

# SEASHELL ECHO

JUNE 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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JUNE 18  
**HAPPY FATHER'S DAY**

## Remembering The Foundation That We Are Built Upon

BY RICHARD WARD, SSAC PRESIDENT

**W**e have nearly 150 volunteers at the Centre. Every volunteer is invaluable; however, some have taken on extremely heavy loads in their efforts to keep the Centre viable.

I am sure some of the new Board members were surprised at the demands of their roles. However, none have flinched in their duties as we strive to further improve the running of the Centre. Sadly, in the last month we have had two resignations from the board for health and/or family/lifestyle considerations. Gwen Austen resigned as a director-at-large and Roy Wren has resigned as vice-president. We are sad to lose both and wish them the very best for the future. We will miss Gwen for her welcoming attitude and for organizing the volunteers. When I took over as President, Roy was of immeasurable value to me as a resource on how things were and should be. He helped steer us out of the dark COVID era, and we owe him a massive debt of gratitude. The SSAC is about people helping people, building a place that we can call our home away from home.

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

### CENTRE INFORMATION

#### 2023 Board Members

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

#### 2023 Directors at Large

Alister Blair      John Keller  
Lisa Brown        Chris O'Brennan  
Bert Carswell

All directors may be reached by email at [ssac@dccnet.com](mailto:ssac@dccnet.com)  
or [communications@secheltactivitycentre.com](mailto: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
( <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a> )	
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.



# Indoor Flea Market

## June 17, 10am–2pm, SSAC Auditorium



Are you ready for an unforgettable shopping experience? The SSAC is thrilled to announce its much anticipated **Flea Market**, and we want YOU to be part of this exciting event!

Mark your calendars for June 17<sup>th</sup> and get ready to browse through a treasure trove of unique items, collectibles, crafts, and more! With a variety of vendors, there's something for everyone at our Flea Market.

Admission to the public and members will be \$2.

**Rent a Table:** Are you a local artisan, collector, or simply have items to sell? Rent a table plus two chairs for only \$25. Reserve your spot today by calling 604-885-3513 or email us at [ssac@dccnet.com](mailto:ssac@dccnet.com). Tables are limited, so act fast! Vendors may load and set up their items the night before (from 8pm to 10pm) or from 7am in the morning of the 17<sup>th</sup> before doors open at 10am. Unsold items need to be removed immediately at the 2pm closing time.

The event will be well promoted with posters, newspaper ads and social media. The SSAC Auditorium is the perfect place to sell your items in comfort, in a spacious air-conditioned environment! A second **Flea Market** will be held on Saturday July 15<sup>th</sup>. We anticipate that the Flea Market is going to generate necessary revenue. But, it will not run itself, so we need your help!

#### Here's how you can help:

- Donate your items to be sold at the SSAC table, with all proceeds going to SSAC general revenue. All items must be in good shape and in working order.
- Donate on the Friday before the flea market from 8-10pm or during the Flea Market on Saturday from 8am-1pm directly to the club table. If you are donating large items, an alternate time may be arranged by contacting us at 604-885-3513.
- Receive and price donated items.
- Join the Setup Crew before and/or after the market.
- Work during the market hours to take money at the door, act as security at the doors or sell at the SSAC donated items tables.

You can sign up to volunteer at the front desk any time between now and June 17<sup>th</sup>. Your help is vital to the success of this important source of revenue, so hopefully you can find some time to help us out.

# Remembering the Foundation . . .

CONTINUED FROM PAGE 1

This month saw the passing of Ron Atkinson. Ron was Vice-President when he was responsible for shepherding the building of the extension to the Centre, which was completed in 2019. Then, Ron and many other volunteers were truly building the foundations of the Centre. My personal knowledge of Ron was from chatting with him and his lovely wife Diane, while they waited for Bingo to start. Knowing how important he was to the Centre, I wanted to gain his perspective on the task ahead of me. It was obvious he cared immensely about the Centre and was concerned about what my approach would be. In the end we agreed that it is consideration of the needs of our members that must be the priority.

The building of the extension to the SSAC was only possible because of a massive funding and donation drive at the time. The generosity of members completes the foundation pieces. Those who are able, can feel good about donating to the Centre to help it to flourish by providing service to all members. A member recently asked me, "How can I donate?" The answer, currently, is to come to the front desk or phone in, and we will provide you with a tax receipt for donations above \$25. Over the next months we will be formulating specific programs where you will know how and for what your donations will be used. In addition, we will be developing the ability for on-line lump sum or monthly donations through our website.

It is encouraging that at the last board meeting a positive operating surplus of \$6,594 was reported and for the year to date that number is \$9,747. However, the constant need for donations and fund raising is exemplified by the fact that soon we will have some essential substantial expenses.

An extra freezer is being purchased to cope with the volume of frozen meals required.

Three new security cameras were recently purchased to ensure we have no blind spots in our surveillance of the exterior of the building. Director John Keller and volunteer Chris Hadaway are installing them at no cost for their labour.

The HVAC inspection revealed many issues concerning our building heating and ventilation system. The first phase of maintenance has been approved by the board and includes new programable thermostats to better control the Auditorium heat and air conditioning and some vital maintenance of the entire system.

We have a new monthly expense that will benefit us all. With the addition of Liz Mathews as the part-time Sou-chef, along with our chef Emily, and Centre Manager Gill Smith, we achieved the minimum number of employees required to be eligible for enrolment in an employee benefit package. We want to be responsible employers and the board voted unanimously to pursue the best possible benefit package for them. Treasurer Alison Kowalewski interviewed representatives of six insurance companies. She was then joined by Director Mark Garland, in doing their due diligence comparing packages. The board approved their recommendation to deal with CSBT - Community Services Benefits Trust. This is a not-for-profit company offering group health benefit plans for social and community service organisations. Staff coverage will commence June 1<sup>st</sup>.

The upcoming Flea Market and monthly dances are important sources of extra revenue for the Centre. Please support these fun-filled activities and bring a friend or two. Together we can build a strong foundation for a sustainable future for the Centre. ●



## SSAC VOLUNTEER LUNCH

**FRIDAY, JUNE 23**

Doors open at noon · Lunch starts at 12:30

~ *Limited Seating* ~

If you are a regular volunteer, sign up at the front desk and get your ticket.

**THANK YOU FOR ALL YOU DO!**



# Ron Atkinson

## His Time At The Sechelt Seniors Activity Centre

BY JOANNE RYKERS, PAST SSAC PRESIDENT

**R**on Atkinson was a very valued member of the SSAC for over 20 years, and his involvement was integral to the organization's success.

Ron and his Sunshine Coast Square Dancers joined with the local Senior Citizens' group to form the original Sechelt Seniors Activity Centre Society, circa 1989. Shortly thereafter, the Society built the Centre on the existing property on Trail Avenue. From the beginning, Ron was a key person in the physical operations of the building. He developed a group of volunteer maintenance specialists who were responsible for the health of the building, its infrastructure, and equipment. Ron was known as the "Go To" and "Can Do" guy. If there was a gas smell in the kitchen, a note said "phone Ron," at any time. If we were writing a grant application for new equipment, Ron was the person to consult about specifications, and pricing. He kept excellent records, and developed important relationships with suppliers and tradespeople.

In recognition of the importance of the maintenance function, the SSAC Board established the position of "Maintenance Director" as one of the Executive Officers. Ron held this position, among other Board positions, including Vice President, with his usual dependability and calm, for 10 years.

It was not just all work and no play for Ron, and Diane, who was a stalwart kitchen volunteer. They participated in many SSAC activities, including their first love – the Square Dancing group, and Saturday night dances. They were enthusiastic Pickleball Players.



Ron Atkinson (centre) at the SSAC ribbon cutting ceremony.

Ron's crowning achievement came during 2016-18, when the Centre undertook a much needed building upgrade and expansion. He played a key role in this project, during both the planning and building phases. Ron advocated for needed permits and variances with City Hall. He liaised with the engineering consultants, builders, suppliers, tradespeople, facilitated communication with the Membership and did general troubleshooting.

The success of the expansion was truly a momentous achievement, and Ron deserves a great deal of the credit. The picture of Ron jumping for joy during the ribbon cutting at the opening ceremony was an expression of his relief as much as of his exuberance!

Ron and Diane were also friends and neighbours, living in the close knit community of Sandy Hook, and I have many fond memories, of parties and neighborhood events, dropping by for a chat and a glass of wine, and as always, Ron's readiness to be helpful in his kind, steadfast way. ●

## Noche Latino Dance

# A Grand Success!



**Thank you to all the people that helped make the May 27<sup>th</sup> dance “Noche Latino” a fun night for all!** It was nice to see all the new faces and we are hoping to see more at our June 17<sup>th</sup> “Blue Western” dance. These are your dances so come on down and join in. Dance, listen to the music and have fun!

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



Dance your blues away to the music of

## *Blue Western*

**Saturday, June 17, 2023**

**7:00 – 9:30 pm**

**Sechelt Seniors Activity Centre**

**Tickets \$15**

**Available in Advance at SSAC or at the Door**

**Doors Open at 6:30 pm · Cash Bar**

# In Memoriam



## Ron Atkinson



We have lost an extraordinary man. Ron Atkinson passed away on May 6, 2023 at the age of 85.

In telling the story of Ron one might begin in the yard of Carleton Elementary School

in Vancouver where, at 6 years old, he met Diane Knowlton, also 6 years old. They shared a first kiss. At 16 they began dating and four years later in 1958 they married.

Ron and Diane had a deep and enduring love that rippled out into everything they did. With thoughtfulness and intention they created a life filled with love, romance, kindness, hard work and great fun.

After graduating from Gladstone High school Ron apprenticed at an engineering firm as a junior draftsman. He worked his way up, becoming chief draftsman working on iconic Vancouver landmarks such as the Arthur Laing Bridge and the Vancouver Colosseum. Always eager to take on new challenges Ron began teaching drafting at Vancouver Community College, eventually becoming head of the drafting department. He transitioned from working with pencil and ruler to learning and teaching on CAD, another challenge he achieved with his usual deftness.

Ron and Diane had two children, Kim and Glenn. He was the kind of father who could happily spend the evening wrestling on the kitchen floor or delving into a discussion of calculus. Road trips in a trusty trailer took the family all over Canada and the US, often making stops so that Ron could point out innovative engineering in bridges or buildings. Ron famously cooked chicken over the campfire using a coat hanger, telling Kim and Glenn that the resulting charred mess “would put hair on your chest”.

Ron had a multitude of skills and passions in which he excelled; he knit, he sewed outfits for Diane and Kim, he single handedly re-roofed the family home, and painted abstract art on the walls. His prowess on the dance floor was legendary, crowds often just stepped back in awe as Ron and Diane danced their magic.

Ron's most ambitious project was designing and constructing a house on his beloved Sunshine Coast. Over the course of 20 years Ron and Diane spent weekends working on their home, building it entirely on their own. There was love built into every nook and cranny.

Ron and Diane retired to the Sunshine Coast where Ron applied his energy and talents to a new and worthy project, the Sechelt Seniors Activity Centre. He was maintenance director for 10 years, spearheaded and managed the expansion of the centre, organized dances, and was the go-to man for practically everything. In recognition of his contribution Ron was made an Honourary Life Member of SSAC.

Ron is survived by his darling Diane, daughter Kim (Dave) son Glenn (Gina), grandsons Scott (Alanna) Jay (Caitlin) Danny, and great granddaughters Edith and Alden, brother in law Fred, nephews David and Stephen. Ron was predeceased by dear sister in law Denise.

Ron was a man of curiosity, a man who listened, always seeking to understand more fully. He was a man of integrity with a generous, open heart. He was a good man, and everyone he met was better for having known him.

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



## Donald “Don” James



It is with great sadness the family of Donald Albert James announces his passing on Thursday April 20, 2023 at the age of 86 with his wife Robin by his side. They married in 2018, after being parted for 60 years.

Don is survived also by his son William, granddaughters Leanne and Emma, daughter Donna (Keith), grandsons Cory and Justin, sister Betty (Larry), cousin Donna (Jim), nephew-in-law Colin (Susan) and family as well as numerous nieces, nephews and friends.

Born in his parents' home on Somerville Street in Vancouver, his life was spent in Vancouver, New Westminster and the Sunshine Coast. Don had always enjoyed taking his family travelling and “motorhoming” when they were young and he continued to enjoy this throughout his life.

After spending his working life as a driver for Eaton's, BCAA and Jersey Farms Dairy he retired to Halfmoon Bay on the Sunshine Coast in the 90's and became affectionately known as “The Deer Man” – welcoming deer, raccoons and other animal visitors with a weekly box of apples he bought at Claytons.

As well as cherishing the wildlife, Don worked as a DJ for the radio station. Don spent many years volunteering at the Sechelt Seniors Centre and driving the Seniors Centre bus. Don was awarded a Life Membership in appreciation for his volunteer service.

Sadly, after moving to Port Stalashen in 2020 where he enjoyed living close to the forested bird sanctuary, he suffered a stroke. Bearing the effects stoically and never losing his wit, comic banter and quirky sense of humour, he was always able to share a joke and a cheerful smile.

Don, we wish your sunny meadows, hummingbirds and friendly deer. Our gratitude to Dr. Jack Bryson, the wonderful Home Care nurses and the dedicated Paramedics who attended after his heart attack.

Instead of a funeral service, notice will be given of a Celebration of Don's Life.

## Tidbits

### Computers!

In the lounge, we now have two computers for our members to use. Thanks to Alister Blair and Mark Garland for working hard to set up our new work stations.

Feel free to use the Mac or PC. Headphones are installed so you don't disturb other people. If others are waiting, limit your time to 30 minutes please.

We will be having printing services, computer consultations and seminars in the coming months.



Alister and Mark setting up computer equipment

### Free Drop-in Hearing Aid Cleaning

Anchor Hearing will provide **FREE** hearing aid cleaning at the lounge on Friday, June 9<sup>th</sup>, 11am-1pm.



### Free Legal Aid Clinic

Robert Hart of McLash Law will provide **FREE** 15-minute legal aid consultation (not criminal matters) starting Tuesday, June 20<sup>th</sup>.



### Coming to SSAC

- Flea Market - July 15
- Computer Clinics
- Advance Care Planning
- Fire & Fall Prevention Seminar



## GREAT NEWS THIS SUMMER!

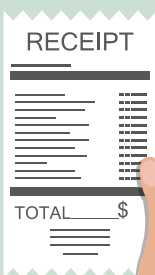
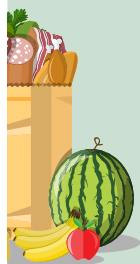
The kitchen is staying open this summer for lunches and frozen meals! Entrées Mon, Wed, Fri and Soup & Sandwiches Tues and Thurs. So... more preppers and dishwashers are needed. Can you help? Leave your name on a volunteer slip at the front desk!

## JUNE 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 Meatloaf with Mac & Cheese	2 Fish & Chips
5 Moussaka	6 Filipino Chicken Adobo	7 Roast Beef	8 Quiche & Salad	9 Fish & Chips
12 Beef or Falafel Shawarma	13 Hot Reuben Sandwich	14 Salmon	15 Chicken Parmesan	16 Fish & Chips
19 Butter Chicken	20 Ginger Beef	21 Ham & Scalloped Potatoes	22 Soup & Sandwich Only	23 Volunteer Appreciation Banquet (ticket only)
26 Sole	27 Cabbage Rolls	28 Chicken Cordon Bleu	29 Seafood Linguini	30 Fish & Chips

## 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!



# Bluegrass Jamming Group

**Starts Wednesday June 21<sup>st</sup>  
12:30 - 2pm. Come out and jam!**

What is Bluegrass? Bluegrass is a genre of music featuring acoustic instruments and vocal harmonies that falls under the greater Country/Folk umbrella.

If you play an acoustic instrument such as guitar, fiddle (violin), mandolin, bass, banjo or dobro then this group is for you. Singers (vocalist) are encouraged to come out as well; vocal harmonies are an integral part of bluegrass music. Other instruments and percussive type instruments (washboard, spoons, etc.) are welcome as well. Some basic playing skills are required, and being able to read music is not necessary.

The bluegrass circle jam is a fun and welcoming way for beginning or shy bluegrass pickers and singers to come out in a relaxed and safe environment to improve their playing and singing and to learn to play with others. Jay Keevil & Kim Carmichael will lead this group. ●



*Happy Birthday*

## GREETINGS TO ALL JUNE 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 June 30<sup>th</sup>**

**joe's**  
on the beach  
— restaurant + bar —



THINKING OF  
**DAD**

**CELEBRATE FATHER'S DAY  
AT JOE'S ON THE BEACH**  
JOESONTHEBEACH.COM · 778.949.7013

*Deanna Knight*  
& THE HOT CLUB OF MARS  
**SWING DANCE**



coastjazz.com

**Sat. June 24**

**Sechelt Sr Activity Centre : 5604 Trail Ave**

6:30 Swing Dance Lessons with Alex Hart (FREE with ticket)  
7:30 Dance with Deanna Knight & the Hot Club of Mars

Tickets  
\$20 - SSAC members  
\$30 - non-members  
\$40 - at the door (cash)

from:  
eventbrite.com  
One Flower One Leaf Gallery, Gibsons  
Strait Music, Sechelt

presented by Sunshine Coast Jazz & Entertainment Society



## Pickleball

# 2<sup>nd</sup> Annual Serge Planidin Tournament

**The 2<sup>nd</sup> Annual Serge Planidin Tournament took place on Sunday May 28<sup>th</sup>.**

Serge was a driving force at the Centre, helping to organize pickleball and coaching beginners and other levels for years.

The “dinking” tournament, organized by Richard Ward, was a great success with 32 players in attendance.

Below is the listing of the first placed 8 of 16 on each court after the 8 rounds of play. Maximum possible points was  $8 \times 7 = 56$ .

Place	Grey Court		Blue Court	
1	Margaret Webb	51	Gill Smith	54
2	Aldo Tacchi	50	John Maddalozzo	50 (34)
3	Cheryl Linsley	48	Cara Inksater	50 (37)
4	Fran Vandenberg	48	Mary Pinneger	49
5	Jill Bellisomo	48	Carole Mollerup	47
6	Gary Nichols	47	Timothy Nicholls	46
7	Sylvia Hockley	46	Noelline Bellemare	46
8	Michael Davidson	46	John Stewart	46

After a four player two game final, Margaret Webb emerged victorious. Defending her crown won at the last dinking tournament.

Thanks to everyone that participated and to everyone who helped, especially Caroline, Jurgen, Louise and the “always there to do the work”, Chris Hadaway. ●



“Dinking” tournament at the SSAC Auditorium



Door prize winners



The top four: Aldo, Margaret (champion), John, and Gill

## JUNE BUS TRIPS



**Monday, June 19**  
Park Royal/Capilano Mall

**Tuesday, June 20**  
Hard Rock Casino

**Thursday, June 22**  
Van Dusen Gardens

**Thursday, June 29**  
Grasshopper Pub

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.  
We need to have a back up if our driver had to  
cancel at the last minute due to illness, etc.



# SSAC PICKLEBALL SCHEDULE - JUNE 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 June 10	
	1:30-3:00 Single Level Play 2.0			1:00-2:30 Single Level Play w/ Coach 2.0	June 10 Potential coaching and/or assessment sessions 1-7pm	12:30-2:30 Single Level Play w/ Coach 3.25
3:00-4:30 Mixed Level Play 3.25-3.5	3:00-4:30 Single Level Play 2.5	3:00-4:30 Mixed Level Play 1.0-2.0	3:00-4:30 Mixed Level Play 3.25-3.5+	2:30-4:00 Single Level Play w/ Coach 2.5		2:30-4:30 Single Level Play 3.5
4:30-6:00 Mixed Level Play 2.5-3.0	4:30-6:00 Single Level Play 3.0		4:30-6:00 Mixed Level Play 2.0-2.5+	4:00-5:30 Single Level Play w/ Coach 3.0		4:30-6:00 Mixed Level Play 2.0-2.5
6:00-8:00 Single Level Play 3.5+	6:00-8:00 Mixed Level Play All Levels	6:30-8:30 Mixed Level Play 2.5-3.5+	6:00-8:00 Mixed Level Play 3.0-3.25	5:30-7:30 Mixed Level Play All Levels		6:00-8:00 Mixed Level Play 3.0-3.5+
				7:00-9:00 Potential coaching sessions except June 16		

Beginners and New-to-us players wanting to join – contact [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 16 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 7-9pm (new time starting June 6<sup>th</sup>) 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

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

# JUNE 2023

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	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
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball	1:30–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
Bingo (new time)	7:00–9:00	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
Bluegrass Jam (starts June 21)	12:30–2:00	PM	Craft Room	Jay Keevil	\$4
Table Tennis (no session June 21 & 28)	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
Pickleball	3:00–4:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
Active Flow Yoga	5:00–6:15	PM	Auditorium	John McDougall-Goulet	\$6
Pickleball	6:30–8:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
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
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)	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 June 23)	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Badminton (no session June 23)	11:30–12:45	AM/PM	Auditorium	Val Galat	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Pickleball	1:00–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 <sup>nd</sup> Saturday of each month	\$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	12:30–8:00	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.