

SEASHELL ECHO

NOVEMBER 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Change is a Good Thing!

BY RICHARD WARD

Another exciting month has passed culminating in our **Fall General Membership Meeting at 2 pm Wednesday, October 25th in the Auditorium.** Included in the regular business proceedings was unanimous approval of the acceptance of Treasurer Alison Kowalewski's positive provisional budget for 2024. The positions of new Board members who have joined since the March elections were ratified unanimously by members present. Congratulations to Mark Garland who had moved to Vice President, and new Directors-at-Large Chris O'Brennan, Susan Grenville and Chris Hadaway. Thank you so much for stepping up into these challenging roles. Unfortunately, Maintenance Director Andy Koberwitz had to step down recently due to illness. We thank him for the great job he was doing for us. If you have experience in construction or any other aspect of building maintenance and want a challenge, please put yourself forward for consideration as Maintenance Director. The terms for all the Board positions will continue until the Annual General Meeting in March 2024. The names of the current Board members are shown in the information panel on page 2.

At the recent Fall General Meeting important changes to the SSAC constitution were voted through. These changes were made available on our website and paper copies in the office, well in advance of the meeting as required by the Societies Act.

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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

2023-2024 Board Members

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

2023-2024 Directors at Large

Alister Blair Susan Grenville
Lisa Brown Chris Hadaway
Bert Carswell Chris O'Brennan

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 (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.



Change is a . . .

CONTINUED FROM PAGE 1

The most significant change was in the length of term for Board positions. Up until now, Board positions have always been one year in length. However, after the 2025 AGM all positions will span two years. The intention is that at any AGM only about half of the positions will be up for election. This will ensure the Board will have experienced members to guide new Board members. To this end, at the March 2024 AGM, half of the positions will be two-year terms and the other half will only be for one-year terms. Then, at the 2025 AGM, only the one-year terms will be up for election (or re-election), but as two-year terms. Therefore, at subsequent AGMs, only half of the board will be up for election, with all members committed to two-year terms. This change in procedure will allow for greater Board continuity due to overlapping terms at each AGM.

At times, there is a line-up at the Greeter's desk when paying cash or tickets to take part in a particular activity. To minimize wait times, please pay for your activity at the greeter's desk using the correct activity ticket or exact change (\$4 or \$6). Paying with bills, particularly \$20 bills, slows the process down considerably as the Greeter has a limited amount of change. So please be considerate and pay with the exact change.

I would like to draw your attention to the two laptop computers at the Lounge available for use by members during office hours. We are the only local organization encouraging computer literacy for older adults. In the lounge, there are two desks; one has a Windows 10-based PC with the Google search engine, which has a large screen for ease of viewing. The other is an Apple MacBook with Safari search software. Both have Microsoft Office 365 installed and come equipped with headphones to ensure quiet use of the computers and are run on our Centre WIFI system. Should you require assistance with either of the laptops, you can either complete a request form at the Reception desk or send an email to info@secheltactivitycentre.com to request to meet with a volunteer computer specialist. Also look out for an upcoming schedule of one-session courses on PowerPoint basics, Excel basics and an introduction to Facebook.

There are a lot of exciting new developments for the Centre. Please be patient with us as we deal with these changes and are striving to reach our goal of providing efficient comprehensive services. Our main goal always is that you have a welcoming place to come, for whatever your needs. ●

Honouring our Donors

There is an impressive stream of funds given to the donation programs by generous SSAC members who not only can afford to offer a donation but in doing so, show they care about the Centre and our members.

The totals to date for the 3 programs are: Affordable Lunch program \$3,410.75, General Revenue program \$21,750 and SSAC Endowment fund \$14,000. The much-needed General Revenue total was swelled by incredibly generous donations of \$10,000 each by

Louise Parker and Bob Mackie. The Endowment fund received its first In Memoriam donation as Sheryl Yoner donated \$5,000 in memory of her mother Marie Yoner. However, all donations big or small are important to us. For example, since the beginning of September, a total of \$505.85 has been collected in the Affordable Lunch program donation box, located at the lunch counter. Thank you to all of you anonymous donors. As promised below is the Honour list of donors who have agreed to be acknowledged by name. ●

PLATINUM \$5,000 or more	Louise Parker	General Revenue
	Bob Mackie	General Revenue
	Sheryl Yoner in memory of Freda Marie Yoner	Endowment Fund
	Helen & Richard Ward	Endowment Fund
GOLD \$1,000 to \$5,000	Andre Casaubon	Endowment Fund
SILVER \$100 to \$1,000	Val Galat	General Revenue
	Brian Smith	General Revenue
	M.D. McCarthy	Affordable Lunch
	Christine Poplawski	Affordable Lunch
	Barbara Seed & Adam Shepherd	Affordable Lunch
	Eugene Pelly	Affordable Lunch
	Yvette & Gordon Fleming	Affordable Lunch
	Robert Pizzi	Affordable Lunch
BRONZE Up to \$100	Tina McAllister	Affordable Lunch



Dance, Dance, Dance!

October was again a busy month - we held two events! On October 21st, a Two Step Workshop with Ian and Anna Mae introducing beginner Two Step. Many couples attending and all were happy Ian and Anna Mae continue Two Step lessons every Wednesday evening from 6:00 to 7:00 pm in the SSAC Craft Room. Enter from the left side of the building.

On October 28th, our Centre held its second Halloween Party. It was nice to see many regular and new faces, some dressed up in fabulous Halloween costumes. We all had fun dancing to the music of the *Mitch Lazer Quartet*.

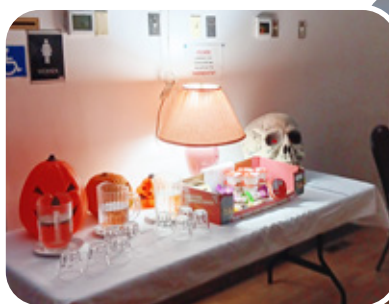
Now we are getting ready for November 18th dance with *Spindrift Street*. It's coming fast, make sure to get your tickets soon.

This year we will say goodbye to 2023 and welcome New Year 2024 on December 31st with the *Roberts Creek Big Band*. It will be New Year - New York time.

Thank you again to all volunteers helping with setting up, decorating, running the bar and cleaning up at the end of the dance.

Thank you also to all of you who come to our monthly dance to help to support SSAC, without you there will not be dance events.

Looking forward to seeing everyone November 18th. ●





Lifetime Membership Nomination

According to our By-laws, we admit two new **Lifetime Members** each year. They'll be announced at the Christmas Luncheon in December. This is your chance to nominate a person whose volunteer work puts them miles above and beyond the ordinary. The Life Membership Committee will meet in late November to make the selection.

Eligible members:

- Should be nominated by at least TWO other SSAC members
- Must have served at least FIVE years as outstanding SSAC volunteers

Nomination forms may be picked up from the office starting November 6th. Complete forms are to be put in the Life Member mail box in the office by November 27th.

Questions? Send an email to ssac@dccnet.com.





JOE'S

ON THE BEACH

JOIN US FOR
REMEMBRANCE DAY
NOVEMBER 11
WITH JOE'S
FAVOURITE ROAST
BEEF, MASHED
POTATOES, &
YORKSHIRE PUDDING.



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*Aging in Place.
Companionship &
Caregiving
for your
loved ones.*

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.

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604 747-2847
sunshinecoast@nursenextdoor.com



Batch 44

BREWERY & KITCHEN

OPEN for Dine-in, Patio and Take-out!
Tuesday-Sunday
For take-out, please call
604-740-3805

**Supporters of
SSAC Auditorium Dances**



B

- Visit our Tap Room, Working Cidery, and Orchard
- Delicious hot food in the Shed

The Bricker Cider Company

OPEN
Wed, Thurs & Sun 12-8
Fri & Sat 12-9
Mon & Tues 1-5 (take out only)

**Supporters of
SSAC Auditorium Dances**

Take a Seat in the Lunchroom

Due to the increase in demand for meals at lunch time, there was often a long line of members in the corridor waiting to order their meals.

This clearly was not acceptable for many of our members who were forced to stand for a long period of time.

To help correct this problem, the new lunch entry system was developed. Now at the greeter's desk you are given a number for you or your group once you show your SSAC membership card, and then are asked to take a seat in the lunchroom. This allows you to keep your place in line to order and pay for your meal, whilst sitting in comfort.

- Numbers will commence being handed out at 11:15 am.
- Please have your membership card ready to show the greeter.
- If you have forgotten your card, go to the reception desk to obtain a slip with your number to show the greeter.
- Enter the lunchroom immediately once you get your number to avoid the numbers being called out of sequence.
- Take a seat at a table and wait for your number to be called.

When your number is called you can go up to the cashier and order your food. Typically, you then go to the counter to pick up your order. The entrée may be brought directly to your table, with your number standing upright.

For take-out service, the procedure is the same, other than seating. For this purpose, chairs are set in front of the order desk, rather than at a table.

The Affordable Lunch program, through the generosity of many of our members, will have the effect of keeping the prices low and affordable for all our members, despite rising food costs. The program will be reviewed at the end of November to apply these funds to modify the monthly balance of kitchen income and expenses.

An unnecessary expense and production of waste is the use of take-out containers to carry out a portion of your meal. If you know that you usually cannot eat all the large meal portion, please consider bringing your own recyclable container to put the excess food in. This request also applies to those using the take-out service.

At times, the demand and the volume of members arriving at the same time may slow the process of getting your food order. We urgently need more kitchen volunteers to assist either with prepping, serving the meals or washing dishes during a weekday. Your volunteer efforts will be greatly appreciated. ●

SSAC Kitchen Volunteers



Preppers · Servers · Dishwashers
Have Fun Supporting our Meal Service

To volunteer, give your information at the front desk or email info@secheltactivitycentre.com

NOVEMBER 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 Chicken Parmesan	2 Shepherd's Pie	3 Fish & Chips
6 Sole	7 Seafood Linguini	8 Roast Pork	9 Cabbage Rolls	10 Fish & Chips
13 Butter Chicken	14 Beef Shawarma/ Falafel	15 Roast Beef	16 Chinese BBQ Pork	17 Fish & Chips
20 Quiche & Salad	21 Lasagna	22 Chicken Souvlaki	23 Salmon	24 Fish & Chips
27 Filipino Chicken Adobo	28 Beef Stroganoff	29 Roast Ham	30 Hot Reuben Sandwiches	

Friendship Tea



November 15th - 2 pm

Thanks to **Sharon Blanchette** and her team, the Friendship Tea is back every month on third Thursday from 2 to 4 pm. Lots of fun and the price is amazing. It's free!



Fun Poker

Fridays 12-3 pm

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.

Love Major League Baseball?



Want to manage your own team?

APBA Baseball Game gives you that chance! The APBA board game allows you, the sports fan, to connect with the professional players from a managers/coaches perspective.

Come out and see a presentation of the best baseball simulation game!

Wednesday November 8th, 1:00 - 3:00 pm in the Farish Room.

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.



Featured Activities

Spanish Café

Hola! Join us and have fun practicing your Spanish. Wednesdays 3:00-4:30 pm in the Farish Room.



Cribbage & Scrabble

Come out for some fun gaming! Tuesdays 1:00-3:00 pm in the Farish Room. We need somebody to lead this activity - any volunteers?



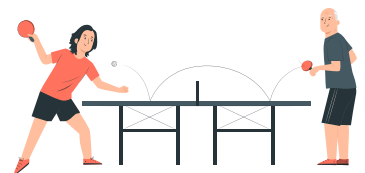
Country Two Step

Learn how to dance Country Two Step! Wednesday evenings 6:00-7:00 pm in the Craft Room. 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



SECHELT SENIORS ACTIVITY CENTER

PRESENTS...

**SATURDAY, NOVEMBER 18, 2023
7:00 PM TO 10:00 PM**

SPINDRIFT STREET *Live*



**DOORS OPEN AT 6:30
50/50 DRAW - BEER & WINE BAR
\$15 IN ADVANCE OR \$20 AT THE DOOR**

**TICKETS AT STRAIT MUSIC STORE IN SECHELT, MELOMANIA IN
ROBERTS CREEK AND ONE FLOWER, ONE LEAF IN GIBSONS.**

FREE LEGAL AID CLINIC

**Every Thursday
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

**November 17
12:30 to 2pm**



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

SSAC BUS TRIPS



Membership & payment required at sign-up.

Tuesday, November 14, 2023

Costco/River Rock Casino

Bus leaves Centre at 7:15 am Return on 4:45 pm ferry
\$40/\$55

Thursday, November 30, 2023

IKEA/Hard Rock Casino

Bus leaves Centre at 7:15 am Return on 4:45 pm ferry
\$40/\$55

Friday, December 1, 2023

Holiday Night Market/Gibsons Public Market

Bus leaves Centre at 3:30 pm
\$15

Thursday, December 21, 2023

Christmas Lights Tour

Bus leaves Centre at 4:00 pm
\$10

NOVEMBER 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			1:30–3:30 Level 2.0 w/ Coach		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		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		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.



ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
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	\$6
Line Dancing–experienced	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Caple	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney/ Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Farish Room	Sally Watson/Toni Bolton	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
TUESDAY					
Fitness with Jacquie 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
Cribbage/ Scrabble/Chess	1:00–3:00	PM	Farish Room		\$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	2:00–3:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
Spanish Café	3:00–4:30	PM	Farish Room	Victoria Vasquez	\$4
Pickleball	3:00–4:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
Active Flow Yoga	5:15–6:15	PM	Auditorium	John/Roxanne	\$6
Country Two Step	6:00–7:00	PM	Craft Room	Ian MacDonald	\$4
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	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
Line Dancing	3:45–4:45	PM	Craft Room	Collene Sand	\$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
Ukulele Jam	11:15–1:00	AM/PM	Craft Room	Mark Trevis	\$4
Badminton	11:30–1:15	AM/PM	Auditorium	Val Galat	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Pickleball	1:00–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 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	1:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4

* these classes are not suitable for first-timers