

SEASHELL ECHO

OCTOBER 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 Change is Complete

BY RICHARD WARD

I t is with great pleasure and excitement that I announce the successful hiring of our very first Executive Director.

We are delighted to welcome Vicki Raw, who brings with her an impressive background as an accomplished Executive Director with several respected organizations, including ShelterBox Canada, the Gibsons Community Building Society, and the Fraser Valley Health Care Foundation.

Vicki is a highly experienced non-profit leader with a strong track record as both a project manager and an innovative problem solver. She is a proven relationship builder with extensive experience in forging new partnerships, leading high-performing teams, and fostering positive, collaborative work environments.



CONTINUED ON PAGE 2



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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

Executive Director: Vicki Raw
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 Change is Complete

CONTINUED FROM PAGE 1

For those concerned about the financial sustainability of this new role, rest assured: Vicki has over many years demonstrated the ability to raise millions of dollars through diverse fundraising strategies.

As I have said before, this step is both necessary and timely. Our organization has grown so successful that we can no longer rely solely on a volunteer Board along with two invaluable paid staff, Gill and Heather, to manage the complex demands of running the SSAC.

From my conversations with Vicki, I am confident that she shares my vision for the SSAC: a well-run, inclusive Centre with an inviting, positive atmosphere—truly a place we can all continue to call “Your Home Away From Home.” Under her leadership, I am certain we will continue to grow from strength to strength.

BUSY TIMES AND SHARED COURTESY

At certain times of the day, particularly just before large group activities, the front desk can become very busy. We kindly ask for your patience and understanding when requesting assistance during these periods. This also applies to busy times which can occur with in-house food services. In addition to our staff, our volunteers, who generously give their time and energy, are the backbone of our success, and it is important that they enjoy their experience here. Being courteous to others will help create a welcoming and respectful environment where all our volunteers feel valued and happy to contribute.

FALL GENERAL MEMBERSHIP MEETING

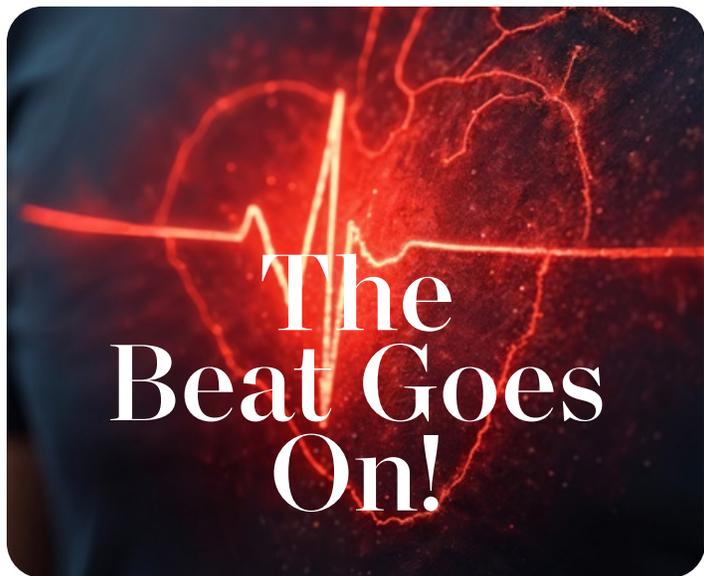
Our Fall General Membership Meeting will be held on Wednesday, October 29th at 1:30 p.m. We encourage you to attend to learn more about our future plans, review the upcoming budget projections, and share your opinions. •

Fall General Membership Meeting
OCTOBER 29 • 1:30PM



Food For Thought

Emeritus Professor Lecture Series



Join us on Wednesday, October 8th at 2:00 pm for a special presentation by **Dr. Carol Ann Courneya** (Emerita, UBC):

"The Beat Goes On"

Dr. Courneya will share fascinating insights into how the heart works—both as a powerful pump and as a generator of its own electrical signals. She will also guide us through important topics such as heart failure and cardiac arrhythmias, helping us better understand the marvels and challenges of this vital organ.

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



**THE SSAC WILL BE CLOSED
ON THANKSGIVING
MONDAY, OCTOBER 13**

SSAC AUDITORIUM 5604 TRAIL AVE, SECHELT



OCT 4TH
2:30 TO 4:30
DOORS OPEN AT 2

\$10

Boot Scoot Boogie Line Dance Workshop

led by Jay Alexov, Collene Sand
and Krystyna Wisniewska

Available at SSAC Front Desk
Non-alcoholic beverages available Or



The FUNDAMENTALS
present

THE SHOW
Memories Are
Made of This

Enjoy a Fun Musical Show for All
A fundraiser for the SSAC
Sunday Nov 2nd - 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

Brothers In Farms

Brothers In Farms treated us to an evening of their high energy, original party music! There was lots of dancing going on and we saw some new faces around as well as our members who come out to the dances on a regular basis. They really loved playing here, saying they so appreciated the welcome they received and they were thrilled to see so many dancers grooving to their beat.

Much gratitude to all the volunteers who make the dances possible and thanks to everyone who attended! Proceeds go to keep the Centre running all the great programs.

October 25th will be a fun combination of a Halloween Party and disco! John and Krystyna will be our DJs spinning all the great tunes from the disco era - whatever inspires the crowd and gets people on the dance floor will be the focus of their playlist.

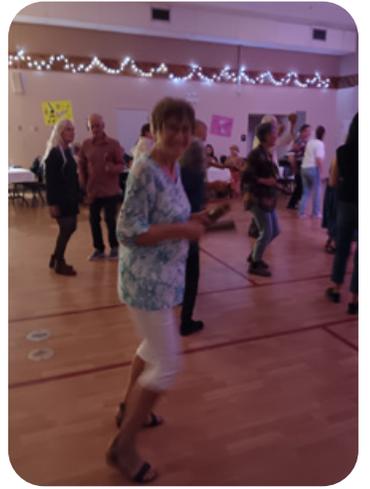
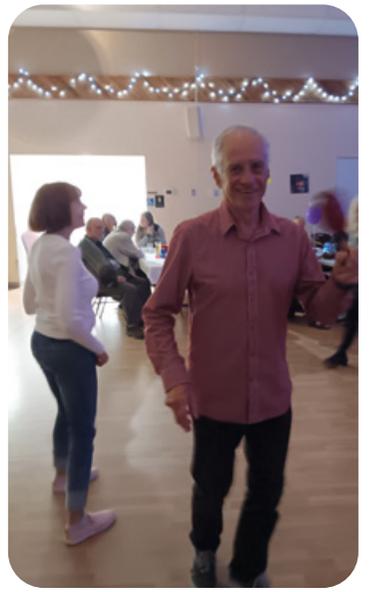
Wear your favourite disco wear or Halloween costume as prizes will be awarded.

October 4th will be the next line dance workshop intended for those who have some line dancing experience. Beginning at 2:00 pm til 2:30 pm it will be basic line dancing steps. Then starting at 2:30, Jay, Krystyna and Collene will each be teaching a new dance, then from 3:00 pm til 4:30 pm we will be playing some of the favourites from their classes for the open dance.

Looking forward to seeing you all at these events!

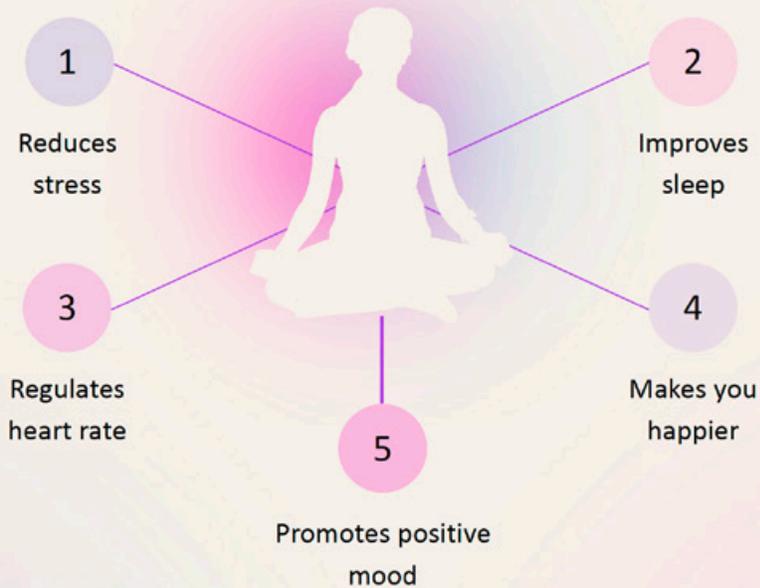
Jay, Ann, and the Dance Committee





GUIDED

MEDITATION



Led by Pat Heshka

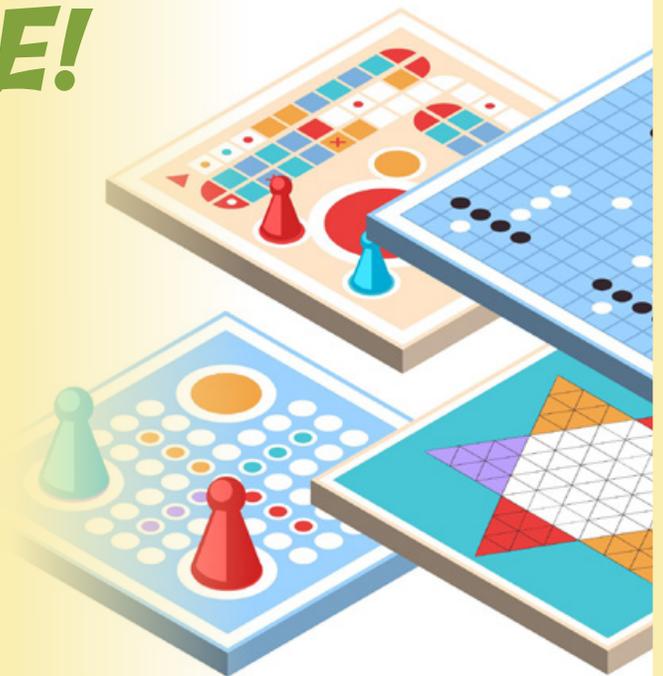
Wednesdays 2:30-3:30 pm Farish Room

GAMES GALORE!

Join us for games and good company! Try Snap, Cribbage, or Mexican Train, plus other games and enjoy laughter, connection, and the chance to meet new friends.

Fridays in the Lunch Room @ 2:00 pm

- New weekly drop-in social games group
- Variety of games of all levels available
- Certified Therapeutic Recreation Specialist Angelina Wyllie available to offer support
- Inclusive and relaxed environment



Friendship Tea

October 16 - 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!



SSAC Kitchen Volunteers



Preppers · Servers · Dishwashers
Have Fun Supporting our Meal Service

To volunteer, give your information at the front desk or email info@mysac.com

Volunteer of the Month

Joe D'Souza



Joe joins us from Nairobi, Kenya via Montreal and has called the Sunshine Coast home for 20+ years.

We extend our gratitude for his incredible talent and tireless work as a producer and entertainer in the Fundamentals production of *Memories Are Made of These*.

For several months he dedicates his time to recruiting volunteers & performers, rehearsals, coordinating music and dance numbers and printing posters and tickets.

The results of his efforts is a spectacular showcase of our community's talent and spirit and leaves a priceless impression on every performer and audience member.

For the record, this production is also a very successful fundraiser for the SSAC.

Please save the date and get your tickets for the November 2nd production.

The SSAC Board and Membership truly appreciate all your hard work.

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 Dance back the years as
OLDE TYME
DISCO DYNAMITE
 Returns from the dead
 \$15 in advance, \$20 at the door
 Available at: SSAC Front Desk,
 or A Little Brit of Heaven
 Beer, Wine & Cider Bar **50/50 draw**

**Saturday
 Oct 25th
 7 – 10 pm**
 Doors open
 6:30pm





SUNSHINE COAST SENIORS

online 50/50

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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, October 17
 12:30 am to 2:00pm

Anchor Hearing provides hearing aid cleaning at the lounge




Jill Diebel won \$2,690 in our September draw!

OCTOBER DRAW



**STARTS OCT 1
 DRAW OCT 30**

buy tickets at seniorslottery.ca or scan the QR code

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Creative Crafts

October 6: Get Well Package

October 20: Sock pumpkins

October 27: Spider Web weaving




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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.

dialadog.ca 778 549-8664



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Feature

Exploring Morocco with Dr. Steinbok



S **Spice markets, beautiful blue architecture and then . . . the desert.** We were treated to all of these remarkable visual pleasures at the first Emeritus Professors' talk of the season, during a captivating photographic trip to Morocco. The scenes were augmented by engaging and insightful stories of the country by our presenter, **Dr. Paul Steinbok**. In addition to being a talented photographer and raconteur, Dr. Steinbok

enjoyed a distinguished career as a world-renowned pediatric neurosurgeon at UBC and BC Children's Hospital.

Join **Dr. Carol-Ann Courneya**, UBC Emerita, on October 8 at 2 p.m. for our second presentation – a lively two-way conversation on the aging heart (no – not the romantic kind, but the one that keeps us alive!)



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Fire & Fall Prevention Program

Free, Fun, Informative Session

Wednesday October 1st

2pm – 3:30pm

Lunch Room

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

It's free!

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



Proudly Supported By:

October 22, 2025

2pm- 3:30pm

Please, leave your devices at home



Sechelt Seniors Activity Centre
5604 Trail Avenue
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OCTOBER 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
Members are welcome to bring guests to dine for a surcharge. Only items on the menu are available. Frozen entrées are available on weekdays from 9am to 2:45pm and vary in price \$6 or \$8		1 Ham & Scalloped Potatoes	2 Chicken Quesadillas	3 Fish & Chips
6 Bangers & Mash	7 Baked Salmon	8 Turkey Dinner (no soup/sandwich)	9 Beef Stroganoff	10 Fish & Chips
13 Closed for Thanksgiving	14 Taco Casserole	15 Roast Beef	16 Chicken Souvlaki	17 Fish & Chips
20 Quiche & Salad	21 Lasagna	22 Chicken Cordon Bleu	23 Hot Reuben Sandwich	24 Fish & Chips
27 Stuffed Chicken Breast	28 Cabbage Rolls	29 Roast Pork	30 Turkey Cannelloni	31 Fish & Chips

OCTOBER | 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+		
			1:00-2:30 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 (no Oct. 29)		2:30-4:00 2.5 &/or 3.0 w/ Coach		1:00-3:00 3.5-3.5+ (no Oct. 26)
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 (no Oct. 19 & 26)
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+ (no Oct. 19 & 26)

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

OCTOBER 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
Chair Yoga for Strength & Mobility	11:45–12:45 AM/PM	Auditorium	Tenaya Kivlichan	\$6
Duplicate Bridge	12:00–3:30 PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30 PM	Farish Room	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	10:30–12:30 AM	Craft Room	Maryanne Brabander	\$6
Line Dancing - Experienced	10:30–11:30 AM	Auditorium	Jay & Ann	\$4
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 - Beg. to Low Intermediate (no Oct. 29)	11:30–12:30 AM	Auditorium	Jay & Ann	\$4
Table Tennis - (no Oct. 29)	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				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Ukulele Jam & Sing-along - starts Oct. 9	11:15–12:45 PM	Craft Room	Mark Trevis	\$4
Chair Yoga for Strength & Mobility	11:45–12:45 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	Peggy Halliday	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00 PM	Lunch Room	Liz Hennessey	
Carpet Bowling	2:45–4:30 PM	Auditorium	Margaret Parker/Norm Ross	\$4
Strength for Seniors	2:45–3:45 PM	Auditorium	Lisa Alexander	\$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 - only Oct. 3	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 nd Saturday of each month	\$4/\$8
Blue Grass Jam - Oct. 4 & 29	1:30–3:00 PM	Craft Room	2 nd & 4 th 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.