

SEASHELL ECHO

JANUARY 2025

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.



The Years Will Just Keep Getting Better

BY RICHARD WARD

Happy New Year to all! 2024 was a prosperous year for the SSAC, and 2025 looks to be equally prosperous. We are in a strong financial position, owning the building and land with an assessed value of \$2.74 million and a mortgage of \$123,420.42 which we intend to discharge at its maturity at the end of July 2025. We currently have approximately \$100,000 in the general revenue account and \$77,632.73 in the contingency account. A recent comprehensive building inspection revealed no major concerns, although there were several minor items requiring our attention. A massive thanks must go to Bob Maveety, who has dealt with each of these issues, and is making up a maintenance schedule to ensure that we keep on top of building maintenance. If you do notice any maintenance related issues, please let us know at the front desk.

As previously mentioned, our popularity continues to grow as evidenced by our membership numbers; currently there are approximately 1,700 active members. By “active” each member has accessed our Centre for activities or food service, in the past year and a half. We have a space committee looking at some possible solutions to make the main entrance less congested at peak times.

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Mon–Fri, 9 am–3 pm
Except Holidays

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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, Jackie Coombs
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

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those businesses that help our community to
remain strong and vibrant.



The Years Will Just ...

CONTINUED FROM PAGE 1

We are very pleased to welcome Jackie Coombs to the position of part-time sous chef to help with the strain on food services. In addition, interviews will be held at the beginning of this month for candidates for the advertised Office Manager position.

On December 20th we held the annual Christmas Luncheon where Emily, Liz and her crew of preppers, servers and dishwasher volunteers served an incredible buffet to a record 150 members crammed into the Auditorium. The demand for tickets far exceeded the supply unfortunately, so tickets sold very quickly and left many members frustrated that they could not attend. This is another example of the consequences of high active membership numbers and limited space.

At recent dances, and at the Christmas lunch, 50/50 and other raffles have been held with the intention of donating the proceeds to the Sechelt Community Services food bank. After the New Year's Eve dance the cumulative total will be close to \$1,000. We promised to double the amount raised, so in the New Year we will be donating a cheque for \$2,000 to the food bank. This is but another way that shows we care not only about our members but the greater community as well. May the New Year bring you good health, peace, joy, and happiness!



Holiday Events

Christmas Concert

It was a delightful Family Fun Christmas Concert on December 14th. The audience was entertained by a Christmas Reading by Richard Borthwick, The Echoes SSAC Ukulele Group, Lynne and Reg Dickson, and a kids sing-along with Graham Walker and his puppet. The Choralations Children's Choir and Two Thistles and a Rose Celtic Ensemble rounded off a fun-filled entertaining show. Thanks to Jay and her Special Events Committee. Thanks to everyone who participated and special thanks to Santa for stopping by. See you next year!



Picklemas Dinkathon



The annual Picklemas Dinkathon occurred on Sunday Dec 15th. Twenty-four players battled it out in a partial-round robin style tournament. Four players made it to the two-leg championship final. The eventual champion was Kim Penner defeating the three other championship finalists Aldo Tacchi, Bert Carswell and Barry Krangle. As usual a lot of fun was had by all.

Emeritus Professor Talks

Learn something new in one short afternoon!

Following our successful autumn series of lectures, we introduce you to our first four offerings for 2025. These are wildly different topics, but each presentation contains a close and interesting look at the subject of the day.

- Third Wednesday of the month, 2 pm, SSAC Lunch Room
- No advance registration
- No cost, unless you wish to donate to our subsidized lunch program
- Everyone welcome

Wednesday, January 15

Mike Healey

Professor Emeritus, UBC, Vancouver

“Geomancy, Dragons, and the art of the Japanese Garden”

Japanese gardens are renowned for their beauty and elegance, as well as their apparent natural qualities. The best gardens capture the essence of the six features of a perfect landscape: artfulness, seclusion, spaciousness, antiquity, waterways and borrowed scenery. Dr. Healey’s presentation will explore a number of famous Japanese gardens and discuss how these six elements are incorporated in each.

Wednesday, February 19

Eric Gorham

**Professor Emeritus, Quest University
Squamish, BC**

“How to Interpret the News”

Dr. Gorham will look at biases more insidious than “liberal/conservative” contributing to the decline of the mainstream media. He will also give tips on where to find a variety of reliable news sources and political ideas, and how to critically examine political news stories from both mainstream and non-traditional sources.

Wednesday, March 19

**Eric Verspoor, Professor Emeritus, University of
Highlands and Islands, Inverness, Scotland**

“Fish Clans of Scottish Lochs and their Evolution after the Last Ice Age”

About fish and chips, Dr. Verspoor’s talk highlights new insights into cryptic biodiversity in freshwater fish, and how it evolves. The knowledge is gained from studies of Scottish lochs, exploiting modern methods of molecular analyses of DNA variation and the increasing computational power of computer chips.

Wednesday, April 16

Shauna Butterwick

Professor Emeritus, UBC, Vancouver

“Teaching Old/new Dogs (and their humans) new tricks: The Brain on Art”

Different parts of our brains are active when engaging in art making, be it doodling, collaging, painting, poetry or related pursuits. This leads to new opportunities for learning and healing. Dr. Butterwick shares research on how art-making leads to healing/learning and shares stories of her experiences as an educator working in community and formal educational institutions.



Professor Emeritus Christine Pawley presented a fascinating talk about Charles Dickens' *A Christmas Carol* and how changes in the 19th Century affected his writing. Over 65 people attended and generously donated \$350 for the Affordable Lunch Fund.

2024 Recipients Life Membership

On behalf of the SSAC Board of Directors, SSAC President Richard Ward handed out life memberships to three worthy volunteers at the Annual Christmas Luncheon held on December 20th. The recipients for 2024 were:

DOSIE BRYANT

- SSAC member for more than 10 years.
- Began volunteering as a server in the dining room
- Joined the Craft Group where she and her husband created wooden stands for the order numbers in the dining room
- Sewed cloth bags for takeout food to reduce plastic waste
- Sewed aprons for the food service volunteers

SAHRA HAILEY

- SSAC member for more than 15 years
- Worked as a dining room server for most of those years
- Acts as a backup for special occasions
- A long term employee of the Royal Bank, she acquired several bank grants for the Centre

ALISON KOWALESKI

- SSAC member for six years
- Started volunteering in the dining room in various roles and continues to be a backup there
- Elected SSAC Treasurer since March 2022
- In addition to her responsibilities as treasurer, she has overseen office schedules until recently
- Member of the Bus and the Food Services Committees
- Played a key role in the implementation of our new MySeniorCenter software communication program
- To carry out all these tasks, Alison has worked over 1300 volunteer hours this year

Life Members have served the Centre in an extraordinary way as a member in good standing and as a volunteer for at least five years and have had a significant positive impact on the Centre's mission while personifying its core values.

Get Creative!

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



When Memories Are Lost

It's hard to imagine a life without the memories we've gathered over the years.

Our careers, our travels and adventures, dear friends and cherished members of our families. They anchor us to who we are and who we were, and when that anchor gives way, we are left to drift in a confused sea of fear, embarrassment and isolation.

According to a 2012 Statistics Canada survey on Disability, more than 600,000 individuals, or 2.3 percent of Canadian adults, suffer debilitating memory loss from various causes. Among the challenges many of them face is isolation, which, in turn, can lead to anxiety, depression, and an increased risk of dementia.

In the early days of a person's memory loss, the necessity of support systems is not always apparent, but developing a familiarity with a place and group of people at this time will prove invaluable during later stages. Thanks to the Sechelt Seniors Activity Centre, such a support system is available through **Memory Café**, a weekly program that provides persons with memory challenges, accompanied by a loved one, with an opportunity to join with others who are coping with similar difficulties.

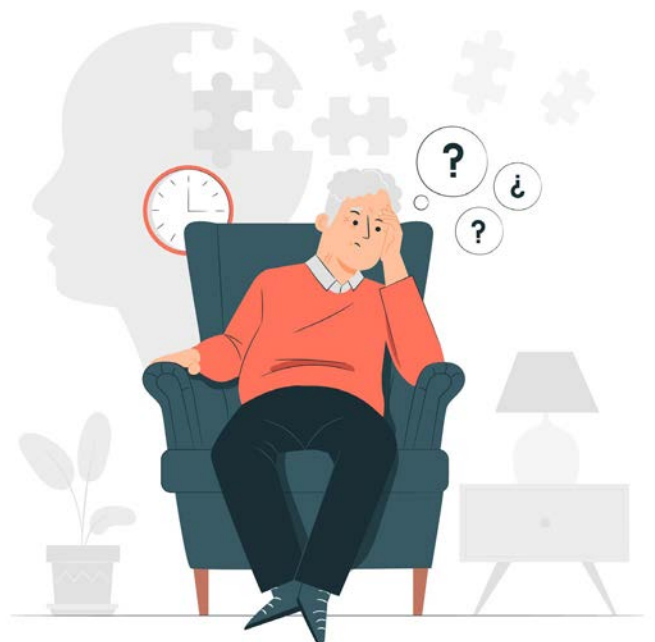
Held every Tuesday morning from 10:30 to 12:30 at the Activity Centre, **Memory Café** begins with an hour of seated yoga, led by Certified Yoga Therapist Bobbie Seale-Cobiskey, followed by a social hour. As they snack on cookies and a hot beverage, participants share their latest news, funny or inspirational stories, and play games that more often than not have everyone laughing. Every other week, local musician Vicki Beeman leads the group in a sing-a-long of old songs. Occasionally, group outings are arranged to places such as the Sunshine Coast Botanical Garden and the Tide Pools Aquarium, a picnic in the park or a local concert.

Mary Basas, whose mother was once an active participant and has recently passed, wrote that for them, "Memory Café was a place where Mama felt a lot of joy amongst friends. It also became my weekly happy place especially when watching her interact and have fun."

Thanks to the generosity of the Activity Centre, the cost of participation (currently \$6 per couple), is more than affordable. Membership in the Sechelt Senior's Activity Centre is required, but this comes with its own bucket of benefits, including an affordable lunch among friends and a diverse selection of activities and supportive programs for seniors.

It takes a special kind of courage to acknowledge that you need help, and even more courage to take the first step towards getting that help, but once taken, doors begin to open, and a burden once carried alone begins to lighten.

To learn more about **Memory Café** and other programs offered for seniors, contact SSAC at 604. 885.3513 or secheltactivitycentre.com.



SSAC Volunteers

It has been said many times that the SSAC would not run without the efforts of our approximately 150 volunteers. What draws volunteers to the Centre is the satisfaction of knowing that they are contributing to something that is helping a lot of people and the joy of “working” in such a positive environment. With our increasing membership numbers, at times, some patience is required when dealing with volunteers either at the office or food services. So please ensure a positive and welcoming environment for everyone, as we kindly ask all members, volunteers and staff to always be respectful, polite, patient and considerate in their interactions.

We are always in need of volunteers, particularly Food Services (Servers, Preppers & Dishwashers) and Front Office volunteers. However, we do have some specific tasks that we would like to find volunteers to cover. If you would like to volunteer, please complete a volunteer form at the front office.

VOLUNTEER ROLE	DUTIES
Grocery Pick-up with Emily	On Friday mornings around 9:30am take Emily from the SSAC to the Independent store, between 10:30 and 11:00 pick her up and return her to SSAC with two overloaded carts worth of groceries.
MS 365 Network Administrator	Our network is administered by Mainstay Computing, but we need an in-house expert in MS 365 to commit to helping with general housekeeping.
Auditorium Sound and Media	One or more individuals to support Auditorium events by providing setup and help with microphones, screen and overhead projector & lighting etc. for specific events. Training in what we have and how to use it will be given.
Corridor & Lunch Room TV Activities Display	Someone with PowerPoint skills who would do a weekly update of the display shown on the corridor and lunchroom TVs.
On-line 50/50	We have two hand-held ticket sales devices. We need volunteers to sit at a table to sell 50/50 tickets using this device. One will be used in our own SSAC corridor, and the other will be used in remote sites such as shopping malls etc.

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Sunshine Coast Seniors Online 50/50

Get a chance to win big while helping Seniors on the Sunshine Coast! We announced at the Fall General Membership meeting about plans for a Sunshine Coast Seniors Online 50/50.

We can now confirm its launch on January 1st, 2025! Its purpose is raise funds for the SSAC to aid in reducing food insecurity and social isolation for Sunshine Coast seniors by providing affordable nutritious meals and accessible transportation.

In September 2023 we launched the **Affordable Lunch Program** at the SSAC. Chef Emily and her assistant Liz have worked hard to produce delicious meals at an affordable price. However, despite Emily's frugal purchasing of food items, the price of the meals crept up to inflationary pressures. This program aims to keep prices of our lunch entrées at either \$10 or \$12 and frozen we kept the price of frozen takeout entrees at \$6 and \$8. The program has been an overwhelming success, with members in more fortunate circumstances donating funds. The demand on the frozen entrées has risen dramatically, illustrating the enormous need for producing affordable meals.

We have recently hired an extra sous chef on a part-time basis to keep pace with the demand for frozen entrées. We welcome Jackie Coombs into this role and the greater SSAC family. The extra cost of this position was the impetus to think about how to raise more funds to expand the production and supply of affordable meals to keep pace with the needs of our members. Thus, the Sunshine Coast Seniors Online 50/50 was conceived. Tickets are going on sale for the first monthly draw. Deadline for ticket sales is 11:59 pm on Wednesday, January 29th. The draw draw will be on Thursday January 30th at 9:00 am. Twelve monthly draws will be held in 2025, with ticket sales deadline at midnight of the last Wednesday of each month.

Social isolation is a burden for many seniors, esp. those who are disabled or no longer drive their own vehicle. There is dire need for more accessible transportation on the Sunshine Coast. The Handydart service through BC Transit is insufficient, due to the many demands made upon it, and there are very few alternatives.

It was reported in the 2024 BC Seniors Advocate that in BC, there was a 45% increase in Handydart ride requests and an 11% reduction in rides fulfilled. We aim to help our members who require accessible transportation to attend Centre or other events. To this end, a proposal to purchase a wheelchair accessible van - a 2024 Ram 2500 ProMaster Smart Floor Wheelchair Accessible Van from Dynamic Speciality Bus Sales, Surrey, BC, was made at the Fall General Membership meeting. The vehicle can carry a driver and co-pilot plus 8 passengers, or by removal of seats, can accommodate from 1 to 4 wheelchairs with a rear door electric lift. A motion was passed at the meeting that the van purchase can proceed if we raise \$20,000 from the Sunshine Coast Seniors Online 50/50 by March 2025. Funding for this proposed purchase is supported by a \$5,000 grant from the Sunshine Coast Credit Union and a \$4,500 grant from a national competition for TELUS Seniors Health and Wellness Fund. We heartily thank both organisations for their support. This money was used towards a \$10,000 refundable deposit on an accessible van which will be available at the end of January 2025. The purchase will be completed at that time, provided the appropriate funding has been secured from the 50/50 lottery.

Tickets for the online 50/50 will be available to anyone in the province, so we want to promote it as widely as possible, especially to younger generations. The site will show the jackpot total as it accumulates. The bigger the jackpot, the more appealing it will be for purchasers around the province.

On January 1st we sent out an email reminding our members of the lottery opening, along with the link to the page where tickets can be purchased. We would appreciate it if you could help promote the lottery by passing on the email or link to anyone in your own social media network. If you would like to buy tickets but do not wish to buy online, we will have a volunteer at the Centre to assist in the purchase, using a dedicated handheld device. The success of this lottery will determine how many seniors will benefit from our our initiatives.

\$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. Come join us for a fun affordable social event in the SSAC Lunch Room starting January 7th!

Congratulations

to Denise Robinson for winning the Progressive Bingo (59 numbers called for a total of \$1,053.00).



Christmas Closure

Christmas Drop-In



Once again, the Centre was open for several days over the holiday closure between Noon and 4pm thanks to Richard Ward and Tanya Hall and her Sunshine Coast Rotary and Interac crew.

There was a complimentary light lunch, crafts, ukulele and other music along with tea, coffee and sweet treats. An opportunity to socialize and have fun - complimentary!

Thank you to everyone who helped make it happen, including Ruth & Joanne Moore, Bob Haston for donating and cooking up sausage on a bun and Mark Trevis and the SSAC Echoes - Ukulele group.

As always, so many more people help and though it isn't acknowledged, it sure is appreciated.

Happy New Year!

Annual Christmas Luncheon

On December 20th, the SSAC Annual Christmas Luncheon took place. 150 tickets (for members only) sold out within 3 days. That's what a wonderful reputation the Luncheon has. Emily and her incredible crew worked tirelessly to create an incredible buffet with traditional turkey dinner favourites and lots of alternatives, including some amazing vegan options. And, of course, dessert was delicious.

In addition to lovely musical entertainment first by Rae Armour and then Charlie Veaudry, President Richard Ward thanked the staff and volunteers, presented Life Membership Awards and announced the winners of the 50/50, wine draws and silent auctions.

Thanks to the Board members for donating wine and arranging for wine donations, and to Helmut Horn for donating amazing cakes to the silent auction, that he baked and decorated.

As always, thanks to the amazing volunteers who decorate, set up & take down. The proceeds of the 50/50 & draws were matched and donated to the Food Bank in true community spirit.



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Location: Sechelt Seniors Activity Centre
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February 21-23

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April 25-27

May 23-25

June 20-22

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online 50/50



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In Memoriam

Donar Gleig

We celebrate Donar Gleig who departed this world on December 6th, 2024. He was a remarkable father, friend, teacher and soul who touched our lives in so many ways. He built a beautiful life with his beloved wife of 51 years, Lucy, who predeceased him five years ago. Together they raised two wonderful daughters and were blessed with five awesome grandchildren. He was a brilliant mathematician, physics and computer teacher who shared his love for learning with countless students. He cherished his yoga, tai chi, fitness and poker activities at the Seniors Centre, but it was the coffee chats with friends afterward that truly brought him joy. His deep spiritual journey and belief in reincarnation remind us that his spirit will continue to shine. His legacy of love, wisdom and friendship will live on in our hearts forever.



Friendship Tea

January 16th - 2 pm

Join us this month for treats and good company. Friendship Tea is held every month on the third Thursday from 2 to 4 pm. It's free!





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PENDER HARBOUR SENIORS LINK

a free accessible transportation service for coast seniors

The Pender Harbour Health Centre (PHCC) and members of the Sunshine Coast Healthy Aging Community Collaborative (HACC) in conjunction with United Way BC are proud to launch a new **FREE** seniors (60+) transportation service called Pender Harbour Seniors Link.



This **FREE** hop on/hop off accessible bus service runs Tuesday–Thursday between Egmont and Sechelt. The 7-seater bus service provides one return trip daily from Egmont to Sechelt with some additional coverage in Sechelt over lunch. The schedule can be found on community notice boards, PHHC Facebook page, and on the PHHC website at penderharbourhealth.com.

Info: 604.883.2764



Activities

Conversation Café

Are you interested in Conversation Café? How about a weekly chance to talk about interesting topics with other members. There is an interest sheet at the front desk, or email manager@myssac.com. Hopefully, we can start on Monday mornings in February.



Latin Dance Basics



Join our exciting Salsa dance class as we expand our repertoire! In addition to Salsa, we'll be learning the lively rhythms of Merengue, Bachata, and Cha-Cha. Classes are held Friday afternoons from 1:15 to 2:15 - we'd love to have you come dance with us!

Games Galore

Join us every Friday afternoon - starting January 10th - for games, games, and more games. Whether you like Scrabble, Canasta, Mexican Train, Crib or other games, sit down and play with others and have fun!



Line Dance Workshop



Join a Line Dance workshop on January 25th from 3:00 to 5:30 pm.

JANUARY LUNCH MENU

Lunch Service is available weekdays from 11:30 am to 1:00 pm.

Everything is made from scratch! We also serve soup, sandwiches and salads. Desserts vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf w/ Mac & Cheese ⁶	Baked Salmon ⁷	Ham & Scalloped Potatoes ⁸	Chicken Alfredo Lasagna ⁹	Fish & Chips ¹⁰
Bangers & Mash ¹³	Chicken Quesadilla ¹⁴	Roast Beef ¹⁵	Turkey & Mushroom Cannelloni ¹⁶	Fish & Chips ¹⁷
Beef Dip ²⁰	Stuffed Sole ²¹	Chicken Cordon Bleu ²²	Seafood Linguini ²³	Fish & Chips ²⁴
Hot Reuben Sandwich ²⁷	Chicken Pot Pie ²⁸	Roast Pork ²⁹	Stuffed Cannelloni ³⁰	Fish & Chips ³¹



Frozen entrées are available weekdays from 9 am to 3 pm and vary in price \$6 or \$8. Members are welcome to bring guests to dine for a surcharge.

JANUARY 2025 | SSAC PICKLEBALL SCHEDULE

Pickleball starts Jan. 2nd | Beginners and New-To-Us players wanting to join - 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 3.25 w/ Coach			2:30-4:00 2.5 w/ Coach		11:30-1:00 3.0-3.5+
3:00-4:30 3.0-3.5	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 3.0-3.5		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 2.5-3.5	4:30-6:00 3.0-3.25			3:00-5:00 2.5-3.25
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+

If you are interested in being assessed for another level, email Gill at 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
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
Creative Crafts - staring Jan 20	2:00–3:30	PM	Lunch Room	Nicol Mentis & crew	\$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
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	2:00–4:30	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	Craft Room	Nicol Mentis	\$4
Prof. Emeritus Lecture Series - Jan 15	2:00–3:30	PM	Lunch Room	Gail Riddell	donation
THURSDAY					
Tai Chi	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	Tenaya 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
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room		
Strength for Seniors	3:15–4:15	PM	Craft Room	Liz Hills	\$6
Line Dancing	4:30–5:30	PM	Craft Room	Collene Sand	\$4
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	AM/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	Tenaya Kivlichen	\$6
Latin Dance (Salsa and more!) for Beginners	1:15–2:15	PM	Craft Room	Edmund/Krystyna	\$4
Games Galore	2:00–3:00	PM	Lunch Room	Gill Smith	\$4
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

Non-members may attend an activity (except pickleball) one time without a SSAC membership (still pay the activity fee).
 Memberships are for adults of all ages and may be purchased from the office over the phone or in person weekdays between 9am and 3pm.
 You can fill your "wallet" at the front desk or by phone 604-885-3513. For Pickleball schedule, see page 15.