

SEASHELL ECHO

JUNE 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.

Going with the Flow

BY RICHARD WARD

Thank you for being with us for another exciting month at the SSAC. The highlight this month was the completion of the renovated reception area. Thanks, and kudos to the contractor, Mike Brown of Sechelt Handyman, for completing on time and on budget. In addition, there was remarkably minimal disturbance to office workers and members with respect to dust and noise. The aim was to alleviate congestion in the main corridor. This has been achieved with much better flow when entering and exiting. Many members have remarked how open and bright the new reception area is. As well, it is a more spacious and brighter workspace for the front office staff.

When you go through the main doors, you can turn left immediately if you want to enter the reception area for membership services, including scanning in, "wallet" funding, frozen food sales or online 50/50 tickets. Otherwise just go straight ahead to scan in for lunch or activities. You do not have to wait to scan in just before your activity. You could come in earlier and, for example, scan in for lunch, yoga, volunteering etc. all at the same time. The important thing is to make sure you scan in. To clarify the process, when you scan into an activity your virtual wallet is not immediately automatically debited for the fee. It is a front desk worker that does a manual debit of the fee later.

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-2:45 pm
Except Holidays

info@myssac.com
www.myssac.com

CENTRE INFORMATION

2024-2025 Board Members

President: Richard Ward
Vice President: Dave Hargreaves
Treasurer: Alison Kowalewski
Secretary: Valerie Galat

2024-2025 Directors at Large

Jay Alexov Mark Patterson
Andre Casaubon Gail Riddell
Mark Garland 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

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remain strong and vibrant.



Going with the Flow

CONTINUED FROM PAGE 1

Watch also for warnings on the screen that will appear when your wallet is in arrears. If you want to add money to your wallet you can do it at the front desk or phone in and pay by credit card.

Thank you for those who have completed and returned the Physical Activity Questionnaire already. We will be collecting them up to June 18th and will give a summary report of the findings in the August edition of the Echo. This information will be used to guide decisions moving forwards; however, scheduling of any new or old activities is always dependent on demand, room availability and the availability of qualified instructors or leaders.

In line with decisions being made moving forwards, the Bus continues to be a conundrum. A Bus committee has been active, generating ideas for bus trips. Unfortunately, we have been cancelling the scheduled trips frequently due to lack of ridership. There are considerable yearly costs associated with insurance and maintenance of the bus. Therefore, any trips need to generate some revenue to support this, by having an adequate number of riders. The bus is very well maintained and has low mileage, but the SSAC Board will have to seriously consider changes to the type of trips offered, or even whether to continue with this activity.

CONTINUED ON PAGE 3

Meet our Board of Directors



SSAC Board of Directors: (standing left to right) Jay Alexov, Dave Hargreaves, Karen Madsen, Alison Kowalewski, Mark Garland, Andre Casaubon, Richard Ward; (seated left to right) Mark Patterson, Valerie Galat, Birgit Stefani, and Gail Riddell

In the summer we have traditionally had two weeks with reduced lunch service, with only soups sandwiches and entrée salads being offered, as Emily has her well deserved vacation. We do understand how offering a hot lunch is so important to many of you. Therefore, our Sous-Chef, Jacquie, will be able to cover that absence and we will offer hot lunches throughout the summer. At Christmas we will have the usual 2-week closure for the Office staff but have more days open for hot meal service than we usually do. The Christmas schedule will be posted in a future edition of the Echo.

At this point in time we are in a strong position but are still evolving to reach a sustainable system of governance and management that will keep us prosperous in the future. There is no doubt that we are only viable because of the tremendous work of so many volunteers. I cannot express too heartily my thanks for all their work. I must especially thank the office volunteers for their tolerance with changes in work requirements with the evolution of front office operations, while still maintaining a welcoming environment for our members.



Very appropriately it is the time of year that we show our thanks to our wonderful volunteers. On Friday June 27th at 12:30pm we will be holding our annual Volunteer Appreciation Lunch in the Auditorium. If you are a regular volunteer go to the front desk, sign up and receive your complimentary ticket. It will feature a wonderful Emily buffet lunch, entertainment and door prizes. They say there is no free lunch, but there is for our volunteers, if of course you discount the fact that they worked hard all year. Thanks to all of you!

Volunteer of the Month

Bob Maveety



The SSAC has been very fortunate to have Bob as our Maintenance Man for the past 15 years. His toolbox is at the ready to tackle everything from squeaky doors, to flickering light bulbs, minor plumbing hiccups, drywall repairs and building shelves. His friendly face and skills are always available to keep the membership safe and the building well maintained. Bob also volunteers at the Chapman Creek Hatchery two days per week.

The SSAC Board and Membership thank you very much for your hard work and commitment!

SSAC Kitchen Volunteers



Preppers · Servers · Dishwashers
Have Fun Supporting our Meal Service
 To volunteer, give your information at the front desk or email info@myssac.com

Can Bingo be Resurrected?

The last Tuesday BINGO session was held on May 27th. The Class A gaming licence expired on that date and unfortunately the decision was made not to renew the license because we are losing very valuable volunteers from the team of 8 that have been running the Bingo sessions continuously since January 7th, 2023. There has however been a request to the SSAC Board that BINGO be resurrected as a valuable and enjoyable activity at the Centre. The Board is sympathetic to this request and is supportive of the process. However, it will need the compilation of a new BINGO team of volunteers.

It should be realised that being governed by a BC Gaming Class A gaming license that there is meticulous bookkeeping required. The biggest challenge therefore is to find an individual who will commit to this role. Below are the minimum team members that would be required to resurrect BINGO sessions and their roles:

- **BINGO Co-ordinator:** Apply for gaming license and ensure compliance to BC Gaming regulations. Purchase of BINGO paper through BC Lotteries. Coordinate BINGO volunteers, Create Daily game pattern sheets and corresponding PowerPoint display for use by caller. Purchase concession items for sale at sessions. Update BINGO advertising and weekly prize posters.
- **Gaming Bookkeeper:** Prior to the session counting out player sheets keeping track of sheet audit numbers. Prepare cash prize envelopes for winners of each game. Receive sales totals from cash register and card processing Square to be entered into session bookkeeping spreadsheet. Resolve player sheets sold, prizes awarded, cash and card income with the bookkeeping software. Resolve cash float and determine and make daily deposit to the Gaming account. If all runs smoothly, there is minimally a 6-hour commitment spanning time



before and after the event, with additional time outside of that spent on banking and completing BC Gaming reporting forms.

- **Cashier:** Use of multi-total cash register and card processing Square for BINGO sheet sales.
- **Floor workers:** Numerous floor duties.

What is important is that there are an adequate number of team members to fill more than one role to cover for illnesses and vacations. BINGO takes a two week break at Christmas and a Summer break from the end of June to the beginning of September.

If you do feel that you can be a committed member of the team we need, please email birgit.stefani@myssac.com indicating which positions you would like to fill.



Our Bingo volunteers: Front Row (L-R) Chris Kuck, Audrey McConnachie, Chris Twaits, Eryl Shindel; Back Row (L-R) Jan Baines, Richard Ward, Chris Hadaway

Progressive Bingo Winners



Congratulations to Ann Carlson, Cauleen McCuaig & Lindsay Montemurro, who each won \$390 on the Bingo Progressive game on Tuesday, May 13th.



Lindsay Montemurro and Kimberly Swain split the pot of the last Progressive Pot at Bingo. Each went home with \$280.

GOOD AS CASH!

A reminder to all our members to continue to drop off Claytons grocery receipts. Don't throw those receipts away! They are as good as cash for SSAC.

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What a Night! What a Band!

The Steve Hinton Band never fails to show us all a good time and they did it again on May 17th. Playing a great selection of tunes from the great blues artists plus some of their own music - all of it awe-inspiring, the dance floor saw a lot of action. Joining Steve were Al Alford on guitar, Sully Antonyk on bass and Tim Rannard on drums.

Thanks to all of the guys for a most memorable evening! The door prizes of tickets to the June concert/dance was won by Neve Lashe. The winner of the 50/50 draw was Valerie Galat - who donated \$60 back to the centre - thank you!

Also we are very grateful for all the volunteers who come out to set up, tend bar, clear tables, and help clean up and put everything back again. Thanks to Krystyna and John for doing the between set music and to Collene for taking the tablecloths home to launder.

The next concert/dance will be on Saturday, June 21st. Get your tickets to the hottest Afro-Latin music concert of the summer, the **Julio Avila Cuban Band**. Catch this Cuban music powerhouse led by bass virtuoso & lead singer Julio Avila. Plenty of room on the biggest dance floor on the Coast. Tickets for this show are \$30 in advance at the Centre or at Little Brit of Heaven, or \$35 at the door. Doors will open at 6:30 pm and the show will be from 7:00 pm to 10:00 pm.

Looking forward to seeing you there and thanks in advance for your support of the Seniors Centre..

By request - There will be another **Line Dance Workshop** on June 28th from 2:00 to 4:00 for those who have some experience line dancing. Jay, Collene and Krystyna will be leading the fun!

Jay, Ann, and the Special Events committee



SSAC PRESENTS THE HOTTEST CONCERT/DANCE OF THE SUMMER!



**Julio Avila
CUBAN BAND**

**SATURDAY
JUNE 21ST
7-10 PM**
DOORS OPEN
6:30 PM

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OPEN TO NON-SSAC MEMBERS

Tickets \$30 in advance, \$35 at the door
Available at the SSAC Front Desk or at A Little Brit of Heaven



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Price might change based on availability*



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SSAC VOLUNTEER LUNCHEON FRIDAY, JUNE 27

Doors open at noon · Lunch
starts at 12:30 · Limited Seating
If you are a regular volunteer, sign up at the
front desk and get your complimentary ticket.

Friendship Tea June 19 - 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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JUNE DRAW



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- ☒ Have a few hours each week to spare?

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Creative Class

Unleash your creativity! Join our **Creative Class** and tap into your creative soul. Monday afternoons from 2-4 pm in the Lunch Room.

- June 2** Ruth - Tile painting
June 9 Katie - Origami
June 16 Dosie - Rock wrapping
June 23 Kathy - Folding book
June 30 Nicol - Cardboard Sculpture

Please sign up at Front Desk.



Canada Day Parade

The Sechelt Seniors Activity Centre is proudly participating in the **Sechelt Canada Day Parade**, and we need YOUR help to make it a success!

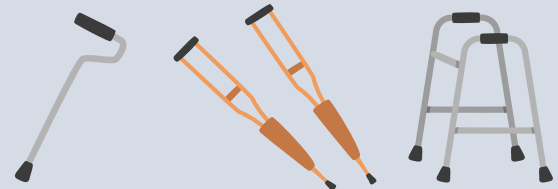
We'll be using the Centre's bus in the parade. The theme is set and decorations are ready — now we just need enthusiastic volunteers to help bring the float to life!

Join us on Monday, June 30th to help decorate the bus. On Tuesday, July 1st, you can walk beside the bus or ride along. Let's celebrate together by waving, smiling, and tossing candies to the crowd!

If you're interested in being part of the fun, please contact Val Galat at val.galat@myssac.com, or leave your information with our Front Desk team.

Let's show off our community spirit and make this Canada Day unforgettable. Hope to see you there!

Loan Cupboard



Medical equipment loans are available through the **Sechelt Hospital Loan Cupboard**. It is a volunteer-run organization that provides a wide array of equipment from canes and walkers to bedrails and commodes, all free of charge, for a period of up to two months. For people dealing with medical issues, when stress levels are already high, being able to get the equipment they need is wonderful. Further information can be found at sunshinecoasthealthcareauxiliary.com/what-we-do/the-loan-cupboard or by calling **604-885-2224** extension 4204.

Line Dance Workshop

with Jay, Collene, and Krystyna

June 28

Lessons 2:00–4:00pm

Doors open 1:30pm

Tickets \$10 available
in advance at the front desk,
at the door or at
A Little Brit of Heaven



Non-alcoholic beverages, tea, coffee available



SCAM TALK

Tuesday, June 17
2:00 pm



Chris Stewart from Shoppers Drug Mart will talk about gift card scams among other scams that seniors might encounter.

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In Memoriam

Roberta Ann Hopkins

December 5, 1946 - May 17, 2025

It is with heavy hearts that we announce the passing of Roberta Ann Hopkins on May 17, 2025, at the age of 78. A devoted mother, loving grandmother, loyal sister, and cherished friend, Roberta passed away peacefully with her children by her side, following a long and courageous battle with cancer and dementia.



Born on December 5, 1946, at Grace Hospital in Vancouver, BC, Roberta grew up in the Lower Mainland, living in Vancouver, New Westminster, and Burnaby. She attended John Robinson and 2nd Street School for elementary, Windsor Elementary for grades five and six, McPherson Junior High in South Burnaby, and completed high school at Lester Pearson in New Westminster. In later years, she lived in Terrace, Port Coquitlam, Westlock (Alberta), before settling in Sechelt, where she spent 30 years. Two years ago, Roberta moved to Kelowna for additional care and to be close to her daughter, Carolyn.

Roberta loved sports and was an active participant in school life. She sang in the Burnaby South High School choir and was a backup singer in The Wizard of Oz. She was a fierce goalie in grass hockey, a great runner, and took up skiing in her early twenties. Her sense of adventure extended far beyond the slopes. Roberta loved to travel and was never afraid to do it alone. She made many trips abroad, covering Germany, Italy, England, Scotland, Mexico, and all over the USA. She also went on many cruises with friends and family over the years, covering the Mediterranean, Central America, Caribbean, Hawaii, and Pacific Coast.

Roberta's career was equally diverse. She began as a Bank Teller at RBC in Vancouver, then worked at the Bank Clearing House downtown. In Terrace, while pursuing her accounting course work, she worked

at an accounting office. Later in life, she worked as a Bookkeeper for Sechelt School Bus and was even a Housekeeping Aide at Shorncliffe Care Home. Always diligent, she took pride in every role she held.

Roberta became a mother later in life, and from that moment on, her world revolved around her children, Robert and Carolyn. She poured every ounce of her energy into their upbringing, never missing a game, a practice, or a school event. She volunteered on school PACs, organized rides, hosted exchange students from around the globe, and created a home that was always open — a true gathering place.

Roberta had a strong and lasting circle of close friends she stayed connected with over the years, travelled with, and gathered with regularly. She valued those friendships deeply and made time for them. She loved music, dancing, and staying active, participating in the Centre's Line Dancing, Square Dancing, and Aerobics classes, and enjoying their social lunches with friends. Her generosity and sincerity made her easy to be around, and her laughter was a constant. She lived with optimism and determination, carrying a love for her friends and family that shaped every part of her life.

She is predeceased by her parents, Sophie Jean and James Garton Smith, and her brother Doug. She is survived by her beloved children, Robert (Breen) and Carolyn (Dylan); her grandchildren Reed, Kade, Arya, Blake, and Jack; her siblings Beth Chernowski, Pete (Bev) Smith, and Ken (Joy) Smith; and countless friends who became family along the way.

Roberta leaves behind a legacy of love, laughter, and kindness. She instilled in her children the values of independence, hard work, and perseverance, teaching them to face life's challenges with strength and determination.

A Celebration of Life will be held at the Sechelt Seniors Activity Centre on Tuesday, July 15, 2025 at 2:30 pm. In lieu of flowers, donations may be made in her honour to the BC Cancer Foundation or BC's Alzheimer's Society

She will be deeply missed, but we find comfort in knowing she can rest in peace, and her memory will live on in all of us. Condolences may be sent to the family by visiting springfieldfuneralhome.com.

Margaret Gabriel

March 16, 1934 - May 17, 2025

Born Margaret Dunkerley in Doncaster Yorkshire on March 16, 1934.

Died as Margaret Gabriel in Sechelt, BC - May 18, 2025 with a song on her lips.

Margaret came to Canada in the late 50's, had 3 children, John, Jane and Anne.

In her early years in Canada she started women's support groups and provided a haven for American draft dodgers.

Margaret married Leigh (the love of her life) in 1984.

The book business - Margaret started in Duthie's Book on Seymour, managed different book stores and for 3 years owned and managed Margaret Gabriel: Book Seller in Vancouver and was once a judge of Poetry for BC Book Prizes.

Cooking - Margaret studied cooking at VVI, was Short order cook of the year. She was invited to teach when one instructor went on maternity leave. Margaret was head chef at Haro Park Seniors Home with daughter Anne as sous chef. And, she opened La Chanterelle Catering. Worked for many years, including on Gambier Island.

Margaret was one of the first, (perhaps the first?) Aromatherapists in Vancouver and was interviewed by Bill Richardson on CBC Radio while he was receiving a massage.

As Cheraga in the Sufi order of the west, Margaret conducted Universal Worship services.

With husband Leigh, she opened Gabriels on Gambier B&B for many years. While there, Margaret took up water colour painting with her usual creativity and focus, sold paintings and cards and she had a wonderful ear for music.

Apart from the above, she led a rather dull life.

A Celebration of Life will be held at the Sechelt Seniors Activity Centre on June 22nd at 2pm.



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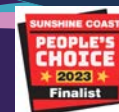
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JUNE LUNCH MENU

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
Filipino Chicken Adobo ²	Ginger Beef ³	Roast Beef ⁴	Chicken Quesadilla ⁵	Fish & Chips ⁶
Butter Chicken ⁹	Lasagna ¹⁰	Ham & Scalloped Potatoes ¹¹	Baked Salmon ¹²	Fish & Chips ¹³
Quiche & Salad ¹⁶	Turkey Cannelloni ¹⁷	Chicken Cordon Bleu ¹⁸	Hot Reuben Sandwich ¹⁹	Fish & Chips ²⁰
Meatloaf with Mac & Cheese ²³	Seafood Linguini ²⁴	Roast Pork ²⁵	Soup & Sandwich Only ²⁶	No Lunch ²⁷ Volunteer Appreciation Luncheon
Chicken Shawarma ³⁰	Frozen entrées are available on weekdays from 9am to 2:45pm and vary in price \$6 or \$8.		Members are welcome to bring guests to dine for a surcharge. Lunch on Fridays is for members only and maximum 2 takeout lunches. Only items on the menu are available.	

JUNE 2025 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact ssacpickleball@gmail.com

MON	TUE	WED	THU	FRI	SAT	SUN
		7:30-9:30 3.25-3.5+ Drills	7:30-9:30 Social Play	7:30-9:30 3.0-3.5+		
	1:30-3:00 2.0-3.0		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 3.0-3.5		3:00-4:30 1.0-2.0 w/ Coach		4:00-5:30 3.0-3.25		1:00-3:00 3.5-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 3.25-3.5	4:30-6:00 2.5-3.0	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 3.5-3.75	6:00-8:00 3.0-3.5+	6:00-8:00 3.5-3.75	5:30-7:30 Social Play		5:00-7:00 3.0-3.5+

Watch for extra coaching and assessment dates. For more information, please contact ssacpickleball@gmail.com

JUNE 2025

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 series	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$48
Chair Yoga	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichan	\$4
Duplicate Bridge	12:00–3:30	PM	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 Class	2:00–4:00	PM	Lunch Room	Nicol/Nina/Ruth	\$4
Forever Young Song Circle	4:00–5:30	PM	Craft Room	Joe D'Souza	\$4
TUESDAY					
Fitness with Jacqui or Lisa	9:15–10:15	AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café Series	9:30–1:00	AM/PM	Craft Room	Maryanne Brabander	\$60 lunch extra
Line Dancing - Experienced	10:30–11:30	AM	Auditorium	Jay Alexov	\$4
Chair Yoga	12:00–1:00	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Craft Group	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
Strength for Seniors - last class June 17	3:15–4:15	PM	Auditorium	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
Bluegrass Jam	4:00–5:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
THURSDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Chair Yoga	11:45–12:45	AM/PM	Auditorium	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 rd Thursday)	2:00–4:00	PM	Lunch Room	Liz Hennessey	
Carpet Bowling	3:00–4:30	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Strength for Seniors - last class June 19	3:15–4:15	PM	Auditorium	Liz Hills	\$6
Line Dancing	3:15–4:15	PM	Craft Room	Collene Sand	\$4
FRIDAY					
Hatha Flow Yoga or Yin 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
Line Dancing - Beginners	1:15–2:15	PM	Auditorium	Louise Parker	\$6
SATURDAY					
Quilting	9:00–4:00	AM/PM	Craft Room	2 nd Saturday of each month	\$4/\$8

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 2:45pm.

You can fill your "wallet" at the front desk or by phone 604-885-3513. For Pickleball schedule, see page 15.