

# **GABRIOLA SENIOR CITIZENS ASSOCIATION**

## **ANNUAL GENERAL MEETING MINUTES**

**SUNDAY, MARCH 26, 2023**

**Chair:** Kaamran Hafeez

**Secretary:** Ken Manninen

**In Attendance in person at Rollo:** Catherine Anderson, Wanda Borley\*, Waheeda Byron, Vicki Dods, Kaamran Hafeez\*, Barbara Hague, Molly Henney, Egon Holzworth, Pat Jordan, Kathleen Kane, Kim Kristiansen\*, Jenny MacLeod, Judith Madsen, Ken Manninen\*, Debbie Marshall, Cheryl McNeil, Morag Orr-Stevens, Richard Strachan\*, Christine Velsen, Bob Weenk.

**In Attendance via Zoom:** Jenn Feenan, Anne Harrison, Carol McClelland

\* Directors in attendance = five (5)

Voting members in attendance = eighteen (18)

1. **CALL TO ORDER:** Kaamran Hafeez (Vice president) called the meeting to order at 10:05 on Sunday, March 26th.
2. **CONFIRMATION OF PROPER NOTICE OF MEETING AND PRESENCE OF QUORUM:** As required by GSCA bylaws, notices of the AGM were sent to members in good standing by email on February 26th, March 11th, March 19th and March 25th. A quorum is defined by bylaws as a majority of directors

and at least 10 voting members. This was achieved with the attendance of five directors and 18 members

3. **ADOPTION OF RULES OF ORDER: *Motion*** (Bob Weenk / Anne Havard) That the rules of order for this meeting are Robert's Rules of Order Newly Revised, 12th Edition (2020). *carried*
4. **AGENDA: *Motion*** (Molly Henney / Waheeda Byron) That the agenda as stated in the Notice of Meeting is approved. *carried*
5. **APPROVAL OF THE 2022 AGM MINUTES: *Motion*** (Anne Havard / Kim Kristiansen) That the 2022 AGM minutes as posted to the website be adopted. *carried*
6. **CONSIDERATION OF THE FINANCIAL STATEMENTS:**  
Treasurer Wanda Borley presented the Annual Financial Report for the year ending February 28, 2023. Bob Weenk requested, in future annual reports, the numbers for previous fiscal years, going back at least five years, be included for comparison purposes. Kathleen Kane suggested the impact of registered charitable status be included in future reports.  
***Motion*** (Jenny MacLeod / Judith Madsen) That the 2021/22 financial report be adopted as presented. *carried*

NOTE: *The report is appended to these minutes.*

7. **REPORT OF DIRECTORS:** Kaamran Hafeez presented the report of directors. Discussion arising from report of directors:  
(a) The question of the RDN possibly paying for snow removal in consideration of access to Rollo be needed in the event of any declared emergency was raised and it was agreed snow removal costs occurring while Rollo served as an emergency reception centre would be passed along to the

RDN. (b) In answer to a question of whether activity group leaders would need to encourage members to pay Rollo dues sooner in December, due to the change of fiscal year end, no change was indicated as the membership year remains the same. **Motion** (Christine Velsen / Bob Weenk) That the 2022/23 directors' report be accepted into the record. *carried*

NOTE: *The report is appended to these minutes.*

8. **ELECTION OF DIRECTORS: Motion** (Richard Strachan / Anne Havard) That Wanda Borley (incumbent), Kaamran Hafeez (incumbent), Kim Kristiansen (incumbent), Jenny MacLeod, Ken Manninen (incumbent), Debbie Marshall and Cheryl McNeil be elected as directors for a two year term. *carried*
  
9. **NEW BUSINESS:** (a) Richard Strachan introduced for consideration the concept of requiring all individuals, including users from rentals, who visit Rollo three or more times over the course of a year to become members at no charge in an effort to increase numbers of voting members. Payment for regular membership would still be required for discounts on activity fees. Concerns were raised about creating two classes of members, one required to pay an annual fee and one exempt from doing so. It was also suggested it would be important to make a case for what benefits there are to being a member. Further discussion is warranted. (b) Ken Manninen reported the former board supported holding a member meeting in late summer or autumn to review the direction of Rollo. When attendees were asked if they would be interested in participating, most members were interested. (c) Additional comments: The possibility of seniors education programming at Rollo was raised and Bob Weenk agreed to look into the Elder College program at VIU. It was suggested

that the Board consider advertising in the Sounder, activity programs and the fact GSCA is now a registered charity as well as encouraging the establishment of new activity groups.

**10. GROUP REPORTS:** Reports were read if a representative of an activity group was present at the meeting. Reports were presented for the following activity groups: Chess Club, Contract Bridge, Duplicate Bridge, Gather 'n Stitch, Miniatures, Palette People and Gabriola Quilters

NOTE: *All submitted reports are appended to these minutes.*

**11. ADJOURNMENT:** Kaamran Hafeez adjourned the meeting at 11:20.

**SEE ATTACHMENTS BELOW.....**

**GABRIOLA SENIOR CITIZENS ASSOCIATION**  
**STATEMENT OF FINANCIAL POSITION**  
**As At February 28, 2023**  
**(with comparative figures for 2022)**  
(unaudited)

	2022-23 (\$)	2021-22 (\$)
<b>ASSETS</b>		
<b>Current Assets:</b>		
Cash & Equivalents (Note 2)	22,367.89	30,992.96
Accounts Receivable	1,270.00	170.00
Long-Term Investments (Note 3)	20,000.00	0.00
<b>Fixed Assets (Note 4)</b>		
Land	40,000.00	40,000.00
Building	146,129.76	146,129.76
Equipment	136,117.79	134,316.83
	322,247.55	320,446.59
Less Amortization and Depreciation	-282,247.55	-280,446.59
Net Fixed Assets	40,000.00	40,000.00
<b>Total Assets</b>	<b>83,637.89</b>	<b>71,162.96</b>
<b>LIABILITIES &amp; EQUITY</b>		
<b>Current Liabilities</b>		
Accounts Payable	250.00	0.00
WorkSafe BC	26.27	23.77
Total Liabilities	276.27	23.77
<b>Equity</b>		
Assets	40,000.00	40,000.00
Retained Earnings	31,139.19	30,569.35
Net Income	12,222.43	569.84
Total Equity	83,361.62	71,139.19
<b>Total Liabilities &amp; Equity</b>	<b>83,637.89</b>	<b>71,162.96</b>

**GABRIOLA SENIOR CITIZENS ASSOCIATION**  
**Statement of Income and Expenditures**  
**For the Year Ended February 28, 2023**  
(with comparative figures for 2022)  
**(unaudited)**

	<u>2022-23</u>	<u>2021-22</u>
	(\$)	(\$)
<b>Income</b>		
Activity Income	4,906.50	1,912.30
Memberships	2,690.00	2,610.00
Rentals	20,924.25	11,339.00
Donations	1,851.54	358.80
Interest & Other	99.51	7.69
<b>Total Income</b>	<u>30,471.80</u>	<u>16,227.79</u>
<b>Expenditures</b>		
Office & Administration (Note 9)	2,849.33	1,778.65
Contract Services	3,619.65	2,637.50
Property Insurance	3,537.00	2,898.00
Furniture & Equipment	2,668.84	493.85
Maintenance, Repairs & Supplies	2,855.62	6,260.58
Utilities	2,718.93	1,435.66
<b>Total Expenditures</b>	<u>18,249.37</u>	<u>15,504.24</u>
<b>Net Income over Expenditures</b>	<u>12,222.43</u>	<u>723.55</u>

**NOTES TO FINANCIAL STATEMENTS**  
**Year Ended February 28, 2023**

**1. Summary of Significant Accounting Policies**

The Association follows accounting principles generally accepted in Canada in the preparation of its financial statements. The significant accounting policies used are:

⇒ **Revenue recognition:** Membership dues are recognized in the fiscal period to which they apply;

**Contributed services:** due to the difficulty of determining fair value, contributed services are not recognized in the financial statements.

**2. Cash and Cash Equivalents**

Included in the Association's Cash and Cash Equivalents are:

⇒ A non-interest bearing chequing account	\$21,971.06
⇒ A high interest savings account	218.12
⇒ Coastal Community Credit Union Equity Shares	<u>5.00</u>
	<u>\$22,194.18</u>

**3. Investments**

The \$20,000 investment in a Community Cashable Guaranteed Investment Certificate (GIC) represents part of the GSCA contingency fund. The GIC bears interest at 2.250% per year and matures on 21-February-2024.

**4. Fixed Assets**

The original land, building and equipment were donated to the GSCA by the Rollo family. Additions and improvements since then have been capitalized and then written off in the year of acquisition.

**5. Activities**

The number of Activity Groups has declined since COVID with a few of the previous groups not reconvening. At this time there are nine groups using the Rollo as opposed to thirteen in the previous year. During 2022/23 the Activity Group attendance was approximately 2400. Income generated from the various activities totalled \$4,906.50 up from \$1,912.30 in 2022.

**6. Capital Expenditures**

During the 2022/23 fiscal year the GSCA made no capital expenditures.

**7. Donations**

During the year GSCA received donations totalling \$1,850.54. This includes receipted donations from various donors, non-receipted donations (amounts less than \$30), receipted donations in kind totalling \$400, non-receipted donations in kind totalling \$173.71. GSCA is also registered with CanadaHelps, an organization that connects donors and charities. Costs for this service are deducted from the donation CanadaHelps receives on GSCA's behalf and a cheque for the balance is sent to GSCA. This past year, GSCA received two \$100 donations through CanadaHelps at a cost of \$4.00 per donation for a net receipt of \$192.00.

## REPORT OF DIRECTORS

**WEBSITE CHANGES** - Hilary Ploughright, after a number of years serving as our webmaster is stepping down. We are extremely grateful to Hilary for having monitored, maintained and updated our website for all this time. As webmaster, she posted board minutes and GSCA documents to the site, monitored and forwarded outside communications with the site as well as keeping the site current and looking good. We are so fortunate that our treasurer, Wanda Borley has an interest and experience with websites and she has taken the webmaster job on along with her already busy schedule. The changes Wanda has made already are notable and reflective of her great organizing skills. Wanda has declared the website to be under construction but it is still quite functional and the transition has been quite seamless.

**MEMBERSHIP AND ACTIVITY GROUPS** - Our membership numbers have continued to drop over the past year. We are currently have 115 members and at this time last year we had just over 130. We had 170 before COVID and an even higher number prior to that. Some activity groups have not returned including cribbage, mahjong, discussion group and the photo club. The bridge groups' participation numbers have not returned to pre-COVID levels and they are working to attract new members.

**UPGRADES** – Outside the Rollo: We engaged the ministry of transportation to upgrade the culvert water catchment basin by the hydro pole at the entrance to the parking lot. Water was not being conducted away by a second culvert under our driveway to the drainage ditch. As a result, the pooling water was posing a risk to our well water and contributing to unnecessary moisture in our basement. At the urging of some members, we also acquired and installed a bike rack out front.

Inside the Rollo: we purchased a floor buffer that helps to keep the Rollo floors looking great. Credit is due to our maintenance coordinator, Kim Kristiansen whose experience as a professional cleaner is a great benefit to us. Also, kudos to our cleaner, Joel Puff, who is doing a great job keeping the building looking great. We have also recently installed 2 bluetooth speakers in the ceiling of the large room and our own Rollo dedicated WiFi. Arranging Zoom meetings is much easier now and that goes for the set up we have today for the AGM.

**SNOW CLEARING** - There seems to have been an increase in the number of heavy snowfall events this winter. After these snowfalls, we were left scrambling to find people available clear the snow for us. This resulted over this past winter in some uncertainty, inconvenience and public safety concerns. As a result, the board has engaged Bob Rooks to clear our parking lot and Yard Works to clear the entrances any time there is a significant snowfall.

**GHW COLLABORATIVE** - The Gabriola Senior Citizens Association is a member of the Gabriola Health and Wellness Collaborative. This is a collection of many Gabriola organizations. The intention of the Collaborative is to provide a means of putting organizations with similar interests in contact with one another to encourage collaboration in routine activities, special projects and in handling crises. At the moment, the GSCA has taken more of an observer role so we remain informed of what is going on and possibly recognize opportunities. As you may know, the GSCA has had an agreement with the RDN for quite some time to serve as reception centre for Emergency Social Services in the event of a declared emergency. That is the reason the RDN installed and maintains the generator. We have also agreed in principal to serve as a cooling centre going forward. The concept is that if certain, yet to be defined, criteria are reached, regular programming will be cancelled to allow PHC to operate Rollo as a



cooling centre.

**BOARD OF DIRECTORS** - Two of our directors have served for 6 years and are now required by our bylaws to step down. Gary Mills served as the maintenance coordinator and most recently as the president of the GSCA and we thank him for his dedication and service to the GSCA and for his leadership over the past year. Sherrill Dobb-Tisdall served as treasurer for much of her 6 years on the board and we thank her for doing a great job overseeing the finances.

Howard Houle has contributed to the maintenance role and has been our resident advisor on municipal and provincial governance questions. Howard is completing his 4th year as a director and we thank him very much for his efforts and facilitating our engagements with government.

Our bylaws require us to have a minimum of 6 and maximum of 10 directors. In light of our declining member numbers, we are fortunate to continue to have 8 candidates for director. The recruiting committee pushed a little harder this year to encourage candidates give serious thought to stepping forward in light of our bylaws minimum number of 6. If you value attending activity sessions at Rollo and have never served on the Board, please consider stepping up and serving a 2-year term as director. You will be hearing from this year's nomination committee in the coming months. If our numbers continue to decline the board will need to look at how we will be able to continue to function as an effective board, including changes to our bylaws.

#### ADDITIONAL NOTES:

**FISCAL YEAR END CHANGE** - The fiscal year end is moving to the end of the calendar year from the current end of February to simplify reporting and align with the membership year.

**ROLLO YARD MAINTENANCE** - is now done by a contractor instead of by a director as in the past at \$75 per visit.

**A NEW RENTAL POLICY** - was implemented this year so casual renters now must pay for reserved space in Rollo in advance. Failure to notify GSCA of cancellations in advance results in partial or complete forfeit of payment.

**INSURANCE COVERAGE FOR ROLLO** - Earthquake coverage has been added and the replacement cost coverage has been increased to \$800,000 in light of increased construction costs on Gabriola.

**LAND OWNER TRANSPARENCY LEGISLATION** - New provincial legislation went into effect requiring all incorporated entities in B.C. that own land to register with the BC government any foreign ownership. Being incorporated, it cost GSCA \$750 of legal services to comply with this requirement.

**GSCA IS NOW REGISTERED WITH CANADA HELPS** for collection of donations to registered charities. This allows anonymous donations as well as ongoing regular donations to be set up.

**STOCKS OF NESTERS DONATIONS** of coffee/tea/condiments are now being monitored and maintained by volunteers from Palette People. Palette People and Quilters have also volunteered to wash kitchen linens.

## Candidates for Director

### **Wanda Borley (standing for re-election)**

From Alberta, I've lived on Gabriola for the past 20 years. I have enjoyed taking part in many activities since coming to the island volunteering with various organizations over the years. Currently I am completing my third year on the board of GSCA and second year as treasurer. I am also serving on the board of the Coast Emergency Communications Association (CECA) as a director and on two sub-committees as well as volunteering with the Gabriola Volunteer Fire Department as part of the amateur radio support group. Previously, I have served on the boards of the Silva Bay Yacht Club as a director and treasurer, and the Gabriola Auxiliary for Island Health Care as their bookkeeper and treasurer.

### **Kaamran Hafeez (standing for re-election)**

Kaamran moved to Gabriola from Vancouver in September of 2017. Kaamran makes his living as a cartoonist, and runs the Gabriola Chess Club. He is Rollo's Event Coordinator and Vice-president.

### **Kim Kristiansen (standing for re-election)**

Lived in Nanaimo 1955 – 1977.

Lived on Gabriola 1977 – present.

Grade 12 NDSS. Two years Malaspina College (Fine Arts).

Recently retired from his own cleaning company, which he owned and operated locally since 1993. Before that worked in Nanaimo for contract cleaning companies.

Hobbies: Design (website is Sandstoneconceptus.com), collecting old coins and bills, chess, badminton, going for walks, and small carpentry.

### **Jenny MacLeod (new candidate)**

Originally from Montreal and then Guelph, I have lived on Gabriola for 45 years. I am an artist who has spent many years painting, sculpting and designing. Now I paint in oils and keep studying with my teacher in Qualicum. I have experience with many boards and have served for years on executives on Gabriola and throughout BC. I would like to serve this board in a general capacity and help as needed. I look forward to this as a community function and am happy in the thought of meeting so many community minded people.

### **Ken Manninen (standing for re-election)**

I believe in contributing to the success of organizations I benefit from and joined the GSCA board as Secretary and Communications Coordinator in July of 2019. I have been a Palette People member since moving to Gabriola in 2013. Before retiring, I worked as a senior manager for a provincial government and have experience in budgeting, planning and staffing. The core values I contribute to the GSCA board are honesty, fairness and respect.

### **Debbie Marshall (new candidate)**

Debbie has been a writer, playwright, and editor for over twenty-five years, contributing to local and national magazines and on-line publications including Legacy, Alberta Views, The Canadian Encyclopedia, and The Beaver/Canada's History Magazine. She has edited and contributed to anthologies and is the author of two books about the Great War. Debbie is also the co-author and editor of a book of plays about the achievements of Alberta women. She has been awarded two A.C. Forrest Memorial Awards for outstanding journalism by the Canadian Church Press Association, and been short-listed for a Western Magazine Award. Her most recent book is Firing Lines: Three Canadian Women Write the First World War. Debbie has worked for two Canadian publishers and the national United Church of Canada. On three occasions, she was an instructor and writer in residence for the Edmonton Lifelong Learner's Association (ELLA) program at the University of Alberta. She also served for two years as a member of the board of the Edmonton Historical Society.

**Cheryl McNeil (new candidate)**

Lived - in Vancouver – 1972 – 1981

- on Gabriola – 1981 – present (including 1 year in Tofino and 1 year in Nanaimo)

Education - University – BA and Teaching Certificate at SFU

Businesses Courses – Malaspina: Micro computer & business course

Malaspina: Small Business Course

Re-45 (now Ethos): Career Transition Course

Work - Coastal Community Credit Union

Self - employed

Volunteered: Nursery School & Gabriola Elementary

Women's Business Network – Director & Vice President

PHC Food Bank

PHC - Treasurer

GIRO

Interested in: GSCA to resume volunteer work with a service-oriented organization that I have history with and have interest in.

## Activity Group Reports

### **Chess Club**

The Rollo's Chess Club is actively meeting at the Rollo each Wednesday night from 7-9pm. We have 6 regular members with occasional drop-ins padding out the numbers. Tea and cookies are served and are paid for by donations from the regular attendees.

Submitted by Kaamran Hafeez

### **Contract Bridge**

We have been meeting for face to face games since April 2022. Initially attendance was inconsistent but improved over time. Our current attendance is fairly steady but we would like to increase our numbers and are discussing options to achieve this. Typically our best attendance is during the summer when the snowbirds come back to the island.

Submitted by Warren Smart

### **Duplicate Bridge**

We re-started f2f games at Rollo last fall. Just as with the contract bridge, participation is down from pre-Covid days. We have abandoned our ACBL sanction partly because of this and partly because I am the only ACBL member who plays regularly.

I have been managing the group since we restarted.

Submitted by Vanda Blok

### **Gabriola Players**

The spring of 2022 saw our return to live performances after two years of presenting shows on Zoom and it was wonderful to have a live audience for our shows at Rollo. Early in the year we purchased new LED stage lights to replace our old incandescent stage lights. This was made possible by a grant from the BC Arts Council and generous donations from people in the community. These lights provide good quality illumination for productions, are easier to use and reduce power consumption by 90%.

In June we had our One Act Play festival featuring two plays by Gabriola playwrights Wendy Phillips and Anne M Holmes as well as a play by Jack Karp. In September we did two staged readings of Will Eno's play The Realistic Joneses. Also in September we started rehearsals for our annual pantomime. This year was Cinderella. This was successfully staged at the Community Hall in early December in spite of the snow and power outage challenges. We look forward to a continued association with The Rollo Seniors' Centre.

Submitted by Dave Innell

### **Garden Club**

The Garden Club resumed in person meetings in the early spring of 2022. Current membership is 142.

While fewer people initially turned up for these meetings, our membership has remained strong while we stayed home and safe and received a monthly newsletter in lieu of in person expert led meetings on different gardening related topics. A synopsis of the magazine style meeting reports is sent to all members following the meeting, so those who find night driving a challenge or who still choose not to meet in person do not miss out entirely by not attending a meeting.

We have chosen to not open or use the kitchen for tea and goodies until everyone is comfortable with communal service. Coping with ferry timings for off island speakers has had us considering flipping our meeting format so that they present first, spend less time in ferry line ups and can get home at a decent hour.

The Open Garden 'members only' summer sessions held on the last Sunday of May through August, allowed for out of doors opportunities for members to take a self guided tour and continue to learn more about Gabriola gardening challenges and successes by seeing how other islander gardeners have met with their unique gardening challenges and dreams.

We found that by setting up auto deposit e-transfers for membership renewals when covid came along made it very easy for members to renew their memberships, although many members still choose to mail or drop off their membership dues. The member card they receive entitles them to discounts at all three local purveyors of plants and garden materials, here on Gabriola.

Respectfully submitted, Noni Fidler,  
Membership Coordinator, Treasurer

### **Gather 'n Stitch**

Gather 'n Stitchers only met once at the Rollo for 2022 but continued to keep in touch through email.

A small number of us elected to meet in a group member's backyard once the weather warmed in early summer but as fewer people turned up we decided to try returning to Mondays at the Rollo after SUSO leaves. And that fizzled....

I surveyed our big email group and have found most have adjusted their activities to shift to other crafts they enjoy that already actively meet or have joined the stitchers group in the library for a quiet but social weekly crafting time.

We truly appreciate that the space and time to meet are still available to come back to gathering at the Rollo

Respectfully submitted, Noni Fidler, email coordinator

### **Miniatures**

The Miniatures group were meeting in members' homes but COVID disrupted the group. Post COVID, the group reconvened at Rollo, becoming the latest member activity group. The group puts on public displays to promote their work and have put on demonstrations at the library and the Gabriola Arts and Heritage Centre. Currently, four core members meet in the small room at Rollo every second Tuesday afternoon at 1:00. They would welcome new members and Debbie Marshall is the contact person.

Submitted by Debbie Marshall

### **Palette People**

The Gabriola Palette People would like to preface their report by first giving our thanks, and acknowledging our appreciation to, the board of the Gabriola Senior Citizens Association and the work they do to keep the Rollo centre functioning.

During this past year we are happy to report that our membership has remained consistently between 30-35 people. We continue to meet on Tuesdays and Fridays to paint, and are trying to increase membership with regular ads in the Sounder. We hosted a successful Summer Show which took place as usual in mid-July, as well as a fun "Bizarre Bazaar" at Christmas time with full COVID protocols in place for both events.

Thanks to Judith Madsen for organizing several workshops, as well as helping with children's art classes at the school. Also to Cora Klardie, who has been keeping the walls of the gallery at the Port Theatre graced with our art, giving us a presence on 'the big island'. We also showed our art on the walls of the Medical Clinic and Chiropractor's office for a time. And The Palette People continue to initiate and coordinate with other user groups to keep the walls of the Rollo decorated in order to make it a welcoming and interesting space in which seniors can meet. As a group we frequently acknowledge how fortunate we are to have this space in which to share, practice and discuss our craft.

Submitted by Anne Havard

### **Parkinson's Support Group**

The Parkinson's (PD) Support Group on Gabriola started in 2020 with about 10 persons with PD participating, as well as several care partners. Our group is part of a network of PD Support Groups across the Province that operates under the auspices of the Parkinson's Society of BC. We meet on Friday afternoons at 1:30 – 2:30 PM, except for the 2<sup>nd</sup> Friday of each month, which is reserved for PHC. All members of our group are members of GSCA. Nancy Boyse leads us in exercise sessions that are specifically designed for the range of physical abilities within our group.

New members are welcome to join at any time. Please contact John (250-616-6914) for further information regarding the expectations of the group.

Submitted by John Peirce

### **PHC (People for a Healthy Community Programs)**

The 2022 Calendar Year for the most part, represented a return to more normal and regular programming for PHC, with a few little "blips" where programs were cancelled due to winter storms or COVID outbreaks in the community. In the past six months in particular, we have seen participant numbers grow in all of our seniors' programs, a combination of the release of health restrictions, increased perceptions of "safety" in the community, and a pent up desire after 3 challenging covid years, for people to socialize with other people and attend in-person events again.

### **SUSO (Stepping Up Stepping Out Adult Day Program) (Monday and Saturday)**

With the Omicron wave spreading through the community in early 2022, the SUSO program did

not begin until March, starting with an average of 10 participants per day, with numbers increasing steadily to 14 per day by the time September and October rolled around. We are currently at our highest participation numbers since the program started in 2016, with a maximum attendance of 24 on Monday, and 18 on Saturday. (This does not include our staff and volunteers, which brings us very close to having 30 people in the large room at max capacity.) We have come a long way from the day when we were limited to 8 participants in the room seated six feet apart!

With our increasing numbers, our storage needs for food and program supplies have also increased, and we were very thankful to the Rollo Centre Board for making an upper half locker available for rental in the back storage area.

The SUSO program continues to provide an important option for older adults and caregivers in the community, providing positive health outcomes and the opportunity for increased independence for our most vulnerable.

#### Seniors Monthly Lunch (4th Thursday of every month)

Wintery weather and covid transmission saw the cancellation of the January and February monthly lunches, but we were able to go ahead with the lunch in March. Attendance over spring and summer was low, averaging between 10-15. (This may have been due to people enjoying their first opportunity in a long while to travel off the island, and also feeling safer participating in activities outside rather than indoors in large groups.) After the August break, with a renewed promotional campaign by PHC and the crowd pleasing draw of Gary Fjellgaard performing at the September BBQ, our numbers suddenly skyrocketed. A total of 40 people attended the BBQ (59 if you include staff, volunteers and entertainers!) and since then, we have been averaging 30 to 35 participants at each luncheon, with many newcomers in attendance. The Rollo Centre is an ideal space for events such as the luncheon, providing a safe, accessible, inviting and comfortable space for older adults to come together in the community.

#### New Age of Aging (2nd Friday of the month)

The program restarted in the Fall of 2022 under the coordination of a new PHC staff member, Cara Nikola. Unfortunately, the presentation scheduled for December had to be cancelled due to a winter storm. Over 40 people had registered for the December presentation on “Cannabis Use 101 for Older Adults”, which has been rescheduled to April 2022.

Thirty people attended the presentation on Hip and Knee Osteoarthritis in January, and 25 people attended the presentation in March on “Community Science for Crabs”. The New Age of Aging series continues to attract a broad demographic of the “over 50”s” living on Gabriola.

#### New Programs at the Rollo: Coffee and Conversation and ActivAge

Two new PHC programs are being introduced at the Rollo Centre, through the additional rental of space on Wednesdays from 1:30 - 3:30 pm. The Coffee and Conversation drop-in has been running through February and March, after the recent PHC Seniors’ Survey identified a need for drop-in opportunities for mixed ages in the community to connect and socialize. It has been averaging about 14 participants.

Starting in April, Coffee and Conversation will move into the small room at the Rollo Centre, and another new PHC program, the ActivAge exercise program for 65+, will be held in the large room.

We are hopeful that the upcoming year will see a full return to active participation in all of our programs, and are thankful to the Rollo Centre Board for their continued support of PHC initiatives.

Submitted by Suzette Delmage, Seniors Program Coordinator, People for a Healthy Community

**Photo Club** - NO REPORT SUBMITTED

**Quilters**

The quilters continued to meet on the 2nd, 4th, and 5th Wednesday of each month from 9:30 to 4:00. The group included 20 members, many of whom participated more in the summer months.

Our quilt display went up mid June to adorn the Rollo walls and came down again mid July. We enjoyed a busy Show and Sale on the long weekend at the beginning of July, which coincided with the Gabriola Arts Council Cultivate event.

PHC approached the group and asked for a quilt to be created with a sunflower theme to be raffled for the PHC's School Hot Lunch program. 14 members created 19 different blocks, which were then assembled, quilted and presented to the PHC in January of 2023.

A couple members initiated a 12 x 12 stretched canvas activity with the theme: Home Sweet Home Gabriola. The pieces are to be completed and displayed at the Gabriola Arts and Heritage Centre as well as our Show and Sale in 2023.

Many members of the group met at the end of the year to enjoy lunch together at the Surf and thank Pat Jordan for her many years of dedication and service as the group's past activity leader.

Submitted by Vicki Dods  
Quilter's Group Activity Leader

**Spinners and Weavers** - NO REPORT SUBMITTED

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