



Sechelt Seniors Activity Centre

2017 ANNUAL REPORT

**Part
A**

TABLE OF CONTENTS

PART A: EXECUTIVE AND ADMINISTRATIVE REPORTS

	Page
Preamble	2
President's Report	3
Secretary's Report	6
Financial Report	7
Bus Committee Report	12
Communications Committee Report.....	12
Emergency Radio Report Activity.....	13
Fundraising and Grants Report	13
Funtastics Report	14
SSAC Craft Group Report	14
Treasure Chest Report	14
Information Technology Committee Report.....	14
Data Base Management Sub-committee Report.....	15
Kitchen Committee Report	16
Legislative and Policy Committee Report.....	16
Life Membership Committee Report	17
Long Term Planning Committee Report.....	17
Maintenance Committee Report	18
Membership Committee Report	19
Reception Desk Volunteer Report.....	20
Refugee Sponsorship Steering Committee Report	21
Rentals and Activities Report	22
Security Committee Report	22
Special Events Committee Report	23
Website Committee Report	23

PREAMBLE

The Sechelt Seniors Activity Centre Society was originally incorporated, in 1976, as Branch 69 of the Senior Citizens Association of B.C. It was housed in a small building on Mermaid St., but the membership decided to build its own facility.

The property at 5604 Trail Ave. was purchased, building took place from 1986 – 1993, and the Centre was officially opened in 1993. The building was built and financed by the founding members, with assistance from a caring community, and grants from the Federal government. The Sherlock family donated the parkland behind the Centre to the SSAC.

In 1999, The Sechelt Seniors Activity Centre (SSAC) was incorporated as an independent Society under the *B.C. Society Act*.

The SSAC is unique in Canada in that its operational budget comes from revenues and fees, rather than government funding. To date, our Centre is run almost entirely by dedicated and skilled volunteers, including a working Board of Directors.

The SSAC believes that providing physical, social, intellectual and artistic programs of a high standard will assist the community's older adults through their participation, and improve their wellness and quality of life. We believe the Centre does this by:

- Providing stimulating and enriching social, intellectual, and physical activities;
- Providing a setting for companionship and support;
- Providing homemade and nutritious lunches at reasonable prices, and in a welcoming environment;
- Encouraging volunteer involvement, utilizing the skills and abilities of members in the provision of services to other members; and
- Encouraging mentoring activities for elders who want to assist others in the community

PRESIDENT'S REPORT

During 2017, the Sechelt Seniors Activity Centre continued to function as an important community hub for older adults. We worked to fulfill our mission to "promote companionship, mental, and physical stimulation, and social opportunities for members by providing activities and services that support independence and well being."

The priority identified by the Board in 2016 was building renovation/expansion. Funds were approved by the membership at the February, 2017 AGM to continue the planning process, and a construction budget will be presented at the 2018 AGM.

This Annual Report gives detailed accounts of the Society's undertakings during the year. Part 1 contains Executive, Financial, and Administration Reports, while Part 2 contains detailed reports from all Activities.

Board of Directors

The SSAC By-laws require a Board with a slate of 12 officers, including 6 Executive Officers, and 6 Directors-at-Large. For most of the year, the Board did not have a full complement. At the February AGM, 5 Directors were elected, but we were fortunate to obtain the services of Tess Apedaile in September, giving us a full complement. Unfortunately, we then lost the Board Secretary, and have not been able to fill this position. Wilma Lorimer, Past Secretary, has graciously substituted, and her assistance has been invaluable. Since the Board is a working one, and is the management team for the Centre, vacancies are serious.

Duties of Directors-at-Large include office management one day a week, and serving on committees and special projects. Executive Directors include President, Past President, Vice-President, Secretary, Treasurer, and Maintenance Director. As well as their executive duties, they serve on committees and other projects. All Board members have performed their duties in an exemplary manner.

During 2017, The Board met monthly, except for July and August, and had one additional Special Meeting in September, for the purpose of reviewing and approving a revised Policy Manual. At the Spring Annual General Meeting, in February, the membership approved a special motion to approve funds to proceed with the expansion planning. A second General Membership meeting was held in the fall, as required by the By-Laws.

Committees

SSAC committees are established through the By-Laws, or mandated by the Board. Committee roles are described in the Policy Manual. All committees are made up of a Chair, a Board Liaison, and Members at large. Committee members are all SSAC volunteers. All committees report to the Board.

Much useful work was accomplished by committees during the year, both in planning and development, and in day to day operations. The following list, while not exclusive, highlights some key accomplishments by committees in 2017:

PRESIDENT'S REPORT (cont'd)

Committees (cont'd)

- The Policy and Legislative Committee has revised and updated the Policy Manual, so there are now 16 detailed policy statements which explain the By-Laws and make them operational.
- The Maintenance Committee, with the funding aid of a federal New Horizons grant, has installed a new auditorium floor. The cushioned vinyl flooring is very forgiving to the knees and backs of older members engaging in physical activities. The new, state of the art, floor also adds value to the building.
- The Planning Committee is responsible for building expansion/renovation planning.
- The Refugee Sponsorship Committee has accomplished their goal of fundraising for this project.
- The Treasure Chest committee manages a new fundraising project based on a 50/50 weekly cash draw.

Committee work draws on the myriad talent and experience of our members, while giving them the opportunity to engage in productive service. All of the committees have performed their work in a diligent manner, and the volunteer members are to be commended. Detailed committee reports are contained later in this report.

Membership

The membership complement by the end of September, 2017 was, at 1200, similar to previous years. Membership is open to anyone, but a voting member must be over 50, according to the By-Laws. The vast majority (95%) of the 2017 complement are voting members. Membership renewals are due by the end of January each year, but new members are accepted any time during the year. Annual membership fees of \$25.00 did not change and are very affordable. Membership is required to participate in all SSAC activities.

Volunteers

The organization and operation of all administration, activities, and programs at the SSAC is provided by volunteers. This requires a tremendous number of volunteer hours, and the SSAC is truly blessed with the number of dedicated and talented members who provide this base. Estimates put the numbers of members who volunteer at about 300, and a "guesstimate" of the number of volunteer hours required to operate this facility is a very conservative 25,000 a year.

Volunteers staff the kitchen, chair the activities, work on the reception desk and other administration areas, are on the Board of Directors, sit on various committees, organize projects, provide security, technical support, and are responsible for building maintenance. In 2017, we began our summer break with a well attended Volunteer Appreciation Lunch. Our planning for the next year is to build data collection on volunteers into the membership data base.

PRESIDENT'S REPORT (cont'd)

Contractors

The SSAC is fortunate to have the services of three very able contractors: Emily McPherson, our popular chef, manages a very successful meal program. Jim Coffin has been our dependable and hard working janitor for several years. We said farewell to Cathrine Fuller, who performed in the Activity/Rental Coordinator position very capably. This position was filled by Gill Smith, and her expertise and experience allowed her to jump right into the deep end. Contractor salaries in 2017 accounted for approximately \$72,000.00 of the expense budget.

Meal Service

The Kitchen report details the phenomenal success of the Monday – Friday lunch service, which is augmented by the take out, “Frozen Entree Program.” A very much needed service is provided to the community through the meal program. The full course meals are nutritious and low-cost, and so play an important part in a healthy lifestyle for older adults, especially those living alone. Meal times at the Centre are opportunities for social connections, and so reduce social isolation and loneliness. The meal service is managed by the chef, who is a paid contractor, and is staffed by about 40 member volunteers. It is the success of the meal program which is a large part of the driving force behind the renovation project, since numbers require a dedicated dining room, and a larger, more functional, kitchen.

Activities

SSAC activities encourage healthy lifestyles and meaningful engagement for members, and a full spectrum is offered. Membership is required for all activities, and the drop in fee of \$3.00 is very affordable. A detailed report is provided in the “Activities and Rentals” report. In general, the most popular activities, as in other years, are Pickleball and Bridge, with Exercise and Yoga being close seconds. The schedule lists over 30 weekly events, and there are also monthly, periodic, and occasional ones, including bus trips, monthly dances, markets, and entertainment/artistic performances.

Activities are member led and driven, so that anyone who has a viable idea is encouraged to put it into operation. Activities are operated by volunteer chair persons, assistants, and/or committees.

Rentals

Rental of our resources provides a supplementary revenue stream to support our activities. This also provides a service to the community, since rentals are very affordable, and discounts are given to members and non-profit societies. During 2017, this revenue stream provided \$33,000.00 income for the Centre.

PRESIDENT'S REPORT (cont'd)

Finances

In 2017, the SSAC's overall income was \$446,000.00, which was generated largely by SSAC operations, including activities, membership fees, meal service, fundraisers, rentals, and special events. Grants totaling \$33,000.00 were received from the federal government's New Horizons and Enabling Accessibility Funds, and from the Royal Bank Retired Employees Fund. Donations from groups and individuals amounted to \$106,000.00, including a large individual donation (\$100,000.00) for the building/renovation fund. The SSAC has amassed a significant contingency fund of \$415,000.00, which will be used to finance the renovations for an aging, out of date building. After expenses, net income was \$183,000.00.

Summary

2017 was a busy, productive year. The Centre offers members affordable activities, meaningful service through volunteer work, and is an important part of healthy living for Sechelt's senior community. The continuing high level of member involvement reinforced the decision by the Board and membership that the aging building requires major renovations to maintain its current level of service. Accordingly, the membership voted, in 2017, to proceed with a design plan for the needed renovations, and they will vote in 2018 on the proposed construction budget.

2018 will be a challenging year for the SSAC. If approved, the renovation plan will involve the challenge of obtaining suitable financing, through use of the contingency fund, applying for government funding, fundraising, and bank financing. It will also result in disruption to activities and affect building use, with the resulting loss of revenue. However, with completion of the renovations, members can look forward to a functional, up to date facility that will provide them with enjoyment for years to come.

Joanne Rykers

SECRETARY'S REPORT

The project to update the files and record keeping system, which began in 2016 is nearing completion.

Minutes of meetings held during 2017 are available on the SSAC website and in the Minute Book kept in the office. Ask at the office to see a hard copy of Minutes, Financial Statements, Policy Manual or our Constitution and By-laws.

Thank you to everyone who provided input for this Annual Report. We appreciate your participation.

Acting/ Secretary Wilma Lorimer

FINANCIAL REPORT -

FINANCIAL REPORT

SECHELT SENIORS ACTIVITY CENTRE SOCIETY

FINANCIAL STATEMENTS

(Unaudited – See Notice to Reader)

DECEMBER 31, 2017

INDEX

Notice to Reader

Statement 1 Statement of Operations

Statement 2 Financial Position

Notes to the financial statements

Peter Telfer Chartered Professional Accountant

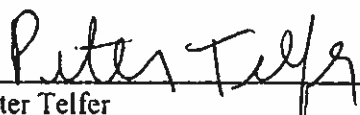
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NOTICE TO READER

On the basis of information provided by management, I have compiled the financial position of The Sechelt Seniors Activity Centre Society as at December 31, 2017 and the statement of operations and net assets for the year then ended.

I have not performed an audit or a review engagement in respect of these financial statements and, accordingly, I express no assurance on the financial statements.

Readers are cautioned that these statements may not be appropriate for their purposes.



Peter Telfer
Chartered Professional Accountant

February 23, 2018
Sechelt, BC

SECHELT SENIORS ACTIVITY CENTRE SOCIETY

STATEMENT OF OPERATIONS

FOR THE YEAR ENDED DECEMBER 31, 2017

(Unaudited - See Notice to Reader)

	<u>2017</u>	<u>2016</u>
REVENUE		
Activity Income	\$ 71,528	\$ 76,823
Kitchen and Bar income	115,396	114,245
Bus income	17,986	42,830
Rental income	34,341	29,309
Membership fees	28,625	28,977
Events and fundraising	15,229	19,587
Interest income	5,170	4,055
Grants for repairs	-	19,841
Other income	2,767	2,925
	<u>291,042</u>	<u>338,592</u>
EXPENSES		
Kitchen and bar expenses	89,605	85,709
Repairs and maintenance	54,221	73,399
Bus expenses	15,708	35,588
Utilities	18,151	17,604
Salaries - administration	16,540	15,331
Event and activity expenses	6,415	13,067
Insurance	8,204	8,029
Office and computer	8,993	7,966
Volunteer expenses	10,425	10,296
Wages - activity instructors	7,290	8,650
Advertising	544	471
Professional fees	1,551	2,733
	<u>237,647</u>	<u>278,843</u>
OPERATING SURPLUS	<u>53,395</u>	<u>59,749</u>
OTHER INCOME AND EXPENSES		
Syrian refugees	20,704	9,635
Donations	100,160	-
Grants for capital items	31,800	6,800
Amortization	(7,200)	(7,200)
Expansion construction project	(13,994)	(6,782)
	<u>131,470</u>	<u>2,453</u>
Excess of revenue over expenses (Note 3)	<u>\$ 184,865</u>	<u>\$ 62,202</u>
Net assets, Opening	<u>2,013,292</u>	<u>1,951,090</u>
Net Assets, Closing	<u>\$2,198,157</u>	<u>\$2,013,292</u>

Peter Telfer Chartered Professional Accountant

SEHELTS SENIORS ACTIVITY CENTRE SOCIETY

FINANCIAL POSITION

AS AT DECEMBER 31, 2017

(Unaudited - See Notice to Reader)

	<u>2017</u>	<u>2016</u>
<u>ASSETS</u>		
CURRENT ASSETS		
Cash	25,985	23,174
Prepaid expenses	8,204	12,493
Accounts receivable	1,380	1,467
	<u>35,569</u>	<u>37,134</u>
Long-Term Investments	414,686	277,518
Property, Plant & Equipment (Notes 1&2)	<u>1,770,986</u>	<u>1,712,305</u>
	<u>2,221,241</u>	<u>2,026,957</u>
<u>LIABILITIES AND NET ASSETS</u>		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities (Note 3)	11,680	2,280
Prepaid revenue	11,404	11,385
	<u>23,084</u>	<u>13,665</u>
<u>NET ASSETS</u>		
Net assets invested in:		
Property, Plant & Equipment	1,770,986	1,712,305
Syrian Refugee Fund	30,339	9,635
Building expansion project	100,000	-
Unrestricted (Note 3)	<u>396,832</u>	<u>291,352</u>
	<u>2,198,157</u>	<u>2,013,292</u>
	<u>2,221,241</u>	<u>2,026,957</u>

APPROVED ON BEHALF OF THE BOARD

Director

SECHELT SENIORS ACTIVITY CENTRE SOCIETY
Notes to Financial Statements
December 31, 2017

Unaudited - See Notice to Reader

Note 1 Summary of Significant Accounting Policies

Amortization

Property, plant and equipment are amortized on the declining balance basis applied to assets on hand at the end of the year, using rates outlined in Note 3. In the year of acquisition one half of the rate is used. In 2016 and 2017 no amortization on the building or its contents was claimed

Note 2 Property, Plant & Equipment

	<u>Cost</u>	<u>Rate</u>	<u>Accumulated Amortization</u>	<u>Net Book Value</u>	
				<u>2017</u>	<u>2016</u>
Land	\$ 415,000	0%	\$ -	\$ 415,000	\$ 415,000
Vehicle	82,341	20%	57,600	24,741	31,941
Furniture and Equipment	89,323	20%	-	89,323	80,364
Building	1,241,922	4%	-	1,241,922	1,185,000
	<u>\$ 1,828,586</u>		<u>\$ 57,600</u>	<u>\$1,770,986</u>	<u>\$ 1,712,305</u>

BUS COMMITTEE REPORT

2017 was another good year for the Centre's bus. There were 31 bus trips throughout the year with an average of 15 people per trip.

Bus Trips included:

- 12 Casino Trips
- 6 Tea and Trumpets Trips
- 3 Memory Cafe Trips
- 1 Centre Members Hockey Tournament to Parksville
- 1 Trip to Powell River
- 1 Trip to Steveston
- 1 Trip to Squamish Gondola and Railway Museum
- 5 Shopping Trips
- 1 Bus Rental by Quilters Guild

There were five trip cancellations due to low numbers of persons signing up. Hopefully, in 2018, the Bus Committee will work to increase the number of bus trips to a variety of venues.

Lastly, the Bus Committee is adding another driver to our group of volunteer drivers.

Respectfully submitted,
Richard McGowan, Bus Trip Coordinator

COMMUNICATIONS COMMITTEE REPORT

2017 saw the formation of the new Communications Committee.

As the SSAC moves forward with projects of increasing complexity, it has become more important that communication between and among the members, the board, various levels of government and the general public be managed to allow for a clear and unified message.

The issue of communication has grown in tandem with the growth in the SSAC's membership. As well, technological improvements have resulted in new forms of electronic communication which enable the SSAC to forge stronger ties with its members and the general public.

The Purpose of the Committee is:

- To Support the Board of Directors in engaging stakeholders, both internal and external, to develop a broad understanding of important issues, challenges, changes and strategic plans. Foster open dialogue and clear messages to promote awareness and understanding of initiatives and contribute to a positive reputation SSAC.
- To Co-ordinate the production and distribution of SSAC publications such as the Echo, Website, print and media advertising, social media tools, flyers, posters, sign boards etc.
- Ensure overall quality, consistency and effectiveness of the Seashell Echo, Website and other communication tools.

Gill Smith and Laurel Ennis create the Seashell Echo together monthly, and it has become a useful and entertaining publication of the highest standard. Thanks to Gill and Laurel for all their hard work.

With the assistance of Barbara Lightfoot (Website) and Cheri's Kingsland able assistance with Social Media, the SSAC has been able to increase our presence in the community. Thanks to all who have served on the Committee or assisted us this year.

Respectfully submitted,
Linda Stroud

EMERGENCY RADIO ACTIVITY REPORT

The SSAC continues to host the Amateur Radio Station VE7 FJK. This station is part of the Sunshine Coast Emergency Response program. One or more SSAC members who are amateur radio operators check the integrity of the system every Tuesday morning at 9:30am.

No emergency situations, involving this station occurred this past year.

Barbara Lightfoot VA7 CFX

FUNDRAISING AND GRANTS COMMITTEE REPORT

GRANT APPLICATIONS

New Horizons

In 2017, the SSAC received a grant of \$25,000.00 from the Federal government New Horizons Program, which was used for replacement of the auditorium floor. This grant allowed us to upgrade the floor with a state of the art cushioned vinyl gymnasium material, which is guaranteed for 25 years. The cushion allows users to partake in physical activity in a healthier manner, since it is forgiving for aging knees and backs.

Enabling Accessibility

A grant of \$6300.00 from this federal government program allowed us to purchase a mobile wheelchair lift for the auditorium. This lift will allow those members of the community with mobility handicaps to access the stage.

Permissive Tax Exemption

The City of Sechelt once again granted the SSAC an exemption from property taxes. This grant must be applied for by May 31st of each year, and notices appear in the local paper in the fall. The tax exemption grant is approximately \$14,000.00.

RBC Retired Employee Grant

A grant of \$500.00 from the Royal Bank was used to purchase new kitchen equipment. Thank you to Sahra Hailey for applying for this grant for us.

FUNDRAISERS

Funtastics

The Funtastics, under the able leadership of Mo Farn, conducted a special fundraiser in March. The musical production, "Rewind" produced net revenue of over \$6,000.00, which is earmarked for an "Emergency Relief Fund" for members.

Refugee Sponsorship Fund

The fundraisers conducted by the Refugee Sponsorship Committee are described under their Committee Report.

SSAC Craft Group

This activity group raises funds for the Centre through craft sales. A report is attached below.

Treasure Chest

A new fundraising strategy, The Treasure Chest, was instituted in January. A separate report is attached.

Submitted by Joanne Rykers

Treasure Chest Report

The weekly Treasure Chest, 50/50 fundraising draws commenced on the 31 of January 2017. Participation in the draw entails getting a permanent number, placing this number on a sticker, and then putting the sticker on a Toonie which goes into the Treasure Chest. On Tuesdays at 1pm one Toonie is drawn and the winner receives half of all the Toonies in the chest. On several occasions committee members set up shop in the Trail Bay Mall and we had Treasure Chests in three local businesses.

Over the year, 40 draws were held, grossing a total of \$10,452.00, resulting in net proceeds of \$5,226.00. Start up and operating expenses amounted to \$324.65. Three generous winners returned their portion to the Senior Centre, boosting the net revenue by \$377.00 to \$5278.36

The Syrian Refugee Fund benefited by receiving the proceeds of 5 draws in the amount of \$851.00 to support the family we are sponsoring. The remaining funds are used to further the activities and programs of the Sechelt Activity Centre.

Thank you to all the members who are putting in their Toonies every week, and I encourage all members to get their number and participate.

Submitted by
Charlie Jensen, Committee Chair

INFORMATION TECHNOLOGY COMMITTEE REPORT

The Centre requires capabilities for Computers, Wireless networks, Audio, Video and the Lobby Monitor to provide services to both the Centre's members and to independent Renters of the Centre facilities.

In addition to Emergency radio equipment, located at the Centre and tested on a monthly basis, the Centre has the following devices:
Office - Three desktop and two laptop computers and one Samsung Galaxy Tab 4 and square device for credit card processing.
Computer Training - One Apple Mac desktop, one printer, projector and two old laptops.
Maintenance - One desktop and one printer.
Auditorium - One projector, one audio/video booth with a variety of electronic components and a sound board and a lighting board.
Centre building - Two wireless access point devices for wireless reception for the Centre Members and renters of the SSAC facilities.

All of the above require technical services to provide maintenance and updates in order to maintain the necessary capability for the Centre's requirements. Normally in-house service is provided but when necessary technical assistance may be called in to provide assistance and or to provide and install any new equipment or service.

Backup & Restore/Repair for Network PCs

Backup, Repair & Recovery Drives created for the four PC's on the Network. Repair disks will be kept at the PC on which they were created.

Backup Drive: Purchased a 5TB Seagate Drive that will hold complete backups of the five PC's, with an Image File, that can restore the PC to the time the last Backup and Image was created. This Drive will be kept in a secure place, Off Site.

The Centre, as a non-profit organization, is a member of "Techsoup", a national organization that provides, through a variety of suppliers such as Microsoft and others, software and some hardware at much reduced cost to the Centre.

Submitted by Tony Stroud and David Marsh, IT Technical Support

DATABASE MANAGEMENT SUB-COMMITTEE

This committee was created to establish database information to manage several of our ongoing day-to-day routines. A centralized database is an efficient way for several people to access accurate information. The advantage of a database information system is, there is *only* one 'copy' and it can be quickly updated. These databases will eventually reside on all the office PC's which will allow for easy access. Current databases: forms management, equipment inventory,

Membership lists, manuals and the file index. The number of databases will be developed as required.

The management of the Database System comes under the jurisdiction of the Secretary or delegate.

Submitted by Tony Stroud

KITCHEN COMMITTEE REPORT

The kitchen committee met on an as required basis 5 times through the year, and was comprised of: Chef Emily, one Board member and two others from the membership.

The kitchen continues to flourish under the leadership and professionalism of Emily, the kitchen's only paid member. Our volunteers provide prep, serving, and dishwashing for meals produced from scratch in the kitchen. They serve a hot entrée, two soups and sandwiches plus a homemade dessert five days a week.

The kitchen is the largest revenue producer at the Centre, grossing over \$112,000 during approximately 40 weeks, serving over 13,500 lunches. The kitchen provided almost 3,500 Frozen Entrées for members to take home. None of this could happen were it not for the dedicated chef and volunteers who put in 5,400 plus hours to keep the prices as low as possible, and the operation running smoothly.

The Kitchen Committee and volunteers are looking forward to the kitchen upgrades and a dedicated dining room. The installation of a walk-in cooler/freezer plus other improvements will greatly enhance our ability to serve our members and visitors.

Submitted by Charlie Jensen
Kitchen Committee Chair

LEGISLATIVE AND POLICY COMMITTEE REPORT

The mandate of the Legislative and Policy Committee is to ensure any changes made to the Sechelt Seniors Activity Centre Society Constitution, the Sechelt Seniors Activity Centre Society Bylaws, and the Sechelt Seniors Activity Centre Society Policy Manual are updated as required.

This committee is an essential part of the Society's make up and is only activated when changes are required to be made.

In 2016, this committee was activated to update and realign the policy manual. The Policy Manual is an integral part of the day-to-day management of the Centre and becomes a useful tool in assisting Day Directors make appropriate decisions throughout the day. This task was carried into 2017 to complete the manual.

The committee for 2017 consisted of President, Joanne Rykers, Legislative and Policy Committee Chair, Wilma Lorimer, Director, Margaret Boyd and Director, Tony Stroud. Thank you to all the committee members for all the input and the time put in to finish this report. A job well done.

This policy was finalized in 2017 and is available for viewing.

Submitted by Wilma Lorimer, Committee Chair

LIFE MEMBERSHIP COMMITTEE REPORT

Life members are members where another member has recommended that a life membership, for outstanding volunteer service, be considered.

Congratulations to Franz Erber and Joanne Rykers, this year's recipients. Your many years of volunteer service are much appreciated.

Nominating forms are available year round from any day director. Nominations must be received by October 15th each year and are reviewed by the Life Membership Committee. Up to two life members can be elected each year.

Barbara Lightfoot, Past President

LONG TERM PLANNING COMMITTEE REPORT

The long term planning committee consists of six members who have been working with an architectural consultant on the expansion/renovation plan for the SSAC. David Lightfoot, an SSAC member with extensive civil engineering experience, agreed to be the SSAC Project Manager. The project's chief consultant is Peter Treuheit, of Mobius Architecture. A preliminary design idea, incorporating a Kitchen expansion, new Dining Room, and more office space, was presented to the membership at the February 2017 AGM, which approved \$50,000.00 to proceed with planning.

A request for a variance on the parking by-law was approved by Sechelt Council in July. The committee members continued to consult with SSAC members, and the surrounding neighborhood, and the design ideas were adapted and redesigned. We had a preliminary interview with our bank, who gave informal approval for financing options.

In the fall, mechanical, structural, and civil engineering services were hired to begin the formal planning process. A second variance application was needed, for approval of a relaxation on the building set back, and this will be heard in January/February, 2018. The preliminary engineering design should be ready by the end of January. The total cost of the design phase of the project, including engineering design services, architectural consultant fees, surveys, cost estimating, and permitting costs, are forecast to be approximately \$80,000.00.

A cost estimator has been hired, and should provide a construction estimate by the end of January. A construction budget will be presented to the membership at the spring AGM. It is anticipated that most of the construction will be done over the summer closure, but it will extend beyond that. The challenge of the planning committee will be to minimize the disruption to activities and loss of revenue during the construction closure.

Submitted Joanne Rykers

MAINTENANCE COMMITTEE REPORT

Your 2017 Maintenance Committee, chaired by Tony Stroud, includes Peter Kosof, & Leroy Pattison. We are fortunate to have recruited Bob Maveety and Len Coombes who have vast and varied experience in maintenance bringing our team up to five members. The committee meets once a month to review the needs of the Centre and are given tasks for each member to carry out. We are always looking for additional people to help with maintenance. If you are interested please let someone in the office know.

The major upgrade this past year was the replacement of the auditorium floor. Thanks to the many volunteers who worked extremely hard to accomplish its completion. The cost was \$50,000, which was offset by a government grant of \$25,000.

Through the Federal Government's "Enabling Accessibility" grant of \$6100, we purchased a Wheelchair Lift to provide full access to the stage for those who are disabled.

An outside storage shed for garden and yard equipment is now in place which has provided space for the chairlift to be in the storage room.

The stage curtain pulley system and an additional drop to cover the mechanisms have been installed. Thanks to Chris O'Brennan for her fine work sewing the drop.

The maintenance committee focus in 2018 will be:

1. Painting the chair dollies in different colours so that the chairs will be more identifiable for each room.
2. Washroom painting and auditorium painting.
3. Acquire an additional table tennis table.
4. Install security cameras at the rear of the building.
5. Assess and replace electrical outlets and window bug screens.
6. The maintenance data base system will continue to be improved to include information such as inventory, maintenance scheduling, upgrading and repair records.
7. We now have an "On Call" contract with Doug Spani to do snow clearing in our parking lots.

Respectfully submitted by Ron Atkinson, Director

MEMBERSHIP COMMITTEE REPORT

During 2017, the Membership Committee was served by: Margaret Boyd, Chair, Dorothy Fraser, Irene Jankovits, Cheri Kingsland, LeRoy Pattison, Anne Stuart, Rosemary Tindale-Mister, and Marj Wilson.

The main activities of the committee consisted of:

- Monitoring the membership file and keeping up to date records,
- Ordering and picking up new membership cards,
- Preparing for and managing the Open House Event,
- Rewriting the volunteer manual which outlines the duties of reception desk personnel,
- Creating a volunteer coordinator position to manage the acquisition and training of new volunteers.

Two formal meetings were held in 2017.

The May meeting attendees were: Margaret Boyd, Cheri Kingsland, Rosemary Tindale-Mister, Dorothy Fraser and LeRoy Pattison. Regrets: Anne Stuart, Marj Wilson and Irene Jankovits (illness and family commitments).

At this meeting, the format for the Open House was discussed and committee members were given folders containing contact sheets for activity chairs and a list of poster locations.

The September meeting attendees were: Margaret Boyd, Dorothy Fraser, Cheri Kingsland and LeRoy Pattison. Regrets: Irene Jankovits, Rosemary Tindale-Mister, Anne Stuart and Marj Wilson (illness, vacation)

The purpose of this meeting was to make final arrangements for the October 7th Open House.

During August, all committee members were contacted by email re: their progress with assigned contacts.

Overall comments for the year

1. Although the Open House on October 7, 2017 went smoothly and both new and renewal memberships were sold, the attendance was down considerably from that of past years. This could possibly be attributed to the event being held over the Thanksgiving weekend. However, the committee is wondering if it is time to look at other options to publicize Centre activities:

- a) Making contact with the Welcome Wagon group and suggesting that \$5.00 gift certificates (which could be applied to a lunch purchase or an activity fee)

be enclosed in their newcomer packages. This has recently been implemented and we await results.

- b) Creating short video clips showing different activities in action and posting these on the SSAC website. This will be discussed in depth in early 2018.
2. The volunteer handbook was completed and is now available for new volunteers.
3. Irene Jankovits and Margaret are sharing the volunteer coordinator position and this arrangement is working well.
4. Membership lists are still being kept up to date by Anne Stuart. The membership for 2017 was 1213, which is consistent with recent years.
5. Dollars spent on the Open House for membership cards, refreshments for guests were handled by the Centre Treasurer.

Respectfully submitted, Margaret Boyd, Membership Committee Chair

RECEPTION DESK VOLUNTEER REPORT

When you enter the Centre you will be greeted by the Volunteer at the Reception Desk. The Volunteer will answer questions and give you information that you might require.

It takes 10 Volunteers to work at the Reception Desk in one week. There are two shifts a 10a.m.to 1p.m shift and a 11:15 to 2p.m. shift

In total there are 33 Volunteers on a Master List willing to work at the Reception Desk, from these Volunteers there is a Short Notice List which means these Volunteers are willing to be called in on a day's notice. Thank-you Volunteers

The duties of the two shifts include:

- 1) Keeping the Entrance and Lounge area neat and tidy
- 2) Always having a fresh pot of coffee on the go
- 3) Greeting Members and non-Members entering the facility
- 4) Signing up members for Bus Trips
- 5) Selling Dance/Raffle/Event tickets and Craft items
- 6) Keeping up to date on new events and procedures at the Centre
- 7) Advising and handing out our News Letter (the Echo) and informing Members of the activities at our Centre.
- 8) Selling Frozen Entrees when the kitchen is closed.

The 10a.m. Volunteer goes into the auditorium at 11:15 in order to prepare to take members and non-members lunch orders. The Volunteer fills out a lunch order slip and takes their payment. The 11:15 Volunteer carries on the duties of the day, their shift ends at 2p.m.

THANK-YOU to all of our Wonderful Volunteers.

Submitted by Irene Jankovits

REFUGEE SPONSORSHIP STEERING COMMITTEE REPORT

The SSAC membership approved a Special Resolution in January, 2016, to undertake the sponsorship of a refugee family from Syria. Our application to Immigration Canada was approved in May, 2016, but we were advised the wait time would be 19 months. The ad hoc Refugee Sponsorship Steering Committee was set up to engage in fundraising for this project, and to plan for settlement services. The committee is made up of 12 very active and involved members.

Our fundraising target was \$36,000.00. This is the amount the SSAC was required to commit by Immigration Canada, in order to support the family for one year. At the beginning of 2017 we were about 1/3 of the way to our goal. The committee has been very active, and at year end, the fund stands at over \$31,000.00. Fundraising projects included a spring garage sale, a Christmas craft sale, book sales, an education night, two fundraising dinners, raffles and a silent auction for a heritage quilt. In particular, I would like to mention two: a Mystery Dinner Theatre organized by Board Member Linda Stroud netted the fund over \$5,000.00. Strait Coffee gave very generously of their time and resources to host a benefit dinner that enriched the fund by over \$3500.00.

The committee is very grateful for generous community donations, from both individuals and groups, as well as donations from other SSAC activities such as Dance Time, and the Treasure Chest. As well, there have been massive donations of furniture and household goods, to the point that we have recently had to decline further offers.

The work of the committee has now switched to settlement planning. We have secured housing for the family of five, and have identified tasks for each committee member with the help of community resource persons. It will be our role to assist the family with all aspects of settlement, including housing, education, English language training, work placement, accessing community, health care and government services, and providing general support and friendship.

The committee is in regular contact with our sponsored family, through email and Skype. In December, we received word that they had successfully passed their interviews and medicals for admission to Canada, and we expect their arrival late January/early February. The long delay has been a challenge for all of us to manage, and we are eagerly looking forward to the family's arrival.

I would personally like to thank each of the committee members, who have committed time, enthusiasm and their own personal resources to this project.

Submitted by Joanne Rykers

RENTALS AND ACTIVITIES REPORT

Although we are primarily an Activity Centre, we also provide a positive service to the community as a friendly and affordable meeting space. The 2017 revenue for Rentals was \$34,340, which is up \$6000 from 2017.

We rent rooms to outside groups on a weekly, monthly and one-time basis. The auditorium is rented out on Saturdays as the auditorium is used for lunches and numerous activities throughout the week.

We had 30 activities in 2017 which raised \$71,528 in 2017. Thank you to all of the activity chairs and volunteers who organized these activities

In May we said a fond farewell to Cathrine Fuller, our Rentals and Activities Co-ordinator for the past two years.

Submitted by Gillian Smith, Rental & Activities Co-ordinator

SECURITY COMMITTEE REPORT

The Security Committee consists of four dedicated members who volunteer their services to our Centre. Our volunteers include: Vern Matthaus, Dale Stewart, Peter Clegg and Mike McCarthy.

Monday to Friday Close Procedures

After departure of the Day Director between 3:30 and 4:30pm, a tour of the building takes place. This ensures doors and windows are locked, electrical services, such as coffee makes, dishwasher and lounge heater are all shut down. Minimum lights are left on and the night alarm system is set if no activities are underway in the building.

Rental Security Procedures

Security is provided during rentals to ensure against damage to our facility and to assist renters who are not familiar with equipment and safety requirements. An example of the need for this service would be a wedding celebration with an open bar.

The cost for the rental security service is charged to the renter. The members who give up their weekends on occasion to provide this service are Rick McGowan and Peter Clegg.

Submitted by Mike McCarthy
Security Committee Chair

SPECIAL EVENTS COMMITTEE REPORT

The Trash to Treasures (Garage sale to most), Volunteer Appreciation Lunch, Christmas Craft Fair and Christmas Lunch continue to be well supported by the membership and the community. It takes a lot of volunteer hours to run these events - to set up, decorate, clear up and support visitors. As ever, the band of stalwart volunteers magically create the atmosphere we all enjoy. The Senior Activity Centre decorating committee continue to delight with their designs and table creations. Coast businesses support some of these events especially the volunteer appreciation luncheon by donating door prizes and we thank them.

Trash to Treasures

There was a surprising range of items and theme tables for visitors to browse and an active table for the Syrian project.

Volunteer Appreciation Luncheon

The Centre is run by members who volunteer to be on the board, help run the kitchen, work on reception, run classes, keep the Centre functioning, keep the Centre clean and on it goes. So the membership say thank you to these member/volunteers by providing an Emily luncheon which is much appreciated. If you have some time, please join this merry band of member/volunteers.

Christmas Craft Fair

The decision taken last year to open the craft fair to outside organizations continued. The biggest table was the Centre's Crafter's table, full of a wide range of items for Christmas. The Christmas theme was carried through by the decorating committee.

Christmas Luncheon

This event was sold out! The food magnificent! Emily created a culinary delight and the decorations were festive. What more can be said?

Submitted by Kit Artus
Special Events Coordinator

WEBSITE COMMITTEE REPORT

The www.secheltactivitycentre.com website has seen much activity this past year. Most frequented sites - the lunch menu, the bus schedule, the pickleball schedule and the Seashell Echo. More activity details have been added and up coming events are updated constantly.

Website expenses for 2017 were \$495.64

Barbara Lightfoot



Sechelt Seniors Activity Centre

2017 ANNUAL REPORT

**Part
B**

TABLE OF CONTENTS

PART B: ACTIVITY REPORTS	Page
Argentine Tango Report	25
Bridge, Duplicate, Activity Report	25
Bridge Upgrade Activity	26
Carpet Bowling Report	26
Chair Actors Report.....	26
Computer Training Report.....	27
Cribbage Activity Report	27
Dance Time Activity Report	27
Darts Activity Report	28
Fitness Class Activity Report	28
Friendship Tea Activity Report	28
Genealogy Activity Report	28
Genealogy Searches Activity Report	29
Mahjong Activity Report	29
Painting Group Activity Report	30
Pickleball Activity Report	30
Poker Group Activity Report	31
Qigong Activity Report	31
Quilting Activity Report	31
Scrabble Activity Report	32
Table Tennis Activity Report	32
Tea @ 2 on Tuesdays Activity Report	32
Yoga Activity Report	33
Yoga, Chair Activity Report	33
SSAC 2017 Annual Report	Page 24 of 33

ARGENTINE TANGO

Tango Classes: Friday 7:30pm – 9pm Auditorium

Tango classes resumed on January 12th 2018. This season we are hoping more new couples will join the class. There has been increased interest and promotion of the classes from current students.

In November 2017 Alan & Patricia attended the annual Tango 8 Festival in Toronto Ontario, enrolling in Tango classes to improve their own abilities. It was a great experience, enjoying rigorous instruction from 6 of the world's best Tango dancers. A splendid experience in dance and South American culture.

We now are using this new knowledge and passing it on to our own students. It's always challenging learning new moves, but the teachers allow videos to be taken which helps a great deal in explaining the various sequences.

As always the emphasis is on enjoyment of the dance along with repetition of fundamentals and working on mini routines to use at dances on the Coast.

Thanks are also extended to Marlene & Desmond Leeper for their instruction & inspiration.

Thanks also to Sara Gerring & Michael Norton for their much valued assistance in classes.

We wish revenues could be better, and hopefully they will, with addition of new students. Currently we have 7 couples attending classes.

Submitted: Alan Barnes

BRIDGE, DUPLICATE

Monday Evening, 7:00 - 10:00 pm Craft Room

Saturday Afternoon, 12:30 - 3:30 pm Craft Room

This activity provides a more competitive game where hands are placed in carriers with score sheets and passed from table to table so that all partnerships play the same cards to determine standings from first to last.

Our Centre is the best facility in Sechelt but the annual membership does tend to discourage the 'occasional player'. The SCRD Recreation Centre in Gibsons is of equal quality with the same user fee with no annual fee, thus more attendees.

Monday night and Saturday afternoon Bridge attracts from 16 to 24 members.

Submitted by Mike McCarthy, Chair, and Fay McCarthy, Co-chair

BRIDGE UPGRADE ACTIVITY

Bridge Upgrade meets Mondays between 12:15 and 3:00 pm. Often there is a 5 minute tutorial at the beginning of the session. Most people come with a partner. Single players usually find another single to play with. The play is easy going; and learning is the main focus. Discussion and analysis of hands, during and after play, is encouraged. Help is provided, upon request. Players stay with the same partner, at the same table, all afternoon.

There is a fall and spring session of lessons for absolute beginners. Each group of lessons takes four consecutive weeks. Notice of lesson dates is posted in the Echo and on the bulletin boards. Four lessons cost \$35.00.

There are usually seven to nine tables (4 people per table) of players in attendance. Play is year round and most holiday Mondays. The cost is \$3:00. There is a cookie fund which takes donations from cookie consumers.

The group is facilitated by Peggy Malcolm and Chris Kane.

Submitted by Peggy Malcolm

CARPET BOWLING REPORT

Carpet bowling is held in the Auditorium Monday and Thursday afternoons 1:00 to 3:00pm weekly. The average attendance is 10 members.

Sincerely, Jean Bowden/Shirley Allan.

CHAIR ACTORS REPORT

In 2017, the Chair Actors discontinued sessions as group leader Louise Phillips was writing and directing a new play for the Sechelt Arts Festival (*syiyaya: Our Families, Our Stories*).

In June 2017, thanks to the unflagging support and efforts of Joanne Rykers and the agreement of the SSAC Board, we applied for a New Horizons grant to stage Louise's next original play, *The Wild Flower Book*, as a Chair Actors full production. In late December, Joanne got the good news that the grant was approved. We estimate involving at least 40 people directly in the production: 12 on stage, and the rest running rehearsals, building the set, sewing costumes, making props, taking tickets, serving coffee, and all the other attendant tasks in putting on a play. Some of the cast and crew will become new members but most are already familiar faces.

We have already started rehearsals, although the full schedule will kick in after Spring Break as we have four teenagers in the cast. I would like to thank Gill Smith for her wonderful patience with booking requests and promotional ideas to date, including a lovely poster by Laurel Ennis.

Respectfully submitted by Louise Phillips

COMPUTER TRAINING REPORT

The Centre offers free Wi-Fi throughout the Centre for members and rental groups. The seniors value the availability of Wi-Fi as it offers several benefits: ability to bring their own laptop and tablets to computer classes, ability to connect with family, grandchildren and friends and access to information on government 'seniors' programs and other community support services.

During the one-to-one computer sessions, we see members overcoming initial barriers of lack of confidence and confusion and becoming enthusiastic computer users. Tutors make sure that students learn at their own pace, are able to bring in a list of questions to cover in the session, work with peers in a less intimidating environment and get hands-on experience. We also strive to make the computer sessions fun.

Our individualized computer skills morning sessions are tailored to individual needs. Five computer tutors are available to help trouble shoot technology issues and help members learn to use new tablets and computers or refresh skills on existing equipment. We also provide support in helping people purchase new equipment – what to look for in a new computer and what questions to ask before purchasing.

Respectfully submitted by David Marsh

CRIBBAGE REPORT

A fun night out every Thursday between 6:45 and 9:15 pm. This is not a serious game that we play but is meant to be fun instead. We presently have 10 to 16 players but would welcome more. The cost is \$4 per evening. A basic knowledge of how the game is played is a good idea. If you've got a sense of humour and like to play crib come out and join us. We would welcome more players!

Dave Grafton

DANCE TIME REPORT

We have had 10 dances in 2017 on the last Saturday of the month. This was our fifth year to hold these dances. The average attendance is 55 eager dancers who love to jive, waltz, tango, polka, and just move like crazy to a variety of music. On alternate months we enjoy our home grown favorite, Jim Taylor. Alternating months we invite a variety of entertainers such as The Bear Music Co. with D.J.'s John and Krystyna and the full sound of the Creek Big Band. The key to a healthy body is to keep it moving so we would love to see more of our members dancing to the music with our happy group. You don't necessarily need a partner. We have many regular singles enjoying the evening. These dances are open to both members and non-members of all ages. Thanks to all the volunteers who contribute their time and energy each month to keep this activity alive.

Submitted by- Ron & Diane Atkinson

DARTS ACTIVITY REPORT

Darts takes place on Friday afternoon in the Heritage Room from 1:00 - 3:00 pm. Attendance varies from 6 - 10 participants, sometimes more. We have two boards and extra darts for anyone who wishes to try their skill. The object is to have fun safely, so the rules of this activity are few and simple common sense.

Respectfully submitted,
Shirley McCaughtrie

FITNESS CLASS ACTIVITY REPORT

Our Tuesday and Thursday fitness classes are normally led by Jacquie Allan. This year we had a bit of variety as Jacquie is now studying towards a master's degree in Play for Adults through the University of Victoria.

Susan Seabrook and Ivana Cappelletto shared the instructor duties during her absence and continue to help out. The 90+ membership is thankful for the continuity of the classes.

This activity has been going on for about 25 years and is great for the participants and the Centre. We would be remiss if we didn't thank Joan Frembd for starting the classes and Jacquie Allan for her dedication to our well-being.

Respectfully submitted, Val Morris.

FRIENDSHIP TEA ACTIVITY REPORT

The Friendship Tea is held on the first Tuesday afternoon from September to June. Members and friends are treated to a cup of tea (or coffee) and homemade goodies, along with loaves of fruit bread are added. (The fruit bread comes from Clayton's and is paid for by cashing in the grocery slips that are collected in the little white wooden box in our foyer.)

We are fortunate to have very reliable volunteers who ensure that everything goes well. Agnes Muri is the team leader, while Tony and Margaret Dawson look after registration and name tags. Tony also does the after-tea dishwashing and clean-up. The rest of our very pleasant and reliable team members ensure that all the guests pass a very pleasant and tasty afternoon.

Respectfully submitted, Dorothy Fraser

GENEALOGY ACTIVITY REPORT

We meet in the Heritage Room from 1-3pm on the 3rd Wednesday of each month, except for July, August and December.

We share stories about family history, usually bringing something for 'show and tell' belonging to the family. We also help one another to research our family trees. Most of us seem to belong to Ancestry.ca and we can get lots of info from there which really helps.

Arlene Harmon, Chairperson

GENEALOGY SEARCHES ACTIVITY REPORT

The Genealogy Searches occur on the first Wednesday of the month from 1:00 to 3:00 in the Heritage Room. There are four available sign-in times, each a half hour session, to give each participant individual attention. The sign-in sheet is on the lobby bulletin board at least two weeks in advance, with blank pedigree sheets available. I ask that people enter as much family information as possible in advance, and come with specific searches that interest them.

Participants must be current Activity Centre members, and there is a \$3:00 drop-in fee.

The Searches have been well received, and hopefully have inspired people to continuing to research their family trees.

I have participated in the annual Open House, over for the last five years, doing genealogy searches.

I have access to Ancestry.com, MyHeritage.com, FindMyPast.com and other genealogy websites, and can usually print out the results we find.

Valerie Grant, Chairperson

MAHJONG ACTIVITY REPORT

Mahjong meets on Thursday each week, 1:00 - 3:00 pm. in the Heritage Room.

There is an average of 6 to 8 players each week, with as many as 15 and as few as three.

We participated in the Centre's Open House in October, 2017.

The Centre own four Mahjong sets, so, interested people do not have to feel they cannot play if they do not own a set.

For the last two summers we have played through July and August.

We welcome new players with or without experience. We are happy to teach the basics and encourage players to learn as they play with us.

Submitted by Alison Speirs and Katie Caple.

PAINTING GROUP ACTIVITY REPORT

The "Drop-in Painters" painting group has been meeting regularly on Thursday afternoons from 12:30 until 3:00 in the Craft Room. We have eight regular attendees, with ten members on our list.

We are a group of artists, some professional, who enjoy working together and have chosen not to have an instructor, but members are supportive of each other's work. We take a break that coincides with the Centre's reduced hours during the summer.

We paint in watercolour, acrylic and pastels. We ask that no participants use turpentine oil paints, as the Centre is a scent free area. We bring our own painting equipment and have a small library.

Valerie Grant, Chairperson

PICKLEBALL ACTIVITY REPORT

2017 was another successful year for pickleball at the SSAC. The emphasis was on fun, fairness and skill development. The number of players increased slightly to 140 and the revenue from fees increased to \$20,684 in spite of the auditorium being closed for the month of August. However, the installation of the new floor provided us with a great new surface to play on.

Level play continued for levels 1.0 (beginners), 2.0, 2.5, 3.0, 3.25 and 3.5+. Social play which allows players from different levels to play together continued to be popular. Each level except for 3.5+ is provided with a volunteer coach who generally attends for one session per week to help the players improve their skills and assess players who wish to advance to a higher level.

Five tournaments for SSAC members were held on Sunday afternoons with the emphasis on friendly competition. The number of competitors was limited by time and space and ranged from 20 to 35. The level play round robin format meant that participants competed with different partners for each game. This helped to avoid lop-sided scores and overly competitive games.

For the final tournament of the year the emphasis was on the fun aspect whereby players from different skill levels were partnered to play against an equivalent team. A closing pot luck meal further accentuated the social aspect of the season. A tournament participation fee of \$10 per player allowed for extra refreshments and prizes and included the regular activity fee of \$3.

Respectfully submitted, Bert Carswell & Gill Smith

POKER GROUP ACTIVITY REPORT

The Poker Group meets every Friday from 11 AM to 3 PM in the Farish Room with an average of 6 members in attendance. We play dealer's choice poker with a 25 cent limit.

The challenge facing our group is membership and we are taking steps to increase it. Time has cut into our numbers and within the last year we lost one of our stalwarts, Fin Anthony.

It is not a "men only" group and we welcome women players. The Poker Group is a friendly and sociable group, and for some, me for one, it is one of the highlights of the week.

Doug Whitworth, Chairperson

QIGONG ACTIVITY REPORT

Qigong, pronounced "shee- gung" is taught on:
Mondays, 10:00 to 11:00 A.M. in the Crafts room
Fridays, 10:00 to 11:00 A.M. in the Crafts room

This class is composed of many exercises, all designed to improve balance, range of movement, and stamina. A typical class would include the 18 Shibashi moves, a break, and moves from three other established sets.

Moves are initially described verbally, and the beginner learns from observing the instructor and other participants. Qigong originates in China, where it has been practiced for thousands of years.

Qigong is meditative and non- competitive. Most participants follow the tempo set by the instructor, and derive energy from being part of the group. Some set their own tempo, and this is fine. Lessons are generally directed to those who attend regularly.

Participants should be able to stand for the movements, or be accompanied by a caregiver. We have about 8 participants on Mondays, and 12- 15 on Fridays.

Barry Pruden, Instructor

QUILTING ACTIVITY REPORT

This activity takes place every Tuesday afternoon from 1:00 to 4:00 pm in the Craft Room. There are not many, 10 - 12, participants present, although the numbers vary for different reasons.

We will always welcome new attendees, there's lots of room. Skill levels vary - but much fun is always present. There are *no* dumb questions. We are willing to share any knowledge we have acquired ourselves to assist new quilters.

Other skills happen here also. Come! Check us out. We do our own thing, but occasionally, we collaborate on a project for some charity or other. We supply our own equipment.

Respectfully submitted,
Shirley McCaughtrie

SCRABBLE ACTIVITY REPORT

The scrabble group now has about eight regular players plus a few occasional ones.

We play Saturdays in the Heritage Room from 12:30-3:30. There is usually time for three games with two or three players per game. We play a friendly relaxed game to enjoy not necessarily to win.

As always, thanks to Mike McCarthy for opening and locking-up the centre and making coffee.

Please feel free to join us as we welcome new members.

Jim Wakeford, Chairperson

TABLE TENNIS ACTIVITY REPORT

Table tennis is good hand/eye co-ordination and some cardio. Other benefits are laughter and fun. We are a friendly group who will offer you a warm Welcome. Come and join us 7:00pm to 9:00pm on Tuesday nights.

Marilyn Heinrich, Chairperson

TEA @ 2 ON TUESDAYS ACTIVITY REPORT

This report is short because our program this year was very short. We had two sessions in June (pleasantly successful), but then had to stop while the new flooring was installed in the auditorium area. We hope we can manage to have a relatively normal tea-time on Tuesday this coming summer.

Respectfully submitted, Dorothy Fraser

YOGA, CHAIR ACTIVITY REPORT

The chair yoga class takes place every Saturday at 9:30AM in the crafts room and lasts one hour with a cost of \$3.00 per person. The attendance has remained consistent with approximately 20 - 25 people attending each week.

Over the 5 years that this program has been running it has always been popular with members. Last year we saw a wonderful addition to the program. With two other teachers leading class this has meant a continuous schedule without any cancellations. All the teachers perform this activity as volunteers.

There is also a strong core group of participants who attend every week and new members continue to join. This class has a philosophy to not only offer an exercise opportunity but to also add lifestyle and health tips at the same time.

For this coming year, the program will develop and have greater flexibility by balancing exercise for newcomers and a bit more challenge for experienced participants.

Andre Casaubon, Instructor

YOGA ACTIVITY REPORT

The yoga program takes place every Wednesday morning at 10:00AM in the auditorium with a cost of \$5.00 per person. The biggest change from last year is the growth in attendance which went from average 15 to an average of 30 per class.

The program continues to offer two distinct styles of yoga: Hatha and YIN which are presented from a very beginner to intermediate level. By combining the two styles, this class offers a unique combination of exercise which benefits the health and vitality of members.

There is also, now a second teacher who helps to teach periodically so continuity is maintained. For this coming year, the class will continue to offer a quality yoga program with emphasis on fun, social interaction, friendship and value along with an opportunity for beginners and challenges for members to continually develop a healthy lifestyle.

Andre Casaubon, Instructor