

SEASHELL ECHO

JULY 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Thank You Volunteers!

On Friday, the 23rd of June, we held one of our most important events of the year - the **Volunteer Appreciation Lunch**. They say there is no free lunch. Well, although the attending volunteers had complimentary tickets for the lunch, they had already paid their way with all their invaluable hours of volunteer work at the SSAC. The event exists to show how much the board members appreciate the work of the volunteers. President Richard Ward was the Master of Ceremonies and made a toast to the volunteers and then asked for a moment of silence to remember those members who had passed away during the last year. After that, he tried to ensure there was plenty of laughter throughout the luncheon.



Chef Emily smiles as the attendees give her a standing ovation



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



Reception: 604.885.3513
Office: 604.885.8910



Summer Office Hours:
Mon-Fri, 9 am-2 pm



info@secheltactivitycentre.com
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
or 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

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.



Thank You . . .

CONTINUED FROM PAGE 1



Sixty-four volunteers attended the lunch. Chef Emily and her crew outdid themselves and produced an outstanding buffet. There was plenty of delicious dishes to choose from. Two challenging word and numerical games occupied the revellers whilst they waited for their turn at the buffet. One challenge was to make as many 4 or more letter English words out of the word SENIOR. Each letter could only be used once in any word. Who knew the winning table would find 27 unique words? It was a very happy affair with Douglas Campbell providing the entertainment with his keyboard and vocals. His song choices, many from the '60s through the '80s, were very well received. For those volunteers who could not make it to the lunch, thank you for everything you do for us, and hopefully we will see you at this special lunch next year. ●

Your Home Away From Home

One of my stated goals as President was to improve how SSAC is run by enhancing organisation and lines of accountability within the Board and subcommittees. For the most part, this has been achieved, due to the hard work, talents, and cooperation of the Board members. But the most pleasing aspect has been the number of members that have commented on how much they are enjoying coming into the Centre. In the past weeks, on two separate occasions, very long-time members have expressed to me how much they appreciate my presidency and the direction the SSAC is taking: a financially stable, home away from home.

As a non-profit, we must be constantly vigilant about our financial bottom line. Encouragingly, May was another month with a positive balance sheet. We are, however, moving into the summer months of July and August, when our main revenue sources, activities and the kitchen might be expected to drop off a little. Events such as the recent successful Flea Market are invaluable boosts in income. We look forward to having another flea market scheduled for July 15th. So, please drop off any donations to the front office that you are willing to contribute.

In October we were granted a class A gaming license for BINGO. It was hoped that this would result in it being a major revenue stream. However, that did not

prove to be the case, although the average revenue was about \$300 per weekly session. The feedback we got from the regular core of participants was that it was a lot of fun. We are taking a summer break, but plan to return with BINGO on September 5th. The new format will be afternoon \$1 BINGO sessions (2-4 pm) and the price of ten game card packs will be reduced to \$10 from \$20. Low-cost baked goods and coffee, in addition to an assortment of chips and packaged snacks, will be made available for this more affordable weekly fun social event.

June saw our mortgage of \$128,173.38 come due. The Board voted to renew with Sunshine Coast Credit Union for a 2-year fixed rate term. We are hopeful that we can discharge the full amount of the mortgage at the end of the two-year term. We are in a stable financial place, however there will be some substantial expenses for maintenance and structural upgrades that will be necessary soon. Next month will see the announcement of our donation campaign with various options being offered. Every day, new members are joining as they realise the exciting variety of activities and services available to them. Remember, as we hit another hot stretch of weather, that the SSAC is air-conditioned. If you are struggling at home with the heat, please come and take refuge with us. You are always welcome to come in and relax at the SSAC anytime. ●

BUS TRIPS



Tuesday, July 11
Van Dusen Gardens

Tuesday, July 18
Hard Rock Casino/Ikea

Tuesday, July 25
Park Royal/Capilano Mall

Tuesday, August 1
Steveston

Membership & Payment Required at sign-up.

Cost is \$45 for 65 and older and \$50 for under 65 years. Admission to Van Dusen Gardens is extra.

Thank you for your wonderful suggestions. It won't be possible to arrange bus trips for shows 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. We're looking for Volunteer Bus Drivers with Unrestricted Class 4 Licence.



DUKE OF EARLES

July 15th
7–9:30 pm

Doors open at 6:30 pm
Sechelt Seniors Activity Centre
\$10 in Advance · \$15 at the Door



Dance to the music of the '60s & '70s!

Flea Market



Saturday, July 15th
10am–2pm · Admission \$2

VENDORS
\$25 PER TABLE

e.b.'s
Ice Cream Shop

Members can donate quality items to the SSAC tables
with all proceeds going to the SSAC.
Drop off items at the Office 10am–2pm weekdays.

Tidbits

Ukulele is Back!

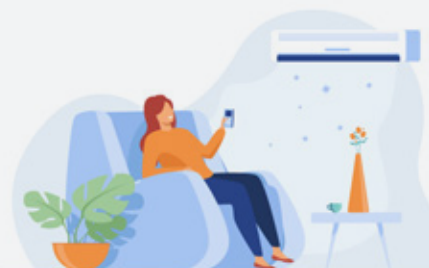
This popular activity is coming back to the Centre starting July 14th. Come and join us every Friday from 1 to 3 pm.



A Big Thank You!



Thank you to the anonymous donor who arranged to have MIDDLECHILD BAKERY supply us with delicious pastries, cookies, coffee, and other treats.



Air-Conditioned Comfort

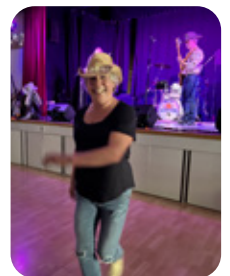
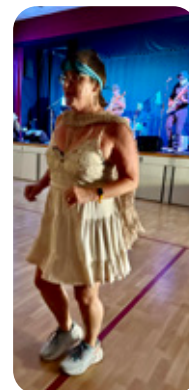
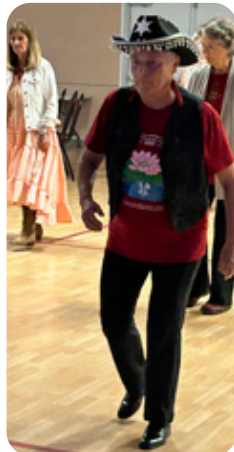
If the heat is becoming unbearable in your home, come in and take refuge in the air-conditioned comfort of your Centre.

Blue Western Dance

A Fun-Filled Night

Yee-haw! The Blue Western dance was so much fun! The band was amazing and kept all the two steppers and line dancers on their feet! Some folks even dressed up Western donning cowboy boots and hats! It was awesome to see so many members in attendance. Many thanks to all the volunteers who helped out putting up posters, making the decorations, manning the bar, setting up and tearing down the tables. Without all your amazing help these dances would not be possible.

Continuing in the line of great dance nights is Beach Party on July 15th with the **Duke of Earles** entertaining us with '60s and '70s music. ●



GREAT NEWS THIS SUMMER!

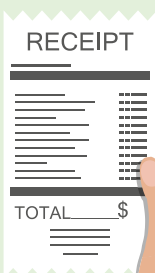
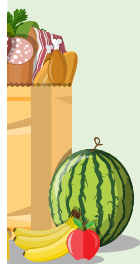
The kitchen is staying open this summer for lunches and frozen meals! Entrées Mon, Wed, Fri and Soup & Sandwiches Tues and Thurs. So... more preppers and dishwashers are needed. Can you help? Leave your name on a volunteer slip at the front desk!

JULY 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
3 CLOSED	4 Soup & Sandwich	5 Chicken Quesadilla	6 Soup & Sandwich	7 Fish & Chips
10 Peanut Chicken Noodle Bowl	11 Soup & Sandwich	12 Quiche & Salad	13 Soup & Sandwich	14 Fish & Chips
17 Salmon	18 Soup & Sandwich	19 Hot Reuben Sandwich	20 Soup & Sandwich	21 Fish & Chips
24 Bangers & Mash	25 Soup & Sandwich	26 Beef or Falafel Shawarma	27 Soup & Sandwich	28 Fish & Chips
31 Baked Chicken				

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.

GREETINGS TO ALL JULY 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 July 29th

In Memoriam

Eva Wall



Long-time Sechelt resident and lifetime Seniors' Centre member Eva Wall passed away peacefully at Shorncliffe Care Home on June 18th 2023.

At 93, Eva had lived a long and fascinating life. Eva was born in 1930 in Königsberg, in pre-war

Germany. She moved to England as a young bride in 1955, immigrating to Canada in 1958. After living all across the country, she settled in Sechelt in 1986.

She is survived by her daughter Ursula Wall, son Thomas Wall, grandchildren Richard Lalich, Derek Wall, Natalie Hughes, and Emily Peel, and great-grandchildren Poppy Hughes, Piper Wall, Bodhi Hughes and Julian Peel.

A celebration of life will be held at the Sechelt Seniors Centre at 3:00pm Friday, July 7th, followed with a scattering of Eva's ashes at her favorite beach.

The family requests no flowers, but if you wish to make a small donation to Doctors Without Borders, Eva would be very pleased.

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



FREE LEGAL AID CLINIC

JULY 4 • JULY 18

Robert Hart, lawyer with McLash Law will provide FREE 15-minute legal aid consultations (not criminal matters) Tuesdays, July 4th & 18th.

Book an appointment at the front desk.

MCLASH LAW
CORPORATION

FREE HEARING AID CLEANING

JULY 14 • AUGUST 11 • SEPTEMBER 15

Anchor Hearing will provide FREE hearing aid cleaning at the lounge on above dates from 11am to 1pm.



Bluegrass Jamming Group



The Bluegrass Jamming Group is off to a great start! Wednesdays from 1:30 to 3:00pm. Come out and jam! It 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 lead this group.

joe's
on the beach
— restaurant + bar —

HAPPY HOUR
STARTS AT JOE'S ON THE BEACH
DROP BY AND FEEL THE VIBE
DAILY FROM 3 TO 5PM
JOESONTHEBEACH.COM · 778.949.7013

 **Remembering When™**
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Fire & Fall Prevention Program

Free, Fun, Informative Session

August 11th, 10:00am – 11:30pm
Craft Room

Life-saving information presented in a fun trivia night format by your local fire department.

It's free!
And there are prizes.

Friendship Tea



Meet the new RCMP Staff Sergeant
Jennifer Prunty on July 20th

Thanks to Sharon Blanchette 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!

SSAC PICKLEBALL SCHEDULE - JULY 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+		
	1:30-3:00 Single Level Play w/ Coach 2.5		1:30-3:00 Mixed Level Play All Levels	1:00-2:30 Single Level Play w/ Coach 2.0		12:30-2:30 Single Level Play 3.25
3:00-4:30 Mixed Level Play 3.25-3.5	3:00-4:30 Single Level Play w/ Coach 3.0	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 2.5		2:30-4:00 Mixed Level Play 1.0-2.5
4:30-6:00 Mixed Level Play 2.5-3.0	4:30-6:00 Single Level Play 2.0	4:30-6:30 Single Level Play 3.5	4:30-6:00 Mixed Level Play 2.0-2.5+	4:00-5:30 Single Level Play 3.0		4:00-6:00 Mixed Level Play All Levels
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+

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 16 players and each member can enjoy this activity up to 4 times a week with level and social play.



Resumes September 5th

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 will resume September 5th in the Dining Room.



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

JULY 2023

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga (no class July 3)	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Line Dancing (experienced)	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling (no session July 3)	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 (no session July 3)	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 (no class July 25)	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
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	1:30–3:00	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
Table Tennis	1:00–3:00	PM	Auditorium		\$4
Pickleball	3:00–8:30	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 (if weather’s bad)	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	1:30–8:30	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
Ukulele (starts July 14)	1:00–3:00	PM	Outside or Craft Room	Gill Smith	
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 nd Saturday of each month	\$4
SUNDAY					
Latin Dance (no class July 2)	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pilates (no class July 2)	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 2pm.

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 9. If you are new to Pickleball at the Centre, please email ssacpickleball@gmail.com to join our sign in system and for further information.