

# **SECHLT SENIORS ACTIVITY CENTRE SOCIETY**



**2019 ANNUAL REPORT**



# SECHELT SENIORS ACTIVITY CENTRE SOCIETY

## 2019 BOARD OF DIRECTORS

President – Joanne Rykers

Past President – Charlie Jensen (resigned, April, 2019)  
Present Past President - Wilma Lorimer

Vice President – Chris Kane

Secretary - Mary Bittroff

Treasurer - Sylvia Graber

Maintenance – Ken White (resigned, September, 2019)  
Vacant at present

### Directors at Large:

Kit Artus

Margaret Boyd

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Tony Stroud (joined September, 2019)

Christine O'Brennan

### Resigned

Roy Wren (September, 2019)  
Kathy Turner (October, 2019)  
Norma Pruden (January, 2020)

## **PREAMBLE**

The SSAC is one of the most successful Seniors' organizations in Canada; we own our property, we operate mainly with volunteers, we are independent of municipal staffing and hire our own three contracted positions; namely, our Chef, our Janitor and our Rental and Activity Coordinator. We had over 1,400 members in 2019 and already are nearing 1,000 this year.

We wish to thank the volunteer leaders of our many activities who contribute so much to the amazing success of our Centre. We have volunteers who serve at our reception desk, our library service, our kitchen and many events. You are all essential to our success and your skills and dedication truly fulfill our constitutional purposes to support and serve the needs and interests of our members and our community.

Our facility now provides over 11,500 square footage interior space, including the best commercial kitchen in Sechelt and a modern dining room where we serve our delicious and nutritious meals.

We are entering a new decade now and welcome everyone to participate.

## **HISTORY UPDATE**

The Sechelt Seniors Activity Centre began its long service to the community of Sechelt in 1976, as Branch 69 of the Seniors Citizens Association of BC, in a small house on Mermaid St. The Society purchased the land and built the present facility, at 5604 Trail Ave., with the help of dedicated volunteers and community support from 1986 to 1993. The Society was officially renamed the Sechelt Seniors Activity Centre Society in 1999.

In response to increased demands for service, in 2018 the SSAC undertook a \$900,000 renovation, which increased capacity for dining, activities, and administration.

The constitutional purpose and mission of the SSAC is to improve health and quality of life for older adults the Sunshine Coast by providing meaningful physical, recreational, and social activities, healthy meals, volunteer and mentoring opportunities in a friendly, supportive setting, to do so in an affordable way, and to serve the community in charitable purposes. The success of this mission is testified to by the large increase in membership, rising from 500 or so in the 1990's to over 1400 in 2019.

The SSAC is unique in that we are self-funding and operated almost entirely by a dedicated volunteer workforce that numbers in the hundreds. The governance of the SSAC is a working Board of 12 Directors. Six executive positions include President, Past President, Vice-President, Treasurer, Secretary, and Maintenance Director. Six Directors-at-Large are responsible for the day to day operation of the Activity Centre. Three contractors deliver services as administrative support, janitor, and cook.

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## **EXECUTIVE REPORTS**

### **PRESIDENT'S REPORT:**

A major renovation project was completed in December, 2018, and we began 2019 with a Re-Opening Celebration to show case the new facility to our community. We paid tribute to the many donors, supporters, and volunteers who worked on the project, and basked in the glory of everyone's compliments. It was a time to pay tribute to the generosity of our major donors – The Clayton family, the Sunshine Coast Community Forest Legacy Fund, and our wonderful anonymous donor, each of who contributed \$100,000 to the renovation project. We acknowledged all donors, large and small, the contractors who gave discounts, and all those who worked on this extensive project, for which planning started in 2016.

Dozens of volunteers worked on the re-entry, contributing hundreds of hours retrieving items from storage, installing new appliances in the kitchen, developing and implementing a decorating scheme for the new dining room, lobby, and lounge, organizing and refurbishing the new administration area. We are indebted to the Federal New Horizons Program, and the Royal Bank for their grants of \$16,000, and \$5,000, respectively. These funds allowed us to acquire some major kitchen appliances, dining room tables and solar blinds, furniture for the members' lounge, and office equipment. Thank you to all those who worked on this massive undertaking. Thank you also to those who generously contributed works of art and articles of furniture to complement our new décor.

Because of the generosity of our many donors, and the hard work of fundraising volunteers the Society was able to pay down the Credit Union construction loan significantly, so that as of July, we signed on for a mortgage of just \$150,000. In July of 2020, we plan to pay down a further portion of this debt.

The Society had improved outcomes in services provided. The membership rose by over 200 people to 1400 plus by October. An increase in participation is shown by the increase in revenues generated by activities and meal service. Activity revenues (\$91,000) were 30% higher than budget expectations, while gross kitchen income, at \$139,000 was higher by 16%.

Our extensive activity schedule fulfills our main purpose of providing meaningful, affordable activities for older adults, thus contributing to health, quality of life, and reducing social isolation. The most popular activities are Pickleball, Fitness, Yoga, and Bridge. This year, we added two very popular new ones, Ukulele and Line Dancing. The weekly "Memory Café" provides an important service to those with early dementia and their caregivers. Some activities, such as Chair Yoga and Keep Fit for Fall Prevention are geared to the needs of those with mobility issues. We operate a monthly outreach to the community in the form of a "Friendship Tea," open to everyone. There was a \$5.00 increase in membership fees, to \$30.00/year, but activity fees did not change. These are \$3.00 for volunteer led activities, and \$5.00 when there is a paid instructor.

The new dining room has made the meal service even more popular. This includes daily lunch, Monday-Friday, and take-out meals. The service is open to all, but members receive a discount. Prices have increased slightly, reflecting cost increases, but the cost of a hot entrée is still under \$10.00 for members, while take-outs are \$6.00 for everyone. More than a meal service, the daily dining experience provides many with social interaction and support. The success of the SSAC meal service is largely due to Emily McPherson, our chef, who, as well as being an excellent cook, has the knack of making each diner feel special.

Rentals (\$30,000 annually) are a revenue source for the SSAC, but also provide an important community service, since non-profits receive a 50% discount. Our Activity/Rentals coordinator, Gill Smith, is an enthusiastic promoter of rental services, but she also provides very important support to activities.

The sponsorship project of a Syrian refugee family finished in July of 2019, with the completion of 12 monthly payment of \$3,000. Our Sponsorship committee had raised the funds to support the family, and was also intensely involved in helping them integrate into the community. While the committee officially disbanded, individuals still continue to offer friendship and support.

Building security has become an increasing concern, and equipment and procedures have been updated. This includes a video surveillance system, an office safe, and new locks on the exit doors, the kitchen, and office, with a strict monitoring procedure for key holders. Daily security checks are done by a volunteer committee, but after hours and on weekends much of the responsibility remains with activity groups, who must do a thorough security check

if they are the last to leave the building. Our very competent janitor, Jim Coffin, has been a dependable security back-up, and his services are very much appreciated.

The treasurer's report describes that the Society had a very good year financially. With gross revenues of \$486,000, expenses of \$280,000, and the construction loan repayment, we finished the year with \$75,000 in short term investment savings, and a healthy balance in our checking account. Normal revenue sources are mainly from membership, meals, and activity fees, followed by rentals, fundraisers, donations and grants. This year, grants and donations were the largest single revenue source, due to the renovation project.

The Centre experienced significant staffing problems during the year. There were Board resignations, and heavy demands on volunteers, which seriously affect the capacity of the organization to deliver service. The Centre is becoming too large to be managed and operated by a volunteer workforce.

In the coming year, the Society will need to address issues related to maintenance, technology, and organizational development. The key maintenance issue is an updating of the heating/ventilation system, but the old sections of the building also need redecorating, and the computer system must be upgraded. Re-evaluating the SSAC organizational model and staffing needs will also be a task.

The richness of the SSAC is its members and the work that we all do in operating this wonderful Centre. We provide for the entire Sunshine Coast a beautiful setting in which all may enjoy meaningful work, recreation and social contact.

Thank You. *Joanne Rykers, President*

## **SECRETARY'S REPORT**

In 2018, our constitution was changed to adhere to the new B.C. Government Charitable Society Act. Then, the constitution underwent a very extensive revision of our purposes so as to maintain our Canadian federal charitable status so that we may issue charitable receipts for financial donations to the work of our SSAC. Then, the bylaws were revised to be consistent to our constitution's purposes. I wish to thank Wilma Lorimer for her volunteer maintenance of our office files. This is a major task!

It is a pleasure to witness the dedication of my fellow board members and the many volunteers that make us a uniquely independent and successful seniors centre. I appreciate the support of my fellow board members! Respectfully submitted, *Mary Bittroff, Secretary*

## **TREASURER'S REPORT - attached**

## **MAINTENANCE DIRECTOR'S REPORT**

The previous year has been a difficult one for the Maintenance team. Expert experience and staffing shortages have led to overworking your volunteers and work orders being delayed.

Some expenses have been incurred with follow-up advice that has yet to be acted upon. As noted in March, 2019 there was a need for an expensive repair to the HVAC system due to a voltage spike in January. The invoice for \$1500+ to complete that repair was presented (from Coast Climate Control). The installation of a surge protection device on the entire building is needed to prevent future unexpected expenses.

Various issues were identified to bring the entire HVAC system into proper operation prior to the summer heat. Initially, we were making settings adjustments on the system in an attempt to address airflow in the new space. In spite of helpful suggestions, opening doors hinders effective operation of our HVAC. As a consequence, higher natural gas and electric bills are evident.

The park behind the Centre has become a blight on the neighbourhood. This area has become an outdoor toilet, a dumping ground of anything imaginable and a hub of activity as it relates to drug dealing, alcohol consumption, graffiti and rowdiness. We have tried to make the area less desirable by trimming trees and removing shrubbery. Further work will be needed and it will cost money.

Left over items from the 2018 to-do list include; washroom and auditorium painting, installing security cameras at the rear of the building and an improved electronic system for maintenance scheduling, upgrades and repairs.

The Centre has formally engaged a contractor for snow removal.

While assisting the Maintenance team as Acting Director, I can often be found picking up hundreds of cigarette butts, beer cans, crack pipes and drug paraphernalia, besides general garbage dumped at our locked dumpster. Respectfully submitted, *Chris Kane, Vice President*

## COMMITTEE REPORTS

### BUS COMMITTEE

The Sechelt Seniors Bus had another successful year in 2019 with a total of 21 trips overall. The average number of members participating in each trip was 15. Bus trips provide the means for members to get to events and venues in the lower mainland that they normally would not go to as most seniors don't like driving in the city. Trips included Tea and Trumpets VSO concerts, casino and shopping trips, Van Dusen gardens visits and quilt shows. Most trips off-coast take place between Monday and Thursday when ferry costs have gone down with the re-instatement of senior discount fares.

The bus committee is looking forward to a successful year in 2020 with more bus trips and more participants. Bus trips allow members to meet other members and possibly foster new friendships. We are always open to member suggestions for trips and invite you to come and enjoy a happy time with others. *Richard McGowan, Bus Trip coordinator*

### COMMUNICATIONS COMMITTEE

During the past year, I have identified electronic and social media as viable and important pieces in communicating with our members and the outside world. Social media has been successful in picking up the outdoor signage and projecting around the globe. This simple promotion of the Centre requires little work on our behalf, as members of the public transmit the images over various social platforms. With respect to the refreshing of the website, testing and re-editing continues to uncover technical issues that we are trying to resolve. As such is the case, the printed Echo is our best source for 'current' information.

Should any volunteers wish to add their two cents, they can always contact the Grand Fromage. *Chris Kane, (Our sign maker extradinaire!)*

### DECORATING COMMITTEE

Monies from the New Horizons grant were utilized to purchase furnishing for the lobby and lounge. This has been a somewhat time-consuming venture but the results have been worthwhile. *Margaret Boyd*

### EMERGENCY RADIO ACTIVITY

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 9:30 a.m. We thank Sieg Lehmann for this valuable service to our community.

## **FINANCE COMMITTEE**

The finance committee has prepared a budget for 2020 to be presented at the AGM.

## **FUNDRAISING AND GRANTS COMMITTEE**

The Fundraising Committee members are Joanne Rykers, Margaret Boyd, Karen Burney, Val Galat, Weldon Congdon, Patti Fluker, Joe D'Sousa, Kathy Turner, Rojean Trent, and Heather Waddel. The committee's mandate is to raise funds for the renovation debt, through staging fundraising events, grant applications, and donations. During 2019, fundraising events contributed \$20,000 towards the debt repayment. The committee staged events such as two raffles for BC Ferries gift certificates, two quilt raffles, a "Seven No Trump" Bridge party, and "Name That Chair."

The committee is grateful for the contributions by two other groups, who staged the "Yestertones" and the "Legendary Ladies."

Donations to the Centre Renovations Fund in the amount of \$121,000 were received in 2019. A grant of \$100,000 from the Sunshine Coast Community Forrest, was actually committed in 2018, but went through our books early this year. The year closed with a very pleasant surprise, in the form of a \$10,000 grant from the Entwhistle Family Foundation.

During 2019, we also received grants from the federal New Horizons program (\$16,000) and the Royal Bank (\$5,000), for refurbishing of the renovated areas. These funds were used to purchase major appliances for the kitchen, dining room tables and solar blinds, furniture for the members' lounge, and office equipment.

The committee participated in a Grand Reopening event in January of 2019, in which we acknowledged our many donors. We finalized the installation of the Donor Wall, a painting by Dave Phillips and Heather Waddel, entitled "A Garden of Giving." Plaques honouring donors who contributed more than \$500 are on the wall, and a book listing all donors is featured on an adjoining wall.

In the coming year, the committee will continue its efforts to raise funds to pay down the mortgage debt, concentrating its effort at fundraising events scheduled throughout the year.

Chair, *Joanne Rykers*

## **KITCHEN COMMITTEE**

Preparation and serving of a noon luncheon for members and non-members of the SSAC. Meals are served from Monday to Friday from 11:30-12:45 noon. The kitchen is traditionally closed for July and August. Also, there are special events such as Christmas Dinner and a Volunteer Appreciation Dinner.

The kitchen committee includes Chef Emily McPherson, Reception Desk and Cashier coordinator Irene Jankovits, Dishwasher Trainer Bert Carswell, and board member Kit Artus.

Our purpose is to provide healthy and nutritious meals to our members. Non-members may also enjoy our meals for a higher price. The current entree prices are \$10 and \$11. We serve from 50 to 80 entrees per day. Our wonderful Chef also prepares 'homemade' soups, sandwiches, salads and delicious desserts from scratch each day. She also prepares frozen entrees for take-out purchase for \$6 each. Five volunteers work under the supervision of Chef Emily each day. The Prep person arrives at 8:00 a.m. The dishwasher and servers arrive at 10:00 a.m. and leave at approximately 2:00 p.m.

The kitchen and dining room reopened after extensive renovations in 2019 to better serve our growing membership. New equipment was purchased for the kitchen and new tables for the dining room. Window coverings were updated to improve lighting.

I would like to thank our many wonderful volunteers who contribute a combined total of more than 300 hours per month to make our food service so efficient and friendly. They turn up 'rain or shine' and work together in fabulous teams to serve very appreciative SSAC members. Respectfully submitted, Coordinator and chairman: *Norma Pruden*

### **LEGAL AND LEGISLATIVE COMMITTEE**

At the Feb. 20, 2019 AGM, the revised constitution and bylaws were ratified by 2/3 of the voting members at the AGM. We are now fully qualified as a charitable society both provincially and federally. 2020 will see a review and update of our policy manual. *Mary Bittroff*

### **LIFE MEMBERS COMMITTEE**

Two new Life Members, Leroy Pattison and Serge Planidin, were announced at the 2019 Christmas Luncheon. Their dedication and service for over five years is undeniably appreciated and has improved our centre's volunteer operations. These are folks who step up to the plate and work quietly making a difference. Thank you, Leroy and Serge! *Wilma Lorimer*

### **LONG TERM PLANNING COMMITTEE**

The planning committee was essentially dormant during 2019, having completed its planning process for the renovation project in 2018. In December, 2019, the Board endorsed a mandate for the committee to engage a planning process on organizational development. Joanne Rykers remains as the interim chair, but a new chair and committee members need to be appointed. *Joanne Rykers*

### **MEMBERSHIP AND VOLUNTEER COMMITTEE**

The year 2019 saw membership at the SAC reach the 1400 mark. This is a first for the centre. The beautiful new addition and wide choice of activities plus wonderful food service have attracted many people from the various areas on the Sunshine Coast. The membership committee for 2020 consists of; Linda Boersma, Margaret Boyd, Irene Jankovits, LeRoy Pattison, Kati Rawson, Vivian Waterhouse and Mary Wilson. The committee met in November to discuss strategies for tracking our activity groups in an efficient manner.

The increased membership has made it necessary to encourage more people to volunteer. Irene Jankovits continues to train the front receptionists and manage the monthly calendar. One new member, Sally Watson, has taken over the huge task of monitoring the 'kitchen calendar'. As the kitchen is a very busy place during the week, it is imperative that things run as smoothly as possible.

We are truly grateful for all the time our volunteers donate to the centre. *Margaret Boyd*

### **RECEPTION DESK VOLUNTEERS COMMITTEE**

The Reception Desk is off to a great start this year. To date we have sold over 800 memberships. With the addition of a new Credit Card machine you can now purchase your Membership, Pickleball tickets and Frozen Entrees (when the kitchen is closed) by credit card. In one week it takes 10 volunteers at 2 different shifts a day which are a morning shift (10a.m.-1p.m.) and afternoon shift (11:15 a.m.-2 p.m.) to work the reception desk. Both shifts do the same duties; sell memberships, sell bus trips, sell pickleball tickets, sell tickets for events and sell frozen entrees. Then the morning shift person goes into the dining room to do the cash for lunches. The afternoon shift person at the end of their shift tallies up all money taken in that day and enters each on a deposit slip and puts in the safe. Thank you to all the Reception Desk Volunteers for doing such a great job. *Irene Jankovits*



## **REFUGEE SPONSORSHIP COMMITTEE**

The sponsored family from Syria arrived in Sechelt in July, 2018, after a 2 1/2 year planning/fundraising process by the committee. In July of 2019, the family celebrated its one-year anniversary in Canada, and this marked the end of the SSAC financial obligation to the sponsorship. The commitment was \$36,000 for one year, and this was paid out in the form of monthly bank deposits. The family is financially independent now, and has integrated well into the community, with all 5 members at work or in school.

The committee was formally disbanded in the fall of 2019, but we have contact with the family as friends. Members of the committee were Joanne Rykers (Chair), Karen Burney, Bobbi Williams, Mike and Jenny Starr, Sue Hayes, Joanne Sawadski and Joyce Rigeaux.  
*Joanne Rykers*

## **SECURITY COMMITTEE**

Our purpose is to maintain the safety and security of our facility so that our facility can serve the needs of our members. We consist of four members who volunteer their services to our centre: Vern Matthaus, Dale Stewart, Peter Clegg and Mike McCarthy.

Monday to Friday Procedures: After departure of the Day Director, a tour of the building takes place. This ensures that doors and windows are locked, electrical services such as coffee makers, the dishwasher and heaters 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. e.g. Need for this service for a wedding reception with an open bar. The cost for the rental security service is charged to the renter. The member who gives up this weekends on occasion to provide this service is Peter Clegg. *Mike McCarthy*

## **SOLAR PANEL COMMITTEE**

The Sunshine Coast Community Solar Association approached the Sechelt Senior Activity Centre Society in 2019 to see if our facility would be a candidate for a solar panel installation being made possible by a legacy established by the Association to honour the memory of Dr. James Pawley who died suddenly in March of 2019.

This committee was struck to liaise with the Sunshine Coast Community Solar Association during all aspects of the Solar Panel Installation project, including: developing a Letter of Agreement, monitoring and evaluating the ongoing project, and reporting to the Board. The project was presented to the members at the Fall General Meeting, held October 16, 2019 and was approved by the membership.

Meetings have taken place with the Sunshine Coast Community Solar Association and a Letter of Agreement has been signed to go ahead with the project. Meetings have also been held with Olson Electric, who will be the contractor installing the panels on our roof. The plan is to have the panels installed the first week of March, 2020. An official unveiling will also be planned for March. Chair, Solar Panel Committee, *Wilma Lorimer*

## **SPECIAL EVENTS COMMITTEE**

Special events, as the title indicates, is wide ranging. Some events are traditional for members such as the Volunteer and Christmas luncheons. Some events showcase activities such as the Craft Fair that is always a major success.

However, to expand our horizons, it would be rewarding to hear from you, the membership, to identify events in which you would like to participate. We look forward to your suggestions! Respectfully submitted, *Kit Artus*

## ACTIVITIES REPORTS

### ARGENTINE TANGO/BALLROOM DANCING

Coordinators and instructors: Alan Barnes and Patricia Smit

Classes are held 7.30pm – 9pm Fridays in the Auditorium.

We offer Beginner Intermediate Dance Instruction for both physical and mental exercise while having fun dancing. We have added Ballroom & Latin dances including Waltz, Foxtrot, Cha Cha and Rumba. We hope to increase our number of participants in 2020 and welcome new couples. Contact Alan Barnes at the centre.

### BRIDGE: DUPLICATE BRIDGE LESSONS

Coordinators: Judi and Bob Wilson

The lessons are for students who already play bridge, but are interested in learning a new way to play the game. Card or mind games stimulate the brain, and are good as we get older, day by day; as we are told, "Use it or lose it". Duplicate Bridge gets a bad rap by some. Comments that I have heard are, "it is too serious, some people are rude, it happens in any game you play". My job is to make you love this game.

Duplicate bridge is ZERO tolerance, that is why we have a Director, he is not to let that happen. As a player, we must call the Director and let him know about bad manners or opposition telling your how to play a hand. The great thing about Duplicate Bridge is that you are not shuffling cards all day. Everyone N/S or E/W, are going to play the same hands. No matter if you have bad cards all day, in duplicate there are always winners N/S and E/W. In social bridge there is only one winner. So, please come give it a try and I hope I can convert you because, even if you get bad hands all day, you could be winner.

Attendance varies greatly, but we seem to have an average of 10-12 students per week. We like to meet in the Farish room but it is difficult at present to control room temperature and if we keep the door open, we have the noisy wonderful craft ladies across from us. The winter weather has recently affected our attendance because some of our students travel from Gibsons and Pender Harbour. So, we adjust to weather, golf season appointments, etc., but hope to continue our sessions. It has been exciting for Bob and I to have had great students. There are some attending more sessions here and in Gibsons. I do try and encourage my students to play many times a week because that's how you become better players and come out winners more often. Bridge is also a humbling game. Come, be nice to your partner, be polite at the table and enjoy this wonderful game. Best Regards, *Judi Wilson*

### BRIDGE: DUPLICATE BRIDGE

Coordinators: Mike McCarthy and Fay McCarthy

We provide an opportunity for members to play an organized activity that is believed to be in the best interests for mental exercise. We meet twice per week, Saturday at 12:30 p.m. and Monday at 6:45 p.m. in the Craft room. Attendance varies from 12-20 people. Our facility is the best in Sechelt and our activity fee of \$3.00 is very reasonable but our membership fee discourages the occasional player. In comparison, we also manage the SCR D duplicate bridge program that has a fee of \$3.50 per session fee but no membership fee with attendance that varies between 32-48 players.

### **BRIDGE: ADVANCED DUPLICATE BRIDGE**

Coordinators: Judi and Bob Wilson

Hopefully by learning bridge, it is great for our memories, retention, and making new friends; all that are so important as we age. Bridge is a great tool for these purposes.

We teach Thursday mornings from 9:30-12:00 noon in the Parish room. Attendance varies from 12 to 16+ members. Lessons started in January until the end of March. It was a short year with no bridge due to renovations and personal health issues. We are so happy to be members!

### **BRIDGE: MONDAY AFTERNOON SOCIAL BRIDGE**

Coordinators: John Bebbington and Karyn Burney

This bridge group meets every Monday afternoon from 12:15-3:15 p.m. The main focus of the group is to enjoy an afternoon of social bridge. The social atmosphere allows participants to not only play, but also to ask questions about bidding, bridge courtesy, scoring and analysis of the individual hands played.

During 2019 the program was well attended with an average of 5-6 tables weekly. In the fall of 2019 the Coordinators offered the group two different playing formats; one stationary and the other where the partnerships move. 2019 saw new bridge players joining the group and there are usually between 7-9 tables in play, with up to 36 participants. There is a charge of \$3 per person. Bridge is one of the great ways to keep your mind active, as players strategize both offensively and defensively to improve their game.

### **CARPET BOWLING**

Coordinators: Jean Bowden & Shirley Allan

Purposes fulfilled include light physical exercise, good for all ages, companionship and caring for each other. We play on Mondays and Thursdays from 1:00-3:00 p.m. in the auditorium. Carpet Bowling is played in groups of 8 people to a carpet composed of 2 teams of 4 people each. Carpet Bowlers were invited to a friendly get-together at a member home during summer break. At this time our equipment is adequate for our needs. We always welcome new members. We wish to thank Gillian for looking after our needs so well, and to all the volunteers and staff who make this a happy place to come to.

### **CRAFTS GROUP**

Coordinator: Chris O'Brennan

We have 12 members and are looking forward to welcoming new members in the coming year. We meet every Thursday from 9:30 to 11:30. In the Craft room.

Our purpose is to make crafts for sale, all money collected goes directly to the Senior Centre, this year we were able to donate \$2,600 to the senior centre. Supplies are purchased when required, after first discussing with the group the necessary supplies we require.

We do ask our SSAC members for donations of craft supplies to reduce our expenses. Thanks to all who help towards our goal of fundraising for the Senior centre.

## **FITNESS CLASS**

Coordinator: Jacqui Allan

Our purpose is to provide an opportunity for all to participate in an activity that will improve their physical mobility and health in a friendly, supportive, fun, affordable, accessible and healthy space. Our moderate workouts focus on improving and maintaining your fitness level. Each class includes cardiovascular and muscular conditioning, stretching, and the best part, relaxation! An added benefit is meeting and making new friends.

We gather Tuesday and Thursday mornings from 10:00 to 11:10 A.M. in the auditorium. These classes cost \$4.00 each. In 2019 we had an average of 33 participants each time with numbers varying from 17-48. Please contact us for information at [ssacfitness@gmail.com](mailto:ssacfitness@gmail.com). A very special thank you and enormous gratitude to volunteers, Eva Wall, Kati Rawson, and Rosa Gibson for their smiles with which they have welcomed every participant at every class as fees are collected. Many other participants in the class have also volunteered to collect fees and to welcome each participant.

## **FRIENDSHIP TEA**

Coordinator: Sharon Blanchette. Sharon is assisted by three callers; Bev, Tony and Marg

We meet on the second Tuesday of each month from 2-3 p.m. in the dining room. Our purpose is for people to meet up and to get together and to meet with friends and make new friends. We are given a budget of \$50 per month to buy delicious treats.

We are short of volunteers and have had to double-up and work with the ones we have. We would welcome more volunteers. Call Sharon.

## **JUST STITCHING**

Coordinator: Sheila MacDonald

We meet to promote the Art of Embroidery, Knitting, Crocheting and other hand work. We meet every Thursday in the Dining Room from 1:00 pm to 5:00 pm. On any given Thursday there is from 3 to 10 attendees.

We have just been at the SSAC since March 2019. The Group was fortunate to find a space that works so well for us. Most Thursdays we come for lunch prior to stitching. The lighting is awesome for our activity and with the large windows everyone enjoys the bright atmosphere for our crafts. Our members have also become volunteers for several activities of the SSAC.

## **KEEP FIT**

Keep Fit is a 'fall prevention' class led by BCRPA certified Personal Trainer Lori Gregory. The class was designed by the Osteofit program at Vancouver Woman's hospital. It is ideal for those with osteoporosis, arthritis, MS, stroke recovery and persons with mobility concerns.

The class meets on Mondays at 11am to 12pm at Sechelt Seniors Activity Centre. The class works on mobility, balance, range of motion, strength, hand/eye coordination. Attendance has been between 20 - 25 participants with two volunteers.

I have witnessed many positive changes in participants. An 82-year-old male who regularly 'shuffled' while walking, stopped shuffling after three weeks of classes. A 70-year-old stroke recovery female with very poor balance and arm movement was able to walk without swaying and bring her arms above her head. Many of the participants throughout the years had difficulty standing from a sitting position no longer have difficulty doing so. Their legs are stronger and their balance is better. *Lori Gregory*

## **LINE DANCING**

Coordinator: Jay Alexov, Back up: Sheryl Warner

Purposes are to have fun dancing to a wide variety of music, to socialize, and to get some exercise. We welcome everyone, all ages, all fitness levels, men, women, those who are coordinated or uncoordinated. The instructor makes the dances easy to follow, and fun for everyone.

We get together every Thursday. Beginners start at 5:30pm for a little extra instruction. Dancing starts at 6pm. Come join us! Be sure to wear comfortable shoes.

Special thanks to Gillian, and all the staff and volunteers who make the Seniors Activity Centre a great place to be.

## **MAHJONG**

Coordinators: Katie Caple, Madeleine D'Souza, and Lucy Crooks

Mahjong is a mentally stimulating activity. We enjoy the shared experience and hope that all participants feel befriended.

We play Mahjong every Thursday afternoon from 1-3 p.m. in the Farish room. We have between 3-12 players. We have welcomed new players throughout the year. We learn this game together. The Seniors centre has four Mahjong sets.

We enjoy using the Farish room. The tables are appropriate and the chairs are plentiful and comfortable. There is secure storage for the equipment in the room.

## **MEMORY CAFE:**

Co-ordinators Brian Smith and Rosella Leslie

Memory Cafe is for people with memory issues and their caregiver. We meet weekly on Tuesdays from 10:30 until 12:30. The first hour includes socializing and game playing with the following hour a light exercise program led by certified personal trainer Lori Gregory. We meet through the summer and most holidays. This has been our third year of operation both in and out of the Seniors Activity Centre due to construction. We have about 30 members and continue to grow.

A big thank you to our volunteers for all their help. Anybody with memory issues are encouraged to join us.

## **PAINTING PALS GROUP**

Co-ordinators, Isobel Gibson and Donna Stevenson

The "Painting Pals" art group organized itself in September 2019, with co-ordinators, Isobel Gibson and Donna Stevenson and an average of eight participants who meet every Thursday afternoon from 12:30 to 3:00 in the craft room. Our program satisfies the Purposes of the SSAC by providing an activity that fosters joy and happiness, creativity and learning, and this year we supported the Centre by participating in the Christmas Craft Fair.

We enjoy being in the craft room with the extra lighting, with the wash-up area. Thanks to the Craft group, who set up the large tables in the morning, we just have to put them down after enjoying using them for our session. We welcome anyone who wishes to join us, no matter what level of expertise they have. Respectfully and with thanks to the SSAC for allowing us to use this lovely room, *Isobel Gibson*

## **PICKLEBALL**

Coordinators: Bert Carswell and Gillian Smith

For all pickleball players, whether beginners, top-level players or players who simply enjoy being physically active and want to play for fun; our main purpose is to encourage active participation in physical exercise in a friendly fun activity. The Centre provides opportunities for players regardless of age, ability or interests, through level play, social play and other special sessions at an affordable cost. Our Centre is the best place to play pickleball on the Coast with a great layout and we are totally fair for people of all ages and abilities.

Except for beginners when there is a course on, everyone is entitled to play two times a week at "Level Play". Level Play means that participants are playing with and against others of approximately the same skills and abilities.

"Social Play" is also offered several times per week so people of all levels of ability can play together in a less competitive and pleasant atmosphere. Each session lasts for two hours and costs \$3. Play takes place Sunday through Friday, including early morning and later evening sessions, making efficient use of the Centre's Auditorium.

The average number of players participating in each playing session is about 12. Training is provided for beginners at a minimal cost and ongoing coaching for beginner to intermediate level is provided for free. Thank you to our wonderful coaches for helping players improve their games.

The pickleball activity membership averaged 160 throughout the year.

There were many successful in-house fun tournaments, culminating in a championship event and a special "Dinking" tournament and Christmas Social. Periodic practice sessions for all levels were organized utilizing the pickleball "tutor" machine.

We look forward to another fun year of Pickleball at the SSAC!

## **POKER**

Coordinator: Bob Hodgson

We provide mentally stimulating activity and an opportunity to enjoy fellowship and relaxation with fellow seniors. We meet on Fridays from 12:00-3:00 p.m. in the Parish room. Average attendance was 6-8 persons. In 2019, we mentored new members on how to play poker. We are open to new members and we are gender friendly.

Please call Bob at 604-741-7844 for more info.

## **QIGONG**

Coordinator: Susan Fletcher

This class is scheduled for Fridays, 10 to 11 am in the Crafts room. The instructor is Susan Fletcher. The class provides gentle exercise to improve balance, coordination, range of motion and overall health. Some have found relief from pain and stress. Occasionally the instructor informed the class of interesting information relevant to Qigong and Oriental Medicine.

The average number of students attending each week was eleven. The scheduled time coincided with that of the Chair Yoga class, so some students alternated between the two. There was a problem of noise from students of the ukulele class waiting to use the Craft room for their class which was supposed to start at 11:10 am. For several weeks they would try to enter before that time but eventually became more respectful. Thanks go to Barry Pruden and Gillian Smith who helped calm that situation.

**QIGONG: SHIBASHI QIGONG**

Coordinators: Meryem Durnie (primary) and Barry Pruden (mentor and substitute instructor)

The purpose of this class is to provide gentle exercises in movements that improve balance, breathing tempo, increase energy, and promote relaxation.

This qigong class meets Monday from 10:00-11:00 a.m. in the Crafts room. Attendance is flexible and varies between 8 and 12 (or more). I (Meryem) started as a new leader to the class January 7, 2019. I give special thanks to Barry Pruden for his valuable instruction lessons. This class does not require equipment of any kind.

The goal and plan for 2019 is to help people (mainly seniors) maintain a good degree of balance and flexibility, to aid in good health.

**QUILTING**

Coordinator: Shirley McCaughtrie

We meet in the Craft room every Tuesday from 1-4 p.m., weather permitting.

Attendance fluctuates, but is usually between 10-20. We welcome new members who enjoy working on needle arts. These few hours a week enable us to work on something that we may not find time for otherwise, sharing ideas, talent and encouragement. We do work on our own projects and, as well as the SSAC, many local and international charities benefit from our efforts. We do charge a drop-in fee also which is added to SSAC accounts.

Respectfully submitted *Shirley McCaughtrie*

**SCRABBLE**

Coordinator: Jim Wakeford

This mentally challenging activity takes place on Saturday afternoons from 12:30-3:30 p.m. in the Farish room. All are welcome.

**TABLE TENNIS**

Coordinator: Marilyn Heinrich

We share fun, work out and improve our hand-eye co-ordination as we play table tennis. We meet in the auditorium on Tuesdays from 7:00-9:00 p.m. and have an average of 6-8 players. "Once upon a time, we were only two players, now, we are eight players." So, results show growth in our program and we welcome new players.

**TAI CHI YANG STYLE 24/48 FORMS**

Coordinator: Bill Cron

The practice of Tai Chi is a set of low impact exercises to promote health and wellness of mind and body. It helps to improve fitness, agility, and balance. Tai Chi 24/48 is done twice a week in the Craft Room Mondays 11-12 am and Fridays 1-2pm. The usual number of participants are 8-10 members.

In the past year we have learned the Yang Style 24 form and continue to practice this form. We are currently learning the Yang Style 48 form and are half way through this practice. The members say they enjoy the mental challenge of learning the two forms and the exercise involved.

## **UKULELE: FOUNTAIN OF UKULELE**

Coordinator: Ron Skene

We meet on Friday mornings from 11:15 to 12:30 noon, with approximately 12 to 16 members.

We share the joy of playing a simple instrument and singing, in a supportive, fun-loving atmosphere while learning new musical techniques and having lots of singing & fun.

The group performed at Totem Lodge to an adoring audience and we are welcome anytime. Music is such a joyful way to spend social time. Many of our group are playing in other groups, or planning to do so.

The tight transition from the previous activity in our room is tough because it takes time (10-15 minutes) to set up chairs, music stands & tune instruments. We are planning to change the time and location of our group in order to deal with the set-up issues.

Mark Trevis assisted in the first several months, until health issues caused him to step back. He will rejoin the group as he is able.

It would be helpful to have a few 'lender' ukuleles for people that want to try the group.

## **YOGA**

Coordinator: Andre Casaubon

This program offers two styles of Yoga, Hatha and Yin which, in combination, means that participants can have a more balanced exercise practice for their bodies and all components are reached including muscles, connective tissue and joints. The yoga is from beginner to intermediate level which means that regular attendance has resulted in greater flexibility, more balance, increased strength and less stress for participants. The class meets on Wednesday from 10:00-11:15 a.m. in the auditorium with an average attendance of 30-40. The cost is \$5.00. It runs year-round and there are two substitute teachers to guarantee continual classes.

This is the fifth year that I have taught and managed the program and it has grown from an average of 10 to 40 currently attending. The participants have shown a definite change in their overall level of fitness and many are now developing a balanced fitness regime along with other activities at the centre. The overall reaction is very positive every week. Each week the class is a bit different so members always have a varied experience and enjoyable time. There might be a need for some more equipment if attendance keeps growing.

## **YOGA: CHAIR YOGA**

Coordinator: Andre Casaubon

This program offers an exercise opportunity that is safe and provides help for people with physical problems and disabilities. The class helps individuals to have less pain, more mobility and learn about a healthy lifestyle. The class meets on Fridays from 10:00-11:00 a.m. in the auditorium and has an average attendance from 30-40. The cost is \$3.00. The class runs from September until June with breaks at Christmas and the summer. The program has been running for 5 years with increased attendance each year and there are substitute teachers so the class does not have to be cancelled.

The main results of this program are that regular participants have not had falls, their pain levels are reduced and they have increased flexibility and strength. The participants consistently have a strong positive reaction to the activity. Thanks to all the members who have supported this program and bring a positive fun attitude to the class every week. The program is progressive so that the participants' ability to exercise increases as the class shifts its approach to always be fun and a bit challenging at the same time.



## YOGA WITH JOHN

Coordinator: John McDougall-Goulet

The purposes of this activity are "encouraging active participation in physical exercise and calming emotional stressors by fostering joy and happiness with activity".

This class is run twice a week: Mondays 9:30 - 10:40 and Thursdays 11:30 - 12:30. The typical participation is between 15-20 people. The activity is held in the main gymnasium.

The classes seem to be well received and have grown in numbers over the year which generally is an indication as to whether people are finding them enjoyable and/or beneficial. The Thursday class began with just 9 participants and now typically is 18-20. The Monday class had just 6 participants in the first session and now typically has participation in the mid to high teens. Participants state they are finding it useful in becoming more limber and flexible, or in some instances feel stronger with more vigour. In addition many participants have reported finding the practices relaxing and peaceful.

There have been expressions of interest to have even more yoga options offered (e.g. other days, maybe other times). A suggestion was made that a late afternoon or possibly early evening class may be practical. Also it may offer the opportunity to expand the appeal of the Sechelt Seniors Activity Centre for those who are still working during daytime hours. I would gladly give that a trial run if there is interest to do so.

## CONCLUSIONS

*In conclusion, we wish to pay tribute to all of our volunteer coordinators who contribute to the busy happy place that our members enjoy. They are models for all of us as they volunteer their services to help our members improve in health, skills and friendships.*

*And, we thank our three valuable paid staff; namely:*

- our wonderful chef, Emily McPherson, who provides beautiful lunches every weekday and also frozen entrees to take home,*
- our activities and rentals coordinator and Echo newsletter manager, Gillian Smith, who organizes, encourages and manages all of the above activities, meetings and renters of our facilities*
- and our janitor, Jim Coffin, who keeps our centre impeccably clean and is always ready to address problems and needs that arise in our huge facility.*

*Our reliance and appreciation for your services is not often expressed by us, but, we hope you know that we love your dedication to us and we truly value your pleasant service.*

*Thank you! Thank you! Thank you!*

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**SECHELT SENIORS ACTIVITY CENTRE SOCIETY**  
**Financial Statements**

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Year Ended December 31, 2019  
(Unaudited - See Notice to Reader)



**RICHMOND + FEENSTRA**  
CHARTERED PROFESSIONAL ACCOUNTANTS

# Sechelt Seniors Activity Centre Society

December 31, 2019

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**RICHMOND  
+FEENSTRA**

CHARTERED PROFESSIONAL ACCOUNTANTS

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## **Notice to Reader**

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On the basis of information provided by the directors, we have compiled the statement of financial position of Sechelt Seniors Activity Centre Society as at December 31, 2019 and the statement of revenues, expenditures and changes in net assets for the year then ended.

We have not performed an audit or a review engagement in respect of these financial statements and, accordingly, we express no assurance thereon.

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

The prior year comparative figures were compiled by another accounting firm.

*Richmond + Feenstra CPA Inc.*  
Chartered Professional Accountants

Sechelt, BC  
January 31, 2020

# Sechelt Seniors Activity Centre Society

## Statement of Financial Position

December 31, 2019

(Unaudited - see Notice to Reader)

|                                             | 2019                | 2018<br>Restated    |
|---------------------------------------------|---------------------|---------------------|
| <b>Assets</b>                               |                     |                     |
| <b>Current assets</b>                       |                     |                     |
| Cash                                        | \$ 15,536           | \$ 21,154           |
| GST recoverable                             | 1,931               | 16,319              |
| Prepaid expenses                            | 10,483              | 1,588               |
| <b>Total current assets</b>                 | <b>27,950</b>       | <b>39,061</b>       |
| Long term investments (Note 2)              | 75,326              | 93,985              |
| Tangible capital assets, net of acc. amort. | 2,007,346           | 2,016,759           |
| <b>Total assets</b>                         | <b>\$ 2,110,622</b> | <b>\$ 2,149,805</b> |
| <b>Liabilities and net assets</b>           |                     |                     |
| <b>Current liabilities</b>                  |                     |                     |
| Accounts payable and accrued liabilities    | \$ 11,687           | \$ 6,690            |
| Deferred income/revenue                     | 14,132              | 6,403               |
| <b>Total current liabilities</b>            | <b>25,819</b>       | <b>13,093</b>       |
| Long term debt                              | 148,634             | 371,479             |
| <b>Total Liabilities</b>                    | <b>174,453</b>      | <b>384,572</b>      |
| <b>Net assets (Note 3)</b>                  | <b>1,936,169</b>    | <b>1,765,233</b>    |
| <b>Total liabilities and net assets</b>     | <b>\$ 2,110,622</b> | <b>\$ 2,149,805</b> |

### Approved on Behalf of the Board:

\_\_\_\_\_, Director

\_\_\_\_\_, Director

The accompanying notes are an integral part of these financial statements.

**Sechelt Seniors Activity Centre Society**  
**Statement of Revenues, Expenditures and Changes in Net Assets**  
**For the Year Ended December 31, 2019**

*(Unaudited - see Notice to Reader)*

|                                                | 2019                | 2018<br>Restated    |
|------------------------------------------------|---------------------|---------------------|
| <b>Revenues</b>                                |                     |                     |
| Kitchen and bar income                         | \$ 139,313          | \$ 66,754           |
| Activity income                                | 90,081              | 69,017              |
| Membership fees                                | 40,783              | 29,575              |
| Rental income                                  | 31,622              | 27,891              |
| Events and fundraising                         | 23,518              | 11,932              |
| Bus income                                     | 13,111              | 16,787              |
| Other income                                   | 4,274               | 1,868               |
| Interest income                                | 2,805               | 2,662               |
| Grants                                         | 479                 | 2,651               |
| <b>Total revenues</b>                          | <b>345,986</b>      | <b>229,137</b>      |
| <b>Expenditures</b>                            |                     |                     |
| Kitchen and bar expenses                       | 100,442             | 56,065              |
| Repairs and maintenance                        | 46,945              | 25,341              |
| Utilities                                      | 18,529              | 16,402              |
| Salaries - administration                      | 17,925              | 12,970              |
| Bus expenses                                   | 11,257              | 12,857              |
| Events and activity expenses                   | 3,814               | 11,559              |
| Insurance                                      | 9,478               | 8,204               |
| Volunteer expenses                             | 13,208              | 5,988               |
| Wages - activity instructors                   | 8,820               | 5,985               |
| Office and computer                            | 13,197              | 7,676               |
| Professional fees                              | 2,207               | 2,205               |
| Advertising and promotion                      | 442                 | 389                 |
| Interest and bank charges                      | 643                 | 239                 |
| <b>Total operating expenditures</b>            | <b>246,907</b>      | <b>165,880</b>      |
| <b>Surplus from operations</b>                 | <b>99,079</b>       | <b>63,257</b>       |
| <b>Other revenue and expenditures</b>          |                     |                     |
| Syrian refugees                                | (19,137)            | (11,125)            |
| Donations                                      | 140,757             | 171,395             |
| Amortization of tangible assets                | (37,381)            | (24,682)            |
| Mortgage interest                              | (12,381)            | (6,047)             |
| <b>Total non operating income and expenses</b> | <b>71,858</b>       | <b>129,541</b>      |
| <b>Excess of revenues over expenditures</b>    | <b>170,937</b>      | <b>192,798</b>      |
| Net assets - beginning                         | 2,408,437           | 2,198,157           |
| Prior period adjustments (Note 1)              | (643,205)           | (625,722)           |
| <b>Net Assets - ending</b>                     | <b>\$ 1,936,169</b> | <b>\$ 1,765,233</b> |

The accompanying notes are an integral part of these financial statements.

# Sechelt Seniors Activity Centre Society

## Notes to the Financial Statements

For the Year Ended December 31, 2019

(Unaudited - see Notice to Reader)

### 1. Changes in accounting policies

Sechelt Seniors Activity Centre Society previously booked amortization on mobile equipment only. During the current fiscal year that policy was change and amortization was booked on all tangible capital assets. This change in policy has been applied retro-actively.

### 2. Tangible capital assets

Tangible capital assets consists of the following:

|                   |                     |                             | 2019                | 2018<br>Restated    |
|-------------------|---------------------|-----------------------------|---------------------|---------------------|
|                   | Cost                | Accumulated<br>Amortization | Net Book<br>Value   | Net Book<br>Value   |
| Land              | \$ 415,000          | \$ -                        | \$ 415,000          | \$ 415,000          |
| Building          | 2,163,896           | (599,755)                   | 1,564,141           | 1,566,153           |
| Building contents | 91,495              | (73,631)                    | 17,864              | 18,065              |
| Mobile equipment  | 82,341              | (72,000)                    | 10,341              | 17,541              |
| <b>Total</b>      | <b>\$ 2,752,732</b> | <b>\$ (745,386)</b>         | <b>\$ 2,007,346</b> | <b>\$ 2,016,759</b> |

### 3. Net Assets

Investments in net assets consists of:

|                            | 2019                | 2018<br>Restated    |
|----------------------------|---------------------|---------------------|
| Tangible capital assets    | \$ 1,858,712        | \$ 1,121,271        |
| Syrian refugee fund        | -                   | 19,137              |
| Building expansion project | -                   | 524,009             |
| Unrestricted               | 77,457              | 100,816             |
| <b>Total</b>               | <b>\$ 1,936,169</b> | <b>\$ 1,765,233</b> |