

SEASHELL ECHO

SEPTEMBER 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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Last Days of Summer

BY VICKI RAW



he weather outside seems to sense that I am writing an article for our September issue.

Gone – at least for the day – are the clear, blue skies of summer and the term ‘sweater weather’ quickly comes to mind. But I’m certain there are more sunny days just around the corner, so for now my fall wardrobe will remain in the back of my closet.

Here at the Centre, we’ve been happily surprised with how busy it has been over the summer months. While typically a slower period, participation in several activities has increased and the dining room remains a very popular lunch spot. Our 40th Anniversary BBQ and Open House was well attended, as well. Thanks to everyone who stopped by to enjoy some fellowship and burgers prepared by the Sunshine Coast Rotary Club.

Behind the scenes, it is time for the team and Board of Directors to begin the important work of preparing next year’s budget and developing a new multi-year strategic plan. Key to both will be major gifts received from two generous members - a 6-figure gift of securities that was received last fall, and a \$100,000 donation received in August.

CONTINUED ON PAGE 2



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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
Sunshine Coast Transit	604.885.6899
HandyDART	604.885.6897
VCH - Adult Mental Health	604.924.8370

SUNSHINE COAST

ElderCollege

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.



Last Days of Summer

CONTINUED FROM PAGE 1

Both donors took advantage of tax credits offered by the government to make the most of their philanthropic contributions. If you would like to discuss making a major gift, please reach out. I can be reached at Vicki.Raw@myssac.com or ask for me at the front desk.

Part of this work is a review of our programs, activities, and capacity constraints, but as always, our priority is you, our members, and making sure we continue to offer a broad range of engaging programming that helps you meet your social, creative and wellness goals.

Don't forget that on Saturday, September 19th, the 7-piece band - Ocean Park Wailers - will bring music from the '70s and '80s and a tribute to the Beatles to our auditorium for your listening and dancing pleasure. Get your tickets today at the front office. •



Kitchen Volunteers

Preppers
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Dishwashers



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

SUNSHINE COAST *ElderCollege*

LAUNCHES ITS **2026 FALL PROGRAM**

Mahatma Gandhi said
"Learn as if you were to live forever."

In 25 years, an all-volunteer
ElderCollege has delivered **500 courses**
to more than **14,000 seniors**.



The majority of the Coast's population is over 55 and this is the group that ElderCollege aims to engage with new, creative learning opportunities. This fall's offerings include: Music as Medicine, The Beat Goes On (heart), The Hidden Impact of Ageism on Health and Society, Communication and Memory in Plants, End of Life Preparedness, Shakespeare in a New Century, Access to Fresh Water, and Scotch: The Stories Behind Scotland's iconic Spirit, *(extra fee for tasting)*.

Look for a complete list of courses on our website.
All courses are \$40. Join us for our free, public lecture:
Artificial Intelligence, Friend or Foe in October.
sunshinecoasteldercollege.ca

A FREE PUBLIC EVENT

OPEN TO ALL AGES

2026 Annual Clifford Smith Memorial Lecture

Artificial Intelligence, Friend or Foe?



Dr. Stephanie Dick is an Assistant Professor, School of Communication, Simon Fraser University and a historian of mathematics and technology with a PhD from Harvard University. She is an expert on AI. Dr. Dick will explore how AI is changing the ways we live, work, learn, create, make decisions and relate to one another. Is it a tool, a companion, a threat or a breakthrough -- or a mixture of all four?

SATURDAY, 2:30 - 4:30PM

October 3, 2026

Raven's Cry Theatre, Sechelt

SPACE MAY BE LIMITED.

You must register:
sunshinecoasteldercollege.ca

Sponsored by:



**Sunshine Coast
FINANCIAL**

What A Fantabulous Party!

Wasn't that a party with **Souled Out?** I don't think that the dancing stopped all night.

Can't say enough thanks to our dance committee and all the volunteers who come to help us set up the tables, decorations and bar and everyone who stays behind to help clean it all up.

Special thanks to Ann, Louise, Jeff, Amanda and Joy who worked hard at the Bar and snacks window.

I'd also like to thank Collene who for the last two years washed and ironed all the tablecloths for the dances and events. It will be so hard to replace you.

Congratulations to the winners of the 50/50 and dance tickets for the next dance.

Get ready for SSAC next dance on September 19th when Ocean Park Wailers bring the best hits of the '70s and '80s, plus a lively tribute to the Beatles! Go to YouTube to view their videos. This event will sell out fast, so get your tickets now!

Tickets are \$25 in advance, available at the SSAC Front Desk or at A Little Brit of Heaven. \$30 at the door (if there are any left!)

Cash bar featuring beer, wine, spirits, and non-alcoholic beverages. Free snacks! 50/50 Draw!

Bring your friends and join us for a fantastic night of classic hits and great memories.

Thank you for all of you who come to our dances, there would be no events without your support. •

- Jay, Ann, and the Dance Committee





SECHELT SENIORS ACTIVITY CENTRE
PRESENTS

OCEAN PARK WAILERS

GET YOUR TICKETS NOW!

SATURDAY, SEPTEMBER 19
7PM-9:45PM

SECHELT SENIORS ACTIVITY CENTRE AUDITORIUM - DOORS OPEN 6:30PM



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

FREE HEARING AID CLEANING

Friday, September 11
12:30am to 2:00pm

Anchor Hearing provides hearing
aid cleaning at the lounge.



CAREGIVER/ SENIORS CONNECTOR

Friday, September 4

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



FREE LEGAL AID CLINIC

Every Tuesday
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.



Spectacular "Souled Out"

BY HEATHER DORÉ | PHOTOS BY VAL GALAT

One of the most exciting parts of my job as the Front Desk Administrator at the SSAC is getting to know a wide variety of people, and finding out what brings them joy. Well, if the huge smiles and enthusiastic comments I've heard in the past couple of days are any indication, the sold-out "Souled Out" Band's show in the auditorium on Saturday, August 22nd was nothing short of spectacular!

There was a lot of buzz about this band even before the tickets went on sale, and the phone was ringing off the hook with people asking if we still had any left. I checked them out online, and after seeing their set list and watching a couple of videos, knew that this was going to be something truly unique. I made sure to get my tickets early, and let my friends know about it. I also noticed that their sax player was Bill Abbott, who played on my CD many years ago. (I hoped I might get a chance to say "Hi").

As soon as they started playing the first few notes on Saturday, people literally ran to the dancefloor. The setlist was absolutely perfect for our venue - it transported us back to our youth, and we all joyfully sang along as we danced, almost non-stop, for hours. It was such a beautiful thing to both witness, and experience.

I had asked one of the band members the day before if they might be playing "September" (my favourite Earth, Wind & Fire song) and he assured me they would. They did not disappoint! For those of you that weren't able to make it, they also played some Stevie Wonder, O'Jays, Chicago, Lighthouse (those of us from Ontario remember) Gladys Knight and the Pips, and even threw in some funky Bruno Mars. Their Motown Medley was amazing!

The vocalists were all fantastic, as were the musicians, and it was clear that not only did they really like each other, but they all LOVED doing what they are doing.

They engaged with the audience, and made us all feel a part of something very special. We are all hoping that we'll have the pleasure of having Souled Out back at the SSAC one day - I personally think this was the best band I have seen since moving to the Sunshine Coast!

Oh, and I did get to speak with my former sax player Bill, after the show, which was an added bonus - it was great to have a chat after all this time.

What a fabulous night! •





40 Years and Counting

BY VAL GALAT

Let me introduce myself: My name is Val Galat.

My husband and I moved to Sechelt in 2016. After some research on the facility, I joined the pickleball program and have happily been a member ever since. My first gig as a volunteer was helping count money for the **Treasure Chest 50/50** (aka Toonie Tuesday) fundraiser, where I met several people who are still friends as of today. Then I joined the fundraising committee to raise funds for the extension of the Lunchroom for the Centre, and after that I chaired a committee that celebrated the donors from that fundraiser. Post-Covid I joined the Board of Directors as the Secretary. I am the Chair for the **Friday Badminton** players. And lastly, I chair the committee for the **40th Anniversary of the Activity Centre**. I have enjoyed bringing my skill set to these tasks and am having (way too) much fun along the way!

The 40th Anniversary of the Sechelt Seniors Activity Centre incorporation has had some interesting celebratory events. Gill Smith and I popped into several activities at the beginning of 2026 to share about events that were planned for celebrations. Stickers with the 40th logo were handed out, and members were encouraged to participate. And they have!

Richard Ward did a written history of the Centre over several Echo articles.

Commemorative thermal tote bags went on sale in the new year, sporting our 40th Anniversary logo.

You may have noticed that there are banners hanging from the light standards in the front parking lot, as well as the silhouettes placed on the windows and walls of the Centre. Vicki Raw created these. They really capture the spirit of the Centre.

A pickleball **Dinkathon Tournament** was held mid-March to commemorate the 40th, which was enjoyed by all participating players.

To commemorate National Volunteer Week in April, we provided gift bags after the AGM for our many volunteers, as a way to thank them for their dedication to the Centre.

On May 14th, the actual date of our incorporation, the Centre hosted an event in the dining room, which included a video under the leadership of Brian Coxford, and created by students, a slide show to assist for those playing a trivia game about the Centre, and a ceremony dedicating our **Time Capsule**. Music was provided by our Ukulele players. And we enjoyed several songs sung by our very own Heather Doré. A couple of tasty cakes were served to top off the event!

The following evening, we played **Rock 'n' Roll Bingo** in the Auditorium, along with the opportunity to bid on some wonderful Silent Auction items. Everyone had a wonderful time, with nearly 100 songs from the '80s played and sung to by (amateur) soloists!

Another celebratory event was recently held on August 15th, as the **40th Anniversary BBQ and Open House**. The Sunshine Coast Rotary club kindly and magnificently cooked and served our burgers, with chips, and drinks also available. Ice cream was served inside, where many tables were set up along with some activity leads, to explain about our offerings.

Going forward our annual **Halloween Dance**, on Saturday, October 31st, will feature special prizes for the best '80s-themed costumes!

Thanks to everyone who has been able to help along the way, including present and past Board members, Vicki Raw and Gill Smith, Nicol and her people for the paper flowers, Jay and her team for the decorations, and countless others who pitched in. •



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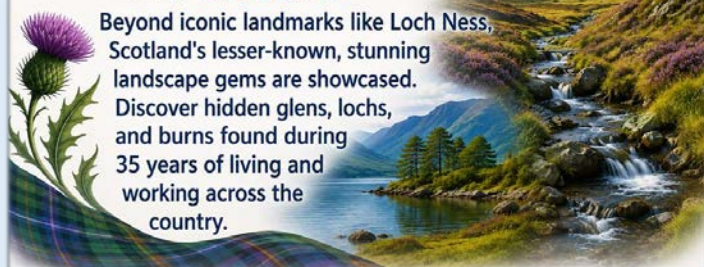
Emeritus Professors Lecture Series

Wednesday September 16th - 2pm

Dr. Eric Verspoor

Emeritus, University of Highlands and Islands (Scotland)

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No preregistration necessary

Entrance by donation to Affordable Lunch program

Seating limited, SSAC membership not required

SECHLT SENIORS ACTIVITY CENTRE
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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
Everyone is Welcome!***

Celebrate • Learn • Connect

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**Resource
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homehealthcarenetwork.ca

Painting Pals

Painting Pals is a welcoming weekly drop-in for artists of all levels of expertise and all mediums. We meet to paint or draw for inspiration, improvement, support and sociability. On the 2nd and 4th Thursday of each month we are joined by professional artist Suzy Naylor. Suzy is a local artist who has taught beginner art classes and participates in the *Sunshine Coast Art Crawl* and the *Purple Banner Tour*. Suzy is passionate about encouraging artists of all levels. If you have ever thought you would like to learn to paint please bring your own supplies and join us.

Painting Pals is a \$4 activity.

Thursdays
1:00pm - 3:00pm
Craft Room



TheART Club

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

September 7 Centre is closed
September 14 Doodillusions with Nina
September 21 ATC master boards with Gail
September 28 Sweet sachets with Lesley



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Travel Masters

Thank You!

Louise Parker is a member and annual donor who also volunteers her time to teach a weekly Line Dancing for Beginners class. The Sechelt Seniors Activity Centre is profoundly grateful to Louise for her recent donation of \$100,000 made in fond memory of her husband, Bob Mackie.

Bob was a past member of the Centre and past president of the Country Stars Square and Round Dance Club. Louise, a retired teacher, joined the dance club many years ago after watching them perform in the mall. In 2000, after experiencing a devastating loss, her fellow members encouraged her to stay involved, and Bob stepped in to provide private ballroom dance lessons. A true partnership was born. Bob and Louise went on to win 4 silver and 3 bronze medals and each others' hearts.



His kindness and patience in teaching me to dance lifted my spirits during a very sad time in my life. Thank you, Bob!
- Louise

Making such a substantial contribution was both a charitable and practical decision for Louise. Canada's charitable tax credit system provides significant incentives for philanthropic giving, so while supporting a cause that aligns with her values, the combined federal and provincial tax credits may offset capital gains and personal taxes payable, greatly reducing the after-tax cost of the donation.

Individuals considering a major charitable gift should consult qualified professional advisors regarding their specific circumstances. •

SeniorsLottery.ca

BC 50/50 Seniors



August Winner- Colin D. \$5,605
Ticket #BC-19626519 (Mackenzie, BC)

SEPTEMBER DRAW
Friday, September 25, 10:30 am

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seniors through Seniors Activity
Centres around BC



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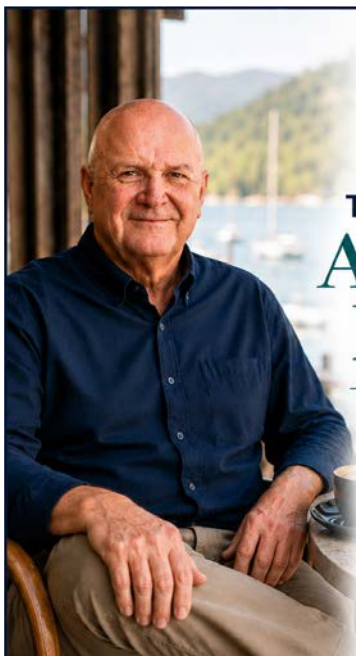
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Tai Chi for Beginners

Build strength, improve balance, and discover the benefits of Tai Chi in a supportive, beginner-friendly environment. SSAC is offering two beginner Tai Chi classes this fall taught by instructors from the Canadian Tai Chi Academy:

Beginner Tai Chi

- Dates: Thursdays – 10am to 11:30am, September 17 to April 29 (inclusive)
- Duration: 8 Months
- New Student Window closes on October 1

Tai Chi Fundamentals (limited to 12 participants)

- Dates: Fridays, September 18 to December 18 (inclusive)
- Duration: 14 weeks

Beginner Tai Chi is designed to introduce students to the gentle movements of the 108-move Tai Chi set along with the foundations and principles that underlie the physical and mental health benefits. Tai Chi is a complete whole-body exercise that can be practiced anywhere, anytime, with no need for special gear or a change of clothing. One of the reasons that people feel so good when they are doing Tai Chi is that the movements are relaxing, even at the beginner level. This is because the nature of the movements tends to naturally stretch the muscles, tendons, and ligaments in a gentle manner.

Tai Chi Fundamentals is designed for people who want to learn Tai Chi but feel they may need a little extra preparation. Whether you have concerns about strength, flexibility, or balance—or simply want to start at a comfortable pace—this program will help you build confidence while learning the basics. The program



combines the Academy's Gentle Tai Chi exercises with instruction in the beginning movements of the Tai Chi set. The gentle exercises help improve strength, balance, and flexibility while providing a solid foundation for continued Tai Chi practice.

After completing this course, you will be ready to continue with Academy Beginner classes, including the Thursday Beginner class held alongside the regular class.

Advance registration is required for the Tai Chi Fundamentals program. Once the class is full, additional registrations will be placed on a waiting list.

Payment for the first class must be received on the day of the class. If you decide at that time to continue, payment for all remaining classes is required prior to the second class. You may pay for all 13 remaining classes at once, or pay in two instalments. A minimum payment of 6 weeks (\$36) is required.

First payment deadline: Tuesday September 22

Final payment deadline: Tuesday November 3

Food for Thought

Emeritus Professors Lecture Series

Learn and be entertained by retired Professors in this final term of the Emeritus Professor Series.

SEPTEMBER 16, 2PM - DR. ERIC VERSPOOR

Emeritus, University of Highlands and Islands (Scotland)

Scotland's Glens, Bens, Lochs and Burns

Beyond iconic landmarks like Loch Ness, Scotland's lesser-known, stunning landscape gems are showcased. Discover hidden glens, lochs, and burns found during 35 years of living and working across the country.

OCTOBER 21, 2PM - DR. JIM CARSON

Professor Emeritus, Kenyon College (USA)

Revolution, the Nation, and the History of Happiness in Jane Austen's Books

Dr. Carson re-evaluates Jane Austen, arguing her novels reflect traditional history and political events. Austen explicitly addresses social history, including feminism and consumer society, suggesting her work contributes to an expanded "history of happiness."

NOVEMBER 18, 2PM - DR. DAVID LAYCOCK

Emeritus, Simon Fraser University (Canada)

Democracy and Our Obligations to Future Generations

Exploring our obligations to future generations, this talk addresses how to treat them justly. It examines why democratic governance has failed to protect the future and considers if innovative institutions can remedy this problem.

DECEMBER 16, 2PM - DR. CHRISTINE PAWLEY

Emerita, University of Wisconsin (USA)

A History of Christmas Traditions

Christine Pawley explores the historical origins of Canadian Christmas traditions, from gift-giving to holiday foods. Illustrated examples trace these customs from the late Roman Empire through medieval Europe to 20th century North America.

Lectures are held in the SSAC lunchroom. Admission by donation, no preregistration necessary, seating is limited so please arrive early.

PENDER



CONNECTIONS

Bringing Resources to Pender Harbour

Alzheimer Society
BC & YUKON

Thursday, September 10

AT PENDER HARBOUR
SCHOOL OF MUSIC

What is dementia?

1:00 – 3:00pm

Learn about dementia, including stages, progression & common myths.



Changes in communication

5:00 – 7:00pm

Explore how dementia impacts communication & ways to navigate common challenges.



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40th Anniversary

The Celebration Continues

Celebrating SSAC's 40th Anniversary continues. On August 15th, a BBQ (by donation), and Open House of the Centre's activities was held in the back parking lot and Auditorium. We were fortunate to have a beautiful sunny summer day. The Sunshine Coast Rotary Club cooked and served beef and vegetarian burgers. The smell of cooked onions was mouthwatering! Refreshing sodas and water were available, and a cold treat to top off the meal left participants sated. Decorations made the set up very inviting. Inside tables displayed many of our programs which along with some activity leads, explained our offerings. Many people were involved putting this together, and their efforts were deeply appreciated. •





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Direct to Smelter

Precious Metals Roadshow Returns to Sechelt

Ursa Major Gold, Silver & Coin returns to the Sechelt Seniors Activity Centre on September 21 and 22. You can bring your gold, silver, coins and collectable banknotes between 10am and 4pm on Monday or Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin.

“Ursa Major has the unique advantage of dealing direct with a smelter” said Dick. “That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public.” In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a ‘melt’ value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

“If you decide to sell after hearing the quote, great, but it is also about information” says Dick. “A lot of times people just need to know a ballpark of what things are worth; we don’t pressure anyone into selling”. Dick took out his first gold claim when he turned 16 in the 1970’s and has been involved with precious metals ever since. An ardent gold panner, he was a regular



at the world championship gold panning competition with a personal best of 3rd place in 1984.

“Nearly half of the world’s annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned.” Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out of fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. “We can assess any coin ever made for collector or precious metal value, including world coins and ancient coins.” People are encouraged to bring in any and all coins for assessment.

Ursa Major also assesses and purchases Canadian and Dominion of Canada Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary. •



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In Memoriam



Juliet Yung Hao Lin

September 25, 1937 - July 8, 2026

It is with heavy hearts that the family of Juliet Yung Hao Lin (b. 25 September 1937) announces her passing on 8 July 2026, in Dundas, ON.

Juliet was born in China to Larry Lin and Marie Feng. She came to Canada as a teenager. She graduated from the University of Toronto Faculty of Pharmacy in 1960. She moved to London, England, and earned her Master's in Biochemistry at the London Hospital Medical College a few years later. Years later, and back in Toronto with three children under 20, she earned her Bachelor of Fine Arts degree from York University.



She was employed at the Ontario Coroner's office, worked as a pharmacist in a community pharmacy, and worked as a chemo pharmacist manager at hospitals in two provinces.

Her hobbies were her passion! Travel around the world, trekking on Mount Everest and Mount Kilimanjaro. Painting on silk for a wearable art show, obtaining her certificate in Landscape Architecture, and singing with the Lions Gate Chorus. She was a master Gardener and a member of the Sechelt Garden Club for over 2000 years. She was a patron of the Sechelt Botanical Garden. There stands a bench by a grove of Aspen trees, which she donated in honour of her parents, who were ophthalmologists in China. They donated their time and expertise to perform life-changing eye surgeries for people who could not afford them.

Physical endeavours include running a marathon, achieving a black belt in Karate, and paddling a dragon boat competitively and internationally. She was music librarian and played the timpani with the Brock House Orchestra. She explored writing at Brock House in Vancouver and was a member of the writer's club in Sechelt, on the Sunshine Coast. She was also a self-published author, chronicling her busy life in UNBOUND,

available online. One would often find her working on a Sudoku puzzle or dabbling in some kind of art project. Juliet made friends quickly whenever she joined something new. She brought light and joy into every room she entered.

She is deeply missed by her children: Kevin (Alyssa), Daryl, and Kate (Simon); grandchildren: Deklan, Olivia, Marbella, Roy Gabriel, Julia, and Laura; great-grandchild Agnes; and sisters Sylvia (Sharalyn) and Harriette (Eddy). She was predeceased by her brothers Gerry and Roy.

Cremation has taken place. Interment at Pinecrest Cemetery 2500 Baseline Road, Ottawa ON and a celebration of life in her honour will take place at a date to be determined.

Donna Prendergast

August 2, 2026

It is with great sadness that we announce the passing of Donna Prendergast on August 2, 2026, at the age of 81. She was predeceased by her husband, Donald. Donna passed quietly



in her sleep with her beloved dog, Bailey, by her side. She leaves behind her siblings, Kevin and Audrey, and her sons, John and Matthew.

Donna was a dedicated educator, teaching in the Yukon, Eagle Creek, and Buffalo Creek Elementary. She was incredibly proud of pioneering "Coming Together," a cultural immersion program bridging Canim Lake Reserve and Buffalo Creek students. Donna also managed the family's interior BC cattle ranch with fierce determination. Later in life, she was a familiar face walking Sechelt's seawall. Donna lived generously, quietly helping neighbors, creating art, and advocating for others. She will be deeply missed and lovingly remembered.

A memorial was held on August 22nd.



Carol Brophy

March 16, 1946 - July 31, 2026

Carol Louise Brophy (née Null) passed away peacefully on July 31, 2026, at the age of 80.

Carol lived a life marked by curiosity, compassion, learning, and service. She was known throughout British Columbia's Sunshine Coast as a Registered Massage Therapist and



dedicated Iyengar yoga teacher, sharing her gifts with clients and students for more than 30 years. Through her work, she helped countless people find healing, balance, and well-being.

A lifelong learner, Carol graduated from San Jose State University and later from the West Coast College of Massage Therapy. Her passion for personal growth and spiritual practice guided much of her life. She devoted herself to meditation and studied with many respected teachers, including Anagārika Dhamma Dinna, Ajahn Pavarro, Vipassana Hawaii, and others who influenced her lifelong spiritual journey.

Carol embraced life's many adventures. She will be remembered for her wisdom, gentle presence, generosity of spirit, and commitment to helping others.

Carol leaves behind her longtime partner, Tom Pinfold, and her stepdaughter, Tosha (Julius), and stepson Brian, as well as her bonus children: Kyran (Ian), Kirsten (Colin), and Eric. She was a proud grandmother to Keegan, McKinley, Brynn, Riley, Vivien, and Nathan, all of whom brought her great joy.

Carol's life was a testament to kindness, mindfulness, and connection. She will be deeply missed and fondly remembered by all who knew and loved her.

"May her journey continue in peace."

A Celebration of Life was held on the afternoon of August 25, 4-6pm, on a drop-in basis, at the Sunshine Coast Botanical Gardens.



3

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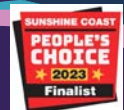
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SEPTEMBER LUNCH MENU

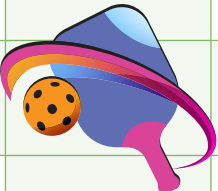
Lunch Service is available weekdays from 11:30 am to 1:00 pm.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	¹ Seafood Linguine	² Roast Beef	³ Sole	⁴ Fish & Chips
⁷ Closed for Labour Day	⁸ Shepherd's Pie	⁹ Chicken Cordon Bleu	¹⁰ Chinese BBQ Pork	¹¹ Fish & Chips
¹⁴ Beef Dip	¹⁵ Lasagna	¹⁶ Roast Pork	¹⁷ Chicken Souvlaki	¹⁸ Fish & Chips
²¹ Quiche & Salad	²² Cabbage Rolls	²³ Roast Ham	²⁴ Hot Reuben Sandwich	²⁵ Fish & Chips
²⁸ Baked Salmon	²⁹ Baby Back Ribs	³⁰ Closed for Truth & Reconciliation Day	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.	

SEPTEMBER 2026 | SSAC PICKLEBALL SCHEDULE

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

MON	TUE	WED	THU No Sept. 24	FRI No Sept. 11	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 3.25
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 2.5-3.25	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 3.25-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 Social Play		5:30-7:30 Social Play

Watch for other changes as we amend the Fall schedule. For more info, please contact ssacpickleball@gmail.com.

SEPTEMBER 2026

SSAC ACTIVITY SCHEDULE

The Centre will be closed on September 7 and 30. Some activities may continue. Please consult your activity chair.

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John, Roxanne, Andre	\$6
Chair Yoga for Arthritis - starts Sept. 21, 6 weeks	10:15–11:15	AM	Farish Room	Bobbie Seale-Cobiskey	\$36
Chair Yoga for Strength & Mobility	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichan/Andre	\$6
Duplicate Bridge	12:30–3:30	PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Lunch Room	Fran Engst	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Caple	\$4
TheArt Club	2:00–4:00	PM	Farish Room	Nicol/Nina/Ruth	\$4
TUESDAY					
Yoga with Marina	8:00–9:00	AM	Auditorium	Marina Mawby	\$6
Fitness with Lisa or Jacqui	9:15–10:15	AM	Auditorium	Lisa, Jacqui	\$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
Table Tennis	3:00–4:30	PM	Auditorium	Eric Verspoor	\$4
WEDNESDAY					
Emergency HAM Radio	9:15–9:45	AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John, Marina	\$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++
Ukulele Jam and Sing Along	11:15–12:45	AM/PM	Farish Room	Mary Pinniger	\$4
Chair Yoga for Strength & Mobility	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichan/Andre	\$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, series starts, preregister	10:00–11:30	AM	Craft Room	Cam Ellison	\$6
Hatha Yoga - September 4, 18	10:00–11:10	AM	Auditorium	John	\$6
Yin Yoga - September 11, 25	10:00–11:10	AM	Auditorium	Andre	\$6
Badminton - no Sept. 11	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 - Sat. September 12 & Sun. September 13	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.