

SEASHELL ECHO

MAY 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.



Our Ode To Joy

BY RICHARD WARD

Welcome to an exciting new month at the **SSAC to all of you, especially our new members.** Friedrich Schiller's Ode to Joy written in 1785 and retold musically in Beethoven's 9th Symphony, has been used over the years as an anthem of protest for good against wrongdoing and now symbolises hope, unity and fellowship. At the SSAC we are writing our own ode to joy, as we provide a place where members can come and enjoy the uplifting experience of activities, good food and socialisation. It is a story that we are adding to every day.

I attended the most recent one of our wonderful monthly dances, organized by Jay Alexov and her team. Spindrift Street band member Charlie Veaudry who performed that night, told me that the SSAC is one of the band's favourite venues not only because of the space but more importantly it was the atmosphere in the room and the response of the crowd. I realised that the music and the dancing epitomised what we are trying to build through experiences that bring joy through socialisation as well as mental and physical stimulation.

Previously I mentioned that we had approved membership for individuals with developmental disabilities served by SCACL (Sunshine Coast Association for Community Living).

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

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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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.



Our Ode To Joy

CONTINUED FROM PAGE 1

Several of these new members have now attended activities and meals and they seamlessly fit into our welcoming environment, with lots of smiles all around. Earlier last year in a forward planning session the Board established its core values. One of them is Inclusivity. Interestingly, according to our constitution we are inherently inclusive, in that we have no barriers to membership. A person of any age can join, with no other restrictions. The only constraint we have is that at least 50% of the membership is aged 50 years or older, and that these are the only members that can vote at any general meetings. We do however hold seniors in the forefront of our planning, maintaining Sechelt Seniors Activity Centre as our name, but realising the tremendous importance of intergenerational socialisation.

Unfortunately, as membership numbers have grown and the pressure on services and space have increased, there has been an increase in the number of negative interactions between members and staff and volunteers. Put yourself in the position of one of our approximately 150 volunteers, without whom we can not operate, and are eternally grateful to for their service. Why do they volunteer? It's because they get joy from keeping busy and helping others at the Centre. However, if they are berated by impatient or disgruntled members they won't be enjoying their work. So why would they want to continue to volunteer? Please when you are interacting with any of our volunteers, always be courteous and patient.



At the front desk, the always pleasant Heather Doré is the only paid staff (Front Desk Administrator), all the others are daily volunteers and mostly are seniors themselves. Let's keep the SSAC a safe and fun place to be.

The just completed renovation will bring a tremendous change to your front desk interaction. Crowding in the corridor will be minimised as service counters are now located in the old lounge area. So please be tolerant as we navigate the process of change for both members and office staff.

In early May, to assess the adequacy of our current activity offerings, as well as the potential of new activities, we will be sending out an activity questionnaire that can be completed electronically and returned by email. We will also have paper copies to complete and return. The information will be compiled and used for guidance moving forward.

Bear in mind that we always have the constraints of appropriate instructor and room availability when new activities are proposed. We will present the findings in a future ECHO once they have been compiled.

Although I love volunteering at the SSAC, seeing so many enjoying what we offer, and showing so much caring for each other, I am saddened when I hear of members getting serious illness and passing. I am sure you all know of someone close to you who has passed. On a personal note, very recently there are three individuals that I will particularly miss. Lydia Hall, a Bingo regular and supporter of the SSAC, was a beautiful lady inside and out. Brian Smith, co-founder of Memory Café at the SSAC with his partner Rosella, was such a gentle and compassionate man and helped so many others. Diana Young, a long-time member, was a front desk volunteer and one of the early pickleballers at the Centre. She lived life to the fullest and who will forget her floral pattern leggings. Interestingly, in her obituary her family said she referred to us as the Activity Centre, indicating what she felt was important. Despite the sadness, I console myself with the thought that we are providing members in their latter years with a stimulating and happy environment. That's why we must continue writing our story fostering an atmosphere of joy and harmony at the SSAC.

Volunteer of the Month

Jan Baines



Jan works at the Front Office Reception desk two days a week, warmly greeting members, answering questions and helping out wherever she's needed.

On Tuesdays she also lends a hand with Bingo, bringing energy and enthusiasm to this popular weekly event. She enjoys meeting the members and being part of a supportive community, describing the centre as "a joyful place to spend time."

Outside of her volunteer work she shares her love of the outdoors with her Bordie Collie who participates in dog agility classes. Hiking and gardening are also included among her favourite pastimes.

The SSAC Board and Membership thank you and appreciate your valuable contributions.

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

Donation Update

Thanks For Your Generosity

We are continually grateful for the generosity evident from the continuous stream of funds gifted to our donation programs.

As of April 23rd since September 1st, 2024, the totals for the two programs were:

Affordable Lunch program \$16,002; General Revenue \$30,476.

We have had to adjust our target for the Affordable Lunch Program to \$25,000 to account for the hiring of additional Sous chef Jackie. However, despite the additional demand on resources due to increased payroll and food prices, we remain committed to trying to keep food prices at their current level in the coming year. Proceeds from the monthly Sunshine Coast Seniors online 50/50 lottery are dedicated to helping our affordable lunch program and so the bigger we can build the monthly Jackpot the more we can support and hopefully expand the affordable meals program.

The General Revenue fund donations have now reached \$38,096. This fund has been invaluable in helping us move forward with some expensive maintenance and repair projects. The most recent being two projects being completed at the time of writing, the replacement of the blown compressor

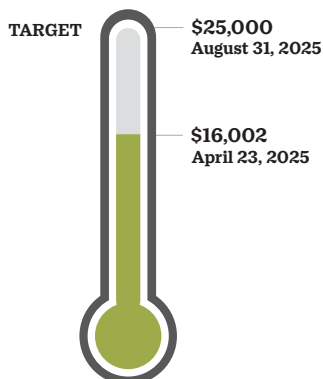
in one of the three rooftop electric heat pumps supplying wall A/C units in the front part of the Centre (>\$9,000) and the structural redesign of the front office and access to the service counters (<\$12,000).

The Endowment Fund had a balance of 16,959.41 as of January 1st, 2024. As of January 1st, 2025, it had grown to \$26,465.27. At the initiation of the fund an anonymous donor through the Sunshine Coast foundation, pledged matching funds of \$1,000 per \$10,000 raised in the first year to a maximum donation of \$10,000. Unfortunately, only \$15,500 was donated in the year. However, the donor rather than giving the calculated \$1,550 generously donated \$5,000. Also, the Board of the Sunshine Coast Foundation has approved and sent us a \$874 grant distribution based upon interest earned from the endowment in 2025, the first year of eligibility for the fund. Moving forward there will be a yearly interest-based grant distribution which is paid into our general bank account to be used for any purpose.

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.

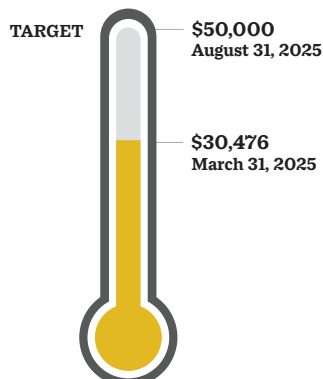
Funds raised Sept. 2023 - Aug. 2024: \$8,547

AFFORDABLE LUNCH PROGRAM



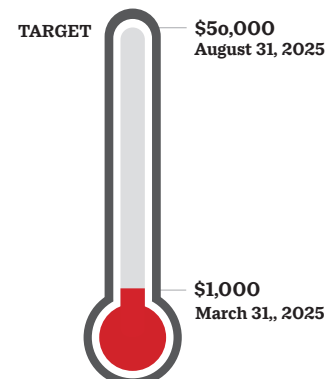
Funds raised Sept. 2023 - Aug. 2024: \$46,982

GENERAL REVENUE



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

SSAC ENDOWMENT FUND





TO OUR HONOURED DONORS

*Numerous donors wish to be anonymous
and are therefore not listed here*

PLATINUM \$5,000 or more	Bob Mackie Louise Parker
GOLD \$1,000 to \$5,000	Donald & Patricia Flucker Andre Casaubon Kathy Hurley Sandra Richad
SILVER \$100 to \$1,000	Mardie Campbell Bob Dall Sonia Koehler Maryanne Brabander Susan Grenville S.C. Golf Course Tuesday Ladies George Goulet Terry Goulet Melville Maisonet Families Robert Pizzi
BRONZE Up to \$100	Kris Love Pat Melville Hank Drexler Elizabeth Konopasek Rachel Chanthaboury Anne Mathewson

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Dancing with Spindrift Street

April's dance with Spindrift Street was on the Easter weekend. Although many people who regularly attend were understandably busy with family we still had a good turnout and everyone had fun. Helmut baked and donated a beautiful cake for auction which was sold to Brent for \$45 and he in turn shared it with everyone! Thanks to both of them . . . it was yummy. The 50/50 door prize was \$65 for the winner and \$65 to the Centre, the winner was Ron Meyer who generously donated his share back to the Centre. Thank you Ron! The door prizes for May's dance were won by Karen and Mike Bell and also Andre, Columbia and Heather. They each have a ticket to next dance on May 17th.

Many thanks to all who came to help make the decorations, set up, tend bar, clean tables, give out snacks and help us to clean up afterwards.

By popular demand, **The Steve Hinton Band** will be coming on May 17th with Steve on vocals, Dave 'Double D' Dykhuizen on guitar, Sandy Bone on drums, Bruce Morrison on Bass, Dave Webb on key boards, and Jerry Cook on saxophone. They'll be playing lots of great dance tunes as always. Get your tickets early as this dance will sell out and there are a limited amount of tickets.

Coming up in June we have the **Julio Avila Cuban Band**! If you missed them closing out the jazz festival in Powell River you have a chance to see this exhilarating show. For a preview, look on julioavilacubanband.com scroll down and click on the video. Stand by for further information. We are looking for accommodation for the band - if you are interested or know someone please contact Gill Smith in the office.

If you've never tried line dancing or are very new to it please join Jay Alexov on Saturday May 3rd for a beginners workshop. Jay will be teaching some basic steps and some simple dances. The doors will open at 1:30 pm (please enter at the back door), tickets are \$10 and available at the Centre, at Little Brit of Heaven or at the door. Everyone is welcome - all ages and anyone who wants to give it a try. We're looking forward to seeing you there!



Can you help? Do you have space to host a band member in June? If so, please email info@myssac.com. Thanks!

\$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!



Seka Prekratic was the lucky winner of the \$1,361 Progressive Bingo jackpot on April 22nd.



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CONGRATULATIONS TO ROD C, OUR
APRIL DRAW WINNER. HE WON \$2,018!

MAY DRAW STARTS MAY 1 • DRAW - MAY 30



buy tickets at seniorslottery.ca or scan the QR code

Three Months!

BY HEATHER DORÉ

If you are reading this, it means that I recently passed my 3 month “probation period” as the Front Desk Administrator at the SSAC.

I would like to thank the Management Team, Board Members, Volunteers, and Members for all being so supportive and encouraging while I have been facing this steep learning curve. Even being here 5 Days/week, I know I still have a lot to learn. I would like to extend a special thanks to Pam Demers for going above and beyond in trying to impart her knowledge to me. She has been incredibly patient, and is a wonderful teacher.



It is an absolutely joyful place to work, and I really appreciate all the genuine smiles, daily greetings, hugs, and positive words of support. Seeing all the Members go by on the way to their activities, full of excitement and energy, is a great feeling. People are constantly commenting on what a “positive vibe” we have going on here - it is a place we all want to be. I feel very fortunate to be a part of such a vibrant gathering place.

As we all know, the place could not run without all its incredible Volunteers, who donate their precious free time and energy to help keep things going smoothly. I interact with many of them during the week - they’re either by my side in the office, in the kitchen or lunchroom, or helping/teaching in various other capacities. I hope you all know how much you (and your time and hard work) is appreciated. Every single one of you is a very valuable member of our “team”, and we are so lucky to have you here. You all contribute to the positive feeling at the SSAC, and are a huge part of why people just love being here.

Thank you all for making me feel so welcome, and kindly understanding how challenging starting a new job at this stage in life can be. I have wanted to work here for many years, but that’s another story entirely. . . I just wanted to let you all know how much I appreciate your kindness and patience as I adjust to my new role. Thanks so much for the opportunity to work in such an uplifting environment!

BUS TRIPS



- May 8** Bargain Hunting and Lunch in Gibsons
\$10 (bus only)
- May 21** Vancouver Aquarium
\$40 (65+) or \$55 (under 65)
- May 29** Hard Rock Casino & IKEA
\$40 (65+) or \$55 (under 65)

SSAC AUDITORIUM

5604 Trail Ave, Sechelt

Presents

STEVE HINTON BAND

**Saturday
MAY 17TH**



Al Alford Steve Hinton Tim Rannard Sully Antonyk

7 – 10pm doors open 6:30pm

\$20 in advance, \$25 at the door

Available at SSAC Front Desk

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Emeritus Professor Talks

Our final lecture series presentation for the Spring focussed on the brain, and its connection to one's 'take' on doing art.

Dr. Shauna Butterwick used research studies to show that everyone is an artist - they just interpret experiences in different ways. At each table, art supplies were laid out and participants were encouraged to make a small book.

Shauna has taught many workshops for folks who believe they have no artistic talent, and has offered to run such a session at the Seniors Centre around the time of the Writers Festival, which she always attends. If you are one of the wannabe artists, or just want to have fun fooling with art supplies, keep your eyes open for an announcement in the July Echo.



Basic Beginners Line Dance Workshop

Led by Jay Alexov

May 3

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



The Centre is closed for
Victoria Day, Monday, **May 19th**.
Some activities will continue



Victoria Day



Sunshine Coast Quilt Show

May 30 10:00 - 6:00
May 31 10:00 - 4:00

700 Park Road, Gibsons
GIBSONS AREA COMMUNITY CENTRE
\$10 Entry 12 & under FREE

Raffle Prizes
& Workshops

scquiltersguild.com

- Quilts Galore!
- Raffle Prizes
- Basket Draws
- Members Boutique
- Merchant Market



New this Show



25 Members collaborate with Featured Artists
2 On-site Workshops; includes 2-day entry fee

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Sunshine Coast
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Friday, May 30 On-site Workshop

Uschi Greiner: Stitching in Wool
9:30 am - 3:00 pm

Register online:
scquiltersguild.com/calendar

1st Raffle Prize

\$2 per Ticket



Queen Size
Quilt

created by
Karen
Biddlecombe,
SCQG Member

2nd Raffle Prize

\$2 per Ticket



Bernette
b35 Machine
courtesy of

**STITCH &
BOBBIN**
QUILTING AND SEWING SUPPLIES

Saturday, May 31 On-site Workshop

Julie Faulkner: Drop Zone Trays
9:30 am - 4:00 pm

Register online:
scquiltersguild.com/calendar

Creative Class

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

- May 5** Ruth - Beautiful Bookmarks
May 12 Nina - Delightful Driftwood signs
May 26 Nicol - Tissue Paper Painting

Please sign up at Front Desk.



Friendship Tea

May 15th - 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!



2025 BRITISH COLUMBIA

**YOUNG ARTIST
CONCERT TOUR**

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Sunshine Coast Branch BCRMTA presents:

Hamilton Lau, piano
Sunday, May 4, 2025, 2:30pm
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Come and see Vivian on May 2, 16, and 30, between 9:30am to 12:00pm. Get those glasses all spruced up. Adjustments, new nose pads, hinges tightened!

...

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.



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.

FREE HEARING AID CLEANING Friday, May 9, 12:30 to 2pm



Anchor Hearing provides hearing aid cleaning at the lounge

In Memoriam

Diana Jean Young

March 31, 1942 - February 22, 2025

'Diana was a vibrant, outgoing woman who lived life with passion and purpose.'

With heavy hearts, we announce the passing of Diana Jean Young, who left us peacefully on February 22, 2025, at the age of 82, after a courageous year-long battle with pancreatic cancer.



Diana was born and raised in New Westminster, B.C., where she met the love of her life, Jim. Together, they built a beautiful life, moving to the Sunshine Coast in 1970 to raise their daughters, Sherri and Darcie. As successful business owners, Diana and Jim became well-respected members of their community, known for their hard work, generosity, and warm hospitality.

Diana was a vibrant, outgoing woman who lived life with passion and purpose. She had an incredible zest for adventure, whether it was traveling, crafting, reading, or tending to her beloved garden—despite her family's insistence at 80 years old that she retire from ladder climbing and hedge trimming! She was deeply involved in her community, finding joy in social gatherings, volunteering at the senior's centre (which she fondly called the "activity centre"), and being an active member of the local car club. Diana's greatest love was her family.

She leaves behind her daughters, Sherri and Darcie (Pari), her cherished grandchildren, Ria, Randi, and James, and her adored great-grandchildren, Keenan, Kenzie, and Bronx. She is also survived by her brothers, Jim (Linda) and John (Gail). She was predeceased by her beloved husband, Jim, with whom she shared 59 wonderful years of marriage. Diana's warmth, humour, and unwavering spirit touched the lives of so many. She will be deeply missed but forever remembered. As per Diana's wishes, there will be no public service.



Brian William Smith

May 13, 1942 - April 14, 2025

Brian William Smith believed in community, convinced that by joining together despite differences we can support and care for each other and our environment and make a world worth living for everyone.

The first son of Isabella "Isa" Dryburgh White and Reginald Smith, Brian was born in Hamilton, Ontario, on Friday, May 13, 1942. As a result, he always considered Friday the 13th as his lucky day. He started school at the Teddy Bear Kindergarten, graduated from Delta Secondary School, and became a Chartered Professional Accountant at McMaster University in 1961.

After an extended trip to Europe with a friend, Brian launched his career in the steel industry, first with Stelco, and later with National Steel Car in Hamilton. In 1967 he joined Canadian Iron Founders (CIF) in Montreal, and there he met his first love, Heather Elizabeth Marola (1940-2020). They were married in 1969 and had two children, Julia and David.

Brian and Heather moved to Oakville, Ontario in 1975 where they became an integral part of the Oakville community. In 1986 the family travelled to South Africa, making a deep and lasting connecting with Heather's family. In 1990 as Pacific VP of Vicwest Steel, Brian was transferred to British Columbia to launch the company's expansion into the US.

After his retirement, Brian and Heather moved to Sechelt and in 1995 purchased a waterfront home that they called The Smithery in Halfmoon Bay. Three years later they established Brier Enterprises Inc., importing and distributing leather goods from Australia and South Africa. The business was one of Brian's proudest accomplishments and provided himself and Heather with opportunities to visit many countries.

Brian was a thoughtful leader who listened to others and spoke up when necessary. He loved sports, especially running, hiking, sailing, canoeing and kayaking.



Wherever he went, or whatever organization he joined, Brian was always learning.

After Heather developed dementia, Brian became a dedicated caregiver, looking after her lovingly until her death in 2020. While advocating for her, he also became an advocate for other caregivers and participated in district and province-wide caregiver initiatives. It was this advocacy work that led him to his second love, Rosella Leslie, whose husband also died from dementia. After years of advocating together and establishing and running Memory Cafe, they fell in love and were married in 2022.

Brian leaves his wife Rosella, daughter Julia Smith (Ludovic Ferrari), son David, brother Barry (Susan), grandchildren Michael and Montgomery (Monty) Benton, the Mark and Maria Marola family, and a huge community of friends and family from Halfmoon Bay to Ontario, south Africa and England. He will be missed.

A service was held on April 25, 2025 at St. John's United Church in Davis Bay. In lieu of flowers, the family asks for donations to St. John's United Church, the Sechelt Seniors Activity Centre or other Sunshine Coast charities.



Please join us in
Celebrating
the life of
SUSAN JACKEL
1942-2024

Tuesday, May 6, 2-4pm
Lighthouse Pub, 5764 Wharf Avenue, Sechelt



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@NSNursing

ARE YOU PREPARED?

Emergency Preparedness Fair

Saturday May 10th

10:00 a.m. – 2:00 p.m.

Sechelt Seniors Activity Centre

5604 Trail Avenue



Emergency Preparedness Displays

Available for purchase and pickup
Emergency Kits

\$135 value!

\$70

Only including taxes

+ purchase of individual extras
food – water – fire blanket – etc.



Packaged by 72HOURS for SCAF
Emergency Survival Kit

Containing: backpack, first aid kit, hand-crank radio, flashlight, whistle, mylar blanket, poncho, multi-tool, face mask, tissues, 6 packages of water

Contact and/or pre-orders: scafemergencyready@gmail.com

Presented by Sechelt Community Associations Forum (SCAF)



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



MAY 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. **Frozen entrées are available weekdays from 9am to 3pm and vary in price \$6 or \$8.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

Shepherd's Pie ¹

Fish & Chips ²

Butter Chicken ⁵

Pulled Pork Sandwiches ⁶

Roast Beef ⁷

Baked Salmon ⁸

Fish & Chips ⁹

Quiche & Salad ¹²

Lasagna ¹³

Ham & Scalloped Potatoes ¹⁴

Chicken Quesadilla ¹⁵

Fish & Chips ¹⁶

Closed for Victoria Day ¹⁹

Sole ²⁰

Chicken Cordon Bleu ²¹

Cabbage Rolls ²²

Fish & Chips ²³

Chicken Souvlaki ²⁶

Seafood Linguini ²⁷

Roast Pork ²⁸

Hot Reuben Sandwiches ²⁹

Fish & Chips ³⁰

MAY 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
Social Play

7:30-9:30
3.0-3.5+

1:30-3:00
3.5-3.5+

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
3.25

3:00-5:00
2.5-3.25

6:00-8:00
3.5+

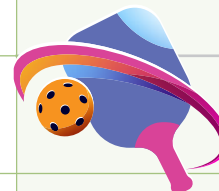
6:00-8:00
2.0-3.0

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

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 - May 12	11:00–12:30	AM/PM	Farish Room	Don Plessas	\$4
Line Dancing–experienced	11:30–12:30	AM/PM	Auditorium	Jay Alexov	\$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	Mark Trevis	\$4
TUESDAY					
Fitness with Jacqui or Lisa	9:15–10:15	AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café Series	9:30–12:30	AM/PM	Craft Room	Maryanne Brabander	\$60 lunch extra
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	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/Marina	\$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	10:45–11:45	AM	Craft Room	Tenaya Kivlichen	\$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
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	3:15–4:15	PM	Auditorium	Liz Hills	\$6
Line Dancing	3:15–4:15	PM	Craft Room	Collene Sand	\$4
FRIDAY					
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 Kivlichen	\$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 3pm.

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