



Sherwood Park
55 Plus Club
Where Everyone Over
55 Goes to Have Fun

PRESENTATION TO MAYOR AND
COUNCILORS

Our Vision

The vision of Sherwood Park 55 Plus Club is to provide facilities, services and programs for citizens, 55 years and older, to enjoy healthy, productive and independent lives while successfully coping with transitions, social change and community evolution.



Our Mission

To contribute to member's well being which includes health, dignity, happiness and active living.



From the Beginning

The Sherwood Park 55 Plus Club has a long and distinguished record of service in the community. It was established in 1970 as the Sherwood Oaks Senior Citizen's Association. With the help of the Kinsmen Club, fundraising from the seniors and grants from Strathcona County and the Province of Alberta, an Activity Centre was built adjoining the Log Cabin at 50A Spruce Avenue, Sherwood Park, Alberta. The building was expanded in January 2008 to meet the needs of an increasing membership.

Physical activities vary within the club, with events such as bocce ball, carpet bowling, floor curling, golf and pool playing.

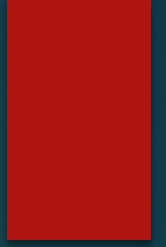


Various Card games are offered including Bridge, Canasta, Euchre, Cribbage, and Wizard, that allow Seniors to stay mentally sharp.



Yearly events include Mothers and Others Tea, pancake breakfasts, Christmas celebrations along with Canada Day participation.





Our club is more than it's activities. It is building friendships and helping one another when the needs arise. Visiting people in hospitals, giving rides and making sure they get into the house safely.

It is a place to laugh and even give hugs where needed. We give support or direct them to the right support system for help.

Weekly programs such as a supper club, coffee and conversation, Yoga for Seniors take place as scheduled through the monthly calendar.



Tournaments are sponsored by our group, and other Seniors from different areas are invited to participate.





You are cordially invited

TO THE OFFICIAL OPENING
OF THE EXPANDED ACTIVITY CENTRE OF
THE SHERWOOD PARK 55 PLUS CLUB

Tuesday, April 29, 2008 at 2:00 p.m.

In recognition of your contributions to this project

Both the
provincial and
County council
have been
involved with
our Activities



Volunteers for Canada Games



We won the Pride of Strathcona Award in 2014 as well as the 2014 Minister's Seniors' Service Award.

Our members volunteer at least 100 hours a week which makes 400 or more hours a month. That is not including the time spent on planning and working tournaments

Our hall is rented to People in our community for birthdays, celebration of life and faith celebrations, and workshops.



The club offers a Safe and Secure atmosphere.
Our members help with individuals, providing
information from the County for Social needs.

We support the well being of our club members,
by being a place where Seniors do not feel alone
and are included in all events.



AFTER 48 SUCCESSFUL YEARS, WE NEED TO PLAN FOR NEXT 48 YEARS

Our population for Seniors is expected to grow within the next five years, therefore it is imperative we have a facility to be ready and available for them.

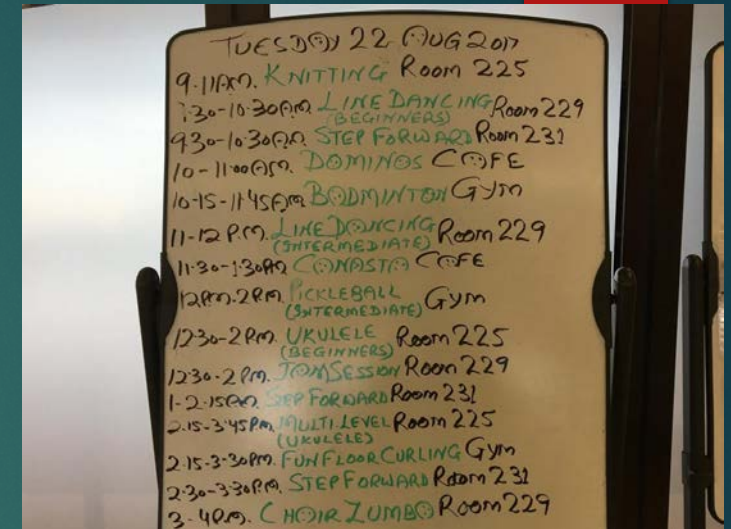
- The club has restricted space to carry out concurrent activities
- Members are required to stack tables and chairs for daily events that are scheduled, and this is physically impossible for a lot of members in our club.
- Due to the lack of space we are unable to provide programs, such as Dancing, Computer Literacy, art classes, yoga, and court sports etc.



We have visited other facilities in the Capital region to see what programs they offer and how they are managed. We toured 3 Associations:

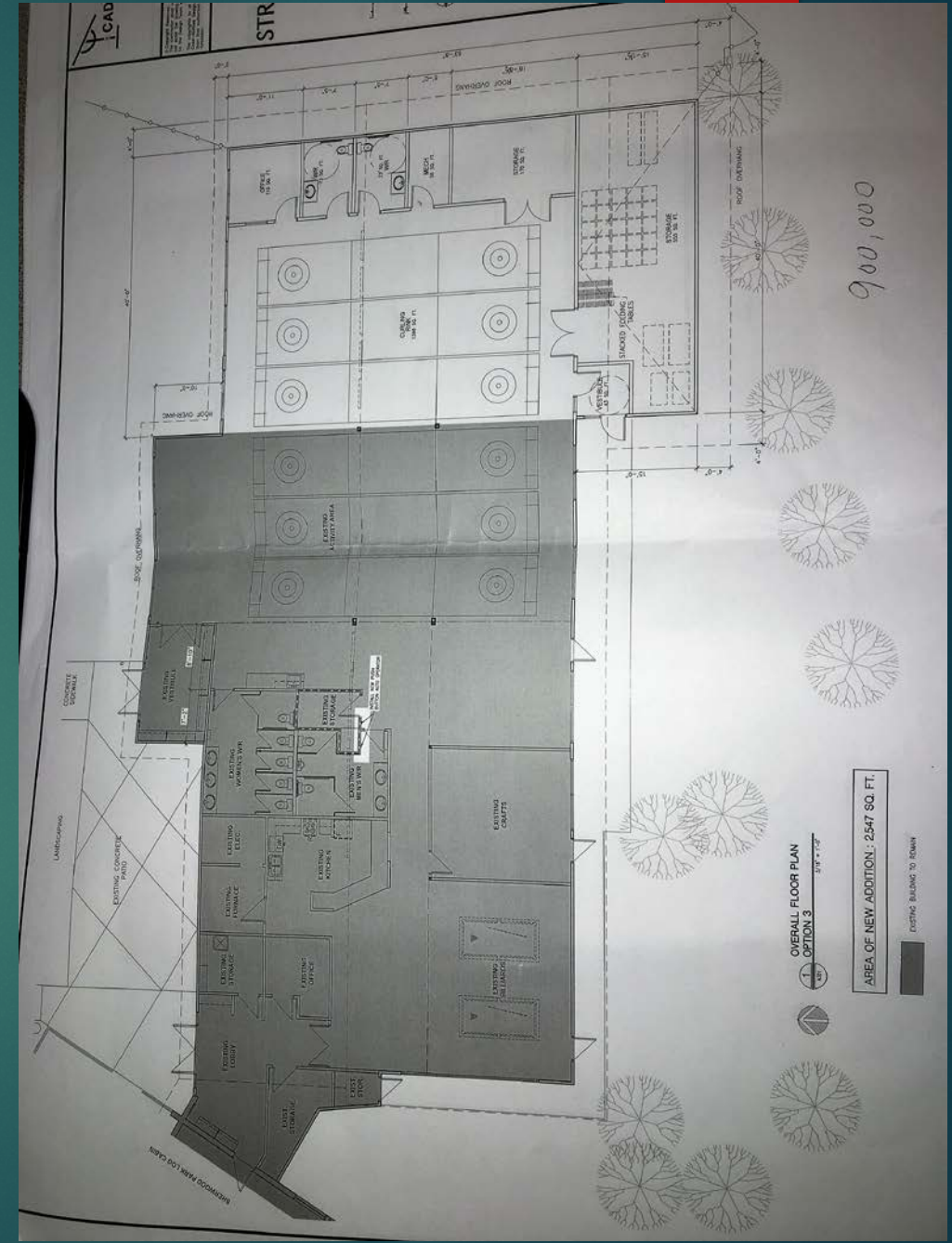
- South Edmonton Senior Association (SESA)
- North Edmonton Senior Association (NESA)
- St Albert Senior Association

Wouldn't it be great if we could provide so many activities for Our County Seniors? We urgently need an updated Facility that can provide these programs in a central location of the County of Strathcona.



Option 1 Expansion:

Several options were considered with the help of County staff. We chose an option which estimated to cost \$3 M and forces us to lose bocce which is unacceptable



Option 1
We consider this option as band-aid fix



Option 2

Find an alternate place for the Baseball Association so we would have their facility. However, we feel this is an unreasonable request because Sherwood Heights has been the center for SPMBA and is developed for that purpose.



Option 3:

Relocation to a central venue would be a positive step, to offer our County Seniors future activities and implement new programs, that will benefit our aging population.





Any Questions?

Proposal for Sherwood Park 55 Plus Club Facility

To expand and enhance the programs and services offered to the growing population of active seniors in Strathcona County, as identified by the recent surveys conducted, the Sherwood Park 55 Plus Club is requesting County Council give consideration to the building of a new facility to meet its needs.

The Sherwood Park 55 Plus Club was established in 2007 to replace the Sherwood Oaks Senior Citizens Association, and hence, serve a wider and more diverse group of seniors in Strathcona County. In 2008, an extension was built to provide more space for specific programs for the 75 members. The expansion included a kitchenette, a small meeting room, a room for two billiard tables, bathrooms, and a larger multi-purpose room that accommodates 111 people seated. Through the cooperation of the Minor Baseball Association who manage the Log Cabin, we were able to continue to use that facility for floor curling and carpet bowling when it is available.

Since that time, as reflected in County surveys, the Sherwood Park 55 Plus Club has seen its membership increase more than 5-fold to 400 in 8 years. Indeed, seniors are the fastest growing segment of our population and increasingly they are living independent, active, social lives as demonstrated by the 21 members at the 55 + Club who are over 90 years. The majority, however, are in their seventies and eighties.

The 55 Plus Club is managed and operated by member volunteers. Regular services that are paid for include twice weekly general cleaning, snow shovelling and mowing of the bocce courts. To accommodate a variety of activities in the existing facility, it becomes necessary for the seniors themselves, many with limited physical abilities, to maintain, set up and take down chairs, tables and equipment in addition to organizing and managing the events. Their volunteer efforts have been recognized by receiving a Provincial Seniors Award and the Pride of Strathcona Award in 2014. The club members become ambassadors for the County as they host tournaments in floor curling, carpet bowling, bridge, crib and whist as well as participate in other communities and the Alberta 55 Seniors Games.

The 55 Plus Club funds its activities through volunteers and membership fees of \$25 annually plus a one dollar daily drop-in fee, and proceeds from casinos held once every four years. Yearly grants received from the County for utilities and limited rental of the facility at \$70 per hour help meet operating costs. Occasional grants have been received for special events.

The activities and programs of the club complement those offered by the County at other facilities in that they are offered on a regular basis throughout the year as opposed to a one time or short term program. This, along with membership, gives members a sense of ownership and pride. It provides them with continuity for stability, opportunities to form long term friendships and mutual support and informal assistance in times of loneliness, stress or need. The advantage is accessibility, affordability, and continuity of programs. The sense of a neighbourhood exceeds the boundaries of their residences.

Our vision is to create a safe and caring community of active seniors coming together in mutual respect and support in a facility that would honour their years of service and continued volunteerism. This facility would include a large gym type space to house active programs like floor curling, carpet bowling, dancing, indoor pickle ball, and badminton. We also need rooms that would house tables and chairs for Bridge, crib, Euchre, board games, social and educational presentations, pot luck suppers and special social events. Another room would be for quiet activities such as chair yoga, an informal library, computer stations; a permanent coffee and conversation area adjacent to a kitchen. We would need adequate storage rooms to house our tables and chairs and supplies. Our vision would include a paid staff person to handle the business side of managing a facility.

With a new facility, our club will be able to meet the growing social, mental and physical needs of the growing population of independent and active seniors in Strathcona County over the next twenty years.