, we thank you for coming and enjoying. Together we make it happen!

Working to put more 'activity' into the SSAC.

SEC Members: Jay Alexov, Ken Legge, Collene Sand



Special Entertainment Committee member **Jay Alexov** (centre) finished off an enjoyable year of events with a New Year's Eve bash, New York style, after she and **Collene Sand** organized three successful events this past fall: the Halloween Hoedown, Blue Western and Kilbirnie Station. Everyone is looking forward to what entertainment these women have lined up for us in 2023.

Friendship Tea

New day, same time and place!
Join us on the 3rd Thursday of each month
from 2-4 pm at the SSAC Dining Room!



Our monthly Friendship Tea event in December was well attended by 16 enthusiastic participants. Tea, coffee and a variety of sweet, delicious squares were enjoyed by all. There was lots of sharing of conversation, laughter and friendly competition at the 3 tables in solving the word geography game.

Thank you to Sharon Blanchette, Friendship Tea coordinator and to those who contributed to the afternoon.

We invite you to attend the next Friendship Tea on:

Thursday January 19, 2023 2-4 p.m.

All are welcome! No cost. This is an opportunity for informal gathering, fun and social connection while enjoying some warmth and refreshments.

JANUARY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLOSED

Pancake Brunch

Ham/Scalloped
Potatoes

Baked Chicken

Fish & Chips

Baked Salmon

Ginger Beef

Chicken Cordon Bleu

Hot Reuben Sandwich

Fish & Chips

Butter Chicken

Baked Salmon

Roast Pork

Meatballs in
Mushroom Gravy

Fish & Chips

Quiche & Salad

Seafood Linguini

Roast Beef

Chicken Adobo

Fish & Chips

Bangers & Mash

Meat/Veggie Lasagna

Dining Room Service Hours 11:30 am to 12:45 pm Monday-Friday

THANK YOU!

We would like to thank the following sponsors for contributing to the weekly ad we run in the Coast Reporter. When out exercising your consumer vote, it is always good to be aware of those businesses that help our community to remain strong and vibrant.



JOHN MCKENZIE

PERSONAL REAL ESTATE CORPORATION



SSAC Bus Trips

Keep an eye out for upcoming trips!



We are seeking qualified bus drivers for SSAC bus trips. If you are interested or know of someone who is, please talk to Eric, our SSAC Manager.

COMMUNICATIONS COMMITTEE

REPORT BY CATHY KISS

Let's Talk!

Hello all SSAC community members! The Communications Committee has been re-activated and meeting monthly since October 2022.

Our members are: Cathy Kiss, Viktor Kiss, Eric Kristiansen, Toni Bolton, Gillian Smith. We have been busy fulfilling one of our key responsibilities, the production of our monthly Seashell Echo Newsletter. The Echo is a great way of communicating regularly and connecting with members and keeping you informed of all things and people related to SSAC.

We are striving to do our best to include articles and submissions that are important and interesting to you. That means keeping our regular features such as, Centre Updates, Presidents Report, posts, photos of members at activities and events at the Centre, Activity and Menu calendars, In Memoriam, Bus trips, Volunteer recognition.

As part of effective communication at SSAC, we also really want to hear from our members. We encourage you to submit articles and/or photos for possible publication in the Echo, and to give feedback about the content. You can send it to info@secheltactivitycentre.com and the submission will be forwarded to the Communications Committee.

There are now some other ways for members to participate in SSAC communications: The Suggestion Box will be coming 'out of the box' and become a Suggestion Board. Post your suggestions on the Board and check for responses or action plans. E.g. There was a suggestion by a member attending at lunchtime to put up a hook for canes. A few days later, a hook was installed beside the lunch counter.

A new initiative for Members and SSAC participants is the Gratitude Board. Starting in January 2023, there will be Gratitude Boards posted in 3 different areas of the Centre. There will be sticky Post It notes for people to write and share their expression of gratitude.



SSAC Gratitude Board

Post a note about Who or What at SSAC you are grateful for



community
ambassadors

Sunshine Coast TELUS Community Ambassadors, Volunteers of 2022 Winners

For retired and active TELUS employees the philosophy we embrace is called: Give Where We Live.

The Sunshine Coast TELUS Community Ambassadors recently recognized and celebrated two of our outstanding volunteers; LeRoy Pattison and Elaine Gibb.



LeRoy Pattison

LeRoy has been a fixture at the SSAC for years. You can find him in the kitchen Monday mornings helping with food preparation. He frequently sharpens knives for members and serves on the

Membership and Maintenance committees.

In the summer months LeRoy is a Travel Ambassador on the ferry greeting visitors to the Coast offering travel information with a smile along with maps and brochures. In his spare time he hosts a three hour blues radio program on Friday nights.

Another initiative LeRoy is involved in is called folding@home. When his computer is not in use by him it is used to process work units. In turn researchers use those work units in the fight against Covid-19, Huntington's and Parkinson's disease, Alzheimer's and others.



Elaine Gibb

Elaine has been busy in recent years. She volunteers at Totem Lodge and Shorncliffe Care Homes to help with special events i.e. Birthday and Christmas parties, styling

hair, food prep, reading to and visiting residents.

Elaine joined the loan cupboard at Sechelt Hospital to assist the public when medical equipment is required on a short term basis i.e. wheelchairs, walkers, bathing assists and toilet risers. She also works with the SC Healthcare Auxiliary at the Thrift Store and contributes her time and treats to bake sales.

As an SSAC volunteer, Elaine can be seen offering her warm friendly smile in greeting members at SSAC.

An annual event called TELUS Day of Giving takes place in May at the Sunshine Coast Botanical Gardens. You will find an army of TELUS volunteers (including LeRoy and Elaine) weeding and preparing garden beds for spring planting.

In conclusion, a round of applause is necessary for LeRoy and Elaine for their invaluable contributions to make the Coast a wonderful community to live in.

SUBMITTED BY SUSAN GRENVILLE SC TELUS COMMUNITY
AMBASSADOR BOARD MEMBER AND SSAC VOLUNTEER

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Getting to Know Your Community Leaders

BY ERIC KRISTIANSEN

Jim Quirk



Eric: So you have a wife of 40 years, four kids and soon you'll have a fourth grandchild. Yet you still find time to be an SSAC Board member ...

Jim: The Centre is built almost entirely on the efforts of volunteers. We all try—or at least I believe we should try—to leave some kind of legacy, no matter how small, for future generations of seniors.

Eric: Arriving originally from Brooklyn NY and then moving to Kelowna, you have taught math and science in school to youth from wildly different parts of the continent. What's the difference?

Jim: Canada has consistent standards for core subjects while, south of the border, these can vary from state to state and from year to year. I started out teaching high school students but, upon obtaining my teaching certificate from UBC, I shifted to the elementary school system.

Eric: Who did you enjoy teaching the most and why?

Jim: Elementary students. They listen and don't talk back to their teachers.

Eric: So then you decided to retire here in Sechelt. Why?

Jim: I am an environmentalist and love Sechelt because it is just so comfortable here; it feels like home. I belong to a nature club where we hike, look at birds and walk through the forest exploring plants and observing animals.

Eric: What advice do you have for others interested in the Centre?

Jim: This place allows others to realize their goals of being social, eating well and being healthy. I am the Board liaison to the Kitchen Committee, in part because I believe that it's important to provide good food at an affordable price. With inflation soaring, some seniors are struggling with their fixed-income budgets.

It would be wonderful if more people would consider making a tax-deductible donation to the Centre as we are still working back from COVID shutdowns and certainly want to put this place back on a sustainable path. Another way is to include the Centre in one's Will as a meaningful way to leave a lasting legacy in the community. After all, most everyone becomes a senior one day.



The SSAC Featured in ZOOM Magazine!

Get your FREE copy of the winter issue of ZOOM Magazine where the SSAC is featured in a 2-page spread!

In Memoriam

Helena “Lana” M. Wightman

July 3, 1940 - December 5, 2022



With Great sadness, and heavy hearts, we announce the passing of Helena Maria “Lana” Wightman (née DaSilva) at 82 years of age. At home, with her loving husband Bob Sandison at her side, her departure was sudden and peaceful.

Born in Hong Kong, Lana emigrated to Canada with her family in 1954. She settled in North Vancouver for most of her life, where she lovingly raised her two sons, Stuart & Warren. Following her successful career in the medical management field, Lana and Bob retired with their beloved dog Cooper, to Sechelt in 2015. An avid gardener and community volunteer, Lana was kind, giving, and generous to a fault.

She was predeceased by her parents Aida and Porphyrio, and her younger brother Peter. Lana is survived by her husband Bob, her sons Stuart (Joanne) and Warren (Denise), first husband Rocke, four grandchildren (Marcus, Tyler, Daniel & Ryan) and nephews Jamie & Peter Jr.

Donations in her memory to the Kidney Foundation of Canada, or your local SPCA, would be greatly appreciated.

VCH Telephone Tree

Would you or someone you know appreciate a quick wellness check call every morning between 8 and 9 from a friendly volunteer? The Telephone Tree is a service offered by Vancouver Coastal Health at no charge to recipients.

Contact scvolunteer@vch.ca or call the Volunteer Coordinator at 604-885-8517.



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

Mark Garland Jim Quirk
Sylvia Hockley Richard Ward
Viktor Kiss

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. Please reach out to the Centre.

DISCLAIMER: Sechelt Seniors Activity Centre (SSAC) does not endorse nor evaluate products and services in paid advertisements in the Echo newsletter.

SNAPSHOTS



Santa frequented the Centre throughout the month, spreading laughter and joy wherever he went, including here with SSAC bookkeeper **Mercy Campbell** who couldn't help but show Santa her newest addition to the family. Sorry Mercy, baby Huskies are cute but they are no match for Santa's red-nosed reindeer.



Big thank you to local media celebrity **Keith** from 91.7 Coast FM who dropped by for an interview to promote some of the terrific activities, events, luncheons, and vocational opportunities offered at the Centre. You can listen to Keith on the radio or online, out-and-about in the community, at mycoastnow.com and watch our Facebook interview by clicking this link: <https://fb.watch/hwD5bkj5Rv/>



Realtor **Kenan MacKenzie** (left) led a large contingent of volunteers, including SSAC member **Vera**, as they pulled off the highly-impactful Christmas Community Dinner. This is an amazing evening of holiday cheer for hundreds of folks in need that included live music throughout, Santa handing out lots of presents & cards and, of course, a delicious turkey dinner with all the fixins.



Gill 1 and Gill 2



Viktor and Cathy



The SSAC Christmas Lunch was thoroughly enjoyed by all and featured live music by one of members, **Dina Enright**, with a reading by another member, **Leagh Gabriel**.

SSAC PICKLEBALL SCHEDULE - JANUARY 2023

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 Mixed Level Play 2.0-2.5-3.0	7:30-9:30 Mixed Level Play 3.25-3.5	January 28 No Pickleball	
	1:30-3:00 Single Level Play 2.0			1:00-2:30 Single Level Play w/ Coach + assessments 2.0	12:00-1:30 Mixed Level Play 1.0-2.0	12:30-2:00 Mixed Level Play 1.0-2.0
3:00-4:30 Mixed Level Play 3.0-3.25	3:00-5:00 Mixed Level Play 3.25-3.5			2:30-4:00 Single Level Play w/ Coach + assessments 2.5	1:30-3:30 Mixed Level Play 3.25-3.5	2:00-4:00 Mixed Level Play 2.5-3.0
4:30-6:00 Mixed Level Play 2.0-2.5	5:00-6:30 Mixed Level Play 2.5-3		3:00-5:00 Mixed Level Play 3.5-3.5+	4:00-5:30 Single Level Play w/ Coach + assessments 3.0	3:30-5:30 Mixed Level Play 2.5-3.0	4:00-6:00 Mixed Level Play 3.25-3.5
6:00-8:00 Mixed Level Play 3.5-3.5+	6:30-8:00 Beginners 1.0 & New-to-us		5:00-7:00 Mixed Level Play 3.0-3.25	5:30-7:00 Mixed Level Play All Levels		

For any inquiries about this schedule, please contact Richard Ward 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.



We would like to give thanks to the many dedicated volunteers & board members, as well as those individuals, businesses and organizations that have donated their time and resources, for making the SSAC a hub for socializing and living healthy here on the Sunshine Coast. For all you do, this holiday season is for you!



Grocery Receipts

A reminder to all our members to continue to drop off grocery receipts. Don't throw those receipts away! They are as good as cash for SSAC. We have a drop box at the Centre and a volunteer that tallies and sorts them so we can submit for cash. The Centre is very grateful for the generosity of both Claytons Heritage Market and IGA, as they provide a portion of receipts back as gift cards.

Time to sharpen those knives!

Our resident knife-sharpening cutler Leroy is back at the Centre on Monday, January 16, from 1:00-2:30pm in the lunch room doing his thing. Cost is \$3 per knife.



SSAC ACTIVITY SCHEDULE

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

JAN 2023

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	Richard Ward	\$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	Richard Ward	\$4
Bingo (begins January 17 th)	2:00–5:00	PM	Lunch Room	Richard Ward	
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	Richard Ward	\$4
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Basic Line Dance Steps	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	Isobel Gibson	\$4
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Friendship Tea (3 rd Thursday of month)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
Pickleball	3:00–7:00	PM	Auditorium	Richard Ward	\$4
FRIDAY					
Pickleball	7:30–9:30	AM	Auditorium	Richard Ward	\$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	Richard Ward	\$4
SATURDAY					
Duplicate Bridge (confirm with chair)	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$4
Quilters (2 nd Saturday of the month)	9:00–4:00	AM/PM	Lunch Room	Karen Biddlecomb	\$4
Pickleball	12:00–5:30	PM	Auditorium	Richard Ward	\$4
SUNDAY					
Latin Dance	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pilates	11:10–12:10	AM/PM	Auditorium	Viri Pichardo	\$6
Pickleball	12:30–6:00	PM	Auditorium	Richard Ward	\$4

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

For the pickleball schedule, please refer to page 11.

Disclaimer: Weekend Activities Are Subject To Change