

SEASHELL ECHO

JANUARY 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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A Year of Growth

BY RICHARD WARD

It has been a year of tremendous growth. Growth both in numbers of members and in the sense of community at the Centre. It is wonderful to see the smiling faces of our volunteers and those coming into the Centre. It truly is becoming a home away from home for many members. The donation campaign mounted in September was very successful, as so many members showed their generosity to others. It was particularly gratifying to see the response to the **Affordable Lunch Program**, allowing us to keep a check on meal prices. Food security for seniors is such a huge problem that it is beholden upon us to do whatever we can to help. The gifts to the **General Revenue Program** proved to be invaluable, enabling us to withstand costs for ventilation repairs and upgrades, along with many other infrastructure expenses. There are more ventilation costs to come as we address fresh air intake to the front of the building, but we are well positioned to withstand those costs.

The Bus was underutilised this year, primarily because we only had one driver. This has been remedied as we now have some backup drivers. Also, we have an exciting collaboration with Harmony Hall Seniors Centre in Gibsons. We have agreed upon reciprocal membership whereby a full paid-up member at Harmony Hall can buy an accompanying SSAC membership for half price (\$17.50) and a fully paid-up member at SSAC can buy an accompanying Harmony Hall membership for half price (\$12.50).

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

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

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.



A Year of Growth

CONTINUED FROM PAGE 1

At the beginning of January, we will all be meeting to plan out a series of trips through to the end of March. These will encompass the usual casino and shopping events, but in addition we plan to include cultural events both on the Coast and mainland, with the exciting addition of eco-trips with short guided educational walks into the rain forest of the Sunshine Coast.

During our usual Christmas closure after the Christmas lunch (December 19th to January 1st) we opened on six days for drop-in afternoon sessions in the lunchroom. Although some sessions were sparsely attended, they proved very valuable to those that did come. Christmas is a bad time to be alone. On the last day (December 29th) soup at noon followed by the Echoes Ukulele group, led by Mark Trevis was a tremendous success. Thanks also go to members of the Sechelt Rotary Club who volunteered at the sessions. Special thanks have to go to Rotarian Tanya Hall for her dedication to the events and of course her mother Shirley for preparing her delicious soups. We are especially grateful to Dr. Paul Dhillon of Cowrie Medical Clinic, who sponsored the complimentary treats that were available at the sessions.

In the new year the biggest change will be the introduction of the **MySeniorCenter** membership system (described in another article here). Not only will it make us more efficient, but we will also be better able to offer the services and welcoming environment you all deserve. I hope your blessings keep multiplying in the coming year. •

SSAC LIFE MEMBERS

Shirley Allen	Val Marsh
Kit Artus	Alice Matthaas
Mike Bakst	Vern Matthaas
Margaret Boyd	Fay McCarthy
Bert Carswell	Mike McCarthy
Ann Clitheroe	Shirley McCaghtrie
Franz Erber	Rick McGowan
Maurice Farn	Chris O'Brennan
Joan Frembd	LeRoy Pattison
Jean Griffiths	Joanne Rykers
Christa Haas	Doug Smith
Bonnie Hewitt	Valerie Thorsteinson
Irene Jankovits	Nikki Weber
Wilma Lorimer	Ed White



Governance

BY BERT CARSWELL

The Legal and Legislative Committee (Val Galat and Bert Carswell) of your Board of Directors continues to be busy rewriting our Policies and Procedures Manual to simplify and bring it up to date. This project will take several more months to complete. Each section is submitted in draft form to the Board for discussion, possible amendments and final approval. Starting with section one in this issue of the Echo, we will, on behalf of the Board, over the next year, publish the entire manual. Once completed the Manual will be posted on the SSAC website and updated as needed. Our bylaws require that the Board, Staff, Membership and Guests follow the bylaws, rules, policies and procedures of our wonderful Centre.



POLICY 1 GOVERNANCE

(ref: Bylaws Part 5 Divisions 1 & 2)

The role of the Board will be ensuring the Centre's financial health; ensuring sound relationships; ensuring good performance; communicating effectively; developing and updating a long-term plan and ensuring the existence of a good governance framework.

PROCEDURES

The Board of Directors shall:

1. Develop and maintain a governance framework that reflects our mission and values.
2. Abide by the Societies Act of British Columbia and the constitution, rules, bylaws, policies and procedures of the Sechelt Seniors Activity Centre Society.
3. Establish and maintain a complementary and collaborative relationship with our staff.
4. Establish and follow procedures for the evaluation of our manager/coordinator.
5. Recruit and orient new Board members.
6. Assess the Board's performance on a regular basis.

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

As of Dec 22nd, the totals for the 3 programs were:

Program	Total To Date	Target
Affordable Lunch Program	\$5,233	\$10,000
General Revenue Program	\$38,096	\$50,000
SSAC Endowment Fund	\$15,550	\$100,000

As promised, we are reviewing the **Affordable Lunch Program** to assess our kitchen-related expenses in comparison to revenue from the meal service. Figures will be available after the year end date of December 31st. In the interim, we have had some extra kitchen-related expenses including the purchase of an upright freezer now stationed at the back of the front office. This will allow for the purchase of frozen entrees solely through the front office. Not only will this simplify the tasks of the lunch volunteers during hot meal service times, but it will also speed up the process, and ensure that we can keep the hot entrée prices constrained to \$12 and below and frozen entrees at \$6 and \$8.

The **General Revenue Program** donations have now reached \$38,096. This fund has been invaluable in moving forward on ventilation maintenance projects, audio-visual system acquisitions and installations over and above those covered by grant funding, and the acquisition of the **MySeniorCenter** computer software system described in another article in this issue.

This month, the **SSAC Endowment Fund** received a wonderful recurring monthly \$50 gift for one year from Jane Moriarty. Recurring donations can easily be set up through the Sunshine Coast Foundation website. The Endowment fund 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. ●

Christmas Lunch

Emily, Liz and their host of volunteers produced a fabulous cornucopia of festive food at the Christmas Lunch, enjoyed by over 120 diners in the Auditorium. In addition to door prizes, there was a raffle of two prizes. One was a basket of coffee with kitchen paraphernalia and the second was a box of 9 bottles of wine. Each of the current SSAC Directors had generously donated a bottle of wine for the raffle. Once diners were informed that the proceeds plus matching dollars by SSAC would be donated to the Sunshine Coast Community Services Food Bank, the ticket sales were prolific. Mike Tooley was the lucky winner. Ticket sales totaled \$460, being rounded up to \$1,000 by matching dollars from the Centre. In the New Year we will be presenting a cheque for \$1,000 to the Food Bank in the name of the members of SSAC.

An important highlight of the Christmas Lunch was the presentation of four lifetime memberships. These prestigious awards are presented to members who have volunteered extensively and have shown special dedication to the Centre over many years. The recipients were Val Marsh, Shirley Allen, Chris O'Brennan and Mike Bakst. Many of you may know Mike better as Mike 900. Festivities concluded with a performance by the New Funtastics.

Obviously based upon the number of smiling faces leaving the auditorium, a good time was had by all and was a highlight of the year. ●





Suncoast Phoenix Community Choir
presents

Groundhog Day Burger and Fun!

Saturday, February 3, 5:30 to 8:00 pm
at the Sechelt Seniors Activity Center

50/50 draw; Silent Auction (cash/e-transfer only)
and Entertainment. Bar available!

Tickets \$25 (includes Rotary burger and extras)
Please purchase tickets from choir members
or at Strait Music, Sechelt



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SSAC AUDITORIUM
5604 Trail Ave, Sechelt
PRESENTS

Saturday Jan 20th
7 – 10pm

MARTINI MADNESS
All Fun Tunes!
Beattles to Bossa Nova
to Country Swing
And A Touch Of
Everything In Between!

Guaranteed Dancing & Musical Madness!

\$15 in advance
\$20 at the door
Available at SSAC Front Desk

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TEE

graham - Kevin - Andy



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- Physical therapy exercises
- Personal care (e.g., showering, hair washing, dressing)
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BREWERY & KITCHEN

OPEN for Dine-in, Patio and Take-out!
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**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**

Advance Care Planning Workshop

Wednesday, January 17th, 1 to 3 pm, Craft Room

An accident or medical crisis can happen to anyone, of any age, at any time. In this workshop, presenters from **Sunshine Coast Hospice** will introduce you to the **Sunshine Coast Green Sleeve** and explore the steps involved in making an advance care plan. Advance care planning (ACP) is a process of thinking ahead about the type of health and personal care decisions you would like to receive if you get injured or very sick and cannot speak for yourself. The Green Sleeve is a place to store your ACP documents. Putting a plan in place will help ensure you get the care you want, and it will help your family at a difficult time. Limited seating – sign up for this free workshop at the front desk or call 604-885-3513. •



Let's Discuss Ride-Sharing

Wednesday, January 17th, 2:30 pm

It was a lovely day outside when I went to visit Mr. & Mrs. Smith at their home in West Sechelt. As the program assistant for **Better at Home**, I was there to see how I might assist them. You see, although there is a car in the driveway, neither of them can drive it any longer. They are members of Sechelt Seniors Activity Centre and would really love to come for lunch, do some chair yoga and enjoy the other amazing events hosted there. All they need is a ride. This is not an unusual story unfortunately. It is happening all over the Coast with many of our seniors. We at **Better at Home** do what we can and there is still a greater need.

All we need is some of YOU! With many members driving to the Activity Centre, we would like to engage anyone that is interested in picking up others on your way. You are invited to a gathering on Wednesday January 17th at 2:30pm to hear more about how you can expand your friend circle while being a great help to other seniors in our community. Amber Stoby, our volunteer coordinator, and I will be there to share our ideas, hear yours and talk about what it takes to volunteer as a driver for your fellow members. Tea and snacks will be served. •

- Jill Prescott, Better at Home, SC Community Services

Mapping The Ground We Stand On Workshop

Interactive Workshop led by Nancy & John Denham
Friday, January 26th, 2 to 5 pm



As part of its commitment to support the findings of the Truth and Reconciliation Commission, The Primate's World Relief and Development Fund (PWRDF) has developed a program called, **Mapping the Ground We Stand On**. This interactive workshop, known as the Mapping Exercise, invites participants to explore the Indigenous presence on the map of Canada, the history of Settler arrival, and their relationship to one another. It also offers an opportunity for learning and reflection on the concept of Terra Nullius— or “empty land”—and the Doctrine of Discovery as foundational to colonialism (of which the residential schools were one aspect). Participants will walk on the map, reflect on their own presence on it, and discuss how they might respond to what they have learned. As time allows, participants will also learn about PWRDF's 20-year history working in Indigenous communities in Canada.

Sign up for this free program at the Front Desk or call 604-885-3513. •



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

Introduction to MySeniorCenter



In keeping track of our membership we have two important tasks:

- Maintaining a database of memberships for payments and communication needs.
- Checking validity of memberships upon entry into the Centre for activities and meals.

With respect to a membership database, we have been fortunate that member Viktor Kiss developed a membership database system that has provided valiant service for us. We thank him tremendously for that contribution to the Centre. However, there are limitations to the capabilities of the system, as there would be for any custom-made software.

Our greeters fulfill the role of checking memberships upon entry. We certainly understand the frustration you feel when you are hunting through a pocket or purse to find your membership card, especially when there is a line-up behind you. We have been attempting to find a better solution for each of these issues.

In addition, over and above database management and checking the entry of members we have major needs such as:

- Ease of communication with members
- Ease of scheduling activities and rentals
- Ease of registering, checking in and paying for activities
- Ease of producing administrative reports

After much deliberation, the Board decided that we needed to move to a full-service computerized database system. We therefore purchased the enhanced software package from myseniorcenter.com (MSC). It is used very successfully by over 1,600 seniors' centres in the U.S. and many in Canada, including South Granville Seniors Centre in Vancouver. Enquiries to other centres using this system have informed us that users are not only satisfied with the functioning of the system but also the quality of support provided by the company.

The membership card will be a thing of the past. Initially, each member will be assigned a key tag which, when scanned, will verify membership status upon entry. Over time, the full capabilities of the MSC system will be introduced. Upon entry the key tag will be scanned, immediately displaying the information and check-in options for that member on a dedicated touch screen kiosk. This will verify current membership and allow quick check-in to activities that day. If you forget your key tag, your name can be entered quickly to bring up the same information.

The full MSC system has been purchased, and includes a touch-screen kiosk with scanner, and key tags. The existing SSAC membership data is being transferred into the system, accompanied by extensive training and operational support from myseniorcenter.com staff members. In addition, two iPads loaded with system Apps will be used for scanned entry away from the front entrance, such as the rear entrance to the Auditorium, or for check-in of after-hours activities. This entire package has cost approximately \$10,000. In addition, there will be a \$2,500 annual fee for continued service and consultation.

When a key tag is scanned the member's basic information and validation of membership will be displayed. In addition, the daily schedule of events and activities will be entered into the system, with your check-in options for activities displayed. We plan to take a staged approach to the introduction of the system, first getting key tags to members for verified entry then using the activity check-in function for a few select activities. After hours activities will be the last to be brought on-line for check-in. Training for key SSAC volunteers has already commenced.

The first step is to verify the membership information that has been transferred from our old system. Because there were multiple errors found in the previous database and the need for such specific information as cellular phone number and birthdate, we require that you complete a SSAC Personal Information Form. This can be achieved in several ways. The form is in the printed copy of the ECHO or is printable from your pdf version downloaded from the website. Complete the form and hand it in at the SSAC main office, during office hours, 9:00 am to 3:00 pm Monday through Friday. A fillable pdf will also be sent by email, so that you can complete and return it by email if you wish, particularly when it is difficult to attend the front office during open hours. Members that have submitted completed forms will be able to pick up their SSAC Key Tags starting Monday January 8th. The aim in January is to get as many members as possible with key tags. If you are currently a greeter or front desk volunteer, do not panic. Detailed training will be given over the next months to those who will have direct contact with the system at different levels. If you are not comfortable with modern technology, be assured there will still be many front desk related tasks for you. However, if you would like to volunteer a few hours a week with this exciting new computerized system, please let us know at the front desk.

In January you will see a front entrance touch-screen kiosk being used to verify all member entries. The plan is to have the extensive activity check-in features you will see on the kiosk begin to be operational January 22nd. Activities occurring within opening hours will be the first to use the check-in features. The after-hours activities will be phased in later, as they present extra challenges to the check-in process.

If you are interested in learning more about the new computerized system, please view the myseniorcenter.com website. With our membership numbers continuing to grow it is vital that we move to this full-service system, in order make your SSAC experience the best it can be. Although our technology will be changing, the Centre is still about the people. We will strive to ensure that it remains a wonderful place to come for whatever your needs. •

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

**Friday, January 19
12:30 to 2pm**



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

SSAC BUS TRIPS



Great news! Extra bus drivers are coming on board. Watch for trips in February. If you have any ideas for trips - especially local trips, please leave your suggestions at the front desk.

JANUARY MENU

Weekdays 11:30 am to 1:00 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
Closed for New Year's Day ¹	² Shepherd's Pie	³ Chicken Cordon Bleu	⁴ Bangers & Mash	⁵ Fish & Chips
⁸ Salmon	⁹ Cabbage Rolls	¹⁰ Roast Ham	¹¹ Baked Chicken	¹² Fish & Chips
¹⁵ Quiche & Salad	¹⁶ Seafood Linguini	¹⁷ Roast Beef	¹⁸ Moussaka	¹⁹ Fish & Chips
²² Meatloaf w/ Mac & Cheese	²³ Chinese BBQ Pork	²⁴ Chicken Parmesan	²⁵ Reuben Sandwiches	²⁶ Fish & Chips
²⁹ Ginger Beef	³⁰ Lasagna	³¹ Roast Pork		

Dance, Dance, Dance!

2023 was a good year for the Centre! We had some really great dance events. Thank you everyone who came out to enjoy these fun evenings, and especially to all our volunteers. Without you there would not be fun evenings to come together to listen and dance.

Mark your calendars! Here are the great groups scheduled so far for 2024.

January 20 - Martini Madness

February 17 - Mardi Gras with Mitch Lazer

March 16 - Shamrockers

April 20 - Steve Hinton Band

May 25 - SpinDrift Street

We will update you in the February Echo about the New Year/ New York time party dance we had on December 31st with Creek Big Band!

We are wishing you a very Happy, Healthy and Lucky 2024. Looking forward to see you at our events in the coming year.



Friendship Tea

January 18th - 2 pm

Thanks to **Sharon Blanchette** and her team, the Friendship Tea is held every

month on the third Thursday from 2 to 4 pm. Lots of fun and the price is amazing. It's free!



American Mahjong

Are you interested in American Mahjong? This is different from Thursday Mahjong. Please leave your names at the front desk and if we get enough interest, we'll schedule it for February!

\$1 Bingo

\$1 BINGO is held on Tuesday afternoons with reduced price of game cards. **The first session for the year is on January 16th.** 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, 2:30-4:30 pm in the SSAC dining room.

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 5th, 12th, 19th, from 1:30-3 pm.

JANUARY 2024 | 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 3.25-3.5+		
	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 Beg - Int 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 w/ Coach 3.25	3:30-5:30 Mixed Level Play 2.5-3.0		2:30-4:30 Int - Adv 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 Mixed Level Play All Levels	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+	6:00-8:00 Int - Adv 3.0-3.5+					

For more information, please contact ssacpickleball@gmail.com

JANUARY 2024

SSAC ACTIVITY SCHEDULE

Open to adults of all ages. Please check our website for changes.

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; starts Jan 9)	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 Cagle	\$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
BINGO (starts January 16)	2:30–4:30	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
Table Tennis	1:00–3:00	PM	Craft Room	Marilyn Heinrich	\$4
Pickleball	3:00–6:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
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	11:45–12:45	AM/PM	Auditorium	Louise Parker	\$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 Cagle	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
Line Dancing	3:45–4:45	PM	Craft Room	Collene Sand	\$4
Pickleball	3:00–6:00	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
Mindful Pilates Mat Class	10:00–11:00	AM	Craft Room	Viri Pichardo	\$6
Badminton	11:15–1:15	AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam	11:15–1:00	AM/PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Expressive Arts (1 st 3 Fridays - pre-register)	1:30–3:30	PM	Craft Room	Hanna Brown/Julia Booth	\$4 ea.
Pickleball	1:00–7:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 nd Saturday of each month	\$4/\$8
SUNDAY					
Latin Dance	10:30–11:30	AM	Auditorium	Viri Pichardo	\$6
Pilates	11:15–12:15	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