

Stepping Stone Senior Centre Inc.

April 23rd, 2014

A decorative graphic consisting of a solid teal horizontal bar at the top, followed by a white horizontal bar, and then three thin, parallel teal horizontal lines on the right side of the page.



Who We Are

The Stepping Stone Senior Centre Inc. is all about “people”, people who:

- Are citizens of Fredericton, Local Service Districts and Community Partners;
- Are concerned about the future of the 50+ community in the Greater Fredericton Area;
- Are 50 plus years of age;
- Are concerned with keeping mind and body healthy;
- Are open to learning new skills and techniques to keep healthy;
- Are concerned about one another;

HISTORY OF THE STEPPING STONE SENIOR CENTRE INC.

- 1996 – *Fredericton Task Force on Seniors* recommended the development of a second Senior Centre (number two of eighty-nine recommendations contained within the Task Force Report).
- April 2, 2001 – Stepping Stone Senior Centre Inc. official opening at 15 Saunders Street in a building shared with the City's Recreation Division. A wide and varied slate of programs were initiated by a Working Committee.
- Shortly thereafter, elected a Board of Directors

- January 2004 – The City of Fredericton advised the Stepping Stone Senior Centre Inc. that the Recreation Division would vacate 15 Saunders and the entire building would be made available for use by the Stepping Stone Senior Centre Inc. The City of Fredericton agreed to fund \$40,000 in renovation costs as well as continue to maintain the building.
- September 2004 – A re-opening ceremony was held to celebrate the new Stepping Stone Senior Centre Inc. facility.
- 2004 – Part Time Coordinator hired by Stepping Stone Senior Centre Inc.

- May 2007 – The Stepping Stone Senior Centre Inc. Coordinator position transitioned from a part-time to a full-time position to manage the daily operations of the Centre.
- July 2007 – A full-time Recreation Officer was hired by the City of Fredericton with a mandate for recreation for older adults.
- February 2008 – First Senior of the Year Award was awarded.
- April 2011 – Celebration of 10 Year Anniversary of Stepping Stone Senior Centre Inc.

Values:

The values of ***Stepping Stone Senior Centre Inc.***, focus upon enhancing the mental and physical quality of life for the 50+ community and include;

Quality (standard of programs)

Inclusiveness (to satisfy the needs of 50+ members)

Adaptability (to adapt to changing needs of members)

Fellowship (to enhance social interaction amongst membership)

Mission:

Stepping Stone Senior Centre Inc. is a membership driven organization whose mission is to provide affordable and accessible programming for the Greater Fredericton Area 50+ community to enhance their quality of life.

Vision:

To work in cooperation with the City of Fredericton to provide programs to satisfy the growing needs of membership. This includes finding adequate space, exploring funding

Strengths:

- A full-time Coordinator funded by Stepping Stone Senior Centre Inc.
- A full-time Recreation Officer from the City of Fredericton whose mandate focuses on the needs of the 50+ community.
- Website is one of the top hits when searching “senior + Fredericton” on google.
- Recently opened a Stepping Stone Senior Centre Inc. Facebook account.
- A well established Centre with a constant increase in membership.
- In excess of 20,000 sign ins for program and meeting visits in 2013.
- Strong core group of volunteers giving so generously of time, talents and financial support.
- A core group of programs attract new members.
- High number of existing programs.
- Programs and activities are membership driven.
- Leadership provided by members with a variety of creative and administrative skills. To date, consistency of leadership allows for continuity of programs, policies, procedures and by-laws.
- Excellent location of facility (near downtown, park setting, bus route, close to high population of the 50+ community).
- Physical accessibility has been improved.
- The use of the Centre has been extended to other community groups.
- Kitchen facilities have allowed greater capability to support fundraising initiatives and hospitality aspects of the Centre.
- 25% of the budget is supported by fundraising initiatives.
- Programs extending out to the community at large (e.g. schools, library, music festival, nursing homes, Christmas benefits, etc.).
- Community presence through various Stepping Stone Senior Centre Inc. groups including singers, theatre and Troubadours.

Growing Pains

- **Limitation and configuration of space which impacts negatively upon abilities to expand programs and holding fund-raising events.**
- **Space limitations limits the amount of “prime time” programs available at Stepping Stone Senior Centre Inc.**
- **Need to establish evening and weekend programs to attract potential younger members who are still in the work force.**
- **At the present time, exploring satellite locations**

Membership:

On average, membership numbers are between 500 and 600 each year. 2012 was our highest year with 609 members.

Demographics:

Stepping Stone had 557 members in 2013. 439 of those were women and 118 were men. This give us a 3:1 ratio.

Sources of Revenue

Stepping Stone Senior Centre relies on 5 main sources of income.

In 2013 these included:

- 1. Membership Fees - \$ 10,740.00**
- 2. Fundraising - \$16,880.00**
- 3. Program Fees - \$11,533.00**
- 4. Rentals - \$2, 735.00**
- 5. Donations - \$8,007.00**

Since 2001 Stepping Stone Senior Centre has been fortunate to be able to invest up to \$36,000 as a rainy day fund.

Fundraising

Sale Table	\$3304.00	Live and Learn	\$620.00
50/50 Draws	\$274.00	Ladies Fashion Shows	\$455.00
Fall Dinner	\$1246.00	Yard Sale	\$514.00
Auctions	\$1148.00	SSSC Singers Concert	\$2073.00
Breakfast	\$844.00	Strawberry Social	\$355.00
June 50/50	\$2151.00	Blueberry Social	\$220.00
Troubadours Show	\$477.00	Pie Sale	\$1310.00
Men's Fashion Show	\$483.00		
Theatre Productions	\$1406.00	Total for 2013	\$16,880.00

Expenses

Stepping Stone Senior Centre has 4 main expenses.

In 2013 these included:

- 1. Salary & Benefits- \$34,600.00**
- 2. Janitorial Cost- \$4,490.00**
- 3. Office expenses - \$1,651.00**
- 4. Insurance (content / Liability) - \$1,175.00**
- 5. Materials & Supplies - \$914.00**

Overall, Stepping Stone Senior Centre is operating on a break even budget from year to year.

Programs

Programs are listed under 5 categories.

1. Arts, Theatre and Music

(Art Lessons, Belly Dancing, Craft Group Guitar/Ukulele, Harmonica, Line Dancing, Singers, Troubadours, Acting up Theatre)

2. Body Fit

(Dance Fit, Pilates, Seated Fitness, Seated Tai Chi)

3. Cards and Games

(Bridge, Darts, Cards/Games)

1. Mind Fit

(Bentley Series, Book Study, Writing Group, Cryptic Crossword, French Circle)

1. Social

(Coffee and Chat, Outreach, Potluck)

2. Summer Games

(Bocce Ball, Washer Toss, Ladder Ball, Bean Bag Toss)

STEPPING STONE SENIOR CENTRE INC.

April 2014

Email: steppingstoneseniorcentre@rogers.com Website: www.steppingstoneseniorcentre.com Phone: 450-7849

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Dance Fit 11:00 Art Lessons 1:00 Cryptic Crossword 1:30 Belly Dancing 2:45 Troubadours 4:00 Darts	2 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley Series 12:00 Seated Fitness 1:00 Outreach 1:45 Acting Up Theatre 6:30 Duplicate Bridge	3 9:00 Dance Fit 9:30 SS Singers 12:15 Ukulele Beg 1:00 Craft Group 1:15 Ukulele Int 2:15 Guitar Lessons	4 9:15 Pilates 10:00 Coffee and Chat 1:00 Harmonica Beg 1:00 Cards/Games 1:00 Drop in Bridge 2:15 Harmonica Int 3:00 Harmonica Jam Club
7 9:00 Computer Class 10:00 Book Study 12:45 Seated Tai Chi 1:00 Computer Class 1:30 Writers Group 2:00 Seated Tai Chi 6:30 Drop in Bridge	8 9:00 Dance Fit 11:00 Art Lessons 1:00 Cryptic Crossword 1:30 Belly Dancing 2:45 Troubadours 4:00 Darts	9 9:15-1:15 Line Dancing 9:30 French Circle 12:00 Seated Fitness 1:00 Outreach 1:45 Acting Up Theatre 6:30 Duplicate Bridge	10 9:00 Dance Fit 9:30 SS Singers 12:15 Ukulele Beg 1:00 Craft Group 1:15 Ukulele Int 2:15 Guitar Lessons	11 9:15 Pilates 10:00 Coffee and Chat 1:00 Harmonica Beg 1:00 Cards/Games 1:15 Drop in Bridge 2:15 Harmonica Int 3:00 Harmonica Jam Club
14 10:00 Book Study 12:45 Seated Tai Chi 1:00 Cards/Games 1:30 Writers Group 2:00 Seated Tai Chi 6:30 Drop in Bridge	15 9:00 Dance Fit 9:30 Bridge Lessons 11:00 Art Lessons 1:00 Cryptic Crossword 1:30 Belly Dancing 2:45 Troubadours 4:00 Darts	16 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley Series 12:00 Seated Fitness 1:00 Outreach 1:45 Acting Up Theatre 6:30 Duplicate Bridge	17 9:00 Dance Fit 9:30 SS Singers 12:15 Ukulele Beg 1:00 Craft Group 1:15 Ukulele Int 2:15 Guitar Lessons	18 CLOSED GOOD FRIDAY
21 CLOSED HAPPY EASTER	22 9:00 Dance Fit 9:30 Bridge Lessons 11:00 Art Lessons 1:00 Cryptic Crossword 1:30 Belly Dancing 2:45 Troubadours 4:00 Darts	23 9:15-1:15 Line Dancing 9:30 French Circle 12:00 Seated Fitness 1:00 Outreach 1:45 Acting Up Theatre 6:30 Duplicate Bridge	24 9:00 Dance Fit 9:30 SS Singers 12:15 Ukulele Beg 1:00 Craft Group 1:15 Ukulele Int 2:15 Guitar Lessons	25 9:15 Pilates 10:00 Coffee and Chat 11:30 POTLUCK 1:00 Harmonica Beg 1:00 Cards/Games 1:00 Drop in Bridge 2:15 Harmonica Int 3:00 Harmonica Jam Club
28 10:00 Book Study 12:45 Seated Tai Chi 1:00 Cards/Games 1:30 Writers Group 2:00 Seated Tai Chi 6:30 Drop in Bridge	29 9:00 Dance Fit 9:30 Bridge Lessons 11:00 Art Lessons 1:00 Cryptic Crossword 1:30 Belly Dancing 2:45 Troubadours 4:00 Darts	30 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley Series 12:00 Seated Fitness 1:00 Outreach 1:45 Acting Up Theatre 6:30 Duplicate Bridge	Bridge Lessons April 15th to June 24th Space is limited Contact the Centre for more information	50/50 Tickets are back! \$2.50/ticket or \$10/5 tickets Tickets available soon

PROGRAMS



FUNDRAISERS



SPECIAL EVENTS

