

SEASHELL ECHO

FEBRUARY 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Same Old Values

BY RICHARD WARD

January saw the introduction of the MySeniorCenter (MSC) system. Thank you to all who took the time to complete and return their personal information form. A dedicated team of volunteers then entered and corrected your data collected from our old membership management software. On Jan 17th the MSC company support team imported our data into our new system. That allowed us to go live with the MSC kiosk and scanner on Monday January 22nd. By now you will be aware of why we moved from a membership card to the key tag. A quick scan brings you up on the system offering a plethora of options. As the months move by, we will be making use of more of the copious number of abilities of the system. The aim is to bring the wallet system on-line around mid-March. You will then be able to deposit funds into your wallet and pay from it as you check into your activity or make some purchases. Some of the after-hours activities such as Pickleball present extra issues such as rear door entry, so there will be a delay in full implementation of the system for them. Pickleball will eventually be a wallet only activity, but for now will continue with activity cards/cash payments and registration for Pickleball through SSACSign.

All members are encouraged to come in and get their key tags, to continue being able to sign into activities and events. This is particularly important for the Pickleballers and other after-hours activities.

CONTINUED ON PAGE 2



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

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www.myssac.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

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.



Same Old Values

CONTINUED FROM PAGE 1

We have 3 paid employees and a contracted janitor. Other than that, everything we do or achieve at the Centre is because of the efforts of volunteers. Since becoming President last March, I have been impressed by the dedication and diligence of all our volunteers. But the process of bringing in the MSC has left me in awe at the degree of devotion of those bringing it to life for us. The introduction of the MSC system was only possible because of an incredible effort by the transition team. Treasurer Alison Kowalewski put together the team and organized the transition process. We were very fortunate that the amazing May Jim stepped forward as Project Manager. To say that she has been working night and day on this since November is no exaggeration. Under her guidance more than 20 volunteers needed to be trained for greeter and desk positions implementing the MSC program. Under May's guidance, Chris Twaits and Pam Demers conducted numerous training sessions to ensure that all the volunteers would be comfortable using the system when we went live on January 22nd. Largely unseen is the software and computer support for the transition that was provided by Chris Hadaway. Again, another SSAC member spending endless hours, which, in his case, ensuring that all aspects of computer support were taken care of in the transition process.

A Modernised SSAC Has The Same Old Values

As to the cost of the MSC system, we were able to pay for it without depleting the general revenue account. The source of funds was through our BINGO activity held during the past year. Under the BC Gaming regulations, we had to create a separate BINGO gaming account. This account, which contained just over \$10,000, could then be used to donate to the Centre to cover the approximately \$10,000 cost to purchase the new MSC system.

You need your key tag with you to check in. However, some members have complained that they don't have a key ring for their tags or that the tags are too small. We are ordering some SSAC lanyards to wear from your neck that some of you might like to use to easily keep track of the key tag and/or your keys. However, you can also use your cell phone to check in! Take a photo of your key tag on your phone. When you enter, have the photo displayed on the phone, place it in front of the scanner and you are in.

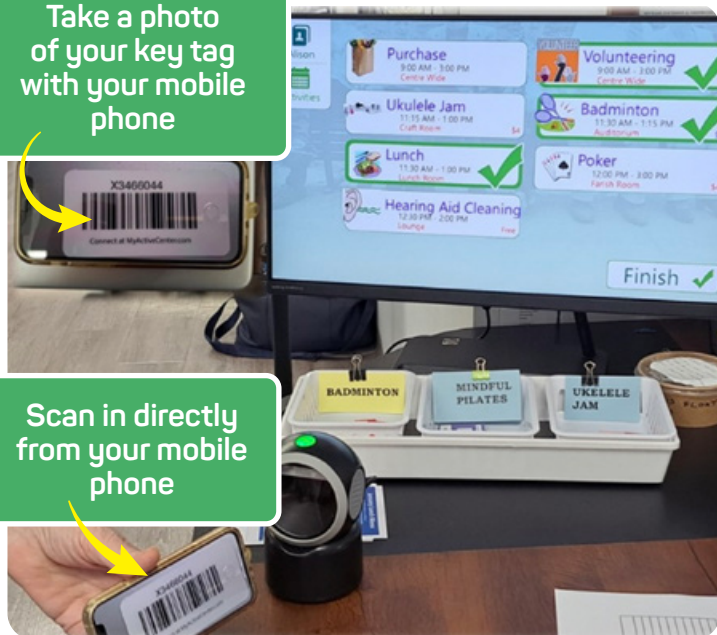
Hopefully, as we introduce the MSC system it will simplify your access and use of the Centre. Despite these changes we remain committed to keeping “your home away from home” as welcoming as always.

We have also made a change in the way that kitchen and office volunteers are being coordinated, bringing them together into the same process. For many years the kitchen volunteers were coordinated by the incredible Sally Watson and Toni Bolton. At times a thankless task, taking hours of emailing and phoning to ensure that all the prep, dishwasher and server shifts are filled each day. We owe them a tremendous thank you for their efforts as they have shown how diligent and tenacious our volunteers can be. Sally and Toni are getting a well-deserved rest from the coordination, and they wanted it known how much they love their volunteers and appreciate their devotion to our meal service over the years. As we move to the new coordination process which combines both office and kitchen volunteers, we hope to live up to the standard that they have set.

We have undergone a lot of change in the past months. However, hopefully you have not seen a change in the joy and comfort level in the Centre. ●

Take a photo of your key tag with your mobile phone

Scan in directly from your mobile phone



Take a photo of the MSC bar code on your key tag with your mobile phone. You can then have this photo scanned at the kiosk, rather than the key tag.

Policies & Procedures

Membership

BY BERT CARSWELL



In the January issue of the Echo, I introduced you to the Policy and Procedures of the SSAC, their importance and how they are created. In this issue I submit:

POLICY 2 MEMBERSHIP

(Bylaws Part 3 Division 1)

Membership in the Sechelt Seniors Activity Centre Society will remain open and affordable to all. The Centre, Board members, or volunteers will not distribute personal information about members, including names, phone numbers, addresses, emails without permission of the member.

PROCEDURES

1. Activities are for members only. Non-members may attend and participate in an activity once on a trial basis by paying the activity fee.
2. The Centre's membership list will be kept up to date on the database.
3. Life members shall not be required to pay the annual membership fee but shall be required to pay activity fees.
4. The membership is valid for 1 year from the date the membership is issued.
5. Membership has no age restrictions but members under 50 years of age will have no voting privileges.



Dancing at the SSAC

The SSAC New Year dance with Creek Big Band was a big success. What a wonderful party. We were sold out! The music was great. The dance floor was full with happy people until the end. We not only celebrated New Year, but everyone helped celebrate Yvette and Gordon Fleming's 40th Wedding Anniversary.

They supplied wedding cake and carnations for us all to take home. And Richard Corbet's Carrot cake was a hit as well.

January snowfall, put a damper on our January 17th dance with Martini Madness.

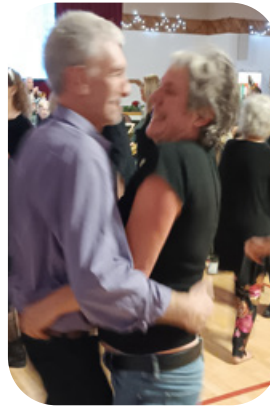
Lots of folks chose not venture out, but the ones that attended were not sorry. We were all dancing until the end to tunes that we all knew. Many were asking for more.

On January 27th we also held a Country Dance Workshop. This is starting to be popular, with more and more new people attending.

Get ready for February 17th Mardi Gras dance with Mitch Lazer and group. Again, guaranteed good music to dance to, or just enjoy a glass of wine and listen.

Many thanks to the volunteers who come out every month to help us set up and clean after the dance. Also, thanks to the volunteer bartenders who make the dances more enjoyable. I would like to thank to all who participate in SSAC dance events as well. Looking forward to seeing you next month! ●

Jay Alexov and the Special Events Committee

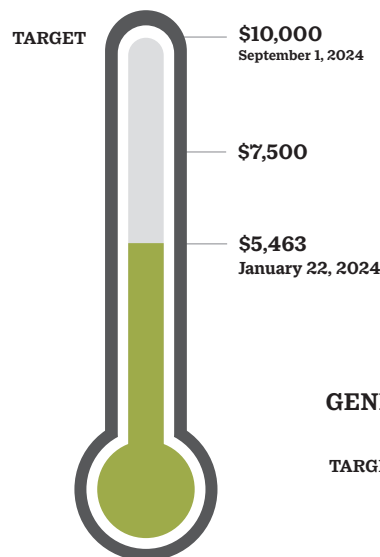


Thanks for your Gifts

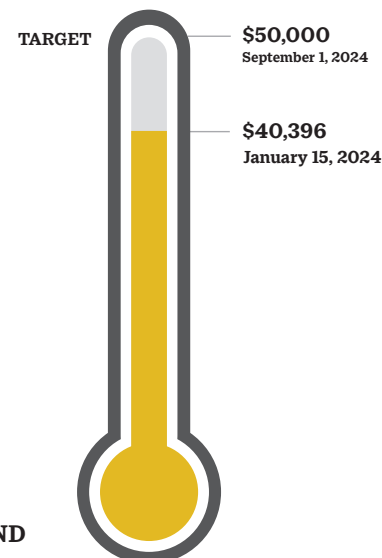
The generosity from our members is evident with a continuous stream of funds gifted to the donation programs. Here is a public thank you to those who permitted it on their donation form. However, we thank all of you anonymous donors equally. It is with all of your help that we are able to continue to make the Centre the best it can be for our members and ensure its long-term future.

PLATINUM \$5,000 or more	Louise Parker
	Bob Mackie
	Sheryl Yoner
	Helen & Richard Ward
GOLD \$1,000 to \$5,000	Andre Casaubon
	Jane McKee
	Judy Rother
	Susan Grenville
SILVER \$100 to \$1,000	Val Galat
	Brian Smith
	M.D. McCarthy
	Christine Poplawski
	Barbara Seed & Adam Shepherd
	Eugene Pelly
	Yvette & Gordon Fleming
	Robert Pizzi
	Cathy Du-Preez-Kiss
	Mike McCarthy
	George Goulet
	Terry Goulet
	Kong Ho Lee
	Mark Garland
BRONZE Up to \$100	Robert Pincombe
	Jane Moriarty
	Tina McAllister
	Francine Golbeck
	Jill Bellisomo

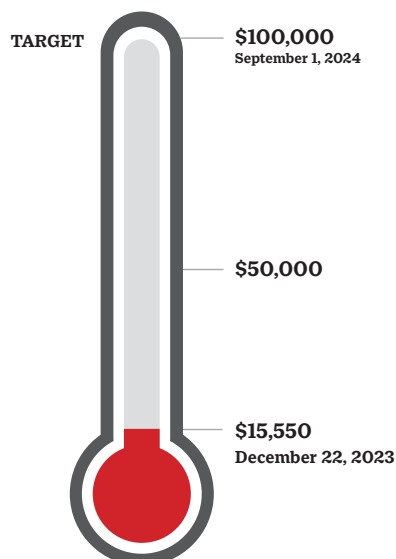
AFFORDABLE LUNCH PROGRAM



GENERAL REVENUE



SSAC ENDOWMENT FUND



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- Physical therapy exercises
- Personal care (e.g., showering, hair washing, dressing)
- Nursing care & wellness checks
- Companionship, mental stimulation and engaging activities

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*Hearts &
Roses
Soiree*

Fun for Singles & Couples

February 14th
2:30 pm

**Sechelt Seniors
Activity Centre Dining Room
No Admission Fee**



**Treats, Coffee/Tea
Love Trivia Contest
Ukulele Group**

Activities

Let's Jam!

Join us for a fun jam on Fridays from 11:15-12:30 with our very own ukulele group, **The Echoes**.

This is an ongoing jam group for beginners and upwards. We provide basic ukulele lessons to get you going, if needed. Our main focus is having lots of fun singing and playing together. Ukuleles can be provided on request if you don't have your own to start with. We also encourage the use of fiddles, accordions, guitars, harmonicas or other instruments, or just come and sing with us. It's a minimal cost of \$4.00 (along with your membership) for lots and lots of good entertainment and meeting other folks!

new

Mindfulness Pilates

Join Mindful Pilates with **Viri**, a 6-week series starting February 16th. **ay** in advance to secure your spot. Only 8 spaces available.

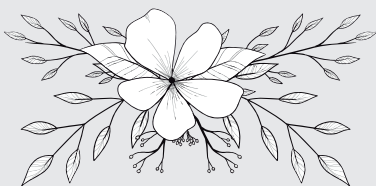
new

Mindfulness-Based Stress Reduction Meditation

Wednesday February 21st, 2 pm in the Craft Room.

Introductory session with **Eddie Berinstein**.

A sampling of how to cultivate mindfulness through meditation practice which will allow us to be more present for our moments as they unfold.



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

AGM March 20th, 1:30pm

**Do your Part to Ensure
a Continuance of Strong
Governance**



Wednesday, March 20th is the date of the Annual General Meeting. All board positions will be up for election. Our full complement is 5 Executive members (President, Vice-President, Treasurer, Secretary and Maintenance Director). In addition, there are 6 Directors-at-large. They take on roles as heads of various administrative committees such as Security, Health & Safety, Special Events, Fund Raising, Communications, and Legal and Legislation. In order, to ensure we have a successful transition to a new board we need nomination of candidates to all positions and a large attendance at the AGM. Only members 50 years of age or older can vote at the meeting.

All our current board members are ending one-year terms, but a change in our constitution voted through at the Fall General Members meeting, is to have a mixture of two and one-year terms for board members. This will ensure only partial replacement of the board at each election. A candidate nominating committee comprised of Susan Grenville (Chair), Bert Carswell, Alison Kowalewski and Gill Smith will solicit nominations and receive nomination forms and organize the voting at the AGM. Nomination forms can be picked up at the main office. A display in the main corridor will list nominated candidates as they are approved.

Every candidate for election must either be nominated by the nominating committee, or in writing, signed by at least two Regular Members in good standing. The candidate must consent in writing to the nomination, and the nomination and consent must be received by the Chair of the nominating committee (Susan Grenville) via her mailbox in the office, at least forty-eight (48) hours before the scheduled time for the election. Nominations shall not be accepted from the floor at the AGM.

Please consider putting your name forward for election to the Board. The Centre is a very rewarding and enjoyable place to be. We are evolving quickly and need new blood to keep stimulating our development and help maintain the current level of service.

Sechelt
Activity
Centre
presents

MARDI

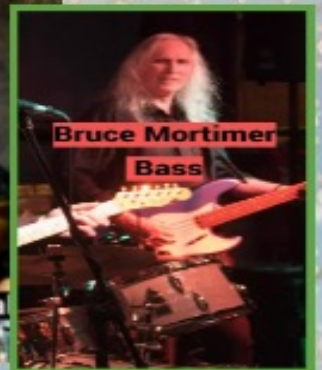
Gras Party

with

LAZER TRIO

SATURDAY FEB 17TH 7-10 PM

\$15 in Advance \$20 at Door



50/50 draw
Beer and wine bar

Made with PosterMyWall.com

FEBRUARY 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
			1 Chicken Pot Pie	2 Fish & Chips
5 Shepherd's Pie	6 Sole	7 Chicken Cordon Bleu	8 Moussaka	9 Fish & Chips
12 Chicken Adobo	13 Cabbage Rolls	14 Roast Ham & Scalloped Potatoes	15 Chicken Quesadillas	16 Fish & Chips
19 Closed for Family Day	20 Chicken Wings	21 Roast Beef	22 Salmon	23 Fish & Chips
26 Butter Chicken	27 Seafood Linguini	28 Roast Pork	29 Hot Reuben Sandwiches	March 1 Fish & Chips

\$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, 2:30-4:30 pm in the SSAC dining room.

Friendship Tea

February 15th - 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!



Family Day

The SSAC office and kitchen will be closed on Family Day - Monday, February 19th. As usual, some activities will continue.



SSAC Bus Trips

Due to a new cooperative relationship between ourselves and the Gibsons Seniors Society (GSS) at Harmony Hall, we can now offer a variety of exciting bus trips. As well as the usual casino and shopping trips we can offer coastal and mainland cultural and guided eco trips. Thanks to the recent reciprocal membership agreement, current Gibsons members will be able to buy half-price SSAC memberships and have priority sign-up for bus trips along with other SSAC members.

We are reviving a very popular destination for our bus: Tea and Trumpets. We will be going to two of the Orpheum's Tea and Trumpets series: April 18th *Under the Palm Trees* and May 23rd *Back to the Baroque*. Our bus is the perfect way to get your symphonic fix and avoid ferry hassles and downtown parking.

Designed and guided by GSS President and naturalist Manfred Scholermann, the Sunshine Coast Seniors Activity Tours offer guided ecological and cultural walks. For each of the guided walks, Manfred has a vast amount of fascinating and educational knowledge to share:

Sunshine Coast Seniors Activity Tours

Guided by Manfred Scholermann

- Finding the Mother Tree
- Lighthouse Park Rainforest Adventure
- Silk Road Adventure, Tai Chi Lesson & Dim Sum Lunch
- Vancouver Garden Tour & Museum of Anthropology
- Photography Escape in Nature

We will be continuing to offer mainland casino and shopping trips. Hopefully, the new arrangement with GSS will increase the numbers for those trips. The pricing and booking policies are as stated previously. Trips are for SSAC members. Members may bring guests if there are seats still available after the member booking deadline. Guests will have a \$5 surcharge on their fare. For mainland trips, the fare

will be \$40 for 65+ years of age and \$55 for <65 years of age. The differential is because the 65+s travel for free on the ferry on Monday through Thursday. The deadline for member sign ups will be 7 days in advance of the sailing. Guests would therefore be able to sign up into any available seats from 6 days in advance.

In addition, we will be looking for local destinations for trips. We had requests for local craft brewery, botanical gardens, and observatory trips. We are in the process of planning those. In addition, if you have any ideas for local or mainland trips, please let us know at info@myssac.com. We want to see the bus wheels rolling in service of our members as often as possible. ●

Feb 15	Finding the Mother Tree Kinnikinnick Park, West Sechelt Guided by naturalist Manfred Scholermann, this unique "Eco System" attains greater biomass than any other ecosystem on earth.	\$10
Feb 27	Hard Rock Casino and IKEA	\$40/\$55
Mar 15	Lighthouse Park Rainforest Adventure West Vancouver Discover one of the world's most primitive ecosystems in the Temperate Rain Forest of the Pacific Northwest on a walk guided by naturalist Manfred Scholermann.	\$40/\$55
April 11	Silk Road Adventure, Tai Chi Lesson & Dim Sum Lunch, Dr. Sun Yat Sen Garden and a walking tour of China Town guided by Manfred Scholermann	\$40/\$55 + Lunch + Entry
April 18	Tea & Trumpets, Orpheum Theatre <i>Under the Palm Trees</i>	\$40/\$55 + Show Ticket
May 16	Vancouver Garden Tour & Museum of Anthropology, Vancouver Queen Elizabeth Park, UBC Museum of Anthropology, Nitobe Memorial (Japanese) Garden. Guided by Manfred Scholermann.	\$40/\$55 + Entry Fees
May 23	Tea & Trumpets, Orpheum Theatre <i>Back to the Baroque</i>	\$40/\$55 + Show Ticket
June 13	Photography Escape in Nature Sunshine Coast Knowledge of natural history and observation skills are needed to find subjects. On this trip, explore and discover some of the opportunities that nature provides while taking fabulous pictures on the Sunshine Coast. Guided by Manfred Scholermann.	\$10

FEBRUARY 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 All Levels	7:30-9:30 Mixed Level Play 3.25-3.5+		
	1:30-3:00 Single Level Play w/ Coach 2.5			1:00-2:30 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	2:30-4:00 Mixed Level Play 2.5-3.0		2:00-3:30 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 Mixed Level Play All Levels	4:00-5:30 Mixed Level Play All Levels		3:30-5:00 Mixed Level Play All Levels
6:00-8:00 Single Level Play 3.5+	6:00-8:00 Int – Adv 3.0-3.5+	6:00-8:00 Int – Adv 3.0-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 Mixed Level Play All Levels		5:00-7:00 Mixed Level Play All Levels

For more information, please contact ssacpickleball@gmail.com

FREE LEGAL AID CLINIC

Every Thursday at noon

Lawyer Robert Hart provides FREE weekly 15-minute legal aid consultations (not criminal matters). Book your appointment at the front desk.



FREE HEARING AID CLEANING

Friday, February 23
12:30 to 2pm

Anchor Hearing provides hearing aid cleaning at the lounge



INCOME TAX CLINIC

Coming in
March & April

Appointments are made through the wonderful CVITP Volunteers. Watch for more information as it becomes available.



FEBRUARY 2024

SSAC ACTIVITY SCHEDULE

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

For Pickleball, please refer to the schedule on page 11.

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 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
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
Crafting	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
BINGO	2:30–4:30	PM	Lunch Room	Richard Ward	
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	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	2:00–4:00	PM	Lunch Room	Nicol Mentis	\$4
Country Two Step	6:00–7:00	PM	Craft Room	Ian Anderson	\$4
THURSDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Line Dancing - Basic	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 Caple	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
FRIDAY					
Hatha Flow Yoga (Intermediate – Advanced) *	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
Mindful Pilates Mat Class (Pre-register - starts Feb 16)	10:00–11:00	AM	Craft Room	Viri Pichardo	\$6
Badminton	11:30–1:00	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
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 nd Saturday of each month	\$4/\$8
SUNDAY					
Latin Dance	10:00–11:00	AM	Auditorium	Viri Pichardo	\$6
Pilates	11:15–12:15	AM/PM	Auditorium	Viri Pichardo	\$6

* these classes are not suitable for first-timers

The SSAC office and kitchen will be closed on Family Day, Feb. 19th. Some activities will continue - please check with your activity chair.

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 weekdays between 9am and 3pm.

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.