

From the desk of the Centre Manager

Activities at the Centre re-started October 4th for the most part. For a soft opening, some activities started mid-Sept so we could test the process for safety protocols. Revenue from Activities in 2021 is \$20,554, which is made up of volunteer lead activities \$9,389 and instructor lead activities \$7,777.

Duplicate Bridge is not included in Activity Revenue for 2021, as they pre-paid rent to the end of the year, and will reflect in activities in 2022. Susan Fletcher continued to lead her QiGong class throughout Covid and then drop funds off for the Centre. A big thankyou to Susan for that effort and commitment.

All of our activities are of value to the Centre and our members, and not weighted solely on financial. Activities are addressed in our constitution, and their greatest value is the connection, mental and/or physical stimulation and enjoyment.

SSAC is a non-profit Centre, and bills must be paid as we strive for breakeven. The budget for 2022 is to generate \$90,000 from Activities (28% of total revenue). This is just under \$1,800 a week, which we are on target for based on the Activity Schedule.

The following provides the breakdown for each activity, with the average week being October 4th to December 22nd. (Yoga and Memory Café returned mid-September.)

**Details from tracking of activities since September 15/21						
ACTIVITY		SUB		Average Week		
				\$	#'s	
INSTRUCTOR	Yoga - JMG	4,264		388	78	
	Memory Café	1,483		135	27	
	Chair Yoga	970		108	22	
	Fit - JW	420		47	9	
	FIT - Ivana	640	7,777	71	14	
VOLUNTEER	Pickleball	6,025		669	167	
	Carpet Bowl	715		79	20	
	Line Dancing	1,062		118	30	
	Ukulele	274		30	8	
	Painting	182		20	5	
	Quilting	215		24	6	
	Poker	278		31	8	
	Mahjong	248		28	7	
	Table Tennis	390	9,389	43	11	
	(Pre-tracking items)		17,166			
Raffle			810			
QiGong			2,578			
		20,554				

Activity Reports - A year in review: 2021

Pickleball

Coordinators: Gillian Smith and Richard Ward

Pickleball is a fast growing sport and is the perfect activity to fulfill the aims of SSAC. It provides both physical and mental stimulation in a fun environment. When one of our new players was asked if they were enjoying it, she replied “It’s more than just pickleball”. To her and countless others it provides not only physical benefits but also much needed socialization and the ability to make new friends that otherwise would not happen. We provide the most comfortable and safe place to play Pickleball on the Sunshine Coast. COVID restrictions, including wearing of surgical face masks unless at play and individual use of socially distanced chairs, are strictly adhered to. Play sessions are organized by skill level ratings from 1.0 (Beginners) to 3.5, to ensure equitable competition during games. Sessions are designated “Level Play” or “Social Play”, with Social Play being a combination of two or more levels. We also will be holding skill development sessions and in-house tournaments.

Obviously COVID has wreaked havoc with Auditorium closures and limits on numbers participating. Despite this, the demand for Pickleball play at the Centre is strong. Pickleball at SSAC is a volunteer-based activity, involving coordinators, coaches and members in charge of each session. Participation in specific playing sessions is controlled using an online system “SSACSign”. SSACSign was developed by the volunteer work of SSAC member Viktor Kiss. We thank Viktor profusely for this and his diligence in maintaining it. SSACSign allows ease of sign in for the players, designated by skill level, and the ability to limit the number of players in each session. This has been invaluable with implementing COVID restrictions and adding new players. With less restrictive PHO requirements, 14 players per session were allowed. This provided the best balance of number of games played by each player and revenue generated. Under the latest reopening in late January 2022, we now have a 12 player limit out of an abundance of caution.

As a predominantly “After Hours” activity (after 3pm weekdays and on weekends) Pickleball provides revenue from use of the Auditorium at times that are often not appropriate for other activities. There are currently 165 SSAC members on the Pickleball players list. There has been a surge in new members drawn to the SSAC by Pickleball in the past months, with a spillover effect of their participation in other SSAC activities. As we move forward out of the present COVID restrictions, the question will not be can we produce enough revenue from the Auditorium time allotted, but can we provide enough time for all our members to play the amount of Pickleball they want in order to enhance their quality of life.

Yoga (on the mat)

Coordinator: John McDougall-Goulet

Purpose: The purpose of yoga is multi-faceted. In addition to the physical benefits to health and well-being it is to assist the practitioner in life balance, and calmness techniques.

Vision for the upcoming year: To continue morning classes 3 times a week, in addition to adding at least one late afternoon/early evening sessions to entice increased participation (resulting in new memberships) from new attendees and those who cannot make it to a morning class.

The activity has been ongoing since early September (following a break of almost a year and a half) and ran up until December 22nd.

The “Painting Pals” Art group.

Coordinators: Isobel Gibson and Donna Stevenson.

Purpose: To socialize, learn, practice, share, and enjoy being together while we paint.

Vision for the future: To carry on inspiring each other, hoping to become a larger group when it is safer.

We did continue during the fall, with an average of 7 attendees, but now the SSAC is closed. We are all anxious to get back.

Memory Café.

Name of Coordinator(s) Brian Smith, Rosella Leslie

Purpose: To provide socializing opportunities for people with dementia and their caregiver

Vision for the upcoming year: To bring comfort and support for caregivers dealing with a dementia loved one.

Activity restarted in September after being canceled for a year and a half because of Covid. Restart has been very well received and we are recently up to numbers exceeding 20 (30 at our Christmas lunch). Rosella and I have participated in Caregiver Support activities for the past 8-9 years and have both lost our partners to dementia. We created Memory Cafe about 4-5 years ago and we are very interested in seeing it continue.

Goals for the coming year: We are looking forward to gaining access to the auditorium as the current situation in the Craft Room has reached capacity and we don't want to be turning people away. Also, we would like to start taking advantage of the SSAC bus to do day trips (as we did prior to Covid) and to having pot luck lunches in participants' homes as we did before. We expect that we will eventually reach in excess of 40 participants by the end of the year.

Recommendations for consideration by the incoming Board: We appreciate that we are partners in providing this extremely important service to the dementia community and we are grateful for the support of the Board in encouraging people with dementia to participate with us. We look forward to working with you in the future.

Quilting:

Coordinator: Carol Maynard

Activity: Quilting & knitting

Tuesday afternoon 1 to 3 pm, drop in group, presently 14 members, for purpose of socializing and sharing ideas and interests. Always welcoming new members. Goal for the coming year:

To greet our badly missed friends with happy smiles!

Table Tennis:

Coordinator: Marilyn Heinrich

The big news for our activity, is we moved from Tues evening to Wed at 1:00 in November. However, our group as a whole dealt with physical issues as some were called in for surgery that were delayed due to Covid. We presently are using one table for each session, slowing growing to two. Our goal for 2022 is to have all three tables, with spares at each.

Poker

Coordinator(s): - Bob Hodgson-604-741-7844

We play every Friday at Noon in the Pharish room with approx. 8 players at any given day. We are trying to recruit more people but due to Covid it has been difficult.

We only play when the center is open following guidelines from Health officials.

Carpet Bowling

Coordinator(s): Shirley Allen, Katie Caple

Carpet Bowling is Monday and Thursday at 1:00 and is well attended with 18 to 22 on average. We always have room for more and everyone is welcome.

Ukulele Jam

Coordinator(s): Mark Trevis , Chris Twait

Purpose: To play music on the ukulele together and sing bringing joy to the SSAC community

Vision for the upcoming year: To bring more people into to the group of all levels and expand our repertoire.

Is activity going on (cancelled due to COVID?) Yes. Cancelled due to Covid

We have been a part of the SSAC activities for a few years. We started by teaching people how to play the ukulele and sing together. From that point we have become a group that has a repertoire of songs to draw from with some pretty skilled players.

Numbers of participants before covid was 12-20 weekly. We stopped playing for over a year when Covid started. We restarted weekly in the fall with reduced members of 8-12. Our last time together was for a little Xmas show we did this past Xmas (2021).

Goals for the coming year: To increase the number of participants again and bring in a new group of beginner players. We would like to extend out beyond SSAC to other people in the community who would become members of SSAC. Ukulele is the fastest growing musical format in the world. It is an awesome way to interact socially and to help seniors stay alert mentally and engaged in fun.

Line-dancing

Coordinator: Jay Alexov

Vision for the upcoming year: To get together to line-dance and have more members coming to join us. Advance/Continue class on Mondays and New/Beginners Class on Wednesday.

Line-dancing is fun and good for a Physical, Mental and Social activity also for:

- Aerobics: Get more Oxygen to the brain by increasing BPM(Beats per Minute)
- Memory: Learn Sequences of dance movements from Very Easy Beginners to more Complex Sequences in Advance class
- Coordination: Use BOTH sides of the brain Left & Right
- Balance: Know your "Center of Gravity"

Social: Enjoying MOVEMENTS and FUN with other line dancers on the beautiful dance floor in the SSAC

Volunteers:

How wonderful to get the go-ahead to re-open our doors mid-September, with full services provided October 4th. We are a volunteer run facility and we would not be open on any given day without them.

We have 4 – 5 volunteers in our kitchen on a daily basis. That's 75 hours to cover all 25 shifts, and some weeks we have volunteers doing double duty. Due to Covid restrictions, we do have an extra server in to ensure tables are wiped down after each sitting.

The Front Desk, Lunch Cash and Greeter require 15 more volunteers in a week (45 hours). The greeter is a temporary position, as we hope to transition this group into the Front Desk role, to provide for longer open hours.

The Centre operates with volunteers for 40 shifts per week, 120 hours. Most of our volunteers commit to a specific shift one day a week. We also have some that are called in at the last moment for coverage. Both of which are critically import to having the doors to the Centre open. On hectic weeks, I have seen volunteers work three shifts, sometimes in various roles.

We have two volunteer coordinators that essentially manage the scheduling required to make sure people are in the right place at the right time. Re-opening proved challenging as some of our volunteers were not retuning after a 2-year closure. A big thank you to both **Sally Watson and Irene Jankovits** who filled the schedule and got members to step into these roles. The contribution to 'staff' the Centre is on-going and we are grateful Sally and Irene manage through this, to ensure smooth operations in each area of the Centre.

We have a strong cash management team, led by Pam Fouts, that come in 4 times a week to empty baggies of coins, balance the day's activities, then bring everything together to make

sure all cash is balanced to what has been reported. We rely on 'square' as our electronic cash management tool, recording all sales, categorized to respective line-items for the bookkeeper. For a relatively new process, balancing comes easy on most days.

We also have 30 volunteers that bring their knowledge and expertise to various activities to make sure we are engaging our minds and bodies. All activity chairs have been patient, with adjustments made to the schedule to include as many interests as possible. Growing pains to get us to the present schedule, which should remain unchanged for 2022.

Behind the scenes, we have **Bob Maveety in maintenance**. Bob brings a wealth of knowledge for building systems and manages through all the tweaking required to keep the equipment humming along. During the shutdown Bob took the time to prepare detailed, precise layouts for all the systems in the building (water/electrical/HVAC/fire prevention/etc). Bob is in usually twice a week to grab a task from the Honey Do Jar. From doors that don't shut to major electrical concerns, we are very grateful for Bob's time and knowledge.

From the desk of the Centre Manager, a BIG THANK YOU to all our volunteers. We are grateful for your time, dedication and passion. You are our life blood, and we 'ARE' only because of you.

To the Sechelt Senior's Activity Centre Interim Board Kitchen Committee Report. 2021

Co-coordinator: Norma Pruden

Committee members: Emily McPherson (Chef) Sally Watson (Kitchen Calendar Co-coordinator) Irene Jankovits (Reception Desk and Dining Room Cashier Co-coordinator) Kit Artus (Risk Assessment Consult)

Our purpose: to provide nutritious meals in a safe situation to our membership. Noted Covid and Omicron have impacted on the kitchen and dining room to a considerable degree.

A Kitchen Volunteer Lunch and information session was held September 9, 2021 in the main hall. Lori, Sally and Norma addressed a group of 60 volunteers. Safety concerns were addressed. Volunteer sign ups followed the meeting.

We held our first Kitchen meeting after Covid closure on September 21, 2021 to discuss issues of kitchen reopening. In consultation with Emily and Kit and Lori .Centre Manager, it was determined

- 1) What opening and service times would be; that at reopening, times would be;
- 2) Capacity 45-46 seated diners at a time, in accordance with space limitations re Covid;
- 3) Cleaners to wipe tables with approved solution after each use, and to use "clean or dirty" laminated cards to regulate usage.
- 4) Food options available to members only Proof of vaccine necessary

Sally's Report:

The dining room opened on September 27, operating three days a week and a limited menu. A

full menu and five days a week started October 4th. December 22, 2021 was the last day before the shutdown.

Dates for reopening were very fluid re Covid and Omicron. A slow start was suggested and Sally designed a very successful new Volunteer Calendar format. Frozen Entrees were made available, masks and vaccine checked and entree and exit was through outside dining room door. Takeout options became available to members Jan 18, 2022. Dining in began January 24, 2022. Sally noted there were some issues as it was difficult to know how to estimate kitchen and volunteer numbers. Wonderful volunteer co-operation was so appreciated.

Irene's Report:

Irene coordinates 5 "Lunch Cashiers" who each volunteer one day a week. Shift 11 am-1 pm. They count float, take payment for lunch orders. At 12:45 float is counted, determining cash sales.

Current Pricing:

Frozen Entrees \$6. (limit 6 flavors per member) Example January 11, 2022 sold 175 at \$6.
Soup small \$3.50. large \$5.00 Sandwiches \$ 5.00 Entree \$10.00 members Dessert \$2.00
Kitchen Volunteer no charge
Desk Volunteer \$6:00 toward food cost
Lori reports current Kitchen Revenue \$141,370. 00 Expenses \$66,155.00

Work Ahead:

Deep cleaning Schedule to be established Kitchen Volunteer Manual update Continued review of Kitchen Risk Assessment Need for additional volunteers
Improved lines of communication from Office to Kitchen

I would like to thank our wonderful Chef Emily and our hard working volunteers who have been so patient and cheerful through these times. Your contribution in making and serving delicious healthy meals and contributing to the social happiness of our members cannot be estimated. Thank you to my committee members who work so hard coordinating our volunteers with such good will and understanding. It is a privilege to work with you.

Submitted, February 3, 2022. Norma Pruden