

SEASHELL ECHO

MARCH 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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VOTE ON MARCH 20!

AGM

Victims of Our Success?

BY RICHARD WARD

By any metric we are being very successful at the SSAC, we have a friendly stimulating environment, many new members, money in the bank, and top-notch food services. The rollout of *MySeniorCenter* is proceeding at a rapid pace. It has been well received by members, and we are grateful for their patience as we work out the optimum logistics for entry and activity check-in. Over 1450 key tags have been assigned already. We have at least 1,600 active members with a total of over 2,000 members in the database. New members are signing up every day. Alison Kowalewski, May Jim, Pam Demers, Christine Twaits and Chris Hadaway have done an amazing job launching the system and training the front desk and greeter volunteers.

Our success however has raised the issue of how we can streamline the entry of so many members at times of multiple activities with the new kiosk system. This is especially the case around lunchtime. Unfortunately, the iPad app we purchased did not perform as expected. For example, when it was used for lunch entry it did not flag who had an expired membership. Another problem is that the app would not work for after-hours sign-in, as was originally expected.

However, the biggest concern is dealing with so many members entering the facility and registering at the same time.

CONTINUED ON PAGE 2



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Mon–Fri, 9 am–3:30 pm

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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.



Victims of Our Success?

CONTINUED FROM PAGE 1

It is now apparent that we need to purchase additional Kiosks to be able to adequately service all our members for all events. A kiosk is the touch screen plus the tabletop scanner with it. At the February meeting, the Board voted to purchase two more Kiosks and a hand-held scanner. This will facilitate quicker entry with an additional one in the main corridor, servicing as a "fast lane" entry for activities. The second extra kiosk will be dedicated to after-hours activities and Auditorium events.

There is a "wallet" feature in the system that allows you to deposit money and have that debited when you check in to activities. We plan to start using this feature in mid-March. As of Monday, March 4th, you can start depositing money by credit card, debit card or cash into your wallet using the square at the front desk. We will be discontinuing the use of activity tickets to move to payment from your wallet. Do not worry if you are left with excess tickets. They can be handed in at the front desk and their value credited to your wallet.

As with each of the transitions, there will be bumps in the road that need to be smoothed out, so we really appreciate your patience. All the greeters and office workers are volunteers, except for one Centre Manager. We have presented them with tremendous changes in the past months. Even though they may only work one or two shifts a week, we expect them to be on top of everything for the next shift. This is made harder by changes that keep occurring as we learn more about how to use the many aspects of **MySeniorCenter**. I cannot thank the volunteers enough for their diligence and pride in their performance and most of all their good humour.

The cost of two kiosks plus a hand-held scanner will be less than \$10,000. The hand-held scanner is a self-contained unit that could be used for events like bus trips. The bus driver would simply scan them in as they get on the bus. The original cost of the complete one-kiosk **MySeniorCenter** system was covered by a \$10,000 donation from the BINGO gaming account. That account is not part of general revenue but you can make donations to it. At its usual growth rate, we should have a balance in the BINGO gaming account of a further \$10,000 by the end of July to cover the cost of the additional kiosks.

As for the general revenue account, we are in great shape. Full details of our financial status will be provided in the Treasurer's report at the AGM. Covering the cost of a new freezer for frozen entrees in the main office, repair of the walk-in fridge and the kitchen A/C unit repair was aided by the affordable lunch program donations that are also allowing us to keep the meal prices constrained. The byproduct of our increase in the number of memberships is that the general revenue account is growing, despite recent maintenance expenses. Currently, the general revenue account holds around \$68,000.

We have addressed several ventilation issues in the past months. Namely, repair of the gas-driven heat pumps on the roof and an A/C unit in the kitchen. There is still the issue of the lack of fresh air in the back offices. Presently, all three windows are solid glass with no ability to open. We will be replacing all three with opening windows to allow the flow of fresh air. Two will have a small horizontal sliding panel at the top. The third will have a large vertically rising bottom panel which will also act as an extra way to vacate the offices in case of fire. The cost of this work will be less than \$5,000. Tremendous thanks go to Bob Maveety who has helped so much by dealing with many maintenance issues and contacting contractors as we continue to work without a Maintenance Director, a situation that will hopefully be rectified in the March elections.

The Centre needs a strong working board with a variety of experiences and talents. Please help by coming and voting at the March 20th AGM. If you feel you could be a contributor as a Board member, please do not hesitate to put your name forward. You can get nomination forms from the main office and only need the signatures of two members in good standing on it. Nominations are open until 48 hours before the start of the AGM.

As we move forward feel free to share with us any ideas or suggestions for us to consider. We aim to make the Centre everything it needs to be to create a friendly and stimulating environment for our members. We truly want it to be "Your Home away from Home." ●

Policies & Procedures

Committees



BY BERT CARSWELL

In this issue, I am submitting for your information our policy and procedures for committees. Much of the organizational work of the Board of Directors is done by small committees. Each committee is required to include one or more directors. Committees are the ideal way for members to volunteer for the Centre and learn how it functions without a long-term commitment.

POLICY 3 COMMITTEES

(Bylaws Part 5 Division 5)

The Board shall create, monitor and dissolve committees as required to fulfill its mission and goals. All committees shall report directly to the board, who will have final say on any actions.

PROCEDURES

The Board of Directors shall:

1. Create standing or ad hoc committees from time to time as needed.
2. Clearly define the mandate and term of the committees.
3. Maintain the right to change committee structure from time to time in accordance with need.
4. Allow committees to have the power to recommend regulations or policies, or changes of same, to the Board.

Did Someone Say Dance Party?

The **Mardi Gras Dance with The Mitch Lazer Quartet** had everybody **bopping** with Mitch on drums and vocals, Eddy Edrik on guitar and lead vocals, Bruce Mortimer on bass and Bill Barclay on keyboards. They played a great selection of songs from the Beatles, CCR, Eric Clapton and other bands of the 60s and 70s with some waltzes thrown in to the mix. Everyone had a good time – the bartenders were movin' and groovin' behind the bar serving beer, wine and cider while dancing to the beat. The volume was just right – loud enough to hear but not so loud that you couldn't have a conversation with your table mates ... old friends and new friends alike! What a great room to hold a party, the atmosphere is warm and inviting, the lighting just right (we all looked 10 years younger) and what a dance floor - room to move and easy on the legs with some slide! If you were there, you know how much fun it was and if you didn't make it, now's the time to get your tickets for the **St. Patrick's Day** dance on March 16th with the **Shamrockers** – Kevin O'Crofton, guitar and vocals, Graham O'Walker on drums, Boyd O'Norman on bass, Heidi O'Kurz on harp and flute and Janice O'Hamilton on fiddle. They'll be playing some jigs and Celtic songs so put on your Irish and join us!

Tickets are \$15 in advance or \$20 at the door. Lucky winners of tickets to this show are Ron Skene, Sarah Gerring and Michael Norton. As at every dance, there will be chances to win tickets to April's dance as well as a 50/50 draw. The beer, wine and cider bar will be open with some non-alcoholic beverages also available.

A gigantic thank you to all the volunteers who made this event possible! It wouldn't happen without you. Gotta love how people pitch in to help put things away after the dance too – done in no time flat – thank you.

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

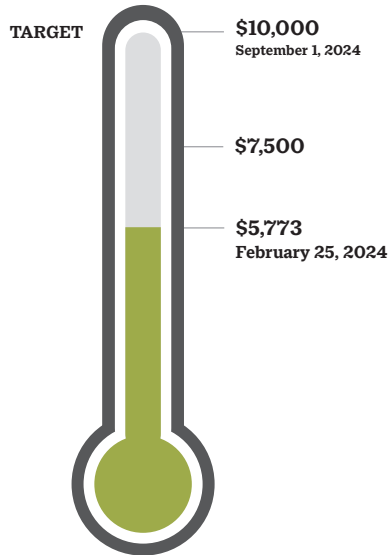
Ann Matthewson on behalf of Jay Alexov (we missed you Jay) and the Special Events Committee



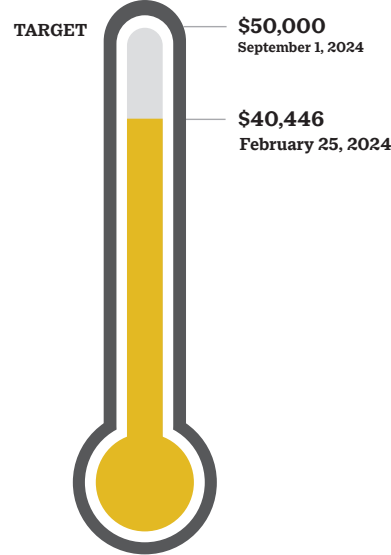
Donation Update

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.

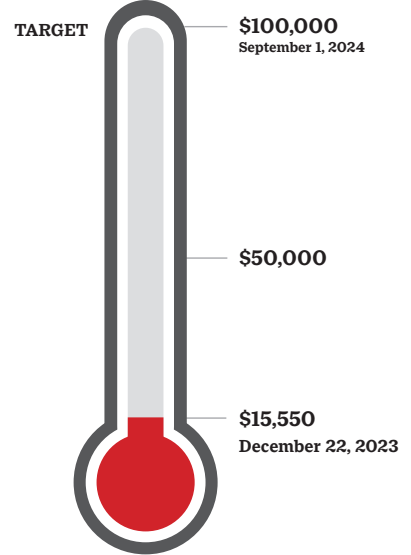
AFFORDABLE LUNCH PROGRAM



GENERAL REVENUE



SSAC ENDOWMENT FUND



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

AGM

March 20th - 1:30pm

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



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. Only members 50 years of age or older can vote at the meeting.



Food Services Changes

There have been some changes in relation to the kitchen and staff. The Kitchen committee has been renamed the **Food Services Committee** and is chaired by Susan Grenville. The committee's mandate is to ensure the smooth functioning of the kitchen and its services as well as food, staff and volunteer safety and security of the good, staff and volunteers. Our chef Emily is now the Food Services Manager and is a member of this committee. The committee makes recommendations to the board on matters relating to all aspects of food services.

The **Affordable Lunch** donation program has been very successful, allowing us to keep meal and frozen entrée prices constrained. However, our prices and the high quality of meals, make our dining room meals and frozen entrées more popular than ever. Because of this, we had to set a limit on the number of frozen entrées per purchase by a member.

Because our prices are member subsidised by the donations, we charge a \$3 surcharge on hot entrée lunch items for guests of members. This is charged at the lunch counter, at which point lunch counter volunteers are often unsure who is a guest. This is not working well so this process had to be changed.

Starting Monday March 4th these are the two major changes to our Food Services:

Starting Monday, March 4th, 2024

Frozen Entrées

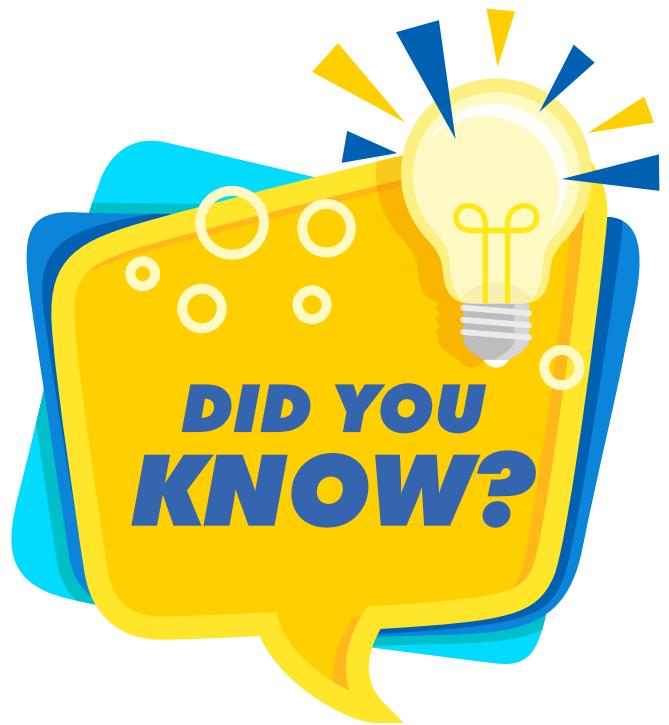
Due to large demand

There will be a limit of **15** items per member with a limit of **5** of each type of entrée

Lunch Guests

Because lunch prices are subsidized by member donations

Guests of members will pay a surcharge of **\$3** upon entry at the greeter's desk. At the lunch counter, they will pay the same prices as members for all items.



Friday Chair Yoga

Because **Bobbie Seale-Cobiskey**'s class is so popular, we have a second session of Chair Yoga on Fridays from 1:30 to 2:30 pm. If you missed the Tuesday session, join Bobbie's Friday class!

Latin Dance

An effective way to get back into shape is to get moving to lively dance music with **Viri Pichardo**! Not only is it fun and social but the best part is that it doesn't even feel like exercise. If you like Zumba, you'll love our Latin Dance on Sundays at 10:00 am! Activity fee is only \$6. Followed by a wonderful Pilates class at 11:15 am.

Ukulele Jam

We have an ongoing jam group for beginners and upwards. We provide basic ukulele lessons to get you going, if needed, and ukuleles can be provided on request. We also encourage the use of fiddles, accordions, guitars, harmonicas or other instruments, or just come and sing with us. Our main focus is having lots of fun singing and playing together. Fridays from 11:15-12:30 pm..

MARCH 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 Fish & Chips
⁴ Quiche & Salad	⁵ Pulled Pork Sandwiches	⁶ Chicken Cordon Bleu	⁷ Meatloaf w/ Mac & Cheese	⁸ Fish & Chips
¹¹ Sole	¹² Moroccan Chicken	¹³ Roast Ham & Scalloped Potatoes	¹⁴ Sweet & Sour Meatballs	¹⁵ Fish & Chips
¹⁸ Baked Chicken	¹⁹ Seafood Linguini	²⁰ Roast Beef	²¹ Chicken Quesadillas	²² Fish & Chips
²⁵ Shepherd's Pie	²⁶ Cabbage Rolls	²⁷ Roast Pork	²⁸ Hot Reuben Sandwiches	²⁹ Closed for Good Friday

\$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

March 21st - 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!



Meet the Nominees

Time to vote! Remember our Sechelt Seniors Activity Centre, ‘the Centre’, belongs to our members and it’s important that everyone feels represented on the Board.

Here’s some information about our current nominees.

Jay Alexov

Jay has been volunteering at the Centre for several years. Organizing and teaching Line Dancing and organizing the Special Events such as our monthly Dances and Workshops, and helping promote Centre events.

Bert Carswell

Education

- University of Guelph, Doctor of Veterinary Medicine 1971

Employment

- Self-employed in private practice 1971 - 1982
- Canadian Food Inspection Agency 1982 - 1998, District Manager 1987 - 1998, early retirement
- Private Contractor 1998 - 2001
- Animal Health Consultant on behalf of Canadian International Development Agency in China 2002
- Retired 2003 and moved to Sechelt accompanied by my wife Pat.

Volunteer Experience

- Coaching and administration of minor league sports
- Board of Directors of two curling clubs
- Membership on several community advisory committees
- Member of SSAC since 2012, life member 2023
- Dishwasher at the SSAC since 2013
- Co-Coordinator of Pickleball Program at the SSAC 2018-21
- Director at Large at SSAC 2022 to present.
- Currently Chairman of the Health Safety and Security, Legislative and Legal and the Strategic Planning Committees.

Pamela Demers

“My name is Pamela Demers and I’m a retired Career and Employment Counselling Professional with 12 years’ experience. Through one-on-one coaching and multi-week Career and Employment Programs, I have assisted adults in learning techniques for securing employment and advancing their career options to maintain a competitive edge in the employment market.

Before retiring, I was co-owner/operator of the #1 rated full-service bed and breakfast on the Sunshine Coast (Madeira Park B&B).

My educational background includes graduating on the Dean’s List with a Degree in Adult Education, a Social Services Diploma, an Employment Counselling Certificate, and a plethora of certifications in assessment tools and personal interests.

In my free time, I enjoy volunteering at SSAC, travelling, nature, water sports, sewing, painting, cooking and spending time with family and grandchildren.”

Mary Flynn

“I grew up in Nova Scotia and moved to Vancouver in 1971. I have worked in radio and sales and marketing for large international companies during the next ten years. I attended Capilano College and graduated in Business Administration. I worked as Executive Director of the Co-operative Housing Federation for 18 years. During that time, I was CEO and founding member of Community Housing Land Trust. In 2000 I accepted the position of Executive Director of Regina Community Health Clinic. Both of those positions were managing not-for-profit organizations. I have served on both committees and boards of other non-profit organizations over those 30 years. I retired in 2012 and look forward to serving on committees or board of the Sechelt Senior Centre.”

Val Galat

"I have been the secretary to the Senior Activity Centre for 2 years now, and feel I have a hang on things, as we speak. I am enjoying my work, as well as interacting with my co-volunteers. Prior to that I was on several committees, as well I have been an active member and chair for various activities. I hope to continue to serve the Centre as I have in the past."

Mark Garland

Brief Biography for the purpose of familiarization for the SSAC AGM

- 35 Years as Senior Computer Operator and then Mainframe programmer for BCHydro
- 3 Years post retirement on the Foundation Board of Directors for St. Michael's Centre (a faith based Seniors care centre in Burnaby)
- Membership and Bridge positions with the Royal City Yacht Club, acting in a progression of positions, Rear Commodore, Vice Commodore, Commodore for the years 2014, 2015, 2016 respectively.
- Full Time Primary caregiver for my wife, suffering from Alzheimer's from 2016 through to 2020.
- One year as Director at large for Sechelt Seniors Activity Centre Mar 2022 to 2023 then moved to position of Vice President for 2023 through to present.

"Primary focus of my time at the SSAC has been the re-design of most forms used by the Centre. These include all the meal order forms, all the sign in sheets, frozen meal order forms, etc.

During this time I have been onsite every Wednesday from 10 until 3, attended nearly all Board meetings, been involved with the Technology Committee, Human Resource Committee, and other duties as required."

Susan Grenville

"I retired from TELUS Communications in 2018 after working in the Calgary & Vancouver offices for 30 years.

I have been a committed volunteer at the Centre since then. You will find me helping out in the kitchen and serving lunches every Wednesday. I have been a Director at Large on the SSAC board for the last six months. I welcome the opportunity to continue in this role and contribute to making the Centre the best it can be.

Since moving to the coast in 2006 I have been a dedicated and enthusiastic volunteer with several organizations.

Sea Cavalcade Society: organized and managed Pancake Breakfasts, sold raffle tickets, recruited volunteers.

Sunshine Coast Dragon Boat Club: Director at Large Board Member as of January 2023. Also, I co-managed five successful raffle ticket fundraisers to purchase two new dragon boats, applied for raffle ticket licenses, organized venues to sell tickets, sold 1000 tickets per year, approximate revenue per year to the club \$10,000.00.

Sunshine Coast TELUS Community Ambassador: Board Member since January 2021.

Our motto is: *Give Where you Live*. I embrace that statement wholeheartedly."

The word "Vote" is written in a large, stylized, rounded font. Each letter is a different color: 'V' is red, 'o' is yellow, 't' is light blue, and 'e' is orange.

Mary Pinniger

Mary came to the Coast in 1985 and was hired by the School District to develop an Adult Education program. She did this successfully and developed such programs as SETA - Special Education Teaching Assistants, WOW Program (Women of Work) training and apprenticeships for women in non-traditional trades such as welding, carpentry, and auto mechanics. She also developed over 100 courses in recreational style formats, such as cooking, pottery, dancing, fencing, yoga, etc.

She believes that a healthy community is one that invites people to participate and contribute in all walks of life. Mary has sung with the Coast Messiah Choir, Sara Douglas's Requiem, and is now involved in the new Coast Music Theatre performing in the Pirates of Penzance. She is currently training for the BC Senior Games where, in previous years she has competed and brought home many gold and silver medals in swimming. Mary also plays and coaches Pickleball at the Sechelt Activity Centre.

If asked, what one thing makes her happy she would respond "people". "Connecting with people gives me great joy!" She loves to bring a smile to someone's day. Mary owns Heart Centred Counselling and has been working helping people to improve their lives for over 35 years.

She has noticed in the past year or two that the SSAC has become a bustling activity for happy people.

"Everyone I meet at the Centre have great smiles, and always have time to chat. I want to work with people like Richard and Gillian and the amazing people that are on the Board. I want to contribute to making the Centre a 'home away from home' for people."

B. Gail Riddell, PhD

"I have enjoyed the activities at SSAC so much over the past several years that it seems very appropriate to 'give back' at this point. The grapevine reports that the board is run competently by talented folks, and I have known and respected manager Gill Smith for many years.

How could I contribute to SSAC?

- Relevant skills: marketing, communications, writing, teaching/training, management, fund-raising, long experience on non-profit boards, working in teams
- 25 years at UBC creating and running a teaching centre for faculty and graduate students; developing and running non-credit courses, served for 6 years on Faculty Association Executive
- 20+ years on Sunshine Coast, served on several boards, including Sierra Club of BC (chair), Sunshine Coast Conservation Association (co-chair), Eldercollege (chair), West Sechelt Community Association (chair). Note that these involvements have occurred over 20 years and are not necessarily current.
- Spend time at SSAC doing fitness, yoga, blue grass band, eating lunch with friends
- Husband Ian and I are grandparents of 8 (blended family), ranging in age from 2-15 years, and we visit as often as possible (2 families are in Europe)
- Current activities: playing ukulele and guitar in jam bands, executive of West Sechelt Community Association and representative to Sechelt Community Associations Forum (which meets with mayor and council), executive of Alliance4Democracy, (devoted to addressing climate change issues). I am a dragon boater, attend a women's group, work out, read and write when possible.
- My husband and I love to walk in the forest and are participants of the Coast Recital Society and Sunshine Coast Film Society. We socialize in a dinner group, garden and travel. With friends who have similar challenges, we attend an early stage dementia class for my husband."



Birgit Stefani

Retired Director of Operations for manufacturing facilities across Canada and the USA, living on the Sunshine Coast for the past 12 years.

A member of two hiking groups who enjoys yoga, cycling, kayaking, snowshoeing, and downhill skiing.

Past board experience:

- SCAWA, sunshine Coast amateur wine association. President, secretary and current treasurer.
- Chief financial officer, CanaDares, a charity for an orphanage and school in Tanzania.
- Habitat For Humanity, vice chair, treasurer, and secretary. Currently still volunteering in recycling.
- Beaconsfield, Cycling club, 450 members. President, treasurer, and secretary.
- Sexual Assault, Crisis Line, Montreal, Quebec.
- Several School Boards.

“I really feel that the Sechelt Seniors Activity Centre plays a very valuable part in our community and so I would be honoured to be a member of the board.”

Chris Twaits

“My name is Chris Twaits and I have been working on the planning team implementing MyServiceCenter since December. I also volunteer at the Bingo and have recently agreed to manage the Office Volunteers.

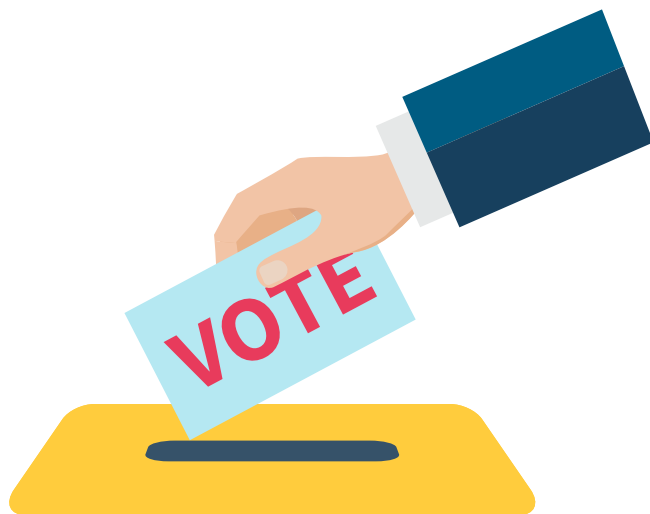
Over the past 7 years I have volunteered with many organizations. Golfing is one of my passions which lead me to volunteering as Captain for the 18 Hole Ladies League at Blue Ocean Golf Club. This year I will be coordinating Interclub play for the 9 Hole Ladies. I have also been the secretary on our Strata Board for the past 2 years. When I'm not busy volunteering, I enjoy many outdoor activities. I also play ukulele with the Mother Pluckers and sing with the Coastal Lights choir.

Prior to moving to the Sunshine Coast, I retired from the Alberta Government after 35 years of service as a Human Resource Consultant. I provided managers/employees with information and assistance and enjoyed learning about the various occupations required to make a large organization function.

Retiring on the Sunshine Coast is a dream that came true. I am amazed at the sense of community and talent of people that live on the Coast and feel fortunate to be a part of this community.”

Richard Ward

“Since I became President in March 2023, in cooperation with the board and our volunteers, I feel fortunate that we have achieved many of our goals. We have increased the efficiency of the operation of the Centre and produced a very friendly environment whilst offering a multitude of activities. The successful donation campaigns I had launched, allowed us to augment our income to meet the demands of our ongoing costs. There have been so many great changes during the year, such as the introduction of *MySeniorCenter*. Transition comes with some trauma, so I am so grateful for the tolerance and patience of our members as we find the best ways to move forward. I have learned so much, not the least of which is the complexity of the Centre and the incredible dedication of our 3 staff members and over 150 volunteers that allow us to offer the level of service that we do. There is still a lot of work to be done and I hope to be re-elected and work with the new board to help make the Centre the best ‘Home Away from Home’ it can be.”



AGM – March 20th – 1:30pm

**Be there and make
your vote count!**

Our Duty of Trust

For several years all SSAC Board members, Centre Manager and bus drivers were the only ones required to get Criminal Record Checks. But now with the advent of **MySeniorCenter** and the gathering of detailed personal information, it made us seriously reflect on the measures we should take to safeguard our members. We have asked all the greeter and office volunteers to submit a criminal record check (at our cost) and sign a non-disclosure of information agreement. However, seniors are a vulnerable population. Therefore, we have asked Bert Carswell the Chair of our Legal and Legislation to have his committee consider and make recommendations upon who should have such checks in place. We have a duty of trust to safeguard the safety and security of our members.

SSAC Bus Trips



Lighthouse Park Rainforest Adventure

Thursday March 14th

Lighthouse Park contains the largest uncut, coastal-elevation trees in the Lower Mainland. Personally, guided by a naturalist, this unique tour offers an in-depth look at Vancouver's natural beauty and history.



BUS TRIP

Door to Door Service,
Bus Fare + Guided Walk

Register at SSAC
or Harmony Hall

**\$40 65yrs+
\$55 under 65yrs**

Mar 14	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
Mar 26	Grand Villa Casino	\$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>	FULL
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

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

MARCH 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					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 <small>Cancelled on Mar. 20th</small>	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, March 15
12:30 to 2pm

Anchor Hearing provides hearing aid cleaning at the lounge



INCOME TAX CLINIC

Available in
March & April

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



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- Physical therapy exercises
- Personal care (e.g., showering, hair washing, dressing)
- Nursing care & wellness checks
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SSAC AUDITORIUM

5604 Trail Ave, Sechelt
presents

St Patricks Dance
With Irish Pub Dance Band
THE SHAMROCKERS

**Saturday
March 16th**
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

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Wine &
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WEAR
YOUR

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CELTIC
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In Memoriam



Alan Andrew Macpherson

August 31, 1929 - January 11, 2024

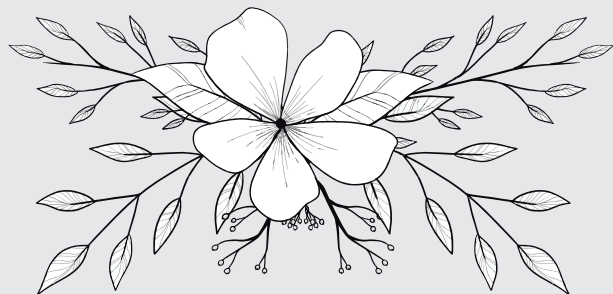
It is with profound sadness that we announce the death of Alan Andrew Macpherson.

Born in Clare, Northern Ireland, August 31, 1929, died January 11, 2024 in Sechelt as a result of a tragic traffic accident.



Alan was predeceased by his wife, Marie, son Ian, granddaughters, Bella and Keara, and his grandson Jordan. Alan is mourned by his three daughters, Janette (David), Alison and Gillian, eight grandchildren, five great-grandsons, family in Northern Ireland and Canada.

Alan touched everybody with his friendly, open personality. He was a great storyteller and read constantly. He was a man for all seasons, knowledgeable about world affairs, up close and personal when in your presence, and a lover of poetry, people, dogs and kids. His sense of humour and memory for quotations kept one always engaged.



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

Carol D. Steedman

'A life well lived filled with many adventures'

June 12, 1951 - December 21, 2023

Carol Diane Steedman was born in Lethbridge Alberta on June 12th, 1951. She was born to Arlowene and Joseph Steedman. Carol attended Lord Beaverbrook High School in Calgary and then went to U of A in Edmonton for a BSc in Home Economics in 1972. After short interlude of travel and adventure returned to complete her MSc in Food Science in 1977.



Carol taught others at U of A, U of Guelph, and BCIT in Burnaby, BC. Most of her career was associated with food in one aspect or another. She was responsible for the commissioning of kitchen facilities. Worked in food quality control and food service management. Carol had a special place in her heart for dogs, Irish Setters in particular, but had an elephant collection second to none. She liked a whole array of activities but one stood out - TaiChi. She loved camping, enjoyed bike riding and golf.

Retired, built a house in Halfmoon Bay and moved to the Sunshine Coast in 2010 with her husband Ron. Soon after, joined CFUW-SC where she participated in book club, wine tasting group and travel group but was most interested in the Bursary set up help young women to achieve their educational aspirations.

As mentioned, TaiChi and the Sechelt garden club kept her in touch with the community. Carol also volunteered as a Travel Ambassador on BC ferries during the summer. She is survived by the love of her life, Ron Pawliuk, two step-daughters, LeighAnn (Tim), Andrea (Roger) and three grandkids, Liam, Jared and Hailey. Can't forget her beloved golden retriever, Sasha.

No service by request, but take a deep breath of clean Sunshine Coast air or stroll through the forest to remember her and donate to the Sunshine Coast Hospice.

MARCH 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 13

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Chair Yoga for Arthritis (pre-register 8 weeks) *	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 (pre-register 8 weeks) *	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	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/Intermediate	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis (no session on March 20th)	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	2:00–3:30	PM	Lunch Room	Nicol Mentis	\$4
Meditation (2 nd & 4 th Wednesdays starting March 13 th)	2:00–3:30	PM	Craft Room	Eddie Berinstein	\$4
Art Journaling (3 rd Wednesday March 20 th)	2:00–3:30	PM	Craft Room	Violette Clark	\$4
Country Two Step	6:00–7:00	PM	Craft Room	Ian MacDonald	\$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/Collene Sand	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Painting Pals	1:00–3:00	PM	Craft Room	Isobel Gibson	\$4
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
FRIDAY					
Hatha Flow Yoga (Intermediate – Advanced) **	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
Mindful Pilates (Series – pre-register)	10:00–11:00	AM	Craft Room	Viri Pichardo	\$30
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 Craft	Bob Hodgson	\$4
Expressive Arts (March 8, 15, 22)	1:30–3:30	PM	Room	Hanna Bowen / Julia Booth	\$4
Chair Yoga	1:30–2:30	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
SATURDAY					
Quilting	9:00–4:00	AM/PM	Dining Hall	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

* Chair Yoga for Arthritis is an 8-week series starting March 11th. Limited spaces - pre-registration and pre-payment is required (Front Desk).

The 10:15 session is already full. There is room for the 9:00 am session.

** 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.