

# News and Views

## Spring 2025

Salt Spring Seniors Services Society  
Salt Spring Seniors Centre  
379 Lower Ganges Rd  
Salt Spring Island, BC V8K 2V4

General inquiries: 250-537-4604  
Medical Rides: 1-844-940-6617  
Drivers' Desk 250-537-4635

[www.saltspringsseniorscentre.ca](http://www.saltspringsseniorscentre.ca)

### Mission Statement

To provide the means by which seniors may join together to enhance the lives of those living on Salt Spring Island

### Salt Spring Seniors Services Society Board Members for 2024-2025

Richard Dick	Gail Neumann, Newsletter
Elena Dunn	Paul Roberts, Treasurer
Neva Hohn	Alistair Sim
Kathryn McNaughton, Secretary	Donna Smith, Past President

## Notes from the Board



Welcome to our new Office Supervisor, Rebecca Martin. Our Seniors Society is growing and we needed help to maintain continuity and organization in an expanding hub of volunteers. Rebecca comes to us after spending five years working as an Administrative Assistant for the Salt Spring Island Foundation and several years working with other non-profit organizations on the island and beyond. She is highly skilled and has much to offer our organization.

A full time Mom of two, Rebecca loves to garden, read, and bake. As a passionate advocate for social justice, she volunteers with Restorative Justice Salt Spring Island, and is a member of the JEDDI committee (Justice, Equity, Diversity, Decolonization, Inclusion) of the District Parents Advisory Committee (DPAC)

From her childhood in the suburbs of Toronto, Rebecca first came to the island in 2006 to stay with a friend, but left to continue her education and to follow other pursuits. She returned full time in 2016. She and her husband have bought a house and are raising a family here. Rebecca's parents also relocated to the island so the family has become well rooted here.

Rebecca is happy to be part of the community and has become quite knowledgeable of the people and organizations that make our island hum. She plans to be watchful and help us to be prepared for challenges as they come, and to find creative ways to meet our needs.

Our members and volunteers have been welcoming and she tells us that the experience has been uplifting. Please say hello and introduce yourself to Rebecca the next time you come to the centre.

### **New Hours for the Seniors Centre Offices**

Our thanks to the 15 volunteers who do a weekly 2 hour shift to keep our offices open.

#### **MAIN OFFICE**    General inquiries **(250) 537-4604**

Open 10:00 - 2:00    Monday, Wednesday, Thursday

Open 10:00 -12:00    Tuesday, Friday

#### **DRIVER'S DESK**        Information for Medical Ride Service **(250) 537-4635**

Open 10:00 - 12:00    Monday – Friday

Remember, you can call **1 (844) 940-6617** any time to request a ride to a medical appointment.

### **Annual General Meeting**

The Annual General Meeting of the Salt Spring Seniors Services Society will be held on **Thursday, April 24, at 1:30 pm, after lunch**, in the Pioneer Room at the Seniors Centre.

Business will include annual reports by the Treasurer and program leads, the election of Directors, and the approval of revised bylaws.

Several current Directors are returning and we're looking for new people as well. If you're interested in serving on the Board, please leave your name and number at the office (250-537-4604).

Several revisions to the bylaws will be proposed and will require approval by Special Resolution (2/3 of members attending voting in favour). The proposed changes are described in a following item and will be posted, together with the full revised bylaws, on the Society's web site at

<https://saltspring seniorscentre.ca/annual-general-meeting/>

Please plan on attending – we'd love to see you there.

## **Bylaw Revision**

The provision in our bylaws that stipulates what should happen to the assets of the Salt Spring Seniors Services Society is not a complete sentence!

On top of that, it is marked as “unalterable”. This is an artifact of the transition process under the Societies Act of 2015. We can, in fact, remove this restriction by a Special Resolution. That means that at least 2/3 of the attendees at the Annual General Meeting must vote in favour of it for it to pass.

In addition, there are a number of additional clauses that we propose be added to the Bylaws. These are presented in detail on our website at *(we'll get this link from Kathleen when she's got it done)*, and have to do with some definitions and four main categories of clauses:

1. Termination of membership,
2. Notice regarding general meetings of members,
3. The span of control of the Board of Directors, and
4. Committees of the Board.

There is also a bit of a housekeeping item: the name of the Society as registered with the BC Government is “Salt Spring Seniors Services Society”, but it is spelled in the Constitution missing the “s” on “Seniors”.

At the AGM, we will propose two Special Resolutions:

1. That the “unalterable” designation on the Dissolution Clause be removed, then,
2. That the constitution and bylaws be approved as modified.

## **Tax Preparation and Filing**

It's income tax season again! Do you despair at this time of year? If you are a single person with income less than \$35,000 or a couple with an income less than \$45,000 one of our most excellent volunteer tax wizards will prepare your return and file it for you.

Our front desk volunteers are ready to receive your documents and prepare your package for calculation. Just bring them in during regular office hours (see below) and they will get started.



Monday bridge players enjoy time together in the Pioneer Room

### **Seniors for Climate**

Linda Kirton and Marlyn Horsdal are with the Seniors for Climate, specifically with the Organizing Support Team. We are seniors deeply alarmed by the climate crisis. Our goal is to build a community of seniors across Canada to create a liveable future for everyone. We also want to partner with other generations. More seniors are welcome to join. For more information about Seniors For Climate, or to help organize Earth Day events, please visit our website - [seniorsforclimate.org](https://seniorsforclimate.org)




### **Thursday Lunches at the Centre**

We are happy to share that our terrific team of volunteer cooks, servers and dishwasher has been busy providing delicious meals throughout the winter. A big thanks to Gloria, Wayne, Lee-Anne, Winnie, Lucille, and Catherine for their ongoing commitment to this program. We were joined by Penelope Stephenson for meals in the fall, and really appreciated her support. The team is pleased to welcome Cerika Voce, whose dishwashing skills are a big contribution! We also welcome new volunteers – Anna, Kirsten and Ruby – who will be starting the end of April. Because of our larger number of volunteers, we are able to provide four lunches in April – April 3, 10, 17 and 24.

### **Special Thursday Lunch – April 3**

We are delighted to welcome Kelli Ebbs and the participants in a cooking class for seniors, held at SIMS in collaboration with Salt Spring Literacy. Kelli shared that “The cooks are really looking forward to sharing their amazing talent with the guests! We’ll also be making a brief presentation about the meal and how we design the menus around making nutritious, balanced and affordable meals.” A second Cooking with Seniors session will be coming up later in the spring, and there is space for more participants. The menu for this occasion is two kinds of quiche (ham and vegetarian), a spring salad with homemade vinaigrette, and an apple crisp. Please call the Centre at 250-537-4604 to reserve a spot; lunches are \$10.



**FEBRUARY 2025 NEWSLETTER**

**Virtual Education Options**

Early Years Thriving

BC Early Years Professional Development Hub  
Healthy Minds BC


Gender and Gender Diversity in Early Childhood Education

**Supporting Newcomer Children and Families**

Early Childhood Pedagogy Network

**THANK YOU!**

A special thank you to the **Seniors Center on Salt Spring Island** for collaborating with us to produce some



handmade Storytelling kits using Children's classic stories and felts.

This month's features Goldilocks and the three bears. We are honoured to have them available in our lending library for families or care providers wishing to borrow them.

**Friday Coffee Group**

Everyone is welcome to join the group. GIFTS has partnered with us to host the event and provide coffee and goodies.

**MEN'S SHED**

Tucked away behind the trailers, next to the Kings Lane Medical Centre, is the well-stocked carpentry shop of the Men's Shed. A welcoming place with all kinds of tools to make or fix stuff or just tinker. (See a photo on their website at [saltspringmensshed.ca](http://saltspringmensshed.ca)). On the website, you'll also find a list of the supports available there

FOR MEN ONLY for anyone going through a tough time. Or give them a call at 250-999-1033. (Rumour has it that there's also a Women's Shed group looking for a location to set up.)



HELP STARTS HERE



**LIFE CAN  
BE HARD.  
FINDING HELP  
CAN BE EASY.**

**Dial or Text 2-1-1  
bc.211.ca**

Free | Confidential | 24/7  
240+ Languages



United Way



BRITISH COLUMBIA  
Supported by the  
Province of British Columbia





## **MEDICAL RIDES**

### ***Medical Rides Service***

Demand for our service continues unabated. In the first two months of this year, our fabulous volunteer drivers provided 89 trips to 49 different members of Salt Spring Seniors.

And our use of Island Health as our intake service is working well. Call 1-844-940-6617 to book a ride. They are there 24 hours a day, 7 days a week to answer your calls. And they pass the information on to us the same day so our great office volunteers can get started to find you a driver.

After you've booked your trip with Island Health, call us at our regular number (250-537-4635) for any followup; for example, to cancel your trip or to check your driver's phone number.

We're always looking for people to do both the driving and the office work. If you're interested, please leave your name and number at our regular number above.

### **Seniors Drivers**

"SS Seniors Centre needs people to volunteer to drive seniors to medical appointments on SSI and Vancouver Island. It's very easy to sign up and your expenses are covered. Once signed up you will be phoned and then YOU decide whether to take the drive or not. Please call 250-537-4635 for further information. THANK YOU FOR HELPING YOUR COMMUNITY."

### **Keys for Seniors Front Door**

If you have a key which you don't need or use, please bring it back to our office, Monday, Wednesday and Thursday 10:00 to 2:00 and Tuesday and Friday 10:00 to 12:30. Thank you.

### **Volunteers Needed**

We need volunteers as spares for the front desk when the regulars are absent. We also need people to take on special jobs such as dealing with our recycling on a regular basis, doing the gardening and helping the Board members with their special projects.

If you would like to help please call 537-1904 to speak to Rebecca, Andrea or Kathryn.

# Salt Spring Seniors Services Society

## Where people care about each other!

### Salt Spring Seniors' Schedule as of April 2025

## Salt Spring Seniors Programs

### Weekly Calendar

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Italian Group 10:30-12:00 <i>Lounge</i></p> <hr/> <p>Duplicate Bridge 1:00-3:30 <i>Pioneer Rm</i></p> <hr/> <p>Nurture Counselling All Day <i>Room #1</i></p>	<p>Lost Chords 10:30-12:00 <i>Pioneer Rm</i></p> <hr/> <p>Arts &amp; Crafts 12:30-3:00 <i>Pioneer Rm</i></p> <hr/> <p>Women of Note 3:00-5:00 <i>Pioneer Rm</i></p>	<p>Caregivers Group 11:00-12:00 <i>Lounge</i></p> <hr/> <p>Bridge 12:30-4:00 <i>Room 2</i></p> <hr/> <p>Recorder Group 1st &amp; 3rd Wed. 3-5pm <i>Pioneer Rm</i></p> <hr/> <p>Callifriends Calligraphy 3rd Wed. 1:00-3:00 <i>Pioneer Rm</i></p> <hr/> <p>Parkinsons Group 4th Wed. 2:00-3:30 <i>Pioneer Rm</i></p>	<p>Lunch 11:30-12:30 <i>Pioneer Rm</i></p> <hr/> <p>Move &amp; Dance 1:00-2:00 <i>Pioneer Rm</i></p> <hr/> <p>Tech Tutoring 12:30-1:30 <i>Room 2</i> <i>with SS Literacy</i></p>	<p>Coffee Time 10:00-11:00 <i>Pioneer Rm</i></p> <hr/> <p>Mah Jong 12:30-4:00 <i>Pioneer Rm</i></p>