

JANUARY 2012

Seashell Echo

Happy New Year

From Our Place To Yours

Sechelt Seniors Activity Center

Will hold
the AGM on
Thursday, February 16th
1:30 pm at the
SSAC Gym

Your vote is important so mark your calendar.
For more information, call the SSAC Office at
604-885-3513.

For those who are traveling or not able to make
it to the meeting, there will be a ballot available.
More information to come.

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Sechelt Seniors Activity Centre
5604 TRAIL Avenue,
Sechelt, BC V0N 3A0
604-885-3513 Reception / Information Desk
604-885-8910 Office

Website www.secheltseniors.com

E-Mail ssac@dccnet.com

This Echo has been published by Leroy Pattison as Kassie has had to care for her sick mother in Ontario. We all wish her and her mother the best and look forward to her safe return.

President's Message

Greetings

I wish a healthy and joyous 2012 for you and yours. The New Year reminds us to contemplate our remaining time and set priorities for what we would like it to bring in the next year. I am very pleased with the very successful year we completed at the Centre. Members are benefitting from the new activities and we have a few more to offer including Scrabble and Shuffleboard.

All who attended enjoyed the Christmas Lunch. The total number of members was 209. Thanks to all the volunteers who again made it work for us. A special thanks to the kitchen volunteers who helped Kathleen prep for two days. Kathleen, as usual your culinary skills shone.

The vaudeville troupe entertainers were fun to watch and Berni G accented the show with her many talents. Joe Clitheroe drummed up sufficient sales of 50/50 tickets to bring more revenue for the Centre and a lucky winner. Thank you Joe for the great volunteer work you provide us by promoting 50/50 tickets and by doing security for the Centre as well as the Carpet Bowling you and Anne Co-Chair.

We have a great selection and full slate of Board Directors this year and a Vice President and two individuals running for Secretary and President. This may be a first with more than one Presidential nominee. I am running as a team along with Kassie as my running mate for Secretary and Charles Ranchie who will stand for Vice President if I become the President.

If I remain President we will see little in the way of change this year including a freeze on increases in activity & membership fees and lunches. And if we continue with a healthy profit in the kitchen we may be able to reduce prices again on a few more luncheon items.

My prime purpose for managing the Centre as your President is to continue to see the members enjoy the facility as "their home away from home". The activities you engage in provide you with the social, physical and mental stimulus necessary for maintaining your wellbeing.

We are all visitors on this planet some of us stay longer than others. I want to do help ensure your time spent visiting at the Centre is filled with kindness, consideration and happiness. So many Volunteers put in countless hours to assist in making your stay pleasant and comfortable. You in turn can acknowledge these acts of kindness with civility and consideration as well.

We are all connected in one way or another and this connectivity makes the effort worthwhile. Whatever one person does eventually affects another and eventually returns to make its presence known to the originator. We have and can all continue to contribute to a better world. It is my hope that we will continue to want to show kindness, respect and consideration for all members.

Cheers,

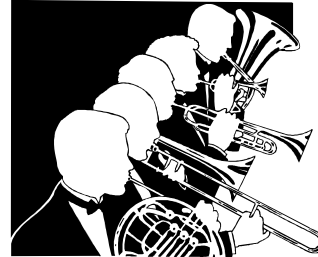
Douglas

THE BULLETIN BOARD

TEA & TRUMPETS SERIES

2012

- January 26th - Opera Goes Symphonic
- March 1st - Come Fly With Me!
- April 12th - Lehar: The Merry Widow
- May 10th - Bach and Handel: BaroqueMasters



BUS TRIPS

- Wed. Jan 18th Science World or Edgewater Casino**
Leave 7:15 am
Return 3:30 pm ferry
- Tues. Jan. 24th Park Royal/Capilano Mall**
Leave 9:00am
Return 3:20pm ferry
- Wed. Dec. 14th Park Royal / Capilano Mall**
Leave 9:15 am
Return 3:30 pm ferry



604-885-2468




★ Merry Christmas from Mandate Tours ★

An airline seat sale has enabled us to pass on a \$200. savings to our **Palm Springs Getaway.**
Limited time offer!



Palm Springs Getaway
March 21 - 28
NEW \$ 2,449.^{dbl} \$ 3,079.^{sgl}



Yukon Quest
Dog Sled Race
February 14 - 19



Stormwatching at Long Beach
Feb. 27 - Mar. 1

Have a prosperous & healthy New Year!

For more information or to book call toll free

604.542.5566
1 (877) 277-5577
mandatetours.com

Discover Maui
April 10 - 19
Now available!

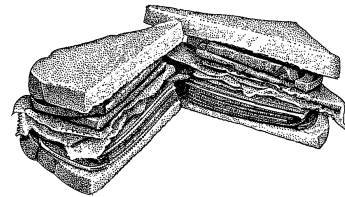





604 885-3255

JANUARY LUNCH MENU - 11:30 am to 1:00 pm

Wed. Jan 11th	Roast Pork
Thur. Jan 12th	Chicken Stir Fry
Fri. Jan 13th	Cod Fish & Chips
Mon. Jan 16th	Chefs Choice
Tue. Jan 17th	Chuckwagon Chili & Cornbread
Wed. Jan 18th	Chicken Cordon Bleu
Thur. Jan 19th	Cabbage Rolls
Fri. Jan 20th	Cod Fish & Chips
Mon. Jan 23rd	CHINESE NEW YEAR: Egg Rolls, Sweet & Sour Pork, Egg Foo Yung, Chop Suey, Almond Cookies
Tues. Jan 24th	Quesedilas & Fresh Salad
Wed. Jan 25th	Robbie Burns Day: Roast Beef Dinner with Scottish Side Dishes
Thur. Jan 26th	Quiche & Fresh Salad
Fri. Jan 27th	Cod Fish & Chips
Mon. Jan 30th	B-B-Q Spareribs
Tue. Jan 31st	Welsh Rarebit with Bacon over Toast & fresh salad



We also serve soup, sandwiches and salads every day. Desserts will vary.

Please bring your own container(s) if you're planning to take food home.

Everything is home made including the bread that is baked every morning for sandwiches and the Delicious Soups, Delectable Desserts and Exquisite Entrees.

PLEASE

We hope that you have had the opportunity to enjoy one or several lunches at the Seniors Centre. The meal variety has been wonderful and delicious but we need your help.

If at all possible, when coming into the Center for lunch, we would be grateful if you could please try to bring small bills, loonies, and toonies. The Centre does not have the cash on hand to change fifty or one hundred dollar bills. Even the twenty dollar bills can become overwhelming at times when we receive 10 or 15 of them in a row.

Also, if your purchased lunch or dessert is "To Go", the Centre does not supply the container(s). We ask that you bring a container from home large enough to house your entrée or dessert. It's been suggested to maybe keep a couple of containers in your car, just in case.

The Centre appreciates and thanks you for your cooperation.

A New Years Wish from
Marianthi Constantinu - Yoga

I wish you health
So you may enjoy each day in comfort

I wish you the love of friends and family
And peace within your heart

I wish you the beauty of nature
That you may enjoy the love of God

I wish you wisdom to choose priorities
For those things that really matter in life

I wish you generosity so you may share
All good things that come to you

I wish you happiness and joy
And blessings for the New Year

I wish you the best of everything
That you so well deserve

Wrinkled was not
one of the things I
wanted to be when I
grew up.



KITCHEN VOLUNTEERS
DESPERATELY NEEDED

Can you spare some time in lunch preparation? Great lunches begin with great people. Kathleen, our cook and the members would greatly appreciate your help in any area that you feel comfortable doing. Perhaps you might wish to be the dishwasher.

Once a month? Once a week?
You decide.

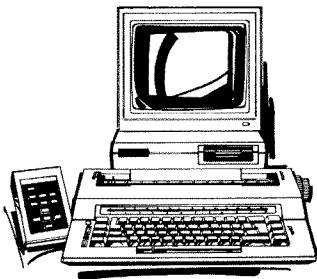
We can only offer our lunches at great prices if we have an ample number of volunteers.

If you can assist **in any way** contact Sharon at 604-747-4755 **or** Tess at 604-740-0313 for further information.

FRIDAY YOGA HAS MOVED!

Please note that starting on Wednesday, December 7th, the **FRIDAY** Yoga moved to the Craft Room on **Wednesdays** at 1:00pm. Please email Marlene Lowden at marlene@soundwerks.ca if this new Wednesday time slot works for you as soon as possible.

SOMETHING FOR EVERYONE



Have you checked out the Activity Centre's website lately? There's something interesting to read or look at for everyone. View recent activity photos, news, up-coming events, and more. You can also find the Seashell Echo Newsletter there too. To visit the website type: **secheltseniors.com** in your internet browser and enjoy!

FUND RAISERS REQUIRED

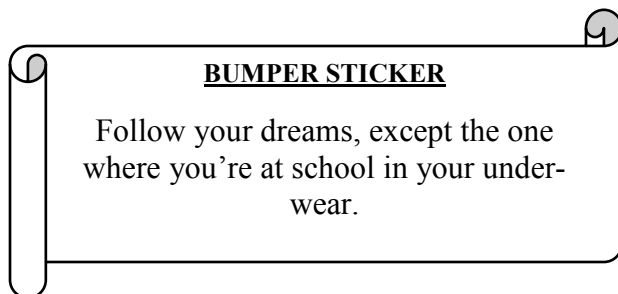
Got a knack for fund raising ... an interest ... past experience ... a yearning to help the Activity Centre? If so, we need you. The Centre is hoping to form a Fund Raising Committee whose sole purpose will be to raise funds for the Sechelt Seniors Activity Centre. Fund raising activities could include such things as raffles, sales of donated items, dances, special dinners, bake or craft sales ... the **ONLY** limit is your imagination.

Ideally, the committee would consist of a chair person and 3 or 5 key individuals who would lead a group of many – much like Hospital Ladies Auxiliary or other such organizations.

Please contact me with your ideas or interest in this group as soon as possible.

Many Thanks

Dennis Regnier, Vice President



We are now seeking the services of a Qualified Cook to assist Kathleen

The hours are from 8:00 am to 1:00 pm Monday to Friday. The salary will be based on the qualifications and relevant experience of the cook. The individual must understand the Seniors culture and be able to manage volunteers in a professional, mature manner and run an efficient and cost effective operation.

If you or someone you know may match our needs please have them contact our President, Douglas Smith @ (604) 885-8910 for additional information.

Resumes can be mailed to the

President, Sechelt Seniors Centre
Box 564,
Sechelt BC. V0N 3A0

