

SOUTH GRANVILLE SENIORS FRIENDSHIP SOCIETY CENTRE



2023-2024 ANNUAL REPORT

August 30th 2024

@1pm in the SGSC lobby

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MISSION STATEMENT

"We work together with adults 55+ to support their well-being in ways that promote friendship, diversity and individual worth"

BOARD OF DIRECTORS

Chairperson: Beatrice Gill Norman

Vice Chairperson: Alma Lee

Secretary: Patrick Couling

Treasurer: Fred Zhuang

Leslie Blond

Naftaly Ramrajkar

James Stabler

Iro Lugo

Irene Loncar



STAFF 2024



JAG SANGHA
Executive
Director



DANNA GARCIA
Programs
Manager



GINA CHAVES
Office
Manager



KAREN PINEDA
Volunteer
Coordinator

CHAIRPERSON'S REPORT

Dear Members, Friends, Volunteers, Community Partners and engaged stakeholders, Looking back over the past year, I am overwhelmed with pride and gratitude for the outstanding progress and accomplishments of our South Granville Seniors Centre Friendship Society. This year has been a testament to our resilience, adaptability, and unwavering commitment to enhancing the lives of our members.

Achievements and Milestones

1. Program Offerings and Retention: We successfully offered a wide variety of programs tailored to the diverse interests and needs of our members. From wellness workshops and fitness classes to art therapy and technology training, our offerings have grown significantly, fostering a vibrant and inclusive community.

2. Community Engagement: Our outreach initiatives have strengthened our ties with the broader community. Collaborations with local government, businesses, other community organizations, the Alliance and healthcare providers have enriched our programs and provided valuable resources and support to our members.

3. Volunteer Contributions: The dedication and generosity of our volunteers has been truly inspiring. Their contributions have been instrumental in the success of our events and daily operations, and we are deeply grateful for their time and effort. I continue to be impressed with their level of commitment and care.

4. Facility Improvements: We are in the process of making some necessary upgrades to our kitchen facilities, ensuring a safe, comfortable, and welcoming environment for all. These improvements will enhance accessibility and create more opportunities for social interaction and engagement particularly during our successful lunch programs.

Looking Ahead

As we look to the future, we are excited about the opportunities that lie ahead. Our revitalized strategic plan focuses on expanding our reach, enhancing our programs, and fostering a culture of inclusivity and respect. We are committed to continuing our work in creating a supportive and enriching environment for our members.

Gratitude

I would like to extend my heartfelt thanks to our dedicated staff, volunteers, board members, and community partners. Your unwavering support and commitment have been the cornerstone of our success.

Together, we have built a community that truly cares for and uplifts one another. In closing, I am honoured to serve as the Chair of this incredible organization. I look forward to another year of growth, collaboration, and positive impact.

Warm regards,

**-BEATRICE GILL
NORMAN,

CHAIRPERSON**



EXECUTIVE DIRECTOR'S REPORT

Dear Members, Friends, Volunteers, and Community Partners,

As we reflect on the past year, we acknowledge the remarkable progress and achievements at the South Granville Seniors Centre (SGSC). Our commitment to serving the senior community has been steadfast, and this year's developments highlight our dedication to enhancing the well-being and inclusivity of our members.

Strengthening Community Connections

SGSC has continued to grow its diverse range of programs, with a total of 45 offerings, including 6 fitness, 3 arts, 7 educational, 12 social service, 3 health and self-care, 5 culinary, and 9 Spanish outreach programs. This year, we also hosted 74 special events, averaging 6 events per month, with peak activity in May and June. These programs and events have played a crucial role in fostering engagement and maintaining strong community ties.

Enhancing Program Quality

The recent program evaluation survey has provided us with valuable insights into the effectiveness of our offerings. The survey revealed that our health and meal programs are particularly well-received, while arts programs are less popular. Despite these varying preferences, the overall quality of our programs was rated 9/10, with instructional clarity achieving a perfect score of 10/10. We have taken this feedback to heart, focusing on areas of improvement to better meet the needs of our members.

Our outreach efforts have been instrumental in maintaining connections with our members. We have implemented an Outreach Volunteer Program and enhanced our communication strategies through social media and our revamped website. Recent updates include a redesigned layout with senior-friendly features and improved SEO (boosting search engine visibility), leading to a significant increase in website traffic. Our newsletter now reaches 1,487 subscribers, marking a 64.49% increase from the previous year.

Financial and Community Support

SGSC's commitment to providing valuable programs is supported by the generosity of our community. We deeply appreciate every contribution, which plays a vital role in sustaining our services. However, funding remains our biggest post-pandemic challenge. The financial burden weighs heavily on every decision we make, and we need everyone's support to secure the well-being of the Centre. Despite these challenges, our staff, volunteers, and board have remained steadfast in their dedication to ensuring SGSC's success.

Looking Ahead

As we move forward, we remain dedicated to expanding our reach, deepening our impact, and fostering a culture of inclusivity and respect. We will continue to build on our achievements, enhance our programs, and engage with our members and community partners to ensure the continued success of SGSC.

Thank you for your ongoing support and dedication to our mission. Together, we are making a meaningful difference in the lives of our seniors.

Sincerely,

-JAG SANGHA,

**EXECUTIVE
DIRECTOR**

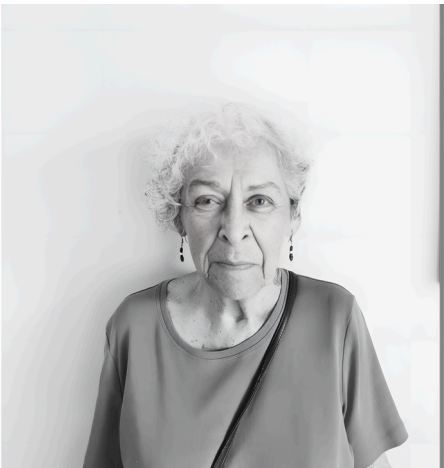


BOARD MEMBER BIOS

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**BEATRICE GILL
NORMAN**



ALMA LEE

Beatrice is a project and business management consultant with 20 years of experience managing projects in a variety of industries, including financial services, wealth management, higher education, government, and the non-profit sector. Her project experience spans large, multi-year, transformational endeavours, including having worked on the 2010 Winter Games in Vancouver as well as preparing several organizations for new markets, digital change, growth, change and expansion. She also enjoys strategic planning and execution and supporting organizations through change management initiatives.

Alma was born in Edinburgh, Scotland, and immigrated to Canada with her family in 1967. Her career in the literary arts began in 1971 when she secured a position at House of Anansi Press. Alma later became the Founding Executive Director of The Writer's Union of Canada and The Writer's Trust. In 1984, she moved to the west coast and founded the Vancouver Writers Festival in 1988. She has served on several boards, including The Granville Trust, the BC Arts Council, and as the chair of the Granville Island Cultural Society. Alma's contributions to the Canadian literary community have been widely recognized, including receiving the Order of Canada, an Honorary Doctorate of Letters from Simon Fraser University, and a Woman of Distinction Award in the arts. Although she left the Writers Festival in December 2005 for health reasons, Alma continues to read and stay connected with many of her writer friends.

BOARD MEMBER BIOS

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PATRICK COULING



FRED ZHANG

Patrick is now retired after a fulfilling 30-year tenure on the Board of Directors for the False Creek Community. Throughout his career, he was deeply involved in various activities that provided him with extensive experience in facilitating the development of the centre and managing numerous projects. His role allowed him to significantly contribute to the community's growth and success, and he is proud of the achievements made during his service. In retirement, Patrick remains active and engaged in initiatives that align with his passion for community development, continually seeking opportunities to lend his expertise and make a positive impact.

Fred is a CPA engaged in the automotive industry, where he serves as the controller. In this role, he oversees accounting, evaluates financial performance, and provides strategic advice to the owner. Fred is deeply interested in the social well-being of the local community and supports SGSC's mission to enhance the well-being of seniors. He embraces the organization's vision of integrating both in-person and virtual elements into its program presentation. Fred is excited about the opportunity to join the board and looks forward to contributing his expertise to help SGSC advance its goals.



(RETIRING)

LESLIE BLOND



**NAFTALY
RAMRAJKAR**

Leslie was a barrister at a private practice for 40 years, retiring in 2011. During his career, he served as a director for several non-profit societies, including the Rotary Club of Vancouver and the Arbutus Club. Leslie also held the position of national committee chair for Constitutional International Law with the Canadian Bar Association. His work encompassed extensive legal practice and leadership in community organizations, allowing him to merge his legal expertise with a passion for service. Leslie's contributions have made a significant impact in both the legal and non-profit sectors.

As he steps away from his role at the South Granville Seniors' Centre, we extend our heartfelt thanks to him for his dedicated service and commitment as a board member and chairperson.

Naftaly comes from the hi-tech sector of the industry and is a Professional Engineer registered in Ontario. He holds degrees in electrical engineering, specializing in Electrodynamics & Semiconductors, from the Technion - Israel Institute of Technology. Naftaly is a result-oriented executive with a unique combination of technical and management acumen, focused on achieving results. He has demonstrated success in executing projects with an emphasis on safety, cost, timeframe, resources, and the environment. Recently, together with the previous ED, Douglas Dunn, he completed the Policy & Procedures for the South Granville Senior Centre in compliance with COA standards. He was also a co-founder of Smart Autonomous Solutions and Zincnyx Energy Solutions. As a hobby, Naftaly loves high-end audio and is fluent in both English and Hebrew.



IRO LUGO



**IRENE
LONCAR**

Iro was born in the Dominican Republic, on a beautiful Caribbean island "on the path of the sun," as described by national poet Pedro Mir. Throughout her varied career, she worked with the US Peace Corps as a Language Instructor in Puerto Rico and Costa Rica. During this time, Iro also carried out several educational initiatives to benefit underprivileged children. Since arriving in Vancouver in 2008, she has volunteered at the 411 Senior Centre, the United Church, and the South Granville Seniors Centre. Iro finds joy in nature, learning about other cultures, dancing, traveling, and spending time with her grandchildren.

Irene is an active member of Holy Trinity Anglican Church, which leases building space to the South Granville Seniors' Centre, Pacific Theatre, and other community-minded organizations. She worked for the Vancouver School Board for thirty-three years and is now enjoying retirement in the vibrant South Granville area. Irene loves spending time with family and friends and attending music and theatre productions. She finds South Granville to be a wonderful place to call home, with many shops, restaurants, and amenities in the neighbourhood. Irene invites everyone to join the South Granville Seniors' Centre to enjoy the many activities available.



JAMES STABLER

James Stabler, MSW, RSW #90-018, RCC #2218, is a seasoned Psychotherapist with extensive experience since 1975. Initially working in Federal and Provincial Correctional Systems, including jail, community parole, and Family Court Services, he has spent the last 35 years in private practice. Specializing in Stress and Anxiety Disorders, James provides therapy for

Concurrent Disorders such as Substance Abuse, PTSD, Depression, Bi-Polar Disorder, ADHD, and Attachment Disturbance. He is a Clinical Counselor registered with the British Columbia Association of Social Workers (BCASW, RSW #90-018) and the British Columbia Association of Clinical Counselors (BCACC, RCC #2218), and he is also a member of the Canadian Society of Clinical Hypnosis (BC) and the Board of the Anxiety Disorders Association of BC.

SGSC COMMUNITY ANALYSIS

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POPULATION VS. TOTAL SENIORS

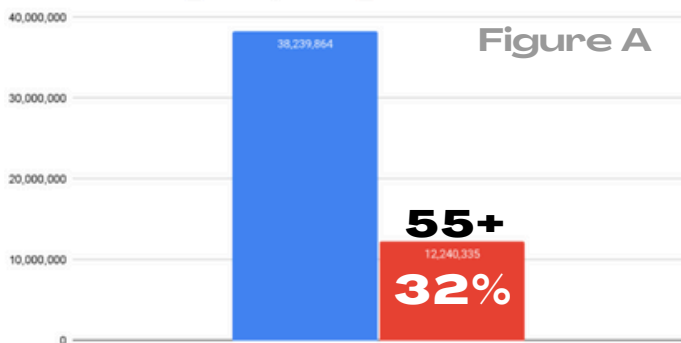


Figure A: the amount of seniors we have in Canada and Vancouver are about 32% of the population

From 2016 to 2021, the number of seniors rose 18.3%. This is the second largest increase in 75 years

“STATS CANADA”

MEDIAN HOUSEHOLD INCOME LOWER MAINLAND

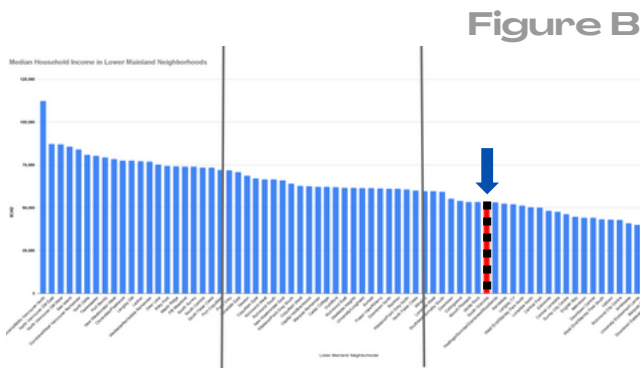


Figure B: demonstrates South Granville being in the bottom third of household income amongst neighbourhoods in Metro Vancouver. At the top is North Vancouver and the bottom is Downtown Eastside.

“CENSUS OF CANADA AND NATIONAL HOUSEHOLD SURVEY”

WHAT IS SGSC ABOUT?

2024 PROGRAMS

Through 2023 and 2024, our centre is committed to offering educational, recreational, multicultural, wellness, and meal programs for seniors. We aim to foster independence and well-being, building a community of inclusivity and belonging as seniors engage and participate.



45 PROGRAMS

SGSC has **45 programs**. **6** fitness programs, **3** arts programs, **7** educational programs, **12** social service programs, **3** health and self care programs, **5** culinary programs and **9** spanish outreach programs.



74 SPECIAL EVENTS

The centre hosts **74 special events** over the course of the **calendar year**, with an average of **6 events per month**. The busiest months are May and June with 7 events each month.

STEVESTON ADVENTURE

Steveston provided perfect weather and a deep dive into its rich history. We explored the museum, tram, and shipyards, reflecting on Japanese Canadian experiences. Lunch at Pajo's, with scenic waterfront views, made this educational and enjoyable trip a truly unforgettable summer highlight.



WHAT PEOPLE THINK ABOUT SGSC

"I WOULD DEFINITELY RECOMMEND THE CENTRE TO A FAMILY MEMBER"

- BRENT

"THE STAFF AND VOLUNTEERS ARE ALL SO LOVELY AND WELL EDUCATED"

- MARION

"THE WHOLE ATMOSPHERE IS INVITING, THE PEOPLE ARE FRIENDLY, I GET A WARM COMMUNITY FEELING THAT IS VERY WELCOMING"

- GWENA



OUR VOLUNTEERS

The success of our Centre is thanks to our amazing volunteers, who contributed **8,500 hours** this year. Your dedication in every aspect of our **operations**, from **meals** to **programs**, makes a difference. We are proud to be a "Seniors helping Seniors" community.



Join us! If you have a special skill or want to learn and help seniors, we have a place for you. Volunteers are the heart of our Centre, and we invite everyone to get involved.

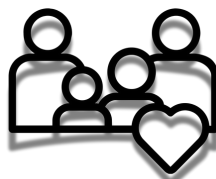
Can't volunteer? Consider donating to support our work.

EVALUATION FORM

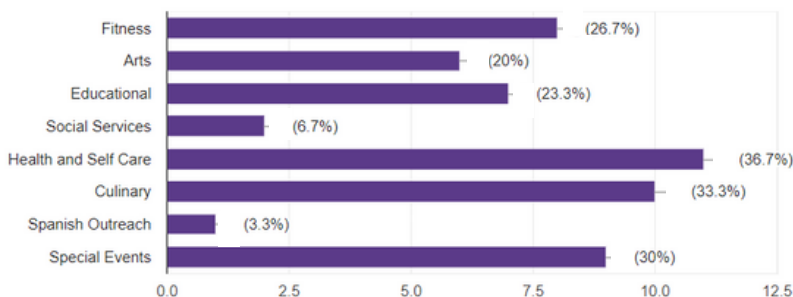
20

The South Granville Seniors Centre recently conducted a program evaluation survey, providing valuable insights into the effectiveness of our offerings. The results highlighted that health and meal programs are the most popular among our seniors, while arts programs were the least favored.

Overall, participants rated program quality at 9/10, with instructional clarity receiving a perfect 10/10 from the majority. The survey also uncovered that 70% of seniors are not interested in online programs, preferring hands-on learning and citing challenges such as disinterest in technology and visual impairment. Additionally, most seniors live nearby, find the facilities accommodating, and all interviewed seniors stated they would recommend the centre to a family member.



WHAT KIND OF PROGRAMS ARE YOUR FAVOURITE? (SELECT AS MANY AS YOU'D LIKE)



HOW WE PROMOTE SGSC

SGSC is committed to highlighting the value of our many services and programs. We strive to connect with all our members by employing a range of communication strategies to ensure we reach as many people as possible.



Our volunteer callers reach out to members to see how they're doing, talk about renewing memberships, and share the latest news from the Centre. In addition, we launched an Outreach Volunteer Program that kept seniors in touch with the Centre.



Our main social media channels—Instagram, Twitter, and Facebook—are key tools for connecting with individuals and nonprofits. They help us build valuable relationships and explore future partnerships.



Recent updates to our website include a redesigned layout using HTML (webpage structure and content) and CSS (styling and visual design) coding. Features now include a sticky header, a business info bar, and streamlined forms. The site is more senior-friendly with updated visuals and an accordion-style resource list. Enhanced SEO (boosting search engine visibility) has improved our ranking on Google, and new newsletter landing pages have led to a 20% increase in traffic.



Every week, our newsletter reaches 1,487 subscribers, providing them with updates on upcoming events, programs, and links to our website. This represents a significant increase of approximately 64.49% from the 904 subscribers we had in 2023.

MEMBERSHIP

**TOTAL MEMBERS AS OF
MARCH 31, 2024:**

422

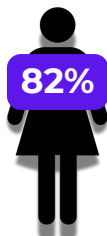
**NEW MEMBERS AS OF
APRIL 1, 2023 - MARCH
31, 2024:**

57

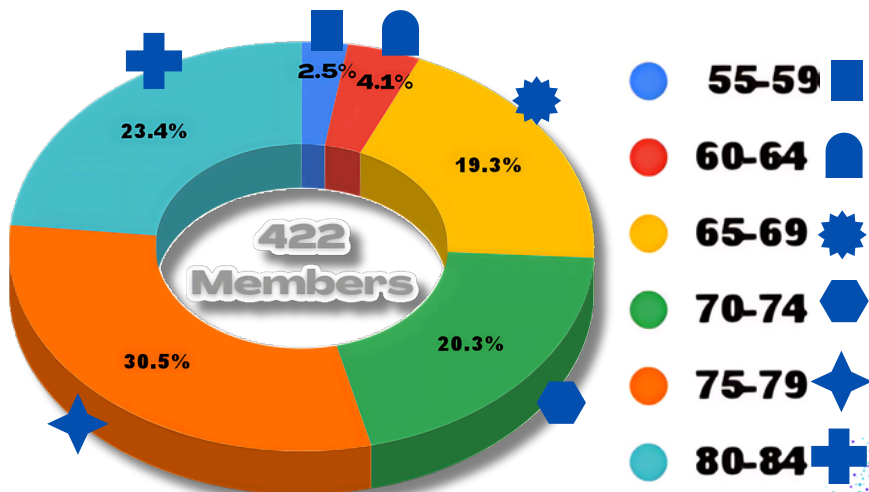
MALE



FEMALE



UNDISCLOSED



YOUR DONATION IS NEEDED

The South Granville Seniors Centre sincerely thanks our members and community for their extraordinary generosity this past year. Your amazing support allows us to continue offering valuable programs. Every donation, regardless of size, makes a significant difference.

As a charitable non-profit, SGSC provides tax receipts for donations of \$20 or more, benefiting both you and our seniors. Thank you for being a crucial part of our commitment to their well-being. Make a lasting impact—donate today!



APPENDIX A:

2024

PROGRAMS

Fitness Programs

1. Tai Chi (In-person)
2. Get Up & Go (In-person)
3. Yoga (In-person)
4. Senior Gold Dance Fitness (In-person)
5. Osteofit
6. Fitness Stretching and Better Movement (In-person)

Arts Programs

1. Singing Group
2. Knitting Circle
3. Spontaneous Art Studio

Educational Programs

1. English Class
2. Spanish Lessons
3. Digital Literacy
4. French Conversation
5. Ask a Nurse
6. Memory Workshop in Spanish (Online)
7. Virtual Reality for Seniors

Social Services / Programs

1. Nidus
2. Information & Referral
3. Bridge
4. Conversation Exchange Group (English - Spanish)
5. Latin Group - Language Exchange
6. Weekly Call List
7. Movie Matinee
8. Book Club
9. QMUNITY
10. Happy Memories Cafe
11. Tea with the ED
12. Tablet Lending Program

Health & Self Care

1. Massage Therapy
2. Hair Care
3. Gentle Foot Care

Culinary Programs

1. Latin Lunch
2. Soup, Sandwich, Salad & Fruit
3. Pizza Party
4. Farmers Market Coupons
5. Multicultural Lunch

Spanish Outreach Program

1. Musica con Agustin
2. Fitness Class
3. Art Workshop
4. Holistic Workshop
5. Language Exchange
6. Zumba
7. Moving & Grooving
8. "Reflections of Life" Workshop in Spanish
9. Digital Literacy (In-person & online)

APPENDIX B:

2024

EVENTS

January:

1. Tax clinic planning (March & April)
2. Black history month planning (February)
3. Preparation for Lunar New Year (February)

February:

4. Tax Clinic Preparation
5. Valentine's Day Celebration
6. Valentine's Day Card Exchange
7. Chinese Lunar New Year
8. Black History Month
9. Family Day (Centre closed)
10. Baking Selling

March:

11. Tax Clinic
12. Spring Trip
13. International Women's Day (March 8)
14. Saint Patrick's Day Luncheon
15. Preparation for Spring Bazaar (May)

April:

16. Tax Clinic
17. Easter Luncheon
18. Gardening Activities Planning for May start
19. Spring trip
20. Volunteer Appreciation Party Planning (June)
21. Preparation for Spring Bazaar (May)
22. Dance Party

May:

23. Mother's Day Celebration
24. Planning Session for WEAAD
25. Spring trip (Nitobe Memorial Garden)
26. Planning for summer trips
27. Spring Bazaar
28. Baking Selling

June:

29. BC Seniors Week Celebration
30. Fathers Day Celebration
31. Volunteer Appreciation Party
32. Elder Abuse Awareness Day (June 15th)
33. Summer trips planning
34. Summer Solstice Lunch
35. Summer Raffle Preparation
36. Plant Giveaway

July:

37. Canada Day (July 1st)
38. Start of Pride Celebrations July 19 - Aug 3
39. Colombian Independence Day
40. Summer Trips (Please review programs and events calendars)
41. AGM Planning
42. Cooling Centre

August:

43. BC Day
44. Summer trips
45. Summer patio barbecue
46. Mini Bazaar
47. AGM Planning
48. Summer Raffle
49. Cooling Centre
50. Baking Selling

September:

51. Grandparents Day Celebration
52. AGM/Open House
53. National Truth and Reconciliation Day (September 30)
54. Holiday Season Planning (event, prices for raffle, greeting cards)
55. Mexican Independence Day

October:

56. National Seniors Day (October 1)
57. Thanksgiving Lunch
58. Halloween Party
59. Holiday Season Planning (event, prices for raffle, greeting cards)
60. Flu Clinic Preparation
61. October 21 - 25 Starting Collecting for Mini Bazaar

November:

62. Remembrance Day Event (November 11)
63. Flu Clinic 1st
64. Holiday Season Trips Planning (VanDusen, Xmas Market)
65. Holiday Season Raffle Ticket Sale Start
66. Mini Bazaar Donations Pricing
67. Falls Prevention Workshop
68. Baking Selling

December:

69. Holiday Season Mini Bazaar
70. Holiday Season Trips
71. Holiday Party
72. Holiday Raffle
73. Winter Holiday Closure
74. Holiday Bazaar

APPENDIX C: PARTNERS & FUNDERS

Program Partners

Westside Seniors Hub
 Vancouver Public library
 Vancouver road runners
 Ocean footcare
 West end seniors network
 Building capacity Project
 BC Association of
 Community Response
 Networks
 Latino Seniors of British
 Columbia
 411 Seniors Centre Society
 West Coast Massage
 Therapy
 Nidus Personal Planning
 Resource Centre and
 Registry
 Qmunity

Our Partners

City of Vancouver
 Government of British
 Columbia
 Government of Canada
 Vancouver Foundation

Program Partners: Internships

Service Canada
 UBC
 Vancouver Community
 Network
 Vancouver Community
 College
 Ascenda School of
 Management

THANK YOU

DONORS:



PARTNERS:



INTERNSHIP PARTNERS:



Thank You!

To our community partners and donors for supporting SGSC. The centre is funded through private donations and generous grants.

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SOUTHGRANVILLESENIORS.CA