



SEASHELL ECHO

OCTOBER 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Where There's A Will There's A Way

BY RICHARD WARD

Thank you to those who have shown their faith in us by donating to our Centre. In next month's issue we will show the honour list of those donors who have allowed us to publicly thank them. However, many of you have made much appreciated anonymous gifts to our causes. The three donation thermometers indicate our very encouraging start to our gifting campaign. It is heartwarming to see such a positive response to the Affordable Lunch program which is important for food security. Since Sept 5th a sum of \$279 has been anonymously donated through the collection box at the lunch counter. In addition to the initial balance of \$440, and \$1,100 donated through the front desk, the total gifts to that program already amount to \$1,819. We are well on our way to our yearly target of \$10,000.

The SSAC Endowment Fund administered by the Sunshine Coast Foundation (SCF) has already reached \$9,000, thanks to a very generous donation of \$4,000 from Andre Casaubon, a volunteer Pickleball coach and a highly valued Yoga Instructor. Once we reach a minimum of \$10,000 it will trigger interest disbursement after the next fiscal year. The target in the first year is \$100,000.

CONTINUED ON PAGE 2



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



Reception: 604.885.3513
Office: 604.885.8910



Office Hours:
Mon-Fri, 9 am-3 pm



info@secheltactivitycentre.com
www.secheltactivitycentre.com

CENTRE INFORMATION

2023 Board Members

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

2023 Directors at Large

Alister Blair Chris O'Brennan
Lisa Brown Susan Grenville
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.



Where There's A Will . . .

We have just received exciting news of an incentive donation
to our Endowment fund.

*The Sunshine Coast Foundation's Board of Directors
approved a two-tier incentive of up to \$10,000 to support
the SSAC's fundraising campaign during its first year:
\$5,000 when the endowment fund reaches \$50,000 and
another \$5,000 when it reaches \$100,000. This incentive
is made possible by a generous unrestricted donation to
the Sunshine Coast Foundation through the estate of Mary
Gordon on behalf of the Mary and Cecil Gordon/James
and Phyllis Parker families.*

*Mary Gordon and her family grew up here and her family
owned many of the buildings on Cowrie street, including
Sechelt's Parker's Hardware store, which was owned by
her parents, James and Phyllis Parker for many years.
Mary also worked as a nurse for several years, ending
her nursing career at Sechelt Hospital. It was very clear
in conversations with Mary Gordon's donor advisor that
seniors' care, health, wellness, and activities were very
close to Mary's heart. Supporting the growth of the SSAC
endowment fund is a perfect fit!*

Thanks from all our members to the Sunshine Coast
Foundation board and the Gordon and Parker families.

With \$900 already donated to the General Revenue program
it shows that you also understand our need for financial
support for copious maintenance and upgrade costs. To date
the total donated to all three programs is \$12,319! Thank
you so much for all your gifts that will help us maintain and
strengthen the services for our members.

Legacy Giving: An option for gifting you might like to explore
which would leave a lasting impact would be planned giving
by including the Sechelt Seniors Activity Centre in your will.
It is a method of donation that causes no current personal
financial burden but will have a long-lasting effect. If the
SSAC has been an important part of your life and you wish
to aid in its sustainability, please consider our Endowment
Fund as the perfect vehicle for your estate gifting. A gift to the
Endowment Fund becomes the gift that keeps giving, with
annual interest disbursements.

If you do choose to include us in your will, the Sunshine Coast Foundation has provided us with appropriate wording:

"I give the sum of \$ _____ or _____ % of the residue of my estate to the SUNSHINE COAST FOUNDATION, charitable registration #896086105RR0001, to be applied to the Sechelt Seniors Activity Centre Endowment Fund. It is my wish that this gift be held in perpetuity and that the annual grant making therefrom, as determined by the Board of the SUNSHINE COAST FOUNDATION, be devoted to the charitable interests as set out in the Sechelt Seniors Activity Centre Endowment Fund."

Consider also including us in memorial tributes and celebrations of life. Suggesting that a donation to the Seniors Centre in memory of your loved one would be appreciated.

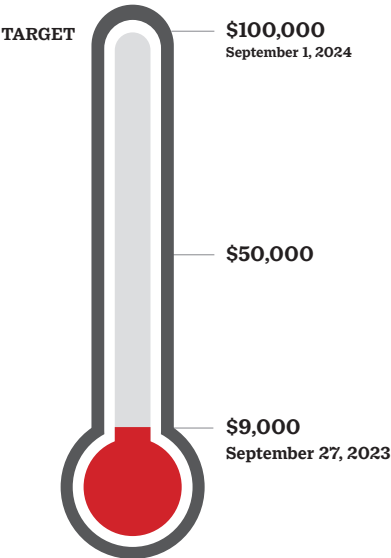
As we are rapidly approaching 1,600 active members, it is a time when we are focussed on making the SSAC experience the best it can be as "your home away from home".

Your ongoing gifting is essential to making that happen, as we strive to encourage such a supportive environment for all our members. ●

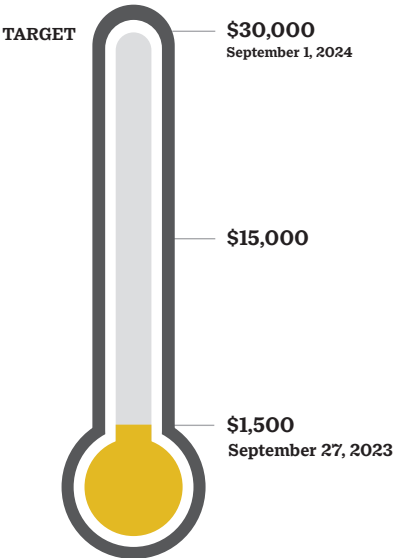
AFFORDABLE LUNCH PROGRAM



SSAC ENDOWMENT FUND



GENERAL REVENUE



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

September Dances

What a month! In September we had **two events**. On September 9th we had our first Country Dance Workshop. It was a learning experience. Even after a few hiccups, people who attended had a fun and have asked for more. There will be more coming in the New Year.

Then, on September 23rd, everyone had a blast dancing to **Half Cut and the Slackers** classic rock tunes that got people jumping up and shaking their legs. There were lots of smiles all around and you could tell that many folks were reminiscing about good old times.

Many thanks to all the volunteers who making SSAC monthly dances success, from setting up to tear down the tables, tending the bar, reception table, decorating, etc.

Get ready for fun events in October.

On October 21st Ian and Anna Mae will be holding a Two Step Workshop. There will be lessons and then later dancing to pre-recorded music. Ian and Anna Mae are also teaching Two Step every Wednesday in SSAC from 6:00p.m. to 7:00 pm in the Craft Room (entry on the side of building).

Then October 28th we will be hosting our 2nd Halloween Party. This year with the **Mitch Lazer Quartet**. We will be listening and dancing to 50s, 60s, 70s and Classic Halloween Tunes.

Next, November 18th we will be having our dance with the **SpinDrift Street** group playing soft rock hits.

And December 31st saying goodbye to 2023 and welcoming 2024 New Year/New York time with **Roberts Creek Big Band!**

Thanks, from all us for your support and we are looking forward to see you at SSAC events. ●



Men's Book Club

A Men's Book Club at the SSAC is starting in November! If you are interested in joining, please sign up at the front desk. For any questions, you may contact Ed Reeve at (250) 392-0651.



Bean Count Winner



The count is in and there were **1,290 chickpeas** in the sealed jar. 32 entries were received and the one closest to the number was a guess of 1,234 by Chris O'Brennan. For that she received two \$12 Lunch Item Gift Certificates. Remember that you can buy these \$12 Lunch Item Gift Certificates in packs of 10 for \$100 (a \$20 saving). They can be used by members or guests, although the guest will have the \$4 surcharge on entrees



Featured Activities

new

Spanish Café

Hola! Join us and have fun practicing your Spanish. Wednesdays 3:00–4:30 pm in the Farish Room, starting October 11th.



new

Cribbage & Scrabble

Come out for some fun gaming! Mondays 3:30–5:00 pm in the Farish Room (except October 2nd and 9th). We need somebody to lead this activity - any volunteers?



new

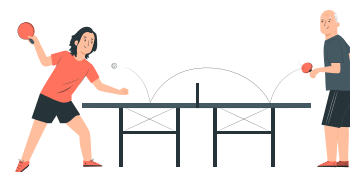
Country Two Step

Learn how to dance Country Two Step! Wednesday evenings 6:00–7:00 pm in the Craft Room (except October 2nd and 9th). Ian and Anna Mae look forward to seeing you there!



Table Tennis

Enjoy your Wednesday afternoons with an exciting game of Table Tennis from 1:00 to 3:00 pm in the auditorium.



Carpet Bowling

Carpet bowling is a great game for seniors to keep both our bodies and minds humming happily! Join us Mondays & Thursdays 1:00 to 3:00 pm in the auditorium.



See page 12 for full activity schedule

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 is on the website (secheltactivitycentre.com) and in the office for you to review in advance.



SSAC Auditorium presents 
HALLOWEEN
with
Mitch Lazer Quartet



SAT OCTOBER 28

with : 7 TILL 10 PM DOORS OPEN 6:30
Alex Rolland guitar \$15 advance
Michelle Morand vox \$20 door
Deborah Holland bass
Mitch Lazer drums beer and wine bar

50'S 60'S 70'S CLASSIC HALLOWEEN ROCK
DANCE TUNES

PRIZES FOR BEST COSTUME

plus 50/50 draw



FREE LEGAL AID CLINIC

**WEEKLY ON THURSDAYS
AT NOON**

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

OCTOBER 20, 12:30 to 2pm



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

Who Said Volunteering Wasn't Work?

BY RICHARD WARD

It has been a busy and successful month. It is encouraging to see how many new and renewing members are signed up each day.

Our membership is hovering somewhere around 1,600 currently. Unfortunately, what is declining is our complement of board members. Two huge recent losses are John Keller who is moving to Penticton, and Andy Kobervitz our Maintenance Director who has had to resign due to ill health. Andy is expecting to make a full recovery but at present, concentrating on his health must be the main priority. We wish them all the best and thank them for the very valuable contributions they made to the running of the Centre. As a result of their departure, we need a new Maintenance Director and a Director with experience in audio-visual and media. Being a director at the SSAC is not an easy position. They all work extremely hard, but the rewards of seeing the fruits of your labours in the smiles of our members is very rewarding. In March, a new board will be elected at the Annual General Meeting, but if you have the time and desire and would like to be considered for one of the two open board positions, please let us know. Just provide us with a brief bio, then if you are approved to the board you would need to get a criminal record check. If you simply want to volunteer on an occasional or regular basis, please fill in a volunteer form at the front desk and we will find you something enjoyable to do. Welcome to Susan Grenville, a new Director at large.

Do not forget that we have the Fall General Membership Meeting at 2pm (doors open 1:30pm) Wednesday October 25th in the SSAC Auditorium. Please make a big effort to attend as we have important changes to the constitution that need to be approved by the membership, and we would also like to hear your feedback on our performance.

Speaking of very hard-working board members Treasurer Alison Kowalewski reported a positive balance of revenue over expenses of \$971 for August for a balance of \$18,963 for the year to date. Revenue was expected to be lower in August due to the expected seasonal lower activity numbers and kitchen sales.



If you see board member Chris O'Brennan wheeling carts full of interesting objects down the corridor, that is because she has gone into her Flea Market sort and price hyper mode. We have a Flea Market in the Auditorium Saturday October 7th 10am – 2pm. The success of our flea markets is determined by Chris's incredible organisational efforts. Vendor tables can be reserved at the front desk for \$25. Please feel free to drop off during office hours, any quality items you would like to donate.

There is a separate article updating the donation campaign but thank you to all the generous donors that are helping us to fulfill our goals. We appreciate and take very seriously the trust you are showing in us.

Although we have had no issues at the Centre, we want you all to stay safe. So due to the recent developments in the COVID situation, we want to be very cautious and would appreciate you wearing masks whilst moving around the Centre. ●

OCTOBER 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
2 CLOSED FOR NATIONAL DAY FOR TRUTH & RECONCILIATION	3 Taco Casserole	4 Turkey Dinner	5 Meatloaf w/ Mac & Cheese	6 Fish & Chips
9 CLOSED FOR THANKSGIVING	10 Butter Chicken	11 Roast Pork	12 Sole	13 Fish & Chips
16 Moroccan Chicken	17 Quiche & Salad	18 Roast Beef	19 Hot Reuben Sandwich	20 Fish & Chips
23 Ginger Beef	24 Chicken Pot Pie	25 Roast Ham	26 Bangers & Mash	27 Fish & Chips
30 Salmon	31 Chicken Quesadilla			

Friendship Tea



October 19th - 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!

SHANIA
Totally Twain

CANCELLED

...WE'RE COMIN'

OCTOBER | 14 | 2023
SECHLT ACTIVITY CENTRE

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

\$25 ADMISSION

Tickets available online @ www.totallytwainssac.brownpapertickets.com

SSAC Bus Trips

Summer was not kind to the bus trip schedule. Despite the best efforts of Rick and Kathleen, hot weather, ferry delays and lack of ridership caused several trip cancellations. We are certainly underutilising the bus and it therefore is a financial drain. However, we are confident by adjusting the booking policy and the pricing, expanding the trips offered and opening it up to third party rentals, we can make the bus a positive contributor socially and financially. In the past, with the ferry trips, we had to make last minute cancellations for various reasons. Unfortunately, when this is the case, not only do we inconvenience the driver, but we lose our \$50 reservation for not cancelling the ferry booking 5 days in advance. To remedy this, we have had to put a 7 day advance booking requirement, to allow for timely cancellation when insufficient passengers have paid. Because there is considerable cost to maintaining and operating the bus, we must approach each trip with the expectation of making some profit. In the year to date from January 1st the bus has made a loss of \$1,119.22. To that end we must have a minimum of 15 passengers for each trip, and therefore we will need to make destinations appealing to that number.

Pricing: With trips involving the ferry, the price per passenger was \$45 for 65+yrs and \$50 for <65yrs. A BC senior has the passenger fee waived (currently \$13.70) if travelling on Monday through Friday. Whereas, we must pay that fee for <65yr olds, and out of province seniors. The previous pricing essentially penalised 65+yrs passengers. We have changed the pricing to redress this imbalance.

From October 1st the cost will be reduced to \$40 for 65+yrs and increased to \$55 for <65yrs, out-of-province seniors and guests. If you wish to bring a guest, they can be waitlisted and then added into any empty spaces available at the time of the 7 day advance booking requirement. This will ensure that our members are accommodated first.

Destinations: In the schedule below, we have a few local trips planned. If you have any ideas for local trips that would be viable, please let us know. Currently the trips to the casinos have been successful. However, what we have done with proposed casino trips is to add a second nearby retail drop off and pick-up in the hope of enhancing ridership (IKEA or COSTCO). We know that Vancouver-based cultural events such as concerts, shows and plays would be tremendously popular. But we cannot offer them because we only have one driver. So, if passengers bought tickets for events and then on the day of the event the driver gets sick, the bus can't go. We desperately need back-up bus drivers. A driver would need an unrestricted class 4 license and a criminal record check. If we can get more drivers, we can mount some stimulating trips to Vancouver and other cultural destinations.

Rentals: We are also making the bus available for rental to non-profits, schools, and community organisations. Costs would be \$60 per hour, \$540 a day including driver; or \$400 without driver.

Booking Policy: For all trips 15 passengers minimum. Bookings must be paid for 7 days in advance. Guests permitted if there are open seats 7 days in advance. Cancellation 6 days in advance if minimum passenger count of 15 is not met.

Cost: For ferry trips, Monday to Friday: \$40 65+yrs BC residents, \$55 <65yrs, 65+yrs non-BC residents & guests. Local trips priced individually. ●

Current Proposed Bus Trip Schedule | *Subject to changes or additions*

DATE	DESTINATION	TIME	COST
Thursday October 19	IKEA / Hardrock Casino	Leave Centre at 7:15 am; Return on the 4:45 ferry	\$40/\$55
Friday October 20	Sechelt Area Art Crawl Stops at 5 Art Crawl Studios	Leave Centre 1:15 pm after Fish & Chip lunch; <i>price does not include lunch</i>	\$15
Saturday October 21	Gibsons Area Art Crawl Stops at 5 Art Crawl Studios	Leave Centre at 11 am; Lunch at Blackfish Pub Gibsons; <i>price does not include lunch.</i>	\$15
Tuesday October 24	COSTCO/River Rock Casino	Leave Centre at 7:15 am; Return on the 4:45 ferry	\$40/\$55
Tuesday November 14	COSTCO/Grand Villa Casino	Leave Centre at 7:15 am; Return on the 4:45 ferry	\$40/\$55
Thursday November 30	IKEA/Hard Rock Casino	Leave Centre at 7:15 am; Return on the 4:45 ferry	\$40/\$55
Thursday December 21	Christmas Lights Tour	Leave Centre at 4pm	\$10



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ON THE BEACH

**MAKE NEW MEMORIES
AT JOE'S ON THE BEACH
BOOK YOUR THANKSGIVING DINNER
OCTOBER 8 & 9**

JOESONTHEBEACH.COM • 778.949.7013



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



SECHELT HOSPITAL FOUNDATION

Presenting sponsor: **TELUS**

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.



Raffle sponsored by: AIR CANADA FOUNDATION splashd&st LESLIE NICHOLLS TravelOnly TSAIN-HO GROUP OF COMPANIES

TICKETS ► WWW.SECHELTHOSPITALFOUNDATION.ORG

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

OCTOBER 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 Mixed Level Play 3.0–3.5+		
	1:30–3:00 Level 2.5 w/ Coach	NO SESSION OCT.25 SSAC GENERAL MEETING		1:30–3:30 Level 2.0 w/ Coach NO SESSION OCT.13		12:30–2:30 Beg–Int 1.0–3.0
3:00–4:30 Levels 3.0–3.5	3:00–4:30 Level 3.0	3:00–4:30 Levels 1.0–2.0 w/ Coach	3:00–4:30 Level 3.25	3:30–5:30 Levels 2.5–3.0 NO SESSION OCT.13		2:30–4:30 Levels 3.0–3.5+
4:30–6:00 Levels 2.0–2.5	4:30–6:00 Levels 3.25–3.5		4:30–6:00 Levels 3.5–3.5+	5:30–7:30 Mixed Level Play All Levels NO SESSION OCT.13		4:30–6:30 Mixed Level Play All Levels
6:00–8:00 Level 3.5+	6:00–8:00 Int–Adv 3.0–3.5+		6:00–8:00 Beg–Int 2.0–3.0			

For more information, please contact ssacpickleball@gmail.com

\$1 BINGO

\$1 BINGO is held on Tuesday afternoons with reduced 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 have a \$1 - 50/50 draw.



\$1 BINGO also features \$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, 2–4 pm in the SSAC dining room, doors open at 1:30 pm.

Badminton at SSAC

The badminton group is back! A break was taken over the summer months but we are enthusiastically on the courts again in the auditorium. There are some core players who attend but we sure would enjoy more members to join us. We are quite informal, and our skill levels are vast; no need to worry if you have never played before, or haven't played in years. We got ya! We meet on Friday mornings at 11:30 am, and play until 1:15 pm. Please come join us! If you have any questions, you can contact Val at valgalpal@gmail.com.



ACTIVITY	TIME		ROOM	CHAIR	COST
M O N D A Y no classes Oct. 2 nd and 9 th					
Hatha Flow Yoga	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	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
Social Bridge	1:00–3:30	PM	Farish Room	Sally Watson/Toni Bolton	\$4
Cribbage/Scrabble	3:30–5:00	PM	Farish Room	We need you!	\$4
Evening Line Dance	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/Lisa	\$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	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
W E D N E S D A Y					
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	2:00–3:30	PM	Lunch Room	Jay Keevil & Kim Carmichael	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
Spanish Café (starting October 11)	3:00–4:30	PM	Farish Room	Victoria Vasquez	\$4
Pickleball	3:00–4:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
Active Flow Yoga w/ John or Roxanne	5:15–6:15	PM	Auditorium	John/Roxanne	\$6
Country Two Step	6:00–7:00	PM	Craft Room	Ian Anderson	\$4
T H U R S D A Y					
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	11:45–12:45	AM/PM	Auditorium	Louise Parker/Collene Sand	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Painting Pals	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
F R I D A Y					
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	11:30–1:15	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
S A T U R D A Y					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 nd Sunday	\$4/\$8
S U N D A Y					
Latin Dance	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pilates	11:10–12:10	AM/PM	Auditorium	Viri Pichardo	\$6
Pickleball	12:30–6:30	PM	Auditorium	ssacpickleball@gmail.com	\$4

* these classes are not suitable for first-timers