

SEASHELL ECHO

OCTOBER 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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Building a Stronger Foundation: A Year of Progress at the Centre

BY BIRGIT STEFANI

What a year it has been! As we mark one year since welcoming our Executive Director, Vicki Raw, we want to take a moment to reflect on the significant progress made behind the scenes to ensure our Seniors Activity Centre remains a vibrant, safe, and sustainable space for all our members for years to come.

Over the past 12 months, our leadership has focused on strengthening the organizational framework that supports our daily activities, programs, and community events.

Transitioning to a Governance Board

One of the most meaningful changes this year has been the evolving role of our Board of Directors. Historically, our board operated as a hands-on "operational board," directly managing day-to-day tasks. Over the past year, we have successfully transitioned toward a Governance Board model.

CONTINUED ON PAGE 2



5604 Trail Avenue
Sechelt, BC V7Z 2N7

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

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ElderCollege

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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.



Building a Stronger . . .

CONTINUED FROM PAGE 1

This shift allows the Executive Director and staff to manage day-to-day operations, while the Board focuses on high-level strategy, oversight, financial sustainability, and long-term vision. This modern structure ensures clearer roles, smoother operations, and stronger leadership direction for the Centre.

Planning for the Future: Our New Strategic Plan

To guide our efforts over the coming years, we have officially begun developing a comprehensive Strategic Plan. This roadmap will establish key priorities, identify community needs, and ensure our programming aligns with what our members value most. We look forward to sharing more details and gathering your feedback as this plan unfolds.

Strengthening Community Standards and Compliance

Creating an inclusive, respectful, and safe environment is essential to everything we do. To support this commitment, we are updating and implementing several core compliance documents:

Harassment and Bullying Policies: Clearly defining expectations to ensure everyone—members, volunteers, and staff—feels safe, respected, and valued at the Centre.

Confidentiality Agreements: Protecting member privacy and ensuring sensitive information is handled with the highest level of care.

These updates reinforce our commitment to operational excellence and administrative integrity. Thank you to our members, staff, and volunteers for your continued support as we build an even brighter future together! •



The SSAC Board of Directors (l-r): Jeff Weeks, Jay Alexov, Andre Casaubon, Val Galat, Birgit Stefani, Mark Garland, Jane Whittleton, Mark Patterson. (not in photo: Gail Riddell)

Sechelt Seniors Activity Centre
5604 Trail Ave

Saturday Oct. 31st

HALLOWEEN DANCE

with
Krystyna and
JOHN

Dance to your favourite
Halloween hits like:

- Monster Mash
- Thriller
- Ghostbusters

★ *Best 80s*
**COSTUME
CONTEST** ★

Tickets
\$15
in advance,
\$20 at the door

7 – 9:30 pm
doors open 6:30 pm

Bar:



Beer



Cider



Wine



Cocktails

IN-HOUSE

50/50

Available at
SSAC Front Desk
or



A Night of Great Music & Dancing

The September dance with **Ocean Park Wailers**, with Paul Sorbara on drums, Kevin Irwin on vocals and lead guitar, Carolyn Neapole on lead vocals, Russ Froese on bass, Elliot Clarkson on saxophone and Jim Widdifield on keyboard, was a big success!

What a band! What a voice! And didn't we all twist? I know that snack bar and bar volunteers could not help themselves and joined everyone on the floor dancing ... even the dolphins hanging from the ceiling were dancing.

Really! Carolyn Neapole knows how to belt out a song and doesn't hold back. Lead guitarist Kevin Irwin's solo was one of the best we have had at SSAC dances. There were many people on the floor dancing and singing along with them.

For everyone who was not able to join us this time ... they are coming back in April 2027.

Congratulations to Alan Barnes, our 50/50 winner (and thank you for your kind donation) and Sandra Sharkey who won tickets to our next dance!

Can't say enough great things about the set-up volunteers, Amanda, who added her special touch with the decorations, and everyone who stayed behind after the dance to help put it all away.

Come and join us for the Halloween Dance on October 31, with Krystyna and John as DJs, playing all the oldies, '80s and Halloween hits. There will be a prize for the best costume. Tickets are available now.

I would like to specially thank Collene Sand for taking care of our tablecloths, washing and ironing them for us after every dance for the last two years. It will be hard to replace her.

Thank you again, everyone who comes and supports SSAC dances.

See you all at the Halloween Dance! •

Dance committee - Jay Alexov, Joy Germaine, Ann Matthewson, Amanda Offers, Andre Casaubon, Heather Himmel, Krystyna Wisniewska





FREE HEARING AID CLEANING

**Friday, October 9
12:30am to 2:00pm**

Anchor Hearing provides hearing aid cleaning at the lounge.



CAREGIVER/ SENIORS CONNECTOR

Friday, October 2

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.



UPCOMING EVENTS

OCT

OCTOBER 31

Halloween Dance
with DJs Krystyna
and John, 7pm
(doors open
6:30pm)



NOV

NOVEMBER 14

Line Dance
Workshop, 5:15pm
(doors open 5pm)



NOVEMBER 14

Mad Cow, 7pm
(doors open
6:30pm)



DEC

DECEMBER 12

Indigo Band,
2:30pm
(doors open
2pm)



DECEMBER 31

Creek Big Band
7pm (doors open
6:30pm)
We'll Celebrate
New Year
Eastern time



MARK YOUR CALENDARS!

SeniorsLottery.ca

**BC 50/50
Seniors**



September Winner- Helen W. \$5,628

Ticket #BC-14840849 (Sechelt, BC)

OCTOBER DRAW

Friday, October 30, 10:30 am

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



BUY TICKETS



SECHULT
SENIORS
ACTIVITY
CENTRE



Campbell River
Seniors' Centre Society



GIBSON'S
SENIORS
SOCIETY



KAMLOOPS SENIORS
CENTRE



OKANAGAN
SENIOR CENTRE

Odds dependent on the number of tickets sold

BC Gaming Event License #169566

Problem Gambling Help Line 1-888-795-6111
gamblingsupportbc.ca

Know your limit, play within it

19+

LECTURE SERIES

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

OCTOBER 21, 2PM

Dr. Jim Carson

Professor Emeritus
Kenyon College

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

NOVEMBER 3, 2PM

Dr. Eric Verspoor

Professor Emeritus, University of Highlands and Islands

Scotland's Glens, Bens, Lochs and Burns

NOVEMBER 18, 2PM

Dr. David Laycock

Professor Emeritus
of Political Science
Simon Fraser University

Democracy and Our Obligations to Future Generations

DECEMBER 9, 2PM

Dr. Christine Pawley

Professor Emerita
University of Wisconsin

A History of Christmas Traditions

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

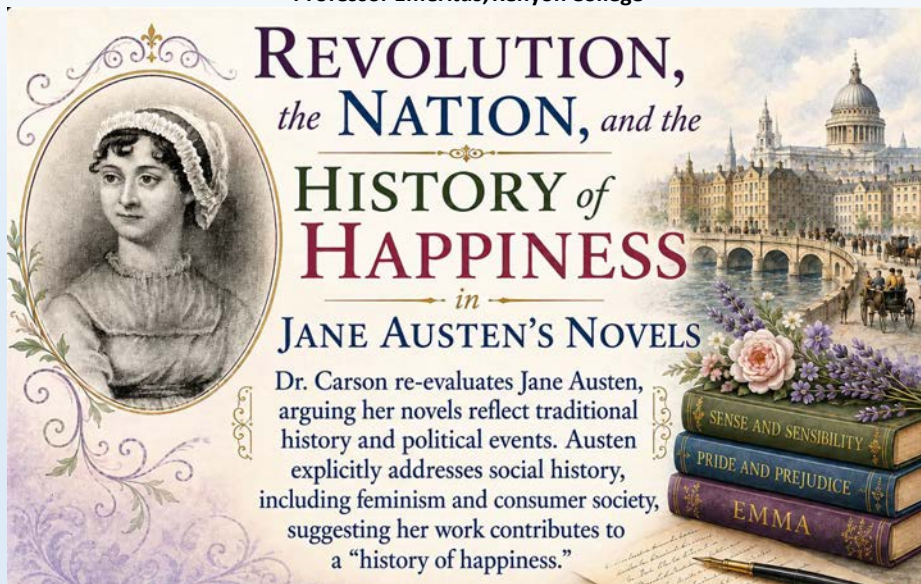


Emeritus Professors Lecture Series

Wednesday October 21st - 2pm

Dr. Jim Carson

Professor Emeritus, Kenyon College



REVOLUTION, the NATION, and the HISTORY of HAPPINESS in JANE AUSTEN'S NOVELS

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 a "history of happiness."



No preregistration necessary



Entrance by donation to Affordable Lunch program



Seating limited, SSAC membership not required



SECHLT SENIORS ACTIVITY CENTRE

5604 Trail Ave.

Dr. Eric Verspoor's Lecture



The talk on Scotland by Dr. Eric Verspoor was both successful and well-attended, but he was able to cover only half of the country in slides and discussion! He has agreed to give another talk on **Tuesday, November 3rd** (note change in day of week) at 2 pm in the lunchroom, to show us more of Scotland's beauty and charm.

This second talk is open to everyone, whether or not you attended the first one. •



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them at the Sechelt Senior Activity Centre
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Kitchen Volunteers

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Dishwashers**



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front desk or email info@myssac.com



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

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Christine

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GET YOUR BENEFITS AND CREDITS!

You may be eligible for benefits and credits – That's money in your pocket!

Join our free information session

Date: Friday, October 16, 2026

Time: 1:00PM – 2:00PM

Location: Sechelt Seniors Activity Centre
5604 Trail Ave, Sechelt, BC

The Canada Revenue Agency (CRA) is hosting a presentation to share information on:

- Common Types of income for adults 65+
- Information about benefits and credits
 - Canada Groceries and Essentials Benefit (CGEB)
 - Disability Tax Credit (DTC)
 - Canada Caregiver Credit
 - Home Accessibility Tax Credit
 - Medical Expenses
- Canada Revenue Agency (CRA) Services and Tools
 - CRA My Account
 - Authorize a Representative for Offline Access
 - Community Volunteer Income Tax Program
- Scam awareness

Canada Revenue Agency Agence du revenu du Canada

Canada

Learn the Truth About Pain & Your Nervous System

FREE TALK & DEMO



OCTOBER 20, 2026

2 PM – 3 PM

SECHELT SENIORS ACTIVITY CENTRE

Followed by 10-minute mini sessions for just \$10

Learn how your brain creates pain & why
with Juan Rojas of *Be Free From Pain*

Register at www.secheltactivitycentre.com

Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: Friday, October 16, 2026

Time: 10:00 am – 3:00 pm

Location: Sechelt Seniors Activity Centre
5604 Trail Ave, Sechelt, BC

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), Canada Groceries and Essentials Benefit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Canada Disability Benefit
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

Please bring any ID you have as what is required will depend on the services accessed

Canada Revenue Agency Agence du revenu du Canada

Canada

DON'T WANT TO WAIT WEEKS FOR A
DOCTOR'S APPOINTMENT?

YOUR PHARMACIST MAY BE ABLE TO HELP



Join us on October 13th at
2pm to learn about the
pharmacist's scope!

**SHOPPERS
DRUG MART**



Where	When	Presented by
Sechelt Seniors Activity Centre	October 13 th at 2pm	Shoppers Drug Mart Sechelt

One Year In: Reflections from the Executive Director

BY VICKI RAW

September 29th marked my one-year anniversary with the Sechelt Seniors Activity Centre Society. Stepping into the role of the first Executive Director for the Centre, I could not imagine how fulfilling the work would be. It has truly been a wonderful experience.

I am deeply grateful for our team, Board members, and volunteers who make the Centre such a welcoming, inclusive space and breathe life into our Mission every day. I am also humbled by our donors who share and support our vision financially. The Centre is a vibrant place because you all continue to show up in the best of ways. I have seen firsthand the dedication, compassion and unwavering commitment you each bring to the Centre. All of it matters. It's the people and the individual acts of generosity that really inspire me.

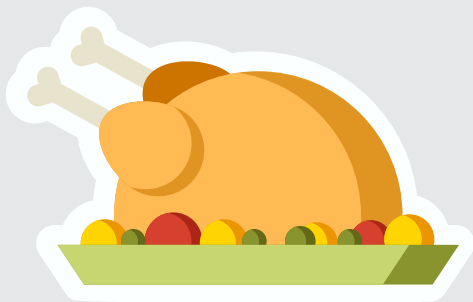
This past year was full of learning, collaboration and a shared purpose that makes the Centre so special.

One of the brightest highlights has been celebrating the society's 40th Anniversary and learning how it has evolved over the years. Of course, the broad range of activities, busy food service program, and positive energy in the building are a testament to the work that came before my arrival.

Behind the scenes, I focused on strengthening some of the foundational pieces. We have been streamlining systems and processes, shifting to a Governance model, and the Board is currently hard at work identifying our strategic priorities for the coming years—focusing on both short and long-term goals. It's an exciting time!

As I enter my second year, I carry forward a renewed sense of purpose and commitment: to listen closely, to lead thoughtfully, and to stay focused on what matters most—our Members—the people who come through our doors seeking a space of belonging and community.

I'm honoured to continue this journey with you! •



**THE SSAC WILL BE CLOSED ON THANKSGIVING
MONDAY, OCTOBER 12**

SOME ACTIVITIES MAY CONTINUE, PLEASE CONSULT YOUR ACTIVITY CHAIR.

Friendship Tea is Back!
Wednesday, October 14 - 2 pm

Join us for treats and good company.

Friendship Tea is held every month. It's free!



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Authorized by Tracey McClelland, Financial Agent, donate@altontoth.ca

SAVE THE DATES

2026 SECHelt MUNICIPAL ELECTION

Advance Voting

WED OCT 7 & 14, 8:00 AM - 8:00 PM

Sechelt Aquatic Centre,
5500 Shorncliffe Ave

General Voting Day

SAT OCT 17, 8:00 AM - 8:00 PM

Davis Bay Elementary
Sechelt Seniors Activity Centre
West Sechelt Elementary

This is a paid ad and not an endorsement for any candidate.

The Rewards of Volunteering for Me

BY JANE WHITTLETON

This year, the Sechelt Seniors Activity Centre celebrated its 40th year of providing a safe, welcoming place for everyone—not just seniors—to meet friends, old and new, attend activities and, for many, have a delicious lunch. None of this would be possible without our many dedicated volunteers.

While my children were growing, I volunteered to help with the groups that they were involved with, things like minor hockey or brownies & guides but while I was working full time, I didn't really feel that I had the time or energy to do anymore. Once I retired and was looking for something meaningful and purposeful to give some of my time to, I thought of the Centre. I had been playing pickleball there for a couple of years and had gotten to know some of the volunteers. Now it was my turn.

I have been volunteering at the Centre for almost two years, and it has become an important and rewarding part of my life. I have lived in Sechelt for over 50 years and am happy to be able to give back to the community that welcomed me all those years ago.

My volunteering role began as a Greeter, stationed just inside the front door to welcome members to the Centre. I would help members navigate signing in, point them in the right direction if they were new to the Centre and answer any number of questions. This was a rewarding role for me as I met so many people, reconnected with some old friends and began some new friendships. With this being the first point of contact for many coming to the Centre it's an important role and we have some fabulous Greeters manning the desk these days!

Shortly after I became a volunteer, as the Centre's membership grew, there was a need for more volunteers to work in the main reception area of the office. Pam, who was the main front office

person, was doing a great job, but she was ready to step back so she could spend more time with her family. I happily joined the front office team. This was exciting for me, as this is where I felt most comfortable, having spent my working years in various administrative assistant roles in Sechelt. I jumped right in!

As a front office volunteer, we help with membership payments, wallet top-ups, selling frozen meals and answering any number of questions about the Centre. It may not sound like much, but it can get very BUSY!

My volunteer duties have grown over time, and I now look after the schedule for approximately 30 volunteers each week for the various office-related duties, including Greeter, Lunch Hostess, 50/50, Frozen Food orders and, of course, front reception. In addition, I serve as a Director at Large on the Board and sit on the HR Committee.

What I enjoy most is the interaction with the members and the other volunteers. There is a real sense of community at the Centre, and I enjoy being part of it. Volunteering gives me purpose and makes me feel good. Most importantly, it makes me feel that I am contributing to something bigger than myself and that I truly belong.

I have also discovered that volunteering can be as rewarding for the volunteer as it is for the organization. There are many ways to contribute, and you don't have to commit to a huge role to make a difference.

If you are considering volunteering, I would encourage you to check out the Sechelt Seniors Activity Centre. See what interests you, what you enjoy doing and what might be a good fit for both you and the Centre. You may be surprised at how much you get back from giving your time.

It's certainly been worth it for me! •



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Terra Dannes, RHIP
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Your Patience is Appreciated

BY HEATHER DORÉ

Some of you may have noticed that we have a sign in the office reception area asking you to please wait until we call you up, before approaching the front desk.

We genuinely appreciate those that take the time to read it, and patiently wait their turn to be called up.

What you may not know is that there are several reasons why this is necessary:

1. If a member has just walked away from our desk, we are often still processing things for them. To protect their privacy, nobody should be at the desk until we have finished their transaction. We may have notes on our desk, or clipboards with personal information on them, that are not meant to be seen by others. We need a moment to finish, and put things away before welcoming the next person.
2. Shift Change: At 12:00 noon, our morning desk volunteer shift ends, and their reports need to be printed. We need to ensure things balance, prior to the afternoon volunteer taking over. This is one of the most challenging times of the day, as it needs to be done quickly. Normally, it only takes a couple of minutes, but it is much more difficult if people are right in front of us while we try to get this done.
3. If someone walks up to the desk and scans their keytag while we are still writing notes in another member's file, it will interrupt what we are trying to finish (and may actually insert your information in the wrong record). Scanning your keytag before we are ready to assist you, interrupts our workflow and delays your own transaction.
4. All activity payments are processed manually. When people use their keytags (or phone numbers) to scan into activities at one of the kiosks, the payments do not automatically come out of their wallets. We have to process each of



these payments manually at the front desk, in between dealing with lineups. With close to 2200 members, and several hundred payments needing to be dealt with each day, it is a huge job. If we have a moment between customers, we have to try and get as many of these things done as possible. We will look up and greet you as soon as we can.

5. Everybody makes mistakes, and when volunteers or staff feel rushed or pressured (especially when someone is impatient with them), mistakes are more likely to happen. When they do, it takes additional time to identify and correct them, delaying assistance for the next person.

Thank you so much for being kind, patient, and courteous in your interactions with front desk staff and volunteers. We hope this gives everyone a little more insight as to why your patience is vital to helping us provide you with great service. •

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.



REGISTRATION REQUIRED

Scan, visit resourcecentre.ca/pender-connections/ or contact help@resourcecentre.ca | 604.885.4088

This partnership project is supported by the Sunshine Coast Foundation



Companionship and caregiving for our communities

3

Things you need to know ...

1

Consistency and reliability

We understand the importance of:

Same time
Same day
Same care team

2

Peace of mind

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3

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MedTalks

Promoting Health & Wellness

Sponsored by:



Pain Management

Advancements in Treatments
& Technologies

www.sechelthospitalfoundation.org

Featuring:

Dr. Mark Madden

Radiologist, Sechelt | shíshálh Hospital

Melanie McDonald

Chief Programs Officer, Pain BC

Lauren Kapphahn,

Registered Dietitian, Sechelt | shíshálh Hospital

Thursday, October 15th, 2026
Doors 1:30 | 2:00—4:00pm
Raven's Cry Theatre, Sechelt

Admission by Donation
Please RSVP by phone or email:
604-885-8637 | sh.foundation@vch.ca



SECHELT HOSPITAL
FOUNDATION
The best medicine is local.



~ are thrilled to co-present ~

Dr. Brian Goldman

The CASINO SHIFT

Dr. Brian Goldman is an emergency physician, bestselling author, and the longtime host of CBC Radio's *White Coat, Black Art*.

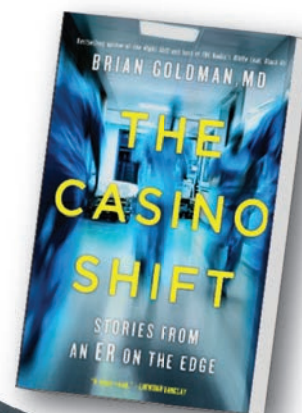
Known for his insightful storytelling and compassionate perspective on healthcare, Dr. Goldman will discuss his latest book, *The Casino Shift*: a powerful look inside today's healthcare system through gripping real-life stories, with moderator Joanna Piros.

Sponsored by: Sunshine Coast FINANCIAL

**TICKETS
\$25**



Photo: Christopher Wahl



Wednesday, November 18th, 2026
Doors 1:00 | 2:00—4:00pm
Raven's Cry Theatre, Sechelt

For tickets and more information,
visit sechelthospitalfoundation.org





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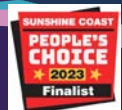
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OCTOBER LUNCH MENU

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.

5
Shepherd's Pie

6
Chicken Quesadilla

7
Turkey Dinner

1
Filipino
Chicken Adobo

2
Fish & Chips

12
Closed for
Thanksgiving

13
Butter Chicken

14
Roast Beef

15
Turkey Cannelloni

16
Fish & Chips

19
Meatloaf
w/ Mac & Cheese

20
Quiche & Salad

21
Chicken Parmesan

22
Seafood Linguini

23
Fish & Chips

26
Baked Salmon

27
Cabbage Rolls

28
Roast Ham

29
Hot Reuben
Sandwich

30
Fish & Chips

OCTOBER 2026 | SSAC PICKLEBALL SCHEDULE

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

MON

TUE

WED

THU

FRI

SAT

SUN

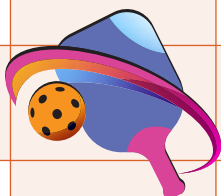
7:30-9:15
3.0-3.5+

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



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
No Oct 6

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+
No Oct 6

6:00-8:00
3.25-3.5+

6:00-8:00
3.5-3.5+

5:30-7:30
Social Play
No Oct 16

5:30-7:30
Social Play

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

OCTOBER 2026

SSAC ACTIVITY SCHEDULE

The Centre will be closed on October 12, Thanksgiving Day. Some activities may continue. Please consult your activity chair.

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	Marina, 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	\$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
TheArt Club	2:00–4:00	PM	Lunch 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 - no October 6	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	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	\$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	10:00–11:30	AM	Craft Room	Cam Ellison	
Hatha Yoga - October 2, 16, 30	10:00–11:10	AM	Auditorium	Andre	\$6
Yin Yoga - October 9, 23	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 - October 10	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.