

SEASHELL ECHO

MAY 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Your Home Away From Home

BY RICHARD WARD, SSAC PRESIDENT

It has been extremely rewarding working with such a talented and dedicated board, office manager Gill Smith, and office volunteers since taking over as President 6 weeks ago.

Members have asked me if I have enjoyed running the Centre. My response is that neither I nor the Board run the Centre, however the over 150 volunteers do! The Board and I are there to make decisions to establish the structure and environment to support them in their invaluable work.

Doug Smith, currently serving as our Board Past-President, told me about a slogan for the Centre that he had used in the past. "Your home away from home." It fits perfectly! That is how we want our members to feel. We want members to feel welcomed and comfortable coming in to fulfill whatever needs they have; eat a great economical meal, partake in their favourite activity, or simply sit and do a jig-saw puzzle or have a chat with a friend.

At the last Board meeting the Treasurer's report was encouraging. We are holding our own, but we anticipate extra expenses forthcoming. For example, Maintenance Director Andy Koberwitz, arranged for a free inspection of our heating/cooling and ventilation systems.

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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
Alister 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 (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

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

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.



Your Home . . .

CONTINUED FROM PAGE 1

There are issues in air flow around the building, which will need to be addressed with more venting. The bottom line is we need to increase our revenue streams, particularly from grants, sponsorships, and donations. However, we are very confident that this can be achieved. Hopefully, I can announce some beneficial corporate relationships in the near future.

Having received the grant money for the Seniors Computer Literacy project, which was funded by the New Horizons for Seniors Program, the challenge was to purchase our list of 9 computers plus peripherals within the budget allotted for it. Best Buy (Coquitlam) was our best option. Our salesman, Josh, put together the specific list of hardware that would fit our needs. Once it was made clear that we were a Seniors Centre with a tight bottom line and a limited grant budget, Josh called in his manager, Vrutang, and the price reductions began. In the end, our list of needed equipment was now priced at under \$11,000 which was well within our budget. We purchased a free repair and replacement plan on the 9 computers purchased and an additional Best Buy membership for 24-7 access to live Geek Squad software support. This coverage extends to include our existing computers. We are excited about planning computer literacy classes starting next month which will be held in the Dr. Farish room, as well as providing access in the lounge to a Mac or PC laptop for personal use.

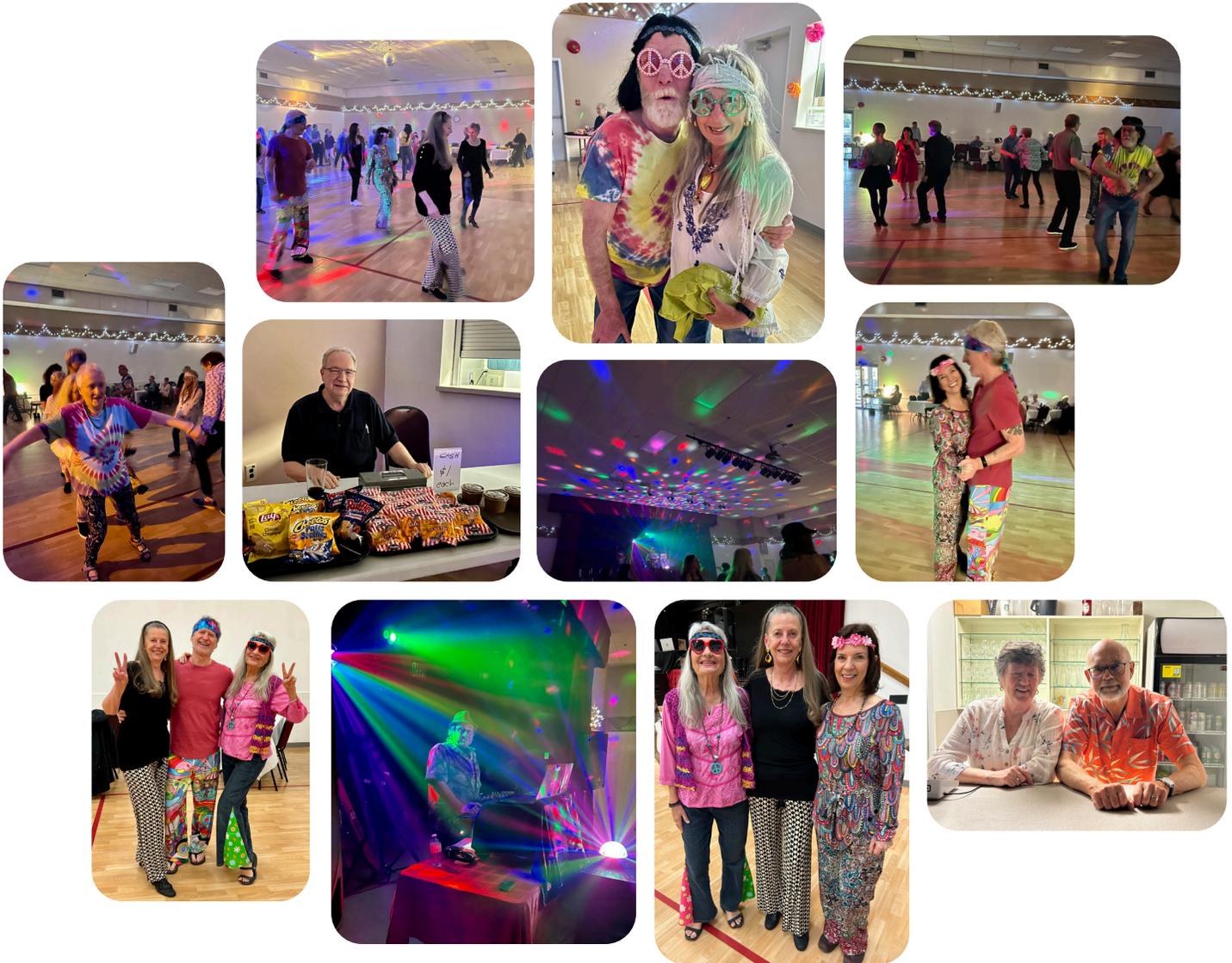


Coquitlam Best Buy's Best Guys - Vrutang, Misa and Josh gave us a great deal.

In closing I want to assure you that, as well as being a welcoming place to come to, we want it to be a healthy and safe place. At the recent Volunteers Fair held in the Auditorium a new member who is a chef, was shown our kitchen, and announced that ours was the cleanest one he had ever seen. No dirt could be found. Kudos to Emily, her crew, and Jim our Janitor! Our Health and Safety committee is currently undergoing a review of all our safety procedures and potential hazards around the Centre. If you do happen to notice a possible healthy or safety issue, please inform the office staff. Looking forward to another fun and exciting month at the SSAC. ●

Special Event

Good Vibes Dance Party



Oh what a night! We were all feeling groovy dancing to the music from DJ Papi G at the Good Vibes Dance party.

Many folks dressed up in Hippie garb donning headbands, tie dyed t-shirts and bell bottoms. Rumour has it that some of us never actually left the 60's and didn't even have to dress up - ha! It was a blast from the past! Papi G transported us to days gone by with his fabulous light show and fog machine. Thanks Papi G. The good vibes were truly palatable and at the end of the evening

we were told by several party goers that it was the best vibe dance party that they had ever attended on the Coast. Such awesome praise. Thank you to all who came out and contributed to this wonderful event.

Come join us May 27 for the **Noche Latino Dance** with Papi G. If you want, you can don your high heels and colourful fancy dresses to get in the mood.

If you would like to keep abreast of our dances please follow us on Facebook: SSAC Special Events Page. ●

OES Ham Radio Station, VE7FJK

Do you want a new hobby, or want to add one you will like? Do you want to be involved in community service and have fun while doing and learning things with others? How about a conversation with people or friends far away without using a phone or the internet but by using a radio you control? Would you like to get better prepared to handle an emergency like we see happening in these times of natural upsets?

If you said “yes” on any of these, then read here about the radio-communication station at the SSAC which is linked to the Office of Emergency Services for our area. The radio station at SSCAC, VE7FJK, is operated by licensed radio operators who are people like you who got licensed to use the VE7FJK radios - which is easy to do because learning help is available for this, too.



You can join a group of radio operators from the Sun Coast Amateur Radio Club Society and be part of the Amateur Radio Emergency Service (ARES is pronounced air-eez), which gives public service by volunteers who deliver communications during emergencies. Amateur Radio operators, also called Hams, establish ad-hoc radio links where and when needed. ARES relies on the Ham radio operators who volunteer their time, equipment, and expertise for the benefit of the community.



ARES and Ham operators do not replace the communication infrastructure used by police or other emergency responders, or the systems in place to support agencies and recovery organizations.

Instead, operators augment existing communication infrastructure by providing added flexibility and capacity that is often needed during emergencies (for example, between Emergency Operations Centres, community shelters, hospitals, evacuation points and other facilities). Another value that Ham radio offers is flexibility, survivability, and scalability if traditional commercial resources are overloaded, like cell phone services. Ham radio can serve as a Plan B option when primary communications systems are challenged or disabled.



Ham radio is a hobby that is distinguished by providing a unique mix of fun, convenience, and public service. The appeal of Amateur Radio is the ability to communicate across the country, around the globe, and even with astronauts on space missions. Many Ham operators build and experiment with radio.

Computer hobbyists find the new digital modes to be a low-cost way to expand their ability to communicate. Those with a competitive streak enjoy contests where the object is to contact as many other Hams as possible in a fixed time. Some like the portable technology (mobile stations) which gives them portable communication. Others use radio to open the door to new friendships over the air, or through participation in an Amateur Radio club. Many combine Amateur Radio with the Internet in creative ways. All ages and interest are welcome.



We have a vibrant community of amateurs on the Coast and this hobby is an opportunity to combine social connection with an interest in technology and experimentation. The station, licensed as VE7FJK, has a long legacy at the SSAC and is a vital part of emergency preparedness for the town of Sechelt and the Sunshine Coast.

If this interests you contact the SSAC or Larry Peterson, VA7LSP at **778-319-7474** or send an email to **iamstr8aero@gmail.com**. •



Suggestion Board Update

Here are some of the recent suggestions that members have come up with. **Put a checkmark beside the ones you like.** 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.



- Feel Good Photo Display - Send in a digital photo that makes you smile and it can be displayed in the Centre to share and bring a smile to others!
- Exercise Classes 2x a week - Please!
- Walking Group - (Orthotics)
- Guest Speakers re: safety, scams
- Beginners Chess
- Nutrition/cooking/meal planning for one
- Toothpicks in Dining Room
- Community Expo for Seniors: lawyers, financial planner, hospice, death doula, homecare, RCMP, grocery outreach service

BUS TRIP SUGGESTIONS

- Live Theatre events
- Stanley Theatre to see Carole King in July
- Road trip to IKEA and Costco
- Zellers
- Powell River
- Steveston

In Memoriam



Dale E. Stewart

July 28, 1938 – March 14, 2023



Dale died peacefully surrounded by loving family members. He is survived by his beloved wife Louise Rose (Lucy) Stewart, his brother Nick Stewart (Andrea Williamson), five daughters: Jennifer Stewart (Thierry Roule), Amy Stewart (Lionel McNeely), Erica Stewart, Dawn-Louise McLeod (Russell Miller), and Colleen Semple (Bruce), his son Joseph Stewart (Jocelyn), 10 grandchildren, one great-grandchild and a large extended family.

Dale was born to Joseph Edward and Winnifred Ann in Winnipeg and grew up in San Francisco, California. He attended Reed College in Portland, received his BA in mathematics from UC Berkeley, and became a computer programmer for NASA Ames Research Lab and others. He returned to Canada in 1970 to settle with his second wife Lucy in Vancouver and work at UBC as part of a pioneering team using computers for heart research. Lifelong readers, Dale and Lucy co-founded Blackberry Books on Granville Island in 1979, opening three more locations, before retiring to Sechelt in 2008.

Dale approached life with joy and optimism. He had a dry sense of humor, loved dancing, and music from jazz to opera. Dale sang in many choirs over the years, most recently in the St. John's United Church Choir. He sang with the Vancouver City Singers for several years and performed at Vancouver's Expo 86. He was also a passionate movie fan with a love for film fests and Turner Classic Movies. He and Lucy loved to travel, play bridge, and entertain friends.

The family would like to thank Sunshine Coast's home care nurses and in particular Kathleen for all of their help and compassion in his final months.



If you know of anyone who has passed, please let us know.



The Centre is closed on
Victoria Day - Monday, May 22



Remembering When™

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Next Seminar in June!

– Watch for the date –

Remembering When is a fire and fall prevention program for older adults, that provide a free seminar with life-saving information presented in a trivia night format, with teams, competition (with prizes!), and friendly and knowledgeable folks from your local fire department on hand to answer your questions.

The content for this program was designed by the National Fire Protection Association (NFPA). Statistics show 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.



On April 28th, I attended a program offered by our local Fire Department. Matt Gilroy, Fire Prevention Officer, is an

extremely knowledgeable, personable and entertaining young man. He spoke on many subjects concerning seniors, including smoke alarms, falls, what to do if you have a fire, and having an escape route. I would highly recommend this 90- minute class. It could save your life!

- Merilee

CELEBRATE
Mother's Day
at JOE'S ON THE BEACH

Joe's on the Beach celebrates the special moms in your lives. Our Mother's Day brunch and dinner menu is sure to please.

We are offering a complimentary mimosa for each mom that dines with us.

Make your reservation today!
View our Mother's Day menu on our website at joesonthebeach.com.
Book online or call 778-949-7013.

Breakfast 8 to 11 · Brunch 11 to 3 · Dinner 4:30 to 9

MedTalks
Promoting Health & Wellness

SKIN DEEP & SUN SMART

FEATURING

- ▶ **Dr. Christina Scali, MD, FRCPC — Dermatologist**
"Skin Cancer Awareness and Prevention"
- ▶ **Dr. Ramin Kholdebarin, MD, MSc, FRCSC — General Surgeon at Sechelt Hospital**
"Sechelt Hospital Surgical Services: Local options for treatment of skin cancer"
- ▶ **Canadian Dermatology Association**
"Sun Awareness Month"

Date & Time: Saturday, May 13th • 10am – 12pm
Location: Chatelech Secondary Auditorium
5904 Cowrie St, Sechelt, BC
Register: by email sh.foundation@vch.ca
or call 604-885-8637
Admission: by donation at the event

FEATURING A SKIN AND SUN WELLNESS FAIR



MAY 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 Butter Chicken	2 Salmon	3 Roast Pork	4 Meatballs in Mushroom Gravy	5 Fish & Chips
8 Quiche & Salad	9 Ginger Beef	10 Chicken Souvlaki	11 Hot Reuben Sandwich	12 Fish & Chips
15 Chicken Quesadillas	16 Seafood Linguini	17 Roast Beef	18 Chicken Parmesan	19 Fish & Chips
22 Closed for Victoria Day	23 Shepherd's Pie	24 Chicken Cordon Bleu	25 Lasagna	26 Fish & Chips
29 Peanut Chicken Noodle Bowl	30 Bangers & Mash	31 Ham & Scalloped Potatoes		

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 Wilson Creek, as they provide a portion of receipts back as gift cards.

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!

Time to sharpen those knives!

Our resident knife-sharpening cutler Leroy is back at the Centre on Monday, May 15, from 1:00-2:30pm in the lunch room doing his thing. Cost is \$3 per knife.



**GREETINGS TO ALL
MAY 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 May 26th



Sunshine Coast Seniors Bluegrass Circle Jam

Attention: singers, pickers, fiddlers and strummers!

Are you interested in improving your skills on the guitar, mandolin, banjo, fiddle, dobro or upright bass? Do you like to have fun singing or playing together in a group?

The Seniors Bluegrass Circle Jam will be led by Jay Keevil and Kim Carmichael and welcomes all Bluegrass singers and pickers, shy, beginning or advanced, to come out to a relaxed and safe environment to enjoy learning and jamming together on a variety of classic Bluegrass numbers.

Some basic playing or singing skills are required, and being able to read music will be an asset but is certainly not necessary.

Come out and bring your own instrument and have fun!

If you're interested contact sign up at the office or email ssac@dccnet.com. If there's enough interest, we'll be jamming soon!

Basic Line Dance for Beginners



Thursdays at 11:45 with instructor Louise Parker

Practice basic line dance steps and simple sequences as a foundation for learning more complex choreography.

Why Line Dance? Line dancing is a physical, mental and social activity.

It's Aerobic: Get more oxygen to your brain by increasing your BPM (Beats per Minute)

Improve your coordination: by using both sides of your brain and coordinating left and right body movements.

Memory: Learn sequences of dance movements from very easy beginners to more complex sequences

Balance: Know your "Centre of Gravity"

Social: Enjoy movement and fun with other line dancers on the beautiful dance floor at the SSAC!

There are opportunities to line dance at the Centre three times a week and at our monthly dances.



SECHELT ACTIVITY
CENTRE PRESENTS

Noche Latino Dance Night

WITH DJ PAPI G
PERFORMING



SATURDAY MAY 27 0700 PM
TICKETS \$15 DOORS OPEN 0630

CASH BAR WINE AND BEER
ENTRY OFF BACK PARKING LOT
5604 TRAIL AVE, SECHELT

COSTUMES ARE OPTIONAL

BUS TRIPS MAY/JUNE



Tuesday, May 16
Grand Villa Casino

Thursday, June 1
Van Dusen Gardens

Thursday, June 8
Park Royal/Capilano Mall

Thursday, June 15
Grasshopper Pub

Tuesday, June 20
Parq Casino

Membership & Payment
Required at sign-up

Looking for Volunteer Bus
Drivers with Unrestricted Class
4 Licence.

Thank you for your wonderful
suggestions. It won't be
possible to arrange bus trips
for Tea & Trumpets or any other
show requiring a pre-paid ticket
until we have more bus drivers
so that we would have a back up
if our driver had to cancel at the
last minute due to illness, etc.

Latin Fitness Class

Sundays, 10:00am
- please use back entrance -



Getting back in shape is hard. An effective way, according to our inspirational Latin Fitness instructor Viri Pichardo, is to get folks moving to lively dance music. Not only is this fun and social but the best part is that it doesn't even feel like exercise. If you like Zumba, you'll love this! Activity fee is only \$6. Followed by a wonderful Pilates class at 11:10 am.

SSAC PICKLEBALL SCHEDULE - MAY 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+	No availability except May 20	May 28 Serge Planidin Dinking Tournament 1-4pm
	1:30-3:00 Mixed Level Play 2.5-3.0			1:00-2:30 Single Level Play w/ Coach 2.0	May 20 Potential coaching and/or assessment sessions 1-7pm	12:30-1:30 Beginners 1.0
3:00-4:30 Mixed Level Play 3.25-3.5	3:00-5:00 Mixed Level Play 3.25-3.5+		3:00-4:30 Mixed Level Play 3.25-3.5+	2:30-4:00 Single Level Play w/ Coach 2.5		1:30-3:00 Single Level Play w/ Coach 3.25
4:30-6:00 Mixed Level Play 2.5-3.0	5:00-6:30 Single Level Play 2.0		4:30-6:00 Mixed Level Play 2.0-2.5+	4:00-5:30 Single Level Play w/ Coach 3.0		3:30-4:30 Single Level Play 3.5
6:00-8:00 Single Level Play 3.5+	6:30-8:00 Mixed Level Play All Levels		6:00-7:30 Mixed Level Play 3.0-3.25	5:30-7:30 Mixed Level Play All Levels		4:30-6:00 Mixed Level Play 2.0-2.5
			7:30-9:00 Beginners 1.0 & New-to-us	7:00-9:00 Potential coaching sessions except May 5		6:00-8:00 Mixed Level Play 3.0-3.5+

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.



Join us for Bingo

Now open to the public! 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 is held every Tuesday 2-4pm in the Dining Room. Pre-registration required.



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 Farish Room. Bring a roll or two of dimes to start or buy in at the table. Call Bob at **604.741.7844** for info.

SSAC ACTIVITY SCHEDULE

MAY 2023

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

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Yoga with John	10:00–11:15 AM	Auditorium	John McDougall-Goulet	\$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	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 (will resume in September)				
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				
Yoga with John	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 *	10:00–11:15 AM	Auditorium	John McDougall-Goulet	\$6
Badminton	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	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	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.

The Centre is closed Monday May 22nd for Victoria Day – some activities will continue – check with your activity chair.

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.