

# SEASHELL ECHO

NOVEMBER 2026

SECHELT 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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## Beyond the Poppy:

# Reconnecting with the True Meaning of Remembrance Day

BY BIRGIT STEFANI

**It is easy to see how the true spirit of Remembrance Day can get lost in the rhythm of an annual routine.** When late October arrived, small plastic trays appeared on store counters, bright red poppies pinned themselves to lapels, and spare change dropped into donation boxes across the country. For many, November 11th has quietly transformed into a civic habit—a yearly fundraising drive wrapped in a brief two-minute pause before daily life resumes.

Yet, behind those red lapel pins lies a solemn national obligation carved out of immense sacrifice, loss, and collective duty. While supporting the Royal Canadian Legion and wearing a poppy are vital acts of community support, Remembrance Day was never meant to be reduced to a charitable campaign. It is a sacred national promise to remember the human cost of freedom, the lives forever altered by conflict, and the enduring responsibility to honor those who served.

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

SEASHELL ECHO

**NOVEMBER 2026**

Seashell Echo is the official newsletter of the Sechelt Seniors Activity Centre

## 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
Andre Casaubon
Mark Patterson
Gail Riddell
Jane Whittleton

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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Together, we enrich lives.

# Beyond the Poppy . . .

CONTINUED FROM PAGE 1



To truly observe **Remembrance Day**, one must look past the surface of routine rituals and reconnect with why Canadians began pausing in the first place.

### A History Born from Grief and Gratitude

To understand the weight of November 11th, one must look back to the origins of the day itself. When the First World War ended on the eleventh hour of the eleventh day of the eleventh month in 1918, the nation was left reeling. More than 60,000 Canadians had lost their lives—a devastating figure for a young country with a population of less than nine million.

In 1919, King George V proclaimed **Armistice Day** across the British Empire to ensure that this monumental loss of life would never be forgotten. In Canada, early observances were complicated; throughout the 1920s, Armistice Day was officially observed on the same day as Thanksgiving. Tying a period of national mourning to a festive holiday felt deeply mismatched to veterans and families grieving fallen fathers, sons, and brothers.

Recognizing the need for a dedicated, sacred period of reflection, Parliament passed legislation in 1931 to fix the observance permanently on November 11th under the official name **Remembrance Day**. From that moment on, Canadians set aside that exact date and time—the 11th hour—to halt daily activity and hold two minutes of silence.

Over the decades, the scope of Remembrance Day expanded naturally as history unfolded. What began as a commemoration for the fallen of the First World War grew to encompass those who served in World War II, the Korean War, international peacekeeping operations, and modern conflicts such as Afghanistan.

The symbol worn over the heart—the red poppy—was inspired by Canadian Lieutenant-Colonel John McCrae's 1915 poem, *"In Flanders Fields."* Adopted by the precursor to the Royal Canadian Legion in 1921, the poppy was designed as a visual pledge: ***We Will Remember***.

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### Moving Beyond the Ritual

Buying a poppy directly supports veterans and their families in need. However, when these actions become purely automatic, a solemn national duty risks being reduced to a simple transaction.

Remembrance Day is not a fundraiser with a moment of silence attached; it is a moment of deep national reflection made visible through a poppy. It calls on citizens to confront the reality of war, contemplate the immense sacrifices made by ordinary young people, and pass those truths on to future generations.

### Meaningful Ways to Observe

Moving beyond routine begins with intentionality. Canadians can actively engage with the true spirit of November 11th through several quiet, purposeful acts:

- **Observing the Two Minutes of Silence:** Pausing all activity, stepping away from screens, and offering undivided focus for two minutes at 11:00 a.m.
- **Attending Local Services:** Gathering alongside community members, veterans, and youth at local cenotaphs or memorial sites to share in collective gratitude.
- **Engaging with Oral Histories:** Exploring first-hand accounts, letters, and memoirs through historical archives and oral history projects to understand the human experience behind military service.
- **Passing down the Legacy:** Teaching younger generations about the significance of the red poppy and the history of Canadian service members so the duty of memory continues.
- **Wearing the Poppy Respectfully:** Placing the poppy over the left lapel, close to the heart, from the last Friday in October until November 11th, and placing it respectfully on a local memorial at the conclusion of Remembrance Day services.

By shifting focus from passive habit to deliberate reflection, Canadians fulfill the enduring pledge made every year: ***Lest We Forget***. •




# What A Spooktacular Night!

**Our Halloween Party was filled with laughter, fantastic costumes, and plenty of dancing.** The photos say it all, capturing the fun, energy, and wonderful spirit of the evening. A big thank-you to everyone who dressed up, hit the dance floor, and made the night so memorable, and to DJs John and Krystna for keeping the music going!







**November 14 - Now Featuring Indigo Band**

Mad Cow has had to cancel as one of their band members is unable to attend. As a result, we've moved the Indigo band from December 12 to November 14. Get ready for a great night of blues, soul and R&B! Featuring Steve Ranta on keyboards and vocals, Don Jones on guitar and vocals, Jerry Lehti on drums, Rob Marr on bass and vocals, J. T. Platt on sax and vocals, and Andi Jones on vocals, this talented group promises an evening of fantastic live music.

Come dance, sing along or simply enjoy the music and good company! Doors open at 2:00 pm, with music from 2:30 to 5:00 pm. The bar will be open, serving wine, beer, cider, mixed drinks and non-alcoholic beverages, with complimentary light snacks! Tickets are $25 in advance or $30 at the door. Available Monday to Friday, 10:00 am to 2:45 pm, at SSAC Front Office or at A Little Brit of Heaven in Sechelt.

**Welcome 2027 With Us!**

We'll say goodbye to 2026 and ring in the New Year at our annual Gala New Year's Dance featuring the Creek Big Band. We'll celebrate the arrival of 2027 at 9:00 pm Eastern time. Along with our regular snacks, there will be light appetizers and a glass of bubbly to toast the New Year. Watch for more details in the December Echo!

**A Heartfelt Thank You!**

A big thank-you to our dance committee and everyone who works behind the scenes to make these events happen. From creating and distributing posters, advertising and selling tickets to decorating, setting up, welcoming guests, tending the bar and snack bar, and cleaning up at the end of the evening, your time and dedication make all the difference. Thank you, too, to everyone who comes out to support our dances. All proceeds help maintain the Centre, support our activities and keep our Affordable Lunch Program going. We couldn't do it without you!

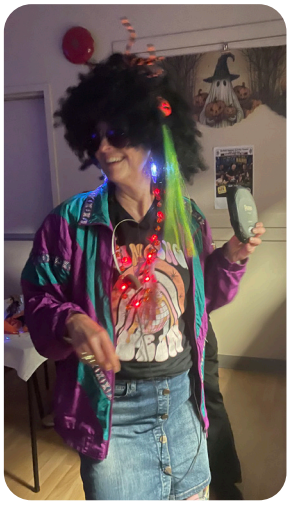
Stay tuned for an exciting lineup of dances and events in 2027! •

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















# 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.

**Nov. 2** Gail, Christmas Artist Trading Cards (ATCs)
**Nov. 9** Lesley - Santa Macrame
**Nov. 16** CANCELLED
**Nov. 23** Nicol - Star Ornaments
**Nov. 30** Ruth - Christmas Cards



# 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**




SeniorsLottery.ca

BC 50/50 Seniors



October Winner- Kelly R. $5,760
Ticket #BC-77133338 (Mackenzie, BC)

NOVEMBER DRAW
Friday, November 27, 10:30 am

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

BUY TICKETS

SSAC Sechelt Seniors Activity Centre · CRSS Campbell River Senior's Centre Society · GSS Gibsons Seniors Society · Mackenzie Seniors Active Senior – Influence Community · Oliver Senior Centre

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19+




## FREE HEARING AID CLEANING

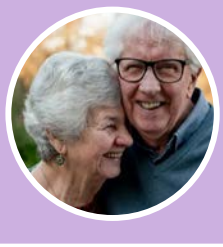
**Friday, Nov. 13**
**12:30am to 2:00pm**

Anchor Hearing provides hearing aid cleaning at the lounge.

## CAREGIVER/ SENIORS CONNECTOR

**Friday, Nov. 6**

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.





## Christmas Lunch

**Friday, December 18th**

**Tickets will go on sale December 1st**

# LECTURE SERIES

For the chilly month of November, we are pleased to offer two Emeritus Professor talks! The first, on **Tuesday, November 3**, at 2 pm, is part two of Eric Verspoor's exploration of Scotland, where he and his family lived (and he taught university) for many years. This second talk will focus on the Central Highlands..

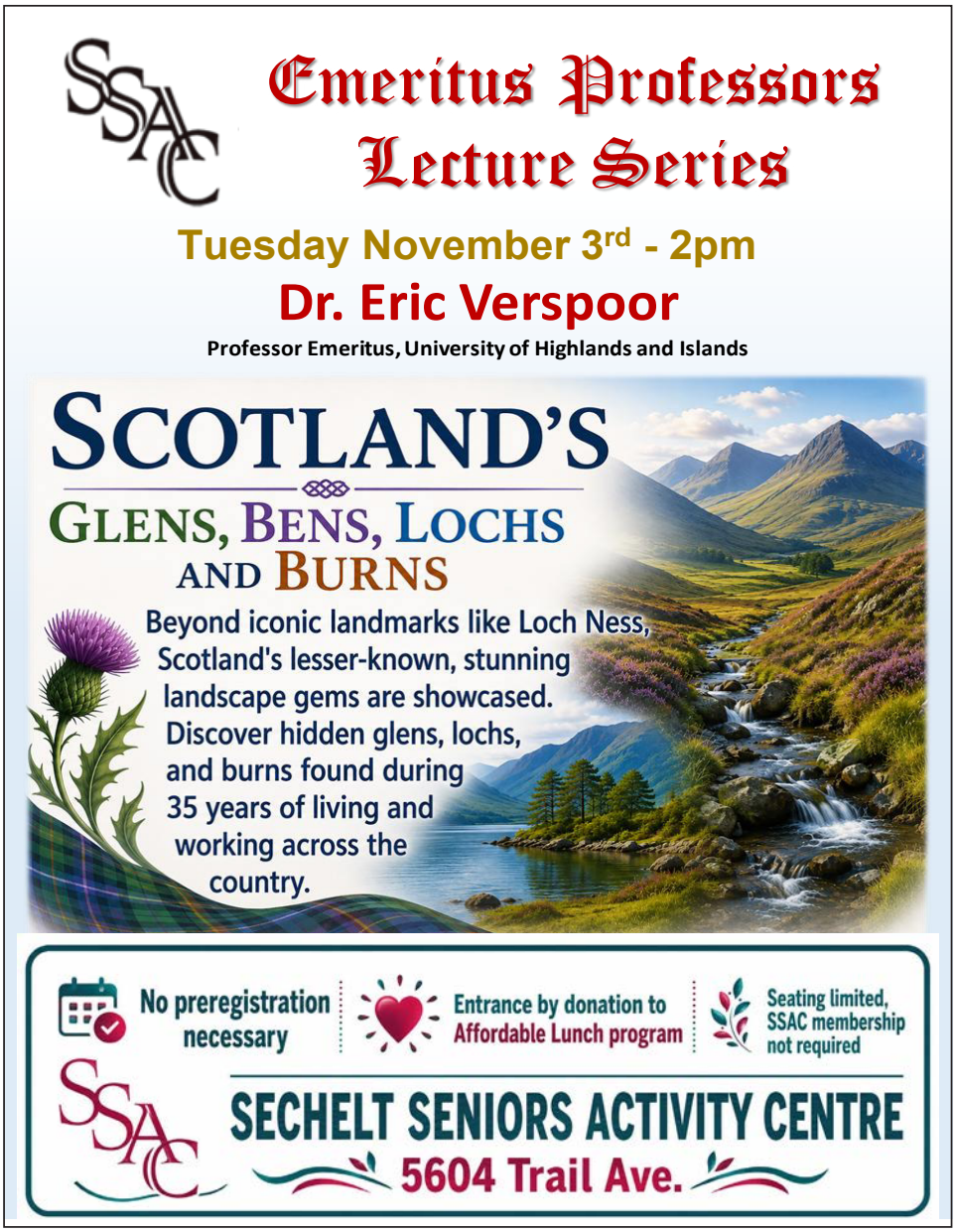
On **Wednesday, November 18**, also at 2 pm, we welcome back David Laycock, a retired SFU political scientist, who will engage us in a discussion of the future of democracy as it pertains to family members who come after us.

**NOVEMBER 3, 2PM**
**Dr. Eric Verspoor**
Professor Emeritus, University of Highlands and Islands
**Scotland's Glens, Bens, Lochs and Burns**

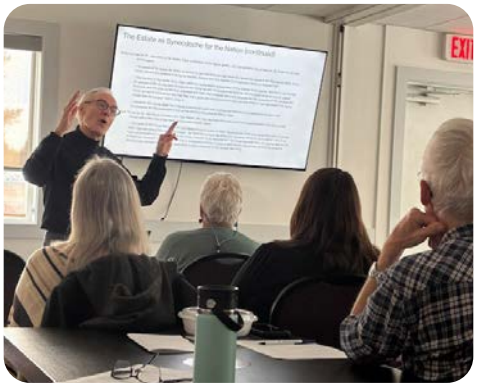
**NOVEMBER 18, 2PM**
**Dr. David Laycock**
Professor Emeritus
of Political Science
Simon Fraser University
**Democracy and Our Obligations to Future Generations**

**DECEMBER 9, 2PM**
**Dr. Christine Pawley**
Professor Emerita
University of Wisconsin
**A History of Christmas Traditions**

*Lectures are held in the SSAC lunch-room. Admission by donation, no preregistration necessary, seating is limited so please arrive early. Every-one welcome, including non- members.*




## *Dr. Jim Carson's Lecture*



The October talk on Jane Austen's novels, by Dr. Jim Carson, was very timely as new film/television versions of Pride and Prejudice and Sense and Sensibility are soon available. We were introduced to several relevant literary conventions as well as examples of the times in which she lived, all of which were reflected in her novels.

The talk introduced us to new ways of looking at her writings.

# Emeritus Professors Lecture Series

**Wednesday November 18th - 2pm**

## Dr. David Laycock

**Professor Emeritus of Political Science, Simon Fraser University**

## DEMOCRACY AND OUR OBLIGATIONS TO FUTURE GENERATIONS



"Exploring how we might think about our obligations to future generations, this talk examines why democratic governance has failed to ensure the rights and needs of those who follow us and considers how innovative democratic institutions might address this problem."

No preregistration necessary

Entrance by donation to Affordable Lunch program

Seating limited, SSAC membership not required

**SECHELT SENIORS ACTIVITY CENTRE**

**5604 Trail Ave.**

# Friendship Tea

**Thursday, November 12 - 2 pm**

Join us for treats and good company. **Friendship Tea** is held every 2nd Thursday of the month. It's free!



# Meet Mirabel!

Come say hello to our newest Dial-a-Dog greeter. Mondays - November 2nd and 9th mid-day.



# UPCOMING EVENTS

## MARK YOUR CALENDARS!

### NOVEMBER

**NOVEMBER 14**

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




### DECEMBER

**DECEMBER 18**

Christmas Lunch
Tickets on sale starting December 1st



**DECEMBER 31**

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





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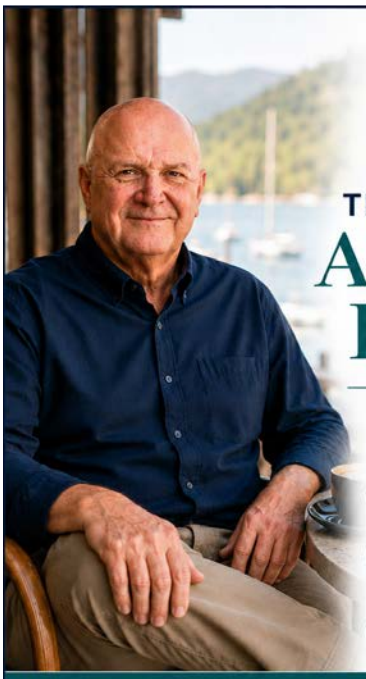
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**In Loving Memory of Daisy Bissett**, who contributed **305 hours** of Dial-A-Dog Therapy on our Sunshine Coast, many of them at the Sechelt Senior Activity Centre

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# In Flanders Fields



Lieutenant-Colonel John McCrae: McCrae was a Canadian physician, soldier, and poet from Guelph, Ontario. During the Second Battle of Ypres in May 1915, he served as a surgeon in a field dressing station in Flanders, Belgium.

**The Inspiration:** On May 2, 1915, McCrae's close friend and former student, Lieutenant Alexis Helmer, was killed in action. McCrae conducted the burial service himself. The following day, May 3, 1915, deeply moved by his friend's death and the sight of wild red poppies blooming over soldiers' graves, McCrae wrote the poem on a scrap of paper.

**Publication:** Legends suggest McCrae discarded the manuscript, but fellow officers salvaged it. It was sent to London and published anonymously in Punch magazine in December 1915. It quickly gained widespread popularity.

***In Flanders Fields***



*In Flanders fields the poppies blow*
*Between the crosses, row on row,*
*That mark our place; and in the sky*
*The larks, still bravely singing, fly*
*Scarce heard amid the guns below.*

*We are the Dead. Short days ago*
*We lived, felt dawn, saw sunset glow,*
*Loved and were loved, and now we lie*
*In Flanders fields.*

*Take up our quarrel with the foe:*
*To you from failing hands we throw*
*The torch; be yours to hold it high.*
*If ye break faith with us who die*
*We shall not sleep, though poppies grow*
*In Flanders fields.*

This poem is in the public domain. John McCrae was born on November 30, 1872. He is best known for his memorial poem "In Flanders Fields." He died on January 28, 1918.





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# ADVANCE CARE PLANNING



**ADVANCE CARE PLANNING (ACP) IS AN ONGOING PROCESS OF REFLECTION ABOUT YOUR VALUES, WISHES AND GOALS REGARDING YOUR FUTURE HEALTH AND PERSONAL CARE.**

Who would you want speaking for you? What do you want your family and care providers to know about you? What medical treatments do you want, or NOT want?

Put some plans in place today for a point in the future where you might not be able to speak for yourself.

If you already have a Green Sleeve and have attended a previous ACP workshop but need help getting it done, then you can sign up just for Session 2.

**NEXT DATES**
Session 1: Wednesday, Nov 25, 2026 - 2 to 3:30pm
Session 2: Wednesday, Dec 2, 2026 - 2 to 3:30 pm

**WHERE**
Sechelt Seniors Activity Centre

**HOW**
RSVP at the SSAC Front Desk or call
604-885-3513 or email acp@coasthospice.com

## SESSION 1

Introduction to ACP and the Sunshine Coast Green Sleeve. We'll walk you through the steps of advance care planning:

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

**LEARN** what your health care choices may be if you become ill.

**DECIDE** who you want speaking for you if you were unable to speak for yourself.

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

**DOCUMENT** - What documents do you need?

We'll introduce you to the Sunshine Coast Green Sleeve - a "container" for your advance care planning documents. It contains the information emergency responders, your healthcare providers and your family need to ensure your wishes are honoured. We'll give you some homework for Session 2!

## SESSION 2

Get your Green Sleeve Finished!

This will be a practical, hands-on workshop and so don't forget to do your homework! Bring your questions and come ready to finish your Green Sleeve.

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

Bring pen & paper, your Green Sleeve kit, and your homework list from the first session.

SUNSHINE COAST greensleeve ADVANCE CARE PLAN

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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.

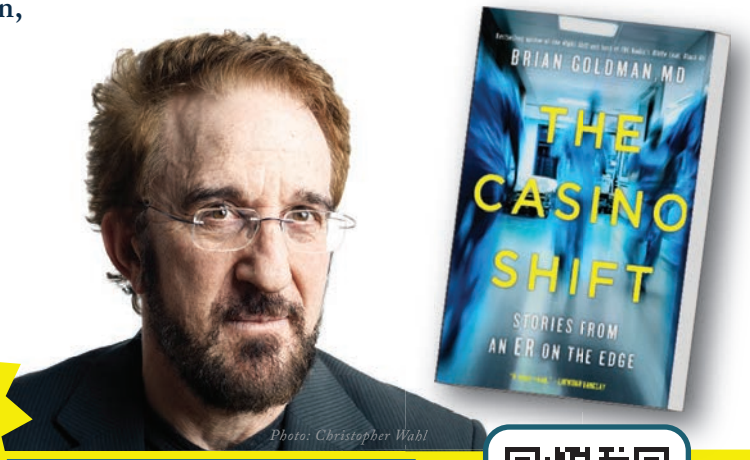


Photo: Christopher Wahl

Sponsored by: Sunshine Coast Financial

TICKETS $25

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

For tickets and more information, visit sechelthospitalfoundation.org

# Pickleball Sheets in the Auditorium

BY HEATHER DORÉ

**I would like to thank all the pickleball players who fill out the sheets on the podium in the auditorium properly.** We have several sessions of pickleball going on most days, and having all the necessary information filled out on every sheet helps those that have to process them, enormously.

As most of you know, our office runs mainly due to the hard work of volunteers. Quite a few of these volunteers also play pickleball, so they know better than most how having fully completed sheets means things run much more smoothly. We only have a short window of time in the mornings to reconcile and process payments for pickleball (as it's usually a hectic time of day) so the more information we have, the better.

There have been several iterations of the sheets during my time at the SSAC, but all have asked for the date/time/day of the week/level etc. Most importantly, they ask for both first and last names to be printed legibly. Please bear in mind that many of our volunteers only work one 3 hour shift per week, and can't possibly remember/guess who all the players are, based solely on first names (or nicknames).

We want to ensure that we have the correct information, so that we can complete our work both efficiently, and in a timely manner (and so we are not charging the wrong person, if we are only guessing at a last name).

Thank you again very much to those that are already consistently doing this – it is a huge help, and very much appreciated. •






Holland America

# Canadian Treasures

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ABOARD THE ELEGANT
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ROUNDTRIP FROM MONTREAL
27 MAY – 07 JUNE 2028




**11-DAY ITINERARY** 27 MAY – 07 JUNE 2028 ROUNDTRIP FROM MONTREAL

| DATE | DESTINATION | ARRIVE | DEPART |
|---|---|---|---|
| SAT 27 MAY 28 | Sail from Montreal, Quebec, Canada *Times Subject To Tidal Conditions* | – | 7:00 pm |
| SAT 27 MAY 28 | Saint Lawrence River Cruising *Cruising Only* | – | – |
| SUN 28 MAY 28 | Quebec City, Quebec, Canada *Times Subject To Tidal Conditions* | 7:00 am | 7:00 pm |
| MON 29 MAY 28 | Saguenay, Quebec, Canada | 8:00 am | 5:00 pm |
| TUE 30 MAY 28 | Cruising Gulf of St. Lawrence *Cruising Only* | – | – |
| WED 31 MAY 28 | Sea Day | – | – |
| THU 01 JUN 28 | St Johns, Newfoundland, Canada *Route/Time Subject To Weather/Ice* | 8:00 am | 5:00 pm |
| FRI 02 JUN 28 | Saint Pierre and Miquelon | 8:00 am | 5:00 pm |
| SAT 03 JUN 28 | Cap-aux-Meules, Iles de la Madelein *Tender Required Wheelchair Access Limited* | 8:00 am | 5:00 pm |
| SUN 04 JUN 28 | Charlottetown, Prince Edward Island | 8:00 am | 6:00 pm |
| MON 05 JUN 28 | Cruising Gulf of St. Lawrence *Cruising Only* | – | – |
| TUE 06 JUN 28 | Saint Lawrence River Cruising *Cruising Only* | – | – |
| WED 07 JUN 28 | Debark Ship Montreal, Quebec, Canada *Times Subject To Tidal Conditions* | 7:00 am | – |




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**The Sunshine Coast Resource Centre is now**

Coast
Neighbourhood House
RESOURCE CENTRE

## Why the change?

Our new name reflects our transition to a Neighbourhood House, a welcoming place where people can connect, access programs and services, learn new things, and support one another. It represents our growing role as a community hub, bringing people and resources together under one roof to help build a stronger, more connected Coast.

*New Name. Same trusted support*

604.885.4088 | help@resourcecentre.ca
5674 Cowrie Street, Sechelt

# In Memoriam

## Betty Ann Jeffries (nee Clarke)



*"In Mom's memory we ask that you advocate for seniors and acknowledge and appreciate our health care workers."*

Mom passed away in Sechelt, BC, on September 18th, 2026; predeceased by her husband, Melvin Jeffries, and survived by her loving family.

Mom loved Sechelt and was especially proud of the years she taught Qi Gong at the Sechelt Senior Centre. She loved shopping at the local thrift store and could put together an outfit like no other; she was never without lipstick and earrings.

Our family would like to thank Sechelt Hospital for the excellent care Mom received. A very special thank you to "2 South," a magical place in the old part of Sechelt Hospital filled with exceptional staff and volunteers. Mom was treated with care, compassion and most importantly dignity. We are forever grateful to each and every one of you. Mom is held in grace and ready for a gentle rest.

## Marian Cook



Marian Cook, aged 94, passed away at Sechelt Hospital on October 7, 2026. Born in Turtle Mountain, Manitoba, Marian lived a long and full life centred around her family, friendships, and community. She married Gordy in 1953 and they raised their four daughters in East Vancouver. Family was always at the heart of Marian's life, and one of her greatest joys was having a constant flow of family coming to visit.

Marian and Gordy were long-time members of the Sunshine Coast Golf Club and also enjoyed many winters golfing in Arizona. They lived many years in Davis Bay where they built their retirement home before moving to The Beach House in Sechelt. Marian became a dedicated member of the community and volunteered for many years with the Sechelt Hospital Auxiliary Thrift Store.

In her later years, Marian experienced significant vision loss. Despite this, she continued to find great joy and connection in spending her days on the beach walkway in front of her home. Many members of the community came to know her, stop to visit, and look out for her. The many friendships and connections she made along the walkway became an important source of companionship, kindness, and support.

Marian was predeceased by her husband, Gordy, and her sister, Bernice Resch of Kamloops, BC. She will be deeply missed by her four daughters, Cathy (Glenn-deceased) of Victoria, BC, Denice of Vancouver, BC, Cristine (Bruce) of Oliver, BC, and Yvonne (Dave) of Spruce Grove, Alberta; as well as her 9 grandchildren and 13 great-grandchildren. Marian's family was her greatest joy and the many visits, celebrations, and memories they shared will remain a lasting part of her legacy.

At Marian's request, there will be no service. The family is grateful for the many friendships, kindnesses, and connections that enriched Marian's life over the years.

## Elena Bakst

**June 9, 1931 - September 20, 2026**



Born in Yalta, Ukraine (Crimea)

Elena will always be remembered for her beautiful smile and her zest for life. She will dance her way to the stars and her next adventure.

Survived by Mike (Mikhail) Bakst and son, Alexander (Helen) Bakst.

Mike caught her eye back in Crimea or was it Elena who caught Mike's? They were married for 66 years. Walking hand in hand everywhere they went. From Crimea to St. Petersburg, U.S.S.R and then work found them in Apatity, Siberia, where Elena worked as an economist and lecturer for the local government.

Finding their way to Canada via Edmonton, Elena was so proud to be a Canadian citizen.

Elena took art classes at University level and taught traditional Crimean dance. She went to different dancing locations to take workshops, including Peru. Elena loved countless hours in the garden and the outdoors. Their early Northern BC camping in a car, tent with a bear and a shoe! Quite a tale. They travelled to La Paz, Mexico and went on a cruise. So many wonderful memories.

We would like to give a warm and special thank you to the staff of Silverstone Care Centre. Their warm hearts and caring hands will be forever remembered.

Please take a walk in nature. Smile and be thankful.

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# NOVEMBER 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 |
|---|---|---|---|---|
| 2 Butter Chicken | 3 Lasagna | 4 Chicken Cordon Bleu | 5 Chinese BBQ Pork | 6 Fish & Chips |
| 9 Quiche & Salad | 10 Turkey Cannelloni | 11 Closed for Remembrance Day | 12 Shepherd's Pie | 13 Fish & Chips |
| 16 Banger & Mash | 17 Chicken Souvlaki | 18 Roast Beef | 19 Chicken Quesadilla | 20 Fish & Chips |
| 23 Baked Salmon | 24 Cabbage Rolls | 25 Ham & Scalloped Potatoes | 26 Hot Reuben Sandwich | 27 Fish & Chips |
| 30 Meatloaf w/ Mac & Cheese | | | | |

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.

# NOVEMBER 2026 | SSAC PICKLEBALL SCHEDULE

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

| MON | TUE | WED | THU | FRI | SAT | SUN (no PB Nov. 8) |
|---|---|---|---|---|---|---|
| **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 w/ Coach watch for dates | | **11:30–1:30** 2.5–3.25 |
| **3:00–4:30** 3.25–3.5 | | **3:00–4:30** w/ Coach 1.0–2.5 no Nov. 4 | **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 no Nov. 4 | **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** 3.25–3.5+ no Nov. 4 | **6:00–8:00** 3.5–3.5+ | **5:30–7:30** Social Play | | **5:30–7:30** Social Play |

**For Spond issues or questions, please contact swalters@dccnet.com**

# NOVEMBER 2026 | SSAC ACTIVITY SCHEDULE

**The Centre will be closed on November 11, Remembrance Day. Some activites may continue, please consult your activity chair.**

| ACTIVITY | TIME | | ROOM | CHAIR | COST |
|---|---|---|---|---|---|
| **MONDAY** | | | | | |
| Hatha Flow Yoga | 10:00–11:15 | AM | Auditorium | Marina, John | $6 |
| Chair Yoga for Arthritis Series | 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 - no Nov. 16 | 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 - Intermediate/Advanced | 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, John | $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 - November 13, 27 | 10:00–11:10 | AM | Auditorium | John McDougall-Goulet | $6 |
| Yin Yoga - November 6, 20 | 10:00–11:10 | AM | Auditorium | Andre Casaubon | $6 |
| Ukulele Jam & Sing-along | 11:150–1:00 | AM/PM | Craft Room | Mark Trevis | $4 |
| 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/SUNDAY** | | | | | |
| Quilting - November 14, 15 | 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.