

# SEASHELL ECHO

SEPTEMBER 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.**



# We Are at a Crossroads

BY RICHARD WARD

**W**elcome to another exciting month at the Centre. As succinctly put in the title, we are at a **crossroads**. As I've indicated before, we have experienced tremendous growth for the last couple of years. Our membership is up, to over 2000. With it we have had to deal with issues related to space, food services, and the ability to provide adequate activities to service all our members. As I previously have reported, the Board unanimously agreed that there was the need to hire an Executive Director. We have indeed interviewed candidates for the position and hopefully very shortly we will be announcing that we have been able to hire an extremely well qualified candidate for the position.

The hiring of an Executive Director marks a significant shift in our leadership structure. It will shift the organization from being led by an Operational Board of Directors to a Governance Board.

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: Mark Garland  
Treasurer: Alison Kowalewski  
Secretary: Valerie Galat

#### 2024-2025 Directors at Large

Jay Alexov  
Andre Casaubon  
Mark Patterson  
Gail Riddell  
Birgit Stefani

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



# We Are at a Crossroads

CONTINUED FROM PAGE 1

This means the Board will no longer be directly responsible for the day-to-day management of the staff, programs and services but will instead focus on governance functions such as setting strategic direction, establishing policy, ensuring financial accountability, and upholding the organization's mission. As a result, the President's role will evolve from overseeing daily operations to leading the board in its governance responsibilities, facilitating effective decision-making, and maintaining a strong working relationship with the Executive Director. The Executive Director, in turn, will assume responsibility for the overall management of the Centre, including supervising staff and volunteers, overseeing programs and services, managing finances within the approved budget, and implementing the strategic goals set by the board. This structure ensures a clear separation between governance and operations, strengthening accountability and organizational effectiveness. However, this governance change will not change our joyous and supportive environment that you, the volunteers, staff and Board have created over the past years.

With our Board itself there have been changes. We are very pleased to congratulate Mark Garland on his promotion by the Board to the open Vice President's position. This leaves two Director-at-large positions open. We are asking for members to come forward who would like to have a say in how we are run and fill these roles until the elections that will occur at the **Annual General Meeting** in March 2026. If you are interested in being nominated for one of the positions, please contact me at [president@myssac.com](mailto:president@myssac.com).

On October 29<sup>th</sup> at 1:30pm we will be holding the **Fall General Meeting**. Please make a point of attending so that you can learn about future plans and can have the opportunity to voice your opinions to the Board.

Thanks again to our wonderful staff and volunteers that have created the success that has necessitated our governance change that will lead to greater efficiency and sustainability in the operation of the Centre. Have a great September! •



## Emeritus Professor Fall Lecture Series

# Exploring Morocco

Join us on Wednesday, September 17<sup>th</sup> at 2:00 pm for a special presentation by **Dr. Paul Steinbok** (Emeritus, UBC):

### "Exploring Morocco: A Photographic Journey"

Dr. Steinbok will take us on a visual tour through the rich and diverse landscapes of Morocco—from the coastal towns of Essaouira, Casablanca, and Tangier, to the blue city of Chefchaouen, over the mountains, and into the sweeping dunes of the Sahara Desert.

- No pre-registration required.
- Admission by donation.
- Seating is limited—arrive early to ensure a spot!



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SSAC PRESENTS  
**BROTHERS  
 IN FARMS**  
 SAT · SEPT. 20 · 7-10PM  
 DOORS OPEN 6:30PM  
 EVERYBODY WELCOME!  
 \$25 IN ADVANCE \$30 AT THE DOOR  
 TICKETS AVAILABLE AT THE SSAC FRONT DESK  
 OR AT A LITTLE BRIT OF HEAVEN  
 • BEER, WINE, CIDER & MARTINI BAR • 50/50 DRAW •

**RAMBUNCTIOUS WEST COAST MUSIC!**



## SSAC Kitchen Volunteers



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 desk or email [info@myssac.com](mailto:info@myssac.com)

# SAVE THE DATE

## Fall General Meeting

**OCTOBER 29**  
**1:30PM**



# The FUNDAMENTALS

present

## THE SHOW Memories Are Made of This

Enjoy a Fun Musical Show for All

A fundraiser for the SSAC

**Sunday Nov 2<sup>nd</sup> - 2pm**

Producer: Joe D'Souza Musical Director: Joanne Chiasson

## SSAC AUDITORIUM

5604 Trail Ave, Sechelt

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

Available at: SSAC Front Desk, or A Little Brit of Heaven

**September 30, 2025**

## National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities.

Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

**The SSAC will be closed in observance of this day.**

SUNSHINE COAST

# ElderCollege

**FREE PUBLIC EVENT**

**OPEN TO ALL AGES**

**Annual Clifford Smith Memorial Lecture**

## Disinformation in Canada



### Dr. Ahmed Al-Rawi

Associate Professor of News,  
Social Media, and Public Communication

Director of the Disinformation Project

School of Communication

Simon Fraser University

One of the burning media issues of our time is discerning fact from falsehood. Using examples from both Canadian and international media, Dr. Al-Rawi will focus on the spread of both misinformation and disinformation, how to navigate the challenges of identifying false information, and some ways to protect ourselves against it.

**Saturday, 14:00 – 16:00**

**September 13**

**Raven's Cry Theatre, Sechelt**

**General queries:** [info@sunshinecoasteldercollege.ca](mailto:info@sunshinecoasteldercollege.ca)

You must register on our web site

**[sunshinecoasteldercollege.ca/fall-2025](http://sunshinecoasteldercollege.ca/fall-2025)**

# All the Dance News

**L**atin Funk Dance Workshops - Gustavo Ferman was here for 2 Latin Funk workshops last month which were lots of fun and very energetic. About 100 people attended and learned some rhumba, salsa, mambo, cha cha and bachata moves. Gustavo is a professional coach and he really knows how to get people moving. We may be able to invite him back in the future for more workshops.

It was so much fun, starting in October on Tuesdays at 6:15, Edmund will be leading a weekly **Latin Dance Fitness** class!

**Martini Madness** played for the monthly dance - Boyd Norman - vocals, guitar & bass, Bill Barclay - keyboards & vocals and Graham Walker on drums & percussion treated us to an easy listening evening of some favourite classics. They played some Elvis, Beatles, Dean Martin, Frank Sinatra and a few country tunes to boot.

The door prizes of two tickets to the next dance were won by Helmut - congratulations to him.

As always, many thanks to all the volunteers who come to help set up, decorate, greet at the door, tend bar, lead dances, put out snacks, clear tables, do dishes and launder tablecloths. What a great bunch of people!

For the September 20<sup>th</sup> dance we are very excited to welcome **Brothers In Farms** - first time appearing at SSAC! The Brothers In Farms are true and fiercely proud Sunshine Coasters. Over the last 13 years, they have made six full length records and have over 150 shows under their belts, both on and off the Coast. From small islands, to local bars, beer farms and full-on festivals, the Brothers always show





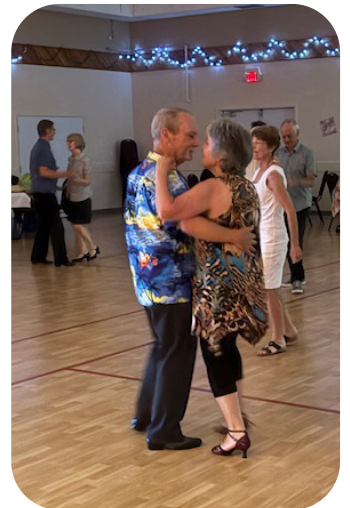
up ready to have fun. The six piece band doles out a non-stop high energy mix of roots, pop, reggae, folk, Balkan, Latin and funk with a solid rhythmic backdrop and an engaging and uplifting stage presence. Totally infectious, non-pretentious, with the stoke always on high, the Brothers deliver a style that they totally own - rambunctious West Coast party music. The Brothers are: Chris Hergesheimer - guitar and vocals, Jim Dorey - accordion, percussion and vocals, Clarence Deis - bass and vocals, Kevin Stremlaw - Rhodes piano and vocals, Kelly Backs - drums and Jack Davis - horns. Get your tickets now at the front desk or Little Brit of Heaven. This dance may sell out so don't wait too long.

By popular demand - We will be offering another line dance workshop with Jay, Collene and Krystyna on Saturday October 4th. This workshop is intended for those who have some experience line dancing. Beginning at 2:00 pm til 2:30 pm it will be basic line dancing steps and from 2:30 to 3:00 Jay, Krystyna and Collene will each be teaching one new dance then from 3:00 til 4:30 we'll be dancing our hearts out!

Jay is offering an absolute beginner line dance class beginning on Thursday, September 4th for 4 weeks, the time of the classes will be 10:00 am to 11:00 am in the Craft Room. Please preregister for this class as space is limited. It is important to attend every class as each class will build on the previous one. Cost is \$4 per class. It will be a very basic class for people who have never line danced or for those who would like to have all the steps broken down in detail and repeated several times.

Thanks to everyone who attends these events as all proceeds go to support the Centre..

*Jay, Ann, and the Special Events committee*





## Nature Bathing in Sechelt

**September 18th, 2025**

**1:00 pm meet up at e.b.'s ice cream shop  
at 5515 Wharf Ave**

**Then we will move to Porpoise Bay Provincial Park  
(provide your own transportation to  
6451 Sechelt Inlet Rd, Sechelt)**

RSVP Kim at [kvlchek.egger@gmail.com](mailto:kvlchek.egger@gmail.com)

Horseshoe Bay to Sechelt: Book ahead with BC Ferries

***Nature Bathing in Sechelt with Wild About Nature in partnership  
with EcoWisdom Forest Preserve and South Fraser Active Living***

Together, we will explore the many benefits of nature to our health through a guided Accessible Nature Wellbeing Program led by several certified nature and forest therapy guides. The World Health Organization states that connection with nature is one of the most important factors in our health and well-being. Come, have fun, and learn simple ways you can effectively nurture your own wellbeing. Together, we will also foster our desire to care for the environment and engage in park conservation activities. Concludes around 4:30 pm.

Wild About Nature acknowledges funding from a TD Park People Grant



*TD Park People Grants*



## FREE LEGAL AID CLINIC



**Every Tuesday  
10:00 am to 12:00 pm**

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, September 19  
12:30 am to 2:00pm**

Anchor Hearing provides  
hearing aid cleaning at the  
lounge

## Friendship Tea September 18 - 2 pm

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





# 2ND ANNUAL SENIORS FAIR

***Celebrating Seniors***

Presented and Hosted by



*Home  
Healthcare  
Network*



**Saturday, September 13**

1pm to 4pm at the

Sechelt Seniors Activity Centre

5604 Trail Avenue, Sechelt

***Free Event!***

***No Registration Necessary***

***Everyone is Welcome!***

**Celebrate • Learn • Connect**

***Explore Booths  
from Local Resources  
and Organizations***

*We are grateful for our sponsor  
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**Resource  
Centre**



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**homehealthcarenetwork.ca**

# Direct to Smelter

## Precious Metals Roadshow Returns to Sechelt

**Ursa Major Gold, Silver & Coin returns to the Sechelt Seniors Activity Centre on September 29<sup>th</sup> and 30<sup>th</sup>.** You can bring your gold, silver, coins and collectable banknotes between 10am and 4pm on Monday or Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin.

“Ursa Major has the unique advantage of dealing direct with a smelter” said Dick. “That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public.” In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a ‘melt’ value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

“If you decide to sell after hearing the quote, great, but it is also about information” says Dick. “A lot of times people just need to know a ballpark of what things are worth; we don’t pressure anyone into selling”. Dick took out his first gold claim when he turned 16 in the 1970’s and has been involved with precious metals ever since. An ardent gold panner, he was a regular



at the world championship gold panning competition with a personal best of 3rd place in 1984.

“Nearly half of the world’s annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned.” Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. “We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins.” People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary.



# How To Protect Yourself Online And Offline

Join us for an informative session on protecting yourself from scammers.

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- No Technobabble
- Learn about Phishing, Romance Scams, Investment Scams and how to protect yourself and your devices

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Community  
Seniors

Proudly Supported By:

September 24th, 2025

2pm- 3:30pm

Please, leave your devices at home



Sechelt Seniors Activity Centre  
5604 Trail Avenue  
Sechelt



**Cyber-Smart.ca**  
Cybersecurity Awareness for Seniors



United Way helping seniors remain independent.

## Better at Home Volunteer Talk

Wednesday · September 10<sup>th</sup>  
2pm – 3pm · Lunch Room

Overview of the program, highlighting how volunteers contribute and ways to get involved with Community Services.



Sunshine Coast  
Community Services

## Volunteer(s) of the Month

# SSAC Board



**T**his month we would like to recognize the **SSAC Board of Directors**. The SSAC Board of Directors deserves heartfelt appreciation for the countless hours they dedicate to guiding, supporting, and strengthening our community.

The current SSAC Board of Directors is composed of Richard Ward (President) Vice President: Mark Garland (Vice President:) Alison Kowalewski (Treasurer), Valerie Galat (Secretary), and Jay Alexov, Andre Casaubon, Mark Patterson, Gail Riddell, Birgit Stefani (Directors-at-Large).

Each member volunteers their time, skills and leadership to ensure the Centre continues to thrive and provide meaningful programs and services for our membership.

Their commitment, teamwork and vision make a lasting difference, and we are truly grateful for their determination and care.

Many, many thanks from the SSAC membership.

# Make it Beautiful



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

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[info@sbhomeconcierge.ca](mailto:info@sbhomeconcierge.ca)







# SUNSHINE COAST SENIORS

online 50/50

## SENIORS WIN WITH YOU!

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by providing affordable nutritious meals  
and accessible transportation.



Vicky Vaughan won \$3,248 in our August draw!



Tony & Amanda Pulchny, Don & Cathy Earles  
Winners of \$4,962 in our July draw!

**SEPTEMBER  
DRAW**



**STARTS SEPT 1  
DRAW SEPT 25**

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

## New Resident to the Sunshine Coast?



*Welcome Home!*



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Your *FREE* Welcome  
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services and gifts from our  
amazing local businesses,  
it's everything you need to  
settle in with ease

"Strengthening  
Connections On The  
Sunshine Coast Since  
2020!"



### Sunshine Coast Neighbourhood Welcome

BOOK YOUR VISIT TODAY!!

Stephanie . 604-992-6261

[welcometothecoast2020@gmail.com](mailto:welcometothecoast2020@gmail.com)\*

\*please include best number to reach you



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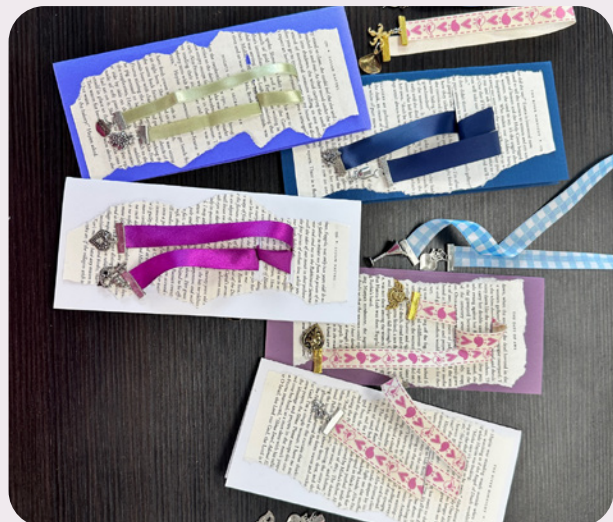
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Asking for help isn't giving up, it's GETTING UP!



www.CoastCare.ca



## 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.







Remember to check into the kiosk when entering the Centre, when volunteering, dining, or joining activities.



Here is Big Boy Baker Bleu enjoying the view of our stunning Sechelt Inlet. He also likes his picture on our car.

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## Fire & Fall Prevention Program

Free, Fun, Informative Session  
Wednesday September 3<sup>rd</sup>,  
2pm – 3:30pm  
Lunch Room

Life-saving information presented in a fun trivia night format by your local fire department.

It's free!  
And there are prizes.

# In Memoriam

## Dr. Edward Frank Berinstein

**August 27, 2025**

Dr. Edward Frank Berinstein died peacefully on Wednesday, August 27<sup>th</sup>, 2025, surrounded by his loving family. He is survived by his beautiful wife of 48 years, Mariette, his three beautiful daughters, Stephany (Oliver), Nicol (Will), Rachel (Mike), his three beautiful grandsons, Cohen, Oscar, and Morrie, his beautiful Sister Roxy (Martin) and his beautiful brother Neil (Corinne). He is also survived by numerous nieces, nephews and cousins.



Dr. Berinstein was born in Winnipeg and graduated from the University of Manitoba's School of Medicine in 1972. After completing his internship in Toronto, he joined the University of Manitoba's Northern Medical Unit in Churchill, Manitoba. It was there that he met his wife and soulmate, Mariette. Together they spent three years in northern Manitoba and then accepted a position in 1976 at the Pender Harbour Health Centre on the Sunshine Coast.

In 1980, Dr. Berinstein joined the Gibsons Medical Clinic and, for the next forty years, practiced full-service, cradle-to-grave medicine. This included office practice, emergency room work, obstetrics, anesthesia, nursing home visits, palliative care, and house calls. He was Medical Director of the Sechelt | shishálh Hospital for many years and a founding member of the Sunshine Coast Division of Family Practice. He was also the physician representative on the Sechelt Hospital Foundation board for many years.

Dr. Berinstein was instrumental in starting a palliative care service here on the Sunshine Coast and, upon

retirement, spent time on the Sunshine Coast Hospice board, bringing his medical and palliative care experience as well as his passion for seeing a free-standing hospice facility on the Sunshine Coast. During all this time, he was a dear and much-valued member of the Sunshine Coast Medical community.

Dr. Berinstein was introduced to mindfulness meditation when he first arrived on the Sunshine Coast, and in the 1990s began hosting meditation groups in his home. In the early 2000s, he received further training, based on the work of Jon Kabat-Zinn, and began facilitating Mindfulness-Based Stress Reduction (MBSR) workshops through the Roberts Creek Community School Association, the Sechelt Mental Health Centre, and privately. He later co-facilitated for many years, along with another physician colleague, Rahul Gupta, the eight-week MBSR program. Over the years, hundreds of people have attended these programs and have benefited greatly.

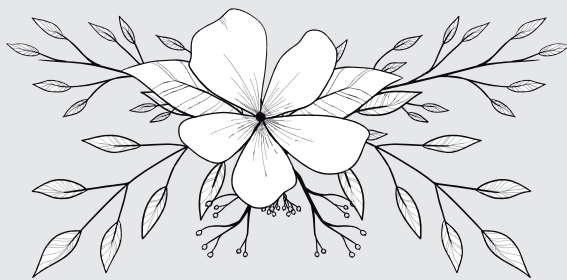
Dr. Berinstein was a gifted athlete, excelling in hockey and baseball. He was the goaltender for the University of Manitoba Bisons from 1965-68 and represented Canada in the World University Student Games in Turin, Italy in 1965. He continued his goaltending career here on the Sunshine Coast, and many times the fans in the stands could be heard chanting ED-DIE, ED-DIE, ED-DIE.

Above all else, Dr. Berinstein was a family man and cherished his beautiful and loving wife, children and grandchildren. They were everything to him, and he transmitted to them the guiding principles of his life, kindness and love. He will be greatly missed by his loving family, close and extended, his friends, near and far, and the community at large.



# Shirley Allan Celebration of Life

September 20, 2025  
1:00-3:00 pm  
SSAC Lunch Room



## Janis Magnusson

**October 2, 1952 - August 16, 2025**

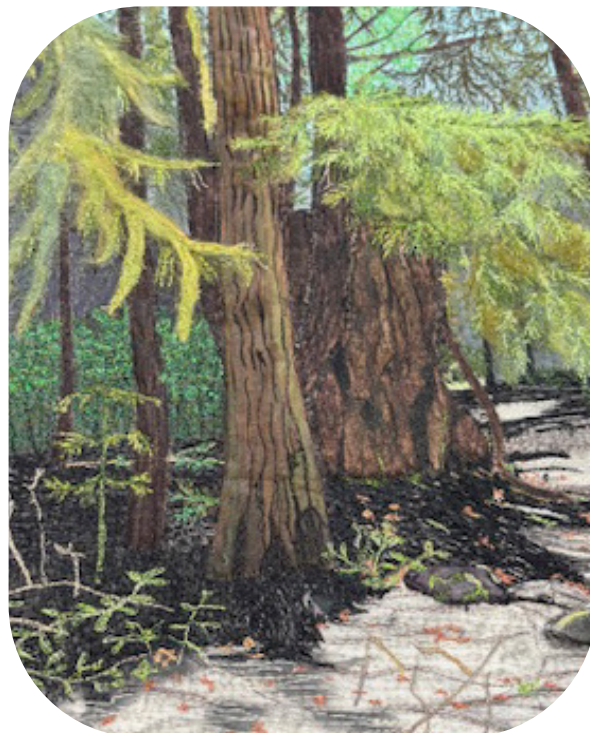
Janis came to the Coast over 30 years ago and lived in Lee Bay Pender Harbour with her then husband.

After her lung transplant 17 years ago, Janis moved into a brand new house in Sechelt where she did all her own landscaping. She loved nature.

Janis was beautiful knitter who was talked into trying quilting and it became a passion. Starting with the Piecemakers in Pender, Janis then joined the Sunshine Coast Quilters Guild and the Halfmoon Bay Crazies. She loved nature. And most of her beautiful quilting was nature related.

Janis was a member of the Seniors Centre and loved Yoga and the Crazies. Survived by son Eric and her daughter Christine and her little puppy Theo.

No service by request.







We can help with:

- Meal preparation
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- Groceries & errands
- Getting to appointments (e.g., doctors, dentists)
- Physical therapy exercises
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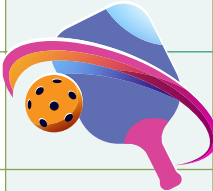
# SEPTEMBER LUNCH MENU

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
<sup>1</sup> CLOSED FOR LABOUR DAY	<sup>2</sup> BBQ Ribs	<sup>3</sup> Roast Beef	<sup>4</sup> Baked Salmon	<sup>5</sup> Fish & Chips
<sup>8</sup> Meatloaf w/ Mac & Cheese	<sup>9</sup> Chicken Shawarma	<sup>10</sup> Ham & Scalloped Potatoes	<sup>11</sup> Chicken Quesadillas	<sup>12</sup> Fish & Chips
<sup>15</sup> Butter Chicken	<sup>16</sup> Seafood Linguine	<sup>17</sup> Chicken Parmesan	<sup>18</sup> Sweet & Sour Meatballs	<sup>19</sup> Fish & Chips
<sup>22</sup> Quiche & Salad	<sup>23</sup> Lasagna	<sup>24</sup> Roast Pork	<sup>25</sup> Hot Reuben Sandwich	<sup>26</sup> Fish & Chips
<sup>29</sup> Meatloaf w/ Mac & Cheese	<sup>30</sup> CLOSED FOR TRUTH & RECONCILIATION DAY	<p>Members are welcome to bring guests to dine for a surcharge. Only items on the menu are available. <b>Frozen entrées</b> are available on weekdays from 9am to 2:45pm and vary in price \$6 or \$8</p>		

## SEPTEMBER | 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 3.5-3.5+ Drills	7:30-9:30 Social Play	7:30-9:30 3.0-3.5+		
			1:00-2:30 2.5-3.0			11:30-1:00 1.0-2.5
3:00-4:30 3.25-3.5	3:00-4:30 2.0-3.0	3:00-4:30 1.0-2.0 Beginners		2:30-4:00 2.5 &/or 3.0 w/ Coach		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	4:00-5:30 3.0-3.25		3:00-5:00 2.5-3.25
6:00-8:00 3.5-3.5+		6:00-8:00 3.0-3.5+	6:00-8:00 3.25-3.5+	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](mailto:ssacpickleball@gmail.com)

# SEPTEMBER 2025 | SSAC ACTIVITY SCHEDULE

Closed for holidays - Some activities may continue

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 - Sept. 15, pre-register	11:00–12:30	AM/PM	Farish Room	Don Plessis	\$4
Chair Yoga	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichen	\$6
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
TUESDAY					
Fitness with Jacqui or Lisa	9:15–10:15	AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café Series	10:00–12:00	AM	Craft Room	Maryanne Brabander	\$60 lunch extra
Line Dancing - Beginner to Low Intermediate	10:30–11:30	AM	Auditorium	Jay & Ann	\$4
Chair Yoga for Strength & Mobility	12:00–1:00	PM	Auditorium	Tenaya Kivlichen	\$6
Craft Group	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
Strength for Seniors	1:30–2:30	PM	Auditorium	Lisa Alexander	\$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 - Intermediate to Advanced	11:30–12:30	AM	Auditorium	Jay & Ann	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	1:30–3:30	PM	Craft Room	Nicol Mentis	\$4
Guided Meditation	2:30–3:30	PM	Farish Room	Pat Heshka	\$4
THURSDAY					
Beginners Line Dancing - 4 weeks, pre-register	10:00–11:00	AM	Craft Room	Jay Alexov	\$4
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Chair Yoga for Strength & Mobility	11:45–12:45	PM	Auditorium	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 <sup>rd</sup> Thursday)	2:00–4:00	PM	Lunch Room	Liz Hennessey	
Carpet Bowling	2:45–4:30	PM	Auditorium	Margaret Parker/Norm Ross	\$6
Strength for Seniors	2:45–3:45	PM	Auditorium	Lisa Alexander	\$4
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
Games Group	1:45–3:15	PM	Lunch Room	Angelina & Gill	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 <sup>nd</sup> Saturday of each month	\$4/\$8
Blue Grass Jam	1:30–3:00	PM	Craft Room	2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays - Jay & Kim	\$4

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.