

SEASHELL ECHO

SEPTEMBER 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Reaching Out

BY RICHARD WARD

Another fun month has passed at the Centre. The number of participants in activities and number of meals sold were down as could be expected with members away for summer holidays. However, our financial situation stays strong.

We are constantly hearing from individuals and organisations that the Sunshine Coast has a critical shortage of accessible transportation and that many individuals are “shut-ins” either from a lack of resources or dependence on others. Our bylaws state that we should service our members but also aid the broader community. In fact, maintaining our status as a Charitable Society requires that. We are currently working on a proposal in collaboration with other individuals and organisations on the Coast, to address the accessible transportation issue of shut-ins.

In putting this proposal together, we need some information. Although there is general agreement that there are many people who could use improved access to transportation to our Centre or for appointments, shopping or other structured events, we do not have a sense of how many community members are desperate for this service. To justify any service, we need to know how many people we and others can potentially help. In order to gather some of that information we would like you to complete our survey form printed in this edition.

CONTINUED ON PAGE 2



THE CENTRE IS CLOSED ON LABOUR DAY, SEPT. 2ND AND ON RECONCILIATION DAY, SEPT. 30TH



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Office: 604.885.3513
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Office Hours:
Mon–Fri, 9 am–3 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

2023-2024 Directors at Large

Jay Alexov Karen Madsen
 Lisa Brown Gail Riddell
 Susan Grenville Christine Twaits

Manager of Operations & Engagement: Gillian Smith
 Office Manager: Pam Demers
 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
VCH - Adult Mental Health	604.924.8370

Reaching Out

CONTINUED FROM PAGE 1

If you are in need of accessible transportation or know of anyone who is suffering social isolation and is in need of transportation, please complete the form. To protect their identity but for us still to check that we are not double counting individuals we ask for their first name and first letter of their last name and their postal code, or town or area. They do not have to be members of the SSAC. You can complete this form and drop it off at the office or email the information in to info@myssac.com, or even phone the information into the main office.

The proposed accessible transportation plan will require volunteer drivers for a few hours per week to a full day as needed. If you would like to offer to be a volunteer driver once this program is developed and have a regular class 5 license and clean driving record, please complete the form and submit it to the main SSAC office.

At the SSAC the Board, our Staff and wonderful volunteers are committed to improving the lives of our members and those in the broader community that we can reach. ●

**SSAC ACCESSIBLE TRANSPORTATION SURVEY**

We are trying to get some idea of the number of people that we and others on the Coast can help by providing accessible transportation to allow them to come to the Centre, have outings, attend medical appointments, etc. **If you know of anyone who cannot easily leave their home and would benefit from enhanced accessible transportation, please list their basic information below. They do not have to be SSAC members.**

Name (ex. Richard W)	Postal Code or Town/Area	SSAC Member (Y/N)	Wheelchair Dependent? (Y/N)

VOLUNTEER DRIVERS FOR ACCESSIBLE TRANSPORTATION

Name	Phone	Email	I have a Regular Class 5 License	I have an Unrestricted Class 4 License

Food For Thought



Drop into one or all of our Fall **Emeritus Lectures** at the SSAC.

Four (4) Wednesdays at 2:30 pm

- no pre-registration necessary
- entrance by donation
- seating limited - arrive early

Enjoy the favorite stories of four distinguished retired professors, most of whom are making a special trip to the Coast because YOU are a great audience!

Wednesday, September 25, 2:30 pm

Elizabeth Dean, Professor Emeritus
UBC Faculty of Medicine

“Getting Healthier As You Get Older . . . What You Haven’t Heard Before”

In this interactive talk, you will be able to assess your typical eating pattern with new evidence, supporting a disease and disability-free long lifespan.

Elizabeth Dean, PhD, PT, is a UBC Emeritus Professor in the UBC Department of Physical Therapy. During her career she has specialized in managing patients ‘in’ intensive care, later working to keep patients ‘out’ of intensive care with lifestyle medicine.

Wednesday, October 16, 2:30 pm

Joost Blom, Professor Emeritus
UBC Faculty of Law

“Father of International Law, Hugo Grotius, 1583-1645”

This 17th Century Dutch writer originated our current thinking about international law, especially the law of the sea. The talk will focus on Grotius’ life and times.

Joost Blom, LLB, BCL, LLM, is a past Dean of Law at UBC, and still teaches part-time in the Allard School of Law. He is a Life Bencher of the Law Society of BC.

Wednesday, November 6, 2:30 pm

George Bluman, Professor Emeritus
UBC Department of Mathematics

“A Ray of Light In The Depths Of Darkness - Chiune Sugihara And His Legacy”

Hear the remarkable story of this Japanese diplomat who saved the lives of 2,100 people, mostly Polish Jews, during World War II. Those saved included George’s parents, and he gave a speech at the opening of the Chiune Sugihara Museum in Tokyo, among many other talks.

George Bluman, PhD, is a past Head of the UBC Mathematics Department, and is a former Vice-President of the Canadian Mathematical Society.

Wednesday, December 4, 2:30 pm

Christine Pawley, Professor Emerita
Information School, University of Wisconsin-Madison

“A Christmas Carol Circumstantiated, or How The Dark Satanic Mills Spewed Forth Ebenezer Scrooge”

A Christmas Carol’s astounding commercial success owes much to Charles Dickens’ genius as a storyteller. In this talk, Christine will look at some of the profound transformations of 19thC life that helped Dickens become an enduring literary phenomenon with a global reputation.

Christine Pawley, PhD, focusses on the history of reading in the late 19th and 20th centuries. Her most recent book is: Organizing Women: Home, Work and the institutional Infrastructure of Print in 20thC America/2022.

Your Wonderful Year of Giving

There has been an overwhelming positive response to our donation campaign launched last September. At the time of writing, you have so generously gifted a total of \$72,334.26 in the three programs combined. The SSAC board members have enormous gratitude for these funds which along with activities and food revenue help us to keep going and offer the myriad of services we do.

To maintain our low food prices, we set a target of \$10,000 for the **Affordable Lunch Campaign**. It was a heartwarming success with over \$8,000 being donated, with over \$2,500 of that being raised through the donation box on the lunch counter. This illustrates the caring we see at the Centre not only in donations but in your actions towards each other. We have increased our target for the Affordable Lunch Campaign to \$15,000 for the new year, and are confident we will be able to hold strong with the economical food prices, despite rising costs.

The **General Revenue Fund** was the benefactor of donations large and small to a total of almost \$47,000. Every dollar of this was important in the battle to keep pace with costs associated with running and maintaining the SSAC.

We established the **SSAC Endowment Fund** in September 2023 through the Sunshine Coast Foundation. Although we set a target of \$100,000, it was not anticipated that this fund would build quickly. The intent of this fund is to ensure long term financial sustainability. Currently, there is close to \$17,000 in the fund based on donations and accrued interest. In the new year we can anticipate close to \$1,000 in investment interest to be paid out as the beginning of the yearly income stream. The beauty of the Endowment Fund is that the principal remains, yet the interest accrued is paid to us each year as cash



to supplement the general revenue stream. If the SSAC has become important to your life, please think of this avenue of gifting. You can gift any time into the SSAC Endowment Fund through the Sunshine Coast Foundation website. If you are estate planning, consider a bequest to the SSAC. The fund has already received a \$5,000 donation in memoriam of a family member. Alternatively, when organising a Celebration of Life, ask for a donation to the SSAC Endowment Fund, in lieu of flowers. The donations would truly be the gift that keeps on giving.

Thank you for trusting us to use your money wisely. We strive to continue making the Centre the best it can be for our members and ensure its long-term future. ●

Program	Sept '23 - Aug '24	Target
Affordable Lunch Program	\$8,393	\$10,000
General Revenue Program	\$46,982	\$50,000
SSAC Endowment Fund	\$16,959	\$100,000

HONOR ROLL OF DONORS

(Sept '23 - Aug '24)

who gave us permission to publish their names

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	Alison Kowalewski Bill George Brian Smith Cathy Du-Preez-Kiss Christine Poplawski Ed Wong Eugene Pelly George Goulet Gordon Fleming Kong Ho Lee Mark Garland Mike McCarthy Paul Dhillon Robert Pincombe Robert Pizzi Sahra Hailey Terry Goulet Val Galat Yvette & Gordon Fleming
BRONZE Up to \$100	Adam Shepherd Barbara Seed Francine Golbeck Jill Bellisomo Lindsey Montemurro Sylvia Nedila Tina McAllister



ARTS CLUB THEATRE COMPANY

Ever wonder how a group of troublesome blue-collar boys from New Jersey became one of the most successful bands in music history? *Jersey Boys* is the Tony and Grammy Award-winning blockbuster that tells the true story of the iconic Frankie Valli & The Four Seasons. This smash-hit jukebox musical pairs timeless themes with unforgettable songs like "Who Loves You," "Sherry," "Big Girls Don't Cry," and more!

If you are interested in attending this matinee on October 9th, please call the Sechelt Seniors Activity Centre at 604.885.3513 or visit the Centre front desk.

NICARAGUA NIGHT

FUNDRAISING EVENT

SEPTEMBER 14 • 6–9 PM



Nicaragua

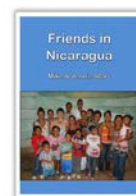
This small country in Central America is one of the poorest in the Western Hemisphere. There is very little of the "social safety net" that we have in Canada. The friends pictured here work hard to provide for their families, but struggle to make ends meet. Mike and Jennie Starr are raising money to help them out.



Nicaragua in Central America

Nicaragua Night

- Live music—in Spanish!
- Admission by donation (suggested \$10)
- Nicaraguan food (typical rice and beans)
- Silent auction
- Photos and stories of Nicaragua
- Cash bar
- Book for sale: *Friends in Nicaragua*



Have fun for a good cause!

Free CPR Training

Last month we announced that we were successful in competing for a Sunshine Coast Foundation 2024 Responsive Community Grant. We were awarded \$4,550 for “Enhancing Cardiac Support for High-Risk members of Sechelt Seniors Activity Centre”. We have since purchased an additional SleepEh Lifeline View AED (automated external defibrillator) to be placed in the main corridor and two WorkSafe BC Level 1 First Aid kits.

In addition, the grant provided funds to pay the instruction fees for CPR (Cardiopulmonary Resuscitation) and first aid training. All the courses will be taught by an experienced Primary Care Paramedic. Forty SSAC volunteers and activity leaders will have the opportunity to take the non-accredited CPR workshop. Three workshops will be scheduled in sessions for the morning through evening on Saturday September 14th. Each workshop is scheduled to be three and a half hours long. Participants must be physically fit and able to kneel to perform CPR. Each person will be provided with a CPR Pocket Face Mask for individual use.

The ability to respond with CPR is a life saving skill that is useful in any situation one may face at home or in the community. The 40 free training spots are available for all members. Check in at the main SSAC office by phone or in person to have your name registered for one of the three workshops on Saturday September 14th. The three time slots for the workshops are 8:30 am - 12:00pm, 12:45 pm - 4:15 pm, 5:00 pm - 8:30 pm. ●



Thank you!

Many thanks to our 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.



JOHN MCKENZIE

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Policies & Procedures

Human Resources

BY BERT CARSWELL

The new policy on Human Resources replaces the old policy on Volunteers. Work on implementing this policy is just beginning and will require some time to complete.

POLICY 7: HUMAN RESOURCES COMMITTEE

The Committee will be responsible for establishing procedures and guidelines for staff and volunteers, including Board Members for the Centre to operate efficiently and safely. These guidelines will focus on the selection, training, evaluation and recognition of those individuals required at the Centre.

PROCEDURES:

The Committee shall:

1. Utilize the Centre's organization chart to identify and manage risks. Identify paid/volunteer jobs that require a Criminal Record Check and Confidentiality Statements.
2. Prepare a process for the selection of new volunteers to ensure they are matched to a role that reflects their skills and expertise. (Volunteer Application Form)
3. Ensure job descriptions are prepared for every staff and volunteer position.
4. Assist with the advertising, recruiting and selection of staff and volunteers.
5. Prepare guidelines/forms to assist supervisors/managers with the tools required to ensure staff/volunteers:
 - a. receive the required information and training to be successful in carrying out their responsibilities. (Orientation Package/Benefits Overview/Training Plan)
 - b. receive guidance/supervision to successfully perform their duties. (Job Description and setting Goals and Expectations, 1st part of Performance Review)
 - c. receive an evaluation of their performance on a regular basis and have the opportunity to provide feedback. (2nd part of Performance Review).
6. Maintain HR records for all volunteer and paid staff.

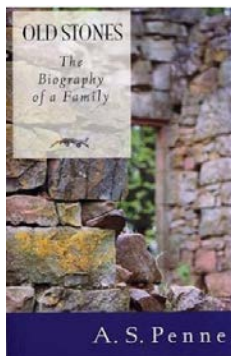


Local Author Book Club

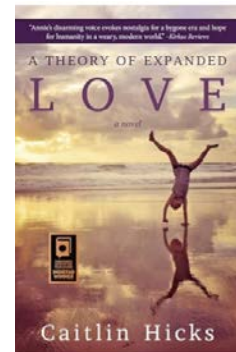
We have so many talented people on the Coast, including authors. So, let's have a local author Book Club! The meeting will take place on the first Wednesday of each month starting at 2 pm.

On September 4th, we'll discuss LR Wright, whose mysteries take place on the Coast and will be the subject of a new tv series. This will be a general discussion.

In October, we will be discussing *Old Stones The Biography of a Family* by A. S. Penne. Anthea has donated copies of her book, so you can pick one up at the office to read for the October 2nd meeting. Anthea will be joining us for an author reading funded by The Writers' Union of Canada.



On November 5th, *A Theory of Expanded Love*, by well known author Caitlin Hicks, (and leader of the Stories of Our Lives workshop series here at the SSAC) will be our selection.



On December 4th, *Losing Us* by Rosella Leslie, another well known local author and long time organizer of the Memory Café here at the Centre, will be our selection.



Advance Care Planning Workshop

Friday, September 27, 2024
2:00-4:00pm

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. Limited seating – sign up for this free workshop at the front desk or call 604-885-3513.



Can You Dig It

With the events of the summer in BC it does not need to be stated how devastating wildfires can be to communities. We would be remiss if we did not take any measures, possible to address how we can make the Centre as fire safe as possible. To that end we invited Bill Higgs from the SCRD Wildfire Prevention group to do a tour of the property. While we are in great shape generally, he had some recommendations regarding taking down coniferous trees close to the building. When we have his report, it can be reviewed, and a plan made. Highpoint, the building next door, has a similar issue requiring the removal of high-risk trees.

In addition, we need to spruce up our landscaping. On Saturday September 29th, starting at noon, we invite any willing members to join us to help weed, dig, plant and prune the various bushes on our property. If you would like to get involved in planning the attack of the greenery before then, please contact Gill Smith in person or at manager@mysac.com.



Super Bingo is Back!



\$1 BINGO is held on Tuesday afternoons with reduced price of game cards. The first session for the fall is on September 3rd. 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 lunch room.

SEE YOU ON SEPTEMBER 3!

Groovy Baby!

The Mitch Lazer British Invasion dance was totally far out man! Joining Mitch on drums were Eddy Edrik on vocals and guitar, Bruce Mortimer on bass and Bill Barclay on keyboards. Man these cats are cool! They played so many hip tunes - everyone got their groove on. The whole evening was a gas and we all had a ball until Mitch and the guys had to split. If you missed it don't flip your wig as they'll be back soon, hang tough.

This month's winners of the prizes were as follows:

50/50 draw - Laura D

Spot Dance - Peter Ashcroft (tickets to the next dance)

Door Prizes - Helen Ward (beer), Nicol Mentis (basket- donated by Little Brit of Heaven), Carol Passmore (beer) Ron Skene (tickets to the next dance)

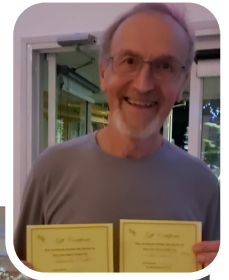
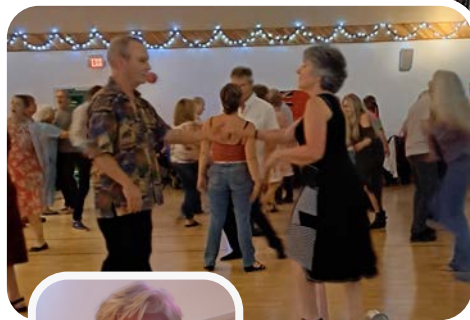
Congratulations to all our winners!

The next dance is on September 21st with a Sunshine Coast favourite - **Spindrift Street** coming in to play for us - Randy Shepherd on vocals and bass, Garth Bowen on vocals, mandolin and fiddle, Charlie Veaudry on vocals and guitar. It brings them "great pleasure to play at such a fantastic venue for a group of wonderful people who love to dance".

This will be a Haight-Ashbury Themed Dance so feel free to wear your hippie clothing; there will be a prize for the best costume.

See you on September 21st - doors at 6:30 pm, band starts at 7:00 - tickets \$15 in advance or \$20 at the door. Beer, wine and cider bar will be open . . . please let me know what your favourites are as we fine tune the beverage menu. As always, many thanks to all the volunteers who help organize, set up, decorate, tend bar, work the door, bake treats, clean up...you name it they do it! •

*Ann Matthewson on behalf of Jay Alexov
and the dance committee*



Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to find out more about the benefits,
credits, pensions, programs, and services you
may be entitled to!

Date: September 25, 2024

Time: 10:00am – 3:00pm

Location: Sechelt Seniors Activity Centre
5604 Trail Ave, Sechelt, BC

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information
- Employment Insurance

* Please bring any ID you have as what is required will depend on the services accessed

SSAC Bus Trips



September 11, 2024

GRASSHOPPER PUB

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BARGAIN BARN THRIFT STORE

Finest and friendliest thrift store on the Sunshine Coast!

OAK TREE MARKET

A Butcher Shop and General Store specializing in fresh local meats and vegetables.

Local trip bus only - \$15.00



September 19, 2024

CHANCES CASINO – SQUAMISH

Whether you prefer reel style or video slot machines there are plenty of choices to find a game that is right for you!

WALMART



November 6, 2024

BRACKENDALE EAGLE VIEWING

Every fall Squamish is home to one of North America's largest congregations of wintering BALD EAGLES.

WATER SHED GRILL

Squamish's best burger and only Riverside Patio



If you are interested in any or all of the above bus trips please call SSAC at 604-885-3513 or visit the front desk.

Direct to Smelter

Precious Metals Roadshow Returns to Sechelt

Ursa Major Gold, Silver & Coin returns to the Sechelt Seniors Activity Centre on September 16th and 17th. You can bring your gold, silver, coins and collectable banknotes between 10am and 4pm on Monday or Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin.

“Ursa Major has the unique advantage of dealing direct with a smelter” said Dick. “That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public.” In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a ‘melt’ value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

“If you decide to sell after hearing the quote, great, but it is also about information” says Dick. “A lot of times people just need to know a ballpark of what things are worth; we don’t pressure anyone into selling”. Dick took out his first gold claim when he turned 16 in the 1970’s

and has been involved with precious metals ever since. An ardent gold panner, he was a regular at the world championship gold panning competition with a personal best of 3rd place in 1984.



“Nearly half of the world’s annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned.” Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. “We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins.” People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary. ●

FREE LEGAL AID CLINIC

**Every Thursday
at noon**

Lawyer Robert Hart provides
FREE weekly 30-minute
legal aid consultations (not
criminal matters). Book your
appointment at the front desk.



FREE HEARING AID CLEANING

**Friday, September 20
12:30 to 2pm**

Anchor Hearing
provides hearing aid
cleaning at the lounge



September 30, 2024

National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

The SSAC will be closed in observance of this day.

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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
info@secheltmarket.com



We can help with:

- Meal preparation
- Light housekeeping
- Groceries & errands
- Getting to appointments (e.g., doctors, dentists)
- Physical therapy exercises
- Personal care (e.g., showering, hair washing, dressing)
- Nursing care & wellness checks
- Companionship, mental stimulation and engaging activities

We provide peace of mind.

**Nurse Next Door®
home care services**

604 747-2847
sunshinecoast@nursenextdoor.com

Friendship Tea

September 19 - 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!




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CONTACT US - Your 1st visit is free

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www.CoastCare.ca

SUNSHINE COAST
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★ 2023 ★
Finalist


SEPTEMBER MENU

Weekdays 11:30 am to 1:00 pm. Everything is made from scratch!
We also serve soup, sandwiches and salads. Desserts vary.
Frozen entrées are available from 9 am to 3 pm and vary in price \$6 or \$8.
Members are welcome to bring guests to dine for a surcharge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR LABOUR DAY ²	Ginger Beef ³	Ham & Scalloped Potatoes ⁴	Baked Salmon ⁵	Fish & Chips ⁶
Meatloaf w/ Mac & Cheese ⁹	Chinese BBQ Pork ¹⁰	Chicken Cordon Bleu ¹¹	Seafood Linguini ¹²	Fish & Chips ¹³
Filipino Chicken Adobo ¹⁶	Cabbage Rolls ¹⁷	Roast Pork ¹⁸	Hot Reuben Sandwiches ¹⁹	Fish & Chips ²⁰
Shepherd's Pie ²³	Lasagna ²⁴	Roast Beef ²⁵	Chicken Penne Alfredo ²⁶	Fish & Chips ²⁷
CLOSED FOR RECONCILIATION DAY ³⁰				

SEPTEMBER 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 Social Play 2.0-3.5	7:30-9:30 3.0-3.5+		
	1:30-3:00 Level Play w/ Coach			2:30-4:00 Level Play w/ Coach		11:30-1:00 1.0-2.5
3:00-4:30 3.0-3.5	3:00-4:30 Assessments	3:00-4:30 1.0-2.0 w/ Coach	3:00-4:30 3.0-3.25	4:00-5:30 2.5-3.0		1:00-3:00 3.0-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 2.5-3.25	4:30-6:00 2.5-3.5	4:30-6:00 2.5-3.25	5:30-7:30 Social Play All Levels		3:00-5:00 2.5-3.25
6:00-8:00 Competitive Play 3.5+	6:00-8:00 Competitive Play 3.0-3.5+		6:00-8:00 Competitive Play 3.5-3.5+			5:00-7:00 3.25-3.5+

For more information, please contact ssacpickleball@gmail.com

SEPTEMBER 2024 · SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
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	AM	Auditorium	Katie Caple	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Fiona Williams	\$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 Jacqui or Lisa	9:15–10:15	AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café	10:30–12:30	AM/PM	Auditorium/Craft	Brian Smith/Rosella Leslie	\$6
Stories of Our Lives - new series Sept. 10	10:30–12:00	AM	Farish Room	Caitlin Hicks	\$48
Chair Yoga	12:00–1:00	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Craft Group	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
Bingo	2:30–4:30	PM	Lunch Room	Richard Ward	
Strength for Seniors - Starting Sept. 24	3:15–4:15	PM	Craft Room	Liz Hill	\$6
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	1:30–3:30	PM	Lunch Room	Nicol Mentis	\$4
Local Author Book Club - Sept. 4	2:00–3:30	PM	Craft Room	Gill Smith	\$4
Meditation - 2 nd & 4 th Wednesdays	2:30–3:30	PM	Craft Room	Eddie Berinstein	\$4
Bluegrass Jam	4:00–5:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
Zumba Gold - starting Sept. 11	6:30–7:30	PM	Auditorium	Irina Paris	\$6
THURSDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Line Dancing for Beginners	11:30–12:30	AM/PM	Craft Room	Louise Parker	\$4
Chair Yoga - starting Sept. 12	11:45–12:45	AM/PM	Auditorium	Tenyana Kivlichen	\$6
Carpet Bowling	1:00–3:00	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Painting Pals - starting Sept. 26	1:00–3:00	PM	Craft Room	Isobel Gibson	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	
Line Dancing	4:00–5:00	PM	Craft Room	Collene Sand	\$4
FRIDAY					
Hatha Flow Yoga (1 st , 2 nd , and 3 rd Fridays)*	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
Yin Yoga (4 th Friday)	10:00–11:10	AM	Auditorium	Andre Casaubon	\$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	Tenyana Kivlichen	\$6
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 nd Saturday of each month	\$4/\$8

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

Open to adults of all ages. Please check our website for changes. For Pickleball schedule, see page 11. The Centre is closed on Sept. 2 and 30, some activities will continue.

