

SEASHELL ECHO

NOVEMBER 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.



Fall Back or Forward?

BY RICHARD WARD

Welcome to another exciting and joyful month at the Centre! We're approaching that familiar time of year when we "fall back" and turn our clocks to mark the seasonal time change. People often remind me to "fall back" to get the direction right — but this fall, I can't help feeling that we're actually moving forward into one of the most exciting new chapters in the Centre's story.

Over the summer, I realized that we had reached a stage in our development that was beginning to stretch beyond my comfort zone. With my term as President ending in March 2026 — and Alison Kowalewski's term as Treasurer ending at the same time — I began to wonder how we would find volunteers ready to take on the hours and expertise needed to guide the Centre effectively.

That reflection led us to make a momentous change in how we manage the Centre. I am delighted that we now have an Executive Director, **Vicki Raw**, who joined us at the beginning of October. And as the days go by, it's becoming increasingly clear that we made the right choice — not only in deciding to bring in an Executive Director, but in selecting Vicki for this role.

CONTINUED ON PAGE 2



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PO Box 564, V0N 3A0

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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 Gail Riddell
Andre Casaubon Birgit Stefani
Mark Patterson Jeff Weeks

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.



Fall Back or Forward?

CONTINUED FROM PAGE 1

This month, I've particularly enjoyed the process of "falling back" from some of my daily responsibilities and "handing forward" important decisions and organizational tasks to her. Vicki's depth of knowledge and experience has already made a remarkable difference, and we are truly fortunate to have her on board.

At our most recent Board meeting, we discussed another important transition: moving from an operating board to a governance board. This shift represents a significant change in what is expected of board members. For example, the role of President will evolve into what might better be called Board Chair—someone who leads meetings, works closely with the Executive Director, and helps set the overall direction and vision for the Centre, rather than managing day-to-day activities.

Looking ahead to our **Annual General Meeting** in March, we will be seeking candidates for the position of President (or Board Chair). If you know someone with experience in areas such as strategic planning, human resources, or project management — and who brings a compassionate, team-oriented approach — please encourage them to step forward.

The Treasurer's role, too, will become more streamlined under this new structure. If you feel that this position might be a good fit for you, please let us know. Alison would be happy to mentor and train her successor well in advance of the changeover in March.

Although we are moving forward, we will also be looking back on our history, as May 16, 2026, marks our **40th Anniversary**. A committee, led by Val Galat, has already been formed to plan a full year of celebrations with a wide range of events in the works. The team is still gathering ideas, so if you would like to join the committee, please let us know at the front desk, and we'll connect you with Val. It's important for us to remember where we've come from — and to acknowledge with gratitude those who helped build the foundation we stand on today.

So, while the clocks may be turning back this fall, at the Sechelt Seniors Activity Centre we're proudly falling forward—into a stronger, more sustainable, and exciting future, thanks to the continued tremendous work of our invaluable volunteers in support of our Board and Staff. •

Pickleball

Pickleball Round Robin Winners



Pickleball 3.5 Round Robin winners - Mark Bodie, winner; Greg Gehring, 2nd place; and Bert Carswell, 3rd place.



Pickleball 3.75 Round Robin winners - Bruce Belinsky 2nd place; Bruce Fraser, winner.



OLD ACTIVITY TICKETS NO LONGER VALID AFTER DECEMBER 15, 2025

Before we switched to our computer-based entry and payment system, MySeniorCenter (MSC), SSAC members purchased \$4 and \$6 activity tickets for entry. If you still have any of these tickets, please bring them in so we can credit their dollar value to your MSC wallet. Take a moment to check your purses, wallets, and drawers for any remaining tickets — we'll only accept them until December 15, 2025. After that date, they will no longer be honoured.

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.



What a Trip Down Memory Lane!

Deejays John and Krystyna of the Bear Music Company played the best of the best at the Saturday night **Old Tyme Disco Dynamite** Halloween dance with disco and rock songs from the '70s, '80s, and '90s. Everyone had a great time dancing and singing to the music. To start the evening off we had a special treat when the Sechelt Witches showed up and danced to a few spooky songs.

There were some very creative costumes and the winners of the best outfit for a female was Debra MacWilliam dressed as a Star Trek Vulcan and the best costume for a male was Brent Sheppard dressed as a flasher. The 50/50 draw winner was Michael Norton. Congratulations to all of you!

Thanks to all the volunteers who did an amazing job of putting up all the decorations, (nod to Amanda for creating her amazing centre pieces), organizing the event, tending bar, washing the tablecloths, and to all those who stuck around to help take it all down at the end of the evening. You are all much appreciated.

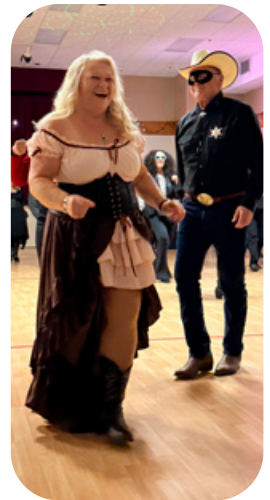
The November 29th dance will be the **Warm Up For Winter Dance** with **Half Cut and The Slackers** - Rob Ewert, Mark Evans, Neil Sandy and Brian Swanson. They will be playing a selection of tunes from the '50s to the '80s.

Save the date on New Year's Eve for our traditional party with **The Creek Big Band**. Look for more details in the December Echo.

Thanks to everyone who attends the dances, as you may know, all proceeds go towards supporting other programs and to the running of the Centre.

Looking forward to seeing you at the next dance.

- Jay, Ann, and the Dance Committee





Onboard & Grateful

I am honoured to have been selected as the new Executive Director for the Sechelt Seniors Activity Centre. Having grown up in Roberts Creek and Gibsons and then returning to the Coast in 2020, I am very grateful to have found such a wonderful opportunity here in Sechelt. What a perfect way to give back to my own community and beyond!

I bring to the organization 30 years of non-profit experience - 25 of those spent in leadership roles. I have worked with local, regional, provincial, national, and international non-profit organizations, and the one thing they all have in common is a desire to have a positive impact on those they serve. Like most people, it's important to me that my values align with any organization I work for, and I can say with confidence that I believe in the mission of the Centre and having a passion for the mandate will definitely make it easier for me to encourage others to get involved and to support our work as we grow.

I have spent the last month immersed in all things centre-related and am impressed by everything I've seen. The breadth of activities offered, the volume of

meals provided, the fabulous sense of community, the culture of inclusion, compassion and respect, and, of course, the people. The staff, the volunteers, and you, the members, are really what it is all about. Everyone I've met so far has made me feel truly welcome, and the level of volunteer engagement and support is simply incredible.

As we enter this new phase, I will be taking on Centre responsibilities that will allow our volunteer Board members to focus their time and expertise on high-level decision making and governance. Special thanks to Richard, Alison, and Birgit for the time they have given me and their ongoing orientation, direction, and support.

I am excited to see what this next year will bring and look forward to having the opportunity to get to know you - our members, donors, and volunteers.

- Vicki Raw, Executive Director



LEST WE FORGET

NOVEMBER 11 - REMEMBRANCE DAY

The silence of this day speaks louder than words—
of courage, sacrifice, and love for country. As we remember, may we
also strive to build the peace they fought so hard to protect.

Volunteer of the Month

Sally Walters

This month we're proud to recognize our **Pickleball organizer, Sally Walters**. With great dedication and enthusiasm Sally coordinates a thriving program of more than 400 players, managing 3-4 sessions every day. Her leadership and organization keep the games running smoothly, and thanks to her initiative, the registration system, SPOND, is up and running- making it easier than ever for players to sign up and stay connected.

Sally has truly elevated the pickleball experience for everyone at the centre. Sally also enjoys sewing, cold water swimming and recently has taken up curling.

The SSAC Board and Membership value and recognize your contributions to our successful pickleball program.



Thanksgiving Lunch in Photos



SSAC AUDITORIUM

5604 Trail Ave, Sechelt
Saturday 7 – 10pm
Nov. 29th doors open 6:30pm



Warm up
 For
 Winter
 Dance

All Ages Welcome!

\$15 in advance, \$20 at the door
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Beer, Wine
 & Cider Bar

50/50

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TRAINING SESSION

Thur Nov 6 1:30-4:00pm



If you have been wondering about this hugely popular ancient, but now trending brain power game...here is your chance!
 This FREE session will introduce you to the game and all its glory so you can decide if you want to commit to further learning and weekly play on Wed afternoons 1:30-3:30pm

You **MUST** sign up at the front desk **by 2pm** Tues Nov 4
 max 8 people - LUNCH room



**Emeritus Professors
 Fall Lecture Series**

Wednesday November 19th - 2pm

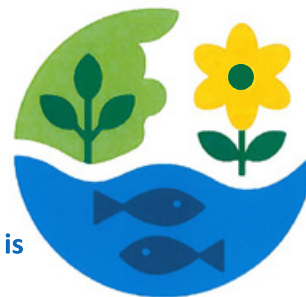
Dr. Michael Healey & Dr. Eric Verspoor

University
 British
 Columbia
 (emeritus)

University of
 Highlands
 and Islands
 (emeritus)

What is it?

How much is
 there?



Why is it
 important?

Man-induced
 impact?

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No preregistration necessary

Entrance by donation

Seating limited, arrive early

SECHLT SENIORS ACTIVITY CENTRE

5604 Trail Ave.

ADVANCE CARE PLANNING WORKSHOP

Tuesday, November 25, 2025 - 2:00-4:00pm



Everyone is welcome but space is limited, so please register in advance. We will have Green Sleeves for all the attendees but if you already have one please bring it with you.

The kits for this workshop are funded by the Notary Foundation of BC.

What is ACP?

Advance Care Planning (ACP) is a process of thinking ahead about the type of health and personal care decisions you want made on your behalf if you become ill, injured and are unable to speak for yourself.

Why do I need an ACP?

Making an ACP involves putting documentation in place to ensure the right person will be able to represent you. If you have underlying health conditions, it means talking to your doctors with your family and decision maker(s) to ensure they understand what you would want so they can honour your wishes in the future.

Think of the Green Sleeves as your healthcare passport. It is a place to store your medical information and advance care plan (ACP) documents in case of a medical emergency or a decline in your health.

Green Sleeve Advance Care Planning is an initiative of the Sunshine Coast Hospice. Green Sleeve resources and workshops are offered at no cost to Coast residents. Sign up for this free workshop at the SSAC front desk or call 604-885-3513.

Lifetime Membership Nomination

Lifetime membership is an award of merit where nominations are received from the General Membership. Prospective candidates must be members in good standing and will have made an outstanding contribution to the Centre for at least 5 years. Nomination forms, available

at the front desk, must be completed and handed in by **December 12th**. Lifetime Membership awards will be announced at the Christmas Luncheon on **December 19th**. Tickets for the Luncheon will go on sale starting **November 17th**.



Gifting for the Future

The Sechelt Seniors Activity Centre (SSAC) is more than a place to meet, it's a thriving community that depends on generosity and shared commitment. As a non-profit society with no government funding or guaranteed income, we rely on the goodwill of our members and community supporters to maintain and grow our programs. Every contribution, large or small, helps ensure that the Centre remains vibrant, welcoming, and sustainable for future generations.

“Life’s most persistent and urgent question is, What are you doing for others?”

— *Martin Luther King Jr.*

Ways to Make a Difference

1. General Revenue Donations

Gifts to General Revenue provide crucial flexibility, allowing SSAC to meet unexpected expenses and maintain essential services. These funds have helped cover urgent repairs and equipment upgrades, such as extensive repair to our heating and ventilation systems needed to ensure that our facility remains comfortable and safe for all members. An upcoming expense will be installation of a new heat pump to provide air-conditioning to both the Farish and Craft rooms. A contribution to general revenue keeps the Centre running smoothly and responsive to changing needs.



2. The Affordable Lunch Program

Our Affordable Lunch Program ensures that every member can enjoy fresh, nutritious, and affordable meals in a friendly social setting. This is a very successful donation program, so despite rising food costs and kitchen equipment expenses, we have been able to hold entrée prices at just \$10-\$12 and frozen entrées at \$6 & \$8 for members. Thank you so much for your generous donations and the work of chefs Emily, Jackie, assistant Liz and our team of dedicated kitchen volunteers, as they strive to minimise costs yet still produce meals of such high quality.

3. SSAC Endowment Fund - Building Long-Term Security

For true sustainability, SSAC created an Endowment Fund administered by the Sunshine Coast Foundation. This professionally managed fund generates yearly income through investment returns, providing a predictable source of support for operations and special projects.

Donations to the Endowment Fund can be made online through the Sunshine Coast Foundation's website or via a link at myssac.com. This fund is also an ideal destination for legacy gifts through wills or estates, leaving a lasting impact for the seniors who will follow.

4. Legacy and In Memoriam Giving

A legacy gift allows you to make a meaningful contribution that continues beyond your lifetime. Whether you choose to include SSAC in your will, designate a life insurance policy, or make an in-memoriam gift in honour of a loved one, your generosity becomes part of the enduring story of our Centre. These gifts are an expression of gratitude and vision, ensuring that future members can enjoy the same sense of community and care that you value today.

5. Donating Securities - A Tax-Smart Option

One of the most efficient ways to give is by donating publicly traded securities such as stocks, bonds, or mutual funds. When you donate securities directly rather than selling them first, you avoid paying capital gains tax on their appreciated value and still receive a charitable tax receipt for the full market value. This can significantly reduce your tax burden while maximizing your impact. Donations of securities can be made to any of SSAC's giving programs, including the Endowment Fund through the Sunshine Coast Foundation.

For more information on this process contact Executive Director Vicki Raw through the front office or vicki.raw@myssac.com.

Tax Receipts and Recognition

All donations of \$25 or more receive an official tax receipt. Donors may also choose to be recognized publicly or remain anonymous. Donation forms are available at the SSAC front desk or online at myssac.com/donate. Payments can be made by cash, cheque, credit, or debit.

Contributions are honoured at the following levels:

Bronze:	up to \$100
Silver:	\$100-\$1,000
Gold:	\$1,000-\$5,000
Platinum:	\$5,000+

A donor honour roll and donation totals for 2025 will appear in the January edition of the Echo.

Together, We Build the Future

Every gift, whether it sustains daily operations, supports affordable meals, or contributes to our long-term endowment, helps strengthen the heart of our community. By investing in the Sechelt Seniors Activity Centre today, you are ensuring that it continues to enrich lives, foster connections, and provide support for generations to come.



buy tickets at seniorslottery.ca or scan the QR code

TICKET SALES FOR NOVEMBER
STARTS NOV. 1



SUNSHINE COAST SENIORS online 50/50

SENIORS WIN WITH YOU!

Helping seniors on the Sunshine Coast WIN their battle against FOOD INSECURITY and SOCIAL ISOLATION by providing affordable nutritious meals and accessible transportation.

Michael Nemrava from Sechelt won \$2,928 in our October draw. Congratulations, Michael!

In Memoriam



Kenneth Douglas (Doug) Smith

SSAC President 2010-2013

Doug passed away peacefully at home on October 13, 2025, one day short of his 83rd birthday.

After a lengthy career in Public Health, Business Administration and teaching at BCIT and Kwantlan Polytech University, Doug and his wife Maureen retired to Sechelt, a town he truly loved. He then shortly became very involved in the community, serving three terms as President of the SSAC, Chairman of the Sechelt Village Residents' Association for many years and even ran for city Mayor.

During his tenure as SSAC President, Doug employed his education and work experience to innovate exciting changes to the Centre. He introduced pickleball, (which he played himself and participated in provincial tournaments), raised funds to build a members lounge where members could casually relax and socialize, and had a badly needed washer and dryer installed so volunteers wouldn't have to take laundry home and back. He also hired the Centre's wonderful cook, Emily McPherson. Doug was a hands-on, friendly and sociable president, meeting and greeting the different volunteer group members and soliciting and valuing their input. He thoroughly enjoyed being president and was a great asset to the Centre. He met and made many friends there as well.

A Celebration of Life will be held at a later date.



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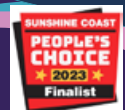
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Creative Crafts

- November 3** Ruth - Christmas Cards
November 10 Dosie - Holiday BoHo bracelets
November 17 Nina - Oyster Shell Trinket dish
November 24 Nicol - Stamp Painting Gift Box/Wrap



UKULELE



JAM & SING-ALONG

With Mark Trevis

Thursdays 11:15 – 12:45
In the Craft Room - \$4

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For Our
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Seniors

Proudly Supported By:



November 12th, 2025

2pm- 3:30pm

Please, leave your devices at home

Sechelt Seniors Activity Centre
5004 Trail Avenue
Sechelt



Cyber-Smart.ca
Cybersecurity Awareness for Seniors



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



Introducing Helga and Lika, her 4 yr old Mini Golden Doodle. They will be providing our Wagging Tales reading program in elementary schools.

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**THE SSAC WILL BE CLOSED
ON REMEMBRANCE DAY**

**TUESDAY,
NOVEMBER 11**



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Activities

Guided Meditation



Meditation reduces stress, improves sleep, regulates heart rate, makes you happier, and promotes a positive mood. Join Pat Heshka in guided meditation every Wednesday at 2:30-3:30 pm in the 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. We play every Friday in the Lunch Room at 1:45 pm.

Bluegrass Jam



Bluegrass is back with Jay and Kim! Every 2nd and 4th Saturday in the Craft Room from 1:30 to 3:00pm. Enter through the Craft Room door to get set up and ready to jam!

Driftwood Players presents **WAITING FOR THE PARADE**

by John Murrell

Directed by Melinda Oliver

HERITAGE PLAYHOUSE

THURS. NOV. 6 at 7:30

FRI, NOV 7. at 7:30

SAT, NOV. 8 at 7:30

SUN, NOV. 9 at 2:00

THUR, NOV. 13 at 7:30

FRI, NOV. 14 at 7:30

SAT, NOV. 15 at 7:30

SUN, NOV. 16 at 2:00

PENDER HARBOUR
COMMUNITY HALL

SAT, NOV. 22 at 7:30

SUN, NOV. 23 at 2:00

SUNSHINE COAST
BOTANICAL GARDEN
SECHLT

SAT, NOV. 29 at 7:30

SUN, NOV. 30 at 2:00

Tickets \$25
available online
at driftwoodplayers.ca

Gibsons
at Fong's Market
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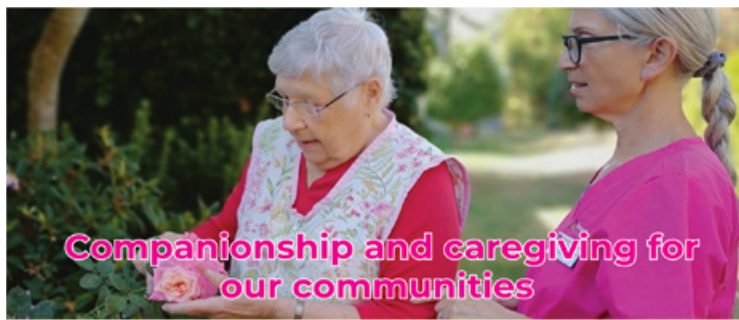
at the Sechelt Visitor Centre
Pender Harbour/Madeira Park
at EarthFair Store
Robert's Creek
at MELOmania .

We acknowledge the financial support of the Province of British Columbia

Friendship Tea November 20 - 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!





Companionship and caregiving for
our communities

3 Things you need to know ...

1

**Consistency
and reliability**

*We understand the
importance of:*

Same time
Same day
Same care team

2

Peace of mind

*Managing every step of
the way, you're confident
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3

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NOVEMBER LUNCH MENU

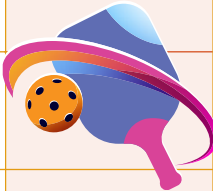
Lunch Service is available weekdays from 11:30 am to 1:00 pm.
Everything is made from scratch! We also serve soup, sandwiches and salads. Desserts vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Pie ³	Seafood Linguine ⁴	Ham & Scalloped Potatoes ⁵	Chicken Quesadilla ⁶	Fish & Chips ⁷
Quiche & Salad ¹⁰	Closed for Remembrance Day ¹¹	Roast Beef ¹²	Baked Salmon ¹³	Fish & Chips ¹⁴
Baby Back Ribs ¹⁷	Beef Dip ¹⁸	Chicken Parmesan ¹⁹	Sole ²⁰	Fish & Chips ²¹
Meatloaf w/ Mac & Cheese ²⁴	Cabbage Rolls ²⁵	Roast Pork ²⁶	Hot Reuben Sandwich ²⁷	Fish & Chips ²⁸

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 are priced \$6 or \$8

NOVEMBER | 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+		no Nov. 2 & 9
			1:00-2:30 2.5-3.0	1:00-2:30 3.25 with Coach		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 3.5-3.5+	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

NOVEMBER 2025 | SSAC ACTIVITY SCHEDULE

The Centre will be closed on November 11th for Remembrance Day.
Some activities may continue, please check with your activity coordinator.

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 - Intermediate to Advanced	10:30–11:30	AM	Auditorium	Jay & Ann	\$4
Line Dancing - Beginners	12:00–1:00	AM	Auditorium	Louise Parker	\$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 or Marina	\$6
Line Dancing - Beg. to Low Intermediate	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					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Ukulele Jam & Sing-along	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		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
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 - 2 nd and 4 th Saturday	1:30–3:00	PM	Craft Room	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.