

SEASHELL ECHO

MARCH 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.



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



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www.myssac.com

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Sechelt Margarita: Frozen and Shaken

BY RICHARD WARD

Welcome to all of you that survived our recent **environmental onslaughts**. Like some sort of Sechelt Margarita, we were frozen and shaken in the month of February. First came the blizzard and days of dealing with snow depths not experienced for 30 years on the Coast. It did bring out a hero in volunteer Brent Sheppard. He spent countless hours with his shovel and salt ensuring that our car parks and paths were as cleared and safe as possible. Many thanks, Brent.

February 21st was a very moving day at the SSAC as our managers meeting was interrupted by a magnitude 4.8 earthquake. The good news is there was no damage to the Centre and no injuries to members. However, there was suddenly a very heightened awareness of emergency preparedness. Most fortuitously, there is an Emergency Preparedness Fair to be held at the SSAC in early May. Look out for announcements about that important upcoming event.

Some of you may not know that Chef Emily has been away since the end of December for a scheduled operation and rest break. We welcomed back Emily returning to work on February 24th. In December, we hired Jackie Coombs as a part-time Assistant Chef, but also, she has filled in as Head Chef during Emily's absence. Jackie has done a wonderful job for us, with many compliments about the quality of her meals. Thank you, Jackie, for the magnificent job you have done for us and for fitting in so seamlessly.

CENTRE INFORMATION

2024-2025 Board Members

President: Richard Ward
Vice President: Bert Carswell
Treasurer: Alison Kowalewski
Secretary: Valerie Galat

2024-2025 Directors at Large

Jay Alexov Mark Patterson
Lisa Brown Gail Riddell
Susan Grenville 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
Sunshine Coast Transit	604.885.6899
HandyDART	604.885.6897
VCH - Adult Mental Health	604.924.8370

Many thanks to the following sponsors
for contributing to our weekly ad in the
Coast Reporter. When out exercising your
consumer vote, it is always good to be aware of
those businesses that help our community to
remain strong and vibrant.



Sechelt Margarita . . .

CONTINUED FROM PAGE 1

Nancy Brindley (board member) and Executive Director Lesley Anne Clarke of SCACL (Sunshine Coast Association for Community Living) reached out to us to enquire if some of the people they serve would be able to attend some of our activities. We pointed out that people of any age can buy memberships with us, so they would be very welcome. SCACL serves people with developmental disabilities. Their ages range from late teens to older ages. You will start to see these new members in March and hope you will make them feel especially welcome and show off the SSAC for the joyous place that it is.

In January the online 50/50 prize was \$5,670. In February it was lower at \$1,765, won by Maryanne Brabander, one of our bus drivers and Memory Cafe organizers. For various reasons we were not able to do as much promotion as needed. It illustrates how promotion is so important in building the size of Jackpot we need, to produce the proceeds necessary to fulfil our affordable meal and accessible transportation goals.

We will be making a big push in 50/50 promotion for the March 26th draw. If you are interested in helping by promoting the Sunshine Coast Seniors 50/50 Lottery, let us know at the front desk. I sound like a broken record on this, but this place would not run without our multitude of volunteers. So, whether it is kitchen or office services, 50/50 or some other valuable role, all your efforts are as always very much appreciated.

The important date coming in March is the Annual General Meeting on Wednesday March 12th at 1:30pm (doors open at 1pm). Elections for vacant SSAC Board positions will be held. There are 11 board positions; 5 of them will be open for new 2-year term elections. The other 6 are continuing to complete the second year of their term. The open positions will be Vice-President and 4 Director-at-large positions. Nomination forms are available at the front desk and each person nominated must have two members in good standing sign the form. The deadline for nominations is 48 hours before the start time of the meeting. A list of members nominated for positions in the election will be posted on the notice board at the far end of the corridor above the MSC kiosk. The list will be updated as nominations are approved. Please make sure you attend the meeting and give us the strongest board possible to make positive decisions as we move forward. All votes for new board members will be done by secret ballot and members at least 50 years of age are eligible to vote.

Best wishes for a great month to come and don't forget to join us at the St Patrick's dance to be held Saturday evening, March 15th.

Election Coming, Candidates Wanted

BY BERT CARSWELL

At the **Annual General Meeting of the Sechelt Seniors Activity Centre Society on Wednesday March 12**, elections will be held for vacancies on the board of directors. This year four Directors-at-large and a Vice-President need to be elected (or acclaimed) for a two-year term. To achieve this, we need candidates to be nominated. Those directors who currently hold these positions may run for office again. Any member of the Centre in good standing may be nominated for these positions. All that is required is that they be nominated by two other members in good standing or by the Nomination Committee. However, only regular members (over the age of fifty) may vote. Nomination Forms are available at the front desk. Completed nomination forms must be received at the front desk at least 48 hours before the election is held i.e. by 1:30 pm on March 10, 2025. Nominations from the floor at the Annual General Meeting cannot be accepted.

The **Mission** of the Sechelt Seniors Centre Society is to support and improve the lives of our members by providing mental and physical stimulation and social opportunities.

Our **Core Values** are inclusivity, accountability, positivity and sustainability.

The **Role of the Board of Directors** is ensuring the Centre's financial health, ensuring sound relationships, ensuring good performance, communicating effectively, developing and updating a long-term plan and ensuring the existence of a good governance framework.

The Directors Oath of Office

I do solemnly swear (or affirm) that I will faithfully discharge to the best of my ability, the duties of the office of Director of the Sechelt Seniors Activity Centre in accordance with its Constitution, Bylaws, Rules, Policies and Procedures.

I further swear (or affirm) I shall respect member interests by serving as a faithful protector of the Society's assets, and I will abide by majority decisions of the Board, while retaining the right to seek changes in decision through ethical and constructive channels.

The Board of Directors meets monthly and Directors are expected to attend a minimum of 18 meetings during their two year term of office. They are also expected to sit on at least one committee. There is no financial remuneration, but directors can receive a meal voucher for the day of attendance at a board meeting.

**Do your part!
Ensure the
Continuance of
Good Governance**



**AGM
March 12, 2025**

Emeritus Professor Talks

The most recent talk in the popular Emeritus Professor series attracted a large group of enthusiastic listeners.

Over 90 people crowded into the lunchroom to hear about how to interpret the news. Eric Gorham, a retired Political Scientist from Quest University, suggested that those watching/listening to the news might consider how newsworthy the item is, how the reporters got their information and what is not said about the news story. He also raised several other timely points, such as asking how current, relevant and accurate the information might be.

Our next lecture is wildly different - the fascinating story of fish clans in Scottish lakes, and how they have evolved, with Dr. Eric Verspoor.

“Fish Clans of Scottish Lochs and their Evolution after the Last Ice Age”

Wednesday, March 19, 2 pm
Eric Verspoor, PhD, University of Highlands and Islands, Inverness, Scotland

About fish and chips, Dr. Verspoor’s talk highlights new insights into cryptic biodiversity in freshwater fish, and how it evolves. The knowledge is gained from studies of Scottish lochs, exploiting modern methods of molecular analyses of DNA variation and the increasing computational power of computer chips.



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



Coming in April!

- Handwriting Analysis
- Song Circle
- Bluegrass Jam
- and maybe more!

BUS TRIPS



March 9 - Heritage Playhouse
Staged Reading, Pick up SSAC 12:15 - Cost \$10

March 12 - Quilters Trip

March 9, May 1, June 12 - Tea & Trumpets

Please inquire at the SSAC Front Desk for more information!

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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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Valentine Event

Hearts & Roses

On Valentine's Day, lots of members joined us for treats, trivia and music.

Thanks to Mark Trevis and the Centre's Ukulele group - the Echoes - for performing lots of fun songs people could sing along to. Thanks to Heather for allowing us to convince her to sing us a song too.

And special thanks to Helmut Horn for his amazing Valentine's Day cake donation that was auctioned off for \$70! And then, shared with everyone at the Soiree. That's love for you!

And thanks for everyone who helped with set up and tidying up - you're amazing.



Advance Care Planning Workshop

Wednesday, March 5, 2025 · 2:00–4:00pm

Sign up for this free workshop at the SSAC front desk or call 604-885-3513. Everyone is welcome but space is limited, so please register in advance. We will have Green Sleeves for all the attendees but if you already have one please bring it with you. The kits for this workshop are funded by the Notary Foundation of BC.

What is ACP?

Advance Care Planning (ACP) is a process of thinking ahead about the type of health and personal care decisions you want made on your behalf if you become ill, injured and are unable to speak for yourself.

Green Sleeve Advance Care Planning is an initiative of the Sunshine Coast Hospice. Green Sleeve resources and workshops are offered at no cost to Coast residents.

Why do I need an ACP?

Making an ACP involves putting documentation in place to ensure the right person will be able to represent you. If you have underlying health conditions, it means talking to your doctors to understand what medical decisions you may face in the future. It means having conversations with your family and decision maker(s) to ensure they understand what you would want so they can honour your wishes in the future.

Think of the Green Sleeve as your healthcare passport. It is a place to store your medical information and advance care plan (ACP) documents in case of a medical emergency or a decline in your health.



Volunteer of the Month

Barb Christie



Barb Christie has been an invaluable member of our kitchen team for well over 10 years, bringing both skill and enthusiasm to every shift. Her dedication to ensuring that our members receive nutritious, delicious meals is truly commendable. Whether she is preparing ingredients or assisting with meal service she does it all with a positive attitude and a smile.

Recently she has also taken on the role of librarian by sorting and labelling all donated books.

When Barb has some free time she likes to play Mahjong.

We are lucky to have Barb as part of our team. Thank you from the Board and Membership for all that you do.

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

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Activity Feature

Memory Café



Memory Café is a program designed to provide a safe, welcoming, and stimulating environment for individuals living with early dementia and their care partners. The purpose

of this program is to reduce their social isolation, enhance mental and physical well-being, and cultivate meaningful social connections through a range of engaging activities that improve participants' overall quality of life. Memory Café has been running since 2017 as a two-hour session with activities and chair yoga. Two volunteers, Brian Smith and Rosella Leslie, have been instrumental in creating and maintaining the program. Sadly, due to illness, Brian is unable to continue, and Rosella is his care partner. To honour their incredible work, we will continue with an enhanced form of the program. Maryanne Brabander, who is a qualified Geriatric Therapeutic Recreation Practitioner, will be the paid facilitator for the 2.5 hour session followed by a social lunch. Activities include crafts, music and games and gentle exercises such as seated and stretch exercises as well as active games.

The weekly schedule will be Tuesdays 9:30am to 1pm. Up to 8 SSAC members with early-stage dementia plus their care partner will register in each 6-week session. The cost will be \$6 for the 2.5-hour program and \$12 for the social lunch for both member and care partner. There will be no cost for the care partner, and they do not have to be a SSAC member. Please register the member for the program through the SSAC front desk by phone or in person

Friendship Tea

March 20th - 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!



Meet the PNP Pharmacist

The Division of Family Practice in conjunction with VCH has established a Primary Care Network (PCN) for the Sunshine Coast. As an initial step in, there will be a session open to the public to meet the PCN Pharmacist. Join us to learn how the PCN Pharmacist can help you understand your medications with up to 60-minute appointments. Ensure your medications are safe, effective, and right for you!

This session will be held at the Sechelt Seniors Activity Centre on Thursday March 6th at 2 PM. Please join us!

The Sunshine Coast Elder College is helping to promote this information session in cooperation with the Primary Care Network and the Seniors Activity Centre.



Sunshine Coast
Primary Care
Network

Sunshine Coast
Division of Family Practice
An FPSC initiative

\$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!

St. Patrick's Dance/Live Music "The Shamrockers"



Saturday, March 15

Senior Centre 7-10pm · Doors open 6:30pm

\$15 in advance \$20 at the door

Costume contest | Drinks | Irish Pub Dance Band

Tickets at the front desk or at



Line Dance Workshop & Dance



Led by Jay Alexov,
Krystyna Wisniewska,
and Collene Sand

March 29

2:00pm Doors open
2:30pm Lessons
3:30-5:00pm Dance

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



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MARCH DRAW

STARTS MARCH 1 · DRAW - MARCH 26



Dancing The Night Away

We started the new year rockin' on February 8th with the Mitch Lazer Band - Mitch on drums, Eddy Edrik on guitar and vocals, Bruce Mortimer on bass and Bill Barclay on keyboards - playing all the hits to get people dancing!

After the big snow dump everyone was really happy to get moving again, out and about after being stuck inside or close to home for a few days. The energy in the room was palpable!

Lucky door prize winner was Kim Durie who won tickets to the next dance. The dance on March 15th is The Shamrockers - Kevin O'Crofton, on guitar and vocals, Graham O'Walker on drums, Boyd O'Norman on bass, Heidi O'Kurz on harp and Sheila O'Allan on the fiddle. They will be playing Irish music (jigs and Celtic numbers) and also some familiar songs as well. Come join us - tickets are \$15 or \$20 at the door. Buy your tickets at the front desk or at Little Brit of Heaven on Cowrie Street. Light snacks will be available and the bar will be open for beer, wine, cider and select highballs and coffee drinks. ERIN GO BRACH . . . no Tom, it doesn't say Erin go braless.

Heartfelt thanks to all the volunteers who come out to help set up, decorate, tend bar, clean up and make the whole thing possible. And thanks to all who come out to the dances! We love to see people coming together to dance and have fun but also as you may know all of these dances are fundraisers for the Centre which is such a valuable service for us all.

Line Dance Workshops

Many people have requested a beginners line dance workshop so Jay Alexov will be holding one on March 22nd. Doors open at 1:30 pm with lessons from 2:00 pm to 4:00 pm. This workshop will be a very slow paced class and is intended for beginners. It will be a good fit for anyone who would like to try line dancing for the first time and learn some basic steps.

On March 29th there will be another line dance workshop for those who have some line dancing experience. We had a blast at the last one so Jay, Collene and Krystyna will be doing it again for us! Yay! Get ready to strut your stuff and develop your style. Doors open at 2:00 pm, class starts at 2:30 pm and goes til 5:00 pm. Workshops are \$10 at the Seniors Centre or Little Brit of Heaven. Non alcoholic beverages will be available for cash only purchase.

Jay and the committee have much more in store for this year so keep your eyes open for upcoming dances and other musical events.





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Come and see Vivian every Friday between 9:30 am to 12:00 pm. Get those glasses all spruced up! Adjustments, new nose pads, hinges tightened . . .

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.

FREE HEARING AID CLEANING Friday, March 21, 12:30 to 2pm



Anchor Hearing provides hearing aid cleaning at the lounge

In Memoriam



Pamela Fouts

It is with the deepest sadness we share the passing of Pamela Fouts at the age of 74.

She left this world on the morning of February 13 in Sechelt BC after a short but courageous battle with cancer.

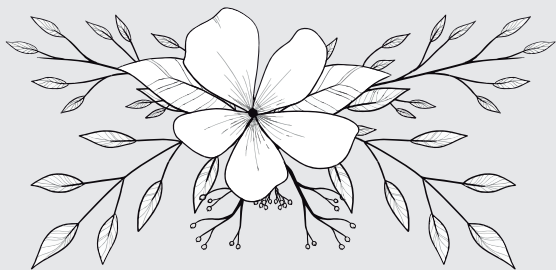


Pam is survived by her husband Dennis; her daughter Cheri; her son Steven (Avril); daughter Michelle (Chad); sister Connie; and brother Geno (Myra). She is also survived by five grandchildren and four great grandchildren.

She will be remembered for her kindness, compassion, selflessness, and countless volunteer hours, including many hours at the Seniors Centre.

She had an easy smile and made friends throughout her life. She will be greatly missed.

A celebration of life will be announced later in the spring.



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

Jean May Cleary

February 25, 1933 - January 20, 2025

Jean May Cleary passed to her rest on January 20, 2025, awaiting our Lords return. She was ninety one years old.



She was born to Bessie and Bert Wright on February 25, 1933 in Dartmouth, Nova Scotia.

Jean married Ernest William Cleary on September 26, 1953. They had five children together. She was predeceased by her daughter Dale (Phillip) Wollman in 1985.

The family moved to Alberta in 1972, and then Jean and Ernest purchased a retirement home in Sechelt, BC in 1991. They have enjoyed their friendly Sunshine coast community for thirty four years.

Jean had a great passion for Jesus, and was a member of the Roberts Creek S.D.A church with Ernest. Mom has always been a very friendly, helpful, gentle woman assisting people wherever she lived, seeking their best good. She loved to write Christian articles, posting 370 short articles of faith in the Coast Reporter. She volunteered in the kitchen of the Senior Center for many years.

She will be missed by her family, husband Ernest, their daughter, Carol (Jim) Lewis, three sons, Wayne (Kerrie), Allan (Donna) and Michael (Debra) and many extended family members, seven grandchildren and two great grandchildren, and friends.

A Memorial Service will be held in the S.D.A. Church at 2pm on March 15 on the Sunshine Coast Hwy and corner of Jack Road.

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This Rob and Ella, she is an 8 yr old miniature Aussie mix. She visits seniors privately and reads with kids at school.

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Basic Beginners Line Dance Workshop

Led by Jay Alexov

March 22

Lessons 2:00-4:00pm
Doors open 1:30pm

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



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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
Emergency Preparedness Displays
Purchase an Emergency Kit

Presented by Sechelt Community Associations Forum (SCAF)
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Help Shape Seniors Housing on the Sunshine Coast

Join us for an informative and engaging session where you can learn about seniors' housing initiatives and share your housing needs and preferences. Snacks and refreshments provided

GIBSONS - MARCH 4

HARMONY HALL
1:30PM-3:30PM

PENDER HARBOUR - MARCH 6

PENDER HARBOUR COMMUNITY CENTRE
10:30AM - 12:00PM

PENDER HARBOUR HEALTH CENTRE
12:30PM-2:00PM

SECHELT - MARCH 7

SECHELT ACTIVITY CENTRE
12:30PM - 2:30PM



OR COMPLETE OUR SURVEY ONLINE
[HTTPS://COVERTHECOAST.ORG/SURVEY-2025/](https://coverthecoast.org/survey-2025/)
FEBRUARY 24 - MARCH 12

MARCH 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf w/ Mac & Cheese ³	Baked Salmon ⁴	Ham & Scalloped Potatoes ⁵	Hot Reuben Sandwiches ⁶	Fish & Chips ⁷
Filipino Chicken Adobo ¹⁰	Turkey Cannelloni ¹¹	Roast Beef ¹²	Chicken Pot Pie ¹³	Fish & Chips ¹⁴
Chicken Souvlaki ¹⁷	Lasagna ¹⁸	Chicken Cordon Bleu ¹⁹	Cabbage Rolls ²⁰	Fish & Chips ²¹
Chicken Quesadilla ²⁴	Seafood Linguini ²⁵	Roast Pork ²⁶	Ginger Beef ²⁷	Fish & Chips ²⁸
Shepherd's Pie ³¹	<p>Frozen entrées are available weekdays from 9 am to 3 pm and vary in price \$6 or \$8. 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>			

MARCH 2025 | SSAC PICKLEBALL SCHEDULE

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

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 2.0-3.5	7:30-9:30 3.0-3.5+		
	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 March 11 & 18 PB Assessments	3:00-4:30 1.0-2.0 w/ Coach cancelled March 12		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

MARCH 2025

SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Hatha Flow Yoga	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
Line Dancing—experienced	11:30–12:30 AM	Auditorium	Jay Alexov	\$4
Duplicate Bridge	12:00–3:30 AM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30 PM	Farish Room	Isobel Gibson/Fran Engst	\$4
Carpet Bowling	1:00–3:00 PM	Auditorium	Katie Caple	\$4
Games Galore	1:30–3:30 PM	Lunch Room	Gill Smith	\$4
TUESDAY				
Fitness with Jacqui or Lisa	9:15–10:15 AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café - 6-week series	9:30–12:30 AM/PM	Craft Room	Maryanne Brabander	\$36 lunch extra
Chair Yoga	12:00–1:00 PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Craft Group	1:00–3:00 PM	Craft Room	Carol Maysnard	\$4
Bingo	2:00–4:30 PM	Lunch Room	Richard Ward	
Forever Young Song Circle	2:30–4:00 PM	Lounge	Mark Trevis	\$4
Strength for Seniors - Mar 4 & 25 only	3:15–4:15 PM	Auditorium	Liz Hills	\$6
WEDNESDAY				
Emergency HAM Radio	9:15–9:45 AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John/Marina	\$6
Line Dancing - Experienced, cancelled March 12	11:30–12:30 AM	Auditorium	Jay Alexov	\$4
Table Tennis - cancelled March 12	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 - Mar 19	2:00–3:30 PM	Lunch Room	Gail Riddell	donation
THURSDAY				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Chair Yoga	10:45–11:45 AM	Craft Room	Tenaya Kivlichan	\$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 Kivlichan	\$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 rd 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 - Mar 6 & 27 only	3:15–4:15 PM	Auditorium	Liz Hills	\$6
Line Dancing	3:00–4:00 PM	Craft Room	Collene Sand	\$4
FRIDAY				
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 Kivlichan	\$6
Latin Dance Basics - Mar 14, 21, 28 only	1:15–2:15 PM	Craft Room	Edmund/Krystyna	\$4
SATURDAY				
Quilting	9:00–4:00 AM/PM	Lunch Room	2 nd 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.