

# 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



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

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 29<sup>th</sup> 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**



## Emeritus Professor Lecture Series



Join us on Wednesday, October 8<sup>th</sup> 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 4<sup>TH</sup>**  
**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 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

# Brothers In Farms

**B**rothers 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 25<sup>th</sup> 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 4<sup>th</sup> 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@myssac.com](mailto:info@myssac.com)

## Volunteer of the Month

# Joe D'Souza



**J**oe 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 2<sup>nd</sup> production.

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

**SSAC AUDITORIUM**  
 5604 Trail Ave, Sechelt  
 Dance back the years as  
**OLDE TYME**  
**DISCO DYNAMITE**  
 Returns from the dead

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

**\$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**


**A LITTLE BRIT OF HEAVEN**



**FREE LEGAL AID  
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**Every Tuesday  
 10:00 am to 12:00 pm**

Lawyer Robert Hart provides  
 FREE weekly 30-min. legal aid  
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 matters). Book your appointment  
 at the front desk.



**FREE HEARING  
 AID CLEANING**

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

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 lounge




# SUNSHINE COAST SENIORS online 50/50

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

**OCTOBER  
 DRAW**



**STARTS OCT 1  
 DRAW OCT 30**

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

# 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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# Creative Crafts

**October 6:** Get Well Package

**October 20:** Sock pumpkins

**October 27:** Spider Web weaving



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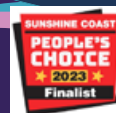
## CONTACT US - Your 1st visit is free

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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.

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# Exploring Morocco with Dr. Steinbok



**S** **pice 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!

## New Resident to the Sunshine Coast?



*Welcome Home!*



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\*please include best number to reach you



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For Our Community Seniors

Proudly Supported By:

October 22, 2025

2pm- 3:30pm

Please, leave your devices at home



Sechelt Seniors Activity Centre  
5604 Trail Avenue  
Sechelt



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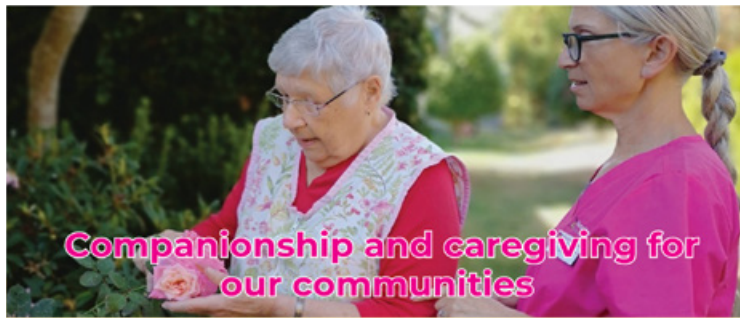
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# OCTOBER LUNCH MENU

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

<sup>1</sup>  
Ham & Scalloped Potatoes

<sup>2</sup>  
Chicken Quesadillas

<sup>3</sup>  
Fish & Chips

<sup>6</sup>  
Bangers & Mash

<sup>7</sup>  
Baked Salmon

<sup>8</sup>  
Turkey Dinner  
(no soup/sandwich)

<sup>9</sup>  
Beef Stroganoff

<sup>10</sup>  
Fish & Chips

<sup>13</sup>  
Closed for  
Thanksgiving

<sup>14</sup>  
Taco Casserole

<sup>15</sup>  
Roast Beef

<sup>16</sup>  
Chicken Souvlaki

<sup>17</sup>  
Fish & Chips

<sup>20</sup>  
Quiche & Salad

<sup>21</sup>  
Lasagna

<sup>22</sup>  
Chicken Cordon Bleu

<sup>23</sup>  
Hot Reuben  
Sandwich

<sup>24</sup>  
Fish & Chips

<sup>27</sup>  
Stuffed Chicken  
Breast

<sup>28</sup>  
Cabbage Rolls

<sup>29</sup>  
Roast Pork

<sup>30</sup>  
Turkey Cannelloni

<sup>31</sup>  
Fish & Chips

# OCTOBER | SSAC PICKLEBALL SCHEDULE

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

## MON

## TUE

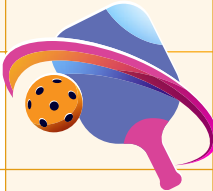
## WED

## THU

## FRI

## SAT

## SUN

			7:30-9:30 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](mailto: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 <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	\$4
Strength for Seniors	2:45–3:45	PM	Auditorium	Lisa Alexander	\$6
Line Dancing	3:15–4:15		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 <sup>nd</sup> Saturday of each month	\$4/\$8
Blue Grass Jam - Oct. 4 & 29	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.