

# SEASHELL ECHO

DECEMBER 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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The Mission of the Sechelt Seniors Activity Centre Society is to support and enhance the lives of our members, by providing mental and physical stimulation and social experiences.

## We're Bigger Than Ever!

BY RICHARD WARD

**H**ello to all our members and a warm welcome to our new members. We now have over 1,700 active members. It is wonderful that we can appeal to so many of you with our number and variety of activities and services, but we are challenged at times to provide the quality of service that you deserve. The **MySeniorCenter** (MSC) system is working well managing membership information and wallet payments. However, the stress is coming from demands on food service and limitations of our physical space. We are currently advertising for a permanent 3-day a week Sous Chef to give long term support to Emily and Liz. On November 27<sup>th</sup>, the SSAC Board had a special strategic planning meeting. After extensive SWOT (Strengths, Weaknesses, Opportunities & Threats) analysis, committees were formed with deadlines to complete the following tasks:

- Plan the structural redesign of the front office & lounge, taking into account implications for future possible improvements in parking and other structural aspects of the Centre
- Address volunteer recruitment: screening and a training strategy
- Create a comprehensive physical plant maintenance schedule
- Create a cohesive security plan
- Develop a strategy to deal with continued membership growth
- Develop a long-term staffing plan including the possible eventual hiring of an Executive Director

CONTINUED ON PAGE 2



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Office Hours:  
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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            Mark Patterson  
Lisa Brown           Gail Riddell  
Susan Grenville    Birgit Stefani  
Karen Madsen

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	877.952.3181
(www.seniorsadvocatebc.ca)	
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

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for contributing to our weekly ad in the  
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remain strong and vibrant.



# We're Bigger Than Ever

CONTINUED FROM PAGE 1

The previously promised addition to the MSC system - **MyActiveCenter** has arrived. It is an online program that allows you to register and pay for activities on any of your electronic devices. We recently activated it for use for Pickleball registration, allowing players to register and pay for specific play sessions. In the new year it will be introduced for more general use by all of the membership, with full instructions on its use appearing in the January edition of the ECHO. Once fully implemented, it will reduce stress on the front desk as wallet payments will be possible by secure credit card payments online. There will still be the option to pay into your wallet at the front desk.

You will see in this issue an advertisement for a new Office Manager. Pam Demers will be ending her position of Office Manager at the end of the year, due to some positive life changes. However, she will happily assist us by volunteering to help fully train the new Office Manager in the **MySeniorCenter** system in the New Year. Pam's expertise has been invaluable, previously as a volunteer and now as a staff member. Be assured that the new hire will need to have similar strong management skills and a matching pleasant personality. I am very proud that members come in and immediately feel the welcoming warmth of the SSAC environment.

We will have the usual 2-week closure over Christmas giving our staff and volunteers a well-earned rest. However, during the office and kitchen closure, I will be opening the Centre Lunchroom and Lounge for afternoon drop-in (noon-4pm) as I did last year. Again, I will be supported by some of our friends from the Sunshine Coast Rotary Club. There will be complimentary tea, coffee and baked goods and a variety of music and activities available for your enjoyment. The schedule will be posted closer to the event.

Hope you all will have a fantastic month and a great festive season. Remember that Christmas can be a very lonely time for some people, so please reach out to anyone in that situation.

# Christmas Closure

**T**he Centre will once again be closing for the **Christmas holidays**. This allows Emily and Liz, the chefs, and Gill and Pam, the Centre managers to have their well-earned holidays, as will the wonderful volunteers. The office and kitchen services will be closed from Monday December 23<sup>rd</sup> through January 3<sup>rd</sup>. Consequently, there will be no office services, hot lunch service or frozen entrée sales during this period. Regular office and food Services will resume on Monday, January 6<sup>th</sup>. Activities, where the back door entrances are made available, may be proceeding as usual. Check for specifics with the coordinator of your activity.

### Christmas Lunch

The Christmas closure will start after the Christmas buffet lunch, which is to be held in the Auditorium on Friday, December 20<sup>th</sup> at 12:30pm (doors open at noon). The lunch is an amazing buffet catered by Emily and Liz and their group of tremendous volunteers. The menu runs the gamut of all tastes from traditional turkey dinner through vegan feast. Tickets are on sale for \$25 each but limited to 120 diners (members only). There will be door prizes, a 50/50 draw and raffle of valuable gift baskets containing wine, beer and other delights. Proceeds from the 50/50 and raffle will be donated to Sechelt Food Bank. Once again, SSAC will match the proceeds dollar for dollar.

### Christmas Drop-ins

Christmas can be a lonely time, without opportunities to see other Centre members due to the closure of SSAC. Richard and some wonderful friends from the Sunshine Coast Rotary Club will be opening the Lounge and Lunchroom for Drop-in sessions with a Christmas vibe. The openings are scheduled to be from 12-4pm on December 23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>. Look for the Drop-in activity schedule to be posted later in the month. There will be complimentary tea and coffee, and baked goods. All SSAC members are welcome to come to enjoy our Christmas revelries. If you do know someone who will be alone this Christmas, please reach out to them to accompany you to the Drop-in, even if they are not SSAC members. Christmas is an especially difficult time to be on your own.

### Volunteers, we need you!

We do have a pressing need for new volunteers, especially able-bodied individuals to help out in the kitchen as dishwashers and servers. If you are interested in this option, go to the office and they will set you up with what you need. Thanks again to all of you serving us now and in the future.



## SSAC Christmas Closure: December 23<sup>rd</sup> - January 3<sup>rd</sup>

DATE	OFFICE	KITCHEN	LOUNGE & LUNCH ROOM	EVENTS
Thursday, Dec. 19	Open	Closed	Open	No meal service to prepare for Christmas Buffet Lunch Frozen entrées still available
Friday, Dec. 20	Open	Open	Open	Christmas Buffet Lunch in the Auditorium, 12:30pm Members only, Tickets \$25 available at the front desk Last day for purchasing frozen entrées, resumes Jan. 6
Dec. 23, 24, 27, 30, 31	Closed	Closed	Open for drop-in	Look for daily schedule of events to be posted
Monday, Jan. 6	Open	Open	Open	Full SSAC operations resume



# The Fundamentals

**O**n November 16<sup>th</sup> and 17<sup>th</sup>, the newly-formed group “The Fundamentals” (comprised of many former “Funtastics, as well as a few welcome new additions ) performed for audiences as a fundraiser for the SSAC. Their show, “Come To The Cabaret”, included music ranging from the 1940s right up to the 1990s, which appealed to a wide variety of tastes. There were also a couple of comedy skits to provide a few laughs.

It was easy to see that the cast was having fun, and the smiles on the faces of those watching and singing along made it clear that they too, were enjoying themselves.

The Fundamentals cast and crew worked hard for several months preparing for the shows and were very pleased to have such an enthusiastic response from both audiences - with a standing ovation on closing night! The positive feedback from the shows has been wonderful, and The Fundamentals are grateful to the SSAC for all their support and encouragement throughout the process. They would also like to thank all of those who came out to see them perform and help support the SSAC.



*Photos by Geoff Grognet*





## SSAC LIFE MEMBERS

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

*Thank you all!*

## Dance the Salsa!

Learn easy basic **Salsa** moves in a fun class at the SSAC! Fridays from 1:15 to 2:15 pm.





## *SSAC Dance*

“Happiness is finding two olives in your martini when you’re hungry.” – Johnny Carson

**T**he Martini Madness dance was a big hit once again! Kevin Crofton, Graham Walker and Andy Amanovich never fail to entertain and provide great dance music. Thanks guys! The door prizes of tickets to the upcoming Christmas show and New Year’s Eve Dance were won by Marcia James and Cielo Lyle-Shortt. Gordon Dockstader won the 50/50 draw and generously donated it back for the food bank. A huge thank you to all the volunteers who help with the dances.

Save December 14<sup>th</sup> on your calendar for the **Christmas Concert!** We’ll start things off with a Christmas story by Richard Borthwick, followed by the Echos SSAC Ukulele Group, then Reg and Lynne Dickson take the stage. A puppeteer elf (Graham Walker) will entertain the kids followed by the **Choralations Children’s Choir** and wrapping up the show will be the Celtic Group - **Two Thistles and a Rose**. Tickets are \$20 for adults with free admission for 2 children under 12 with each ticket. Tickets at the door will be \$25. Doors open at 1:00 pm, show starts at 1:30 until 4:30 pm.

The bar will be open to purchase non-alcoholic beverages including apple cider and mulled wine.

**New Year’s Eve** . . . Get your tickets now for **The Creek Big Band** along with **Definitely Diva** (Lynne Dickson, Wendy Hibberd and Patrice Pollack). This event will sell out so act fast to avoid disappointment. Tickets are \$25 in advance or \$30 at the door and include light appetizers and a glass of champagne at New York Midnight - 9:00 pm. Doors open at 6:30 - bar from 6:30 to 9:30 pm and the band will play from 7:00 pm til 10:00 pm.

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





## Donation Update

**T**he generosity from our members is evident with a continuous stream of funds gifted to the Centre. As of Nov 25<sup>th</sup>, the totals donated to the 3 programs since September 1<sup>st</sup>, 2024, are:

	Total To Date (Since Sept. 1, 2024)	Annual Target
Affordable Lunch Program	\$9,988.75	\$15,000
General Revenue	\$25,376	\$50,000
SSAC Endowment Fund	\$0	\$100,000

The **Affordable Lunch Program** is working well. The donated funds are helping to keep the meal prices down as promised, and we will be able to continue that through into 2025. The demand for food, especially the frozen entrees has put a tremendous stress on Emily, Liz, and the kitchen volunteers. We have hired a temporary position chef for 10 hours a week, working two nights a week on frozen entrée production. We are advertising for a permanent part-time Sous Chef (3 days per week) to give long term support for Emily and her team. However, we are confident that food sales and income from the Affordable Lunch Program will help support this extra expense.

The **General Revenue** funds have again been blessed by a repeat donation of US\$10,000 from an anonymous donor to support dances, the Affordable Lunch Program and Memory Café. In addition, Louise Parker and Bob Mackie both donated \$10,000 again this year. It is particularly gratifying that these donors were pleased with our use of their funds to trust us again with their donations.

The **Endowment Fund** has received no new donations. However, this fund has a long-term goal and will grow as members bequest to it. This is a great vehicle for Legacy gifting and In-Memoriam donations to help build a sustainable future for the Centre.

Thanks again to all our donors as we continue to make the Centre the best it can be for our members and ensure its long-term future.

Funds raised since September 1, 2024

### AFFORDABLE LUNCH PROGRAM



### GENERAL REVENUE



### SSAC ENDOWMENT FUND



## 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, December 13  
12:30 to 2pm**

Anchor Hearing provides hearing aid cleaning at the lounge



## ***Food For Thought***

**A**nother successful talk took place on November 20<sup>th</sup>, with retired UBC professor George Bluman visiting SSAC to tell the tale of his parents' close encounter with death during World War II. As Polish Jews they were hunted by the Germans, and a Japanese diplomat miraculously saved their lives (and those of over 2,000 others).



Join us for the last 2024 talk on Wednesday, December 4<sup>th</sup> at 2:30 pm. Retired academic Christine Pawley will give a seasonally appropriate talk on Dickens' "A Christmas Carol", discussing how changes in the 19<sup>th</sup> century affected his writing.

Title: A Christmas Carol Circumstantiated, or how the Dark Satanic Mills Spewed forth Ebenezer Scrooge - not to be missed!

### **ADVANCE NOTICE**

Our series of talks continues in the New Year. Every third Wednesday of the month at 1 pm, presentations on a variety of subjects will take place. Often challenging, always an interesting learning experience, they follow our delicious lunch program. You can LUNCH, then LEARN! No advance registration needed, everyone welcome.

Here's a sneak preview of the first two topics: January's session will look at climate change and the future of fisheries on the West Coast, the February one will look at how to interpret the news - both are timely topics!

**Wednesday**  
**December 4<sup>th</sup> - 2:30 pm**

## **Dr. Christine Pawley**

**Professor Emerita, Information School  
University of Wisconsin-Madison**

### **"A Christmas Carol Circumstantiated, or How The Dark Satanic Mills Spewed Forth Ebenezer Scrooge"**

An appropriately Christmassy talk discusses Dickens's storytelling genius in the context of the changing 19<sup>th</sup> century life. This is the year's last lecture in our Emeritus Professors Lecture Series. Everyone welcome! Admission is by donation.

## ***Life Memberships***

# **Nominations Open**



The Board of Directors invites nominations from the membership for the honour of Life Membership. Nominees must have contributed extraordinary service to the Centre for at least five years.

Two current members must sign nomination forms. The forms are available at the front desk. The completed form must be returned to the office by Wednesday December 11 to be eligible.

"A Life Member is a voting member who has provided extraordinary service to the Centre in accordance with criteria determined by the Board. A Life Member shall have the rights and privileges of membership as a Regular Member." (SSAC Bylaws article 12)



# CHRISTMAS *Lunch*

SSAC MEMBERS ONLY

DECEMBER 20<sup>th</sup>

★ Buffet Lunch 12:30pm

Raffle of Wine Bottle Baskets & 50/50  
All proceeds donated to the Sechelt Food Bank

Tickets \$25 each  
SSAC Auditorium · Limited Seating



On Friday, December 20<sup>th</sup>, we will be having the annual members only **Christmas Buffet Lunch** in the Auditorium. In order to allow Emily and her crew time to prepare, there will be no food service on Thursday, December 19<sup>th</sup>. Tickets priced at \$25 will go on sale starting December 2<sup>nd</sup>. Seating will be limited, so get your tickets early. The doors to the Auditorium will open at noon, buffet service starts at 12:30pm.

Other than Emily's amazing food, the highlight of the luncheon will be the presentation of **Life Memberships** to some very deserving long-time volunteers. There will also be a 50/50 raffle and more than one basket of alcoholic beverages up for raffle. The total proceeds from the raffle will be matched dollar for dollar by the SSAC and donated to the Sechelt Food Bank.

## Get Creative!

Creativity at the SSAC keeps flowing!

Join **Creative Crafts** with Nicol Mentis on Monday afternoons at 2pm in the Lunch Room and tap into your creative soul.





*The Sechelt Seniors Activity Centre*

# *Family Fun Christmas Concert*

*December 14 · 1:30 - 4:30 pm (doors open 1:00 pm) · SSAC Auditorium*

*A Christmas Reading by Richard Borthwick*

*The Echoes SSAC Ukulele Group*

*Lynne and Reg*

*Kids Sing-along with Graham Walker & his puppet*

*Choralations Children's Choir*

*Two Thistles and a Rose Celtic Ensemble*

*Adult + 2 kids under 12 years \$20 in advance,  
\$25 at the door. Tickets available at the SSAC front desk  
or at A Little Brit of Heaven. Non-alcoholic mulled  
wine and hot cider for sale.*



## Holiday Bus Trip



**December 18**

**Christmas Lights Bus Tour**

Leave SSAC at 6pm. Return 8pm.

Hot Apple Cider & Cookies will be served.

**\$10**

Sign up at the SSAC Front Desk if you wish to join this bus trip



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## We are HIRING

**Office Manager** - The SSAC is looking to hire a dedicated, results driven, and experienced office manager. Well versed in managing communication, computer systems and administrative services with excellent interpersonal skills and the ability to work independently in a busy environment. 8:30 am to 3:30 pm, 5 days per week. Salary negotiable. Please submit a resumé with references to Human Resources, Sechelt Activity Centre, 5604 Trail Ave. Sechelt (birgit.stefani@myssac.com).

**Sous Chef** - The SSAC has an immediate availability for a Sous Chef, with experience cooking, baking, batch cooking, team management and inventory control, to work alongside the Head Chef. Three regular 8-hour shifts, 7am - 3pm Monday to Wednesday. Salary negotiable. No weekends or evenings. In addition, the successful applicant will need to be able to cover the Head Chef for 5 days a week during her absence, January 6<sup>th</sup> to February 21<sup>st</sup>. Please submit a resumé with references to the President of the Sechelt Seniors Activity Centre, 5604 Trail Ave (president@myssac.com). A criminal record check will be required for the successful applicant.

The Sechelt Seniors Activity Centre

# NEW YEAR'S GALA

December 31 · 7~10 pm  
SSAC Auditorium



*with* **CREEK BIG BAND**  
*and* **DEFINITELY DIVA** Lynne Dickson  
Wendy Hibberd  
Patrice Pollack

Champagne served at 9pm · Tickets \$25 available in advance at the SSAC Front Desk or at A Little Brit of Heaven or \$30 at the door.



## \$1 Bingo

**\$1 BINGO** is held on Tuesday afternoons from 2:00 to 4:00 pm with reduced price of game cards. The 10-game packs are \$10 and single extra sheets are \$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. The last day for Bingo this year is on December 17<sup>th</sup>. We will restart on January 7<sup>th</sup>. Come join us for a fun affordable social event in the SSAC Lunch Room.

# In Memoriam



## Judy Hopkinson

**April 24, 1933 - November 7, 2024**

It is with sad hearts that her family announces the passing of Judy Evelyn Hopkinson. She was with her children when she peacefully slipped away.

Born in Manchester, England, Judy grew up in nearby Bramhall. She was privately educated at Howell School for Girls and later spent six months in France. After taking commercial training, Judy worked in medical offices until her marriage. Judy was married at 22 to Derek Royle. They came to Canada in 1955, where they had their three children. Judy married her second husband, John B Hopkinson, in 1970. They combined their two families, and Judy gained five children! John and Judy had many wonderful adventures doing all the things they loved most. She and John were generous and enthusiastic hosts for many events, large and small. They were very happily married for 49 years. Sadly, John died in 2018. Judy loved music and singing, travel, gardening, and reading, and her numerous social interests. Her sense of humour was both very dry and very British. Judy loved the countless magical days spent at Nelson Island and the constant laughter at family events. The reunions were always epic!

Judy will be sorely missed by her loving family - daughters Anne (Tom) and Wendy; son Michael (Wendy); stepsons Jeremy (Deb), Andy (Cec), and Rob (Jenn); stepdaughters Sarah (Mark) and Jennifer (Hugh); as well as her seventeen dearly loved grandchildren and eight great-grandchildren!

In lieu of flowers, you might consider a donation to the charity of your choice.

The family will hold a celebration of Judy's life on a date to be determined later.



## Dennis (Denny) W. Mann

**September 12, 1937- November 13, 2024**

Dennis (Denny) Mann passed away peacefully on November 13, 2024.

Dennis is survived by his loving wife of 66 years, Laura Mann (nee Loewen). Dennis was a very proud father/grandfather/great grandfather of three children; Jay (Stacy), Darien (Ralph) and Joseph (Lakshmi). eight grandchildren and six great grandchildren.

Dennis worked at the Edmonton Journal for 45 years, during this time he had three trades; Stereotyper, Pressman and Machinist/Millwright. In 1963 Dennis and Laura moved to their acreage near Sherwood Park, where they lived for 38 years. They enjoyed retirement in Sechelt for the past 23 years.

Dennis dedicated his life to his family, community and church. He was always there to lend a hand or fix something. His values, principles, dependability and work ethic set a precedent to strive for. He was happiest when the pool was full of laughing children or when a new family baby was sleeping on his chest.

Our family would like to thank the Vancouver Coastal Health Services and Palliative Care Teams for providing care and support beyond all expectations.

Memorial contributions may be made to Sunshine Coast Hospice Society, 4602 Simpkins Road, Sechelt BC V7Z 0E7, [coasthospice.com](http://coasthospice.com).

A Celebration of Dennis' life will be held in the spring.







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- Isaac Asimov

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# DECEMBER MENU

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
2 Sole	3 Ginger Beef	4 Ham & Scalloped Potatoes	5 Moussaka	6 Fish & Chips
9 Baked Chicken Drumsticks	10 Chinese BBQ Pork	11 Roast Beef	12 Seafood Linguini	13 Fish & Chips
16 Meatloaf w/ Mac & Cheese	17 Cabbage Rolls	18 Tortierre	19 Closed	20 Christmas Buffet Lunch by ticket only

Lunch Service will resume on January 6, 2025. Weekdays 11:30 am to 1:00 pm. Everything is made from scratch! We also serve soup, sandwiches and salads. Desserts vary.

## DECEMBER 2024 | SSAC PICKLEBALL SCHEDULE

Sunday, December 15, 12:30-4:30pm - Picklemas Dinking Tournament (All levels)

MON	TUE	WED	THU	FRI	SAT	SUN
	No Pickleball Dec 24 & 31	No Pickleball Dec 25	7:30-9:30 3.0-3.5 Not on Dec 26	7:30-9:30 3.0-3.5 This is the only session on Dec 19		No Pickleball Dec 8 & 29
	1:30-3:00 3.25 w/ Coach			2:30-4:00 2.5 w/ Coach except Dec 27		11:30-1:00 3.0-3.5+
3:00-4:30 3.25-3.5	3:00-4:30 3.0 w/ Coach	3:00-4:30 1.0-2.0 w/ Coach	3:00-4:30 2.5-3.25	4:00-5:30 3.0-3.25		1:00-3:00 1.0-2.5
4:30-6:00 2.0-3.0	4:30-6:00 2.5-3.25	4:30-6:00 2.5-3.25	4:30-6:00 3.0-3.25			3:00-5:00 2.5-3.0
6:00-8:00 3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 Social Play 2.5-3.5+		5:00-7:00 3.25-3.5+

Watch for extra coaching and assessment dates. For more information, contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com).



ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis series	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$48
Handwriting Analysis - Dec 16	11:00–12:30	AM	Farish Room	Don Plessas	\$4
Line Dancing–experienced	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Duplicate Bridge	12:00–3:30	AM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Farish Room	Isobel Gibson/Fran Engst	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Caple	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Fiona Williams	\$4
Creative Crafts	2:00–3:30	PM	Lunch Room	Nicol Mentis	\$4
TUESDAY					
Fitness with Jacqui or Lisa - Dec 3, 10, 17	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
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 - last day Dec 17, resumes Jan 7	2:00–4:00	PM	Lunch Room	Richard Ward	
Strength for Seniors	3:15–4:15	PM	Craft Room	Liz Hills	\$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 - Experienced	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 - 1st Wednesday	2:00–3:30	PM	Lunch Room	Gill Smith	\$4
Prof. Emeritus Lecture Series - Dec 4	2:30–4:00	PM	Craft Room	Gail Riddell	donation
Mindfulness Meditation - Dec 11	2:30–3:30	PM	Craft Room	Eddie Berinstein	\$4
Bluegrass Jam - Dec 4 last session	4:00–5:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$6
THURSDAY					
Tai Chi - last class Dec 19, resumes Jan 2	10:00–11:30	AM	Auditorium	David Carson	\$6
Line Dancing for Beginners	11:45–12:45	AM/PM	Auditorium	Louise Parker	\$4
Chair Yoga	11:45–12:45	AM/PM	Craft Room	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	1:00–3:00	PM	Craft Room	Isobel Gibson	\$4
Strength for Seniors	3:15–4:15	PM	Craft Room	Liz Hills	\$6
FRIDAY					
Zumba Gold	9:30–10:30	AM	Craft Room	Irina Paris	\$6
Hatha Flow Yoga (Intermediate/Advanced)*	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
or Yin Yoga	10:00–11:10	AM	Auditorium	Andre Casaubon	\$6
Badminton	11:30–1:00	AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam & Sing-along	11:15–1:00	PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00	PM	Farish Room	Paul Groves	\$4
Chair Yoga	1:15–2:15	PM	Auditorium	Tenyana Kivlichen	\$6
Salsa for Beginners	1:15–2:15	PM	Craft Room	Edmund Arceo	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 <sup>nd</sup> 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 15.