

# SEASHELL ECHO

APRIL 2025

SECHLT SENIORS ACTIVITY CENTRE NEWS

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**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.**



## Annual General Meeting

BY RICHARD WARD

**T**he 2025 Annual General Meeting was called to order in the SSAC Auditorium at 1:30pm on Wednesday March 12<sup>th</sup>. After a welcome and the singing of O Canada, the current Board of Directors was introduced. This was followed by a moment of silence for those beloved members, friends and family that had passed in the last year.

The voting member quorum was confirmed with the presence of 54 members who were 50 years of age or older. Motions to adopt the agenda and accept the Fall Membership Meeting minutes of October 23, 2024, were passed.

A motion from the Fall meeting was whether to approve the Purchase of a 2024 Ram 2500 ProMaster Smart Floor Wheelchair Accessible Van. Unfortunately, because we did not raise the funds adequate to cover the \$39,000 downpayment, which was a requirement from the motion passed at the Fall meeting, we were unable to move forward with the purchase.

### **Treasurer's Report**

Treasurer Alison Kowalewski presented a favourable financial report, indicating that we have good monetary reserves and positive monthly balance sheets. She presented a statement of financial position as of December 31<sup>st</sup>, 2024. Please visit our website to view the statement.

CONTINUED ON PAGE 2



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

Office: 604.885.3513  
Manager: 604.885.8910



Office Hours:  
Mon-Fri, 9 am-3 pm  
Except Holidays



info@myssac.com  
www.myssac.com

## CENTRE INFORMATION

### 2024-2025 Board Members

President: Richard Ward  
Vice President: Dave Hargreaves  
Treasurer: Alison Kowalewski  
Secretary: Valerie Galat

### 2024-2025 Directors at Large

Jay Alexov                 Mark Patterson  
Andre Casaubon         Gail Riddell  
Mark Garland             Birgit Stefani  
Karen Madsen

Manager of Operations & Engagement: 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
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HandyDART	604.885.6897
VCH - Adult Mental Health	604.924.8370

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# Annual General Meeting

CONTINUED FROM PAGE 1

## President's Report

Welcome and thank you to those who attended this important AGM. We have had a wonderful year and continue to attract new members because of the services and pleasant environment that we offer. As always, it is the approximately 150 volunteers that ensures our success. Last year I reported that we had 3 paid staff (Manager, Chef, Associate Chef) plus the contract janitor. Due to the increased demand for office services with the increase in membership to around 2,000 active members, it was necessary to hire an office manager. Pam Demers did a great job transitioning us and then training Heather Doré in the use of the MySeniorCenter system. We now have a manager of Operations & Engagement (Gill Smith) and a Front Desk administrator (Heather Doré). As well, in the food services area, there is an overwhelming demand for lunches and affordable frozen entrees. As a result, we now have increased the number of paid staff to a Chef, Sous Chef and 2 Associate Chefs.

This necessary increase in payroll is a pressing concern for our finances. However, we are currently in a good financial position and although we will need to be very diligent, we are confident we will be able to handle this extra strain.

This has been a year of great developments. In recent years it was obvious that we needed to formalize our human resources operations as our successes at the Centre necessitated hiring more staff. We were fortunate to have Birgit Stefani join the board last year and she has taken responsibility for and refined our human resources operations, building upon the excellent work by Chris Twaits.

This year we struck a Space Committee to consider how we could physically improve the centre to better serve our members. Fortunately, a new board member last year, Mark Patterson, is an architect and he has taken on the challenge of heading this committee. Plans are being considered for short- and long-term solutions to our issues, both inside and outside the Centre. Currently, the plan is to open up portions of the lounge wall to make service counters, diverting traffic from the corridor, yet maintaining adequate seating in the lounge.

We always strive to increase the safety of our members in any way we can. To this end we commissioned a comprehensive building inspection by Accurate Inspections. We received a very positive review with no major issues in our building or its envelope. There was a wiring issue in the kitchen which

has been addressed and a list of small repairs/issues that super volunteer Bob Maveety has diligently worked his way through. We are also fortunate that David Goldsmith has stepped forward to coordinate maintenance issues moving forward.

In line with trying to make the Centre as safe a place to be as possible, we were fortunate to receive a grant from the Sunshine Coast Foundation this past year to purchase a second AED and two first aid kits, as well as funds to train 28 staff and volunteers in AED use and basic first aid.

In the second part of last year, we started to use online software called MyActiveCenter. The intention was to allow as a first test case, Pickleball players to register and pay for their playing sessions online. To cut a long story short, it did not deliver as we expected, so we have discontinued its use. Pickleballers can now register for sessions through an app called Spond, kindly administered for us by Sally Walters. Thanks to Sally for taking on this quite considerable task. Now, when players arrive for a session, they use the usual MSC scan-in to pay for their session.

With the challenges to our finances that we face, the online 50/50 started in January of this year is a very important source of income. We are striving to improve promotion to maximise jackpot size. If you would like to help promote the 50/50 in any way contact Richard at [president@myssac.com](mailto:president@myssac.com).

We are looking forward to a wonderful year making the Centre the best it can be to serve the multitude of needs of our members.

### Election of New Board Members.

Outgoing board members Susan Grenville, Lisa Brown and Bert Carswell were thanked for their tremendous contributions over the previous years. As quorum was achieved with 54 voting members being present, the election could continue. Only part of the board was up for renewal as we transitioned into all board members being on a 2-year term but with an approximately 50% split with overlapping terms. At future elections there will always be a refreshing of roughly 50% of the board.

Candidates made brief statements, followed by voting by secret ballot. A refreshment break ensued while ballots were counted, and results were announced.



New board members Dave Hargreaves, Andre Casaubon, and Mark Garland sworn in at the 2025 AGM.

Of the positions vacant, Dave Hargreaves was acclaimed as Vice President, and there were 5 candidates for the 4 Director-at-large positions available. In a very close vote Marilyn Haines was not elected. Birgit Stefani, Mark Patterson, Andre Cassaubon and Mark Garland were successful in securing their positions. We need to thank all the candidates for stepping up for the election. Ours is very much a working board with members serving invaluable roles in our operations. After the new board members were sworn in, the meeting was adjourned.

### SSAC BOARD 2025

#### Board Members into the 2<sup>nd</sup> year of their 2-year term

<b>President</b>	Richard Ward
<b>Secretary</b>	Val Galat
<b>Treasurer</b>	Alison Kowalewski
<b>Director-at-Large</b>	Jay Alexov
<b>Director-at-Large</b>	Gail Riddell
<b>Director-at-Large</b>	Karen Madsen

#### Newly elected Board Members starting a 2-year term

<b>Vice President</b>	Dave Hargreaves
<b>Director-at-Large</b>	Birgit Stefani
<b>Director-at-Large</b>	Mark Patterson
<b>Director-at-Large</b>	Andre Casaubon
<b>Director-at-Large</b>	Mark Garland



## Food For Thought

# Emeritus Professor Talks

*Teaching Old/New Dogs (and their humans) New Tricks: The Brain on Art*

**Wednesday, April 16, 2 pm**

**Shauna Butterwick PhD, Professor Emeritus,  
UBC, Vancouver**

Different parts of our brains are active when engaging in art making, be it doodling, collaging, painting, poetry or related pursuits. This leads to new opportunities for learning and healing. Dr. Butterwick shares research on how art-making leads to healing/learning and shares stories of her experiences as an educator working in community and formal educational institutions.



*Admission is free. Donations to our affordable lunch program appreciated. No preregistration necessary, but seating is limited so arrive early*



# BUS TRIPS



**April 6:** Gibsons Playhouse for "The Dissociates" play after lunch at the Blackfish Pub

**April 15:** Museum of Anthropology at UBC and trip to one of the gardens at UBC

**May 1:** Tea and Trumpets with the VSO at the Orpheum (note: now promoting "Hollywood's Golden Age")

**May 8:** Gibsons Bargain Hunting: shopping and lunch at Sunnycrest Mall

Other upcoming trips look out for information posters:

**May 21:** Vancouver Aquarium

**May 29:** IKEA and River Rock Casino in Richmond

**June 12:** Tea and Trumpets with the VSO at the Orpheum ("Beethoven and Friends")

**June 25:** Grouse Mountain: Grizzlies in the lower paddock, and lots more

Other trips in June/July/August being researched:

- Slo-Cat boat tours (local)
- Wilderness Lodge (local - Egmont brunch)
- Van Dusen Gardens: Sunday trip and lunch
- Granville Island and Arts Club: matinee show of the Mousetrap, lunch and shopping
- Greater Vancouver Zoo
- And more to come, stay tuned.





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### Get your benefits & credits

Volunteer Income Tax Program  
**March 1 to April 30, 2025**  
It is a free service for eligible clients



Income limits: Individual \$45,000; Family \$55,000 for two, plus \$2,500 for each additional dependant. Couples must provide complete tax information for both spouses.

The program does not serve clients with employment expenses, self-employment income, rental property income, or capital gains. Interest income must be less than \$1000.

**In-Person Tax Clinic at the Sechelt Seniors Activity Centre**  
Tuesdays 10am to 3pm - By appointment only

**Call 604-740-2184 to make your appointment**

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### Forever Young Song Circle

On Mondays at 4pm, we simply come together and sing in community. Please bring copies of your favourite songs to share with others. You can also bring a musical instrument if you wish to accompany yourself for your song.



### Creative Crafts

Unleash your creativity! Let **Creative Crafts** tap into your creative soul. Monday afternoons at 2pm in the Lunch Room.

- April 7** Cards including the iris folding technique with Ruth
- April 14** Easter themed garland with Nina
- April 28** Spring based paper sculpture with Nicol

*Sign up at the front desk to ensure your spot.*



### Bluegrass Jam

Bluegrass is back with Jay and Kim! Starting on Wednesday April 2<sup>nd</sup> in the Craft Room at 4pm. Enter through the Craft Room door at 3:45 (not earlier please) to get set up and ready to jam!



### Games

Do you enjoy playing Cribbage? Scrabble? Mexican Train? Card Games? Canasta? Other games?

Come out on Mondays at 1:30 to 3:30pm and enjoy some fun. Please bring your friends as the numbers are low and we want to keep this fun, social activity going.



### IMPORTANT DATES

The Centre is closed for Good Friday, **April 18**, and Easter Monday, **April 21**. Many activities will continue.

Elections Canada - Advanced Polls will be at the SSAC **April 18, 19, 20 & 21** in the Lunchroom from 9:00am to 9:00pm.

Election Day Voting on **April 28** will be at the SSAC Auditorium from 7:00am until 7:00pm.

*For more information, please contact Elections Canada on Cowrie Street or call 780.630.4564.*



## *Volunteer of the Month*

# Kati Rawson



**F**or the past seven years Kati has been a welcoming and friendly face, greeting everyone with a smile and offering good cheer to all who walk through our doors.

She genuinely enjoys meeting people, socializing and being helpful. Outside of the SSAC Kati plays clarinet with the SC Concert Band, serves as Co-Chair for the hospital loan cupboard and is an active member of her church and Strata Council. Her commitment to volunteering makes her an invaluable part of our community. Thank you very much from the SSAC Board and Membership!

## SSAC Kitchen Volunteers



**Preppers · Servers · Dishwashers**  
**Have Fun Supporting our Meal Service**

To volunteer, give your information at the front desk or email [info@myssac.com](mailto:info@myssac.com)

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[welcometothecoast2020@gmail.com](mailto:welcometothecoast2020@gmail.com)\*

\*please include best number to reach you





## Activity Update

# Memory Café



### Memory Café Program Schedule:

- 9:30am-10:00am: Arrival and beverages
- 10:00am-10:45am: Facilitator-led exercise session introducing “Brain, Body & Balance”
- 10:45am-11:45am: Music, mental aerobics games or group discussions
- 11:45am-12:30pm: Wrap-up with end of day discussion
- 12:30pm - 1:00pm: Lunch in SSAC Café

### Criteria for the program:

- Maximum 16 people
- If arriving late please come at 10:45am (after exercise & before the next program)
- Pay as you usually do through front desk or wallet - \$6.00 for the program
- If you want to stay for lunch, the cost will be \$12.00 for 2 meals.\*

\* We encourage you to stay as this is also a great way to get to know new people or reconnect with familiar friends.

If interested in joining the group, please call or leave your name with the Centre’s front desk. You will be getting a call from someone regarding registration & details of the program. Do not just drop in.

Brain, Body & Balance exercise sessions help improve brain-body connections, balance, coordination, and mobility through simple, fun movements that can be done anytime, anywhere.

# Friendship Tea

## April 17<sup>th</sup> - 2 pm

Join us this month for treats and good company. Friendship Tea is held every month on the third Thursday from 2 to 4 pm. It’s free!



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Sunshine Coast Branch BCRMTA presents:  
Hamilton Lau, piano  
Sunday, May 4, 2025, 2:30pm  
Raven's Cry Theatre  
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Tickets \$20/\$10 students 19 and under.  
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## FREE LEGAL AID CLINIC Every Thursday at noon



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



This is Heather with our new onboard Ginger, a maltipoo. She goes for scenic drives with a senior. Best lapdog ever!

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## Basic Beginners Line Dance Workshop

Led by Jay Alexov

### May 3

Lessons 2:00-4:00pm

Doors open 1:30pm

Tickets \$10 available in advance at the front desk, at the door or at



Non-alcoholic beverages, tea, coffee available



## FREE HEARING AID CLEANING Friday, April 11, 12:30 to 2pm



Anchor Hearing provides hearing aid cleaning at the lounge



# Fun Dances at SSAC

**T**he older the fiddle the sweeter the tune! And the tunes were sweet indeed. We had a great time at the St. Patrick's Day Dance with many thanks to The Shamrockers for their wonderful selection of Irish music.

Some folks came to dance, some to sing and some to sit and listen to jigs and reels; the music and craic were fantastic!

The auditorium was decked out for the occasion with lots of lepreuchans, clover leaves and green. Irish luck was there for Grace Enzinga, who won the door prize of tickets to the next dance. The 50/50 draw was won by Ann-Marie MacKenzie and she donated \$50 back to the Centre.

## **The Bunny Hop on Easter Weekend**

The Bunny Hop with Spindrift Street is the next dance. It will be held on Saturday, April 19<sup>th</sup> - a fun thing to do with visiting friends on Easter weekend. Come and enjoy the music and dancing. We have the best dance floor on the Sunshine Coast and people always comment on the inviting atmosphere at the dances.

Spindrift Street is composed of Garth Bowen on mandolin, fiddle and vocals, Randy Shepherd on bass and vocals, and Charlie Veaudry on guitar and vocals. They'll be playing 3 sets of music that will surely have us hoppin'.

As always, many thanks to all the volunteers who help out with the dances. You're the best!

## **Beginner Line Dance Workshop**

Jay Alexov will be leading a beginners line dance workshop that was postponed from March. The new date is Saturday, May 3<sup>rd</sup> with the doors opening at 1:30pm and class starts at 2:00 pm. This class is intended for people who have never line danced and will be very slow paced. Tickets are available at the front desk or at Little Brit of Heaven. Line dancing is not only good exercise and fun but great for cognition.





# \$1 Bingo



**\$1 BINGO** is held on Tuesday afternoons from 2:00 to 4:00 pm with reduced price of game cards. The 10-game packs are \$10 and single extra sheets are \$1. The progressive game sheets will stay at \$2 with the first game prize being \$200 (48 balls called). For extra excitement, we have a \$1 - 50/50 draw. \$1 BINGO also features \$1 Coffee and \$1 baked goods in addition to the regular water, chips and cookies, each for \$1. Come join us for a fun affordable social event in the SSAC Lunch Room!

## Online 50/50 Winner

# Congratulations!



**Lorraine McMillan & Gerri Randall, winners of our Online 50/50 March draw** accept the cheque for \$1,990 from SSAC Treasurer Alison Kowalewski. Their winning ticket was SL-6047417107.

SSAC AUDITORIUM  
5664 Trail Ave, Sechelt

## Bunny Hop

Dance with 

**Saturday April 19<sup>th</sup>**  
7 – 10pm  
doors open 6:30pm

**Beer, Wine, Cider Bar**

**\$15 in advance**  
**\$20 at the door**

Tickets at SSAC Front Desk OR 



# SUNSHINE COAST SENIORS

online 50/50



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## APRIL DRAW

STARTS APRIL 1 • DRAW - APRIL 30



# In Memoriam



## Colleen Margaret Anderson

**February 7, 1946 - March 2, 2025**

Colleen Margaret Anderson, born February 7<sup>th</sup>, 1946 in Auckland, NZ passed away peacefully at sundown in Sechelt Hospital March 2<sup>nd</sup>, 2025. She loved the spotlight, and in true Colleen fashion, walked the Red Carpet for the last time on Oscar Night, one of her favourite events of the year. She leaves behind her biggest fans, husband of 57 years, Dennis, children Robyn (Hervé) and Jayme (Jill), and her beloved grandsons, Liam and Ayden. Colleen is predeceased by her brother Dennis and leaves behind her loving big sister Robyn and family in NZ. Colleen met the love of her life, a handsome Canadian traveller, in Auckland and married soon after. A woman who always embraced new experiences, left her home country to live in Vancouver, Canada. She and Dennis built a rewarding life centered on their children, dogs, boating, and adventure. She was an avid supporter of film and worked for years in film distribution and promotions. In later years she worked for BC Labour Relations before retiring to Sechelt in their dream home by the sea. Colleen lived out her love of theatre, working on and performing in many different productions locally where she made many dear friends. Colleen was the eternal optimist, but sadly after years of living with and fighting cancer, she succumbed to her illness. We will miss her so very much. Family time will never be the same. Thank you to everyone that has reached out to our family with your kind words, memories, and caring thoughts. A huge thank you to the caring Palliative Team, Hospice Society, nursing staff in the chemo department and hospital, and all her doctors over the years. We feel so fortunate to have supports from far and wide... friends and family in NZ, family in France, and of course our Vancouver/ Sechelt people. No service as per her request.



## Robert (Bob) Dyck

**November 28, 1932 - March 9, 2025**

On March 9<sup>th</sup>, 2025, Bob passed away peacefully with his family at his side. He was predeceased by his wife Juanita, and his son Terry. Bob is survived by his daughters Cathy, JoAnne (Ted) and Cindy (Mike), daughter-in-law Tracy, his beloved grandchildren and great-grandchildren. Bob was a loving husband, father, grandfather and great-grandfather.

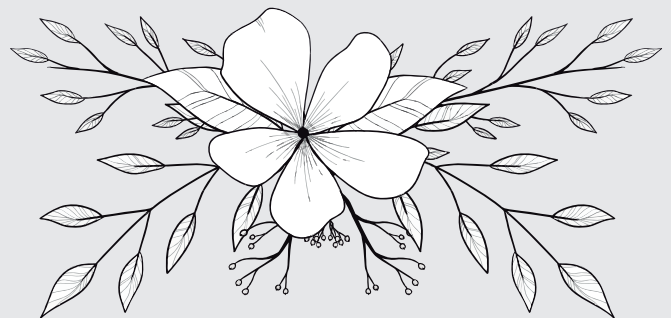


Bob and Juanita retired to Sechelt in 1991. They enjoyed many hours on the golf course, as well as happy hours off the course with their many friends.

He enjoyed life to the fullest and laughed to the end.

We would like to express our gratitude for the wonderful care our dad was provided when in the Sechelt Hospital.

There will be no service by request.



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



# Richard "Rick" Joseph Haime

September 21, 1948 - January 14, 2025

With heavy hearts, we announce the sudden passing of Richard Joseph Haime, known as Rick, Dick, or "Stump" to his friends. Born September 21, 1948, in Ottawa, Ontario, Rick passed suddenly on January 14, 2025, in his favorite place—Melaque, Mexico—where he had become a citizen in recent years. He lived life just as he left it: short and sweet, on his own terms.



Rick leaves behind his daughter Brittany, son Brody (wife Jessica), and grandbaby Summer, as well as his newborn granddaughter, Audrey, whom he sadly never met. He is also survived by his sister Bonnie (husband Rusty), niece Lisa, nephews Cory and Dean, his partner-in-crime Lori, and many cherished friends.

Preceded in death by his son Shawn Haime, his parents Charles and Valerie Haime, and his siblings Sharon, Carol, and Lynne.

A lifelong sports lover, Rick played baseball and hockey on the Sunshine Coast, later coaching and refereeing hockey. He worked 25 years at the liquor store before retiring at 55 but kept busy running "Rick's Lawn Mowing." He played pickleball, volunteered with the Lion's Club, and enjoyed weekly poker games—even in Melaque.

Most of all, he loved hockey, especially sharing it with his son Brody. Rick's sharp wit and sometimes outrageous humor made every gathering memorable. He was a great listener and a true friend, finding joy in karaoke, sunshine, and long lunches with his kids. Rick's laughter, kindness, and legendary one-liners will live on.

A celebration of life will be planned to honor him in true Rick fashion. Raise a glass, play some poker, or belt out a karaoke tune—he'd love that. The date for the celebration is TBD in late spring. Rest easy, Rick. You are deeply loved and will be forever missed. Giddy up! As he would say.



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# ARE YOU PREPARED?

## Emergency Preparedness Fair

Saturday May 10th

10:00 a.m. – 2:00 p.m.

Sechelt Seniors Activity Centre

5604 Trail Avenue



## Emergency Preparedness Displays

Available for purchase and pickup  
**Emergency Kits**

**\$135 value!**

**\$70**

Only including taxes



+ purchase of individual extras  
food – water – fire blanket – etc.

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Containing: backpack, first aid kit, hand-crank radio, flashlight, whistle, mylar blanket, poncho, multi-tool, face mask, tissues, 6 packages of water

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Presented by Sechelt Community Associations Forum (SCAF)



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## AGEING TO SAGE-ING

Conversations  
About Ageing

CHOOSING TO LIVE CONSCIOUSLY AS WE AGE

Facilitator: Janey Talbot — Sage-ing Leader, Hospice Volunteer

CONVERSATIONS EXPLORING THE CORE CONCEPTS OF AGEING:

Images Of Ageing - Life Review - Harvesting Wisdom  
Forgiveness - Our Mortality - Legacy - Emerging Elder

A 7 week program — ZOOM sessions

Wednesdays— April 16th - May 28th, 2025 —9:30 AM – 11:45 AM PST

Maximum 10 - 12 participants — Cost \$130 CDN

To Register, or for more information, email: [janeytalbot@gmail.com](mailto:janeytalbot@gmail.com)

Registration payment by e-transfer to: [janeytalbot@gmail.com](mailto:janeytalbot@gmail.com)

My intention is to provide an accessible program. If cost is a barrier, contribute what you can.



Sage-ing International is an organization dedicated to changing the paradigm from age-ing to Sage-ing, utilizing a community of elders and elders-to-be who are ready to explore new ways of aging through teaching and learning, service and community



## Need a lift?

Let us take you where you need to go!  
We've got you covered.

Enjoy personal assisted transportation on & off the Sunshine Coast. Experience our personal white glove, door-to-door service. We take pride in it.

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Not computer savvy? No problem. We handle bookings the old-fashioned way. Reach out to us by phone or email for bookings and inquiries.



[info@careforalift.com](mailto:info@careforalift.com)  
**604-747-CARE (2273)**  
[www.careforalift.com](http://www.careforalift.com)



# APRIL LUNCH MENU

Lunch Service is available weekdays from 11:30 am to 1:00 pm. Everything is made from scratch! We also serve soup, sandwiches and salads. Desserts vary. **Frozen entrées are available weekdays from 9am to 3pm and vary in price \$6 or \$8.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Baked Chicken Drumsticks <sup>1</sup>	Ham & Scalloped Potatoes <sup>2</sup>	Salmon <sup>3</sup>	Fish & Chips <sup>4</sup>
Quiche & Salad <sup>7</sup>	Turkey Cannelloni <sup>8</sup>	Roast Beef <sup>9</sup>	Chinese BBQ Pork <sup>10</sup>	Fish & Chips <sup>11</sup>
Chicken Shawarma <sup>14</sup>	Lasagna <sup>15</sup>	Chicken Cordon Bleu <sup>16</sup>	Hot Reuben Sandwiches <sup>17</sup>	Closed for Good Friday <sup>18</sup>
Closed for Easter Monday <sup>21</sup>	Cabbage Rolls <sup>22</sup>	Roast Pork <sup>23</sup>	Chicken Pot Pie <sup>24</sup>	Fish & Chips <sup>25</sup>
Meatloaf with Mac & Cheese <sup>28</sup>	Seafood Linguini <sup>29</sup>	Chicken Parmesan <sup>30</sup>	<p>Members are welcome to bring guests to dine for a surcharge. Lunch on Fridays is for members only and maximum 2 takeout lunches. Only items on the menu are available.</p>	

## APRIL 2025 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

MON	TUE	WED	THU	FRI	SAT	SUN
No pickleball April 28			7:30-9:30 2.0-3.5	7:30-9:30 3.0-3.5+		No pickleball April 6
	1:30-3:00 2.0-2.5		1:00-2:45 2.5-3.0	2:30-4:00 2.5 w/ Coach		11:30-1:00 1.0-2.5
3:00-4:30 3.25-3.5		3:00-4:30 1.0-2.0 w/ Coach		4:00-5:30 3.0-3.25		1:00-3:00 3.25-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 3.0	4:30-6:00 2.5-3.0	4:30-6:00 3.25			3:00-5:00 2.5-3.0
6:00-8:00 3.5+	6:00-8:00 3.25-3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 2.5-3.5+		5:00-7:00 3.0-3.5+

If you are interested in being assessed for another level, email Gill at [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com). If you have questions or want to be added to the sign up system (Spond), please contact Sally at [sally.walters@myssac.com](mailto:sally.walters@myssac.com).

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Hatha Flow Yoga - cancelled April 28	10:00–11:15 AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis series	10:15–11:15 AM	Craft Room	Bobbie Seale-Cobiskey	\$48
Handwriting Analysis - April 14 & 28	11:00–12:30 AM/PM	Farish Room	Don Plessas	\$4
Line Dancing—experienced - cancelled April 28	11:30–12:30 AM/PM	Auditorium	Jay Alexov	\$4
Duplicate Bridge	12:00–3:30 PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30 PM	Farish Room	Isobel Gibson/Fran Engst	\$4
Carpet Bowling - cancelled April 28	1:00–3:00 PM	Auditorium	Katie Caple	\$4
Games Galore	1:30–3:30 PM	Lunch Room	Gill Smith	\$4
Creative Crafts	1:30–3:30 PM	Lunch Room	Nicol/Nina/Ruth	\$4
Forever Young Song Circle	4:00–5:30 PM	Craft Room	Mark Trevis	\$4
<b>TUESDAY</b>				
Fitness with Jacqui or Lisa	9:15–10:15 AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café	9:30–12:30 AM/PM	Craft Room	Maryanne Brabander	\$6 lunch extra
Chair Yoga	12:00–1:00 PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Craft Group	1:00–3:00 PM	Craft Room	Carol Maynard	\$4
Bingo	2:00–4:30 PM	Lunch Room	Richard Ward	
Strength for Seniors	3:15–4:15 PM	Auditorium	Liz Hills	\$6
<b>WEDNESDAY</b>				
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 - Experienced	11:30–12:30 AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00 PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	1:30–3:30 PM	Craft Room	Nicol Mentis	\$4
Prof. Emeritus Lecture Series - April 16	2:00–3:30 PM	Lunch Room	Gail Riddell	donation
Bluegrass Jam	4:00–5:30 PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
<b>THURSDAY</b>				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Chair Yoga	10:45–11:45 AM	Craft Room	Tenaya Kivlichen	\$6
Line Dancing for Beginners	11:45–12:45 AM/PM	Auditorium	Louise Parker	\$4
Chair Yoga	11:45–12:45 AM/PM	Craft Room	Tenaya Kivlichen	\$6
Mahjong	1:00–3:00 PM	Farish Room	Katie Caple	\$4
Painting Pals	1:00–3:00 PM	Craft Room	Isobel Gibson	\$4
Friendship Tea (3 <sup>rd</sup> Thursday)	2:00–4:00 PM	Lunch Room	Liz Hennessey/Gill Smith	
Carpet Bowling	3:00–4:30 PM	Auditorium	Margaret Parker/Norm Ross	\$4
Strength for Seniors	3:15–4:15 PM	Auditorium	Liz Hills	\$6
Line Dancing	3:15–4:15 PM	Craft Room	Collene Sand	\$4
<b>FRIDAY</b>				
Yoga	10:00–11:10 AM	Auditorium	John or Andre	\$6
Badminton	11:30–1:00 AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam & Sing-along	11:15–1:00 AM/PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00 PM	Farish Room	Paul Groves	\$4
Chair Yoga	1:15–2:15 PM	Auditorium	Tenaya Kivlichen	\$6
<b>SATURDAY</b>				
Quilting	9:00–4:00 AM/PM	Craft Room	2 <sup>nd</sup> Saturday of each month	\$4/\$8

Non-members may attend an activity (except pickleball) one time without a SSAC membership (still pay the activity fee).

Memberships are for adults of all ages and may be purchased from the office over the phone or in person weekdays between 9am and 3pm.

You can fill your "wallet" at the front desk or by phone 604-885-3513. For Pickleball schedule, see page 15.