

SEASHELL ECHO

SEPTEMBER 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Together We Grow

BY RICHARD WARD

My goal in taking on the Presidency was to foster an environment at SSAC that was organised and cheerful. Another successful month has passed. We are getting new members almost every day; drawn by activities and services we offer in such a welcoming setting. It's very interesting to hear the comments of the new members as they buy their memberships. "It is so bright and friendly in here!", "There is so much going on!", "Look at the meals you can get!" These comments are a testament to the hard work of all our volunteers and that of our paid staff Centre Manager Gill, Chefs Emily, and Liz. Not to be forgotten is the work of our Janitor Jim who keeps our surroundings immaculately clean.

Being a non-profit society is a bit of a misnomer. We have no guaranteed income each year. We are not government funded. We do need to make enough revenue on our activities and services to pay for all our expenses. Our total expenses in a year add up to close to \$500,000. So, in running a non-profit we are always looking for ways to generate income.

CONTINUED ON PAGE 2

“

Life's persistent and most urgent question is, "What are you doing for others?"

- Martin Luther King Jr.



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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: 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
Chefs: Emily McPherson, Liz Mathews
Custodian: Jim Coffin

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.



Together We Grow

Our over 150 volunteers give freely of their time, but we need more than that from our membership, we need financial giving. Among our 1,400 members we have a wide range of personal financial security. This is a call to those better placed to support the Centre for the good of all members. The Centre has a rich history of generosity exemplified by the \$1,000,000 raised for the renovations on the building in 2018-2019.

Your generous donations, whether big or small, can make a tremendous difference in sustaining the Sechelt Seniors Activity Centre. Your donation will directly contribute to the continuity of the services we hold dear and help us continue to provide a vibrant and enriching environment for all. Here are a few reasons why your support is so crucial:

- **Preserving Our Community:** By gifting to your Centre, you are investing in the preservation of our community and ensuring that future generations of seniors can benefit from the same opportunities, care, and sense of belonging that we have experienced.
- **Enriching Programs and Activities:** Your gifts will help us enhance and expand our existing programs and activities, with the hope of reducing activity fees rather than increasing them. Whether it's educational workshops, fitness classes, social events, or support groups, your contribution enables us to offer an even wider array of engaging and fulfilling experiences.
- **Creating a Lasting Legacy:** By supporting the Sechelt Seniors Activity Centre, particularly through the Endowment Fund, you are not only providing funds for current Centre needs, but you are also leaving a legacy for the seniors who will come after us. Your generosity will shape the future of our Centre and inspire others to follow your example, fostering a culture of supporting all within our community.

We understand that everyone's circumstances are unique, and any contribution, no matter the size, is deeply appreciated. We assure you that your donations will be handled with utmost care and transparency. We will provide regular updates on how your contributions are utilized and the positive impact they have on your Centre. There are many ways that your gifts can help us build upon the great base that we already have.

For those who can afford to donate, we essentially have three vehicles for gifting to the Centre.

- **General Revenue** – Gifts to general revenue are particularly vital when there are large, unexpected costs. For example, after an extensive inspection of our heating and ventilation systems there is considerable cost foreseen in work and upgrades to maintain and improve the function of the current system. Gifts to general revenue are essential for us to be able to deal with these sorts of incidental costs.
- **Affordable Lunch Program** – There is no doubt that Emily and Liz produce delicious meals at an affordable price. However, despite Emily’s frugal purchasing of food items, the price of our meals has been creeping up due to inflationary pressures. The aim of the Affordable Lunch donation program is to avoid increases in the price of our entrées, and keep it fixed currently at either \$10 or \$12. Every member deserves a great affordable meal in the wonderful environment of the Centre.
- **SSAC Endowment Fund** – In order to truly establish sustainable financial stability, we have established a SSAC Endowment Fund that will generate revenue from interest accrued each year. This fund is to be administered by the Sunshine Coast Foundation.



When you gift to us you will be asked if you wish to be acknowledged or be anonymous. The names of those donors that we are permitted to acknowledge will be honoured as Bronze, Silver, Gold, or Platinum donations. In addition to the information seen in this edition of the ECHO, around the Centre you will see pamphlets describing our campaigns, lists honouring donors and Donation Thermometers showing our progress towards our targets. Information on donations will also be found on our website.

BRONZE	Up to \$100
SILVER	\$100 to \$1,000
GOLD	\$1,000 to \$5,000
PLATINUM	\$5,000 or more

Donations to the SSAC Endowment Fund must be made online either through a link on the donation page of our own website or the SSAC Endowment Fund page on the Sunshine Coast Foundation website.



The General Revenue and Affordable Lunch Program donations are made through the SSAC front office. You can donate to us at the front desk by cash, cheque, credit or debit card along with a completed donation form. Completed forms and a cheque can also be mailed to the Centre. An income tax receipt can be given for any donation at or above \$25. Thank you so much in anticipation of your generosity. ●

SSAC DONATION FORM

For General Revenue & Affordable Lunch Programs

Mail cheque payable to “SSAC”

Complete this form and return by mail with a cheque made payable to “SSAC”
P.O. Box 564, 5604 Trail Ave, Sechelt, BC, V0N 3A0

In-person at SSAC

Donations can be made at the front desk. Please complete this form and hand in at the SSAC front desk. Payment by cash, cheque, credit or debit card. The office is open 9 am–3 pm, Monday–Friday. A tax receipt can be given for donations of \$20 or more.

DONOR NAME:

SSAC MEMBERSHIP # (if SSAC Member):

MAILING ADDRESS:

EMAIL ADDRESS:

PROGRAM: ☐ GENERAL REVENUE
☐ AFFORDABLE LUNCH

GIFT AMOUNT: \$

ANONYMOUS GIFT? ☐ YES ☐ NO

TAX RECEIPT REQUIRED? ☐ YES ☐ NO

SHANIA

Totally Twain



“GET READY...WE’RE COMIN”

OCTOBER | 14 | 2023

SECHELT ACTIVITY CENTRE

Showtime: 7pm (Doors open at 6:30pm)

\$25 ADMISSION

Tickets available online @ www.totallytwainssac.brownpapertickets.com

BUS TRIPS



Membership & payment
required at sign-up.

Friday, September 15, 2023

Persephone Brewing
Gibsons Public Market
Bus leaves Centre at 11:15 AM

Tuesday, September 19, 2023

River Rock Casino
Bus leaves Centre at 7:15 AM
Return on 4:45 PM ferry

Thursday, September 21, 2023

Steveston
Bus leaves Centre at 7:15 AM
Return on 4:45 PM ferry

Thursday, September 28, 2023

Park Royal/Capilano Mall
Bus leaves Centre at 9:40 AM
Return on 4:45 PM ferry

Activities

Many activities are back!

Chair Yoga, Active Flow Yoga, Fitness, Badminton to name a few.

As well, we have new activities.

An evening **Line Dancing Class** takes place on Monday evenings with Collene Sand. Beginner to

intermediate **Chess** starts on

Tuesday afternoons with Ed

Gabriel. A second **Fitness Class**

with Lisa is on Thursdays and a fun

20/20/20 - Latin Dance/Pilates/Stretching class starts on Fridays.

If you are interested in learning bridge, the **Social Bridge** group is very welcoming. Leave your name at the front desk and we'll pass it along. If you would like to lead an activity (maybe Scrabble or other card games) please talk to Gill in the office.



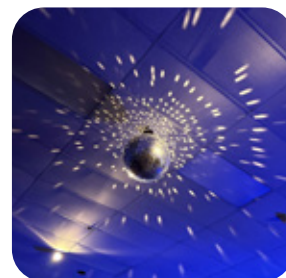
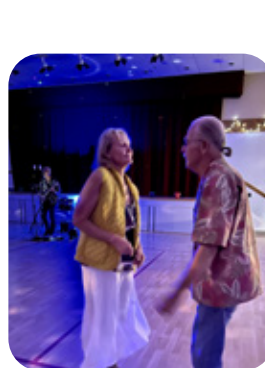
See page 16 for this month's activity schedule

The Beat Goes On!

The “Summer Breeze” dance with Jim Taylor took us down memory lane on Saturday night with music from the past. Many folks got up and danced to a good mix of music great for listening to and dancing. There were even several songs which prompted the line dancers to get up and shake a leg. Always a crowd favourite, Jim Taylor did not disappoint and kept many party goers on their feet the entire night. A special thanks to those folks who volunteered setting up and tearing down, decorating, bartending and taking tickets at the door. We appreciate all of your help. None of these events are possible without you!

On September 23rd we welcome Half Cut and the Slackers! Get ready to put on your dancing shoes for Classic Rock music!

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! •



Bean Count Contest



Guess correctly or be the closest guess to how many beans there are in the jar on display on the front desk counter. You will win two of our new \$12 value gift certificates for kitchen purchases. The draw for the winner will be held at noon on Friday September 15th.

The gift certificates are for any purchases at the lunch counter or for frozen entrées. They will go on sale September 1st. Only for use by members. Individually \$12 each, but packs of 10 can be purchased for \$100, a \$20 savings. These would make a great birthday or holiday gift for a Senior. Available 9 am to 3 pm Monday to Friday at the front desk.



Direct to Smelter

Precious Metals Roadshow returns to Sechelt

Ursa Major Gold, Silver & Coin returns to the Sechelt Seniors Activity Centre on **September 18th and 19th**. You can bring your gold, silver, coins and collectable banknotes between 10am and 4pm on Monday or Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin. “Ursa Major has the unique advantage of dealing direct with a smelter” said Dick. “That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public.” In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a ‘melt’ value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not. “If you decide to sell after hearing the quote, great, but it is also about information” says Dick. “A lot of times people just need to know a ballpark of what things are worth; we don’t pressure anyone into selling”. Dick took out his first gold claim when he turned 16 in the 1970’s and has been involved with precious metals ever since. An ardent gold panner, he was a regular at the world championship gold panning competition with a personal best of 3rd place in 1984.



“Nearly half of the world’s annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned.” Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. “We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins.” People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary. ●

Computer Grant

New Horizons Funding for our Seniors Computer Literacy Project

We are pleased to announce that we received funding under the Government of Canada's New Horizons for Seniors Program for our project on Seniors Computer Literacy. This federal grants and contributions program supports projects that are led or inspired by seniors who are making a difference in the lives of others in their communities.

There are two different components to the project.

1. The funds have been used to purchase two laptop computers (one PC, one MAC book) for drop-in use in the lounge. These are set up on two ergonomic computer chair and desk workstations and secured in the SSAC lounge for individuals to access at any time on weekdays from 9 am to 3 pm. The PC laptop computer is connected to an external 24-inch monitor to enlarge the display and there is a wired keyboard and mouse for ease of use and ergonomic considerations. Computer literate seniors are volunteering to mentor seniors by assisting those in need for instruction on use of Google to create emails and to access the internet. Documents, including letters, can be typed in using MS Word. Each computer is networked to an economical Canon large tank printer through the SENIORGUEST open WIFI. Printing will cost 25 cents a sheet. Payable at pick-up at the front desk. Government documents can be printed free of charge.

2. Scheduled formal instruction on selected topics will take place in the Dr. Farish room. Seven 17-inch PC laptop computers (one for the instructor's use) were purchased with the grant in addition to a 65-inch monitor on a mobile stand. In the future, our portable Audio-Visual equipment will allow for remote learning through video conferencing or streaming of courses.

Featured in our Mystery Man Contest won by Jane McKee was Patrick Weiler M.P. for West Vancouver – Sunshine Coast – Sea to Sky Country. He was joined by Donna Bell of Sechelt Council in visiting us to see what we had purchased and organized with this Federal funding. It happened to coincide with the Salmon hot lunch, so he was treated to one of Emily's finest offerings. They were pleased not only with what we had done with the funding, but also they were impressed by the splendid range of activities and services we offer in such a bright and welcoming space.

Thank you again to the Government of Canada's New Horizons for Seniors Program for the funding support provided to us at the SSAC. It will make a significant difference in the lives of seniors in our community. For more information, visit New Horizons for Seniors Program – Community-based projects. •

Computer In-Class Sessions Schedule		Cost (thanks to grant)
Excel for Beginners	September 26 October 3 & 10	\$15
Laptop Basics	October 24 & 31	\$10



One on one assistance is available Wednesday mornings with our wonderful volunteer Cheryl. Sign up at the front desk.

Sustainable Financial Security

We are not government funded, nor have guaranteed income from any source. To enhance long term stability, and produce such a predictable yearly stream of income, we have started a SSAC Endowment Fund. The income is based upon the interest gained from the value of the fund. These funds will be used to support general operating costs and special projects. After due diligence, the Board has approved establishing an endowment fund as an Agency Fund with the Sunshine Coast Foundation.

The Sunshine Coast Foundation has a 20-year history of administering Agency funds. There are already 24 well established Agency Funds in place. Currently established Agency funds include Coast-wide Food Banks Fund, Iris Loewen Endowment supporting Sechelt Public Library, and Habitat for Humanity Sunshine Coast. The money from all 24 funds is amalgamated for investment purposes. At the end of the fiscal year the interest gained on the whole amount is calculated and dispersed to the individual agencies in proportion to their fund balance. Currently the funds are generating a return of around 4.5%. For example, a 1-million-dollar fund would generate an annual payout of around \$45,000. To initiate a fund there needed to be a minimum \$5,000 deposited. Showing their belief in the importance of this Endowment, Helen and Richard Ward have donated the \$5,000 necessary to

establish it. Once the fund reaches \$10,000 the yearly payouts of interest earned will be triggered. As of September 1st, there will be a link on our website to the SSAC Endowment fund on the Sunshine Coast Foundation's own website. The advantage of having the SSAC Endowment Fund on their website is that it may elicit a donation from a non-member if someone interested in supporting seniors' issues views their site and sees our fund available for their donation.

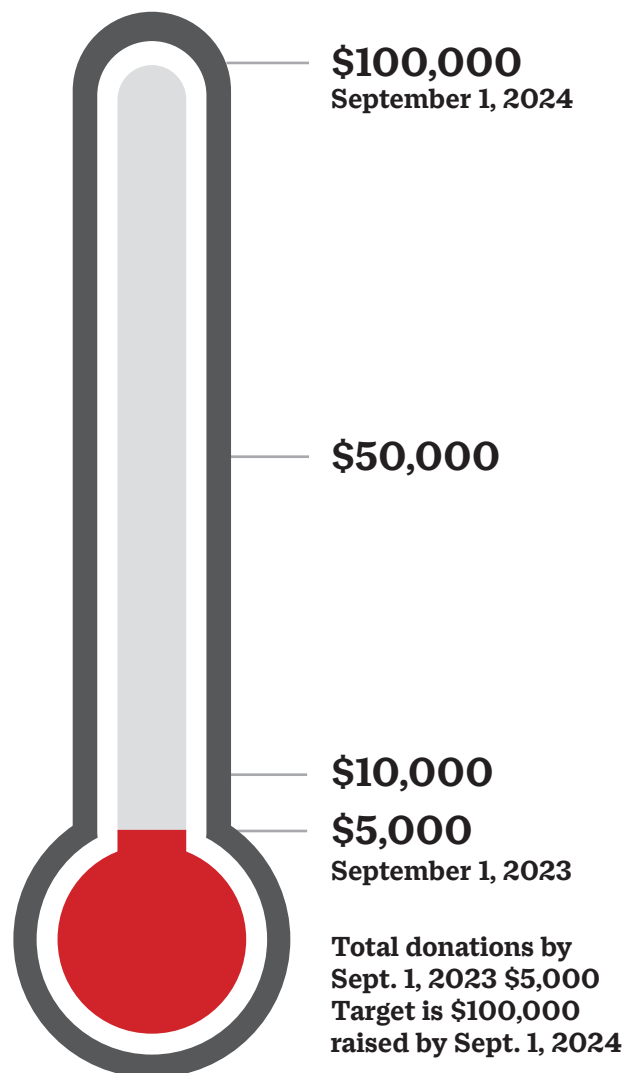
The fund's Cost-Recovery Fees compare very favourably with other Foundations such as the ones in Vancouver and Calgary, particularly when the fee is 0.75% for fund amounts greater than \$1 million. Most appealing, is that we would be dealing with a local organization that we already have a good relationship with from previous grant funding.

Our target for year one of the endowment fund is to reach \$100,000. The fund is an investment for the future. Although we have set a target of \$100,000 in the first year, there is no limit. The more we can get into the fund the greater the financial stability we are establishing for the future. It would give tremendous stability to the Centre allowing us to fulfill one of our goals to lower activity fees and in addition, provide even more varied and supportive programming for our members. If you value the Centre in your life and the support and services that we provide to all our members, please consider

Comparison of Cost-Recovery Fees for Sunshine Coast, Vancouver and Calgary Foundations

Sunshine Coast Foundation		Vancouver Foundation		Calgary Foundation	
Under \$500,000	1.5%	Up to \$10 million	1.3%	Up to \$1 million	1.5%
\$500,000 - \$1 million	1%	Over \$10 million	0.95%	Up to \$6 million	1.25%
Over \$1 million	0.75%			Up to \$20 million	0.9%
				Up to \$50 million	0.8%

SSAC ENDOWMENT FUND



gifting to the Endowment Fund. Our lofty aspirations can be achieved. The Endowment would be a great destination for legacy gifting through wills and estates. Any gift to the fund can be made on-line through the SSAC Endowment fund page on the Sunshine Coast Foundation website https://sunshinecoast.fcsuite.com/erp/donate/create/fund?funit_id=1465.

This can also be reached through a button on our own donation page on the SSAC website - www.secheltactivitycentre.com.

Alternatively, a cheque can be mailed directly to the Sunshine Coast Foundation at P. O. Box 1343, Sechelt, BC V0N 3A0, with direction to deposit into the SSAC Fund. •



Let's address the impact that homelessness and addiction has had on our Sunshine Coast community!

Join us Wednesday Sept 27 from 6:30pm to 8pm at the Seniors Activity Centre for a forum on the impact that homelessness and addiction is having on our community and in particular, our local youth. Paula Howley, Headstart Public Speaking for Kids founder, will be presenting various stories by our local youth so we clearly understand their experience and move forward in creating stronger support systems for them. Representatives from the District of Sechelt, Restorative Justice and other community leaders will all be available to brainstorm the issues. Local heroes in our community and the great work they are doing will be worked into the focus of 'how we can move forward'.

Don't miss this informative and entertaining evening. **THIS IS YOUR COMMUNITY!**

Let's take action towards a positive reaction ~ lets be the community that DID IT!

Let's strengthen our community together with your input!

Presented by PEERS: Pivot: Empowering Education + Recovery Society

www.PivotSociety.ca

TJ Sheehan. Dana Caple. Barbara Smith

For questions please call **604 740 1022** or email **execdir@pivotsociety.ca**.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." - Margaret Mead

Affordable Lunch Program

With ever increasing food prices the cost of SSAC hot meals has been rising. There are also continual equipment maintenance and replacement costs associated with kitchen operations. For instance, recently we have purchased nearly \$3,000 in ergonomic food prep choppers and slicers. These choppers and slicers are welcome additions for our volunteer food preppers to minimise manual repetitive stress issues associated with aging. For some of our seniors, food security is a big issue. This program is an opportunity for the more comfortably placed members to help those who are less fortunate. All our members deserve to be able to come in and enjoy an affordable, high-quality meal made with quality fresh ingredients. Monthly kitchen income is accrued from meal and frozen entrée sales. Expenses include Chefs Emily's and Liz's wages and benefits, food costs, equipment maintenance and replacement costs and complimentary meals for volunteers. There will always be expenses due to new equipment purchase or replacement and repair. For example, we recently had to purchase a new upright freezer to expand our frozen storage capability.

The purpose of the Affordable Lunch Program is to keep the price of meals and frozen entrées to an affordable level. From September 5th for the foreseeable future, maximum member prices for hot entrées will be held at \$10 and \$12, full salads \$8 and frozen entrées being held at \$6 and \$8. The price of entrées and full salads for guests of members would have a surcharge of \$4, reflecting the fact that member prices are subsidized. The price of soup, sandwiches and desserts would not be subject to any surcharge. Frozen entrées will continue to be available only for purchase by members.

Net kitchen revenue is the difference between sales income and the total expenses. The expectation is that by limiting meal prices, there will be a negative monthly net kitchen revenue. When there is a monthly deficit, the budget will be balanced with funds drawn from the Affordable Lunch Program donation pool. By limiting meal prices, and based upon a projected drop

in sales revenue and an increase in overall yearly kitchen costs, there is the potential of a \$10,000 yearly deficit.

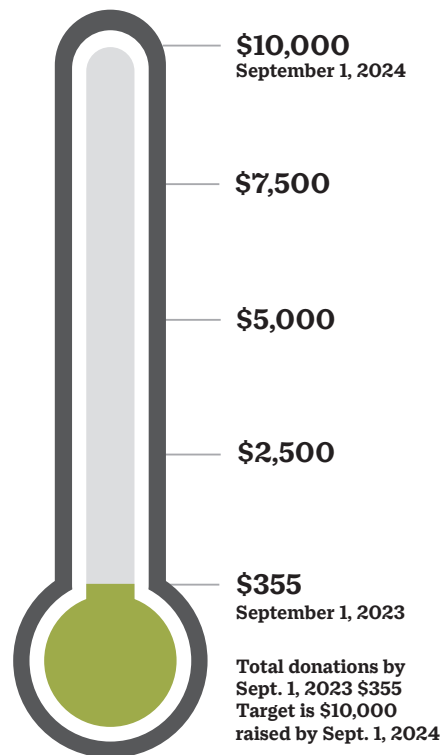
This will be an ongoing campaign, however an initial program target of \$10,000 will be set. This should be appropriate to cover the projected revenue deficit for the following 12 months. The campaign would have 3-monthly goals of \$2,500 to achieve the goal of \$10,000 by year's end. There will be monthly reporting of kitchen net revenue and funds required to top it up to balance the income and expenses to achieve a net zero balance. The program will be reviewed every 3 months, with any modifications being dependent upon a combination of any increased food and services costs and the success of the donation program.

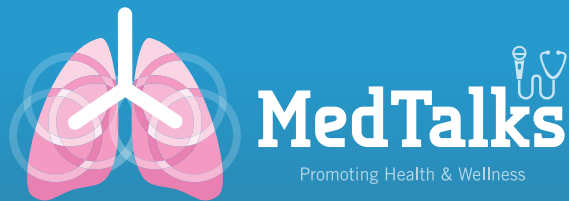
To contribute to this campaign, there will be a wooden chest next to the lunch cashier podium to deposit spare

change and small bills. Larger donations, with the option of receiving a tax receipt can be made at the front desk using cash, cheque, credit card or debit card. In the past month \$355 has been donated to general revenue in small amounts by individuals who have come into the Centre and enjoyed the meals and social environment.

We are using these funds to seed the Affordable Lunch Program. Hopefully, this program will help to ensure that all of our members can afford one of Emily's amazing meals. ●

AFFORDABLE LUNCH PROGRAM





LUNG POWER & AIRWAY HEALTH

Featuring



Dr. Chris Carlsten, MD, FRCPC
Respiratory Division Head, UBC
Director, Centre for Lung Health
Director, Legacy for Airway Health



Dr. Pat Camp, PhD, PT
Associate Professor, UBC Department of Physical Therapy



Darren Molder
Senior Environmental Health Officer
& Drinking Water Officer

With
the

Respiratory Therapy Team
Sechelt Hospital Rehabilitation Department

MONDAY, SEPTEMBER 25TH, 5:30 – 7:30 PM
GIBSONS PUBLIC MARKET ATRIUM

PLEASE RSVP BY PHONE OR EMAIL: 604-885-8637 / SH.FOUNDATION@VCH.CA



IMPORTANT DATES

SSAC HOLIDAY CLOSURES

Sept 4	Labour Day
Sept 30	Truth & Reconciliation
Oct 9	Thanksgiving day
Nov 10	Remembrance Day (in lieu of 11 th)
Dec 19–Jan 2	Christmas Closure

BOARD MEETINGS

3rd Wednesday of month 10am

Sept 27	September Meeting
Oct 18	October Meeting
Oct 25	General Membership Meeting
Nov 15	November Meeting
Dec 20	December Meeting

SSAC EVENTS

Sept 5	BINGO Resumes 2–4pm
Sept 9	Country Dancing Workshop
Sept 21	Friendship Tea
Sept 23	SSAC Dance–Halfcut & the Slackers
Oct 7	Flea Market
Oct 19	Friendship Tea
Oct 28	Halloween Dance
Nov 23	Friendship Tea
Nov 25	SSAC Dance
Dec 18	Christmas Lunch

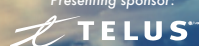
HOLIDAY DINING

Dec 19–24	11am – 3pm Dining Room open for tea, coffee, holiday music, and smiles
Dec 27–31	



SECHELT HOSPITAL
FOUNDATION

Presenting sponsor:



Enter to win a trip for two to...

Hawaii

ROUND TRIP
AIRFARE TO ANY
NORTH AMERICAN
DESTINATION
AND \$5000
SPENDING CASH!

BUY YOUR RAFFLE TICKETS ONLINE
FOR AN OPPORTUNITY TO WIN!

\$20–\$40–\$60

TICKET PACKAGES AVAILABLE

Tickets on sale now!

Draw Date: Oct 21st, 2023

Proceeds support the
Sechelt Hospital Foundation.



SCAN ME

Raffle sponsored by: AIR CANADA FOUNDATION splashd&t LESLIE NICHOLLS Travel Only TSAIN-10 GROUP OF COMPANIES

TICKETS ► WWW.SECHELTHOSPITALFOUNDATION.ORG

Must be a resident of BC, Canada and 19 years of age. BC Gaming License #143910

SEPTEMBER 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 9 am to 3 pm and vary in price \$6 or \$8.
Members are welcome to bring guests to dine for a surcharge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Fish & Chips
⁴ CLOSED FOR LABOUR DAY	⁵ Peanut Chicken Noodle Bowl	⁶ Roast Beef	⁷ Chinese Pork BBQ	⁸ Fish & Chips
¹¹ Quiche & Salad	¹² Cabbage Rolls	¹³ Chicken Parmesan	¹⁴ Hot Reuben Sandwich	¹⁵ Fish & Chips
¹⁸ Fish Tacos	¹⁹ Lasagna	²⁰ Ham & Scalloped Potatoes	²¹ Chicken Pot Pie	²² Fish & Chips
²⁵ Salmon	²⁶ Moussaka	²⁷ Chicken Cordon Bleu	²⁸ Seafood Linguini	²⁹ Fish & Chips

Friendship Tea



September 21st
2 pm

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!

GREETINGS TO ALL SEPTEMBER BIRTHDAY CELEBRANTS



Join us for Lunch in the Dining Room on **September 29th**. Members celebrating a birthday can enjoy a free dessert with their entrée.



Mystery Man

Featured in our Mystery Man Contest won by Jane McKee was Patrick Weiler M.P. for West Vancouver - Sunshine Coast - Sea to Sky Country. He was joined by Donna Bell of Sechelt Council in visiting us to see what we had purchased and organized with this Federal funding.

In Memoriam



Mildred Tolton

It is with great sadness that we announce the peaceful passing of Mildred Myrtle Tolton on July 24th, 2023. Mildred, daughter of Stephen and Lena Wlasichuk, was born in Verigin, SK and raised in Winnipeg, MB.

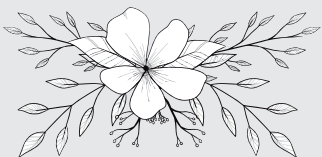


She was predeceased by her loving husband of 51 years, Gary in 2017. She is survived by her children Twyla (Fraser Markham), Jordan (Helen), and Lisa (David Kopp), her grandchildren Trevor Markham, Shane Markham, Michael Kopp, brother Len (Janine), as well as beloved nieces, nephew and many dear friends. Mildred leaves behind her loving companion, Truman, who could be found sitting on her lap or riding on her rollator.

The Toltons moved from Winnipeg to Saskatoon in 1973. Mildred worked at Pinder's Drugs and Shoppers Drug Mart for 23 years before retiring in 1996. Mildred and Gary enjoyed spending time in Ft. Lauderdale and then Oceanside wintering from the harsh Saskatoon weather. The Toltons then moved to Sechelt in 2013. Her favourite past times included playing golf, crib, needle point and knitting. Mildred's passion was gardening and cooking. She also loved travelling. One of Mildred's greatest thrills was riding a camel while on African safari in 2018 at the age of 83. Mildred was involved with many different community activities and groups such as cribbage, carpet bowling and lately chair yoga, quilting and knitting.

The family would like to thank the compassionate healthcare providers with Home Care and the Palliative Nurse team. In lieu of flowers contributions can be made to the Canadian Cancer Society in Mildred's name.

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



SSAC GENERAL MEETING

WEDNESDAY, OCTOBER 25
2pm, Doors open at 1:30pm



Please bring your membership card. Constitution and Bylaw changes to be voted on. A copy of the proposed Constitution and Bylaws will be on the website (secheltactivitycentre.com) and in the office for you to review in advance.

COUNTRY DANCING WORKSHOP
SEPT 9TH
7 - 10 PM
DOORS OPEN 6:30 PM
7pm: Line Dance Lesson
7:45 pm: 2-step lesson
8:45-10 pm: Free Dance
Beer & Wine Bar
SSAC AUDITORIUM \$15 AT DOOR \$10 IN ADVANCE

FREE LEGAL AID CLINIC

SEPTEMBER 12 & 26, Noon to 1pm

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

SEPTEMBER 15, 12:30 to 2pm



Anchor Hearing will provide FREE hearing aid cleaning at the lounge.



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**MAKE NEW MEMORIES
AT JOE'S ON THE BEACH
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OCTOBER 8 & 9**

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Indoor Flea Market



Saturday, October 7th
10am–2pm · Admission \$2

The Sechelt Seniors Activity Centre (SSAC) is proud to present their third indoor Flea Market!

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. Tables are limited so act fast!

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 a comfortable and spacious air-conditioned environment!

Together we'll make this event an unforgettable success while supporting our amazing facility.



We can help with:

- Meal preparation
- Light housekeeping
- Groceries & errands
- Getting to appointments (e.g., doctors, dentists)
- Physical therapy exercises
- Personal care (e.g., showering, hair washing, dressing)
- Nursing care & wellness checks
- Companionship, mental stimulation and engaging activities

We provide peace of mind.

Nurse Next Door[®]
home care services

604 747-2847
sunshinecoast@nursenextdoor.com

Saturday Sept 23rd
Dance to Classic hits



50/50 draw **Beer & Wine Bar** **\$15 at door** **\$10 in advance**

SSAC Auditorium 7 – 10 pm
Doors open at 6:30 pm

SEPTEMBER 2023 | SSAC PICKLEBALL SCHEDULE

Beginners and new-to-us players wanting to join, please contact ssacpickleball@gmail.com

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

For more information, please contact ssacpickleball@gmail.com

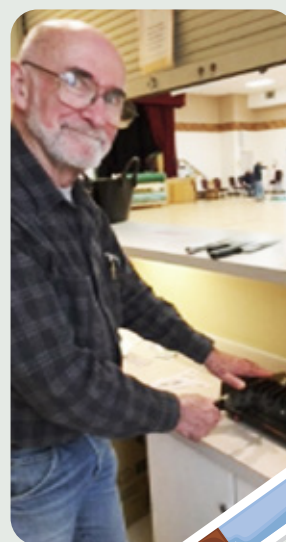
\$1 BINGO

The summer break is over, and **BINGO** is returning! We learned a lot in the first half of the year. We are moving back to Tuesday afternoons since this is clearly the preference of members. We are also making it more affordable by reducing the price of game cards. The 10-game packs are reduced from \$20 to \$10 and single extra sheets from \$2 to \$1. The progressive game sheets will stay at \$2 with the first game prize being \$200 (48 balls called). For extra excitement, we will have a \$1 - 50/50 draw.



\$1 BINGO will also feature \$1 Coffee and \$1 baked goods in addition to the regular water, chips and cookies, each for \$1. Come join us for a fun affordable social event. Starts Tuesday September 5th, 2–4 pm in the SSAC dining room, doors open at 1:30 pm.

KNIFE SHARPENING



**Monday
September 11th
1:00 to 2:30pm**

Bring in your dull knives and let Leroy sharpen them for you.

**Cost \$3
per knife**



SEPTEMBER 2023

Centre is closed September 4th

SSAC ACTIVITY SCHEDULE

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

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga (no class Sept. 4)	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis (pre-register 8 weeks)	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$4
Line Dancing–experienced (no class Sept. 4)	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling (no session Sept. 4)	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 class Sept. 4)	1:00–3:30	PM	Farish Room	Sally Watson/Toni Bolton	\$4
Evening Line Dance (starts Sept. 11)	7:00–8:00	PM	Craft Room	Collene Sand	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY					
Fitness with Jacquie or Lisa	9:15–10:15	AM	Auditorium	Jacquie Allan	\$6
Memory Café	10:30–12:30	AM/PM	Auditorium/Craft	Brian Smith / Rosella Leslie	\$6
Chair Yoga	12:00–1:00	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Chess–Beginner–Intermediate (no session Sept. 19)	2:00–3:30	PM	Farish Room	Ed Gabriel	\$4
BINGO!	2:00–4:00	PM	Lunch Room	Richard Ward	
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–Beginner–Intermediate	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Bluegrass Jam (on hold–starts again Sept. 27)	2:00–3:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
Pickleball	3:00–4:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
Active Flow Yoga	5:15–6:15	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
Line Dancing for Beginners	11:30–12:30	AM/PM	Craft Room	Louise Parker/Collene Sand	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Painting Pals (starts Sept. 21)	1:00–3:00	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	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
FRIDAY					
Pickleball	7:30–9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Hatha Flow Yoga (Intermediate – Advanced) *	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
Latin Dance/Core Fitness Class	10:00–11:00	AM	Craft Room	Viri Pichardo	\$6
Badminton	11:15–12:45	AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam	1:00–2:30	PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00	PM	Farish	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/\$8
SUNDAY					
Latin Dance	10:30–11:30	AM	Auditorium	Viri Pichardo	\$6
Pilates	11:45–12:45	AM/PM	Auditorium	Viri Pichardo	\$6
Pickleball	1:30–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4

* these classes are not suitable for first-timers