

SEASHELL ECHO

MARCH 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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JOIN US

ON MARCH 8, 2023
1:30 PM

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 March Echo front page.

AGM and Board Elections on March 8, 2023

Introducing the Nominees:

President	: Ken Legge, Richard Ward
Vice President	: Roy Wren
Treasurer	: Alison Kowalewski
Secretary	: Val Galat
Maintenance Director	: Andy Koberwitz
Directors at Large (6)	: Mark Garland, Jim Quirk, Lisa Brown, Bert Carswell, Gwen Austen, Alister Blair, John Keller

Time to vote! Remember our Sechelt Seniors Activity Centre, 'the Centre', belongs to our members and it's important that everyone feels represented on the Board.

We asked our candidates three questions with very limited time to complete. Should you want more information, including contact info, about any candidate please contact the office. Responses received prior to publication are on the next page.

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Office: 604.885.8910



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



info@secheltactivitycentre.com
www.secheltactivitycentre.com

CENTRE INFORMATION

2023 Board Members

Interim President: Roy Wren
Past President: Douglas Smith
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.
Please indicate to which director you would like the
email sent.

Manager: Gillian Smith
Custodian: Jim Coffin
Chef: Emily McPherson

USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
SC 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

Friendship Tea



Mark your calendars!

The next Friendship
Tea is on Thursday
March 16th.

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The Nominees . . .

1. WHAT EXPERIENCE OR QUALIFICATIONS DO YOU HAVE THAT QUALIFY YOU TO BE A BOARD MEMBER?

Director at Large Candidates:

Gwen Austen: For approximately fourteen years until I retired in 2005, I was Executive Director of Brock House Society Seniors Society, in Vancouver. I was expected to attend monthly Board meetings, with a written report and be available to answer any questions asked by any one of the twenty plus Board of Directors. I also reported to the Executive on a day-to-day basis.

Alister Blair: From my 30 years' experience as an information technology and business consulting executive, I learned to listen closely, be curious and thrive in team environments. I developed strong communications, interpersonal and project management skills. I like to get things done and am more of a doer than a delegator. I also taught in the Part Time Studies curriculum at BCIT and know the value that adult education can bring.

Bert Carswell: I have been a volunteer for community organizations for over 50 years in the various locations where I have lived. These ranged from university student government to coaching my children's sports teams to more recently directorship of organizations on the Sunshine Coast such as the Gibsons Curling Club and Board for the Sunshine Coast Community Resource Centre.

Mark Garland: Worked for BCHydro for 35 years in the Computer Division. When I retired I was on the Foundation Board of Directors for St. Michael's Centre (a Seniors Care Home in Burnaby) for several years. I was on the Bridge as Supply Officer for the Royal City Branch of the Canadian Power and Sail Squadron for 5 years. I was on the Bridge of the Royal City Yacht Club as Rear Commodore, Vice Commodore, Commodore in 2014, 2015, 2016 respectively. I have been a Director at Large for Sechelt Seniors Activity Centre for the past Year, 2022.

John Keller: Owned and ran a successful midsize electrical/security company for 30 years.

- Past Kinsman Board Member. Presently Director with The Hidden Groves Society
- Red Cross First aid & CPR/AED Level C ticket.
- Bondable and have had a Criminal Record Check
- Experience running and working with committees

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President Candidate:

Richard Ward: I have a history of effective and harmonious leadership in various realms, making me an ideal candidate to serve in the role of President of the Sechelt Seniors Activity Centre. I had a 37-year career as a faculty member in Kinesiology at Simon Fraser University (SFU), retiring in 2018. In 2015, I was awarded an SFU Excellence in Teaching Award. My career at SFU gave me experience in leading several large diverse committees. As Undergraduate Program Chair in the Kinesiology department for 6 years, I was instrumental in proposing and developing two new B.Sc. programs.

Outside of academia, I was President of the Simon Fraser University Rugby. While President of the Fraser Valley Llama and Alpaca Club; I created and ran the annual Western Fall Classic Llama and Alpaca Show fully supported by sponsorships for several years.

Vice President Candidate (incumbent):

Roy Wren: 30 years adult education, faculty, management, full time faculty president, at Vancouver Community College. 6 years instructing at Capilano College Sechelt. Board member at Gibsons Curling Club, member of Elder College program committee.

2. WHAT ARE SOME OF THE WAYS IN WHICH YOU'RE CURRENTLY INVOLVED IN THE CENTRE?

Gwen Austen: I presently work as a volunteer on the desk in the main office.

Alister Blair: My involvement at the Centre currently involves playing Pickleball as often as possible, helping run Richard's Tuesday Bingo sessions and I love Emily's lunches!

Bert Carswell: For the past six years I have been Co-Chair of the pickleball program and for the past two years a coach at the Centre. Currently at the Seniors Centre, I volunteer as a dishwasher twice per month.

Mark Garland: I have been doing Day Director duties at the Centre every Wednesday for the past year, I will carry that on. I have created digital versions of most of the forms used at the Centre for ease of printing. I have updated all the Lunch room menus and keep a supply printed. I am on the Technical Committee and give computer support to people that need it. I print all sign in sheets required. I created the Ballots for this election.

John Keller: Helping out with Auditorium sound equipment, exterior lighting, line dancing and dancing events. Doing posters and internet advertising for Special Entertainment Committee. I DJ'd the Seniors Centre's New Years Eve Dance event.

Richard Ward: I have been a SSAC member for more than 5 years and am currently a Director-at-large, having joined the board in September, 2022. As a Board member, I developed the successful new BINGO activity, as a fund raiser for the SSAC. I am the organizer and caller, working with a great group of volunteers. For the past four years I have been the organizer for pickleball at the SSAC and coach and assess beginners joining the SSAC to play the game.

Roy Wren: Board member at SSAC since 2017, Vice President from 2022, Acting President, 2023.

3. PLEASE GIVE AN EXAMPLE OF HOW YOU WILL SUPPORT THE MISSION AND VALUES OF THE SENIORS CENTRE?

Gwen Austen: My hope is to be a productive member of the Centre by supporting the Executive and its members by providing a safe place to attend a variety of activities, classes, and volunteering. Seniors are a vital part of any community and the Centre enables its members to enjoy a rich and rewarding experience and the opportunity to make new friends.

Alister Blair: As a relatively new member to the Centre, I found a welcoming and supportive group with a broad range of programs and activities beneficial to seniors. I'd like to be a contributor in helping this important work continue by leveraging my expertise to support the published Constitution Purposes.

Bert Carswell: I believe that my experience and knowledge of volunteerism and governance in non profit organizations will be useful in helping the Sechelt Seniors Activity Centre achieve its constitutional goal "to support and improve the lives of seniors and persons with disabilities".

Mark Garland: I will continue to support the day to day functioning of the Centre by doing everything I can to ensure the success of our wonderful community resource for future members

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The Nominees . . . CONTINUED FROM PAGE 3

John Keller: If elected I will work as a team member to help and support all members and Volunteers of our Seniors Activity Centre. It would be my honor to be part of this team.

Richard Ward: We are at a critical time in the development of the Centre. My strong leadership via strategic planning, is needed to establish an integrated structure in which existing and new programs can further flourish, with a strong financial base and goals aimed at fulfilling our mission of reducing social isolation and improving the health and quality of life of seniors. Over the years, I have developed good interpersonal relationships with directors, staff, volunteers, and many members. Success will be enhanced by the confidence inspired by the presence of cohesive governance that I intend to bring about to guide invaluable services and activities for all the seniors we serve.

Roy Wren: I believe I have already established an excellent relationship with our membership, and will continue work at this relationship with those members whom I have not yet met in person.

Happy
Birthday

**GREETINGS TO ALL MARCH
BIRTHDAY CELEBRANTS**

Join us for Lunch in the Dining Room
Last Friday of each month
Members celebrating a birthday can enjoy
a free dessert with their entrée.

This month's date is March 31st.

Lots of Fun at Bingo!



BINGO is running very successfully with lots of laughter and many returning players each week. BINGO runs every Tuesday starting 2pm; doors open at 1:30pm. Admission is now open to members accompanied by up to two non-member guests. The 10-game program takes about 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 and snacks are available for purchase upon entry and during the BINGO session. The 10-game schedule features varied game patterns with increasing cash prizes, with the most recent game-10 jackpot being \$200. Due to the limited seating capacity, both members and their guests need 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 without pre-registering, will only be possible if the seating limit is not filled by the time of the event. Our enthusiastic volunteers look forward to welcoming you to a fun-filled time.

REPORT BY COLLENE SAND

O*h What A Night!* The Creek Big Band did a fabulous job at our Mardi Gras. The dance floor was covered with people finding their 'dancing legs' after a lengthy hiatus! Congratulations to Ron Skeen on winning the costume prize from Eva's Day Spa.

The Times They Are A Changin' and we are looking ahead to the varied events of the next few months! The March 18 party will be called AT THE HOP, music by Jim Taylor with a 50s and 60s vibe! Poodle skirts? Skinny jeans? Cigarettes in the sleeve of your t-shirt? Forget I said that! Dressing in costume is always optional! Tickets are \$15.

For April 15 we will welcome **Good Vibrations** with the music of Duke of Earles, advancing the music theme into the seventies! Bell Bottoms! Psychedelic shirts! Who keeps this stuff in their closet and who can still fit into it? Wear it if you dare!

On May 20 we are hoping to bring you a great Noche Latina. Go to Google to see what that is! Again, music, costumes, dancing, and maybe even a latin dance tutorial will be on offer! **It's My Party** and it can be yours too! If you don't dance, I hear that watching and listening can be pretty entertaining too.

June . . . is a work in progress. We think it will be time for Line Dancing Unlimited with Blue Western!

Finally, I want to thank the unnamed group of magicians who, at the end of each event, make the chairs, tables and decorations disappear! Thank you.

SEC Members: Jay Alexov, Ken Legge, Collene Sand

Embedded in this article are **names of songs** from the 50s and 60s. Identify the singer who made the song popular at that time to enter a draw for 2 free tickets to the March 18 AT THE HOP!

Ballots and ballot box are at the SSAC office.

Enter only once, identifying yourself by membership number!

THE TIPSY LEPRECHAUN



MARCH 17 - ALL DAY
ST. PATRICK'S DAY AT JOE'S
LUNCH & DINNER · IRISH FOOD + DRINK SPECIALS
BOOK ONLINE OR BY PHONE
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EST 2022
JOE'S
ON THE BEACH
RESTAURANT + BAR


Sechelt Seniors Activity Centre
Presents
Jim Taylor

At the Hop

Dance to your favorite 50's & 60's Music!

March 18th
6:30 to 9:30pm

Cash Bar Beer & Wine
Costumes optional!
Tickets \$15
Entry off back parking lot



President's Report

Another Year Has Come and Gone

BY ROY WREN

It just seems like yesterday that the New Board was sworn in, and we were looking forward to a year with fewer COVID protocol issues and seeing the Centre alive with all the usual activities and perhaps even some new ones.

This has certainly happened; walking around the Centre it's rewarding to see so much activity, all rooms are mostly occupied, the dining room is going full speed, and the auditorium is busy most of the day, and all weekend. So thank you members for returning in increased numbers and keeping this Centre one of the really "in" places to be.

I would at this time like to thank the current Board of Directors for really stepping up and giving tirelessly of their time to ensure the Centre ran as smoothly as possible. Gillian Smith, President managed to juggle a position at the Sechelt Library and still perform her duties as President. Alison Kowalewski, our Treasurer does not sleep at the Centre (as many of you asked) but is in almost every day working at keeping our bottom line on the plus side of the ledger. Mark Garland and Viktor Kiss have worked tirelessly to streamline our computing system, and with the aid of a generous grant from the Sunshine Coast Community Forest Legacy Fund, have been able to upgrade our audio video ability. Ken Legge, Maintenance Director, has quickly attended to any issue regarding our building (including getting leaky toilets fixed). Jim Quirk, the Board representative on the Kitchen Committee, has established a nice relationship with Emily and all the kitchen staff. Val Galat our secretary is the fastest minutes taker ever plus she has copies back for approval the same day as our meetings and is now Program Coordinator for Badminton. Sylvia Hockley has worked at practically everything we do as a Board, including Human Resources, record checker and a myriad of other duties.

Fred Baines had started the year for us by preparing a spreadsheet that assigned various Board members to their specific committee and contributed to the AV Committee. Richard Ward joined us later in the year and almost immediately acquired a gaming license to get "Bingo" up and running. Plus, we have been receiving much sound advice from our Past President, Doug Smith. Thank you all.


Two items mentioned in the last Echo must now be updated. First, with Eric Kristiansen no longer with us it was evident that we very much needed a Centre Manager. The Board discussed the hiring possibilities and decided to approach Gillian Smith to see if she was interested in filling this position. It was obvious that Gillian would be an ideal fit, having handled the position prior to COVID, being familiar with our systems, skilled at dealing with mature adults, and well known and respected by the Membership. As the expression goes, 'She could hit the floor running'. Gillian responded by offering to resign her position at the Sechelt Library as well as to resign as SSAC Board President to fill the position of SSAC Centre Manager. With these facts in mind, and with Gillian absent, the Board voted to accept Gillian's offer. Gillian will work 5 days a week for a total of 25 hours per week and start a 3-month probationary period on March 13th. So welcome to the position Gillian and thank you for your work as SSAC President in the past year. In the interim, I have taken on the role of "President" until a new president is voted in at the AGM on March 8th.

Secondly, there will be no discussion or vote regarding our Constitution and Bylaws at the upcoming AGM. After much hard work and ongoing legal advice from Mr. William Macintosh, your Legislative and Legal Committee felt we were ready to bring together a document for the Membership to study, consider the recommendations and vote on the content. We had been counting on a two week deadline to get this document in the hands of the members, but according to the Societies Act pertinent information had to be in the hands of the membership 3 weeks in advance, plus it "must be posted" on our website at least 3 weeks in advance. We will decide whether to hold a special meeting to address this, or delay until the regular fall meeting.

It has been my pleasure to serve as Vice President, it has enabled me to meet and get to know many more members; thank you everyone for your kind comments. Hope to see you all at the AGM.

MARCH MENU

Weekdays 11:30 am to 12:45 pm. Everything is made from scratch!
We also serve soup, sandwiches and salads. Desserts vary.
Frozen Entrées are available from 10 am to 3 pm and vary in price \$6 or \$8.
Members are welcome to bring guests to dine for a \$2 surcharge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham & Scalloped Potatoes	2 Chicken Quesadilla	3 Fish & Chips
	6 Shepherd's Pie	7 Pyrogies	8 Roast Pork	9 Baked Chicken
	10 Fish & Chips	11 Roast Beef	12 Quiche & Salad	13 Fish & Chips
	14 Mexican Chicken Casserole	15 Roast Beef	16 Quiche & Salad	17 Fish & Chips
	18 Butter Chicken	19 Chicken Cordon Bleu	20 Ginger Beef	21 Fish & Chips
22 Salmon	23 Cabbage Rolls	24 Ham & Scalloped Potatoes	25 Hot Reuben Sandwich	26 Fish & Chips

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 Parish 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.

MARCH BUS TRIPS



TO BE SCHEDULED

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



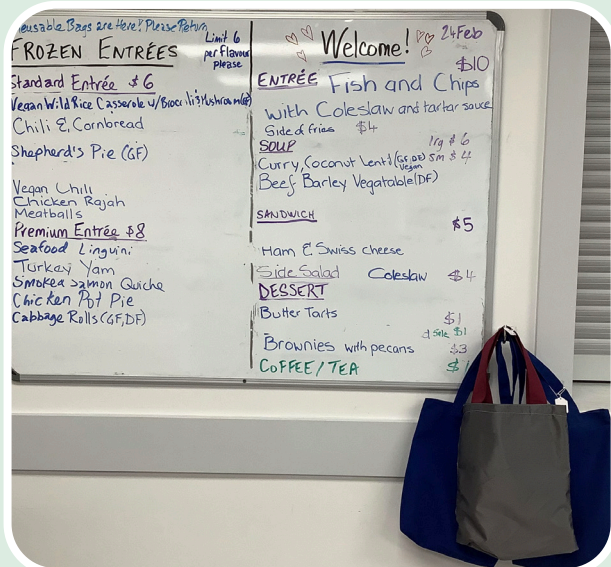
8 | March 2023

Notes from the Kitchen

On your next visit to our dining room, take notice of the newly installed cane hook at the lunch counter, thanks to Bob Maveety and Irene Jankovits. Also, get yourself a reusable cloth bag - thanks to Dosi, Norma, and Sybil.



Newly installed cane hook at the lunch counter



Reusable cloth bags by our lunch menu board

VOLUNTEERS NEEDED!

We are looking for volunteers in our kitchen.
Various jobs are available.
Please reach out to the Centre.

Suggestion Board Update

Here are some of the suggestions that members have made. If you agree or like any of these suggestions, **put a checkmark**



beside it. Please continue to submit these great ideas. If you prefer, you can also continue to use the Suggestion Box if you don't want to post publicly and/or you wish to receive a response, please include your contact details, including your SSAC membership number.

- ☐ Volunteers in the kitchen bring their own apron.
- ☐ Bus trip to Van Dusen Botanical Garden
Powell River bus trip
- ☐ Bus trip schedule on Tuesdays never on a Thursday
- ☐ Sunday afternoon entertainment, music, tea, wine, beer?
- ☐ Group CPR class instruction
- ☐ 2nd Fitness Class - All Cardio
- ☐ Trainer Consult
- ☐ Singing lessons, classes
- ☐ Let's Sing Choir
- ☐ Games Night
- ☐ Knitting Circle
- ☐ Coffee/Tea available in the morning
- ☐ Decaf Coffee Option - We have 1 stand decaf currently
- ☐ Send email notifications of upcoming events/dances etc.
- ☐ Happy Hour Friday
- ☐ Watching King's Coronation on the big screen TV & High Tea
- ☐ Sewing Repair Café
- ☐ Vegan sandwich 1x a week on the menu
- ☐ More daytime events



From the Quilting Group



Quilt of Fairies



Quilt of Flowers

In Memoriam

Lieselotte Buchhorn

October 8, 1932 – February 3, 2023



Lilo passed away peacefully at the age of 90.

Lilo was born in Germany where she began a career with Daimler Benz in Stuttgart where she met her husband Erwin.

Together with their young son Wolfgang (Ron) they immigrated to Canada in 1955. Following retirement, Lilo took up golf and became an avid player. She captained the Senior Women's Golf Team at the Sunshine Coast Golf Course for several years. She also became involved in the community and served on the executive and as President of the Sechelt Seniors Centre from 2002 to 2004. Lilo will be remembered as a wonderful cook and hostess who loved to entertain at her home in Gibsons.

Lilo is survived by her son Ron and daughter in-law Stacey, grandchildren Nicole, Ryan, Melanie, Allison and Deanna, and great-grandchildren Zyler and Rylan.

Remembering Gertrude Pacific



Deepest sympathies to our fellow member, Michael Davidson on the recent passing of his dear wife, Gertrude Pacific. Michael has shared a beautiful tribute to her which you can view by going online to this link:

<https://www.kudoboard.com/boards/7FuNiSjL>



If you know of anyone who has passed...

SSAC PICKLEBALL SCHEDULE - MARCH 2023

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 Mixed Level Play All Levels	7:30-9:30 Mixed Level Play 3.25-3.5+	March 18 No Pickleball	
	1:30-3:00 Mixed Level Play 2.5-3.0			1:00-2:30 Single Level Play w/ Coach + assessments 2.0	12:00-1:30 Mixed Level Play 2.5-3.0	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 Single Level Play 3.0
4:30-6:00 Mixed Level Play 2.5-3.0	5:00-6:30 Single Level Play 2.0		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 3.5-3.5+	3:30-5:30 Mixed Level Play 3.5-3.5+
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 Mixed Level Play 1.0-2.0	5:30-7:30 Single Level Play 3.25
				7:00-8:30 Beginners 1.0 & New-to-us		

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.

MANY THANKS!

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

PHARMASAVE®



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.

SSAC ACTIVITY SCHEDULE

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

MARCH 2023

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Yoga w/John	10:00–11:15	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	\$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	\$6
Memory Café	10:30–12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$6
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball	1:30–8:00	PM	Auditorium	Richard Ward	\$4
Bingo	2:00–4:00	PM	Lunch Room	Richard Ward	
WEDNESDAY					
Yoga w/ John	10:00–11:15	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	5:00–6:15	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	Margaret Parker/Norm Ross	\$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)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
Pickleball	3:00–8:30	PM	Auditorium	Richard Ward	\$4
FRIDAY					
Pickleball	7:30–9:30	AM	Auditorium	Richard Ward	\$4
Hatha Flow Yoga	10:00–11:15	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
Pickleball	1:00–8:30	PM	Auditorium	Richard Ward	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 nd Saturday of each month	\$4
Pickleball - not March 18	12:00–6:00	PM	Auditorium	Richard Ward	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$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	12:30–7:30	PM	Auditorium	Richard Ward	\$4

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

Non-members may attend an activity one time without a SSAC membership (and pay the activity fee). Memberships are for adults of all ages and may be purchased from the office weekdays between 9am and 3pm.

Activities are subject to change, especially weekend activities. Check with the Centre or your activity chair if you have any questions.

For the Pickleball schedule, please refer to page 11. If you are new to Pickleball at the Centre, please contact activity chair Richard Ward at ssacpickleball@gmail.com.