

JANUARY, 2010

# Seashell Echo

**Sechelt Seniors Activity Centre, 5604 Trail Avenue, Sechelt, BC V0N 3A0**  
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'May your neighbours respect you,  
Trouble neglect you,  
Angels protect you,  
And heaven accept you.'

# HAPPY NEW YEAR

**President's Message**

**Greetings,**

It is a privilege and honor to be your new President. It is a job I take very seriously and understand how important the Sechelt Seniors Activity Centre is in this community. I want to take this opportunity to share some thoughts regarding my approach to this new challenge.

As a retired Professor, I naturally subscribe to learning as a lifelong adventure. One of the positive aspects of getting older is that our cognitive processes change. For example, we make better decisions and worry less. Research also shows that quality of life is enhanced by many factors, among them social engagement, physical activity and challenging ourselves.

Recent studies reveal that seniors report feeling the happiest and most complete when they “give back” to their community in some way like volunteering. What better resource could there be than a centre created expressly to provide us a second home where we can meet others with these shared values!

I believe the Seniors Activity Centre is at a crossroads. It has a very successful history and a superb track

record and I am very impressed at how well the Centre is operated. Wilma Lorimer, your outgoing President, the Board Members and all of the numerous Volunteers deserve our heartfelt thanks for their unselfish gifts of time and talent.

Every organization needs to look at how they will manage for the future and what will be required. To this end I am proposing that we focus on:

- Promoting the role of volunteering with the goal of increasing numbers and enhancing their “job satisfaction.” Volunteers are the vital life lines that keep the Centre alive and vibrant. It is critical that they know how much we value their contribution.
- Increasing membership and participation rates. The Seniors Activity Centre is somewhat of an unknown gem. We need to let others know who we are and ensure we appeal to a broad range of potential members interested in joining and sharing our many benefits and features.
- Developing a mini business plan. This will assist the Centre in knowing its resource strengths and weaknesses. Proper planning prepares organizations for the future, reduces

stress and anxiety, and minimizes unnecessary expenses.

- Reviewing our Constitution in terms of changing conditions by forming a committee to evaluate and amend our Constitution if required.

I am sure there are other items that may need to be reviewed that I am unaware of or have not yet considered. We welcome your assistance in this area. After all, our common concerns and needs can only be addressed if they are known and understood.

Planning for the future prepares us to meet it comfortably and with confidence. Although my focus seems business like, I want to ensure all members that my primary priority is to ensure we always have a safe and welcoming Seniors Centre that provides an enjoyable and enriching experience each time you come.

In closing, I wish you and yours the very best for 2010 and good health.

Yours Truly  
Douglas Smith



**ATTENTION ALL MEMBERS**

**NOTICE of Special General Membership Meeting  
of the Sechelt Seniors Activity Centre  
to be held at the Seniors Centre on  
Thursday, 7<sup>th</sup> January, 2010 at 1:30 pm**

**The motion to be considered at this meeting reads**

**That the membership of the Sechelt Seniors Activity  
Centre approve an allocation of \$25,000 in addition  
to the \$50,000 approved at the April 16<sup>th</sup>, 2009  
General Meeting for the purchase of a new bus  
and that our existing bus be sold or traded in at the  
discretion of the Bus Committee**

**THE BULLETIN BOARD**

**BLOOD PRESSURE READINGS**

1<sup>st</sup> Thursday 11:00 am  
2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Fridays 11:00 am

**SQUARE DANCING**

For experienced mainstream dancers  
1<sup>st</sup> & 3<sup>rd</sup> Wed. @ 7pm

**SENIORS ONE STOP  
INFORMATION LINE**

**604-741-0726**

**LUNCH MENU 11:30 – 1:00**

**Monday** Cook's Special  
**Tuesday** Wraps, Soup  
**Wednesday** Roast dinner (beef or pork)  
or Soup & Sandwich  
**Thursday** Grilled Sandwich, soup  
**Friday** Fish & Chips or Soup & Sandwich

**INDOOR GARAGE SALE**

January 16<sup>th</sup> 10am – 1pm

Call 604-885-8910

To reserve a table \$15.00

**GARY FJELLGAARD CONCERT**

January 23<sup>rd</sup> 7.30pm \$20.00

Tickets available at the Centre's  
Reception Desk

**BUS TRIPS - JANUARY**

5<sup>th</sup> Edgewater Casino \$17.00  
14<sup>th</sup> Lougheed Mall \$17.00  
19<sup>th</sup> Boulevard Casino \$18.00  
28<sup>th</sup> IKEA/Big Box Stores/United Blvd. \$18.00

**Friendship Tea  
Jan. 5<sup>th</sup> at 1:30 pm**

**CHAIRPERSONS REQUIRED**

**MONTHLY FRIENDSHIP TEA**

**EUCHRE**



The **Volunteer of the Month** is - our immediate Past President **Wilma Lorimer**. We the members tend to forget the Officers and Directors are Volunteers, therefore, this month **Wilma** is chosen, in recognition of all the volunteer hours she has given. Wilma has presided over the Centre for the last two years as President, previous to that she handled the **Rentals** and was a **Director** for the centre. Besides the regular duties as President she has also - **Setup tables & chairs and put them away, washed floors, crawled under the stage, climbed ladders, picked up supplies, made decorations, cashiered at lunch** and on and on.



**Recognition & Appreciation:** To start 2010 off on the right note let us acknowledge and sincerely thank the sponsors of our advertisements: **Pharmasave, Sechelt Insurance, Sunshine Coast Credit Union** and **South Coast Ford** who sponsor the weekly 'Coast Reporter' column. **SuperValu** sponsors our segment on radio station C-VUE – 105.9 Wednesday mornings.

### THIS & THAT

Tune in to **C-VUE 105.9** every Wednesday between 11:00 – 11:15 am and listen to **Bob Bourque** report on the events at the Centre. **Maurice Farn** and **Ken Hewitt** were presented with "Life Memberships" at our Christmas Luncheon. Congratulations to you both.

Our Christmas Bazaar produced by the 'Busy Bees' Craft ladies was a great success. **Thank you Ladies, you're a real bonus to the Centre.** The raffle winners were: **Anne Rathbone** – Gift Basket, **Sandy Cavelier** – Quilted Table Runner, **Maureen Brown** – Quilted Wall Hanging, **Nancy Dobie** – Centre Piece, **Patti** – White Bear and **Carmen** – White Bear.

Make it a good start to the New Year – **sign up to volunteer.** Remember the only way the Centre can survive without a considerable increase in dues, is by everyone volunteering, - even if it is only once a month.

The 2010 memberships come into effect January 1<sup>st</sup>. Have you renewed yours? The

membership fee is still only \$20 per annum. **The 2010 colour is yellow** – check yours out!

How about those new aprons the kitchen volunteers are wearing! We have **Penny Lightbourne** to thank for all that work in sewing the aprons together. Additionally, Penny has offered Great Job - **Penny**.

The new furnace has now been installed in the front portion of the Centre. What a treat not having to bundle up while enjoying our time at the centre!

Two of our reliable volunteers have resigned: **Ina Grafe** – *Friendship Tea* and **Doris Ticknor** (6 years) – *Euchre*. Thank you both for giving so much time and effort in your wonderful support of the Centre. What would the Centre do without this type of selfless volunteer?

**Acting Constable Suzette Stevenson** provided us with pamphlets on 'motorized scooters and wheelchairs. Pick up a copy at the Centre even if you don't have either, the information is good to know. **Thanks,** Officer Stevenson.



**DECEMBER DIRECTORS' MEETING SYNOPSIS**

**ANNOUNCEMENTS & CORRESPONDENCE:**

1. January rentals confirmed - to date
2. December 29<sup>th</sup> Chinese buffet - *cancelled*
3. Name tags ordered for new Board members
4. Secretary has a new email address – [ssasecretary@eastlink.ca](mailto:ssasecretary@eastlink.ca)

**OLD BUSINESS**

1. Grant applications and funding requests to: New Horizons, District of Sechelt, the Credit Union, Westjet, Fly Globespan and Boston Pizza
2. Presentation of proposal for regular Bingo (gaming Commission).
3. Exercise and Yoga instructor contracts – *to be finalized*
4. Gary Fjellgaard Concert – *being finalized*

**MAINTENANCE**

New furnace has been installed - *some ducting and a new thermostat are yet to be installed*

**BUS**

**Special General Meeting called for Thursday January 7<sup>th</sup>.** E-mail notices to be sent out plus ads in Coast Reporter, The Local, C-VUE radio and in our newsletter, notifying members of a motion to buy a new bus, rather than a used one.

**New Business**

Orientation date for new board members – *under review*.



**LOG on to our website** ([www.seheltseniors.com](http://www.seheltseniors.com)) and take the time to review what is available to you as a member or prospective member.

Our website brings you up to date on all the activities offered to members plus day and time of same.

**It also features:** *a list, time and price of our current bus trips, the Centres current events, our newsletter, seniors' information line, maps & guides of Sechelt Township, games/puzzles, photo album, horoscope, monthly featured link and more.*

**ATTENTION!!!!**

**FRIDAY MORNING TALKS** ARE PLANNED FOR YOUR INTEREST!

THEY START AGAIN IN JANUARY. WATCH FOR POSTERS!

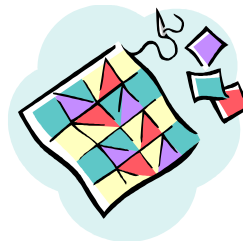
YOUR SUGGESTIONS WELCOME. CONTACT: **ANNE STUART**

[astuart@dccnet.com](mailto:astuart@dccnet.com)



**Carpet Bowling**

Is another enjoyable activity similar to lawn bowling and is a moderate form of exercise.



**Quilting**

If you enjoy this activity come and join the quilters. This group always has room for more quilters.



**Table Tennis**

This is a great exercise without being too strenuous and good fun as well. If you are wondering how to keep fit or tone up without making a chore of it. This is it!



**Painting**

'**HAPPY MEDIUMS**' is an informal group and invites beginners as well as experienced painters in any medium to join them.

**Pool/Snooker**

We have two tables for your enjoyment.



IN MEMORIAM

Janey Tomlinson - Dec. 7th

Janey will be lovingly missed and her memory cherished by her family and many friends.

No service will be held at Janey's request. In lieu of flowers, the family requests that donations be made to the Sechelt Seniors Activity Centre Society

**From the Craft Group**

The Craft Group would like to thank all those who gave up their time and volunteered to help us with the Christmas Bazaar. Your contribution was truly appreciated.

Many thanks too, to the people who knitted items, baked goods, helped in the kitchen and contributed to the crafts. The bazaar was a success, raising money for the Senior Centre.

We donated three big boxes of items to the Elves Club in the week following the bazaar and

they were very pleased. The contents go in hampers to needy families on the Sunshine Coast for Christmas.

A new year has started and we would be pleased to welcome some new faces to our craft group that meet every Thursday morning. Come and have a cup of tea and goodies with us and find out what we are all about. NOTE: You don't have to be crafty, we give guidance!



**Indoor Winter Garage Sale - January 16<sup>th</sup>** 10:00 am – 1:00 pm  
Rent a table for only \$15.00. Please help to advertise this – tell your friends, relatives and everyone you meet.

**Gary Fjellgaard and Company Concert** - January 23<sup>rd</sup> at 7 pm  
Enjoy an evening of Canadian song, wild yodeling, story-telling and award winning guitar playing. Tickets \$20.00 available in January



*"The hand that lifts 'the cup that cheers' should not be used to shift the gears*