

SEASHELL ECHO

DECEMBER 2025

SECHELT 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.



Celebrating Growth, Giving, & Good Times

BY RICHARD WARD

Welcome to the final edition of *The ECHO* for 2025! As we look back on an extraordinary year, we have so much to celebrate together. This has been a year of growth, progress, and exciting new beginnings for the Sechelt Seniors Activity Centre.

One of our most significant milestones was the shift from our long-standing operating board management system to a new governance model, made possible by welcoming our very first Executive Director, Vicki Raw, who began on September 29th. In just a short time, Vicki has strengthened our operations, increased our efficiency, and introduced new procedures that have greatly improved financial security. For instance, members can now conveniently e-transfer payments for memberships and wallet deposits, a small change that will make a big difference. Vicki also brings with her a heartfelt belief that our people are our greatest asset. She has already begun reviewing staff roles and remuneration to ensure our team is valued, supported, and set up for success. Her leadership is already making a meaningful impact, and we are delighted to have her at the helm.

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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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consumer vote, it is always good to be aware of
those businesses that help our community to
remain strong and vibrant.



Celebrating Growth . . .

CONTINUED FROM PAGE 1

A NEW CHAPTER FOR THE 50/50 LOTTERY

December marks the final draw of the **Sunshine Coast Seniors Online 50/50**, which will make way for the exciting new **BC Seniors Online 50/50** launching in February. While the SSAC will continue to run the lottery, and it will still be located at SeniorsLottery.ca, we will be joined by four partner seniors' centres from around the province: Mackenzie, Campbell River, Oliver, and Gibsons. These centres will sell tickets on-site with handheld devices, and online ticket buyers will be able to choose which of our five centres their purchase supports. Each month, all five participating centres will receive 30% of their combined in-house and online ticket sales, funds that will directly support essential affordable meal programs and activity services for seniors at our centres. Not only will this new partnership allow us to help more seniors across British Columbia, but it will also make the monthly jackpot bigger! The hope is that in 2026 we will grow as more seniors' centres around the province are attracted by the success of our partners. There will be no draw in January, so let's make our December 50/50 a grand finale to remember. Tickets would make wonderful stocking stuffers, and the winning draw will take place during our New Year's Eve Dance. Then get ready for the exciting launch of the BC Seniors 50/50 on February 1st!

CHRISTMAS CLOSURE DROP-IN: A WARM WELCOME FOR ALL

When I became President in 2023, it saddened me that we had to close our office and kitchen over Christmas due to essential staff holidays. To keep the Centre welcoming and open, I decided to host afternoon drop-in gatherings in the lunchroom, complete with complimentary tea, coffee, treats, carols, and good company. This simple idea grew into something truly heartwarming thanks to Tanya Hall of the Sunshine Coast Rotary Club, who eagerly stepped in to help. She rallied Rotary volunteers, added crafts and activities, more food and ensured no one need spend the season alone. I'm thrilled to share that Tanya and the Sunshine Coast Rotary Club will once again host six wonderful afternoons of holiday drop-in, generously supported by Paul & Kathy of Paul's Painting Place and Dr. Paul & Sarah Dhillon.

Celebrating Growth . . .

CONTINUED FROM PAGE 2

Join us in the lunchroom from noon to 3:00 pm on:

- **Monday, Dec. 22 - Wednesday, Dec. 24**
- **Monday, Dec. 29 - Wednesday, Dec. 31**

Enjoy seasonal music, great company, crafts, treats, and a complimentary light lunch. A huge thank-you to the Rotary volunteers who make this possible. If you want to join us for some festive cheer, you'll be warmly welcomed.

CELEBRATE 40 YEARS OF THE SSAC!

The Sechelt Seniors Activity Centre Society was founded on May 16, 1986, which means 2026 is our 40th anniversary! We'll be celebrating this milestone all year long, culminating in a very special celebration on May 16th, our official birthday. Expect a full calendar of activities, dinners, dances, receptions, and special 40th-anniversary merchandise. January's edition of *The ECHO* will share details so you can mark your calendars and join in the fun.

As we close out 2025, we invite you to come in, connect, laugh, and enjoy the warmth and vibrancy of our Centre. Here's to a joyful holiday season and a bright, prosperous New Year ahead! We look forward to celebrating 2026 with you. •



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.



Dancing the Night Away!

We had a rocking good time with **Half Cut & The Slackers** playing top 40 classic rock hits across the decades.

Thanks to Mark Evans, Rob Ewert, Neil Sandy and Brian Swanson. They packed the dance floor all night long.

The 50/50 draw prize was won by Terry Richard. Tickets to the next dance were won by Lisa MacKay.

Thanks to all the volunteers who are always around when they are needed to help organize, set up, decorate, man the door, tend bar, clean up, wash tables cloths and do all the things that help make these dances a success.

New Year's Eve with The Creek Big Band

Come celebrate the new year with us on December 31st from 6:30 pm (doors open) til 10:00 pm. We will have champagne and toast the new year at 9:00 pm and watch the countdown from Toronto.

Mark your calendars for these upcoming events in 2026:

January 24th from 2:30 pm to 5:00 pm - **The Big Easy Funk Ensemble** is a band that pays homage to the rich musical traditions of New Orleans while infusing their own distinct West Coast flavour.

February 21st from 6:30 pm (doors) to 10:00 pm - **Mitch Lazer English Invasion** with Eddy Edrik, Bruce Mortimer and Bill Barclay.

March 21st from 2:00 pm til 5:00 pm - **Company B Jazz Band** is a fun and fresh vintage vocal harmony jazz group.

March 28th from (5:30 pm doors) 6:00 to 7:00 line dance workshop; 7:00 to 10:00 pm - **Blue Western**. Join us for a great night of dancing and country music.

Looking forward to seeing you at these events!

- Jay, Ann, and the Dance Committee





Volunteers of the Month

Andrea & Gianni Meggiato



For the past five years, this dedicated husband and wife team have **volunteered their time** to manage the SSAC's kitchen and office recycling program. They keep our facility running smoothly while supporting its commitment to sustainability.

Their hard work and reliability have made them an essential part of daily life at the Centre.

On another note, they appreciate the warm welcome they receive each time they enter the building along with the friendly atmosphere that surrounds them.

The SSAC Board and membership acknowledge and commend their service to our community.

Baby, it's cold outside

BY VICKI RAW

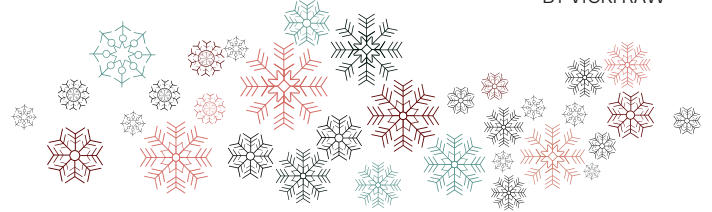
As the temperature drops and the crisp, cold weather arrives, it's hard to ignore the arrival of December. As people rush about shopping for loved ones and preparing for the holiday season, Christmas music, twinkling lights, and colourful decorations start popping up everywhere you look - even here at the Centre.

We have some beautiful boxes of Christmas/holiday cards for sale (you can view a selection on the table in the hallway) and will be offering gift wrapping services by donation to help you get ready, all thanks to the generosity of **Shoppers Drug Mart**. Don't need another candle or trinket? Consider asking your family and friends to support your active living in 2026 by making a gift deposit into your Membership Wallet. It's easy and can be done from anywhere by phone or e-transfer.

In November we implemented e-transfers as an additional way for members to load their wallets and renew their memberships. Simply send funds to **etransfer@myssac.com** and include a note with your Membership Tag number (X123456) and either the word **WALLET** (to load your wallet) or the word **MEMBERSHIP** (to renew your membership). Funds will be automatically deposited to the Centre's credit union account, and your record will be updated within 1-2 business days. If your financial institution requires a security question, please use **SSAC** as the answer.

Considering a year-end gift and don't want to miss the **December 31 tax deadline**? Stop by the office or send me an email (vicki.raw@myssac.com).

I will continue to monitor my inbox during the upcoming office closure and would be happy to assist you with your donation. You can also make your donation online by using this QR Code or visiting: **www.canadahelps.org/en/dn/140943**



Our office and kitchen will be closed for two weeks (starting after our Christmas Luncheon on December 19th and re-opening January 5th), so that our team can also enjoy the holidays with their loved ones; however, the Centre will host a drop-in for members who wish to come in from the cold to enjoy a complimentary lunch, treats, carols, activities and, of course, fellowship. Special thanks, once again, to the **Sunshine Coast Rotary Club** and their sponsors for their generous act of service. See Richard's message for the schedule.

As of December 1st, our **SeniorsGuest wi-fi** will be password protected to discourage loitering outside our building after hours. You will find the password on our bulletin board near the dining room and in the monthly *Echo*.



December is truly a time for reflection, connection, and celebration. It's a month that brings people together, whether through social gatherings with family and friends, or community events and special holiday festivities. It is also a time of gratitude.

Baby, it's cold . . .

CONTINUED FROM PAGE 6

As the year comes to an end, it is the perfect opportunity to express how grateful we are for

... **Our Members.** You bring purpose to what we do, and life to the Centre with your warmth, fellowship and active participation.

... **Our Team.** Our amazing staff (and contractors), board of directors, instructors, and volunteers who ensure things run smoothly, our facility and grounds are well maintained, and that there are plenty of delicious meals, activities and programs, and so much more, available for our members all year long.

... **Our Donors.** We are humbled by your generosity which helps us continue to meet the needs of our members and our community. Your support is more than just financial - it's about shared values and making a positive impact together.

We are thrilled to announce that we have received a very generous **six-figure gift** from one of our members. To facilitate their gift, we worked together to ensure the Centre was positioned to accept **gifts of securities**.

By supporting the Centre with a gift of securities, a donor can eliminate the capital gains tax that they would have paid if they sold the securities and donated the proceeds. Securities can include stocks, mutual funds, and employee stock options. Please reach out to me if you would like to explore this gift option.

We are looking forward to the new year, which will bring exciting changes to our 50/50 Lottery and the opportunity to honour the past and inspire the future as we celebrate the Centre's 40th Anniversary.

As we wrap up 2025, my wish for each of you is that you hold the best of the season in your heart and that the busyness of the season doesn't overwhelm you, you take the time to cherish each special moment as it happens, you stay cozy and warm, and you are surrounded by those who bring you the greatest joy. •

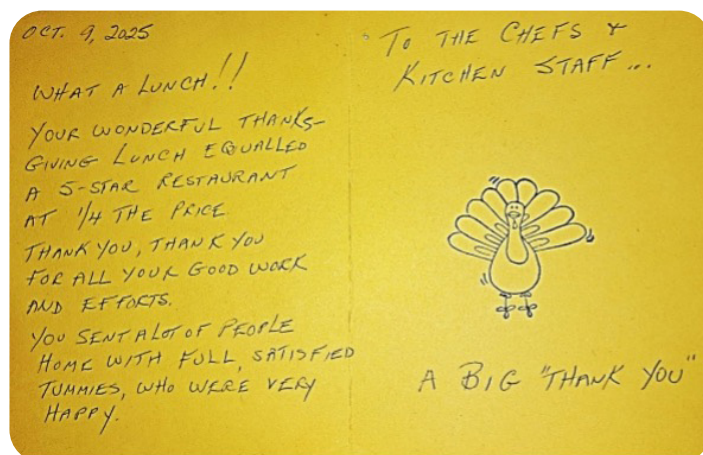
Member Feedback

Turkey Delight

On the Wednesday before Thanksgiving, our lunch menu featured a classic turkey dinner. What was expected to be a regular lunch service for 60 to 90 members turned into an extraordinary feast for more than 140 members and guests.

Jackie, Liz, and their amazing team of volunteers rose to the challenge with remarkable dedication and energy. Their efforts went far beyond "going the extra mile", they went many miles, ensuring every plate was beautifully served with all the traditional fixings. The sight of Jackie and Liz, exhausted but smiling after the event, spoke volumes about their commitment and care.

One member was so touched by the effort and quality of the meal that they left an anonymous thank-you card, comparing the quality of the meal to dining in a five-star restaurant. Our members truly appreciate that, even though our meals are affordably priced, the quality is always exceptional. The popularity of our lunches and frozen entrées is a testament to the heart, skill, and pride that our kitchen team pours into every meal. Thank you, Emily, Jackie, Liz, and all our kitchen volunteers, you make our Centre a place of warmth, community, and outstanding food. •





LUNCHROOM DROP-IN SCHEDULE

During the SSAC Christmas Closure

December 22 to 24 & December 29 to 31 · Noon–3 pm

Hosted by Tanya Hall and volunteers from the Sunshine Coast Rotary Club



Date	Office	Lunchroom	Events
Thursday, Dec. 18	OPEN	CLOSED	No Lunch Service – Closed for Christmas Lunch Prep
Friday, Dec. 19	OPEN	CLOSED	12:30 pm - Christmas Buffet Lunch in Auditorium (members only) Last day to buy frozen entrees before the closure
Sunday, Dec. 21	CLOSED	CLOSED	COMMUNITY LUNCH Open to the General Public (non-SSAC event, reservation required)
Monday, Dec. 22 to Wednesday, Dec. 24	CLOSED	OPEN for drop-in	Noon-3pm - Complimentary Coffee/Tea/Baked Goods/Light Lunches/Christmas Music and Good Company Plus other events to be scheduled
Monday, Dec. 29 to Wednesday, Dec. 31	CLOSED	OPEN for drop-in	Noon-3pm - Complimentary Coffee/Tea/Baked Goods/Light Lunches/Christmas Music and Good Company Plus other events to be scheduled

Complimentary Coffee/Tea and Treats and Light Lunches
courtesy of Paul & Kathy of Paul's Paintin' Place and Dr. Paul & Sarah Dhillon.



GET YOUR GIFTS WRAPPED!

Sechelt Seniors Activity Centre

Lunch Room

1:30p-3:00p

Tue, Dec 2 Thu, Dec 11

Thu, Dec 4 Tue, Dec 16

Tue, Dec 9 Thu, Dec 18

During the Drop-In Sessions

12 noon-3:00p

Mon, Dec 22 - Wed, Dec 24



Emeritus Professors Fall Lecture Series

Wednesday December 10th - 2pm

Dr. Christine Pawley

(Emerita, University of Wisconsin)

Bombs or Bookmobiles

Sabotage, Censorship and Support
for Reading in the Public Library



No preregistration necessary

Entrance by donation

Seating limited, arrive early



SECHELT SENIORS ACTIVITY CENTRE
5604 Trail Ave.

Pickleball

Congrats!



Congratulations to our Pickleball Mini Tournament winners Malcolm Foster, Donna Dew, Cheryl Linsley, Bob Hodgson, Esther Schmidt, Allan Bowman, John Fromager, and Paul Clery.

SSAC AUDITORIUM

5604 Trail Ave, Sechelt

NEW YEARS GALA

Creek BIG BAND

CHAMPAGNE
& CAKE
SERVED
AT 9PM

Wednesday
Dec 31st
7 – 10pm
\$25 in advance
\$30 at the door

Available at SSAC Front Desk or



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**.



October 29, 2025

Fall General Membership Meeting

The meeting opened with the call to order, followed by the singing of *O Canada* and a moment of silence in remembrance of members who passed away this year. The quorum of voting members was confirmed.

The current Board of Directors was introduced, with one position for Director-at-Large remaining vacant. Ratification by the membership was required for Jeff Weeks, who had recently been appointed to the Board to fill another Director-at-Large vacancy. Jeff spoke briefly about himself and was unanimously ratified by the membership.

Executive:

President: Richard Ward
Vice President: Mark Garland
Treasurer: Alison Kowalewski
Secretary: Val Galat

Directors at Large (7):

Jay Alexov • André Casaubon • Mark Patterson • Gail Riddell • Birgit Stefani • Jeff Weeks • One position vacant

PRESIDENT'S REPORT

President Richard Ward outlined the Centre's main sources of income: membership and activity fees, food sales (both in-house and frozen entrées), rental income, grants, and donations. He emphasized that donations have been essential in meeting financial needs and expressed deep gratitude to all donors for their generosity.

The **Affordable Lunch Program** continues to be a tremendous success, helping the Centre maintain low meal prices even with the addition of a second



chef, Jackie. However, success brings challenges — with over 2,100 members, including 1,700 active participants, the demand on kitchen services and physical space throughout the building has grown considerably. A Space Committee is actively exploring both short- and long-term solutions to address these capacity issues.

During the summer, the Board decided to hire an Executive Director, despite the potential for a budget deficit in the coming year. The Centre's strong financial position allows it to absorb a deficit year if necessary. The Board was delighted to welcome Vicki Raw as the first ever Executive Director, whose management experience and fundraising expertise are expected to strengthen the organization's operations and efficiency moving forward.

The **Sunshine Coast Seniors Online 50/50 Draw** will conclude with its final draw on December 31st. It will be succeeded by the new **BC Seniors Online 50/50**, also operated by SSAC volunteers. This expanded initiative will include partner Seniors Centres across British Columbia. Each participating Centre will have a handheld ticket-selling device and online sales link, allowing proceeds to be tracked individually.

At the end of each draw, the jackpot will be distributed as follows:

50% to the winner, 30% to participating Centres, 10% to Ascend Fundraising Solutions (service provider), 5% for operating expenses, 5% to SSAC as an administration fee.

Fall GM Meeting . . .

CONTINUED FROM PAGE 10

Each Centre will receive funds equivalent to 30% of their total sales. While the program will start with a few Centres, it is expected to grow as more Centres recognize the financial benefits of participation.

TREASURER'S REPORT

Treasurer Alison Kowalewski presented a conservative deficit budget for 2026, projecting -\$82,715. She and President Ward expressed confidence that the deficit will likely be reduced once the new Executive Director is fully in place and operational efficiencies are realized and her fund raising campaign is underway.

A lively discussion followed, including a suggestion to increase membership fees to \$50 to offset the projected deficit. However, both Alison and Richard reaffirmed the Centre's commitment to keeping membership, activity, and meal prices as affordable as possible.

After discussion, the motion to approve the 2026 budget was passed unanimously.

Meeting adjourned. •

PICKLEMAS DINKATHON

SSAC Auditorium

Saturday Dec 13th

12:30 – 4:30pm (doors open Noon)

LEVELS 2.0 – 3.5+ 32 player Round Robin

Enter as an individual

8 games Random Partners

Rally Scoring to 7 points

Tables arranged around the dinking court
Bring Xmas treats and beverages (alcoholic OK)

**Entry is first come first served
through SPOND, sign-in starts Dec 1st**

Entry fee \$10 paid from your wallet
as you scan in at the tournament



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.

Congratulations to Michele Tolosa - winner of \$2,590 in the November 50/50 draw!

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See our website for a complete list of courses and full course descriptions.

Register on our website.

Payment is processed on our website through Stripe which is both well-known and trusted.

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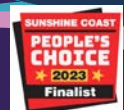
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JOE'S CABIN
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Creative Crafts

- December 1** Ruth - Stocking Stuffers
December 8 Nicol - Origami Christmas trees
December 15 Nina - Danish Christmas Hearts
December 22 Nicol - Holiday ATCs: party!

Get creative with us! Drop by the Lunch Room every Monday from 2-4 pm and enjoy a fun, welcoming space to make art.



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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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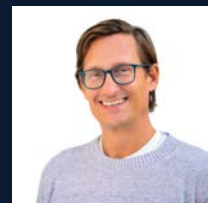
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PRESMANWEALTH.COM

Emeritus Professor Lecture Series

BY GAIL RIDDELL

Dr. Christine Pawley (University of Wisconsin)

Wednesday, December 10, 2 pm

Bombs or Bookmobiles: Sabotage, Censorship and Support for Reading in the Public Library



Today free public libraries are a beloved fixture of many cities, towns and village across Canada and the USA. In the 20th century, efforts were made to reach remoter area through travelling libraries with the help of government funding. But these could be controversial. Christine Pawley outlines the history of public libraries and tells the story of a 1950's project that split a rural community in two, leading to resentments that still festered fifty years later and echo in the culture wars rhetoric of today.

Emeritus Professor lectures continue in 2026!

We are excited to announce new talks coming in the first four months of 2026.

Retired professors from Departments of Philosophy, Sociology and Medicine at UBC will be joined by a Political Science Emeritus from SFU. They are travelling here to provide lectures on favorite topics, which will provide us with new knowledge, issues to think about, and often, a bit of humour to lighten the day.

Topics include Populism and Democracy in Canada, Rhetoric and language... do words matter? Social Change and Gender Rhetoric in Canada, and ... a colourful slide tour of India.

The talks are held on the third Wednesday of each month at 2 pm in the Lunch Room of the Seniors Activity Centre, are free of charge, drop in, and don't require membership in the centre.

Donations are gratefully received for our subsidized lunch program.



November 19 Lecture on Biodiversity

For our November lecture series, two retired professors, (Mike Healey and Eric Verspoor) joined forces to explain the history and current issues surrounding the science of biodiversity. Eric explained the concept and some history of the subject, while Mike talked about its importance to all of us, and outlined some of the challenges in achieving a biodiverse world. We thank them and our other retired professors for their willingness to share knowledge and expertise.

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, December 19
12:30 am to 2:00pm

Anchor Hearing provides hearing aid cleaning at the lounge



SSAC Kitchen Volunteers



Preppers • Servers • Dishwashers
To volunteer, give your information
at the front desk or email
info@myssac.com

GOLD & SILVER Buyer

Sechelt Seniors Activity Centre

Thursdays 9-noon

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Friendship Tea

December 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!









North Shore Nursing

Sunshine Coast Regional District

North Vancouver | Gibsons | Sechelt
Halfmoon Bay | Madeira Park

604-779-1170



- ✓ 24 Hour Nursing Care
- ✓ Alzheimer's & Dementia Care
- ✓ Home Support
- ✓ Companionship
- ✓ Wound Care
- ✓ Respite Care
- ✓ Grocery Shopping
- ✓ Meal Preparation
- ✓ Much, Much, More!

Your Home, Your Care!







@NSNursing

3 Things you need to know ...

1	2	3
<p>Consistency and reliability</p> <p><i>We understand the importance of:</i></p> <ul style="list-style-type: none"> Same time Same day Same care team 	<p>Peace of mind</p> <p><i>Managing every step of the way, you're confident your loved one is:</i></p> <ul style="list-style-type: none"> Safe Well-cared for Supported 	<p>Value Companionship</p> <p><i>Enriching lives by:</i></p> <ul style="list-style-type: none"> Providing a sense of purpose and belonging Enhancing mental and physical health



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Need a lift?

Let us take you where you need to go!
We've got you covered.

Enjoy personal assisted transportation on & off the Sunshine Coast. Experience our personal white glove, door-to-door service. We take pride in it.

• **Medical appointments** • **Companion services** • **Day trips** •
Staying connected with friends & Community Events

Not computer savvy? No problem. We handle bookings the old-fashioned way. Reach out to us by phone or email for bookings and inquiries.





info@careforalift.com

604-747-CARE (2273)

www.careforalift.com



DECEMBER 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

1
Shepherd's Pie

2
Turkey Cannelloni

3
Ham & Scalloped Potatoes

4
Baked Chicken Drumsticks

5
Fish & Chips

8
Baked Salmon

9
Lasagna

10
Chicken Cordon Bleu

11
Tourtière

12
Fish & Chips

15
Quiche & Salad

16
Seafood Linguine

17
Roast Beef

18
Closed

19
Christmas Banquet
by ticket only

22

23

24

25

26

Lunch Service will resume on January 5, 2026

Members are welcome to bring guests to dine for a surcharge. Only items on the menu are available.
Frozen entrées are available on weekdays when the office is open from 9am to 2:45pm and are priced \$6 or \$8.

DECEMBER | 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
No Dec 25

7:30-9:30
3.0-3.5+

no Dec 7
Craft Fair

1:00-2:30
2.5-3.0
No Dec 25

1:00-2:30
3.25
No Dec 19

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
No Dec 24 & 31

2:30-4:00
2.5-3.0
No Dec 19



1:00-3:00
3.5-3.5+

4:30-6:00
2.0-3.0

4:30-6:00
3.25-3.5+
No Dec 16

4:30-6:00
2.5-3.0
No Dec 24 & 31

4:30-6:00
3.0-3.25
No Dec 25

4:00-5:30
3.0-3.25

3:00-5:00
2.5-3.25

6:00-8:00
3.5+

6:00-8:00
3.0-3.5+
No Dec 16

6:00-8:00
3.0-3.5+
No Dec 24 & 31

6:00-8:00
3.5-3.5+
No Dec 25

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

DECEMBER 2025 | SSAC ACTIVITY SCHEDULE

The Centre will be closed for the holidays. Please check with your activity chairs about dates.

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 - Experienced	3:15–4:15		Craft Room	Collene Sand	\$4
FRIDAY					
Hatha Flow Yoga or Yin Yoga - No Dec 19	10:00–11:10	AM	Auditorium	John or Andre	\$6
Badminton - No Dec 19	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

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.