

SEASHELL ECHO

JULY 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.

In this Issue

- 1 Our True Wealth
- 3 Summer is Finally Here!
- 4 Just Get Up & Dance
- 6 Volunteer of the Month
- 7 The Latin Beat
- 15 Lunch Menu
Pickleball Schedule
- 16 Activity Schedule



Our True Wealth

BY BIRGIT STEFANI

The True Wealth of the Sechelt Senior Activity Centre: **Sharing, Friendship, and Community.**

Walk through the doors of the Centre on any given morning, and the first thing you'll notice isn't the schedule of events or the smell of fresh coffee—it's the sound. It's the low hum of easy conversation, the sudden burst of shared laughter over a puzzle, and the warm greetings exchanged between old friends and new faces alike.

At the Centre, we often talk about our fantastic programs, our workshops, and our social activities. But if you strip all of that away, you find the real heartbeat of our community: the simple, profound act of sharing.

Sharing Our Stories, Lighting the Way

Every single person who steps through our doors brings a lifetime of unique experiences. We have artists, teachers, travelers, builders, parents, and dreamers. When we sit down together—whether it's over a game of bridge, during a fitness class, or just sitting side-by-side in the lounge—we share those lives.

CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC
PO Box 564, V0N 3A0

Office: 604.885.3513
Manager: 604.885.8910

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

info@myssac.com
www.myssac.com

CENTRE INFORMATION

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.



Our True Wealth

CONTINUED FROM PAGE 1

Sharing a memory from forty years ago can bring a smile to someone who needs it today. Offering a listening ear to someone going through a tough week can lift a heavy burden. In a world that can sometimes feel fast and disconnected, our Centre is a place where your story matters, and where someone is always ready to listen.



The Magic of Unexpected Friendships

One of the most beautiful things about our Centre is how it brings together people who might never have crossed paths otherwise.

Friendship here doesn't care about your background or how long you've lived in the area. It starts with small things:

- Sharing a paintable corner of a table in art class.
- Passing the salt and pepper during lunch.
- Laughing together when a dance step goes beautifully wrong.

These small, everyday moments are the seeds of deep, lasting friendships. They remind us that we never outgrow the need for connection, and we are never too old to make a new best friend.

A Place Where You Belong

If you've been a regular at the Centre for years, thank you for being the bedrock of our warm atmosphere. Your welcoming smiles make all the difference.

And if you've been thinking about dropping by but haven't quite made it through the door yet—please consider this your personal invitation. You don't need an excuse, a special talent, or a connection. Just bring yourself.

Come to share a cup of coffee or tea, share a laugh, enjoy our lunch specials or share in an uplifting program. We have a space saved just for you, and a community of friends waiting to welcome you home. •

Summer is Finally Here!

BY VICKI RAW

Happy July! We hope you are enjoying the sunshine, longer days, and the chance to connect with friends old and new at the Centre.

As the weather gets warmer, we want to remind everyone to stay hydrated, dress comfortably, check on family, friends and neighbours (especially those living alone), and take care when travelling to and from the Centre. Your safety and well-being are always important to us.

And on that note, we would like to remind our members to always lock your vehicles and refrain from leaving valuables in plain view when parking at the Centre.

Here are some tips for staying cool when temperatures rise:

Block Out the Sun: use sunscreen when you are out and about, and keep your curtains or blinds closed during the warmest hours of the day.

Hydrate: freeze berries or fruit slices and add them to water for a refreshing drink, and snack on water-rich veggies and fruits like cucumbers, melons and citrus fruits.

Keep Your Kitchen Cool: avoid using your oven on hot days, instead use slow cookers, air fryers, or outdoor grills.

Get Creative: no a/c? no problem! Place a bowl of ice in front of a fan for a quick cool down, or freeze a sock filled with dry rice and place on your neck or chest to help lower your body temperature.

Find Cool Spots: a shaded corner of your deck where you can enjoy a cold drink and good book, that quiet corner in your backyard may be perfect for a kiddie pool to soak your feet in, and **the Centre is always a great choice when you need to get out of the heat!** Especially now that the heating/cooling units have been installed in the Craft and Farrish rooms.



As always, we are pleased to offer a variety of activities, programs, and social opportunities designed to keep everyone active, engaged, and connected. Whether you enjoy fitness classes, games, arts and crafts, dancing, shared meals, or simply stopping by for coffee and conversation, we look forward to seeing you!

Please be sure to check the July schedule on the back page for program times. If you are interested in trying something new, this is a wonderful month to join an activity, bring a friend, or speak with one of our volunteers about ways to get involved.

And don't forget to purchase tickets to dance the night away with **Matchbox Bluze** on July 18th. Tickets are only \$20 if you buy in advance and are available at the front office or at *A Little Brit of Heaven*.

Thank you for being such an important part of our community. Your participation, kindness, and support help make the Centre a welcoming place for all. •



Just Get Up & Dance!

The **Julio Avila Cuban Band** - played to a sold out crowd on **June 20th**. It was a big success with the dance floor busy all night and some people just enjoying the music. They will be back again next year.

Special thanks to Amanda who went all out on the decorations! Wow, you are talented, girl!

Many thanks to all the regular volunteers who help organize, set up, decorate, bartend, man the snack bar, collect empties and wash tablecloths. Also, thanks to all those who stick around to help put everything away at the end of the night.

Note: If you are missing a pair of dancing shoes, they are at the Centre and if anyone found a pair of prescription sunglasses please turn them in to the front office.

Events coming up in the next few months . . . mark your calendars!

July 18: Matchbox Bluze is an electric and eclectic band that is, without a doubt, steeped deeply and 'souly', in the blues. "Featuring Jhan Dudley, Bruce Mortimer, Martin Eade and John Burton, the band's repertoire includes song and stylings from the Chicago Blues to the Mississippi Delta, and from rough and tumble Texas Blues to West Coast Swing, performed in an impromptu, off-the-cuff fashion, somewhat reminiscent of the bluesier side of early, mid-sixties Grateful Dead" - *Show Hub*.

August 22: Souled Out concert/dance. "Featuring the very best Soul, R & B Motown Classics, Funk, Disco and Contemporary songs from the past 5 decades served up with non-stop musical energy, variety and showmanship." - *club 240*.

September 19: Ocean Park Wailers. The Wailers will play hits from the '70's and '80's with a little spiced up tribute to the Beatles.

All of the above dances are from 7:00 to 9:45 pm with the doors and bar opening at 6:30 pm. Thanks to all who attend the dances - all proceeds go to support activities in the Centre. See you at the dances! •

- Jay, Ann, and the Dance Committee





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Volunteer of the Month

Norma Pruden



For the past 15 years, Norma has been a valued member of the SSAC.

She began her volunteer journey with the *Funtastics* and has since contributed in many leadership roles including Day Director and Director at Large. For the last five years, she has warmly welcomed members and guests as the dining room hostess while also training new volunteers. As both an organizer and active member of the Food Services Committee, she plays an important role in the Centre's dining programs. She actively embraces the SSAC Mission statement: *To support and enhance the lives of our members, by providing mental and physical stimulation and social experiences.*

In her spare time she enjoys gardening and reading. The SSAC Board and Membership thank you for your many years of service and commitment! •

Creative Crafts



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



SSAC VOLUNTEER LUNCHEON FRIDAY, JULY 3

12:30 pm. Doors open at noon. Limited Seating. If you are a regular SSAC volunteer, sign-up at the front desk **by June 26**, to receive your complimentary ticket.



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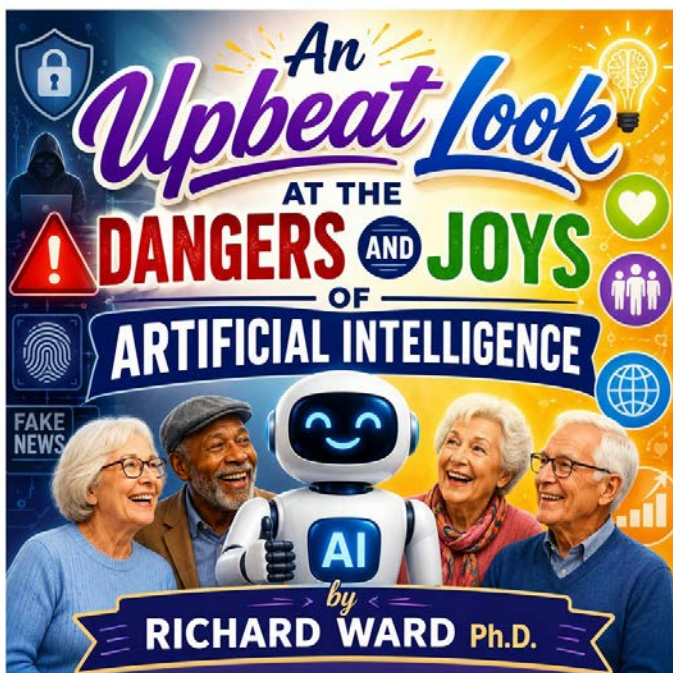
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WEDNESDAY, JULY 15

1:30-3:30 PM - LUNCHROOM

Entrance by donation to the Affordanle Lunch program.
Seating is limited. SSAC membership not required.

Dance Workshop

The Latin Beat

The SSAC Auditorium came alive with the vibrant rhythms of salsa, bachata, mambo, and cumbia as participants filled the floor for an afternoon of music and dancing. The Latin Dance Workshop held on Saturday, June 13th was open to the public and required no partner or previous dance experience. Everyone was invited to simply step in and follow along as professional dance instructor and choreographer Gustavo Ferman introduced the fundamentals of Latin dance. Returning for his second visit to the SSAC, Gustavo's enthusiastic teaching style and infectious energy had participants smiling, laughing, and moving! •





JOHN BURTON

BRUCE MORTIMER

JHAN DUDLEY

SHAWN SOUCY

Matchbox Bluze

SATURDAY, JULY 18

7:00-9:45 PM - DOORS OPEN 6:30 PM

Tickets \$20 in advance at SSAC front desk or
A Little Brit of Heaven · \$25 at the door
Cash bar: Beer, Wine, Spirits, Non-Alcoholic
Beverages & Free Snacks · 50/50 Draw



CHIROPRACTIC FREE POSTURE SCAN

Friday, July 17
11:30 to 1:00 pm

Get free posture scans courtesy of Coast Chiropractic.



FREE HEARING AID CLEANING

Friday, July 10
12:30 am to 2:00pm

Anchor Hearing provides hearing aid cleaning at the lounge.



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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, July 24

Free eyeglasses cleaning will be provided at the Centre by Vivian from Because I Care.



CAREGIVER/ SENIORS CONNECTOR

Friday, July 3

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



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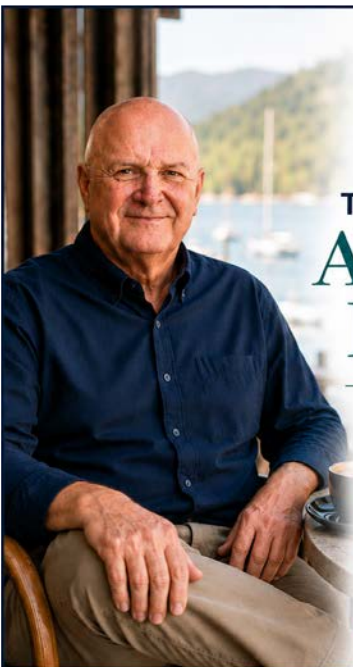


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In Memoriam



Robert Norman Mackie

March 7, 1938 - June 7, 2026

Bob passed away peacefully after a long battle with Dementia, Diabetes, and a severe foot infection.



Born in Ontario, Bob joined the RCAF and worked as a radar technician on Baffin Island during the Cuban crisis of the 1960s. He later became a linesman with BC Tel and retired 30 years later.

Bob enjoyed welcoming travel nurses to his 3 log cottages over the years when they worked at the Sechelt hospital.

Bob had a passion for golf, and he won many awards. He was very active at the Sechelt Seniors Centre helping others learn square dancing and ballroom dancing, especially waltz and two-step.

Bob and his wife Louise travelled 13 years to St. George Utah for the World's Senior Games, where they won 4 Silver and 3 Bronze square dancing medals for Canada. Bob also won a bronze in Golf.

No service, flowers or cards by request.

Donations to the Sechelt Seniors Centre would be gratefully appreciated. •



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



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3

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JULY 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
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.		1 Closed for Canada Day	2 Taco Casserole	3 No Lunch Volunteer Appreciation Ticket only
6 Sole	7 Chicken Quesadilla	8 Roast Beef	9 Bangers & Mash	10 Fish & Chips
13 Meatballs in Mushroom Gravy	14 Baked Salmon	15 Chicken Cordon Bleu	16 Cabbage Rolls	17 Fish & Chips
20 Quiche & Salad	21 Lasagna/Butternut Squash Lasagna (V)	22 Roast Pork	23 Hot Reuben Sandwich	24 Fish & Chips
27 Butter Chicken	28 Shepherd's Pie	29 Roast Ham	30 Beef Dip	31 Fish & Chips

JULY 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 3.25-3.5		11:30-1:30 3.0-3.25
3:00-4:30 3.25-3.5		3:00-4:30 w/ Coach 1.0-2.0	3:00-4:30 2.5-3.00	2:30-4:00 2.5-3.0		1:30-3:30 3.5-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 1.0-2.5	4:30-6:00 2.5-3.25	4:30-6:00 3.0-3.25	4:00-5:30 2.5-3.5+		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		5:30-7:30 3.0-3.5+

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

JULY 2026

SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John McDougall-Goulet	\$6
Core on the Floor	10:15–11:15 AM	Craft Room	Lisa Alexander	\$6
Chair Yoga for Strength & Mobility	11:45–12:45 AM/PM	Auditorium	Tenaya Kivlichan	\$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 & 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/PM	Farish Room	Gill Smith	\$4
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
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 - July 3, 17, 31	10:00–11:10 AM	Auditorium	John	\$6
Yin Yoga - July 10, 24	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 - July 12	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.