

SEASHELL ECHO

AUGUST 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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A Heartfelt Thanks to Our Amazing Volunteers

BY BIRGIT STEFANI

On July 3rd, the Sechelt Seniors Activity Centre came together to celebrate the incredible people who keep our community thriving: our volunteers!

We were thrilled to host 70 of our dedicated volunteers for an afternoon dedicated entirely to appreciating all their hard work and passion. Highlights of the event include:

A Delicious Feast: Everyone enjoyed a fantastic buffet lunch paired with wine, beer, and soft drinks.

Wonderful Music: Thanks to Lynne and Reg Dickson.

Friendly Competition: Guests put their knowledge to the test with a fun skill-testing game that brought plenty of laughs and spirited banter to the tables.

Warm Connections: It was a wonderful opportunity for volunteers across all our programs to relax, catch up, and swap stories.

To every single volunteer who gives their time and heart to our centre—thank you. You are the true engine behind everything we do, and we couldn't do it without you! •

SEE PHOTOS ON PAGE 3



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

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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

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Community Information and Help Line	211
Healthlink BC	811
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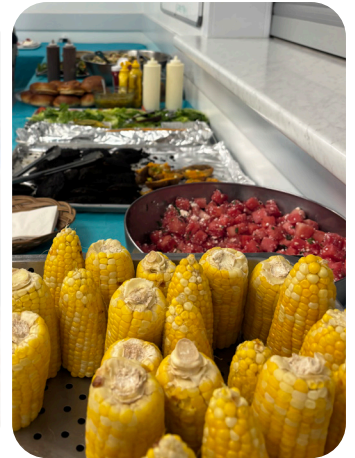
Support for SSAC

Sunshine Coast Healthcare Auxiliary Donation



The Sunshine Coast Healthcare Auxiliary is a staunch supporter of food security initiatives for Coast seniors. Thanks to the hard work, creativity and big hearts of their steadfast volunteers, they were able to raise a significant amount in their Spring fundraising efforts and make a sizable donation to both the SSAC and the Gibsons Seniors Society. Their ongoing commitment to supporting local seniors helps ensure nutritious, affordable meals remain available to those who need them most while strengthening the sense of community across the Sunshine Coast. Members of the **SCHA FUNdraising Committee** presented SSAC Executive Director, Vicki Raw, with **\$3,500** in support of our **Affordable Meal Program**. Pictured L-R: Rae Anderson, Vicki Raw, Joyce Quart and Jacqui Jones-Cox.

Volunteer Luncheon



Blues Fest at the SSAC!

Matchbox Bluze delivered an evening packed full of great blues songs. John Burton (guitar), Bruce Mortimer (bass guitar), Jhan Dudley (vocals, guitar), Bill Barkley (keyboards) and Shawn Soucy (drums). Everyone had a good time and the dance floor was hopping.

April Van der Grinten won tickets to the next dance and our 50/50 draw winner Betty V. took home a cash prize of \$77.50.

Thanks so much to all the volunteers! From start to finish these generous people give their time to help organize, decorate, set up, man the door, bartend, bus tables, wash dishes, provide clean white tablecloths . . . in other words they all contribute to making sure the atmosphere is inviting and the evening runs smoothly.

The August 22nd dance will be an earlier gig (doors and bar open at 5:00 pm) with **Souled Out** featuring Ken Kirschner, Steve Nimchuck, Marlee Walchuck, Nancy Herb, Bruce Norris, Brenda Baird, and Peter Juric playing from 5:30 pm til 8:00 pm. Tickets are on sale now at the SSAC front desk and A Little Brit of Heaven. The cost is \$30 in advance and \$35 at the door.

On September 19th come hear the **Ocean Park Wailers** - This 7 piece band will be playing hits from the '70s and '80s with a tribute to the Beatles. The band members are Mike Sheeshka (lead vocals and guitar), Kevin Irwin (lead guitar and vocals), Russ Froese (bass and vocals), Elliott Clarkson (saxophone and vocals), Jim Widdifield and Bill Brooks on keyboards and Paul Sorbara on drums. Tickets for this show are on sale now at the SSAC front desk and at A Little Brit of Heaven, prices are \$20 in advance and \$25 at the door.

Get your tickets now for these events! And save the date for our October 31st Halloween Party with DJs John and Krystyna. •

- Jay, Ann, and the Dance Committee





SECHELT SENIORS ACTIVITY CENTRE
PRESENTS

AUGUST 22

SATURDAY - 5:30-8PM

DOORS OPEN 5PM

SECHELT SENIORS ACTIVITY CENTRE AUDITORIUM



Tickets \$30 in advance at SSAC front desk or A Little Brit of Heaven - \$35 at the door
Cash bar: Beer, Wine, Spirits, Non-Alcoholic Beverages & Free Snacks - 50/50 Draw



SECHELT SENIORS ACTIVITY CENTRE
PRESENTS

OCEAN PARK WAILERS

SATURDAY, SEPTEMBER 19, 5:30-8PM

SECHELT SENIORS ACTIVITY CENTRE AUDITORIUM - DOORS OPEN 5PM



Tickets \$25 in advance at SSAC front desk or A Little Brit of Heaven - \$30 at the door
Cash bar: Beer, Wine, Spirits, Non-Alcoholic Beverages & Free Snacks - 50/50 Draw

CHIROPRACTIC FREE POSTURE SCAN

Friday, August 21
11:30 to 1:00pm

Get free posture scans courtesy
of Coast Chiropractic.



FREE HEARING AID CLEANING

Friday, August 14
12:30am to 2:00pm

Anchor Hearing provides hearing
aid cleaning at the lounge.



CAREGIVER/ SENIORS CONNECTOR

Friday, August 7

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



FREE LEGAL AID CLINIC

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10:00am to 12:00pm

Lawyer Robert Hart provides FREE
weekly 30-min. legal aid consultations
(not criminal or ICBC matters). Book
your appointment at the front desk.



Enjoying the Slower Pace of Summer

BY VICKI RAW

I was recently invited to join a lovely group of ladies for their weekly carpet bowling session here at the Centre. As I had never played before, they were quick to share their skills, tips and never-ending patience with me, and I found it quite an enjoyable experience and a lot of fun. I look forward to trying another new activity soon. Have you recently tried a new activity at the Centre? If so, I hope you felt as welcomed and supported as I did. If not . . . now is the time! August is the perfect month to bring a friend and try that activity that has sparked your interest. Of course, like me, you can participate on your own, as well. Just be sure to check the schedule as some of our activities take a brief hiatus during the summer.

It seems that there is a 'day' for everything. Did you know that August 15th is National Relaxation Day? You know what else it is? Our **40th Anniversary Open House and BBQ!** What better way to relax than to have someone else prepare lunch for you? From 1pm – 3pm in the back parking lot of the Centre, you and your friends and family can learn about our activities and programs, listen to music, and enjoy a BBQ lunch (by donation).



On August 22nd, take a break from the summer sun and join us for a 5 pm concert/dance with Vancouver band, **Souled Out**, featuring the very best soul, R&B, Motown classics, funk, disco and contemporary songs from the past five decades and providing non-stop musical energy, variety and showmanship. Purchase your tickets for \$30 each at the front desk or at Little Brit of Heaven. Check them out at: souledoutyvr.com.

AND REMEMBER: Too hot to relax at home?

Why not spend part of your day at the air conditioned Centre where you can find a cool spot to work on a puzzle, read a book, play a game, or just visit with friends. •

Kitchen Volunteers

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SSAC 40th Anniversary OPEN HOUSE



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the Senior Centre's 40th Anniversary*



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3RD ANNUAL SENIORS FAIR

Celebrating Seniors

Presented and Hosted by



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Friday, September 11

1pm to 4pm at the

Sechelt Seniors Activity Centre

5604 Trail Avenue, Sechelt

Free Event!

***No Registration Necessary
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Celebrate • Learn • Connect

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A Big Success – But We Need Your Help

When we expanded our successful **Sunshine Coast Seniors Online 50/50 Lottery** this year into the BC Seniors Online 50/50, some members wondered whether bringing other seniors centres into the lottery would mean our support and our fundraising income would be diluted. The opposite has happened! By inviting seniors centres from across British Columbia to become partners, SSAC has created a larger and more exciting lottery while improving the financial benefit to our Centre. Tickets sold in support of SSAC benefit SSAC, while partner centres only receive the proceeds generated through sales designated to them. SSAC holds the BC Gaming licence and administers the lottery, while participating centres help promote and sell tickets in their communities.

There is an important lesson we have learned: 50/50 tickets sell extremely well when we get out into the community! We just need more volunteers to get out there. A great example is Cathy Gates and Barb Poole, who recently sold more than \$1,000 worth of tickets in just two hours outside the Independent grocery store. That is a remarkable return for two hours of volunteering, and it demonstrates just how much people like supporting seniors and also, how big the potential sales could be with more outside sales opportunities.

Canadians love 50/50 draws, and they like knowing that their purchase helps a good cause in their own community. The challenge is simply having enough volunteers to staff our tables. **Could you give us two hours?** We urgently need outgoing, friendly volunteers who can spend two hours a month selling BC Seniors 50/50 tickets in teams at locations such as shopping malls, pubs and the Independent



June BC Seniors 50/50 Lottery winner Kathryn C. (SSAC Kitchen Volunteer) receiving her cheque from Alison Kowalewski (SSAC Lottery Co-ordinator)

grocery store. The handheld ticket machines are easy to use and you don't need to be a salesperson. You just need to be comfortable approaching people, explaining the lottery and inviting them to support seniors. There is something particularly satisfying about this volunteer job: you can see the fundraising results of your efforts. SSAC receives 35% of the ticket sales generated for our Centre, so when you sell \$1000 worth of tickets, you know that your shift has helped generate \$350 for the **SSAC Affordable Lunch Program**.

It therefore seemed so appropriate in June, when SSAC Kitchen volunteer Kathryn C. won the \$5,755 jackpot. Our affordable hot lunches and frozen entrées help seniors access nutritious food while dealing with rising food costs and, for some, the challenges of cooking for themselves. The demand for these services continues to grow, making fundraising more important than ever.

CONTINUED ON PAGE 10

A Big Success . . .

CONTINUED FROM PAGE 9

Our partner in the BC Seniors Online 50/50, the Mackenzie Seniors Centre, has experienced the same enthusiasm. Mackenzie's lottery coordinator, Ester Sarkozy-Lee, explained that a dedicated team regularly sells tickets at the Mackenzie Mall. While selling tickets, volunteers also promote the Centre's programs and recruit new members.

As Ester put it, "The BC Seniors Online 50/50 is a win-win for our society and the community." That grassroots approach demonstrates that the lottery can do more than raise money. It gives seniors centres an opportunity to get out into their communities, meet people, promote their programs and build stronger connections.

Our vision is bigger than SSAC. The BC Seniors Online 50/50 is still in its early stages, but the response has been extremely encouraging. We hope to attract more seniors centres for the 2027 lottery, creating a province-wide network with larger jackpots, greater participation and stronger fundraising opportunities for seniors' centres throughout British Columbia.

But right now, SSAC needs YOU! Tickets sell easily. What we need are the volunteers to get out there and sell them. If you are outgoing, enjoy meeting people and can spare two hours a month we would love to have you on the team. Please email Alison at gaming@myssac.com and let her know whether you are interested in volunteering with the 50/50 Lottery outside sales. She will get back to you with more information.

And if you can't volunteer, you can still help SSAC. Buy a ticket. Support seniors. Maybe win the jackpot! Buy your tickets at **SeniorsLottery.ca**. Every ticket helps us continue providing the programs, meals, activities and services that make SSAC such an important part of our community.

Thank you for your support, especially to all of our current volunteers who make it happen! •

SeniorsLottery.ca

BC 50/50 Seniors



Seniors WIN BIG with YOU!

AUGUST DRAW

Friday, August 28, 10:30 am

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



BUY TICKETS



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Odds dependent on the number of tickets sold

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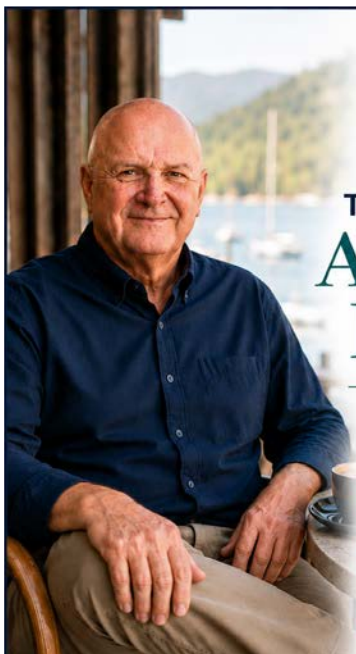
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Balanced Fitness

BY ANDRE CASAUBON

The process of aging can be challenging and at times it can look a bit daunting. Choosing a lifestyle that is appropriate and conducive to one's abilities is important.

The notion of fitness has a myriad of definitions and interpretations and here is one way to approach this practice.

Initially, ask yourself these questions:

What is my fitness level?

What is my fitness program?

Are my fitness goals realistic for my age and ability?

Am I combining exercise practices for fitness?

Ideally, fitness and exercise is not about just performing strenuous, sweat producing, heart pumping workouts that may develop musculature but at the same time may wear out joints and strain ligaments and tendons. The concept of balanced fitness is a more integrated and comprehensive approach to physical health. We cannot stop aging, but we can try to maximize our ability to enjoy all the activities that we like to do such as gardening, dancing, travelling, and playing with grandchildren.

So, where do we start? The first step is to make the personal choice that you are going to commit to a regular exercise regimen on a weekly basis. This commitment is so important as the benefit and results from exercise take time and more consistency leads to greater results.

The second step is to plan the type of fitness program that combines flexibility, strength and aerobics.

The choice of different exercises helps to develop physical body stamina along with overall balanced muscle strength and major joint alignment. It also can have the benefits of improving fall risks, improving posture, strengthening the core, mobility and enhancing brain function.

The Sechelt Seniors Activity Centre offers the perfect variety of exercise programs that allow participants the opportunity to achieve balanced fitness. There is yoga, both chair and mat, for flexibility and inner strength.

There are sports such as pickleball, badminton, and table tennis that provide the aerobic component and there are strength classes, line dancing, and carpet bowling which add to one's overall level of fitness.



Remember also that there are other programs that help to develop mental fitness such as bridge, mahjong and crafts.

In conclusion, the ideal balanced fitness program is one that provides a combination of exercises that one can do on a consistent and regular basis to achieve a healthy mind and body. Are you ready to start developing your fitness program today so you can enjoy a healthier and happier lifestyle as you age? •



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AI Safety Handout

FROM “AN UPBEAT LOOK AT THE DANGERS AND JOYS OF ARTIFICIAL INTELLIGENCE”
A PRESENTATION BY RICHARD WARD, PH.D. AT THE SECHLT SENIORS ACTIVITY CENTRE ON JULY 15, 2026

Artificial Intelligence (AI) can be helpful and entertaining – but scammers are also using AI to trick people in new and convincing ways. The good news: a few simple habits can greatly reduce your risk.

Common AI-Related Scams Targeting Seniors

1. Voice Clone Scams - Scammers can use AI to imitate the voice of a grandchild, child, or friend.

Example: “Grandma, I’ve been in an accident and need money right away!”

Protect Yourself

- Hang up and call the person back directly using a trusted number.
- Create a family “safe word” only family members know.
- Never send money because of pressure or panic.

2. Fake Emails & Text Messages - AI now creates highly believable messages pretending to be from:

- Banks, CRA, Amazon, Telus/Shaw
- Medicare or health services

Warning Signs

- Urgent threats (“Your account will be closed!”)
- Requests for passwords or banking information
- Links asking you to “verify” information

Protect Yourself

- Never click links from unexpected messages
- Contact the company directly using a phone number you already know
- Banks and governments **do not** ask for passwords by email or text.

3. Fake Photos and Videos (“Deepfakes”)

AI can create fake videos of politicians, celebrities, or anyone appearing to say things they never said.

Romance & Friendship Scams

AI-generated photos and fake online profiles are becoming very realistic.

Common Tactics

- Quickly expressing affection or friendship

- Stories involving emergencies or travel problems
- Requests for gift cards, cryptocurrency, or money transfers

Protect Yourself

- Be cautious with online relationships.
- Never send money to someone you have not met in person.
- Discuss suspicious relationships with a trusted friend or family member.
- Do not believe shocking videos immediately.
- Check multiple trusted news sources.
- Remember: seeing is no longer always believing.

4. Tech Support Scams

A pop-up or phone caller claims your computer has a virus.

Protect Yourself

- Microsoft, Apple, and internet companies do NOT make unsolicited calls.
- Never give remote access to your computer.
- If unsure, ask a trusted family member or local tech expert.

Best Ways to Protect Yourself

✓ Use Strong Passwords

- Different password for important accounts
- Consider a password manager

✓ Turn On Two-Factor Authentication

Adds an extra layer of protection to banking and email.

✓ Keep Devices Updated

Updates fix security problems.

✓ Be Skeptical of Urgency

“Act now!” is often a scam warning sign.

✓ Never Share:

- Passwords
- Banking PINs
- Social Insurance Numbers
- One-time security codes

✓ Talk to Someone You Trust

A second opinion can prevent a costly mistake.



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In Memoriam

Mary Electa Bittroff

December 24, 1938 - June 19, 2026



Mary Electa Bittroff (née Thompson), born December 24, 1938, in Saskatoon, to Fred and Marion Thompson (née Wheaton), passed away on Saturday, June 19, 2026. Mary was predeceased by her brother, Al Thompson. Mary is survived by her daughter, Joan Johnson (Brian), and her two granddaughters, Jessica Termuende (Clayton) and Shelley Presseau (Daniel). She is also survived by her sisters, Edy Thornton (John) and Susan Stinson (Mike).

Mary worked as a secondary teacher in Surrey for 32 years. Mary was the Hot Dog Lady at Davis Bay Beach. She also served as a Marriage Commissioner for 10 years and on both the Delta and Sunshine Coast School Boards. Mary volunteered with the Gibsons Sea Cavalcade, Coast Rotary and Lions Clubs, Sechelt Seniors Activity Centre, supported many churches and was active with Toastmasters. She was a Trefoil member and worked hard to protect Camp Olave.

Mary spent the last six years in Comox, B.C. She volunteered her organ and piano playing skills to the Florence Filberg Centre, Glacier View Lodge and to the Comox Valley Presbyterian Church. She was also a strong advocate for the local Ukrainian community. Mary was committed to donating her skills to fight for joy, justice and empowerment throughout her life.

Mary has been laid to rest at the Courtenay Civic Cemetery, with a memorial service planned at her church on September 19th, 2026. Please message Joan at jb_lexxus@hotmail.com if you wish for more information. In honour of Mary's love of cats, donations can be made in Mary's memory to CATS, located in Comox, B.C., or your local SPCA. •



3

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50/50

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- Pop-up Barber
- Community Booths
- Canine Sources

100% of Dial-A-Dog's proceeds will benefit our Sunshine Coast Seniors
For Information: Contact Heather 778 549-8664

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

Thru May 2026, Dial A Dog has proudly provided **2097 hours** supporting Sunshine Coast seniors.
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Thursdays 9-noon**

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Call: 604-740-6474**

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CONTACT US - Your 1st visit is free

1-888-383-4569 Info@CoastCare.ca

Asking for help isn't giving up, it's GETTING UP!

PROUD MEMBER OF BC Care Providers Association EngAgeBC

www.CoastCare.ca

SUNSHINE COAST PEOPLE'S CHOICE 2023 Finalist

AUGUST LUNCH MENU

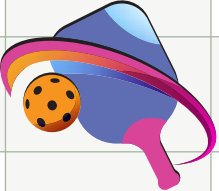
Lunch Service is available weekdays from 11:30 am to 1:00 pm.

We also serve soup, sandwiches and salads. Desserts vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed for BC Day³	Peanut Chicken Noodle Bowl (or Tofu)⁴	Roast Beef⁵	Cabbage Rolls⁶	Fish & Chips⁷
Banger & Mash¹⁰	Chicken Souvlaki¹¹	Roast Pork¹²	Taco Casserole¹³	Fish & Chips¹⁴
Meatloaf w/ Mac & Cheese¹⁷	Butter Chicken¹⁸	Chicken Parmesan¹⁹	Baked Salmon²⁰	Fish & Chips²¹
Quiche & Salad²⁴	Lasagna²⁵	Roast Ham²⁶	Hot Reuben Sandwich²⁷	Fish & Chips²⁸
Chicken Wings³¹	Members are welcome to bring guests to dine for a surcharge. Only items on the menu are available. Frozen entrées (\$6 or \$8) available on weekdays when the office is open from 9am to 2:45pm.			

AUGUST 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 2.5-3.5+	7:30-9:15 3.0-3.5+		9:30-11:30 2.0-3.0
				1:00-2:30 w/ Coach 3.25-3.5 Aug 14, 21, 28		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 2.0-3.0	2:30-4:00 w/ Coach 2.5-3.0		1:30-3:30 3.5-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 2.0-3.0	4:30-6:00 2.5-3.25	4:30-6:00 3.0-3.25	4:00-5:30 Social Play		3:30-5:30 Social Play
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		5:30-7:30 Social Play

Schedule is subject to change. For more information, please contact ssacpickleball@gmail.com.

AUGUST 2026 | SSAC ACTIVITY SCHEDULE

The Centre is closed on August 3, 2026. Some activities may continue, please check with your Activity Chair.

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John, Roxanne (8/3)	\$6
Chair Yoga for Strength & Mobility	11:45–12:45 AM/PM	Auditorium	Tenaya Kivlichan/Andre (8/17)	\$6
Duplicate Bridge	12:30–3:30 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 Lisa	9:15–10:15 AM	Auditorium	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 Alexov	\$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
WEDNESDAY				
Emergency HAM Radio	9:15–9:45 AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John, Marina (8/5, 8/19)	\$6
Line Dancing - Beginner/Improver	11:30–12:30 AM/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
Chair Yoga for Strength & Mobility	11:45–12:45 PM	Auditorium	Tenaya Kivlichan/Andre (8/6)	\$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 - August 14, 28	10:00–11:10 AM	Auditorium	John	\$6
Yin Yoga - August 7, 21	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
SUNDAY				
Quilting - August 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 19.