



MISSION STATEMENT

“We promote companionship, mental and physical stimulation and social opportunities for members by providing activities and services that support independence and wellbeing.”

ANNUAL REPORT 2014

PART A, EXECUTIVE AND ADMINISTRATIVE REPORTS

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PART A EXECUTIVE AND ADMINISTRATIVE REPORTS

Preamble

A vital and very active core of energetic seniors established the Sechelt Seniors Activity Centre. They formed as a non-profit society in 1976 and had the vision and foresight to establish their own Centre. In 1992 the property on Trail Avenue in Sechelt was purchased by the Society and the Centre was completed in 1993. The facility was built and financed by the founding members with support and assistance from a caring community.

This Seniors Activity Centre is the only full service Seniors Centre in Canada that has been built and financed solely by its members. We have never received operating funds from the municipality of Sechelt as do all other Seniors Centres in every single municipality in British Columbia. To date, our workforce, including a working Board of Directors, is uniquely comprised primarily of dedicated and skilled volunteers.

The Sherlock Family donated the Parkland between the Centre and Capilano University to the Sechelt Seniors Activity Centre. Many of our members, as well as the students attending Capilano University, continue to enjoy the Park.

The Sechelt Seniors Activity Centre feels that providing physical, social, intellectual and artistic programs of a high standard will assist the community's seniors, through their participation, and improve the wellness and quality of their lives.

We believe the Centre does this by:

- Providing stimulating and enriching social, intellectual and physical activities
- Providing a setting for companionship and support for the purpose of helping seniors sustain informed, healthy, fulfilling and active lives
- Providing homemade and nutritious lunches in a friendly and welcoming environment at reasonable prices
- Encouraging active participation through volunteer involvement, utilizing the skills and abilities of members, in the provision of services to our members
- Encouraging mentoring activities for elders who want to assist younger generations with skills for learning and for gaining a better understanding of theoretical concepts

President's Report

February 2015

Once more it is time to elect an Executive and Board for the coming year. This President is stepping down after two years in office and is looking forward to her new role as 'Past President'. You will find detailed activity reports in Part B of the AGM report, but here is an overview of events during the last year.

The year has seen a few changes in our Activities. Pickleball, still very popular, is now organized as a solely Centre activity. Sandra Cordero's 'Let's Dance' has replaced 'Delight in Dance'. The Pilates pilot did not receive a sufficient following so has been discontinued. The carpet bowlers and the table tennis players have increased their numbers. The poker players meanwhile are looking for new blood. Pickleball, Bridge and Exercise remain the three most well attended activities, while the many other programs keep a steady flow of active participants.

Membership numbers of the Centre remain very much the same around 1200. Some of you may have had the opportunity to pay your fees using a credit card. This is a new service provided by the use of 'the Square'. There have been a few problems, but we are getting there.

General events for all members this year have included the Spring Garage Sale, the Volunteer Luncheon, the Annual Open House, the pre Christmas Craft Sale, the Christmas Luncheon and the New Year's Eve Luncheon. There are also monthly dances to which the general public as well as our membership is invited. The Friendship Tea, open to all, continues on the first Tuesday of the month from September to June, with 'Tea at Two' offered every Tuesday during July and August.

Our financial state remains healthy thanks to the good management of Brigitte Horn, treasurer and Maureen Heaven and Joan Fleetham as our money counters.

Maintenance of the building remains a high priority. Our Maintenance Director has formed a Maintenance Management Committee of five. This has reduced the number of items on the maintenance 'to do' list. Also a computerized database for record keeping has been instituted to keep track of all maintenance issues. Major projects this past year includes the refurbishing of the Sherlock Lane wall, indoor and outdoor light upgrades for greater efficiency and the front roadway signage upgrade. The wish list for the coming year includes the replacement of carpeting, painting of the Auditorium and painting of the parking lot spaces and curbing.

Three excellent performances were presented by members this past 12 months. The Funtastics with Berni G in February in a “Cold Nights - Warm Hearts” fund raiser for the cold weather shelter for the homeless. In October the Funtastics were once more on the boards with “Take Me Back To Dixie” – a rollicking Vaudeville review whose one afternoon show was a ‘Sold Out’ event. The third production was “Restless Spirits” – a look back to the early pioneers of the Sechelt area. The Chair actors group performed this three times at the Centre, to rave reviews. We are very fortunate to have so many talented members among us.

This year saw the 100th Birthday of Robbie Robson, one of the founding members of this building and Society. The Centre hosted a Tea Party for him, which was attended by his daughter, residents of Christensen Village where he now lives, the Mayor of Sechelt, the Provincial Member of the BC Legislature for the Sunshine Coast and members of the Sechelt Seniors' Activity Centre. Robbie was in fine form and enjoyed the occasion.

There have been no changes made this past year to the three contract workers. Each continue to give stellar service as Janitor, Activities and Rental Coordinator and Cook respectively and each of them often exceed the parameters of their contract.

Volunteers remain the lifeblood of this organization. Without them the Centre would not exist. To every volunteer I give my sincerest thanks for every moment you spend contributing to the betterment of the Centre. Mo Farn has once again exercised his fund raising muscles and added to the coffers of the Centre. Thank you, Mo, you have skills that I do not possess.

Special thanks are due to some of the unsung heroes and heroines we have among us: to Mike McCarthy and his security brigade, LeRoy Pattison, publisher of the Echo, Rene Betts and the bus drivers, Don James who has just recently retired from years of keeping the electric signage at the front of the Centre up to date, and, to all the Activity Chairs. Unfortunately these hard working volunteers tend to only get noticed when something goes awry.

To the General Membership – your welcoming attitude and smiles to each other as well as your greetings to me each day have made this past two years a very humbling experience. The Sechelt Seniors' Activity Centre is a unique and special place and I feel very honoured to have had the opportunity to be part of its operation.

To this outgoing Board; your help and support has been constant and invaluable – thank you.

Respectfully submitted,
Barbara Lightfoot
SSAC President

Secretary's Report

Thank you to Linda Stroud who was SSAC Board Secretary until November this year. The Minutes of the 2014 Board Meetings and General Meetings are now available on the SSAC website or ask at the office to see a hard copy. Thank you to everyone who helped make the preparation of this Annual Report possible and for supporting me as I volunteered to act as temporary Secretary to the Board until the AGM.

Respectfully submitted,
Gillian Smith

Treasurer's Report

I am happy to be able to report that 2014 was another active, prosperous year. Many of you keep updated by reviewing the monthly financial statements, which are available for everybody. Our many activities offered having great participation which is reflected in our financials. I am fortunate to have the continued support of my dedicated assistants and would like to take a moment to thank them wholeheartedly for being so helpful.

Submitted by,
Brigitte Horn, Treasurer

SECHELT SENIORS ACTIVITY CENTRE SOCIETY

Balance Sheet (Cash basis) as at 12/31/2014

ASSET

CURRENT ASSETS

Sunshine Coast Credit Union	2,973.28
Equity Shares 'B'	64.57
Equity Shares 'C'	15.25
Credit Union – Gaming Account	26.29
Floats	650.00
Prepaid Insurance	7807.00
TOTAL CURRENT ASSETS	11,536.39

CAPITAL ASSETS

Seniors Bus	82,341.22
Less: Accumulated Amortization	<u>-36,000.00</u>
Seniors Bus: net	46,341.22
Building Contents	80,364.13
Building	1,185,000.00
Land	415,000.00
TOTAL CAPITAL ASSETS	1,726,705.35

CONTINGENCY FUND

Investment Savings Account	172.52
Term Dep.#25, April 27, 2016	55,000.00
Term Dep. #26, Nov. 15, 2016	35,561.92
Term Dep. #27, March 30, 2015	35,455.30
Term Dep. #28, May 1, 2017	65,000.00

TOTAL CONTINGENCY FUND	191,189.74
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TOTAL ASSET	1,929,431.48
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LIABILITY

LIABILITIES

Reserve for Facilities Upgrade 2	45,000.00
Prepaid Membership 2015	9,250.00
Prepaid Rent Income 2015	997.25
Damage Deposit	750.00

TOTAL CURRENT LIABILITIES	55,997.25
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TOTAL LIABILITY	55,997.25
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EQUITY

SURPLUS

Retained Earnings	1,874,960.89
Current Earnings	<u>-1,526.66</u>

TOTAL SURPLUS	1,873,434.23
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TOTAL EQUITY	1,873,434.23
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LIABILITIES & EQUITY	1,929,431.48
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Sechelt Seniors Activity Centre Society, Annual Report 2014

SECHELT SENIORS ACTIVITY CENTRE SOCIETY

Balance Sheet (Cash basis) 01/01/2014 to 12/31/2014

REVENUE

INCOME

Bridge Duplicate	6,426.45	
Bridge Saturday	2,176.95	
Bridge Upgrade	3,064.35	
Basic Bridge	334.00	
Computer Training Courses	75.00	
Computer Basic Skills Training	319.00	
50 – 50	1,345.35	
Pickleball	16,340.95	
Zumba	88.00	
Delight in Dance	4,069.25	
Pilates	75.00	
Carpet Bowling	2,683.80	
Darts	609.00	
Square Dancing	2,090.60	
Crafts	3,005.30	
Crib	1,847.00	
Exercise	10,013.60	
Painting	654.00	
Play Reading	541.90	
Poker	734.95	
Qi Gong	1,984.40	
Quilters	1,264.00	
Scrabble	360.00	
Table Tennis	586.00	
Tai Chi	679.75	
Chair Acting	319.35	
Chair Acting – Events	2,447.16	
Mahjong	1,281.75	
Yoga	3,362.90	
Chair Yoga	1,698.95	
Genealogy Group	229.35	
TOTAL ACTIVITIES	70,708.06	70,708.06
Bar Income	4,504.53	
Bus Income	43,518.00	
Copy Machine	391.83	
Donations Received	129.00	
Grocery Slips	680.00	
Kitchen Income	74,918.11	
Membership	27,814.60	

Sechelt Seniors Activity Centre Society, Annual Report 2014

Foot Clinic	175.00	
Rent Income	30,922.50	
Interest Income	2,996.20	
Tea at Two	-278.45	
GST Refund	2,377.65	
Funtastic Fundraiser	13,769.00	
Christmas Luncheon	2,556.81	
Coast Dance Club, Dance Time	1,662.15	
Grant Income	3,000.00	
New Horizon Grant Installment	16,700.00	
Table Rentals (garage sale)	295.30	
Mandate Tours Income	263.83	
Advertising in Echo	700.00	
OTHER INCOME		227,096.06
TOTAL INCOME		297,804.12
 TOTAL REVENUE		 297,804.12

EXPENSE

EXPENSES

Rental Coordinator		14,048.00
Advertising		349.95
Bar Expenses		2,078.09
Bus Expenses	32,398.59	
Amortization – Seniors Bus	7,200.00	
TOTAL BUS EXPENSES		39,598.50
 Computer Activities/Training		 543.89
Computer Administration/Office		660.59
Copier		2,595.39
Pickleball Expense		280.00
Instructor Expense		3,510.00
Instructor Expense, Yoga		2,100.00
Instructor Expense, Pilates		120.00
Cost of Lifetime Membership		650.00
Volunteer Appreciation Expense		1,052.32
Volunteer Meals		5,978.50
Insurance-Bldg. – Content-Liability		7,478.00
Cook Contract	26,817.57	
Food Products	34,238.58	
Kitchen Supplies	2,848.07	
TOTAL KITCHEN EXPENSES		63,904.22

Sechelt Seniors Activity Centre Society, Annual Report 2014

Vaudeville Expense		8,691.79
Facility Upgrade		70,867.55
Contract Cleaner	25,847.00	
Maintenance Services	3,750.35	
Maintenance Supplies	10,030.98	
TOTAL CONTRACT/ MAINTENANCE EXPENSES		39,628.33
Office Expense		2,555.59
Special Events Expense		17.00
Rental Security		623.50
Alarm System	388.50	
B.C. Hydro	7,859.66	
Fortis B.C.	7,072.73	
Waste Disposal	1,420.75	
Fire Protection	530.00	
Sewer, Water	752.79	
Telephone	1,763.24	
TOTAL UTILITIES		19,787.67
New Years Eve Lunch		14.64
Event Expense		213.50
Work Safe/WCB		1,001.17
E-Card Service Charges		30.63
PST Paid		4,408.80
GST Paid		6,507.07
TOTAL EXPENSES		299,330.78
TOTAL EXPENSE		299,330.78
NET INCOME		-1,526.66

Addendum to the 2014 Financial Report: \$3,313.31

December 2014

This is the total of Microsoft Donation Value for Software Received.

Submitted by,
Brigitte Horn, Treasurer

Communications

Communications included the Seashell Echo (our monthly newsletter), our website and the Coast Reporter. We had four sponsors throughout the year for our weekly Coast Reporter column: Pharmasave, Sechelt Insurance, Sunshine Coast Credit Union and South Coast Ford. We thank them for their generous support.

The Seashell Echo is published monthly by LeRoy Pattison, whose efforts are greatly appreciated. Printed copies are available at the Centre and it is also available on our website.

Constitution Review

A committee is currently reviewing the Constitution and Bylaws with a view to updating them and presenting them to the Board and Membership in due course.

Fundraising/Special Events

2014 proved to be a successful year for Fundraising due to several grant applications being approved. It has to be said that projects which bring funds to the Centre are usually for specific work which has to be managed and therefore a lot more work for our already overworked volunteers. The brunt of this has fallen on the shoulders of Ron Atkinson, Bill Brown, and Phil Green who have spent an enormous amount of time organizing and managing this work.

1. An application for \$2000.00 to the Sunshine Coast Community Foundation for improving the outside sign was approved, and proved to be one of the most challenging projects to date. First thought was to replace the sign with a new one but due to zoning problems that couldn't be done. Although visually there seems very little difference the sign is brighter and more energy efficient with all the inside lighting replaced.
2. An application to the New Horizons for Seniors Federal Grant for funds to upgrade the Sound System, and upgrade overhead lighting in the Auditorium, and all rooms was approved this work was completed during the summer months. The Grant was for \$16700.00.
3. An application for funds from the Provincial Gaming Branch for funding for new programs and Auditorium upgrades was rejected. An application to Sechelt Grants In Aid program was also rejected.
4. An application to RBC Ambassadors Program for \$500.00 towards the Sound System was been approved and was completed in May.

5. An application to CIBC Retired Employees program for \$500.00 towards costumes for the Funtastics was approved and was completed in April.
6. \$2300.00 was raised from sponsors towards the April Funtastics Production.

Fundraising is time consuming and challenging but can be rewarding. Unless more members can become actively involved in fundraising there will be limited activity on fundraising in 2015.

Submitted by,
Maurice Farn
Fundraiser

Kitchen Committee

2014 was another successful year for the Centre's kitchen. In the previous year frozen entrees were made available when the kitchen was closed. In the past year this service was expanded to making them available on a five day a week basis. This change has proven to be very popular, providing a variety of nutritious and delicious meals for home consumption. We are all indebted to Emily for making this service possible.

The kitchen has met all costs over the past year without any sacrifice in quality. We must all thank Emily for making this possible. In addition to Emily's efforts the success of the kitchen is due to the dedication of our hard working volunteers. Our volunteers assist Emily with food preparation, sandwich making, serving and dish washing. There is a need for more volunteers as the work load is being carried by too few people. We need more kitchen help NOW.

Our lunches are an important part of life at the Centre and more volunteers are needed. I would like to thank the members of the Kitchen Committee for their work in 2014.

Submitted by Doug Whitworth
Liaison director and Kitchen Coordinator

Maintenance Committee

We have formed a Maintenance Management Committee made up of Bill Brown, Tony Stroud, Don Ficko, Thorne Underwood and myself. This committee is responsible for the ongoing operation of your physical plant. This includes planning, coordinating, administrating and budgeting.

Sechelt Seniors Activity Centre Society, Annual Report 2014

- A comprehensive computer database has been created by Tony Stroud to record all maintenance documentation for the control and management of maintenance activities. This will enable those who follow us to have records that we have lacked in the past.
- The outside wooden planter walls have been replaced with concrete block and low maintenance landscaping.
- The lighting system inside and outside of the building has been upgraded to energy efficient units.
- Auditorium lights have been altered to enable switching from front to back of the hall rather than side to side.
- The front roadway sign lighting has been upgraded to efficient LED lights.
- A new hatchway has been opened up into the auditorium attic which now provides a safe access using the Tela-Tower and ladder.
- Auditorium exhaust fan motors have been replaced.
- The stairs to the back park have been repaired and handrails added. The wooden barrier posts between the park & the lane have been replaced. Thanks Don Ficko.
- The quilter's pink tables are in the process of being replaced with smaller, lighter ones by Thorne Underwood.
- Several door handles and some locksets have been replaced.
- Tables and chairs require ongoing repairs.

Items that we will be giving our attention to in 2015 are:-

- Replacing the carpeted areas with either carpet or vinyl.
- Paint auditorium walls.
- Improve air ventilation in the office.
- Parking lot stalls painting and curbing.
- Improve the emergency lighting life during power outages.
- Consider a handicap chair lift to the stage.
- Install dampers on the roof HVAC units to eliminate the downdraft in the auditorium passageways.
- We continue to keep an eye on the deterioration of the auditorium floor. The floor is cracking along subfloor plywood lines and is damaged from general usage.
- The emergency radio antennae will be upgraded.

Again, I would like to recognize Jim Coffin, our dedicated contract janitor who provides excellent service. It is not just a job to Jim; he takes a personal interest in this facility.

Respectfully submitted by,
Ron Atkinson , Activity Chair & Bill Brown, Activity Co-Chair

Membership Committee

The Membership Committee during 2014 consisted of Kit Artus as chair, Dorothy Fraser, Cheri Kingsland, Leroy Pattison, and Anne Stuart. Regretfully, Jim Musgrove resigned due to illness. The function of the committee is to attract and maintain membership for the SSAC. The committee meets approximately 5 – 6 times per year.

The total number of new and returning members for the year is **1242**, which is consistent with number for 2013, 1255. Membership records are kept up to date weekly by Anne Stuart.

The number for the period up to September 30 is 1117. During the period from Oct. 1st to Dec 31st, new members are given a “deal,” in which they pay the yearly dues of \$25.00, but are covered for the period of Oct. 1st, 2014, to Dec. 31st, 2015. During the 3 last months of 2014, 125 new members enrolled, yielding a total of 1242.

Yearly membership fees are \$25.00. This is prorated to \$12.50 after summer closure in June. In October, during the Open House, new members pay \$25.00 for a membership for the following year, which includes the last 3 months of the current year.

The committee organized another successful Open House, held on Oct. 5. Approximately 160 members and guests learned about the many SSAC activities through display tables and demonstrations. They also enjoyed refreshments and door prizes. Open House 2015 is scheduled for Oct. 3. With the resignation of Kit Artus the Membership Committee is looking for another chair.

Submitted by,
Joanne Rykers

Life Membership

Life Memberships may be awarded to a member who has done something, on a volunteer basis, outstanding for the Centre and/or something for Seniors within the Community. Congratulations to **Dorothy Fraser** and **Jean Griffiths**, 2014's Life Membership recipients.

Nominations are received from the Membership and reviewed by the Life Membership Committee. Nominations must be submitted by September each year. If you wish to nominate a candidate for Life Membership, please obtain a nomination form from the office.

Reception Desk Coordinator

The Front Reception Desk Volunteers are the first friendly smiles and warm greetings you receive as you enter the Centre. There are 41 regular volunteers who work the Front Desk. Of those 41, there are 12 Short Notice Volunteers, which means if someone calls in at the last minute and can't do their shift, we call one of these volunteers and they come in and do that shift.

Some of these Volunteers also volunteer in other areas of the Centre too.

Some of our long time Volunteers have stepped down due to health reasons or their time has come to just enjoy the many other activities of the Centre. We thank them all for their many years of service. THANK YOU.

There are two shifts per day requiring ten volunteers per week. Their duties include:

- Greeting members and non-members entering the facility
- Always having a pot of fresh coffee on the go
- Signing up new and renewal memberships
- Setting up bus trips for members
- Selling dance/raffle/event tickets
- Keeping up to date on what is new at the Centre
- Advising and handing out brochures so everyone knows about all of the options and activities available at our Centre
- The morning volunteer goes into the auditorium at 11:15 in order to help prepare to take members and non-members lunch orders. We fill out a lunch order slip, take their payment and help where we can.

Without these wonderful people, and those in other areas of the complex, there would be no Centre. The two small words "Thank You" seem so inadequate, but from everyone at the Centre, and especially me, a HUGE THANK YOU.

Submitted by,
Irene Jankovits
Coordinator for Reception Desk Volunteers

Rentals and Activities

The 2014 revenue for Rentals was \$30,922.50. This is an increase from 2013. This may be due to several large rentals in the Auditorium. The Heritage Room continues to be a wonderful asset for scheduling as it offers an alternative choice for Renters. Repeat bookings for next year events are happening on a more regular basis now. Some rentals have been turned down because their event would interrupt too many activities.

2014 Activities

Activities continue to grow in attendance. In 2014 the Centre said goodbye to Marlene Leeper who chaired the “Delight in Dance” activity. Sadly Marlene moved off the Sunshine Coast. To replace this well attended activity, Sandra Cordero started “Let’s Dance” and it too has proved to be a very popular activity. Pickleball continues to lead with their Activity running six days a week with Bridge and Exercise following closely behind.

The auditorium still remains the most desirable space for both Activities and Renters, with the Craft Room being second choice.

Respectfully submitted,
Kassie Rancho
Rental & Activity Coordinator

Security

This group consists of seven dedicated members who volunteer their services to our Centre.

Monday to Friday Close

After departure of the Duty Director between 3:30 p.m. and 4:30 p.m., a tour of the building takes place. This ensures doors and windows are locked, electrical services such as coffee makers, dishwasher and lounge heater are all shut down. Minimum lights are left on and the night alarm system is set. Volunteers include: Andre Casaubon, Charlie Jensen, Vern Matthaus, Dale Stewart and Mike McCarthy.

Rental Security

This service provides a presence during rentals to ensure against damage to our facility and assists the renter who is not familiar with available equipment and safety requirements. The best example of a need for this service is a wedding celebration, a one-time renter, with an open bar. A nominal fee is charged by the centre and is passed on to our member. The two members who gave up their weekend to provide this service were Mo Farn in January and Rick McGowan for the balance of 2014.

Submitted by,
Mike McCarthy, Chair

Information Technology

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

Sechelt Seniors Activity Centre Society, Annual Report 2014

In addition to Emergency radio equipment, located at the Centre and tested on a monthly basis, the Centre has the following devices:

- Office. Two Desktop and two laptop computers and one IPAD and square device for credit card processing.
- Computer Training. One Desktop, one Laptop computer and one Printer.
- Maintenance. One Desktop and one printer.
- Auditorium. One Projector , one Audio/Video booth with a Variety of electronic components.
- Centre building. Two wireless access point devices to 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.

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. Over the past year we have received from Microsoft over \$3000.00 in value for necessary software for the Centre's operational purposes.

Respectfully submitted,
Phil Green, IT Technical support.

Web Site Report

The secheltactivitycentre.com website has been well used over the past year. The majority of visits to the site have been to view the Seashell Echo, the luncheon menu and the bus trips. Several activities have added information about their programs, giving prospective members an overview of what to expect. Rental opportunities have been received from the community as a result of the website. The total cost to the Centre for the website in 2014 was \$84.00, an annual renewal fee for the Domain name.

Respectfully submitted,
Barbara Lightfoot



MISSION STATEMENT

“We promote companionship, mental and physical stimulation and social opportunities for members by providing activities and services that support independence and wellbeing.”

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PART B, ACTIVITY REPORTS

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Argentine Tango

Argentine Tango classes resumed in the new year, under the tutelage of Alan Barnes, assisted by Patricia Smit, Sara Gerring and Michael Norton. They were approached by the dancers to continue the classes after Marlene Leeper moved to Vancouver Island. After much discussion and endorsement from Marlene, they agreed to lead the group. The teaching style is a little different, and very well received by everyone. The emphasis is on fundamentals, repetition, and most of all, enjoyment of this most beautiful dance. As students progress, more elaborate, dramatic & fluid moves are added. The goal is to add “layer by layer” these moves and hopefully work on routines for personal enjoyment to be used when attending dances and even “Tango Milongas”

Submitted by,
Alan Barnes

Bridge

As there are three different bridge games, we offer bridge five times a week.

1. Duplicate Bridge Lessons – Monday mornings – 9:30 till noon. Teacher Judi Wilson
2. Social Bridge – Monday 1:00 till 4:00 - Run by Peggy Malcolm
3. Monday Evening – Duplicate – 7:00 till 10:00 - run by Mike McCarthy
4. Thursday Evening – Duplicate - 7:00 till 10:00 - run by Mike McCarthy
5. Saturday Social Bridge – 12:00 till 4:00 – run by Mike McCarthy

Bridge Monday Morning Duplicate Lessons

Some of my students now play as well as Bob and I, and I tell my student that to improve, one needs to play three times a week. I feel I have imparted as much knowledge as they need to become excellent bridge players.

Now they need to go out and play more. I would like to see more attend the Monday and Thursday evening games.

I feel that I am running a more social game and that is not what I intended. My intention was to teach beginners duplicate bridge, but it is very difficult to do this when we are unable to attract 8 new players. Our bridge session will probably end on April 27th.

There might be two other that would consider taking these lessons over. I still love to play this wonderful game, but I also love to quilt just as much. So I find at this time that I will not be returning to teach Monday mornings.

Thanks to all my wonderful students, I wish you all well. Keep playing – it is so good for the mind.

Respectfully submitted,
Judi Wilson

Bridge – Monday and Thursday Night Duplicate Bridge

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. Monday night attracts from 24 to 30 members. Thursday night is a little less with 12 to 16 members attending.

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

Bridge – Saturday Social

This activity has partnerships moving from one table to the next; five times with four contracts being played at each table; for a total of twenty contracts. Each partnership has a score sheet which determines the winners. The participants have voted to pay \$1 more than the \$3 user fee. This is then distributed to the partnership positions of first, second, third and last. Typical attendance is 20 to 24 members.

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

Bus Trips

The Bus Committee consists of coordinator Rene Betts, Board Liaison Maureen Heaven and Bus Drivers Rick McGowan, Kathleen Defour and Gary Bisand. Meetings are held once a month to plan for future trips and discuss any issues that the committee might have. Mary Clarke has been most helpful in organizing our overnight trips.

The Bus Trips for 2014:

5 trips Shopping

7 trips Casino

4 trips Tea & Trumpets

1 trip Cloverdale horse races

1 trip to Squamish

4 day trip to wine tour in Okanagan
5day trip to Barkerville
3 day trip to Harrison Hot Springs
3 day trip to Victoria & Chemainus

Due to passenger fare increase on April 1 2014 the bus sat idle from April 1st to August 7th except 1 Tea & Trumpet which was prepaid.

Respectfully submitted,
Rene Betts

Carpet Bowling

Carpet Bowling has a list of 30 members with highest attendance of 20 and lowest attendance of 7 players. It is played in teams with a full carpet consisting of 8 players and 16 balls.

Depending on the number of players attending, teams are split so all can play. At the present time, no one else wants to take charge of running carpet bowling. I, Jean Bowden, agreed to be contact person and Shirley Allen agreed to help. Members are all aware and help.

Carpet bowling is in need of new energetic members. At the Open House in October, people were very interested, but we gained no new members.

Submitted by,
Jean Bowden

Chair Acting

In 2014, The Chair Actors discussed, planned, researched, wrote, workshopped, rehearsed and finally staged "Restless Spirits," a play about the early pioneers of Sechelt -- including First Nations and Europeans -- based on archival documents. We garnered extensive media interest and sold 289 seats (out of 300 tickets printed) over 3 performances in late Nov-early Dec; about half were advance sales by the SSAC and the other half were mostly door sales. The cast comprised 17 people aged 50-94, 3 of whom we invited to participate, while the other 14 came from the existing membership. In addition we had several people helping with intermission coffee, and backstage tasks.

In previous shows, we had restricted ourselves to a staged-reading format, to accommodate concerns such as mobility and memory. For "Restless Spirits," we

achieved our goal of having some actors memorize lines and move around in group scenes; i.e., using conventional theatre techniques.

The reaction from the community has been very positive and we have had requests to do excerpts from the show for the Heritage Week Tea (Feb 7, 2015), at the old Catholic church on Cowrie; at St John's United April 17; Pender Harbour High School and The Sechelt Festival of the Arts have also expressed interest in a remount. We would need funding of some sort to remount the production as a whole, although simple readings require no outlay. So I think there could be a future for this play as an educational show that could tour schools and community venues.

We are meeting monthly in Spring 2015 in a workshop format to practice theatre skills, but currently have no plans for another production.

Respectfully submitted,
Louise Phillips

Computer Training, Operations & Maintenance

Centre computers are available at times for personal use (e-mail and surfing) and we offer 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 popular one-to-one computer sessions, we see members overcoming initial barriers of lack of confidence and confusion and becoming enthusiastic computer users. Our volunteer computer tutors have grown in numbers in 2014 – allowing us to deliver true one-to-one services and to expand our customised one-to-one session from one hour to one and a half hours. 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 afternoon sessions are tailored to individual needs. Six 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.

Our computer training programs provide information to enable seniors to function effectively in our ever-changing technological world. Class topics are identified by students who indicate what programs they need extra training in – often to demystify new technology and ever increasing social media.

Computer classes provided in 2014 included: Basic Computer Skills, Learn to Navigate Windows 8.1 & Search anywhere & everywhere, Windows 8.1 Basics & Top 8 Things to Know, Photo Gallery, Creative Photo Editing, Keep your Photos organized and get creative with Photo Gallery, Sharing Photos, PC Security, Transferring Photos, Basic Web Skills, and Basic Email Skills. In 2014 students requested longer class sessions – so we expanded our hour classes to an hour and a half so we could cover topics in more depth.

Members look forward to the weekly classes and skills sessions, commenting: “Absolutely perfect! Great and I’ll be back again and I’ve referred family members to your computer sessions who have learned a great deal”, Wes Maxfield. “The lovely young lady has a lot of patience and is helping me a great deal”, Bill Nicholson. “Thank you, this is really good!” LeRoy Pattison. “That’s great – now I’ll start using Excel more”, Gillian Smith.

By the Numbers (2014):

45 computer course attendees (15 paid students + 30 centre volunteer students)

123 computer drop-in participants

\$75.00 raised through computer course fees

\$319.00 raised through computer drop-in fees

Total income: \$394.00 year 2014

Value of items raised through in-kind donations: \$1000.00 . \$1500.00 (estimated) donated by Sechelt Seniors Activity Centre to community groups. Over \$3500.00 in computer software for the computer lab and the Centre have been received through the TechSoup initiative with partners Microsoft and Adobe and other suppliers of both software and hardware items.

Estimated \$18,000 worth of volunteer time & talent through 600 donated hours
Provided computer/Internet trouble shooting for the Centre’s admin team and computer training and mentoring for Board members including making recommendations for developing a new Centre Website – spearheaded and maintained by Board Chair Barbara Lightfoot and Rental Co-ordinator Kassie Ranchie.
Provided computer/internet/networking trouble shooting and maintenance for the Centre’s admin. Team (office computers together with computer assistance and mentoring to Board members).

2014 Computer Volunteer Team:

Phil Green, Co-Chair, Computer Training Programs/Maintenance

Janice Rafael, Co-Chair, Computer Training Programs/Maintenance

Bob Scott, Tutor, Computer Drop-in Program & iPad Specialist

Charles Ranchie, Tutor, Computer Drop-in Program

Invited additional tutors to cover overload registrations/ specific topics are:

David Marsh, Tutor, Computer Drop-in Program

Barbara Lightfoot, Computer Drop-in Program & iPad Specialist

Computer Skills One-to-One Wednesdays 12.30-2 pm & Computer Classes (on request)

Wednesdays 2-3 pm.

Wi-Fi is available at the Centre for members and rentals.

Respectfully submitted,

Phil Green & Janice Rafael, Co-Chairs Computer Training Programs/Maintenance.

Craft Group

Our objectives for the year are to make craft items to sell at the Senior Centre to help raise funds for them. We have 16 craft members. We buy some supplies, but a lot of craft supplies are donated to us. We all privately buy many things.

In 2014, we raised \$3,005.00 for the Senior Centre

In addition, we donated knee blankets to Totem Lodge and baby clothes to the hospital gift shop. Items that are left over from the garage sale are donated to St. Mary's thrift store.

Objectives for the coming year - We hope for a bigger turn out for our next Christmas Craft Fair through more advertising.

Respectfully submitted,

Jennifer Hamel

Cribbage

The cribbage group meets Thursday night at 7pm in the Heritage Room. We regularly have between 12 and 20 players.

Respectfully submitted,

Dave Grafton

Dance Time

We have had eight successful dances this year. These dances are open to members and non-members. We schedule them on the last Sat. of each month except July and August. Everyone attending and the entertainers have enjoyed our new sound system. Our venue and sound is without a doubt the best in town.

We have lined up several entertainers for 2015 and are looking forward to another good year of happy dancing and friendship. Thanks to all the volunteers who without their hard work this enjoyable activity would not be possible.

Submitted by,
Bonnie Hewitt and Ron Atkinson, Co- chairs.

Darts

Friday afternoons from 1-3 p.m. will find a group of members who enjoy throwing sharp objects (missiles) at a specific target in the Heritage Room.

The number of participants fluctuates, usually 10, but much fun is had by all.

This activity can always accommodate new players – Skill is not essential. There are various levels and improvement takes place over time.

The number of players has been increasing slowly and we get many observers, most of whom admit to playing at one time, maybe they'll try again one day.

We suspend activities during the summer months.

There are lots of spare sets of darts, so there is no need for lack of equipment to deter anyone who wants to join the activity. The usual rules apply. One must be a member of the SSAC and there is a drop-in fee of \$3.00 per session.

Respectfully submitted,
Shirley McCaughtrie

“Drop-In” Painters

The Drop-In Painters Group meets Thursday afternoons in the Craft Room, from 12:30 to 3:00.

We are a group of people who enjoy painting together and have 6 to 8 regular attendees. We 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 acrylic, watercolour and pastels. We ask that no participants use oil paints as the Centre is a scent-free area. We bring our own painting equipment and have a small library. We welcome newcomers.

Respectfully submitted,
Valerie Grant

Exercise

The Exercise classes with Jacquie Allan are well attended and enjoyed by our Members. We meet every Tuesday and Thursday morning from 10:00am to 11:15am. Our average class size is approximately 30 to 35 Members.

Respectfully submitted,
E.E. Wall

Friendship Tea and Tea at Two on Tuesdays

From September to June, on the first Tuesday of the month, an hour of socializing over a cup of tea and an assortment of goodies, is enjoyed by members and guests. The name of the group "Friendship Tea" tells what we are all about since we enjoy getting together for purely social reasons.

Refreshments and tea are prepared by our members under the capable direction of Jean Griffiths, who also supplies the centre pieces for the tables. We thank Jean and her wonderful, faithful crew for creating and managing such a successful get together each month.

In the summer, when the kitchen is closed, we gather every Tuesday at Two.
Submitted by,
Dorothy Fraser

The Funtastics

In 2014 "The Funtastics" Vaudeville Troupe had its 4rd Annual Production for an audience of over 600. The group has grown from an original 17 to approx. 47 members including on stage performers, musicians, technicians, and backstage and production crew. The production netted approx. \$4000.00 for the Sechelt Activity Centre, and was extremely successful.

Sechelt Seniors Activity Centre Society, Annual Report 2014

In addition to the April production of three performances the Group has performed for Care Homes, represented the Seniors Centre in the Sechelt Canada Day Parade (Best Walking Group), provided entertainers and technical assistance for the Centre's major fundraiser in October, and provided backstage and technical help for the Centre's Annual Xmas Lunch. They were also involved with performers, technical and backstage help in the Cold Nights-Warm hearts Fundraiser held Feb 8th 2014.

A 2014 one day Production in October "Take me back to Dixie"" had an attendance of 160 and was highly successful.

The difficulties with rehearsal space at the Seniors Centre forced the Funtastics to review its operation without adequate auditorium rehearsal time. (We had to rent rehearsal space at St Hilda's Church for more than half of its rehearsals). It has been decided there will be no April production in 2015. Adequate rehearsal time has been allocated for Sept though Oct for three performances on Nov 5,6, & 7th.

The group has been able to operate successfully and within budget due to its success in obtaining sponsors for its backdrop totaling over \$2400.00 in 2014. Sponsors for 2014 included :- Sunshine Coast Credit Union (GOLD), The Local, Pharmasave, The Bracket Group, Connected Electronics, Sechelt Plumbing, Swish, Connect Hearing, Gilligans Pub, The CIBC Ambassadors Program provided a \$500 grant towards costume costs.. Painting and changes of the Advertising space on the backdrop is done voluntarily by Valerie Grant who chairs the painting group at the Centre.

The November production is planned to be the groups most ambitious to date bringing the music delights of BROADWAY to Sechelt in the Robbie Robson Auditorium the Sechelt Activity Centre.

Several members of the group will not be available for the production so the Funtastics is looking for new talent. Members interested in performing or helping with the production are asked to contact me by e mail at mauricefarn@gmail.com stating what they would like to do and outline what experience they have. Auditions will be arranged for July early August.

Submitted by,
Maurice Farn.
Producer / Coordinator

Genealogy

The Genealogy group meets on the 3rd Wednesday of each month, except for July, August and December.

We meet from 1 to 3 p.m. in the Heritage Room and share stories about our family history. We also help each other in how to find information about our families. We usually bring something for “show and tell” that may have belonged to our families.

Respectfully submitted,
Arlene Harmon

Mahjong

If you walk through the lobby of the Seniors Activity Centre on a Thursday afternoon, you may hear the 'twittering of the sparrows'...

Is this a joke...? Or, has the Centre gone to the birds!

Likely the sound you hear is the 'washing of the Mahjong tiles'.

Come see what that 'twittering' is all about! We play on Thursday afternoon from 1 p.m. to 3 p.m.

Just one tile can make you a winner the very first time you play!

New players are always welcome!

Submitted by,
Alison Speirs,

Pickleball

This past year brought many positive changes to the SSAC pickleball program. It continues to be one of the more popular and busier activities at the SSAC with more than 100 players and new members signing up to play each month. SSAC members are fortunate to have such a beautifully maintained facility and the best pickleball courts on the Sunshine Coast to play on.

This past year pickleball was reorganized with the appointment of a Working Group to oversee operations. The Working Group circulated a questionnaire to obtain feedback from participants, developed a Code of Conduct and created a new process to determine player movement from one level to another. Several members have volunteered their time as coaches to assist players gain skills to play competitively and to increase playing enjoyment.

Pickleball has succeeded at the SSAC due to the support and help of Centre staff and maintenance workers, and the contributions of the Working Group and other members volunteering their time and effort as coaches. The Working Group thanks the Board and the Centre for the generous use of the Centre and the auditorium for pickleball. We encourage SSAC members to come out and watch us play and if inclined, to join in the fun.

Respectfully submitted by,
Sylvia Hockley, Serge Planidin, Stephanie Watson
SSAC Pickleball Working Group

Play and Poetry Reading

Our group has been meeting weekly for about twenty years. Despite the name, we read mostly plays, supplementing with poems only very occasionally. We enjoy reading a different play each week for pleasure rather than performance. Our readings range from modern mysteries and Broadway comedies to Shakespeare.

Plays are chosen from a list of playsets available from the Vancouver Public Library and facilitated by the Sechelt Public Library. No preparation or rehearsal is involved; each person gets one or more parts and does his/her best to portray the character(s) for that day in what is very much a team effort.

No experience is necessary and new members are always welcome. Anyone who is interested is also free to drop in and try us out before making a commitment.

We meet in the Heritage Room on Fridays 10-12:30.

Poker

The Poker group meets every Friday in the Dr. Farish Room. We are a small group and could always use more players. Come and learn to play.

Submitted by,
Roger Stinchcombe

Qigong

We will continue the QiGong classes on Wednesday morning from 10:00am to 11:15am. We are so lucky to have Betty Jefferies as our instructor again this year.

The attendance does not fluctuate much. We find that some Members move away and the odd new Member joins. Average class size is 18 to 20 people.

It's such a beneficial activity for our health. It would be nice to have some more Members make themselves available for these classes.

Respectfully submitted,
E.E. Wall

Quilting

Quilters meet at 1p.m. each Tuesday, even during summer hiatus. The number of participants varies from week to week, as does the type of work accomplished – although the emphasis is on all aspects of quilting. This is a drop-in and all are welcome, there is always room for more, the Craft room is always a lively place to be on Tuesday afternoon.

Membership is a requirement and there is a drop-in fee of \$3.00 per meeting. To date, our fees amount to \$2003.00 from last January 2014.

Members also volunteer for other activities including the Open House in the fall and Christmas baking and gifts and raffle prizes.

Respectfully submitted,
Shirley McCaughtrie

Scrabble

The Scrabble Club seems to be the *"little club that will not grow"*. We still have a core membership of four regulars, with a handful of other players who drop in now and then. Even though we get several new names at every Open House, those people do not turn into regular players.

It may be the fact that we play on Saturday afternoon that keeps people from coming out. Unfortunately, the players we already have are quite content with Saturdays, so it's a question of priorities. Is it better to take a chance on attracting the birds in the bush, or to keep the birds in the hand happy? Besides, it might be simply that people nowadays can play Scrabble with their friends on-line.

We gather Saturday afternoons in the Heritage room, from 12:30 to 3:30. Usually there is time for three games, playing with two or three people to a game. We play a very relaxed kind of Scrabble. It's about enjoying the game, not about winning. Well...not only about winning. There are quiet conversations, and a few good chuckles. This year we did take a break during the summer months, and a couple of weekends off during the Christmas season. But most holiday weekends, we play as usual.

We appreciate being allowed to use the Heritage Room, which is clean, bright and comfortable. Thanks to Mike McCarthy for opening up the centre and locking up after us, and for making the coffee.

Respectfully submitted by,
Eleanore Bonyun

Square and Round Dancing

Our dedicated square and round dancers continue to enjoy a lot of laughter and friendship whilst exercising their minds and body dancing the intricate squares and rounds.

No doubt square and round dancing has, over time, lost much of its appeal and is diminishing in most regions. Some of our group have been members of Seniors Activity Centre since 1985 but as age creeps in our membership has decreased to two squares.

Most non-square dancers do not realize the health benefits that this activity offers. Responding to rapid- fire commands means your mind gets a workout at the same time as your body. Not only that but it's fun.

We dance Wed. nights from 7 to 9:30 pm. followed with refreshments and conversation.

Respectfully submitted,
Ron Atkinson

Table Tennis

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 – 9:00pm on Tuesday nights.

Submitted by,
Marilyn Heinrich

Taiji-Qigong

I have been involved with the Taiji Qigong group since 2010 when Don Whyte was instructor. Ann Lempfert took over after him, and I followed in June, 2014. We are a small group, usually between 8 and 12 participants.

We start with a short meditation and a warm-up, followed by the 18 Shibashi Qigong moves, which are simple, proven exercises. Finally we close with some cool-down moves. The session takes one hour, on Fridays from 10 to 11AM.

Qigong is an ancient system of exercise combined with deep breathing, good posture, and calm in a quiet, meditative environment.

Respectfully submitted,
Barry Pruden

Yoga

The attendance has grown so the average class is 15-20 and lasts for 90 minutes. We offer two distinct styles of yoga YIN and HATHA as this provides the opportunity for participants to find a variety each week and also to offer yoga that creates a greater impact on improving physical well-being of the attendees. This past year there has been a more flexible attendance group with a good blend of new and existing participants. The emphasis is on getting members to blend yoga into their overall exercise program which includes the other programs at the centre.

Respectfully submitted,
Andre Casaubon

Chair Yoga

This one hour weekly class continues to have a positive response from members. The attendees that participate have various physical issues that are addressed. Part of the emphasis of this class is not only participating in chair yoga but also learning how to move and exercise in a way that promotes healing of joints, arthritic pain and lower back problems. The attendance each week is a steady 20 people. There were quite a few new members who started last year and have continued all year and the core group comes each week. This year we added a second teacher who generously volunteers her time to help and has added a new dimension to the program. We have been able to spend more time on individual needs during the classes.

Respectfully submitted,
Andre Casaubon