



SEASHELL ECHO

APRIL 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

In this Issue

- 1 Let There Be Light
- 3 Moving Forward
- 4 SC Foundation Grant
- 5 Entertainment Committee Report
- 9 Benefits of Yoga
- 11 April Menu
- 12 Activity Calendar



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

Let There Be Light

BY ROY WREN, SSAC VICE-PRESIDENT

I do believe the heading says it all, light would have been a great help at the Sunshine Coast Senior Activity Centre (SSAC) Annual General Meeting (AGM). The moment the meeting was called to order the power went out, and even more curiously, the moment adjournment was announced the power came back on. Unfortunately, due to this outage some items of recognition were passed over fairly quickly, or as several Members have stated, "Thanks to the power outage we passed over some of the items fairly quickly!"

Here is a brief recap of those important recognitions passed over.

To the early morning "Slicers and Dicers" prepping for Emily and Liz, well done.

To all those early morning (9:00 am) greeters and front office members, thank you for making the Centre so welcoming.

To Ken Legge, our exiting Maintenance Director member thank you for your tireless efforts.

To Bob? (will keep this a secret) thanks for keeping us amused with all your notice board humour.

CONTINUED ON PAGE 2

CENTRE CLOSED GOOD FRIDAY - APRIL 7 & EASTER MONDAY - APRIL 10

Some activities will continue, please check with your activity coordinator



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
www.secheltactivitycentre.com

CENTRE INFORMATION

2023 Board Members

President: Richard Ward
Vice President: Roy Wren
Past President: Douglas Smith
Secretary: Valerie Galat
Treasurer: Alison Kowalewski
Maintenance Director: Andy Koberwitz

2023 Directors at Large

Gwen Austen Bert Carswell
Alistair Blair Mark Garland
Lisa Brown John Keller

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	877.952.3181
(www.seniorsadvocatebc.ca)	
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

Many thanks to the following sponsors
for contributing to our weekly ad 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.



CONTINUED FROM PAGE 1

Let There Be Light

To Bert Carswell an enormous thank you for his volunteer work over the years, and congratulations on being our newest lifetime member. The announcement was almost lost in the darkness.

To all the Program coordinators, thanks for your boundless enthusiasm.

To the tech crew, a big thank you for getting all the microphones working, including floor units for those of you who had questions, I am sure they would have all worked flawlessly, had we had any power!

To Rick McGowan and Ken Legge thanks for their tireless effort to get the bus trips up and running again.

To Maureen Moorby thanks for resurrecting the library. You can start borrowing books again and please until further notice, "NO MORE BOOK DONATIONS."

Finally, to all of you who attended the AGM and stayed through the dark period, all business necessary to ensure the required and regulatory operation of the SSAC was discussed and approved, thank you.

Meet our new Board



Val Galat, Lisa Brown, Gwen Austen, John Keller, Alison Kowalewski, Bert Carswell, Mark Garland, Richard Ward, Roy Wren, Andy Koberwitz, Douglas Smith

Moving Forward

BY RICHARD WARD

It is a tremendous honour to become the new President of the SSAC. The Centre is well positioned to move forward to fully provide those activities and services mandated in our constitution.

We owe a debt of gratitude to the past Board of volunteers, which was led by President Gillian Smith, for stabilising the situation at the SSAC. We now are fortunate that she provides her wealth of knowledge and expertise to us as the Centre Manager. I would like to thank outgoing board members, Sylvia Hockley, Jim Quirk, Viktor Kiss, and Ken Legge for their tremendous work. I have put an organisational structure in place where all the aspects of our operation have been assigned to individual board members, who will give detailed reports monthly to the board. Important information will be quickly disseminated to our Centre members. One of my main goals will be to rectify all our communication issues.

We are fortunate, for continuity, to retain our invaluable board members, Vice President Roy Wren, Treasurer Alison Kowalewski, Secretary Val Galat and Past President, Doug Smith. The new board brings with them a variety of expertise. Andy Koberwitz with his past experience in owning building construction companies brings a wealth of expertise and connections to his role as Maintenance Director. Bert Carswell, our latest lifetime member, will be updating our Policies and Procedures manual for Board approval, Lisa Brown will coordinate special events and Gwen Austen will oversee the volunteers.

The combined Audio-Visual and Information Technology backgrounds of Mark Garland, Alister Blair and John Keller mesh perfectly with our need to acquire, install and implement use of all the new Audio-Visual and computer resources funded by two recent successful grant applications. A grant of \$15,000 was received from the Sunshine Coast Community Forest Legacy Fund for audio-visual equipment and we have just learned that the New Horizons for Seniors Program has awarded us \$22,900 for computer equipment to be used in enhancing computer literacy in seniors. Over the next year there will be bi-monthly workshops offered on various topics relating to computer literacy. Please let us know if there are any particular topics you

would like to see covered such as email, windows operations, internet searching, computer security issues etc. There will be a box next to the main reception where you can complete and deposit suggestion sheets.

We are in decent shape financially, owning the building with a small manageable mortgage in place. At the recent AGM, treasurer Alison Kowalewski presented a proposed budget with a positive bottom line. It however does rely on achievable growth in some of the revenue streams. Revenue from activities is increasing as participant numbers increase, along with the number of activities offered, as we are emerging from the effects of COVID. My hope is to hold firm on no activity fee increases and even in the right financial climate be able to reduce some activity fees. There will, however, be an increase in the membership fee to \$35 on July 1st, which was voted in by the previous Board. Revenue from rentals of the auditorium, craft room, Farrish room and dining hall, is also increasing. Thanks to equipment purchased through the recent audio-visual grant, we will be able to offer additional features for room rentals, such as computer technology and video conferencing.

As a non-profit, seeking funding through grants, sponsorships and donations is vital. Our grant writer, Helen Ward, has had three successful submissions for funding for the dishwasher, audio-visual equipment and computer technology and will continue to seek out opportunities for grant funding. We are deeply indebted and grateful to those who have sponsored or donated in the past. As we move forward and show that the SSAC is well run, we will pursue targeted sponsorships and donations for programs that will improve the Centre and the well being of our members.

Over the next months, we plan to initiate a process of Strategic Planning. This is vital for us to set year by year goals to be successful in fulfilling our stated mission whilst maintaining financial stability. I look forward to leading the Board by creating effective, cooperative, and transparent governance. Fostering even more enjoyment for our community members, whether by participating in activities, or just socializing and enjoying the delicious meals offered by our amazing cook, Emily and her fabulous crew.

Sunshine Coast Foundation Grant

Our much-needed commercial dishwasher has been up and running since late January. Our previous dishwasher was over 20 years old and had failed inspection due to poor heating control. Due to its age, replacement parts were difficult to come by. A grant from the Sunshine Coast Foundation provided seed money of \$4,990 towards replacing the dishwasher. A donation of \$625 from Royal Bank as reward for Sahra Hailey's numerous volunteer hours and a generous donation of \$10,000 from a member of the SSAC, who remains anonymous, covered the remaining cost of purchasing the Hobart model dishwasher and its installation.

This new efficient dishwasher has tremendous impact on streamlining our food services. At the SSAC, around 35,000 meals are served annually. Kitchen volunteers scrape all soiled dishes and load trays into the dishwasher for a high-pressure wash cycle, followed by a rinse and sanitizing cycle. These cycles only take a few minutes to complete. As well, by using reusable dishes, we avoid excessive waste from having paper and plastic alternatives.

Manjit Kang, Chair of the Sunshine Coast Foundation, delivered a ceremonial cheque to the SSAC as shown below. Our awesome chef, Emily is also shown standing in front of the shiny new commercial dishwasher. We are so pleased that the Foundation provided funding towards this important acquisition for our food services at the SSAC.



Chef Emily with the new dishwasher

Alison Kowalewski (Treasurer), Sahra Hailey, Manjit Kang (Chair Sunshine Coast Foundation), Chef Emily

Join us for Bingo

Tuesdays 2-4 pm. Doors open at 1:30 pm.
Members can bring 2 guests



Poker, Anyone?

We play Dealers Choice (No Texas Holdem) and will mentor you if you need some assistance. Ladies & gentlemen welcome. Fridays at 12 noon to 3 pm in the Parish Room. Bring a roll or two of dimes to start or buy in at the table. Call Bob at **604.741.7844** for info.



Friendship Tea



Thanks to Sharon Charbonneau and her team, the Friendship Tea is back every month on third Thursday from 2pm to 4pm. Lots of fun and the price is amazing. It's free!

Happy
Birthday

GREETINGS TO ALL
APRIL 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 April 28th

SPECIAL ENTERTAINMENT COMMITTEE

In the past months there has been a very successful series of entertainments occurring in the SSAC auditorium, thanks to the tremendous efforts of Jay Alexov, John Keller, Violette Clark and the rest of the Entertainment Committee.

The March "At the Hop" dance featuring Jim Taylor playing 50's and 60's music was a huge success! Always a crowd favourite, Jim and his music did not disappoint. More than 80 people attended. Many attendees even donned poodle skirts, skinny jeans and ponytails! We had a swing dance demo by Alex and Jessica from Sun Coast Swing! Thanks guys! Congratulations to Collene Sand for best costume and to Lisa Brown and friend Erika for best twist dance! Prizes were donated by the Lighthouse Pub and Gourmet Girls Cafe. Many thanks to all who came out and enjoyed a night of retro entertainment. We appreciate the fabulous energy you all brought to this fun event. In addition, thanks to the setup crew, and in particular kudos go to Alison and Jurgen Kowalewski for their wonderful bartending.

We hope to see you all at our April 15 event - Good Vibes Dance Party - 60's retro music with DJ Papi G! You're going to love this one and bliss right out to music from the 60's, and early '70's, hippie, rock and roll and retro! Pull out your tie-dyed t-shirts, bell bottoms, psychedelic shirts, head bands and rock and roll attire if you want to get into the groove. It's going to be a blast!

These events not only provide very enjoyable nights out for members and guests but also much needed income to the SSAC. There is a very exciting line up of performers coming up during the year culminating in a New Year's Eve celebration with the Creek Big Band. Future confirmed dates and performers are listed below.

April 1st	Line Dance Social
April 15th	Good Vibrations 60's Retro Music
May 27th	Viva Latino
June 17th	Blue Western
December 31st	The Big Creek Band

Watch out also for dates to be confirmed for: Sofa Kings, Jim Taylor, and a Halloween Monster Mash with Half Cut and the Slackers.



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JOE'S ON THE BEACH SERVES UP
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CHIP Reverse Mortgage 

INFORMATION SESSION

YOU ARE INVITED

Jenn Di Spirito (HomeEquity Bank) and Darnelda Siegers (Enrich Mortgage Group) are Inviting YOU to join us for a CHIP Reverse Mortgage Information Session!!

Find out everything you want to know about Reverse Mortgages : how they work, and how you can tap into your home equity to increase your cashflow with no required monthly payments.

-  Wednesday, April 19th
 -  2:00 - 3:00 PM at Sechelt Seniors Activity Centre
 -  **WHAT TO BRING:**
Your Questions and Scenarios if you have someone in mind and we will show you how much they can qualify for and how it works!
- To ensure sufficient space, please register at:
<https://bit.ly/ReverseMortgageSession>



HomeEquity Bank 

SECHELT ACTIVITY CENTRE
PRESENTS

SATURDAY APRIL 15

AT 0700 PM
DOORS OPEN AT 0630

**DJ PAPI G
PERFORMING**



**GOOD VIBES
DANCE PARTY**
60'S RETRO MUSIC

CASH BAR BEER & WINE

**TICKETS \$15 IN ADVANCE
\$20 AT THE DOOR**

**TIEDIES AND HEADBANDS
ENCOURAGED**

5604 TRAIL AVE, SECHELT, BC V0N 3A3
ENTRY OFF BACK PARKING LOT

Hosted by Rotary Club of the Sunshine Coast



**Sunshine Coast
Volunteer Fair**



**April 22, 2023
10 am - 3 pm**

**Sechelt Seniors Activity Centre
5604 Trail Ave.**

www.rotarysunshinecoast.org

Tidbits

Happy Retirement to Christa!

A big thank you to Christa Haas for so many years volunteering at the lunch counter. You'll be missed!



Lifetime Membership Awardee

Bert Carswell was awarded a life membership at the AGM. This is awarded to members who have made a substantial contribution to the Centre.



“Guess The Songs” Winner

Congratulations Chris O'Brennan, winner of the Guess the Songs draw for the “At the Hop” pictured here with Richard Sand.



MAINTENANCE VOLUNTEERS NEEDED

There is an ongoing demand for building maintenance at the SSAC. We were very fortunate on the past board to have had Ken Legge as the maintenance director. He deserves a huge thank you for all the hard work that he put in to keep us going.

As we move forward with new board members, Andy Koberwitz now has the important position of maintenance director. He brings a vast background in elite home construction, having founded West Coast Log Homes and Dakota Ridge Builders

We would like to put into place a list of volunteers to help with small or large jobs as required. So, if you have any maintenance skills, or even just an able body, please consider volunteering. A volunteer form can be filled out at the SSAC front desk or email maintenance@secheltactivitycentre.com. Please indicate the types of skills you have. This is not a commitment to a scheduled weekly workload but to be available to be called for specific tasks, as needed.

To all our members, if you do notice a maintenance issue around or inside the building, please report it to the front desk and they will complete a maintenance request form.

APRIL BUS TRIPS



Tuesday, April 11 - Park Royal/Capilano Mall
Tuesday, April 18 - Hard Rock Casino/Ikea
Friday, April 28 - Grasshopper Pub

Thanks to our coordinator Rick McGowan and current bus driver Kathleen!

Do you have your Class 4 licence and an interest in joining our new bus driver volunteers Maryann and Sheryl? It would be great to have more trips and make the most use out of our Centre bus. Let us know if you might be interested and Rick will get back to you.

At The Hop!

What a blast! The March dance featuring Jim Taylor playing 50's and 60's music was a huge success! Always a crowd favourite, Jim and his music did not disappoint.





Picture life-saving information being presented in a trivia night format, with teams, competition, and friendly and knowledgeable folks from your local fire department on hand to answer your questions. And it's free! Did I mention there were prizes?

The content for the "Remembering When" program was designed by the National Fire Protection Association (NFPA). Statistics on that website say that at age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population—and to four times by age 85. The reason the sessions incorporate fire and fall-prevention is because these are two huge reasons for emergency phone calls to the fire departments from older adults.

Fire departments across North America steward the program in their various communities. Here on the Coast, Greig Soohen is our own liaison and has been for some time. As a retired 24-year volunteer of the Gibsons and District Volunteer Fire Department (GDVFD), Soohen knows his stuff. And he cares deeply about the program's potential to keep seniors safe. As a senior himself, he also knows the format of the sessions make them into a real social event. As a senior himself, he reminds me that "seniors just love prizes."

Free, Fun, Informative Session April 28th, 10am – 11:30

This program is social, fun, and most importantly, can help save lives and prevent injury.

"Sessions are done with an interactive team approach. The more the merrier," says Soohen, though small groups are still welcome. He says the program is primarily aimed at those seniors living independently, which of course make up a huge population of the Coast. That said, the program is for everyone.

The 1.5 hour sessions are full of simple and effective tips and tricks for keeping older adults of various ages safe. Like how to apply the age-old stop-drop-and-roll system, when there are mobility issues to contend with, like reliance on a walker, a scooter or when getting up off the ground is just not as easy as it used to be. Or, learn about practical things to prevent kitchen fires, like keeping a lid to a pot handy, or carrying a timer around when setting something on the stove. The whole program is based on 16 key messages: eight around fire prevention and eight aimed at fall prevention.

No need to register, you can just show up.

All the information for the "Remembering When" program is available, downloadable and printable on the NFPA website: www.nfpa.org/Public-Education/Teaching-tools/Remembering-When



SSAC LIBRARY

Thanks to Maureen Moorby, the library is back! And, it looks like the coffee station and water dispenser is back too!

No book donations can be accepted at this time, but come and browse for your next read.

In addition to Maureen, let's thank Toni Bolton, Mark Garland and Bert Carswell and everyone else who helped get the book cases for the Centre.

FREE HEARING AID CLEANING

Free Hearing Aid Cleaning by Anchor Hearing on Monday April 17 from 1pm to 3pm in the Lounge

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.

Benefits of Yoga for Older Adults

BY BOBBIE SEALE-COBISKEY

T. Krishnamacharya, often referred to as the father of modern yoga stated, “If you can breathe you can do yoga!” However, in our western culture the media often portrays yoga as being exclusively for the already flexible, athletic young woman. Everyone and everybody can benefit from this ancient healing practice regardless of age or ability. In fact, a recent study published by Yoga Journal and Yoga Alliance in 2016 reported that there are more older practitioners than ever before.

As a Certified Yoga Therapist, I have noticed that too often seniors are told what not to do. Happily, yoga focuses on what one can do, meeting each student exactly where they are. Yoga addresses an individual’s unique abilities and unique needs, physical and emotional.

A specialized yoga class for the mature student integrates gentle postures, adapted and modified with a focus on flexibility, strength and stability. Yoga also weaves in the more subtle yoga practices of breath awareness, meditation, visualization, and deep relaxation.

Mindful movements linked with our breath can balance our nervous system, helping us to let go of tension.

Yoga postures practiced consistently over time can strengthen our muscles and increase our flexibility, making daily activities easier. Yoga can also increase our balance which leads to less risk of falls, allowing us to move through our days with a greater sense of comfort and ease. Finally, yoga’s popularity today is due in part because it creates connection to a loving community, which is vital, particularly as we age.

Now nearing 65 years of age, I know from personal lived experience and knowledge what a safe, gentle, and transformative practice yoga can be. I keep returning to yoga practice with a grateful heart and spirit for the ongoing healing yoga provides for my ever-changing body and mind. As one of my mentors Yoga Therapist Lindsay Whalen would often say, “Yoga is indeed the gift that keeps on giving!”

Finally, more and more local Senior Centres and community centres offer accessible, inclusive, gentle yoga classes for older adults and seniors, including chair yoga for individuals not as comfortable with getting down on the floor.

The Seniors Centre offer a variety of yoga classes – Yoga for Arthritis, Chair Yoga, Hatha Yoga and Active Flow Yoga at an affordable price with excellent instructors.

● AROUND THE CENTRE



Beautiful quilt by our very own Eryl Shindel.



St John’s Ambulance dog, Gabriel, likes to greet members on Thursdays around lunchtime. Pictured here with his Mum. Say Hi Gabriel!



Moira celebrated her 93rd (or was it 39th) birthday on March 23rd. She’s pictured here with her daughter Patrina.

In Memoriam



Gertrude Pacific



Gertrude led many lives, reinventing herself a number of times. Common to all of them were boundless energy, discipline, and endless creativity. After taking the art world by storm she shifted to social activism, then to environmental protection followed finally by singing and dancing.

Born and raised in Victoria, she ventured south to the University of Washington for a BA and MFA in art. She then joined the vibrant Skagit Valley arts community in La Conner, Washington while commuting to her job as Curator of Design at UW's Burke Museum. Her first show of paintings at Seattle's Foster White Gallery, titled "Interstate 5", was a huge success. Practically the whole show of 6' x 6' paintings were bought by the Washington State Dept of Highways. This was the beginning of a highly successful and much publicized 12 year career. In 1985 she moved to Los Angeles in search of new challenges. She learned Spanish and eventually created a community TV show where she interviewed Kris Kristofferson among other celebrities objecting to US foreign policy in Central America.

1992 marked a return to Canada where Sandy Hook in Sechelt became home for the remainder of her life. Learning that the 55 acres of Crown Land behind her house was about to be clearcut by Interfor, she rallied the community to write 128 letters to the Ministry of Forests - a record for a single clearcut. Her perseverance finally led to the full protection of the Sechelt Heritage Forest in 1997. That experience helped her in 2000 when she joined two other activists in the fight for the much larger Hidden Groves which was again destined for clearcutting by Interfor. After an 11 year battle it finally won protection from the Community Forest as a recreation reserve.

Hardly idle during this period, she submitted the "Inland Seaside Corridors" proposal to the province as well as creating an Angus Creek stream monitoring group called "Spawn to be Wild" which eventually convinced the DFO to amend the water license for protection of salmon.

In 2012 she filled the whole of the Arts Centre with a retrospective of her art called "This Wonderful World". She was an avid dancer at the Coast Academy of Dance as well as a member of three choirs. After a nine year struggle with Alzheimer's she finally found peace on January 19th, 2023. She is survived by her husband, Michael Davidson, and cousins in Victoria and Vancouver.

Gerhilde Stulken

June 30, 1933 – January 19, 2023



Gerhilde passed away peacefully at the age of 89 years, with her loving husband by her side. She is survived by her husband Dieter, sons Michael (Sarah) and Peter (Natali) and her grandchildren Katrina (Matt), Andrew and Amelie.

Gerhilde was born in Germany and after marrying Dieter, immigrated to Canada in 1957 and settled in the Greater Vancouver area. In 1998, Gerhilde and Dieter moved to the Sunshine Coast, whereupon Gerhilde became a well-known watercolour artist. Although she became stricken with systemic lupus, her faith as a Jehovah's Witness gave her the needed happiness and strength to carry on despite her daily health challenges and the loss of her daughter at 4 years of age from leukemia. Gerhilde was a loving wife, mother and friend and will be missed dearly.

William (Bill) Edward Endert



Bill passed away at 90 years old. In his words he said "I am leaving on a new adventure trip into the sky to sail through the clouds."

William was born in Haarlem, Netherlands. After being raised during the 2nd World

War he met and married Johanna Schutte while serving in the army. Bill and Ann moved to Canada in 1960 Bill worked a very memorable career in the forest industry as a timber cruiser, later moving into land evaluation for the government. Bill and Ann adopted two children. They loved raising their family. Bill also wrote two books later in his life. Bill was loved throughout his community. The ocean was his passion, windsurfing when he was younger and swimming and kayaking well into his eighties. He loved to travel and had friends all over the world. At Bill's request there will be no funeral service.

If you know of anyone who has passed...

APRIL 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
Shepherd's Pie ³	Filipino Chicken Adobo ⁴	Roast Pork ⁵	Sole ⁶	Closed for Good Friday ⁷
Closed for Easter Monday ¹⁰	Butter Chicken ¹¹	Roast Beef ¹²	Chinese BBQ Pork ¹³	Fish & Chips ¹⁴
Stroganoff ¹⁷	Seafood Linguini ¹⁸	Chicken Cordon Bleu ¹⁹	Bangers & Mash ²⁰	Fish & Chips ²¹
Moroccan Chicken ²⁴	Cabbage Rolls ²⁵	Ham & Scalloped Potatoes ²⁶	Chicken Pot Pie ²⁷	Fish & Chips ²⁸

SSAC PICKLEBALL SCHEDULE - APRIL 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+	April 1 1:00-4:00pm Serge Planidin Dinking Tournament	April 16 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	No Saturday Availability due to Auditorium Rentals	12:30-1:30 Beginners 1.0 April 29-No Beginners 12:30 session
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		1:30-3:30 Mixed Level Play 2.0-2.5
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		3:30-5:30 Mixed Level Play 2.5-3.25
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		5:30-7:30 Mixed Level Play 3.25-3.5+
				7:00-8:30 Beginners 1.0 & New-to-us		

Beginners and New-to-us players wanting to join – contact 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.

SSAC ACTIVITY SCHEDULE

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

APRIL 2023

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga (no class April 10)	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 (no session April 10)	1:00–3:00	PM	Auditorium	Katie Caple	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Farish Room	Sally Watson / Toni Bolton	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY					
Fitness with Jacquie	9:15–10:15	AM	Auditorium	Jacquie Allan	\$6
Memory Café	10:30–12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$6
Chair Yoga	12:00–1:00	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball	1:30–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
Bingo	2:00–4:00	PM	Lunch Room	Richard Ward	
WEDNESDAY					
Emergency HAM Radio	9:15–9:45	AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Line Dancing (new)	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	ssacpickleball@gmail.com	\$4
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Basic Line Dancing for Beginners	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	ssacpickleball@gmail.com	\$4
FRIDAY					
Pickleball	7:30–9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Hatha Flow Yoga * (no class April 7)	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Badminton (no session April 7)	11:30–12:45	AM/PM	Auditorium	Val Galat	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Pickleball	1:00–8:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 nd Saturday of each month	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney / Andy Hopkinson	\$4
SUNDAY					
Latin Dance (no class April 9)	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pilates (no class April 9)	11:10–12:10	AM/PM	Auditorium	Viri Pichardo	\$6
Pickleball	12:30–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4

* these classes are not suitable for first-timers

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 email ssacpickleball@gmail.com to join our sign in system and for further information.