



SEASHELL ECHO

AUGUST 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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THE CENTRE IS CLOSED ON BC DAY
AUGUST 7

A Great Summer!

BY RICHARD WARD

It's been another enjoyable month at the SSAC, every day we sign up new members impressed not only by the activities, services and meals we have available, but also the warm and friendly environment. June saw another positive bottom line on the financial balance sheet, although there will be an expected drop in revenue in July and August with the usual seasonal reduction in activity participation. Keeping the kitchen open during the Summer months has been well received, especially the \$8 Tuesday and Thursday Entrée Salads. Thanks to Emily, Liz and especially the kitchen volunteers who make this summer opening possible.

Another invaluable Flea Market has come and gone. This time producing over \$1,400 profit. Thanks to all of the donors and volunteers for this success. The next market will be on Saturday October 7th. This will feature Christmas and Craft items along with the usual array of household and sporting goods.

Sadly we are losing a valued front office volunteer Merilee Martell as she moves to be with family in Chilliwack. She is so efficient with a very pleasant manner in fulfilling her taxing front desk role. She will be particularly missed from the challenging role of front desk and greeter volunteers' co-ordinator. We thank her for the wonderful service she has given us and wish her well in the future.

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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 (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.



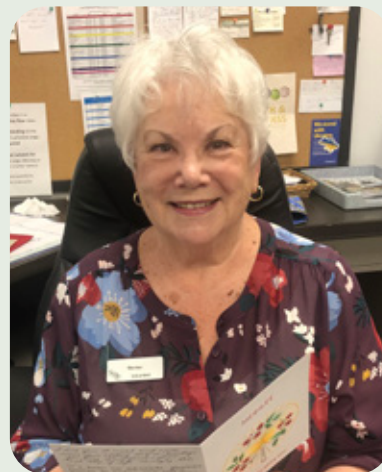
A Great Summer!

CONTINUED FROM PAGE 1

I am concerned with the everyday running of the SSAC and ensuring a strong viable future. However, I believe it is important to remember where we came from and who got us to where we are. In going through documents at the Centre I came across a large binder and a CD covering the history of the Centre from its inception to 1999. They contain many photographs and much documentation of our history. I feel that it would be appropriate to honour all of those that have come before us by documenting our history in a self-published book. Past-President Doug Smith has written and self-published multiple books. He has indicated to me that he would be willing to head up a group with this goal of documenting our history from inception to present. The target would be to complete the text in 2025. So, if you are a writer or have any relevant publishing, photo editing skills etc., or are just a long-term member with a great memory, let me know. Email me at president@secheltactivitycentre.com indicating your interest in participating, with a subject line "SSAC History". If we can get a group together, we can hopefully get underway sometime in September or October.

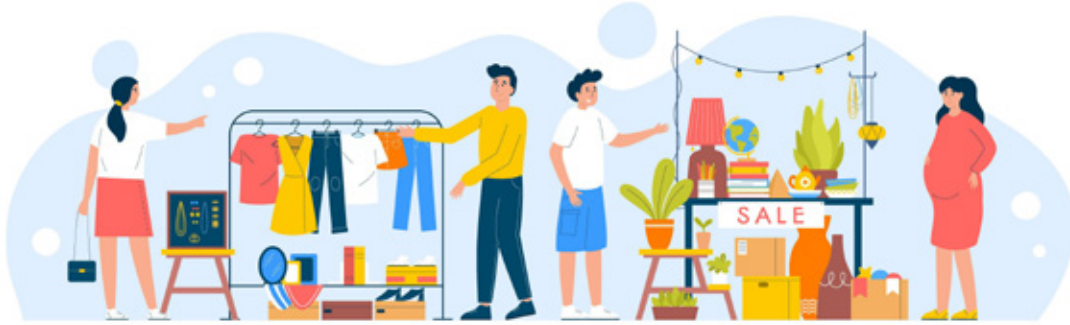
To all our new members, thank you for joining and we hope to see you in often. Let us know how you are finding your experience with us. We are always looking to improve the SSAC experience anyway we can. Take care all and have a great Summer. ●

Thanks Merilee!



After volunteering at the Centre for many years, including training new volunteers and organizing the schedule, Merilee Martell is leaving the Coast to be closer to family. Thank you Merilee, you will be missed!

Above & Beyond



Another successful Flea Market was held on **July 15th**! Due to the generosity of many of our members who donated household items for the sale, we achieved a profit of \$1,410, bringing the total made on our two markets to \$3,065. The residual merchandise is being sorted into goods for our next sale in October, goods for donation to the thrift store, and those bound for recycling or disposal.

Thanks also to those who volunteered their time sorting, setting up, selling and cleaning up, before, during and after the event!

We will be gearing up for the next scheduled Flea Market, to be held on Saturday October 7th. Closer to the date, we will appreciate receiving any additional donations to be sold at the market.

Every one of our volunteers is appreciated and essential for the successes. However, neither of the two Flea Markets would have happened without the work of Chris O'Brennan. On each occasion Chris worked tirelessly for many days in advance, sorting and

pricing the hundreds of items. Then she shepherded us through the days of the sales.

She is also now sorting the left-over items! Chris also recently joined the Board as a Director-at-Large.

You will see her smiling

face as the director responsible for opening the Centre each morning. In addition to that, Chris has made the embroidered and silhouette cards that you see on display in the corridor. She has donated the cards to us, so that all the money from sales goes to the SSAC. So far, those sales have totalled over \$200. We owe her a tremendous debt of gratitude, for all that she does for us, gladly going above and beyond the expectations of a volunteer. ●



BUS TRIPS



Tuesday, August 22

Parq Casino
Cost: \$45 (\$50 for under 65 years)
Leave Centre at 7:15am,
return on 4:45 ferry

Friday, August 25

Backeddy Pub (lunch)
Fibre Arts Yurts, Madeira Park
Cost: \$12.00
Leave Centre at 11:00am

Membership & payment required at sign-up.

Thank you for your wonderful suggestions for bus trips. 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.

Keep On Dancing!

The monthly dances in the SSAC Auditorium continued on July 15th with the Beach Party theme featuring the Duke of Earles. Partiers had lots of fun reminiscing and dancing to the sounds that many of them had grown up to. The crowd was a mix of regular and new attendees. The next event in the series is on August 19th as we welcome back Jim Taylor, who will entertain us at the “Summer Breeze” dance. Jim’s previous event was a great success, providing a mix of music perfect for either listening or dancing in our air-conditioned auditorium. Tickets for the Summer Breeze event with Jim Taylor are \$10 in advance or \$15 at the door.

The next exciting date to mark on your calendar is September 9th. We are holding a Country Dancing Workshop. Jay Alexov and Krystyna Wisniewska (Sunshine Coast line dancing instructors) will be teaching easy steps to start line dancing. They will be joined by Anna Mae Sawyer and her partner Ian McDonald, teaching Couple Two Steps and more. Afterwards there will be dancing to pre-recorded music. Guaranteed fun for young and old.

The monthly dance series continues September 23rd with the return of Half-Cuts and Slackers. A huge thank you to all who helped setting up and taking down the tables after the dance, bartending, helping with decorations and greeting the guests and taking tickets at the door. Without your help these events are not possible. Looking forward to seeing you all soon at the Summer Breeze. ●



Tidbits

Latin Dance & Pilates



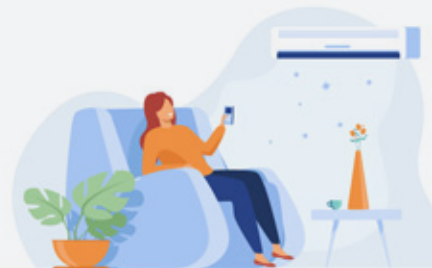
Join Viri Prichardo on Sundays at the Auditorium for Latin Dance at 10am and Pilates at 11:15am!

Computer Help



Need some help getting on to our computers?
Do you have other questions?
Cheryl can help on Wednesdays 11am to 1pm.
Leave your name at the front desk.

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.

Who Cares?

Cultivating a Community of Elder Care on the Sunshine Coast



Who cares? Chances are, if you're reading this, you do. You care about your community; your parents and your grandparents; your children and your grandchildren; your neighbours and your friends. But when it comes to our elders, the word 'care' has begun to lose its meaning. Even before the pandemic began we were increasingly aware of a crisis in our elder care system, and growing research shows the situation has only worsened. So what does it mean to 'care' for our elders in this context? How can we, as a community, respond to this evolving crisis without putting more pressure on our existing care systems and networks?

Who Cares? is a research, design, and arts-based collaboration based out of the Sunshine Coast that is exploring what it means to 'care' for our elders in our community and how we might build points of connection with elders that add to, and build resilience for, a care system that is on the brink of collapse.

Project partners Emily Carr University, Douglas College, and Gibsons' based Deer Crossing The Art Farm have been meeting with elder care professionals, elders, care partners, and community members and they've now started pop-ups to get essential input from YOU - our community. Look for pop-up engagement booths at our local farmers' markets, senior centres, libraries, malls, parks, etc to become a part of this conversation.

Next up: Seaside Market, Gibsons on August 12th and Sechelt Market, Sechelt on August 19th. Find more info at www.imaginationnetwork.org/who-cares. ●

From the Kitchen

Summer Lunches



Usually, the kitchen is closed during the **Summer break**. However, we wanted to maintain service for those of our members who rely on coming in for lunch for both food and the socialisation. Keeping the kitchen open during the Summer months has been well received. This summer opening was possible thanks to the co-operation of Emily, Liz and especially the kitchen volunteers. One slight adjustment from our normal menus, is that on Tuesdays and Thursdays there is a salad instead of a hot entrée. Well, Emily has outdone herself! The \$8 Tuesday and Thursday Entrée Salads are a gastric and visual delight. They are both healthy and filling. Treat yourself. Come in and have one. You'll be glad you did! Just a reminder that we are always on the lookout for kitchen volunteers, particularly dishwashers. If you would like to volunteer check in at the front desk and let us know. ●

AUGUST 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 2 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 Greek Orzo Salad	2 Fish Tacos	3 Quinoa Salad	4 Fish & Chips
7 CLOSED FOR BC DAY HOLIDAY	8 Buddha Bowl Salad	9 Filipino Chicken Adobo	10 Pasta Salad	11 Fish & Chips
14 Chicken Cordon Bleu	15 Cool Noodle Salad	16 Sole	17 Roasted Beet Salad	18 Fish & Chips
21 Chicken Wings	22 Spinach & Summer Fruit Salad	23 Ginger Beef	24 Caesar Salad	25 Fish & Chips
28 Butter Chicken	29 Burrata Caprese Salad	30 Salmon	31 Cobb Salad	

Friendship Tea



August 17th • 2 pm

Thank you to Staff Sergeant Jennifer Prunty for joining us at the July Friendship Tea and Constable Cole Vander Helm for an informative talk on Scam Awareness.

GREETINGS TO ALL AUGUST BIRTHDAY CELEBRANTS



Join us for Lunch in the Dining Room on the last day of the month. Members celebrating a birthday can enjoy a free dessert with their entrée.

This month's date is August 31st

The Sun Is Good For Us



We love the Sun, but some of the consequences of too much exposure we are not too keen on, for example heat domes and skin cancer. However,

at the SSAC we reap its benefits. Newer members may not know that there is a solar panel array on our roof contributing to the electricity that we use. Ironically, the solar panels help to drive the heat pumps and ventilation systems that provide us with air-conditioning indoors to counteract the heat from the sun.

The Sunshine Coast Community Solar Association (SCCSA) James Pawley legacy solar array was installed in March 2020. The 28-panel array was the first SCCSA community installation. Delayed by COVID, a virtual unveiling occurred on Aug 21st, 2020. Many thanks go to the Pawley family, the Sunshine Coast Credit Union, and installers Olson Electric/APS for their contributions. So far this calendar year the panels have produced 6.4 megawatts, equivalent to a saving of \$795.60 on our hydro bill. Our commitment in our operation is to be as environmentally friendly as we can, in keeping with Dr. Pawley's efforts to raise awareness about climate change. ●

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



Mystery Man Contest

Last month, this man was seen in the SSAC, eating one of Emily's delicious Salmon lunches.

Who is he?

If you know who he is, you can enter our **Mystery Man Contest**.

Complete a Mystery Man entry form at the front desk. One entry per membership.

At noon on Friday August 11th we will randomly draw a winner from the correct responses. The winner gets a \$25 Best Buy Gift Card.

In next month's ECHO, we will tell you who he is and why he was here.



FREE LEGAL AID CLINIC

AUGUST 15 & 29

Robert Hart, lawyer with McLash Law will provide FREE 15-minute legal aid consultations (not criminal matters)

Book your appointment at the front desk.

MCLASH LAW
CORPORATION

FREE HEARING AID CLEANING

AUGUST 11 • SEPTEMBER 15



Anchor Hearing will provide FREE hearing aid cleaning at the lounge on above dates from 12:30 to 2pm.

Summer Breeze

AUG 19TH Dance to the sounds of

Jim Taylor

SSAC AUDITORIUM 7–9:30PM
DOORS OPEN AT 6:30PM

\$15 AT DOOR \$10 IN ADVANCE • BEER & WINE BAR

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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.

SSAC PICKLEBALL SCHEDULE - AUGUST 2023

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 All Levels	7:30-9:30 Levels 3.25-3.5+		
	1:30-3:00 Level 2.5 w/ Coach		1:30-3:00 Levels 2.0-2.5	1:00-2:30 Level 2.0 w/ Coach		12:30-2:30 Level 3.25
3:00-4:30 Levels 3.25-3.5	3:00-4:30 Level 3.0 w/ Coach	3:00-4:30 Levels 1.0-2.0	3:00-4:30 Levels 3.25-3.5+	2:30-4:00 Level 2.5		2:30-4:00 Levels 3.5-3.5+
4:30-6:00 Levels 2.5-3.0	4:30-6:00 Levels 3.25-3.5+	4:30-6:30 Levels 3.0-3.5+	4:30-6:00 Social Play All Levels	4:00-5:30 Level 3.0		4:00-6:00 Social Play All Levels
6:00-8:00 Level 3.5+	6:00-8:00 Social Play All Levels	6:30-8:30 Levels 2.5-3.5+	6:00-8:00 Social Play All Levels	5:30-7:30 Social Play All Levels		6:00-8:00 Social Play All Levels

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, 2-4pm in the Dining Room.



Ukulele is Back!

Ukulele is back at the Centre and we are inviting everyone to join us for an afternoon of musical delight and merriment. We meet every Friday from 1 to 3pm in the Craft Room. All levels of experience are welcome. Just bring your ukulele, your voice and your fun!

SSAC ACTIVITY SCHEDULE

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

AUGUST 2023

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga (no class August 7)	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 August 7)	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 August 7)	1:00–3:30	PM	Farish Room	Sally Watson / Toni Bolton	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY					
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	Lunch 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 * (experienced)	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Ukulele	1:00–3:00	PM	Craft Room	Mark Trevis	\$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 nd 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 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.