

SEASHELL ECHO

MAY 2026

SECHLT SENIORS ACTIVITY CENTRE NEWS

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.

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The Next Chapter

BY BIRGIT STEFANI

Greetings everyone! It is a true privilege to write to you as the newly acclaimed Chair of our Centre's board. First, I want to extend a heartfelt thank you for the trust you've placed in me. This Centre has always been a cornerstone of connection for our community, and I am honoured to help guide its next chapter.

I would like to extend my deepest gratitude to our outgoing President and Treasurer.

Under their leadership, this organization has reached significant milestones. Richard, your vision and steady guidance have been instrumental in navigating our recent challenges and fostering a collaborative environment. Alison, your meticulous oversight of our finances and transparent reporting have ensured our long-term stability and earned the trust of our members.

The impact of both of your hard work is evident in the strength of our programs and the vibrancy of our community. While we will miss your expertise in these specific roles, we are grateful for the foundation you have built, which allows us to move forward with confidence.

CONTINUED ON PAGE 2



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PO Box 564, V0N 3A0

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Office Hours:
Mon-Fri, 9 am-2:45 pm
Except Holidays

info@myssac.com
www.myssac.com

CENTRE INFORMATION

2026-2027 Board Members

Chair: Birgit Stefani
 Vice Chair: Mark Garland
 Treasurer: Jeff Weeks
 Secretary: Valerie Galat

2026-2027 Directors at Large

Jay Alexov Gail Riddell
 Andre Casaubon Jane Whittleton
 Mark Patterson

Executive Director: Vicki Raw
 Manager of Operations: 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 |
| Shunshine Coast Transit | 604.885.6899 |
| HandyDART | 604.885.6897 |
| VCH - Adult Mental Health | 604.924.8370 |

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Many thanks to the following sponsors 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.



The Next Chapter . . .

CONTINUED FROM PAGE 1

Thank you both for your tireless commitment, your countless hours of volunteerism, and the integrity you brought to the Board. We wish you the very best in your next chapters.

Thank you also to Mark Garland, Val Galat, Jay Alexov, Andre Casaubon, Mark Patterson, Gail Riddell and Jeff Weeks (new Treasurer) for continuing to serve on the Board and welcome to Jan Whittleton, our newest board member. I look forward to working with you all.

My primary goal for the coming months is simple: Listening. Whether it's over a coffee in the lounge or during meetings, I want to hear what you love about our programs and where you think we can grow. Our Centre thrives because of the people in it, and your voice is the most important one in the room. We have such a wealth of talent and experience within these walls.

We have a busy season ahead with some wonderful events on the calendar. I look forward to seeing many of you there and working together to keep this the vibrant, welcoming place we all call our home away from home. •

Time Capsule Items Needed

AS SOON AS POSSIBLE!

We're creating a special time capsule to preserve meaningful memories and pieces of today for future members, and we'd love your help. If you have small items, notes, photos, or mementos that represent this moment in time or even from the past, relating to the Sechelt Senior Activity Centre—please consider donating them.



Your contribution can help tell the story of who we are, what we value, and how we live today. Together, we can build a collection that will inspire and connect people years from now. **Items needed before May 14!**

Please contact **Jay Alexov** via email if you have something to donate at jay.alexov@mysac.com.

Passing the Torch, Embracing Our Future

- Our Next Chapter Starts Now!

BY VICKI RAW

As the blossoms open and the days grow longer, I'm reminded of the incredible energy and spirit that each of you brings to our Centre.

At our recent AGM, we honoured our outgoing Board members, Richard Ward (President) and Alison Kowalewski (Treasurer) for their dedication, vision, and leadership which have guided us through challenges and opportunities alike, leaving a legacy of progress and purpose. Their impact will be felt for years to come, and I am incredibly grateful for their generosity, guidance and support over the past 6 months.

We were equally excited to elect a new Board member, welcome some back for their second term, and re-elect others. Here is the list of the **2026 Board members** who will help shape the next chapter of our journey:

Birgit Stefani, Chair
Mark Garland, Vice-Chair
Val Galat, Secretary
Jeff Weeks, Treasurer
Jay Alexov
André Casaubon
Mark Patterson
Gail Riddell
Jane Whittleton

They each bring fresh perspectives, diverse expertise, and a shared commitment to advancing our mission. We look forward to the energy, ideas, and stewardship you will contribute as we navigate the road ahead.



We also took time to acknowledge the hard work and dedication of our amazing staff:

ADMINISTRATION

Gill Smith - Manager of Operations
Heather Doré - Front Desk Administrator

FOOD SERVICES PROGRAM

Emily McPherson - Head Chef
Jackie Coombs - Sous Chef
Liz Mathews - Assistant Chef

They each bring so much to the Centre, and I am truly honoured to work with them.

I think it was only fitting that our AGM took place during National Volunteer Week, as the Centre simply would not function without our many, many enthusiastic volunteers who show up regularly to greet members, lead activities, assist at the front desk, fill food orders, sell 50/50 tickets, maintain the library, prep food, serve meals, wash dishes, maintain our building and property, participate on committees, organize events, assist with office procedures, and so much more. Thank you for giving your time, energy and talents to make our Centre such an incredible place!

Looking ahead, May is a month of celebration as we mark a significant milestone - our 40th Anniversary - with a free member celebration and time capsule dedication on May 14th (our actual anniversary date) and a party on May 15th (\$40 pp tickets will be available at the front desk). We will also continue to offer activities and programs that inspire learning, laughter, and well-being. Your participation, ideas, and kindness are what make our Centre more than just a place - you make it a home away from home.

Thank you for your ongoing support, your generosity of spirit, and the joy you share with one another. Let's make this month one to remember.

With gratitude and warm wishes - Vicki. •



ADVANCE CARE PLANNING SERIES

Tuesdays, May 19 & 26, 2026, 2:00–4:00pm



SESSION 1: Introduction to Advance Care Planning and the Sunshine Coast Green Sleeve

We'll walk you through the steps of advance care planning:

THINK - What is important to you and what you would want if you are not able to speak for yourself.

LEARN - What your health care choices may be if you become ill.

DECIDE - Who you want speaking for you if you were unable to speak for yourself.

TALK - With the people you care about, and who care about you, to let them know what your future wishes are.

DOCUMENT - What documents do I need?

And we'll introduce you to the Sunshine Coast Green Sleeve - a "container" for your advance care planning documents. It contains the information emergency responders, your healthcare providers and your family need to ensure your wishes are honoured.

SESSION 2: Get Your Green Sleeve Finished!

This will be a practical, hands-on workshop for those people who already have a Green Sleeve but have not yet completed them and need help to get them done. Ideally, you will have already attended an introductory workshop about advance care planning and you know who you want speaking for you if you are unable to speak for yourself.

Together, we will go through all the documents in the Green Sleeve kit, completing them as we go.

Come ready to do some work: bring pen, paper, your Green Sleeve kit, your health card and any documentation you may already have regarding decision makers and your wishes.

Thank You!

We thank the Sunshine Coast Healthcare Auxiliary for their generous donation to support our Memory Café program.



Jacqui Jones-Cox, Vicki Raw, and Karen Archer



SSAC Dances

More Fun Ahead

Unfortunately the April dance with Mad Cow was cancelled as one of the musicians had a medical issue. The good news is, he is fine. The winner of the 2 free tickets for that dance may redeem them at the May 23rd dance with the Steve Hinton Band.

Upcoming Events:

May 15 - SSAC 40th Anniversary Celebration.

Awesome 40th Anniversary Party on Friday with Rock & Roll Bingo - 80s theme. Wear your 80s gear and celebrate the Centre!

May 23 - Dance with the **Steve Hinton Band**. Steve Hinton - vocals and harmonica, Sully Antonyk - bass and vocals, Tim Rannard - drums and vocals and Al Alford on guitar. These guys are always great, they never fail to give an outstanding performance! Don't miss it!

June 13 - **Gustavo Ferman** will return to do a Latin dance workshop. Gustavo has over 25 years experience in all styles of Latin dance, Hip- Hop, Funk, Jazz, Disco, Swing and Ballroom. All are welcome, singles and couples - come along and learn some moves for the next week's dance with the Julio Avila Cuban Band. Doors will be open at 6:00 pm and the event will be from 6:30 to 8:30 pm.

June 20 - Back by popular demand is the **Julio Avila Cuban Band** from Vancouver. Come hear the band and dance to their passionate performances of salsa, son, bachata, boleros and cumbias.

Get your tickets now for the **Steve Hinton Band** at the front desk or at Little Brit of Heaven - \$20 in advance or \$25 at the door.

Thanks to all who continue to support the dances and looking forward to seeing you on May 23rd!

- Jay, Ann, and the Dance Committee



PERFECT FOR ALL LEVELS — NO PARTNER NEEDED!
OPEN TO THE PUBLIC!

Latin Dance Workshop

WITH
GUSTAVO FERMAN

SATURDAY, JUNE 13, 2026
6:30–8:30pm (Doors open 6:00)
SSAC* Auditorium, 5604 Trail Avenue, Sechelt

SPICE UP YOUR SUMMER WITH LATIN DANCE!

Join Professional Dance Coach and Choreographer Gustavo Ferman in a dynamic, high-energy Latin Dance Workshop with a focus on Salsa and Bachata!

90 MINUTES: Styling, footwork, hip & arm movement
30 MINUTES: Dancing – put your skills into action!

TICKETS AVAILABLE FOR SALE STARTING JUNE 1st!



DANCE THE NIGHT AWAY WITH
JULIO AVILA CUBAN BAND
JUNE 20 - 7-10PM
DOORS 6:30 PM - SSAC* AUDITORIUM
*Sechelt Seniors Activity Centre

THEY'RE BACK!



TICKETS FOR SALE STARTING JUNE 1

Volunteer of the Month

Toni Lindsay



For the past four years this dedicated volunteer has been a welcoming presence at the SSAC, working at the front desk, greeting members with warmth and enthusiasm. Whether she's assisting members, selling 50/50 tickets or selling frozen meals, she brings a friendly and approachable energy to every task. She especially enjoys the opportunity to connect with members & fellow volunteers, creating a sense of community that makes the centre feel like home for so many.

Toni, the SSAC Board and membership appreciate your positive spirit and commitment and want you to know you are a valued member of the SSAC volunteer team. •

CLOSED FOR VICTORIA DAY



The Centre is closed on Monday, May 18 in celebration of Victoria Day. Some activities may continue, please check with your activity chair.

SUNSHINE COAST ElderCollege

INVITATION TO ALL SC ELDERCOLLEGE VOLUNTEERS

(LECTURERS, BOARD AND
PROGRAM COMMITTEE MEMBERS)

TO CELEBRATE OUR 25TH ANNIVERSARY



**Send us your email addresses and
RSVP so we can estimate numbers
and send you a personal invitation.**

**SATURDAY JUNE 6, 2:00 – 4:00 PM,
SECHELT SENIORS ACTIVITY CENTRE**

Dedicated to ages 55 plus, ElderCollege passionately believes that education is never finished. For 25 years, our amazing volunteers have generously donated their time and expertise to offer a vital opportunity to our community of third age learners.

**PLEASE RESPOND TO
25years@sunshinecoasteldercollege.ca**

SSAC 40th ANNIVERSARY



Join us in celebrating an incredible milestone!

On May 14, members are invited to a special celebration recognizing four decades of community, connection, and active living. On May 15, the festivities continue with a lively 80s-themed party with plenty of fun. It's a wonderful opportunity to honour the Centre's history while bringing people together to celebrate in style.

SSAC MEMBER CELEBRATION

THURSDAY · MAY 14 · 1:30-3PM
SSAC Lunch Room

- Complimentary Cake, Tea & Coffee
- Unveiling of the new SSAC Promotional Video
- Live Performance of 80s Music
- SSAC Time Capsule Dedication



40th ANNIVERSARY PARTY

FRIDAY · MAY 15 · 7-10PM
SSAC Auditorium

- Bar-Style Appetizers
- Rock 'n Roll BINGO
- Silent Auction
- Cash Bar

\$40/pp

Tickets available at
SSAC front desk





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DANCE DANCE DANCE

STEVE HINTON BAND

MAY 23

7:00-9:30PM

DOORS 6:30 PM · SSAC* AUDITORIUM

TICKETS \$20 IN ADVANCE

AT SSAC FRONT DESK

OR AT A LITTLE BRIT OF HEAVEN ON

COWRIE, SECHELT

\$25 AT THE DOOR

*Sechelt Seniors Activity Centre



50/50 · CASH BAR · BEER, WINE, SPECIALTY DRINKS, NON-ALCOHOLIC BEER, POP



CHIROPRACTIC FREE POSTURE SCAN

Friday, May 22
11:30 to 1:00 pm

Get free posture scans courtesy
of Coast Chiropractic.



FREE HEARING AID CLEANING

Friday, May 15
12:30 am to 2:00pm

Anchor Hearing provides hearing
aid cleaning at the lounge.



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.



GLASSES CLEANING

Friday, May 29

Free eyeglasses cleaning will be
provided at the Centre.



SENIORS COMMUNITY CONNECTOR

Friday, May 1

Meet Courtney from the Resource
Centre and learn more about
how they support seniors achieve
personal health and wellness goals.



How Can I Stay Connected When It Matters Most

BY LARRY PETERSON

Imagine this: a strong storm knocks out the power, and cell towers are quickly overloaded then go down! Suddenly, your phone can't access the internet, can't text, or call anyone. For many, especially here along the Sunshine Coast, staying in touch with family, friends, and neighbours during an emergency is not just comforting - it might be essential. This is when Meshcore can help.



Here is a short introduction to a radio text-message system you use when cell phone and internet communications crash, and you need to contact someone.

What is Meshcore?

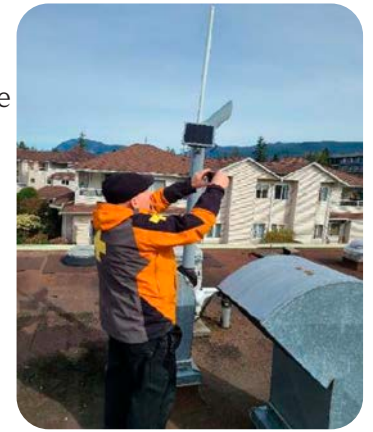
Using Meshcore is simple, and uses low-cost handheld devices to communicate with each other without relying on cell phone networks or the internet. If you can send a text on your phone, you can send text messages using Meshcore, too. It's that simple.

Instead of sending cell phone message to a distant cell tower, a Meshcore device called a companion, lets you text each other directly through signal repeaters installed high in trees or on buildings, like the new solar powered repeater on the roof of the

Sechelt Seniors Centre. These companions and repeaters form an invisible radio web called a mesh network - so Meshcore. The phone app controls sending and receiving of short text messages from the companion, which is a radio. The Salish Sea of BC's Lower Mainland already is the 3rd most-dense mesh in the world! Your Meshcore radio-based text message can hop from Sechelt to repeaters on high ground on Vancouver Island, and from there to the entire BC mainland, and farther.

It's like an area-wide telephone tree, only much better, because if cell phone towers go down, Meshcore won't.

Because a Meshcore companion (see photos below) is inexpensive, low power, and requires no license, cellular or Internet connections, it's an ideal off-grid alternative to provide backup communications in an emergency or in back-country locations that don't have other communication coverage.



Meshcor repeater at SSAC



Examples of Meshcore companions

How Can I Stay Connected . . .

CONTINUED FROM PAGE 10

Why is it so helpful?

- Simple to use - Once set up, it works like sending a text message. Your cell phone connects to your companion via Bluetooth, so no need for internet or cell service.
- Small and portable - Devices are typically pocket-sized and easy to carry or keep at home.
- Low cost - Compared to many communication systems, Meshcore devices are \$40-\$75 each.
- Reliable in emergencies - Because it doesn't depend on large infrastructure, it keeps working when other systems fail.

How does it work locally?

Here on the Sunshine Coast, a group of local amateur (ham) radio volunteers is building a Meshcore network that will allow residents—from Sechelt and surrounding communities—to stay connected.

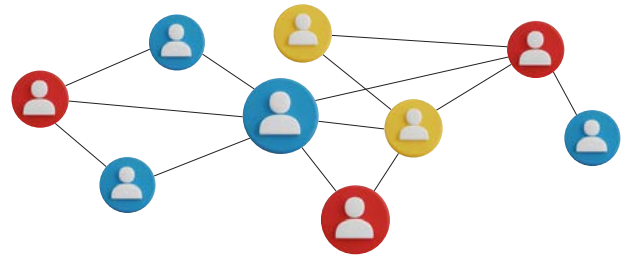
These volunteers will:

- Help you choose an affordable device
- Set it up for you
- Show you how to use it like other apps on your phone (no technical background needed!)

Once you're set up, your device becomes part of the growing local mesh network.

What can you do with it?

- Send short messages to friends and family
- Check in during emergencies
- Stay informed about local conditions
- Help build a stronger, more connected community



Is it difficult to learn?

Not at all. If you can use a basic cellphone, you can use Meshcore. The goal is to keep everything as simple and stress-free as possible—especially for those who aren't interested in complicated technology.

A community effort

One of the best parts of Meshcore is that it's built by the community, for the community. The more people who join, the stronger and more reliable the network becomes. Whether you live alone, with family, or in a condominium residence, having a simple backup way to communicate can bring peace of mind.

Interested in knowing more?

Attend the free information meeting on May 12th at 2:00 p.m. in the SSAC lunchroom, no registration or membership required. Local volunteers will demonstrate how Meshcore works and answer your questions. Staying connected doesn't have to be complicated—or expensive. With Meshcore, it can be as easy as carrying a small device and knowing your community and loved ones are just a message away.

Because when everything else goes down, staying in touch shouldn't.

Kitchen Volunteers

Preppers · Servers · Dishwashers

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



Let's talk about AI

Richard Ward will be presenting an engaging session on **AI** on May 21st from 1:30–3:30 pm in the Lunch Room. This is a free event, and no sign-up is required—just drop in!

As you can imagine, SSAC has accumulated a lot of photos over the past 4 decades . . . and you may even appear in some of them!



Sometimes we share photos of members (past and present) in our newsletter, social media posts, advertising, and on our website. If you do not wish for your photo to be taken, kindly **self-identify** and we will honour your request.

If you know that we have photos of you in our collection (perhaps you posed for a photo as part of a committee, activity, or group), but you no longer wish for photos of you to be used by the SSAC, kindly let us know in writing and we will do our best to ensure that we no longer use photos with your image in them.

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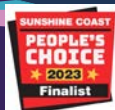
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Supporting Seniors to Stay Independent and Connected Daily

FIRST OF A SERIES, BY JIM VOGEL

For Sechelt seniors with limited relatives nearby, and for caring neighbours, friends, and community members who worry about them, the hardest part of aging often isn't a big crisis, it's daily life management and the quiet slide into social isolation in seniors. Small challenges in independent living can stack up fast: getting around safely at home, keeping routines steady, and feeling connected enough to leave the house with confidence. When support feels scattered, independence can start to feel fragile, even for capable people. Steady, local encouragement can help seniors stay grounded, safe, and connected.

MAKE HOME SAFER IN 60 MINUTES: A SIMPLE WALKTHROUGH

A safer home isn't about "doing everything at once", it's about removing the most common hazards so you can move with confidence, even when family isn't nearby. Falls are common, and the good news is that a short, practical walkthrough can make your space feel like a truly supportive home environment.

1. Start at the front door: create a steady, well-lit landing zone. Turn on the porch light and replace any dim bulbs right away, then clear the step/entry of planters, shoes, and loose mats. If you have a doormat, choose one with a non-slip backing or remove it entirely, entries are where quick stumbles happen. Keep one sturdy chair or bench by the door so you can sit to put on shoes, and place a small basket for keys and glasses to avoid last-minute scrambling.

2. Do a "floor scan" through the main path you walk every day. Walk from bedroom to bathroom to kitchen and remove anything that could catch a toe: cords, footstools, throw rugs, pet bowls, and low baskets. Tape cords to the wall, push furniture back to widen walkways, and aim for clear paths you can

navigate even at night. This is one of the fastest fall prevention strategies, and it helps visiting neighbours or volunteers move around safely too.

3. Make the bathroom your safety priority: add grip before you need it. Put non-slip mats inside and outside the tub/shower, and add a stable grab bar where you step in and where you stand up. A raised toilet seat or toilet safety frame can reduce strain on knees and hips, and a shower chair makes bathing less tiring on low-energy days. Many products to prevent falls focus on exactly these high-impact changes: grab bars, non-slip mats, and better lighting.

4. Set up the bedroom for "no-rush mornings" and safer nights. Place a lamp within arm's reach of the bed and add a nightlight to the route to the bathroom. Keep a phone and a short list of contacts by the bed, especially helpful if you rely on community check-ins. If getting up feels unsteady, consider a bedside rail or reposition the bed so you have a firm surface to hold while standing.

5. Tidy the kitchen for easy reach and less bending. Move the everyday items (kettle, mug, cereal, medications) to counter height between your shoulders and hips so you're not climbing or crouching. Put a non-slip mat where you stand most, near the sink is common, and wipe spills right away. If arthritis or grip is an issue, simple assistive devices for seniors like jar openers or lightweight cookware reduce strain and make cooking feel doable again.

6. Plan for "help without hassle": a simple check-in and emergency setup. Post your address in large print near the phone and on the fridge, and keep a flashlight and extra batteries in the same spot every time. If you have a trusted neighbour, ask them to do a five-minute safety walk with you, fresh eyes catch hazards we normalize. Since one in four adults aged 65 and older each year experiences a fall, having a plan isn't pessimistic, it's practical.

Supporting Seniors . . .

CONTINUED FROM PAGE 12

SMALL HABITS THAT KEEP YOU INDEPENDENT AND CONNECTED

Once your space feels steadier, small routines become easier to repeat. These habits help seniors in Sechelt build confidence day by day while making room for community activities and social connection that actually stick.

Daily Two-Point Check-In

- What it is: Text or call one person, then note your energy level.
- How often: Daily
- Why it helps: It builds safety and connection without needing a long conversation.

Five-Minute Movement Loop

- What it is: Do a gentle walk or chair routine to music.
- How often: Daily
- Why it helps: The physical activity recommendations can feel simpler in small chunks.

One-Page Daily Checklist

- What it is: Use a senior care checklist for meals, water, meds, and one outing.
- How often: Daily
- Why it helps: It reduces decision fatigue and makes patterns easy to notice.

Social Plan on Paper

- What it is: Write one activity option and one backup for the week.
- How often: Weekly
- Why it helps: You are more likely to go when the plan is already made.

Protein-Plus Prep

- What it is: Prep two easy protein snacks for “low-effort” days.
- How often: Twice weekly
- Why it helps: Steadier nourishment supports mood, strength, and follow-through.

SeniorsLottery.ca

BC 50/50 Seniors



Seniors WIN BIG with YOU!

MAY DRAW

Friday, May 29, 10:30 am

Proceeds go directly to support
seniors through Seniors Activity
Centres around BC



BUY TICKETS



SECHELT
SENIORS
ACTIVITY
CENTRE



Campbell River
Seniors Centre Society



GIBSONS
SENIORS
SOCIETY



MACKENZIE SENIORS
Seniors Centre Society



Oliver
Senior Centre

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gamblingsupportbc.ca

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19+

Legacy Giving

What Will Your Legacy Be?



Canadians are known for their generosity. Every May, Canadians observe **Leave a Legacy™ Month** – a national initiative encouraging individuals to consider the impact they can make through charitable gifts in their Wills and estate planning. It is a time to reflect not only on what we leave behind for our loved ones, but also on the greater legacy we can create for the causes we care deeply about and our communities.

Leaving a legacy means arranging for part of your estate to be donated to charity upon your passing. This can be done by making a charitable bequest in your Will (a specific dollar amount, percentage of your estate, or residual bequest), naming a charity as the beneficiary of a life insurance policy, or donating RRSPs, RRIFs or TFSAs to a charity. There are also more complex options such as creating a charitable trust or donor-advised fund. All of these gifts can be made in honour of you or your family and be tailored to match your financial goals, tax situation, and philanthropic vision. One added benefit of including a charity in your estate planning is the tax credit your estate can receive, offsetting probate and leaving more for your loved ones.

Considering a charitable gift in your Will? We encourage you to speak with your lawyer and financial planner or tax advisor, to learn more about the many different ways you can create a legacy gift. •



Let's Talk Caregiver Support!
May is Caregiver Appreciation and Awareness month! Join us for weekly events & workshops!

PROTECT THOSE IN YOUR CARE
Online Safety & Fraud Info Session
**Tues, May 5 | 1:30 - 2:30pm

FREE CAREGIVER LUNCH
Plus one to take home for your loved one!
**Thurs, May 14 | 12 - 1:30pm

COMMUNITY PARAMEDIC
Q&A drop-in | Thurs, May 21 | 11am - 1pm

SUPPORT GROUP MEETING
Thurs, May 28 | 1:30 - 3pm

***Space is limited, call/text 604.741.2470 or email caregivers@resourcecentre.ca to register*

 **SUNSHINE COAST Resource Centre** **Event location:** Seniors Gathering Place, Resource Centre, 5674 Cowrie Street, Sechelt

WE KNOW...

OUR CHAIRS

NEED A FACELIFT!
(OR IS THAT A SEATLIFT?)



This expense was not factored into our 2026 Budget, but we are exploring funding options to reupholster all **185** of our stacking red chairs. **STAY TUNED!**

Approximate Costs:

| | |
|--------------------|---------------------------|
| Replacement | \$109 / chair + shipping |
| Reupholster | \$50-\$78* / chair |

* \$78 for ≈ 50 chairs that also require foam



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Creative Crafts

Get creative with us! Drop by the Lunch Room every Monday (except May 18) from 2-4 pm and enjoy a fun, welcoming space to make art.



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flood



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SCRD Firesmart
Robert Creek Firefighters Society
Sunshine Coast Ham Radio Operators Society
Sunshine Coast Search & Rescue
Sunshine Coast Community Solar Association

PRESENTED BY SECHELT COMMUNITY ASSOCIATIONS FORUM (SCAF) SOCIETY



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1

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- Same day
- Same care team

2

Peace of mind

Managing every step of the way, you're confident your loved one is:

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3

Value Companionship

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- Providing a sense of purpose and belonging
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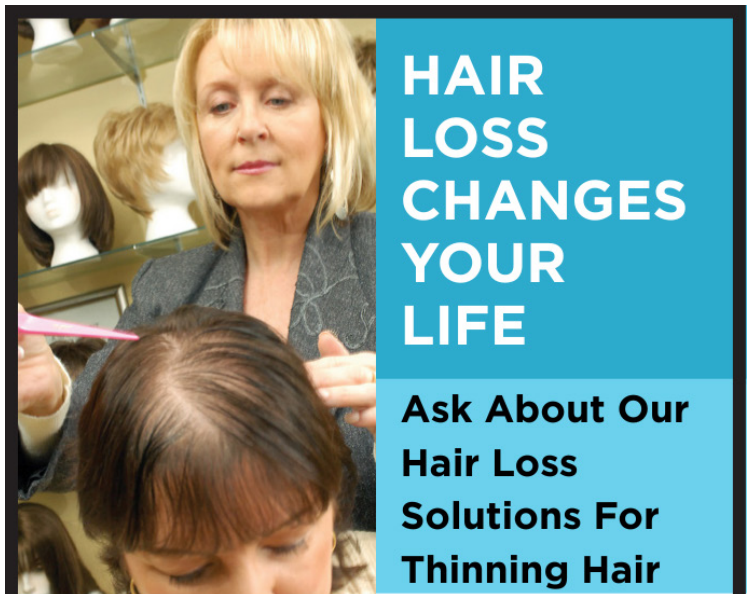
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When Experience Counts!



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



Thru 2025 and with grant funding, Dial A Dog has proudly provided **1649** hours supporting Coastal seniors.
dialadog.ca 778 549-8664

In Memoriam



Fern Schutz

April 24, 1941 - December 16, 2025



Fern Margaret Elizabeth Schutz (née Owen) was surrounded and held by her loved ones as she passed away December 16, 2025 in Sechelt following a long, ten-year journey battling and living bravely with cancer.

Fern was born April 24, 1941 in Vancouver to Francis Everella (Chestnut) and Johnny Owen who stretched their limits to send her to Crofton House School, after her early years at U. Hill. She attended UBC where she was crowned Frosh Queen and attended nursing school at VGH prior to switching to full time mother with short stints in Kelowna, Edmonton, and Madison WI, before returning to raise her family at home in Vancouver.

Fern leaves behind her four beloved children; Lisa (Kevin), Dean (Marina), Owen (Pam), and Todd (Joanne), nine cherished grandchildren; Trevor (Kaitlin), Amanda (Beauden), Ziggy Maya, Zoey (Robert), Cole, Mika, Tysier, Amber, Ashley, great granddaughter Samantha and daughter-in-law Sara. Her children and grandchildren were her greatest pride and Fern was overjoyed to meet her first great-grandchild Samantha this past fall.

Always quick with a smile and a laugh, Fern's friendly charm and chatty personality led her to a successful career in sales. Her gregarious and hardworking nature served Fern well as she enjoyed time as a top selling Tupperware host, smashed gender barriers and sales records as a life insurance broker, and enjoyed a very memorable time running the Dickie Dee Ice Cream business with her sons.

Operating a large fleet of bikes and trucks in Vancouver and Richmond through the 80s, Fern lent a positive lasting impression on a great many young folks for whom the "Dickie Depot" became their summer clubhouse.

As a youngster growing up amongst the rinks and gyms at UBC, Fern loved to play sports of all kinds. She later became a formidable darts player and was a passionate fan of watching sports, especially tennis and her favourite of all, Rafael Nadal. In time she rekindled a deep love for bridge. The cognitive challenge and social nature of the game really kept her going when times were tough and she so looked forward to and enjoyed the several different game days each week, most especially with her bridge girls. She loved to be amongst family and friends, took great pleasure in a good meal, and very much enjoyed conversation.

Fern had a wonderful sense of colour and form and expressed it best in architectural, interior and landscape design (you should have gone pro mum!), as well as in her cheery sense of fashion. Mum created a number of beautifully landscape gardens out of nothing while breathing new life into older homes through creative renovations. In '95 she made the move to Sechelt where she transformed an old cottage into the beautiful new home of her dreams, surrounded by ferns, flowers, and rhodos, overlooking the sea.

With love, we thank mum for passing on her creative genes, for reminding us to listen, and reminding us to smile and laugh through adversity.

The family would like to gratefully thank the fine folks at the Sunshine Coast Hospice Society, the palliative caregivers at Silverstone, Sunshine Coast Home Support, Dr. Bryson, and everyone at shishálh Hospital and VCH who has helped our mum over these past years with her numerous health struggles.

If you wish, in memoriam please create something beautiful, or plant something that will bloom and bring joy to the world.

Friends are invited to join us for a celebration of Fern's life on June 20, 2026, 5:30pm at Davis Bay Hall in Sechelt.

Ian Alexander Munro

December 6, 1942 - April 1, 2026

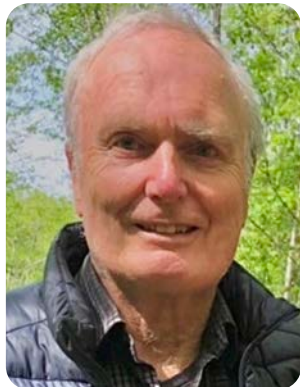
We mourn the loss of Ian Alexander Munro, who was born December 6, 1942, in Vancouver and passed away peacefully on his own terms in Sechelt on April 1, 2026.

Ian is survived by his wife, Gail Riddell; his three children, Emily Munro (Jean Pierre), Livia Galbraith (Ken), and Alexander Munro (Elisa); his brother Garth Munro (Susie); stepmother Deirdre Munro; former wife and mother to his three children, Rhonda Munro; and two stepchildren, Colin and Darcy Riddell. He was the proud grandfather to Noah Keller; Lachlan and Finlay Galbraith; June, Luke and Grace Munro; and Ruby and Xavier Toriel. He was predeceased by his brother Ross Munro and his parents, Margaret Munro (née Barnes) and Alastair (Hugh) Munro.

Ian graduated (in History and English) from the University of British Columbia in the 1960s and later studied at Royal Roads University. He was a devoted career public servant in the Government of Canada, mainly in Human Resources Development Canada (currently Employment and Social Development Canada). He was committed to his role developing and implementing policy, supporting job training programmes, and serving the needs of the public while navigating political changes. His former colleagues in the Federal Government described his qualities as a combination of “knowledge, professionalism, maturity and wisdom.” He travelled widely across British Columbia and the Yukon as part of his role.

Over his lifetime, Ian resided in Vancouver, Ottawa, Kingston (Ontario), and most recently, Sechelt, BC. Gail and Ian were married on October 30, 2009, in Vancouver, and they held a large celebratory Hallowe'en party in Sechelt the next day. They were close companions for 17 years, sharing many interests including travel, the outdoors, music, and good food.

Ian had a lifelong love of travelling, hiking in the mountains, and other outdoor activities. He spent a year in Portugal as a young man and subsequently completed



800 km of the Camino de Compostela (in France and Spain) and the Robert Louis Stevenson Trail (in France). He walked to work when younger and enjoyed riding his bike. He snowshoed on local mountains for many winters and, while living on the Sunshine Coast, took up dragon boating. Gail and Ian enjoyed trips to several African countries, Chile, Panama, Turkey, Greece, Kauai, and parts of Eastern Europe and the US. They both loved summer visits in the orange boat to the cabin at Owen Bay, Sonora Island. There Ian chopped wood, swam in the lake, caught crabs for dinner, and hung out with friends and family.

He was passionate about reading non-fiction books (often history) and the New York Review of Books, and enjoyed attending the annual Writers Fest and other local readings. Together, he and Gail appreciated a wide range of both live and recorded music, including classical, opera, and jazz.

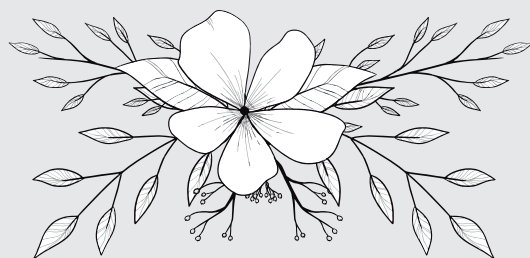
Everyone who knew Ian recognized his kindness, respected his strong intellect and appreciated his sense of humour. He felt deep connections with the friends he made over the 17 years on the Sunshine Coast, many of whom visited him to say ‘goodbye.’ Above all, Ian loved and cared for his family keenly and deeply.

*“Think of him as living
In the hearts of those he touched
For nothing loved is ever lost
And he was loved so much.”*

- Ellen Brenneman

Donations in memory of Ian should be sent to the Sunshine Coast Hospice Society.

A Celebration of Life will be held Friday, June 5th, 2pm at the Botanical Gardens in Sechelt.



If you know of anyone who has passed, please let us know.



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MAY 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 when the office is open from 9am to 2:45pm and are priced \$6 or \$8.

| | | | | |
|--------------------------------------|-----------------------------|----------------------------------|------------------------------------|---|
| | | | | 1 Fish & Chips |
| 4 Quiche and Salad | 5 Cabbage Rolls | 6 Roast Beef | 7 Pulled Pork Sandwiches | 8 Fish & Chips |
| 11 Butter Chicken | 12 Lasagna | 13 Roast Ham | 14 Chicken Quesadilla | 15 No Lunch Anniversary Party |
| 18 Closed for Victoria Day | 19 Shepherd's Pie | 20 Chicken Cordon Bleu | 21 Moussaka (Beef/Vegan) | 22 Fish & Chips |
| 25 Baked Salmon | 26 Chicken Penne | 27 Roast Pork | 28 Hot Reuben Sandwich | 29 Fish & Chips |

MAY 2026 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact ssacpickleball@gmail.com

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------|---|----------------------------------|--------------------------|---|------------------------------------|-----------------------|
| 7:30-9:15 3.0-3.5+ |  | 7:30-9:15 3.0-3.5+ | 7:30-9:15 Social Play | 7:30-9:15 3.0-3.5+ | | 9:30-11:30 2.0-3.0 |
| | | | | | 1:00-2:30 3.25-3.5 no May 15 | 11:30-1:30 3.25 |
| 3:00-4:30 3.25-3.5 | | 3:00-4:30 w/ Coach 1.0-2.5 | 3:00-4:30 2.5-3.00 | 2:30-4:00 w/ Coach 2.5-3.0 no May 15 | | 1:30-3:30 3.5-3.5+ |
| 4:30-6:00 2.0-3.0 | 4:30-6:00 3.25-3.5+ | 4:30-6:00 2.5-3.25 | 4:30-6:00 3.0-3.25 | 4:00-5:30 1.0-3.25 no May 15 | | 3:30-5:30 2.5-3.25 |
| 6:00-8:00 3.5+ | 6:00-8:00 2.5-3.5+ | 6:00-8:00 3.25-3.5+ | 6:00-8:00 3.5-3.5+ | 5:30-7:30 Social Play no May 15 | | 5:30-7:30 3.0-3.5+ |

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

| 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 | \$36 |
| 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 | | | | |
| Yoga | 8:00–9:00 AM | Auditorium | Marina Mowbry | \$6 |
| 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 |
| Line Dancing - Beginners | 12:00–1:00 PM | 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 |
| Table Tennis - Int-Adv | 3:00–5:00 PM | Auditorium | Amber Cottle | \$4 |
| 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 |
| Darts | 11:00–12:30 AM | Auditorium | Gill Smith | \$4 |
| Line Dancing - Beginner/Improver | 11:30–12:30 PM | 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 |
| THURSDAY | | | | |
| Tai Chi | 10:00–11:30 AM | Auditorium | David Carson | \$6 |
| Ukulele Jam & Sing-along | 11:15–12:45 PM | Craft Room | Mary Pinniger | \$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 |
| Carpet Bowling | 1:00–3:00 PM | Auditorium | Margaret Parker/Norm Ross | \$4 |
| Strength for Seniors | 1:30–2:30 PM | Auditorium | Lisa Alexander | \$6 |
| Line Dancing - Experienced | 3:15–4:15 PM | Craft Room | Collene Sand | \$4 |
| FRIDAY | | | | |
| Tai Chi - Beginners | 10:00–11:30 AM | Craft Room | Cam Ellison | \$6 |
| Hatha Yoga - May 1, 15, 29 | 10:00–11:10 AM | Auditorium | John | \$6 |
| Yin Yoga - May 8, 22 | 10:00–11:10 AM | Auditorium | 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 Galore | 1:30–3:00 PM | Lunch Room | Gill Smith | \$4 |
| SATURDAY | | | | |
| Quilting - May 9 | 9:00–4:00 AM/PM | Lunch Room | | \$4/\$8 |

Non-members may attend an activity one time without a SSAC membership (still pay the activity fee).
Memberships 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 or by e-transfer to etransfer@myssac.com -
Include your membership # and the word WALLET in the note section. Pickleball schedule is on page 23.