

# SEASHELL ECHO

APRIL 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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## 2024 SSAC AGM

**T**he 2024 SSAC Annual General Meeting was called to order at 1:30pm Wednesday 20<sup>th</sup> March. Seventy-nine members were present, having scanned in at the MySeniorCenter Kiosk to confirm their membership. After the welcome, the singing of the National Anthem and a moment of silence, the current SSAC board members were introduced. The attendance of a quorum of at least 30 current members 50+ years of age was confirmed, leading to motions being made and passed to accept the Agenda and the Minutes of the SSAC Fall General Members Meeting October 25<sup>th</sup>, 2023. The Treasurer's and President's reports were then presented.

### **TREASURER'S REPORT - Alison Kowalewski**

A printed detailed financial report for the year was distributed to members at the AGM. The table below shows the overall summary of the report. Expenses for 2023 were \$537,376, however revenues of \$564,251 ensured a net excess of \$21,242. The large increase in both expenses and revenues over those of 2022 are mainly a result of a dramatic increase in the numbers of members. In March 2022 we had around 1,200 members and currently have over 1,600 active members. Both Activity Fee revenue and Kitchen sales have increased commensurately.

CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC  
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Office: 604.885.8910

Office Hours:  
Mon-Fri, 9 am-3:30 pm

info@myssac.com  
www.myssac.com

## CENTRE INFORMATION

## 2023-2024 Board Members

President: Richard Ward  
Vice President: Bert Carswell  
Treasurer: Alison Kowalewski  
Secretary: Valerie Galat  
Maintenance Director: Bernd Behling

## 2023-2024 Directors at Large

Jay Alexov	Gail Riddell
Lisa Brown	Susan Grenville
Pam Demers	Christine Twaits
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.



# 2024 SSAC AGM

CONTINUED FROM PAGE 1

Month to month we are maintaining a positive balance, however it should be noted that the over \$50,000 in donations that we have received in the year allowed us to withstand the considerable cost of incidental maintenance expenses.

Summary of SSAC Financial Report for 2023	2023	2022
REVENUES	\$564,251	\$367,171
EXPENSES	\$537,376	\$359,165
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	\$26,875	\$8,006
OTHER INCOME (EXPENSES)		
Gifts	\$52,259	\$11,977
Amortization	-\$49,944	-\$40,397
Interest on long term debt	-\$7,948	-\$7,777
Total	-\$5,633	-\$36,197
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	\$21,242	-\$28,191

## PRESIDENT'S REPORT - Richard Ward

When I took on the Presidency in March 2023, I promised that I would try to help enhance the organisation of the Centre whilst creating an uplifting environment. I am so proud when I see newcomers coming in being astonished that there is so much activity, often remarking on the joyful ambience.

What still amazes me is that such a complex organisation with so many moving parts can run so well with one paid Centre Manager, Gillian Smith and over 150 volunteers. The dedication of our volunteers is remarkable, and the enjoyment they exhibit is infectious to the members coming in. Hopefully they know how grateful the board and members are for their efforts. The other two vital paid staff are chefs Emily and Liz. The Centre would not be the same without them. Keeping the price of the meals down by starting the Affordable Lunch program donation campaign in September has really shown the generosity of our members to each other. Currently, the Affordable Lunch program has brought in \$5,804.30 in donations.

The Centre would not run as well if we did not have a strong working board. So, I need to give wholehearted thanks to all the board members who have worked so hard supporting us this year. Thanks go to several board members that left during the year for either health or relocating-related reasons: Roy Wren, Andy Koberwitz, Douglas Smith, Gwen Austen, John Keller. Of the current board Alister Blair, Chris Hadaway and Chris O'Brennan have decided not to stand for re-election, and I thank them for their tremendous service.

This has been a year of tremendous growth and changes:

- **Audio-Visual and Computer Capabilities:** Thanks to \$40,000 in grant funding, we now have sophisticated audio-visual systems in the dining room, in addition two portable 65” TVs with Web conference cameras allow us to offer full multi-media conferencing facilities in any room. Eight new PC laptops and a MAC powerbook give us tremendous flexibility for offering educational classes and support for office computer needs.
- **Bookkeeping:** We have moved to a comprehensive bookkeeping service (provided by Kate McLaughlin and Irina Paris of Luna Bookkeeping, Sechelt), which has tremendously streamlined and enhanced monthly balance report production and payroll services.
- **Network Environment:** We have moved from a Google Drive based network to a MS 365 environment. Fortunately, a new volunteer Myrla Bulman comes to our aid with vast previous experience in just such a transition.
- **Domain Name:** There were complaints that our email address ..@ secheltactivitycentre.com was too long, easily misspelled. At minimal cost we changed our domain name to ....@myssac.com. For example, to contact myself use president@myssac.com. Other email addresses are treasurer@myssac.com and manager@myssac.com.
- **Donation Campaign:** Our much-needed donation campaign which was started in September 2023 was a great success. As mentioned already the Affordable Lunch program has helped us to restrain meal costs. The General Revenue program resulted in several large gifts that allowed us to carry out expensive maintenance and repairs to our heating and cooling systems. The SSAC Endowment Fund administered by the Sunshine Coast Foundation has given a vehicle towards sustaining the financial stability of the Centre. It hopefully will fill with in-memoriam and legacy giving through wills. The yearly interest on the fund will provide a guaranteed income stream to the Centre, which is something we do not currently have, as we have no yearly government or outside agency support.
- **MySeniorCenter:** The biggest change of all this year, was the move to MySeniorCenter. It has revolutionized our operations. We are indebted to Alison Kowaleski, May Jim, Chris Twaits, Pam Demers and Chris Hadaway for the months of work they put in to bring the system online. In addition, thanks to all the office volunteers that have undergone training and are coping with all the

continual changes the system has brought. We are only part way to full implementation of the system. Currently you can scan into your activities of choice, and you have a virtual wallet to load and from which you can pay for your activities. We are eagerly awaiting the completion by the company of online software MyActiveCenter that will allow you among other things to register for activities online on the electronic device of your choice. There will be a secure payment option to deposit funds into your account, so you will not have to come into the Centre to fill up your wallet. By the Fall we should have everything running smoothly.

At this point in the meeting the current board was dissolved and the candidates for the Vice-President, and Directors-at-large positions were given the opportunity to give brief verbal statements supporting their candidacy. President, Treasurer, Secretary and Maintenance Director positions were filled by acclamation of the single candidate nominated. The election of vacant positions pursuant to section 59 of the Constitution and Bylaws followed. Election Committee Chair Chris O’Brennan aided by Helen Ward collected and counted the completed ballots.

Voting resulted in your 2024 SSAC Board members shown below.

SSAC BOARD 2024	
EXECUTIVE	
President	Richard Ward
Vice-President	Bert Carswell
Treasurer	Alison Kowalewski
Secretary	Val Galat
Maintenance Director	Bernd Behling
DIRECTORS-AT-LARGE	
Jay Alexov	Susan Grenville
Lisa Brown	Gail Riddell
Pamela Demers	Chris Twaits

Congratulations to all the members of the new board and thank you for stepping up to the task. Thanks also to the unsuccessful candidates Mark Garland (VP) and Directors-at-large Mary Flynn, Mary Pinnegar, Myrla Bulman, and Birgit Stefani. What was impressive was the experience and expertise of all the candidates. We were guaranteed a strong board whoever was elected. Hopefully, the unsuccessful candidates will be willing to lend their expertise through their involvement in our numerous committees. ●

# Health, Safety, and Security



BY BERT CARSWELL

**Y**our Board of Directors takes its members' safety seriously. In order to help achieve that goal, we have a policy on Health Safety and Security which is below in this article. I recommend you familiarize yourself with the general contents of this policy and that of the health safety and security bulletin board located in the lobby. There are two emergency kits located in a glass cabinet in the hallway into the auditorium. One kit is for general first aid and the other one (AED) is for treating a suspected heart attack. It can be safely used by anyone and guides the user through every step. The H S & Security Committee will be organizing voluntary training sessions this year for all members on the use of the AED.

### **POLICY 4 HEALTH, SAFETY AND SECURITY**

*(Bylaws Part 3 Division 4 & 5)*

The Centre shall be a safe place for members, guests and visitors.

### **PROCEDURES**

1. All Directors shall obtain a Criminal Records Check within 30 days of their election for the first time or if they are re-elected after a one-year absence from the Board.
2. All staff members shall obtain a Criminal Records Check as a condition of employment.
3. The Board may require a Criminal Records Check for certain volunteer positions.

4. Any expenses incurred in the obtaining of Criminal Records Checks shall be covered by the SSAC.
5. The Board shall maintain a Health, Safety and Security Committee.

The Manager shall:

1. Manage and maintain emergency supplies.
2. Report accidents to the Health, Safety and Security Committee.
3. Ensure that staff, activity chairs and volunteers are aware of and comply with safety rules and procedures.
4. Investigate any complaint regarding non-compliance by any member or guest with the procedures listed below.

SSAC members and guests shall:

1. Comply with safety rules and procedures established by the Health, Safety and Security Committee.
2. Report as soon as possible any accident, injury, unsafe condition, insecure condition or threats to personal security to the Manager or if not available, a director.
3. Use properly and care for adequately, protective equipment provided by the SSAC.
4. Use personal protective equipment where required.
5. Not block any exits, doors or passageways in the Centre.
6. Not smoke or vape inside or near any doorways of the Centre.
7. Refrain from coming to the Centre if they know or suspect they have a contagious disease or take appropriate precautions such as masking and hand sanitizing if it is absolutely necessary to enter the Centre in these circumstances.
8. Not wear a scented product inside the Centre.



## HEALTH, SAFETY AND SECURITY COMMITTEE

*(Bylaws Part 3 Division 1, 4, 5)*

The SSAC Health, Safety and Security Committee mandate is to assist in promoting and supporting SSAC staff, members, volunteers and guests in ensuring and maintaining a safe, secure and healthy environment that is in full compliance with all applicable safety and health regulations.

The committee shall:

1. Write and review health, safety and security policy, procedures and rules for approval by the Board.
2. Provide feedback and input on health, safety and security issues to the Manager, the Maintenance Director and the Board.
3. Carry out regular inspections and ensure that remedial action is taken when required.
4. Review WorkSafeBC regulations to ensure that structures, equipment, methods of operation and work practices meet requirements.
5. Consider recommendations from staff and volunteers with respect to health, safety and security matters and recommend implementation, where warranted.
6. Coordinate and deliver health, safety and security training for staff, volunteers, members and activity chairs.
7. Conduct a review of “near misses”, accidents or communicable diseases, their causes and means of prevention.
8. Meet monthly or whenever required.
9. Provide a written report of its meetings to the committee members, the manager, the Maintenance Director and the Board.
10. Create and maintain in the Centre a bulletin board of health, safety and security rules, policies, procedures and other pertinent information. ●

# MySeniorCenter Update

**W**e have added additional kiosks in order to speed up the registration process into activities. In addition to the greeter's kiosk there is an express kiosk now positioned at the far end of the corridor for wallet payments only. This placement will minimise congestion by the front doors. If you still want to use cash, you will need to go through the greeter's kiosk. We encourage those who have not yet taken advantage of the wallet to do so. The third kiosk is on the stage in the Auditorium for after hours Auditorium events. As of Monday April 8<sup>th</sup>, all after hours activities will be by wallet payment only. No cash will be accepted.

### Wallet Tips

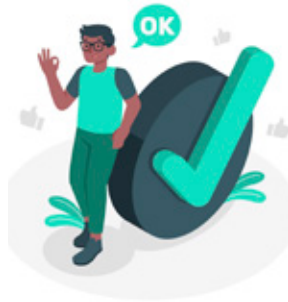
- Wallet payments are loaded in the members account and can only be used by that member. You cannot register into the kiosk twice to pay for 2 people.
- The office will remind you if your Wallet Balance is under \$10 so you can top it off before your Wallet Balance runs out of money.
- The Wallet payment is not automatically taken from your account when you register into an activity. The payment has to be manually taken out of your Wallet. We have to ensure there are sufficient funds in place before payment is taken.

Thank to all of you for your patience as we through this transition. ●



# MSC Broadcast It's not a Scam!

A convenient feature of the new MySeniorCenter (MSC) system is the ability to send out Broadcasts to our members. When you filled in your personal information sheet and got your MSC key tag you were asked by which mode would be comfortable receiving messages from the centre. Your options were email, text or voice messages to your phone. You could select one or more of these options. We are trying not to overuse it but if we have an important message we want to get to all members or just a subgroup of them, we can send out a broadcast. A recent example is we had to notify you at short notice that the kitchen would not be open on a certain day. However, when we sent out such broadcasts in the past it has alarmed some members, thinking that this might be some sort of scam. Sadly, scams are very prevalent especially in Seniors. Therefore, we wanted to give you some information intended to allay your fear about our broadcasts.



## TEXT BROADCAST

If you opted to receive Text messages, the phone number sending the message will show as **(855) 626- 5112**. If you go in to your contacts, you can label that number as SSAC or Seniors Centre as you wish. The first line of the text will always be "From Sechelt Seniors Activity Centre". The end of the message will always be "Do not reply to this message". You can not call this number. It is simply a number used by the MSC system to send the message from.

## EMAIL BROADCAST

If you opted to receive emails, then the broadcast emails will be sent from **office@myactivecenter.com**. The broadcast emails have a distinctive blue panel with the topic of the e-mail broadcast and the indication that is from the Sechelt Seniors Activity Centre. This too will have at the end of it the phrase "Do not reply to this message". This email address is not monitored, and you will not receive a reply if you send to it.

Although it is available to use, we do not plan to send voice messages to your phone. We will let you know if that decision changes in the future. You may however receive an individual phone call from one of our front desk volunteers if the need arises. ●

# Advance Care Planning Workshop

**Monday, April 22, 2024 - 2:00-4:30pm**

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.



# Social Bridge



The Social Bridge Group has had a constant membership, but quite small. Usually we host 2 tables, but would like to have more membership and thus more flexibility. We meet each Monday at 1 pm (holiday Mondays excluded), and would love to invite more participants. It is a drop-in session and you can come as a single, but coming in pairs is preferable. Members can be inexperienced as we help each other learn, but the main thing is to enjoy a friendly game.

# Happy 90<sup>th</sup>

Warm birthday greetings to Sadie Watt and Margaret Gabriel who both turned 90!



## Fraud Seminar for Seniors



Don't fall for a financial scam! Attend the Fraud Seminar for Seniors by TD Canada on Thursday, April 25<sup>th</sup> at 2 pm in the Farish Room.

# FOR SALE



### MOBILITY SCOOTER

- 2018 Invacare Pegasus Metro (4 Wheel)
- Excellent Condition
- Loaded! Front Basket, Windscreen, Canopy, Rear Grocery Basket
- 42 km drive range, 300 lbs capacity
- Asking \$1500



### UPRIGHT WALKER

- DM Elevate Upright Walker
- Height Adjustable Upholstered Forearm Rests
- Hardly Used
- Folds small enough to fit in car
- Asking \$100

**CALL 604.886.0438**

## VIONA HOME CARE SERVICES WORKSHOP



**APRIL 26 , 2024  
13:30-15:30 PM**

### How to Care !

**Book a FREE participation!**

🌐 [vionahomecare.com](http://vionahomecare.com)  
📞 604 499 7376  
✉ [info@vionahomecare.ca](mailto:info@vionahomecare.ca)

**Sechelt Senior Activity Centre**





# And The Dance Goes On

**F**or our **St. Patrick's Day** dance we welcomed the **SHAMROCKERS** with Graham Walker on drums, Kevin Crofton on guitar and vocals, Boyd Norman on bass guitar and vocals, Heidi Kurz on harp, flute and Irish Tin Whistle and Janice Hamilton on fiddle and vocals.

They played great songs to dance to including some Celtic tunes. The Auditorium was filled with lots of happy people – some dressed for the occasion. We all danced until the end!

The lucky winners for tickets to the next dance on Saturday April 20<sup>th</sup> are Karen Carlyle – spot dance – and Jurgen Kowalewski – door draw.

Now is the time to buy your tickets for the next SSAC dance with the STEVE HINTON BAND scheduled for Saturday April 20<sup>th</sup>. The Steve Hinton Band features top Sunshine Coast musicians. Steve Hinton – harmonica and vocals, Al Alford – guitar and vocals, Sully Antonyk – bass and vocals and Tim Rannard – drums and vocals. The band serves up a tasty mix of hard driving Chicago Blues, swinging Jump Blues with some old time Country, Rock and Roll and R&B on the side.

As always the door will open at 6:30 pm. There will be an open bar serving beer, wine, ciders and some no-alcoholic beverages.

Tickets are \$15 in advance and \$20 at the door. Tickets can be purchased at the SSAC office, Strait Music in Sechelt and One Flower, One Leaf in Gibsons.

Many thanks to the dance committee and all of our volunteers including those who come to help us set up and decorate, our bartenders, and to all of you who stay and help us put things away after the dance.

Thank you for your support and attendance.

Looking forward to the next dance – see you there! ●

*Jay Alexov and Dance Committee*





## New Activity

# Telling Our Stories

**A**n ongoing remembering & writing workshop using short prompts to elicit vignettes at the heart of memory, emotion, and the rich lives we have so far lived.

Every Tuesday in May & June for 8 weeks - 10:30 to noon in the Craft Room). Maximum of ten writers; \$6/person per session; advance registration required.

Moderated by Caitlin Hicks.

*Caitlin Hicks is a 32 year Sunshine Coast resident and an international writer, performer and author with two novels published by a US publisher in 2023. She is a member of The Writers Union of Canada, the BC Federation of Writers.*



## FREE TAX CLINICS

**Get your benefits and credits**

Volunteer  
Income Tax Program  
March 1 to April 30, 2024



It is a free service for eligible clients.

Income limits: Individual \$45,000; Family \$55,000 for two, plus \$2,500 for each additional dependant.

Couples must provide complete tax information for both spouses.

The program does not serve clients with employment expenses, self-employment income, rental property income, or capital gains. Interest income must be less than \$1000.

### IN-PERSON TAX CLINIC

Sechelt Seniors Activity Centre  
Tuesdays 10am to 3pm - By appointment only  
Call 604-740-2184 to make your appointment



Friends of the Sechelt Library

## Next Book Faire

**At the Sechelt Seniors Activity Centre**

**Saturday, April 20**  
**10am - 3pm**


**Sunday, April 21**  
**12pm - 3pm**

For more information - secheltfol@gmail or ask Gill  
Donations table open Saturday during the Book Faire  
Maximum - one box of marvelous books

Driftwood Players  
Presents

# BLOOD RELATIONS

By Sharon Pollock




**Locations:**  
Heritage Playhouse, Gibsons  
7:30 pm March 29, & 30  
April 5 & 6  
2:00 pm March 31  
April 7

Sechelt Seniors Activity Centre  
7:30 pm April 12  
2:00 pm April 14

Pender Harbour Community Hall  
2:00 pm April 13

-----  
\$25 Tickets  
online at [driftwoodplayers.ca](http://driftwoodplayers.ca)  
or at Fong's Market in Gibsons,  
MEL Omania in Roberts Creek,  
Strait Music in Sechelt,  
Earth Fair in Madeira Park

THE LIZZIE BORDEN STORY  
DID SHE DO IT?



# Art Journaling

2-3:30 pm



Craft room, 3<sup>rd</sup> Wednesday of the month

Rotary  
Sunshine Coast



# Sunshine Coast Volunteer Fair

3<sup>rd</sup> Annual

April 13, 2024  
10 - 3 pm

Sechelt Seniors Activity Centre  
5604 Trail Ave. Sechelt

Supported by:



Sunshine Coast  
CREDIT UNION

## Activities

### Bluegrass Jam

The time and room have  
changed 4:00-5:30 pm  
Wednesdays - Craft  
Room starting April 3<sup>rd</sup>



### Book Club

And, Are you interested in a new book club?  
Focusing on local authors. Starting in May - first  
Wednesday of the month in the Craft Room from  
2:00 to 3:30 pm. First session is free - bring your  
suggestions. Then \$4 activity moving forward.



### Crafts Club

Are you interested in being creative with other  
artsy crafty members? Friday afternoons from  
1:30 to 3:30 pm focusing on different projects.  
Paper crafts, beading, drawing, etc.

### Organizational Meeting

Friday, April 19<sup>th</sup> - bring your thoughts and  
suggestions. Starting in May.



# APRIL 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
<b>Closed for Easter Monday</b> <sup>1</sup>	<b>Sole</b> <sup>2</sup>	<b>Chicken Cordon Bleu</b> <sup>3</sup>	<b>Ginger Beef</b> <sup>4</sup>	<b>Fish &amp; Chips</b> <sup>5</sup>
<b>Bangers &amp; Mash</b> <sup>8</sup>	<b>Moussaka</b> <sup>9</sup>	<b>Roast Ham &amp; Scalloped Potatoes</b> <sup>10</sup>	<b>Quiche &amp; Salad</b> <sup>11</sup>	<b>Fish &amp; Chips</b> <sup>12</sup>
<b>Meatloaf w/ Mac &amp; Cheese</b> <sup>15</sup>	<b>Seafood Linguini</b> <sup>16</sup>	<b>Roast Beef</b> <sup>17</sup>	<b>Pulled Pork Sandwiches</b> <sup>18</sup>	<b>Fish &amp; Chips</b> <sup>19</sup>
<b>Chicken Wings</b> <sup>22</sup>	<b>Lasagna</b> <sup>23</sup>	<b>Roast Pork</b> <sup>24</sup>	<b>Cabbage Rolls</b> <sup>25</sup>	<b>Fish &amp; Chips</b> <sup>26</sup>
<b>Taco Casserole</b> <sup>29</sup>	<b>Hot Reuben Sandwiches</b> <sup>30</sup>			



**\$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.



Joy - Happy Progressive Bingo Winner!

**\$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

April 18<sup>th</sup> - 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!





# SSAC AUDITORIUM

5604 Trail Ave, Sechelt

*Presents*

## STEVE HINTON BAND

**Saturday  
April 20<sup>th</sup>**



Al Alford   Steve Hinton   Tim Rannard   Sully Antonyk

**7 – 10pm   doors open 6:30pm**  
**\$15 in advance, \$20 at the door**

Available at SSAC Front Desk

or Strait Music Sechelt, and One Flower, One Leaf Gibsons



Beer, Wine  
& Cider Bar



The Bricker  
Cider Company

[stevehintonblues.com](http://stevehintonblues.com)



778 549-8664

Our friendly **Therapy Dogs**  
and their **Handlers** offer:

- 🐾 Uplifting visits
- 🐾 Emotional support
- 🐾 Car outings & walks

...And they can help with:

- 🐾 Shopping & errands
- 🐾 Food pickup

[www.dialadog.ca](http://www.dialadog.ca)

# SSAC Bus Trips



April 11

**\$40/\$55**

+ Lunch + Entry

**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

April 18

**FULL**

**Tea & Trumpets, Orpheum Theatre**  
*Under the Palm Trees*

May 16

**\$40/\$55**

+ Entry Fees

**Vancouver Garden Tour  
& Museum of Anthropology, Vancouver**  
Queen Elizabeth Park, UBC Museum of  
Anthropology, Nitobe Memorial (Japanese)  
Garden. Guided by Manfred Scholermann.

May 23

**\$40/\$55**

+ Show Ticket

**Tea & Trumpets, Orpheum Theatre**  
*Back to the Baroque*

June 13

**\$10**

**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.

If you have any ideas for trips –  
especially local trips, please leave your  
suggestions at the front desk.



# APRIL 2024 | 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
		7:30-9:30 Social Play 2.0-3.5+	7:30-9:30 Social Play 2.0-3.5+	7:30-9:30 Mixed Level Play 3.0-3.5+		
	1:30-3:00 Single Level Play w/ Coach 2.5					12:30-2:00 Beg - Int 1.0-2.5
3:00-4:30 Mixed Level Play 3.0-3.5	3:00-4:30 Single Level Play w/Coach 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			2:00-3:30 Int - Adv 3.0-3.5+
4:30-6:00 Mixed Level Play 2.0-2.5	4:30-6:00 Mixed Level Play 3.25-3.5	4:30-6:00 Mixed Level Play 3.25-3.5+	4:30-6:00 Mixed Level Play 2.5-3.5+	3:30-5:30 Mixed Level Play 2.5-3.0		3:30-5:00 Mixed Level Play 2.0-3.5+
6:00-8:00 Single Level Play 3.5+	6:00-8:00 Int - Adv 3.0-3.5+		6:00-8:00 3.5-3.5+	5:30-7:30 Social Play 2.0-3.5+		5:00-7:00 Mixed Level Play 3.25-3.5+

For more information, please contact [ssacpickleball@gmail.com](mailto: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, April 19  
12:30 to 2pm

Anchor Hearing provides hearing aid cleaning at the lounge



## INCOME TAX CLINIC

Available this month

Appointments are made through the wonderful CVITP Volunteers. See page 5 for more details.



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## Make it Beautiful



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The Sunshine Coast's largest and longest  
running market featuring friendly  
& knowledgeable local vendors.

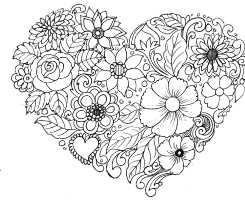
**Saturdays from 9:00 to 2:30**  
**Easter through Thanksgiving**

**Come and find us on Cowrie St.  
in downtown Sechelt!**

[secheltmarket.com](http://secheltmarket.com)

[info@secheltmarket.com](mailto:info@secheltmarket.com)

# In Memoriam



## Patrina Thomson

**March 17, 1932 - March 5, 2024**

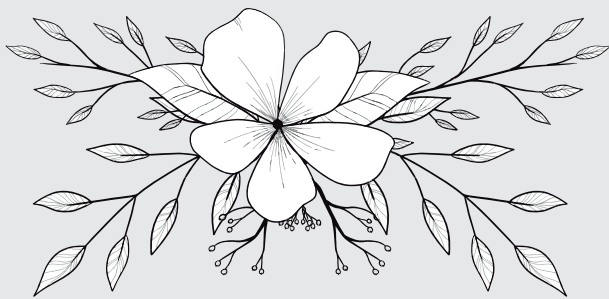
Fun loving Patrina passed away Tuesday, March 5, 2024 at Silverstone Care Home, Sechelt after a long battle with dementia. She had a long history of dancing in competitions, was active in the Seniors Centre, music and The Funtastics Group. She loved to travel.



Patrina is survived by her spouse, Maurice Farn, sister Moyra, niece Patrina, nephew John and her stepdaughters Linda, Julie and Petrina. Patrina is at rest at Devlin Funeral Home.

**A celebration of life will be held on April 27<sup>th</sup> at 3 pm, at the Seniors Centre in Sechelt.**

Special thanks to the management, staff and family members at Silverstone for their wonderful support and care. Donations in lieu of flowers to the Alzheimers Society.

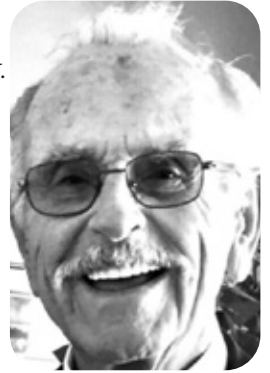


*If you know of anyone who has passed,  
please let us know.*

## Rowland WT. Money

We are saddened by the passing of Rowland William Taylor Money. Born August 12, 1927 in Vancouver, BC.

Rowland worked in banking, insurance, and dry cleaning. He married Anna Mae Scheldrup in 1954 and they raised three children.



Rowland was predeceased by Anna Mae in 1987, his father William in 1991, his mother Dorothy in 1973 and his sister Jocelyn in 1999.

In 1987 Rowland met Sandra Sharkey and they spent 36 happy years together. Rowland had a great tenor voice and sang with local groups and at care homes on the Sunshine Coast. Rowland and Sandra loved to travel, entertain family and friends at their waterfront home in Sandy Hook and, more than anything, loved to dance. He enjoyed downhill and water skiing, scuba diving, riding his jet ski in the inlet and spending summer evenings on the dock with family and friends. Rowland also tried hang gliding and had great fun travelling on his motorcycle. He skied up until the age of 85, zip trekked in Hawaii at 88 and went on his last international trip to Croatia with Sandra in 2018.

Left to grieve are his loving wife Sandra, his children David (Anne), Diane (Lyle) and Donna, his grandchildren Jorden (Chris), Cara (Cody), Laura (James) and Kyle (Julia), his great grandchildren, Thomas and Jacob and his nephew Mark. Our sincere appreciation to the caring men and women of Sechelt Hospital, Silverstone Care Centre and especially Dr. Sara Nouh.

A Celebration of Life will be held at a later date.



# APRIL 2024

## SSAC ACTIVITY SCHEDULE

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

For Pickleball schedule:  
see page 13

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Chair Yoga for Arthritis	9:00–10:00	AM	Craft Room	Bobbie-Seale-Cobiskey	\$48
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis	10:15–11:15	AM	Craft Room	Bobbie-Seale-Cobiskey	\$48
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	Isobel Gibson/Fran Engst	\$4
TUESDAY					
Fitness with Lisa	9:15–10:15	AM	Auditorium	Lisa Alexander	\$6
Stories of Our Lives - 8 weeks startting May 7 - max 10	10:30–12:00	AM/PM	Craft Room	Caitlin Hicks	\$48
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/Intermediate	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	2:00–3:30	PM	Lunch Room	Nicol Mentis	\$4
Meditation (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays)	2:00–3:00	PM	Craft Room	Eddie Berinstein	\$4
Art Journaling (3 <sup>rd</sup> Wednesday)	2:00–3:30	PM	Craft Room	Violette Clark	\$4
Book Club - Local Authors (1 <sup>st</sup> Wednesday starts May)	2:00–3:30	PM	Craft Room		
Bluegrass Jam	4:00–5:30	PM	Lunch Room	Jay Keevil & Kim Carmichael	\$4
Pilates - starting April 10 <sup>th</sup>	5:10–6:00	PM	Craft Room	Viri Prichardo	\$6
Latin Dance - starting April 10 <sup>th</sup>	6:10–7:00	PM	Auditorium	Viri Prichardo	\$6
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	11:30–12:30	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 <sup>rd</sup> Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
Line Dancing	4:00–5:00	PM	Auditorium	Collene Sand	\$4
FRIDAY					
Hatha Flow Yoga (Intermediate – Advanced) *	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$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
Chair Yoga	1:15–2:15	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Arts & Crafts Organizational Meeting - April 19 <sup>th</sup>	1:30–2:30	PM	Craft Room		
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	2 <sup>nd</sup> Saturday of each month	\$4/\$8
SUNDAY					

\* Note: these classes are not suitable for first-timers

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 13.**