

# SEASHELL ECHO

FEBRUARY 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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## JOIN US

ON MARCH 8, 2023

ANNUAL GENERAL MEETING  
& BOARD OF DIRECTORS ELECTION

A huge thank you to our valued member and artist, **Isobel Gibson** for her generous contribution of the lovely flower water colour painting that highlights our February Echo front page.

# Our Story

BY BRIAN COXFORD

**T**he Sechelt Seniors Activity Centre is the heart and soul of our coastal life. Our over 1400 valued members come from all over the Lower Sunshine Coast. Emily and her talented volunteers in the kitchen deliver over 35,000 meals annually. They are fresh nutritious entrees served on site, frozen entrees for pick up, hearty soups, sandwiches and desserts. These wholesome affordable meals are a mainstay for so many seniors and families at a difficult time when prices are on the rise. In addition, the Seniors Centre has been there for all special events including Easter, Ukrainian and Christmas community dinners.

On its website, ParticipAction Canada states that seniors should focus on important key areas as they age: Increase Mobility, Cognitive Wellness, Connectivity and Community.

In all these quality of life issues, our SSAC hits its targets and beyond. Meaningful friendships, making new ones, and participating in healthy activities can add years to our lives. Our members attend hundreds of activity classes including: Pickleball, Yoga, Latin and Line Dancing, Badminton, Fitness, Tai Chi, Pilates and Carpet Bowling. There are also many other special interest programs such as Bridge, Quilting, Painting, Bingo and MahJong.

CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC  
PO Box 564, V0N 3A0



Reception: 604.885.3513  
Office: 604.885.8910



Office Hours:  
Mon-Fri, 9 am-3 pm



[info@secheltactivitycentre.com](mailto:info@secheltactivitycentre.com)  
[www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

# February is here!

BY GILLIAN SMITH

**T**he Centre is thriving. Our newest venture is **BINGO!** With an official Bingo gaming licence, the SSAC is the only place to play on the Coast. Every Tuesday afternoon (doors open at 2pm and the fun starts at 2:30). Only members are eligible to play, but memberships are available to adults of all ages, so our membership numbers will likely increase too. Thanks to Richard and his team of dedicated volunteers for making this happen.

The Annual General Meeting is fast approaching - Wednesday March 8<sup>th</sup> at 1:30pm in the auditorium. Everyone is welcome to attend, but only members over 50 are eligible to vote. Our Legal and Legislative committee has been working hard to update our Constitution and Bylaws and hopefully, they will be ready shortly for members to review. Any changes to our governance documents need to be approved by the membership at a Membership meeting. So, even more reason to save the date.

The Centre is run primarily by volunteers, including your Board. Thank you to Fred Baines who recently left the board for all of his hard work. There are twelve board positions, including past president. Eleven of those positions are open, if you, or someone you know, is interested in becoming involved at the board level, nomination forms are available at the front office. If you are interested in learning more, leave your name and number at the front desk and a board member will be glad to answer any questions you may have.

Other committees have also been very active, including fundraising and communications. Again, if there's a committee you're interested in joining, leave your name at the front desk and someone from that committee will get back to you.

We are looking for a new manager and wish Eric well on his next adventure. Thank you to the board members who are stepping up as day directors during the transition period.

The kitchen is doing very well and we welcome Liz to Emily's team. Under Emily's great leadership, the

kitchen service has grown so much that we need to prevent Emily from burning out and to keep the dining room open as much as possible throughout the year. Thank you Liz, and, of course our wonderful kitchen volunteers. Our new dishwasher is installed and we'll feature it in our next Echo.

February promises to be exciting with Mardi Gras concert/dance taking place on Saturday February 18th, doors open at 6:30pm. Party to the sound of The Creek Big Band! Saxophones, trombones, trumpets, drum, bass, piano, vibraphone and more! Costumes are optional. Cash bar with wine, beer and the hurricane cocktail. I don't know what that is, but it's worth exploring. Get your tickets in advance for \$20, \$25 at the door on the evening.

CONTINUED FROM PAGE 1

## Our Story

Our Memory Café brings a valued contribution of support and socializing opportunities for members with Dementia and for their families.

The monthly Friendship Tea also provides a welcome social connection and outreach to seniors in our broader community.

The Managers and Board members at our Centre spend our dollars wisely. All money made through the sale of meals and for facility rentals for elections and community events goes back into the SSAC for the good of its members.

The nutritious food, the healthy activities and personal contact with like minded friends are so important to our seniors during their retirement years. Please help to keep our Seniors Centre going strong. Donations can be made by cash, cheque, debit or credit card. Donations over \$25.00 are eligible for a tax receipt.

# Annual General Meeting - March 8, 2023

**T**he SSAC AGM will be held on **March 8<sup>th</sup>, 2023 at 1:30 pm**. Remember to bring your membership card so that you can sign-in and enter the auditorium. Pre-registration is not required. Information packages will be provided upon your arrival. Signs will be posted and greeters can help direct you. Please note only members over 50 can vote or join the board.

The Centre belongs to our members and it is important that every activity group and individual feels represented on the board. Your vision of your

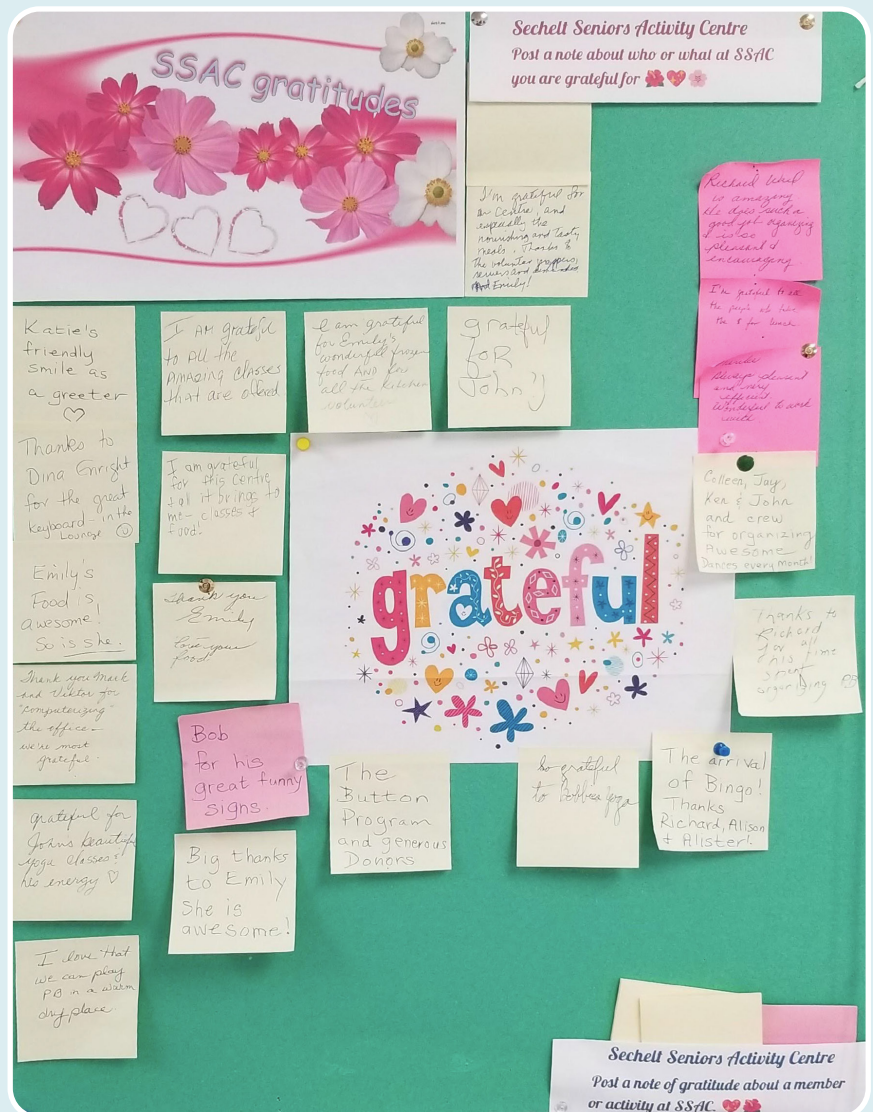
Centre matters, and your voice can make a difference. The Direction we take as a Society can be influenced by the election process of Board Members.

The AGM is the time for all members to have their voice heard and everyone one can make a difference in appointing a new board member. Please step up and make a difference by attending and voting. And now, we need some of your time and expertise. If you are willing to stand for a position on the board, visit our website or visit the office and complete a nomination form.

## Sharing SSAC Expressions of Gratitude



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





REPORT BY COLLENE SAND

**A**fter our initial Hallowe'en event we have had a flurry of activity. Now it is time to pause and give credit to a few people.

Alison (our SSAC Board Treasurer) and Jurgen Kowalewski (also SSAC Pickleball player and coach) have been experts at running the bar. It is reassuring to hand them the bar responsibility and know that it will be done so well. Be prepared for the introduction of a themed cocktail! Also (line dancer) John has been using his electrical skills to get some unused motors back into working condition. We love the disco ball and having the big screen! I believe he has now morphed into a DJ for some of our 'in house' dance parties! Thank you to each of them and anyone else who has yet to be mentioned.

Looking ahead we have ideas to share with you for our 2023 dance events schedule:

**February 18** sound of the **Creek Big Band** is confirmed for Mardis Gras. The doors open at 6:30 and the band will start at 7pm. Here is the chance to get out the feathers and masks, the ballroom dance gowns, or come as you want! See the ad in this issue.

**March 18** will be **50's, 60's & 70's dance & listening music**. More about this in March Echo!

For **April 15** we are working on getting the duo called **Duke of Earles**. They were greatly enjoyed at the Volunteer Appreciation Lunch and they are SSAC Members!

In **May** we want to celebrate in a Mexican way! Alison is working on a great Marguerita! Details to be announced as they are confirmed. May involve optional costuming and Mexican food!

**'Dance Party'** is an idea we are exploring. It could become a monthly event where line dances are taught and reviewed by Jay with John as DJ. Listening and enjoying are always options! The entry price reflects the production cost of each event and 'dance party' offers an inexpensive night of fun!

In our efforts we hope that we are bringing something of interest to a large portion of our membership. It all happens when we work together.

*SEC Members: Jay Alexov, Ken Legge, Collene Sand*

## Community Volunteer Tax Preparation Program

The **Community Volunteer Tax Preparation Program** is back at the SSAC this year, on Tuesdays from 10:00 am to 3:00 pm through March and April. They will be located in the Farish Room.

Volunteers will complete tax returns, free of charge, for low-income individuals earning less than \$40,000 and families of 2 earning less than \$50,000 (+\$2,500 for each additional dependent) in 2022.

The program does not serve clients with self-employment income, employment expenses, interest over \$1,000, rental property income or capital gains.

Consultation is available by appointment only. Call **604.740.2184** to make an appointment.

## FEBRUARY BUS TRIPS



### **Tuesday, February 28 River Rock Casino, Vancouver**

Cost: \$45 for 65 years and older  
\$50 for under 65 years  
Bus leaves Seniors Centre at 7:15 am  
Return on 4:20 pm ferry

### **Thursday, March 2 Park Royal/Cap Mall**

Cost: \$45 for 65 years and older  
\$50 for under 65 years  
Bus leaves Seniors Centre at 9:30 am  
Return on 4:20 pm ferry

Membership & Payment Required at Sign up.

Sign up at the SSAC Front Desk. If you have ideas for future bus trips, let us know! For more information: call SSAC reception at 604.885.3513

# FEBRUARY MENU

Weekdays 11:30 am to 12:45 pm. Everything is made from scratch!  
We also serve soup, sandwiches and salads. Desserts vary.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Roast Pork

Ginger Beef

Fish & Chips

Shepherd's Pie

Sole

Chicken Souvlaki

Hot Reuben Sandwich

Fish & Chips

Seafood Linguini

Chicken Pot Pie

Roast Beef

Chinese BBQ Pork

Fish & Chips

CLOSED

Chili & Cornbread

Chicken Cordon Bleu

Quiche & Salad

Fish & Chips

Butter Chicken

Baked Salmon



*Mardi Gras*  
Celebration

with  
"Creek Big Band"

February 18<sup>th</sup>  
Sechelt Seniors  
Activity Centre  
(back door entry only)

\$20 presale tickets  
\$25 at the door  
Doors open at 6:30 pm  
Costumes optional

Cash Bar - Wine, Beer & the  
Hurricane Cocktail



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AIR AT  
JOE'S  
ON THE  
BEACH

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BY PHONE: 778-458-2007

EST 2022

**JOE'S**  
ON THE BEACH  
RESTAURANT + BAR

WE HAVE A SPECIAL VALENTINE'S MENU FOR ALL AGES



# Notes from the Kitchen

BY EMILY MCPHERSON

**W**e got the Centre's kitchen off to a running start serving up a delicious Pancake Brunch for our first meal of 2023!



Emily and nephew Jacob cooking pancakes in the kitchen



Jacob serving brunch to a member



Katie enjoying the meal

There are some exciting developments in the kitchen in this new year. February marks my eleventh anniversary of working at the Centre together with my team of 80 volunteers. Over the past 11 years my duties have outgrown my ability to get everything done without working copious overtime. So I'm thrilled to announce that the Centre has hired a sous chef for me. Liz was previously a volunteer in our kitchen and has already become a valuable asset to our team. She will be working Mondays and Thursdays most of the time to help with the various tasks that maintain our programs. Already my longest days have become manageable with Liz working alongside us.



Emily and Liz making cabbage rolls

Volunteers have always been, and remain, the backbone and beating heart of the Seniors Centre. It is truly inspiring what the hard work and dedication of our volunteers has accomplished over the years. I cannot adequately express my gratitude for their efforts and generosity. They have made our lunch program and frozen entree program wildly successful.



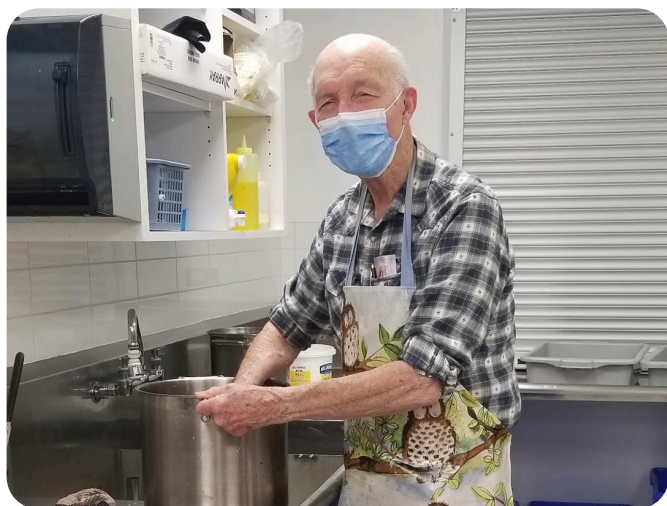
Kitchen prep volunteer Natty chopping beets



## Notes from the Kitchen CON'T FROM P.6

When I started work the kitchen would close completely during the summer months. One day a member came to me and said in a very distressed voice "... but what will I eat?" Then and there the idea to sell frozen entrees was born and I received approval to serve frozen meals alongside our daily hot lunches.

Over the years this program has slowly expanded and during Covid, exploded! Like many businesses we were well positioned to pivot away from indoor dining. With the reopening of indoor dining, the appetite for our frozen entrees has not diminished whatsoever. We have made good use of the grant for our new dishwasher which was installed at the beginning of the year.



Bill hard at work washing dishes

On a separate note, December 2023 will see a nationwide ban on single use plastics. We are working toward compliance in our kitchen. We use paper and foil containers and we have bamboo cutlery for takeaway meals. But we need to move away from using plastic bags for takeaway and frozen meals. Let's get into the habit of bringing a reuseable bag! Our members Dosi and Norma have taken it upon themselves to sew some beautiful returnable bags in order for us to kickstart this program. Thank you both so much! Feel free to ask for one and return it, just like the boomerang bag programs already running elsewhere. Let's all do our part to end plastic waste.

Bon appétit!

## A Fun-Filled Opening BINGO Session

**C**ash BINGO at the Sechelt Seniors Activity Centre (SSAC) is here! The initial event of this engaging social activity took place on January 24<sup>th</sup> 2023.

The SSAC had been granted a Class A Gaming License to run weekly Cash BINGO events. But then came the hard work, putting together an enjoyable event for players that also fulfilled the stringent BC Gaming requirements. The inaugural session went off very well, and probably better than could be expected. This was thanks to the preparation and diligence of a tremendous group of volunteers, namely, Richard Ward, Alister Blair, Pat Dalglish, Christine Twaits, Audrey McConnachie, Glenn Trivett, Jill Bellisomo, Chris Hadaway, Rose Lasser and Sylvia Hockley - all so impressive in performing their assigned tasks. What must not be overlooked is the tremendous amount of work that had to be done in the weeks leading up, by SSAC Treasurer Alison Kowalewski and Director at-large, Richard Ward, to ensure we met BC Gaming requirements.

BINGO will run every Tuesday and is open to SSAC members only. For Jan 31<sup>st</sup> the start time will still be 2 pm and doors will open at 1:30 pm. Starting in February the start time for the BINGO sessions will be 2:30 pm. The 10-game program will take 2 hours to complete including an intermission after game 5. The minimum buy-in of a 10-game pack of 3-up sheets (3 cards per game) can be purchased for \$20. Single game BINGO sheets and dabbers will be available for purchase after initial buy-in and during the BINGO session. The 10-game schedule will feature varied game patterns with increasing cash payouts to an enticing final game jackpot. Participants not only enjoyed this initial BINGO event, but their enthusiasm was contagious and many immediately signed up for the next session.

Due to the limited seating capacity, you will be able to secure a seat in advance by registering at the SSAC Office during the week prior to the event by phone (604-885-3513) or in-person. Admission at the door will only be possible if the seating limit is not filled by the time of the event.



# Suggestion Board Update

Many thanks to all those who contributed their ideas to our **SSAC Suggestion Board**!

Just to highlight a few suggestions from below - **Yes, the Lending Library** is back. Check out the article in this Echo edition.

Suggestion #11 - **Nerf Gun Fights** is #1 Suggestion for bringing a smile to our faces.

Please keep your suggestions coming. We welcome you to post them on the Suggestion Board and/or submit them into the Suggestion Box.



## Lending Library at the Seniors Centre

BY PAT CARSWELL

**A**t last the Lending Library is back in our front lounge. There are a few guidelines to follow, books are tagged on the book spine with green labels for non-fiction and white for fiction novels. There is no borrowing time period. When they are returned, please put them back directly on the shelves in their designated location.

If you have books to donate, please put them in the box provided in order to be tagged. Donations are accepted with a publication date of 2005 and later, unless it's a popular author and title in excellent condition. Should you wish to add to your personal collection, please replace it with a book of interest. On the tally sheet provided, please fill in your member number and check the appropriate column.

The Centre is so thankful to members who were previously involved in our book lending program. Soon, we will have bookshelves back in their old home, along the wall area past the dining room, with a coffee station set up.

While you're taking out a book, or reading in our lounge please take advantage of our Magnifier Reader. Get comfortable in a corner, or on the sofa donated by London Drugs. Do a puzzle, or play a tune on the keyboard generously donated by Dina Enright.

Happy Reading!

### Suggestion Board

Jot your suggestions or thoughts here.

Thank you!

14. Roll + Release (connective tissue) - breakdown scar tissue, improves mobility + range of motion - improves daily function, less pain, reduced risk of injury
15. Recycling
1. Volunteers in the kitchen (servers & preppers only) bring their own apron (wash + bring back each shift) dishwashers bring dishwashing gloves home & bring back next time
2. Bus trip to Vandussen Gardens
3. Front coat closet needs painting. It will do it - Bert
4. Another dance Yes! (Sofa Kings)
5. TRIP Park Royal etc - YES!!
6. Bring back Library ♥♥♥ - It's here!
7. Music entertainment on a Sunday afternoon ♥ (Sunday tea's music?)
8. Group CPR class instruction (yes! another person) Yes meta!! Yes re3! AED too
9. More turkey dinners! Awesome
10. Acting lessons - 604-424-5356 - call Gabriel
11. Nerf gun fights
12. Drop door greeter and use volunteer hours elsewhere.
13. Singing lessons



# HAPPY BIRTHDAY!

Happy 90<sup>th</sup> Birthday JEAN CLEARY!  
Celebrating this milestone day on February 23.  
We wish you all the best.

## Congratulations



TO SSAC MEMBERS, ALISON  
AND JURGEN KOWALEWSKI  
WHO CELEBRATED THEIR  
50<sup>TH</sup> WEDDING ANNIVERSARY  
ON JANUARY 27, 2023!



## Friendship Tea



Mark your calendars!  
The next Friendship Tea is  
on Thursday February 16.



The Centre is closed on  
Monday, February 20 for  
**FAMILY DAY HOLIDAY**

## CENTRE INFORMATION

### 2023 Board Members

President: Gillian Smith  
Past President: Douglas Smith  
Vice President: Roy Wren  
Secretary: Valerie Galat  
Treasurer: Alison Kowalewski  
Maintenance Director: Ken Legge

### 2023 Directors at Large

Mark Garland                      Jim Quirk  
Sylvia Hockley                  Richard Ward  
Viktor Kiss

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:  
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. Please reach out to the Centre.

# Fun Festive Pickleball Tournament

BY RICHARD WARD

**O**n Dec 30<sup>th</sup> the inaugural Picklemas Dinkathon was held. Thirty-two players competed in a Dinking round-robin tournament. Note that “dinks” are short drop-shots over the net that must bounce in the non-volley zone. In addition to the player entry fee, participants were asked to bring a plate of festive finger food. There was plenty of savouries and desserts for all, and tables and chairs were set out for players and spectators to sit, support, feast and make merry.



Picklemas Tournament in action

There was a 16 player round-robin on each of the two courts, with the top two ranked players moving on to a two game Grand Final. After the dust settled, Errol Lipschitz was declared champion over the other three finalists, Bert Carswell, Murray Trefry and Mark Garland. Participants declared the day a very enjoyable success and therefore this Dinking tournament will become a permanent feature of our calendar, along with the 2<sup>nd</sup> Annual Serge Planidin Memorial Dinking Tournament to be held in the Spring. There will also be the opportunity to play full court tournaments throughout the year. If you want to learn how to play pickleball or are an experienced player, but new to the Seniors centre, contact Richard, the Pickleball Coordinator at [ssacward@gmail.com](mailto:ssacward@gmail.com).

## PICKLEMAS DINKATHON: TOP 4 FINISHERS ON EACH COURT

### BLUE COURT

- 1 Bert Carswell
- 2 Mark Garland
- 3 John Maddalozzo
- 4 Bob Hodgson

### GREY COURT

- 1 Murray Trefry
- 2 Errol Lipschitz
- 3 Julie Tronson
- 4 Bridget Fox



Tournament Winners: Mark Garland, Bert Carswell, Errol Lipschitz, Murray Trefry



Alison Kowalewski and Richard Ward tournament organizer



Jerry Dales 50/50 Draw winner collecting his winnings from Suzie Servos



# SSAC PICKLEBALL SCHEDULE - FEBRUARY 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+	February 18 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 2.0-2.5
3:00-4:30 Mixed Level Play 3.25-3.5	3:00-5:00 Mixed Level Play 3.25-3.5+			2:30-4:00 Single Level Play w/ Coach + assessments 2.5	1:30-3:00 Single Level Play 3.25	2:00-3:30 Mixed Level Play 3.5-3.5+
4:30-6:00 Mixed Level Play 2.5-3.0	5:00-6:30 Mixed Level Play 2.5-3.0		3:00-5:00 Mixed Level Play 3.5-3.5+	4:00-5:30 Single Level Play w/ Coach + assessments 3.0	3:00-4:30 Mixed Level Play 2.5-3.0	3:30-5:00 Single Level Play 3.25
6:00-8:00 Single Level Play 3.5+	6:30-8:00 Mixed Level Play All Levels		5:00-7:00 Mixed Level Play 3.0-3.25	5:30-7:00 Mixed Level Play All Levels	4:30-6:00 Single Level Play 3.5-3.5+	5:00-6:30 Single Level Play 3.0
				7:00-8:30 Beginners 1.0 & New-to-us	6:00-7:30 Mixed Level Play All Levels	6:30-8:00 Mixed Level Play All Levels

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

## WITH GRATITUDE

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

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## 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.

## In Memoriam



If you know of anyone  
who has passed ...

# SSAC ACTIVITY SCHEDULE

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

# FEB 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	2:30–4:30	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 <sup>rd</sup> 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 <sup>nd</sup> 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**