

# SEASHELL ECHO

DECEMBER 2023

SECHLT SENIORS ACTIVITY CENTRE NEWS

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## What Is Our Domain?

BY RICHARD WARD

**W**e are striving to ensure that our services to members continue to improve. However, an inevitable consequence is change in how we run the Centre. For example, our website address is **secheltactivitycentre.com**. In the internet world that is referred to as our domain name. Our domain name has come under criticism as being too long and laborious to type, causing errors, particularly when the American spelling of centre (center) is used. We investigated the idea of changing our domain name, finding that it was possible at minimal extra cost. We discovered that an appealing option **myssac.com** was available. All the centre e-mail addresses have now been switched over to that new domain name. For instance, the e-mail address of the president was **president@secheltactivitycentre.com**. It is now **president@myssac.com**. However, do not worry, even if you send an email to an old address, it will be rerouted to the correct new myssac.com email address.

Emily, Liz, and their volunteers are doing a great job producing delicious food. Add to the fact that prices are so economical, there is now a tremendous demand for lunchtime meals. We appreciate your patience as we strive to change our operations to best service all of those that would like to come in for lunch.

CONTINUED ON PAGE 2



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

Reception: 604.885.3513  
Office: 604.885.8910



Office Hours: M-F, 9 am-3 pm  
Closed Dec. 19, Reopens Jan. 2



info@secheltactivitycentre.com  
www.secheltactivitycentre.com

# What Is Our Domain

CONTINUED FROM PAGE 1

Be assured that you will be served in numerical order, so you don't need to line up before your number is called. Also please be patient with our volunteers. They are doing their best to get the food out as promptly as possible to you. In January, we will be extending meal service to 1 pm, and encouraging members not to all come at the beginning of service but to spread out over the lunch period. We will endeavor to ensure that at whatever time you come, you will have the full choice of the menu still available to you.

The final installation of audio-visual equipment in the lunchroom will soon be completed. This was funded for the most part by a grant of \$15,000 from the Sunshine Coast Forest Legacy Fund. The capabilities in the room now feature wireless handheld and headset microphones delivering sound through the new in-ceiling speakers. In addition, a choice of music streamed from Apple music can be played as a background. There is also a new 65" TV mounted on the wall with pivoting wall mount, which will usually be mirroring the Corridor TV weekly event display. However, it can also be used as a monitor for a computer display or presentation, or to stream YouTube or other services. An HDMI input jack on the wall below the TV allows easy plug in for any computer. We now use it for the BINGO display, making set up much easier. A neat feature of the room's wireless setup is that the TV sound can be played through its speakers or through all the ceiling loudspeakers. The whole setup gives us a tremendous facility to offer for rentals when not used for our own activities.

You may have heard or even experienced that on Friday morning of December the 17<sup>th</sup> we had to evacuate the building because of a perceived gas leak. Fortis was called and the technician found out that of the three gas-powered heat pumps on our roof, one of them had a malfunctioning heat exchanger. This was causing exhaust gases to escape from the unit, and some had made its way across the roof and



gone through the air return system in the kitchen. So that was the cause of the smell. All three units were turned off and tagged and couldn't be turned on again until a certified gas fitter had corrected any faults or tested them as being sound to function. That meant we had a cold weekend in both the auditorium and the kitchen which are supplied by these three heat pumps. On Monday the gas fitter came and declared two of the heat pump units functional (although one had the heat exchanger showing signs of wear) and one unit was not functioning. We bought new heat exchange units for the two problematic heat pumps to bring them all up to full function. It took one week for delivery of the new parts. However, I'm pleased to report that all the units are now safe and fully functional. I mentioned in earlier editions of the Echo, that we had some heating and ventilation costs coming up. This is one of them, costing around \$7,000. There will be more expenses, including our efforts to improve the fresh air return situation in the front rooms of the building. Thank you again to those of you who very generously contributed donations into the general revenue fund. These funds allow us to be resilient to these ongoing maintenance and upgrade costs. ●

# Program Report

## Donation Update

**The generosity from our members is evident with a continuous stream of funds gifted to the donation programs.**

As of Nov 25<sup>th</sup>, the totals for the 3 programs were:

Program	Total To Date	Target
Affordable Lunch Program	\$4,326.70	\$10,000
General Revenue Program	\$34,496	\$50,000
SSAC Endowment Fund	\$15,500	\$100,000

The Affordable Lunch Program will get the promised 3-month review once the November figures are completed. However, it looks like the donated funds will more than cover the drop in revenue due to lower prices and other kitchen related expenses incurred in the 3-month period. A report on the review will be available in the January edition of the Echo.

The much-needed General Revenue funds were further swelled by an incredibly generous donation of over \$12,000 by an anonymous donor who wished that the funds be used to support the monthly dances and the food program, along with \$1,000 in support of the Memory Café, with the residual being used for general revenue expenses.

This month the Endowment fund received a wonderful \$1,000 gift from member Judy Rother, along with an anonymous gift of \$500 to bring the total to \$15,500. This is a great vehicle for Legacy gifting and In-Memoriam donations to help build a sustainable future for the Centre.

Thanks again to all our donors as we continue to make the Centre the best it can be for our members and ensure its long-term future. ●

**SEASHELL  
ECHO**

**December 2023**  
Seashell Echo  
is the official newsletter  
of the Sechelt Seniors  
Activity Centre

### 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](mailto:ssac@dccnet.com) or [communications@secheltactivitycentre.com](mailto: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](http://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.





# Dancing Continues at SSAC

**O**ver the past year the Centre has had many good groups playing for us at our monthly dance events.

This month we had a the Spindriff Street band and this dance was great success. Everyone was still on the floor dancing until 10:00 p.m. calling for more! We will have them back next year.

Now we are getting ready for SSAC New Year party on December 31<sup>st</sup> with Creek Big Band. They will be joined by 3 singers, Al Burns (on drums), Steve Webber (on trumpet) and Lynn Dickson. It will be great way to say goodbye to 2023 and welcome with BIG BAND 2024 New York time 9:00 pm. The music will continue to play until 10:00 pm.

There will be also couple of our members celebrating their 40th wedding anniversary (supplying cake for everyone) let's help them celebrate their special day.

I am happy to say that we have started the 2024 dances having lined up some great new and old groups coming to play in SSAC dances in 2024.

Mark your calendars, the first dance in 2024 will be on January 20th with Martini Madness!

Thank you to everyone who makes the monthly dances a success.

We love to see you come to have a fun and at the same time support SSAC.

Looking forward to seeing you on December 31<sup>st</sup> at the New Years/New York time party. ●





# SSAC AUDITORIUM

5604 Trail Ave, Sechelt

PRESENTS

# NEW YEARS EVE

WITH

*Creek*  
**BIG BAND**

Sunday

Dec 31<sup>st</sup>

7 – 10pm

\$20 in advance

\$25 at the door

FEATURING:

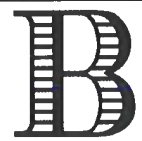
AL BURNS (DRUMMER)

STEVE WEBBER (TRUMPET)

AND LYNN DICKSON



Beer, wine, CIDER Bar



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# Batch

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**Supporters of  
SSAC Auditorium Dances**



# B

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

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

the shed

**Supporters of  
SSAC Auditorium Dances**

## Holiday Update

# Christmas Closure: Dec 19<sup>th</sup> to Jan 1<sup>st</sup>

**Christmas Closure:** As usual, the Centre will be closing for the Christmas holidays. This allows our chefs Emily and Liz and centre manager Gill to have their well-earned holidays, as do many of the volunteers. Therefore, the office and the kitchen services are closed from Tuesday Dec. 19<sup>th</sup> through Jan. 1<sup>st</sup>. Consequently, there will be no office services or hot lunches served during this period. Activities, where back door entrance is made available, may be proceeding as usual. Check for specifics with the coordinator of your activity.

**Christmas Lunch:** The closure will be after the Christmas buffet lunch on Monday Dec. 18<sup>th</sup> at 12:30pm (doors open at noon). The lunch is an amazing buffet that Emily and Liz with their volunteers put on in the Auditorium. The menu runs the gamut of all tastes from traditional turkey dinner through vegan feast. Tickets are on sale for \$25 each but limited to 100 diners (members only). There will be door prizes, a 50/50 draw and a raffle

of two valuable gift baskets. One of them will be a basket containing 10 assorted bottles of wine, with each bottle having been donated by one of our current board members. A special treat during the dessert course will be a 30-minute performance by the Funtastics, as they make a triumphant return to the SSAC Auditorium.

**Christmas Drop-ins:** Christmas can be a lonely time, without opportunities to see other Centre members due to the closure of SSAC. Thanks to the efforts of some wonderful volunteers, we will be opening the Lounge and Lunchroom for drop-in sessions with a Christmas vibe. The openings are 1-4 pm on Dec. 19<sup>th</sup> to 21<sup>st</sup>, and 27<sup>th</sup> to 29<sup>th</sup>. The schedule to-date is shown below. There will be complimentary tea and coffee, and baked goods by donation. All SSAC members are welcome to enjoy our Christmas revelries. If you have musical talent and would like to participate, let us know and we can fit you in to events. If you do know someone who will be alone this Christmas, please reach out to them. Christmas is an especially difficult time to be on your own. ●

## Event schedule during our Christmas closure

Date	Kitchen & Office	Lounge & Lunchroom	Events
December 18	OPEN	OPEN	12:30 pm - Christmas Buffet Lunch in the Auditorium Members Only - \$25 - Tickets available at the front desk
December 19	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and BINGO
December 20	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and Good Company 2 pm Christmas Movie in the Lunchroom
December 21	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and Good Company 2 pm Christmas Carol Singalong 4 pm Christmas Lights Bus Trip (\$10 - prepay by Dec 18 <sup>th</sup> at front desk)
December 22	CLOSED	CLOSED	COMMUNITY LUNCH Open to the General Public - NOT A SSAC Event
December 27	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and Good Company TBA
December 28	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and Good Company TBA
December 29	CLOSED	OPEN for drop-in	1-4 pm Coffee/Tea/Baked Goods/Christmas Music and Good Company TBA



# DECEMBER 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 Chicken Quesadillas	5 Cabbage Rolls	6 Chicken Cordon Bleu	7 Meatloaf w/ Mac & Cheese	8 Fish & Chips
11 Taco Casserole	12 Seafood Linguini	13 Roast Beef	14 Chicken Wings	15 Fish & Chips
18 Christmas Banquet (by ticket only)	19	20	21	22
25	26	27	28	29

## 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.



## Expressive Arts

Are you curious to explore your creativity? Do you want to make art simply for the sake of making art, without worrying about the finished product? This



all-abilities, three-part interactive workshop is designed to help you reconnect with play, imagination and yourself. Facilitated by two Expressive Arts Therapy students, you will be guided through an arts-based experience with visual art, sound, movement and/or writing. No previous arts experience is required. Come out and play! Sign up at the front desk for Friday January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, from 1:30–3 pm.



# In Memoriam



## Paul Lasuta

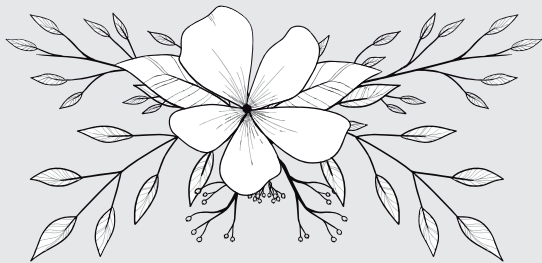
Paul left us at the memorable age of 102 (and 5 months)

Paul was born in Wynyard, Saskatchewan. He joined the Royal Canadian Navy, proudly serving on the Motor Torpedo Boat #735 and saw action in the European Theatre of WWII.



After the war Paul moved to the Kootenays where he met his future wife, Muriel Huscroft and they married in Wynndel on October 6, 1948. The young couple moved to Vancouver where Paul and some family members built and successfully operated their service station, Knight Motors, until a heart attack caused Paul to retire in 1985. Paul and Muriel then moved to Sechelt where his new focus became travelling and gardening.

Three children; Bonnie, Bill, and Bruce, five grandchildren, four great-grandchildren, and a lifetime of wonderful memories later, we sadly acknowledge this amazing man's passing.



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



## Advanced Care Planning Workshop

Wednesday, January 17<sup>th</sup>, 9:30–11:30 am

## Mapping the Ground We Stand On

An Interactive Workshop Exploring Indigenous and Settler Relationships with John and Nancy Denham

Friday, January 26<sup>th</sup>, 1:30 pm

## 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 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. Complete forms are to be put in the Life Member mail box in the office by December 8<sup>th</sup>.

Questions? Send an email to [ssac@dccnet.com](mailto:ssac@dccnet.com).

Wishing you and your loved ones a Merry Christmas and a safe and healthy New Year.



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## ● NEW ACTIVITY

### APBA Baseball Game

Fridays, Dec 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>  
1:30-3:30 pm  
No experience necessary!



## ● FREE HEARING AID CLEANING

December 15 - 12:30 to 2pm



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

## ● SSAC BUS TRIP



**\$10**

Thursday, December 21, 2023  
Christmas Lights Tour - Bus leaves Centre at 4:00 pm



# DECEMBER 2023 | SSAC PICKLEBALL SCHEDULE

Beginners and new-to-us players wanting to join, please contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

MON	TUE	WED	THU	FRI	SAT	SUN
No sessions Dec. 18 or 25	No sessions Dec. 19 or 26	No sessions Dec. 20	7:30-9:30 Mixed Level Play All Levels	7:30-9:30 Mixed Level Play 3.25-3.5+		
	1:30-3:00 Single Level Play w/ Coach 2.5			1:30-3:30 Single Level Play w/ Coach 2.0		12:30-2:30 Mixed Level Play 1.0-2.5
3:00-4:30 Mixed Level Play 3.0-3.5	3:00-4:30 Single Level Play 3.0	3:00-4:30 Mixed Level Play w/ Coach 1.0-2.0	3:00-4:30 Single Level Play 3.25	3:30-5:30 Mixed Level Play 2.5-3.0		2:30-4:30 Mixed Level Play 3.0-3.5+
4:30-6:00 Mixed Level Play 2.0-2.5	4:30-6:00 Single Level Play 3.25-3.5+		4:30-6:00 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 Single Level Play 3.5+						

For more information, please contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

## \$1 Bingo

**\$1 BINGO** is held on Tuesday afternoons with reduced price of game cards. **Last session for the year is on December 12<sup>th</sup>**. 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.



# DECEMBER 2023 | SSAC ACTIVITY SCHEDULE

Some activities will continue during the Holiday closure - please check with your activity leader. Check the website for changes.

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Hatha Flow Yoga	10:00-11:15 AM	Auditorium	John McDougall-Goulet	\$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
<b>TUESDAY</b>				
Fitness with Jacquie or Lisa (no class Dec. 5)	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
BINGO	2:00-4:00 PM	Lunch Room	Richard Ward	
Pickleball	1:30 -6:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>WEDNESDAY</b>				
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
Table Tennis	1:00-3:00 PM	Craft Room	Marilyn Heinrich	\$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	Auditorium	Ian MacDonald	\$4
<b>THURSDAY</b>				
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
Pickleball	3:00-6:00 PM	Auditorium	ssacpickleball@gmail.com	\$4
Line Dancing	3:45-4:45 PM	Craft Room	Collene Sand	\$4
<b>FRIDAY</b>				
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
Mindful Pilates Mat 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
<b>SATURDAY</b>				
Quilting	9:00-4:00 AM/PM	Dining Hall	2 <sup>nd</sup> Saturday of each month	\$4/\$8
<b>SUNDAY</b>				
Latin Dance (no class Dec. 3)	10:30-11:30 AM	Auditorium	Viri Pichardo	\$6
Pilates (no class Dec. 3)	11:45-12:45 AM/PM	Auditorium	Viri Pichardo	\$6
Pickleball (no class Dec. 3)	1:00-8:00 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 on weekdays.

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