

# SEASHELL ECHO

FEBRUARY 2025

SECHLT SENIORS ACTIVITY CENTRE NEWS

## *In this Issue*

- 1 A Shining Star in Sechelt
- 2 Donation Update
- 4 Emeritus Professor Talks
- 6 Annual General Meeting
- 7 Volunteer of the Month
- 9 Online 50/50 January Winner
- 10 Dancing at the Centre
- 15 Lunch Menu  
Pickleball Schedule
- 16 Activity Schedule

**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.**



## A Shining Star in Sechelt

BY RICHARD WARD

**H**ello and I hope your year has started well. I know that ours here at the centre has, as we welcome a fantastic new staff member and had a very successful launch of our Sunshine Coast Seniors online 50/50. Our number of members continues to grow; and I have to offer tremendous thanks to all of our staff and volunteers that work so hard to make us so successful and attractive to new members. I have had several people describe us as a “Shining Star in Sechelt”. High praise but well earned by all of you that work so hard for us.

### **WELCOMING HEATHER DORÉ**

The new year brought a wonderful presence to the front desk, our new sparkling front desk administrator Heather Doré. In her first month she has fit in seamlessly with the other staff and volunteers. She will be an almost constant presence at the front desk to ensure you receive pleasant, consistent and informed service. We are so pleased to welcome her to the SSAC. She brings with her a wealth of experience that will stand her in good stead in the position. We would like to thank outgoing manager Pam Demers for diligently training Heather on the intricacies of the MSC membership software.



CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC  
PO Box 564, V0N 3A0

Office: 604.885.3513  
Manager: 604.885.8910

Office Hours:  
Mon–Fri, 9 am–3 pm  
Except Holidays

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

Manager of Operations & Engagement: Gillian Smith  
Front Desk Administrator: Heather Doré  
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

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.



# A Shining Star . . .

CONTINUED FROM PAGE 1

### ONLINE 50/50

At the time of writing the Jackpot for the Sunshine Coast Seniors online 50/50 is \$10,935 with 27 hours left until ticket sales close. Hopefully elsewhere in this edition you will see the prize and name of the winner resulting from the draw at 9am Thursday January 30th. This draw was only promoted locally and next month there is a much more widespread promotion campaign planned, so you will see the jackpots grow higher as the months go by. There are monthly draws planned throughout the year. Sales start on the first day of the month and always conclude at midnight on the last Wednesday of the month, with the draw at 9am the next morning. Our desire to provide more affordable meals and accessible transportation has resonated with ticket buyers.

### SCAM ALERT

We had a member report that they were phoned by someone at the SSAC and told that had won \$1,000. Then asked for banking information so that they could transfer money. This was a scam! We will never ask you for your banking information. If you happen to win the online 50/50, I will phone you informing you of your win and then work out how we can get the certified cheque for your win to you. We will not be transferring the money electronically.

### MEMBERSHIP FRIDAYS

Commencing Friday, February 7<sup>th</sup>, due to the high demand for the fish and chips lunch, **lunch** will be restricted to **members only** and meal **takeout** will be limited to **two meals**. These conditions only apply to Fridays and do not apply to the Monday through Thursday meal service.

Thank you all for coming in and helping to create a vibrant supportive environment. We look forward to a wonderful February serving your needs.



## Donation Update

# Thanks for your Gifts

The generosity from our members is evident with a continuous stream of funds gifted to the donation programs. Thanks to all of your gifts we are able to continue to make the Centre the best it can be for our members and ensure its long-term future.

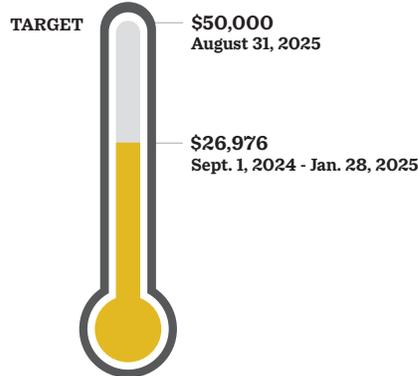
Funds raised Sept. 2023 - Aug. 2024: \$8,547

### AFFORDABLE LUNCH PROGRAM



Funds raised Sept. 2023 - Aug. 2024: \$46,982

### GENERAL REVENUE



Funds raised Sept. 2023 - Aug. 2024: \$16,959

### SSAC ENDOWMENT FUND



## Family Day February 17<sup>th</sup>



The SSAC office and kitchen will be closed on Family Day - Monday, February 17<sup>th</sup>. Some activities will continue.



## Latin Dance Class

Latin Dance Class participants pose for a group shot after a fun-filled hour learning basic steps of various Latin dances. Join them on Fridays, 1:15 to 2:15 in the Craft Room. This month, we'll only meet on February 7<sup>th</sup> and 14<sup>th</sup>.

## Food For Thought

# Emeritus Professor Talks

**I**n our **January Emeritus (retired) Professor class, Dr. Mike Healey** led us on a virtual tour of Japanese gardens, pointing out many interesting aspects of form and function. We were pleased to welcome as participants, a number of Gibsons Garden Club members!



We thank Mike and introduce you to the Wednesday, February 19<sup>th</sup>, 2pm class on a very different topic led by Dr. Eric Gorham. In today's world, we seldom know for certain where the truth lies. Join us to consider this question as it applies to the media that we are all exposed to.

### *“How to Interpret the News”*

**Eric Gorham, Professor Emeritus  
Quest University, Squamish, BC  
Wednesday, February 19<sup>th</sup>, 2pm**

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.

Admission is free. Donations to our food program appreciated.

# Get Creative!

Join **Creative Crafts** on Monday afternoons at 2pm in the Lunch Room. This month, join Nina on February 10<sup>th</sup> and Nicol on February 24<sup>th</sup> to be creative and have fun. Starting in March, the first Monday will be open play without instruction.



SSAC AUDITORIUM  
SATURDAY · FEBRUARY 8<sup>TH</sup> · 7-10PM  
DOORS OPEN 6:30PM

# ROCK ROLL INTO 2025

WITH CLIFF SIMON, BRUCE MORTIMER,  
EDDY EDRIK AND MITCH LAZER



~ Beer, Wine, Cider Bar ~

# JOE'S

ON THE BEACH



JOIN US FOR  
OUR VALENTINE'S DAY  
WEEKEND SPECIAL MENU!  
RESERVE ONLINE OR CALL

[joesonthebeach.com](http://joesonthebeach.com) · 778.949.7013

VISIT OUR SECOND  
LOCATION IN GIBSONS

[joescabin.com](http://joescabin.com) · 604.318.6510

**JOE'S CABIN**  
RESTAURANT + MARINE BAR



*In desperate need  
of mature, reliable  
vehicle*

*at very reasonable price*

*Please call Karen with any leads  
(604) 715-8250*

## Make it Beautiful



2040 Porter Road, Roberts Creek 604-886-1371  
Thursdays through Sundays 12 - 4 pm [bruinwood.com](http://bruinwood.com)

# Do Your Part to Ensure the Continuance of Strong Governance

**T**he Annual General Meeting will be held on Wednesday, March 12<sup>th</sup>. Several board positions will be up for election. Our full complement is 4 Executive members (President, Vice-President, Treasurer, Secretary), and 7 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. At the 2023 Fall Membership Meeting it was moved that the board members would have 2-year terms but with a one-year overlap in terms for approximately 50% of the board members. This will ensure only partial replacement of the board at each election. Therefore, at this coming AGM only those positions with an incumbent completing a one-year term will be vacant. Elections will be held for the vacant 2-year term positions of Vice President and 4 Director at large positions. The President, Treasurer, Secretary and 3 Directors at large will be continuing to complete their 2-year terms until March 2026.

In order to ensure that we have a successful transition to a new board, we need nomination of candidates to vacant positions and a large attendance at the AGM. Only members 50 years of age or older can vote at the meeting. A candidate nominating committee will solicit nominations and receive nomination forms and organize the voting at the AGM. A display in the main corridor will list nominated candidates as they are approved. Nomination forms can be picked up at the main office.

Every candidate for election must be nominated by the Nominating Committee, or in writing, signed by at least two Regular Members in good standing, where the candidate consents in writing to the nomination,

SAVE THE DATE!



AGM  
March 12, 2025

and the nomination and consent are received by the Chair of the Nominating Committee at least forty-eight (48) hours before the scheduled time of the election. Nominations shall not be accepted from the floor at the AGM.

Please consider putting yourself forward for election to the Board. The Centre is a very rewarding and enjoyable place to be. We are evolving quickly and need new blood to keep stimulating our development and help maintain the level of service we already provided.

## Volunteer of the Month

# Derick Pye



**The Volunteer of the Month Committee would like to announce our first recipient of this award, Derick Pye.**

Derick has been a dedicated and committed volunteer prepper in the kitchen for over 12 years. He can be found in the kitchen most Wednesdays and also regularly assists at special events, i.e. the Christmas Turkey lunch or the Volunteer Appreciation lunch in June. Anything he is asked to do by Emily, Liz or Jackie he does so willingly and we must say the quality of his work is outstanding.

A few other interesting facts about Derick are that he has been a volunteer with Special Olympics Sunshine Coast for 14 years as an Athletic Peer Mentor, he works in the Meat Department at SuperValu in Gibsons and is a Vancouver Canucks and BC Lions fan.

The SSAC Board and Membership thanks Derick for his hard work!

**MAKE HOME MANAGEMENT A BREEZE!**  
*Personalized support for you or a loved one.*

**Seabreeze**  
HOMES CONCIERGE

- Finding Local Resources
- Property Monitoring
- Technology Coaching
- Downsizing & Relocation
- Home Adaptations

*Help managing your home.  
Any age. Any stage.*

 *Serving the  
Sunshine Coast*

Myrla Bulman (604) 212-2151  
sbhomeconcierge.ca  
info@sbhomeconcierge.ca



### New Resident to the Sunshine Coast?



**Don't Miss Getting Your FREE Welcome Package!**

Packed with fantastic services and gifts from our amazing local businesses, it's everything you need to settle in with ease

*Welcome Home!*



**"Strengthening Connections On The Sunshine Coast Since 2020!"**



**BOOK YOUR VISIT TODAY!!**

Stephanie . 604-992-6261  
welcometothecoast2020@gmail.com\*  
\*please include best number to reach you



FERRY BRIGHT  
**DENTAL  
HYGIENE**



**Services Offered**  
at the Sechelt Seniors Activity Centre

Teeth Cleaning

Gentle Care

Whitening

Oral Assessment

X-Rays



 ferrybright.ca

 604-835-8405

 smiles@ferrybright.ca

- Over **20 years** of dental industry experience
- Wide range of insurance coverage accepted
  - **CDCP** (Canadian Dental Care Plan)
  - **NIHB** (Non-Insured Health Benefits)
  - Major Insurance Companies
- **Direct Insurance Billing**



facebook.com/  
[ferrybrightdental](https://www.facebook.com/ferrybrightdental)



[@the.tooth.ferry](https://www.instagram.com/the.tooth.ferry)



[@ferrybright](https://twitter.com/ferrybright)



*Hearts &  
Roses  
Soiree*

*Fun for Singles & Couples*

**February 14<sup>th</sup>  
2:30 pm**

**Sechelt Seniors  
Activity Centre Dining Room  
No Admission Fee**



**Treats, Coffee/Tea  
Love Trivia Contest  
Ukulele Group**

# \$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!

## Congratulations

to Liz Drisol for winning the Progressive Bingo (58 numbers called for a total of \$917).



## Online 50/50 Winner

# Congratulations!



**Kelli Dilday of Halfmoon Bay, winner of our Online 50/50 January 30 draw** accepts the cheque for \$5,670 from SSAC Treasurer Alison Kowalewski. Her winning ticket was SL - 21677543.

**SUNSHINE COAST SENIORS**  
online 50/50

**SENIORS WIN WITH YOU!**

Helping seniors on the Sunshine Coast WIN their battle against **FOOD INSECURITY** and **SOCIAL ISOLATION** by providing affordable nutritious meals and accessible transportation.

**FEBRUARY DRAW**  
STARTS FEB. 1. DRAW - WEDNESDAY FEB. 26

buy tickets at [seniorslottery.ca](http://seniorslottery.ca) or scan the QR code

# New Year's Dance

**T**he New Year's Dance was a **great success.** Tickets sold out quickly and everyone enjoyed the music and dancing. Some people came to just sit and listen to the music. The Divas joined the Creek Big Band for a few numbers and people have requested for them to sing a few more the next time they come. Yvette and Gord Fleming bought a lovely cake to share with everyone and Richard Corbet made his famous Carrot cake as well. We celebrated the New Year at 9:00 pm watching the ball drop in New York City with a glass of champagne in hand. We look forward to seeing you all again next year!

The first Saturday night dance of 2025 will be on February 8<sup>th</sup>. We will be rockin' with Mitch Lazer and his band. Get your tickets now as they're selling fast. Thanks to all the volunteers who help in so many ways to put on these dances. Without them it wouldn't be possible.





# Line Dancing Workshop

On January 25<sup>th</sup>, Jay, Krystyna, and Collene held a line dance workshop. The number of attendees filled the floor and we didn't really need to put out the chairs because hardly anyone sat down for 2-1/2 hours! Line dancing is very popular on the Coast and we had people from Pender Harbour to Gibsons all stomping their boots together. Jay is planning to hold another workshop in April so watch the Echo for more information.



# In Memoriam

## Sharon Blanchette

February 21, 1948 - December 15, 2024

With deep sorrow, we announce the passing of Sharon on Sunday, December 15<sup>th</sup>. Sharon leaves behind her son Gregory (Kristy, Leon and James), her mom, five sisters, niece and nephew and their families.



Sharon was born in Oakville, Ontario, to James and Eva Smith. She settled in Sechelt, where she found a community she thrived in. When she retired, Sharon was involved with the Legion and Navy League Cadets, and was part of the Red Hats Society.

In addition, Sharon organized the monthly Friendship Teas at the Seniors Centre for years and in January many friends and family came to the Friendship Tea to honour her. She will be missed by all her family and friends.



## Friendship Tea

**February 20<sup>th</sup> - 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!



### Holistic In-Home Nursing & Care Services

Maintain your independence & dignity in the comfort of your own home

**HOME CARE SERVICES FOR SENIORS:**

- Personal care and hygiene tasks
- Errands, shopping, and daily task support
- Meal preparation & light housework
- Respite for caregivers
- Medication management & nursing care
- Palliative & dementia care
- Providing comfort & companionship to seniors

BC Care Aide & Community Health Worker Registered Employer

**CONTACT US - Your 1st visit is free**

1-888-383-4569 | Info@CoastCare.ca

Asking for help isn't giving up, it's GETTING UP!

PROUD MEMBER OF BC Care Providers and EngAgeBC

www.CoastCare.ca

SUNSHINE COAST PEOPLE'S CHOICE 2023 Finalist

Aging in Place.  
Companionship &  
Caregiving  
for your  
loved ones.

**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<sup>®</sup>**  
home care services

**604 747-2847**  
sunshinecoast@nursenextdoor.com

# BUS TRIPS



Watch for upcoming Bus Trips  
in March!

## COMING IN MARCH & APRIL



Appointments are made through the wonderful CVITP Volunteers. Watch for more information as it becomes available.

## WIGS, WIGS, WIGS & MORE



### No One Knows What It's Like to be a Woman With Hair Loss

Lynda at West Coast Wigs shares her expertise with hair loss by designing custom wigs and hair pieces for you.

**When Experience Counts!**

**604-980-3211**  
[www.westcoastwigs.com](http://www.westcoastwigs.com)  
Sechelt, BC

*Free Private Consultation,  
By Appointment Only*

## FREE LEGAL AID CLINIC Every Thursday at noon



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

## FREE HEARING AID CLEANING Friday, February 21, 12:30 to 2pm



Anchor Hearing provides hearing aid cleaning at the lounge



Introducing Baker, a 3 yr old Great Dane. He is in training, this is his 2nd day visiting West Sechelt Elementary.

[dialadog.ca](http://dialadog.ca) 778 549-8664



## THEATRE FOR THE TERRIFIED



### A Woman's class to unlock your creative potential!

Step out of your comfort zone and explore voice, movement, and imagination in a safe, supportive space. Overcome fears, boost confidence, and have fun while expressing yourself freely.

No prior experience required—just bring an open mind and wear comfortable clothes.

Duration: 4 weeks (Feb 11, 2025 - Mar 4, 2025)

Day & Time: Tuesdays, 4:30 PM - 6:30 PM

Cost: \$60 per person for the full 4-week session

Limited Space Available

## Activities

### Games Galore

Starting February 10<sup>th</sup>, join us 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!



### Carpet Bowling

Come on down and join us for a fun and friendly game of carpet bowling! It's the perfect way to spend an afternoon, getting a little exercise and socializing with great people. Mondays at 1pm and Thursdays from 3-4:30pm.



### Latin Dance Basics

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



### Need a lift?

Let us take you where you need to go!  
We've got you covered.

Enjoy personal assisted transportation on & off the Sunshine Coast. Experience our personal white glove, door-to-door service. We take pride in it.

- Medical appointments • Companion services • Day trips • Staying connected with friends & Community Events

Not computer savvy? No problem. We handle bookings the old-fashioned way. Reach out to us by phone or email for bookings and inquiries.



info@careforalift.com  
604-747-CARE (2273)  
www.careforalift.com



# FEBRUARY 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
3 Shepherd's Pie	4 Chicken Souvlaki	5 Ham & Scalloped Potatoes	6 Turkey Cannelloni	7 Fish & Chips
10 Schnitzel	11 Chicken Stir Fry	12 Roast Beef	13 Monte Cristo Sandwich	14 Fish & Chips
17 <b>CLOSED FOR FAMILY DAY</b>	18 Lasagna	19 Chicken Cordon Bleu	20 Chicken Alfredo Lasagna	21 Fish & Chips
24 Quiche & Salad	25 Seafood Linguini	26 Roast Pork	27 Cabbage Rolls	28 Fish & Chips



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. Due to the popularity of Fish & Chips Friday, starting February, lunch on Fridays is for members only and maximum 2 takeout lunches.

## FEBRUARY 2025 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 2.0-3.5	7:30-9:30 3.0-3.5+		
	1:30-3:00 3.25 w/ Coach		1:00-2:45 2.5-3.0	2:30-4:00 2.5 w/ Coach		11:30-1:00 1.0-2.5
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		4:00-5:30 3.0-3.25		1:00-3:00 3.25-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 2.0-2.5	4:30-6:00 2.5-3.0	4:30-6:00 1.0-2.5			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 3.25-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 2.5-3.5+		5:00-7:00 3.0-3.5+

If you are interested in being assessed for another level, email Gill at [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

# FEBRUARY 2025

# SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
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	2:00–3:30 PM	Lunch Room	Nicol Mentis & crew	\$4
Games Galore - Feb 10 & 24	2:00–3:30 PM	Lunch Room	Gill Smith	\$4
<b>TUESDAY</b>				
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
<b>WEDNESDAY</b>				
Emergency HAM Radio	9:15–9:45 AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	Roxanne	\$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 - Feb 19	2:00–3:30 PM	Lunch Room	Gail Riddell	donation
<b>THURSDAY</b>				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Chair Yoga	10:45–11:45 AM	Craft Room	Tenaya Kivlichan	\$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 Kivlichan	\$6
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 <sup>rd</sup> Thursday)	2:00–4:00 PM	Lunch Room	Liz Hennessey/Gill Smith	
Carpet Bowling	3:00–4:30 PM	Auditorium	Margaret Parker/Norm Ross	\$4
Strength for Seniors	3:15–4:15 PM	Auditorium	Liz Hills	\$6
Line Dancing	4:30–5:30 PM	Craft Room	Collene Sand	\$4
<b>FRIDAY</b>				
Zumba Gold	9:30–10:30 AM	Craft Room	Irina Paris	\$6
Yoga	10:00–11:10 AM	Auditorium	John or Andre	\$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 Kivlichan	\$6
Latin Dance Basics - Feb 7 & 14	1:15–2:15 PM	Craft Room	Edmund/Krystyna	\$4
<b>SATURDAY</b>				
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

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.