

Archwood 55 Plus Inc.
is a non-profit, charitable
organization serving adults
55 years of age and greater
in our local community and
the wider City of Winnipeg.



ANNUAL REPORT

April 2015 to March 2016

Archwood 55 Plus Inc.

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Mother's Day Luncheon - 2015

Aging is not 'lost youth' but a new stage of opportunity and strength.

Betty Friedan

Message from the President



This has been an extremely difficult year for me. I took the position because I was asked to run a number of times, agreeing only if no other suitable candidate was available. My reservation was that, as a snowbird, I am gone from the end of December until the first week of April. I became President after returning from the United States about the 3rd week of April 2015.

There was a huge learning curve to becoming President to such an active and involved group.

During my early days of my presidency, I had a number of family crisis's as well as a broken foot that kept me from being able to drive for 10 weeks.

Rashmi Mehta was elected as Vice President. She was an amazingly clever, well educated woman with a lot of useful knowledge. Unfortunately Rashmi found it necessary to resign November 10, 2015.

An interim Vice President was appointed in December, Ann-Marie Sellers but unfortunately she resigned in March of 2016 because of family issues, again leaving the position vacant.

Erith Manby stepped up to fill the Vice President position on an interim bases. Erith, whatever would we do without you? You are always there to impart your knowledge and experience for the betterment of Archwood 55 Plus Inc.

I would like to thank "The twins," Jeanette Labossiere and Jeannine McElhoes for all the fantastic lunches they prepared for the members of Archwood.

We were fortunate to have Linda Therrien as a facilitator, she is a very helpful, exuberant person and well liked by the members. I would especially like to thank her for all her extra duties she has performed and the help she has provided to me. Thank you Linda!

I would like to thank the Board of Directors for their hard work over the past year without you we could not have had such a great year, or so many successful programs and activities.

Without the support of you our members and volunteers we would not have been able to run Archwood, so a big hardy thank you one and all.

Leadership + Teamwork X Volunteers = Success

Board of Directors

Executive

Linda Fourneaux President
Rashmi Mehta Vice President to Nov/15
Ann-Marie Sellers interim VP Dec/15 – Mar/16
Erith Manby interim VP Dec/15
Allan Boyda Treasurer
Madeline Dean Secretary

Program Facilitator

Linda Therrien

Members at Large

Patricia Holloway
Mary Pavot
James Sewell
Lloyd Smith

Convenors Committee Chairs

Irene Steinke Decorating
Mary Pavot-Membership
Joan Blackmore- Raffle &50/50
Jeanette Labossiere - Lunches
Jeannine McElhoes –Lunches
Sandra Bauldic Website

Program/Event Highlights - *Active seniors promote healthy aging*

Fitness, Recreational & Creative Classes

We continued to run classes in yoga fit, chair yoga, zumba, total bodywork out, cardio mix, low impact cardio, painting classes, pickle ball and Line dancing. This spring we added walk walk, which by all measures seems to be well received by our members.

- Our monthly luncheons have been hugely successful.
- For Mother's day, we were entertained by the students of Glenlawn Collegiate,
- In June, we held a barbeque in honour of Father's day.
- On July first, we held a community barbeque with over 100 people in attendance.
- In September, we were fortunate to have the Residential Tenancies provincial department send a speaker to explain to us the rights and responsibilities of landlords and tenants and the alternative types of rental accommodations and their differences.
- Our Halloween luncheon featured a presentation by a Massage therapist.
- Our Remembrance service was highlighted with a Veteran from Osborne Legion giving us some highlights of his career and overseas missions.
- In December, we held a catered Christmas luncheon with Dennis Davies acting as Santa and handing out gifts to all. Music was provided by Rick Fourneaux as we all sang along to Christmas Carols and popular songs.
- Our Theme for January was a Robbie Burns luncheon with a presentation from the Canadian Hard of Hearing Association.
- In February, our luncheon featured a presentation by the Winnipeg Police Service on Safety Awareness.
- Our March luncheon was a celebration of St Patrick's Day, with a presentation from Canadian Footwear on healthy feet.



As you can see, we have had many varied topics at our luncheons. If you have any ideas for speakers or presentations, please let us know.

Our Ray St Germain fund raiser concert was a huge success bringing in much needed funds. Thanks to all involved in the organization and preparation of this event. Thanks to all businesses and members who provided items for the silent auction. Your generosity was greatly appreciated.

Archwood has had a variety of out-of-location trips such as: Attending Nelson McIntyre Collegiate Beauty and the Beast production.

Some of our members attended a t Tea at the Children's Museum.

A number of our members attended two different Celebrations Dinner Theatre Matinees over the course of the year.

Another of our adventures was the train ride on the Prairie Dog Special with an outstanding supper at Grosse Isle.

Fifty of our members attended the Rainbow Stage presentation of Sister Act, an excellent production. A ladies Fun Golf Day was held at Harborview followed by lunch at Boston Pizza. We hope to see more members participate this year.

Other outings were: a trip to the Carberry Agriculture Society Fair and Races, a trip to the Zoo to visit the Journey to Churchill, the Prairie Theatre Exchange to see the matinee of the Hounds of Baskerville. A session was held by the City of Winnipeg & Mayor's Age-Friendly & Seniors Advisory Committee feed-back session, a trip to the Human Rights Museum, a travelogue regarding tours to China, and a session on financial planning.

As you can see, we offer a much diversified program.

Partnership with Archwood Elementary School.

Archwood 55 Plus Inc is very appreciative of the children who come faithfully every month to set up tables and chairs and help decorate for our monthly luncheons. We would like to thank Tammy Bruce, a Community Liaison Worker who accompanies the children who give so generously of their time, and brightened our day.

Some of our members attend at the school for the children's reading programs and the schools Seniors Day activities.

Hopefully we will be able to provide other activities to promote intergenerational understanding and respect in the coming year.

Membership

Membership remains fairly consistent fluctuating between 240 and 250 members.

Financial Overview.

During the year, April 1, 2015 to March 31, 2016, Archwood had a major fund raiser with Ray St Germain, a hugely successful silent auction that raised \$3,208.63 and the Sand Hills Casino trip that raised another \$1,200.00.

Our luncheons on average raise \$200.00 per month. During our luncheons we hold a 50/50 draw and a book sale that raises approximately \$100.00 per month.

Generally our bus trips are well attended and we can usually make a small profit from each trip.

We received a grant from New Horizons in the amount of \$16,422.00 of which 25% can be used for salary to increase staff paid hours from 1-3 p.m. The balance of the money is to purchase equipment and expand our program to 9 a.m. to 3-p.m.

We also received a \$500.00 grant from M.A.S.C. for postage and printing.

A request to Winnipeg Regional Health Authority has also been applied for and will be considered once they have funds available.

Copies of the financial report can be obtained from our treasurer.
Thank you to Precise Accounting Services for their continued diligence in preparing our quarterly and year-end financial reports.

Volunteers Make it Happen

Archwood is fortunate to have a dedicated volunteer base, over 4,500 hours of volunteer time in the past year. That is a tremendous amount of dedication and support from our members and their families and friends.

I would like to take this opportunity to thank all the volunteers from the people who served as directors of the board, members at large the people who help set up and take down at our events, to the ticket sellers, the people who help in the kitchen cleaning up after a luncheon or events, to the ladies Jeanette and Jennine for all their hard work preparing the delicious meals for our luncheons, Irene Steinke for all her hard work as chair of the decorating committee and to those of you who purchase the tickets for the raffles, 50/50 and events.

I would also like to thank Connie Newman Executive Director of the Manitoba Association of Seniors Centres for all her help and guidance over the past year

Archwood members make Archwood what it is today. Please keep up the great volunteer spirit.

Community Support

Archwood 55 Plus Inc is extremely fortunate to have a close relationship with Archwood Community Club and we are very appreciative of their allowing us to operate out of there facility on a daily basis. To those individuals, groups, organizations, agencies and governments who supported us this past year (a complete listing is available on our website) we extend our most sincere thanks.





MISSION STATEMENT

Archwood 55 Plus Inc is a community based organization offering programs, social activities and services to adults 55 years and older that will enhance and support physical, emotional and graceful aging thereby empowering older adults to lead healthy and active lives.

