



Royal Canadian Legion – Branch # 256 Mount Benson
1630 Wellington Road East, Nanaimo BC
V9S 5P8 250 754 8128
rclbr256@shaw.ca

Finance Department

Regional District of Nanaimo

6300 Hammond Bay Road

Nanaimo BC V9T 6N2

August 28, 2019

Dear Sirs:

RE: application for Community Grants Program Application

We are including with our application a cover letter re information items on Branch 256 Royal Canadian Legion, Nanaimo.

This building is now sixty years old, our charter date was: 1 May 1958

Our current membership data confirms we have over 400 members. Most of our members are seniors and some are veterans of WW2, as well as the Korean conflict. The RCMP officers are also welcomed as Legion members.

We have recently been interviewed by Ministry representatives to determine if we would not only be interested but also able to coordinate some transport activities for our members and community seniors. This transport situation would then provide some possible attendance to our modest coffee gatherings on Wednesday mornings and to assist with general social activities.

Over the past years the Legion locations have altered in terms of what services and programs are available. We continue to have a Service Officer for our veterans of all ages. However, with no smoking and a noted decrease in liquor consumption, we are gradually seeing ourselves as a welcoming and engaged organization for community seniors.

Our volunteers are now replacing equipment and decluttering the storage cabinets that hold many years of out of date supplies and belong to many of the rental groups. This is moving forward in a positive and cooperative manner.

This is our first application for a Regional District Community Grant. We trust we have accurately and with adequate thought prepared an appropriate document.

Should more information be required, do not hesitate to contact us at: 250 754 8128 or at our email address: rclbr256@shaw.ca.

We will be more than pleased to have you visit our site and tour our location.

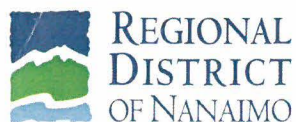
We look forward to hearing from you and discussing any of our future plans for improving our building with you.

With our best regards,



Corinne Stewart

Chair: Seniors Committee



COMMUNITY GRANTS PROGRAM APPLICATION

NAME OF ORGANIZATION Royal Canadian Legion Mount Benson Legion #256		GRANT AMOUNT REQUESTED \$43,000.00
MAILING ADDRESS 1630 East Wellington Road Nanaimo BC		
POSTAL CODE V9S 5P8	CONTACT PERSON Mr. Jim Diack	
EMAIL ADDRESS rclbr256@shaw.ca	TELEPHONE NUMBER 250 754 8128	

PLEASE REVIEW THE COMMUNITY GRANTS CRITERIA OUTLINED ON THE LAST PAGE OF THIS FORM. DOES YOUR ORGANIZATION MEET THE CRITERIA FOR THIS PROGRAM?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
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IMPORTANT: If your organization meets the Community Grants criteria, and if you can answer 'yes' to the following four questions, please proceed to complete this application for submission.

Are you a registered non-profit organization in good standing?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
Does your organization provide a social enrichment service to the community?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
Does the project fill a need in the community?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
Does the project promote volunteer participation and citizen involvement?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>

Application Submission Requirements

Please provide the following information. Items 1 through 14 are mandatory requirements for consideration of the application. Please attach additional pages with corresponding question numbers if more space is required.

1. Provide information about the programs and services offered to the community by your organization.

This location is a seniors' oriented community organization as its members are veterans, family members as well as older community residents in the area.

We provide both space and a welcoming environment, along with socialization, for a wide variety of interest groups, not all of which are seniors. We focus on both health and wellness by offering the following services and programs:

1. Island Health professionals are here four days a week with its FREE health related programs for seniors and local community residents. These are open not only for seniors but and community resident of any age.
2. A certified Foot Care Nurse is available for a full day, once a month at this time, with a view to expanding her hours as this program is popular for seniors who are unable to provide their own foot care.
3. We partner with the Regional Transit to assist with the delivery of the "Ride the Bus" program for seniors and disabled, educating those to bus services who no longer have a driver's licence, or are planning to retire their licence. These education sessions often have a wait list.
4. We provide a professional Pharmacist to conduct a Flu Clinic, this year in late October. This is open to those eligible, in the community, particularly seniors. This is done onsite and coordinated by our volunteers.
5. We have a "Veterans and Seniors committee"..and have been actively involved in the Age Friendly projects for three years, including the "Living History" series offered free to any community resident of any age.
6. We also provide space for couples, one of whom is experiencing cognitive impairment, in a quiet, secure and confidential setting so they may receive attention and support from a professional Social Worker.
7. Our Senior committee members also connected with Seniors Connect when it held workshops and related programs.

2. Provide information regarding your organization's revenue generating activities and other sources of income.

1. We rent several spaces to Island Health at least four days a week, the professional staff offers FREE education sessions to the local catchment area residents, for anyone in the District, who may be interested in any of the variety of programs offered. We include a sample of the "Health and Wellness" programs that are booked here at the Legion.
2. Catering: we cater for the following: Celebration of Life, anniversaries, birthday events, Christmas parties for companies and other organizations, music presentations, dance competitions, the annual gem and stone weekends, fundraisers for sports groups, fund raisers for a Pipe band, etc.
3. Bar service is provided when requested and a fee is required from the rental group.
4. Annual occasions include: Robbie Burns Suppers, St. Patricks Day, Oktoberfest, all are modest fund raisers for the legion as we attempt to provide an opportunity for socialization while keeping the cost for the attendee at a reasonable price.
5. There is an active "Ways and Means" committee that coordinates the reasonably priced 'meat draws' every Wednesday and Saturday afternoon in the legion lounge. This is involved with Gaming rules and modestly priced meals/suppers are available for those attending. These occasions are open to the residents in the local community, many of which now reside in the new builds that have been set up in the area.
6. Dances are often held twice a week, with modest rental costs and reasonable admittance fees for the dancers. These begin at 7pm, often with a half hour instruction provided in the beginning, and are over by 11pm.

3. Does your organization own its own facility? Yes ☒ No ☐

Grant Request Information:

4. Describe the project that this grant is intended to be used for.

There are two projects :

We respectfully request this grant in order to provide the following to our members, guests, community residents and families.

With the limited space with all of the rentals and the requirement to provide a more secure and confidential environment for an assortment of our renters, we will require a barrier or wall so that our Memory Hall may be utilized for two groups at any one time.

Groups that utilize this Memory Hall space: Pacific Gael Pipes and Drums, Euchre Club, Bridge Club, Darts Club, Cribbage Club, TOPS, Hub City Lions, Senior Singers, Coffee Club every Wednesday morning, Dance Club 256, West Coast Swing, BC Hydro Management gatherings, Harmac Retired Employees Luncheons, Stroke Club luncheons.

With this sample and with only a lounge to provide additional space, we feel we can well use this divided space that may be opened up to the entire room for: Remembrance Day, New Year Levee, Battle of the Atlantic, ANZAC Day (Australian and New Zealand Remembrance Day), Battle of Britain, VIU Hockey team fundraiser (Beer and Burger events).

5. Provide the project start and end date.

Start Date: 1 December 2019

End Date: 1 April 2020

6. Describe the benefit of the project for the residents of the Regional District.

This space will be open to all residents of the Regional District. We have approached the City of Nanaimo's Emergency Measures Manager to hold tentative preliminary discussions whether our site would be appropriate to provide either a "warming centre" or a "comfort centre" during times of environmental incidents, such as fire, flooding, etc.

Adjustments to the location would have to be made, but we do have the space and also a professional kitchen with Food Safe qualified volunteers on deck. We will pursue this item further when we have current upgrading plans completed.

The issue of being socially isolated has a major impact on the mental and physical health and well being of not only seniors, but those living alone with no family or friends close by. Also those partners of isolated individuals who are now dealing with cognitive impairment or who are full time caregivers for aging partners in physical decline.

With the number of local seniors in the district who now are using canes, walkers, scooters, it is imperative we have not only space but level and barrier free flooring surfaces. We must provide not only easy access to the site and the programs, but a major issue is safety. We must also provide quick, efficient, barrier free and smooth running easy egress from the building at all times.

We do have free and level parking for vehicles. Automatic doors for those unable to gain access or egress by usual procedures. The issue of lighting, both interior and exterior, is being addressed as well.

We anticipate that almost 1000 (one thousand) new faces have entered the premises to attend programs since the contract with Island Health was signed in January, 2019. Our rental for the Health and Wellness programs is appropriate and very much appreciated by the renters. We are located in the "hospital area" (as designated by the group) and this affords efficient time saving qualities for the professional staff that conduct the programs.

7. How many people does your organization anticipate will attend, benefit or participate in this project?

In anticipation of how many will benefit: For the social events alone, the ones we encourage locals to attend in order to combat social isolation: possibly another three to four hundred. We support the four local cadet corps and these young people, with their training officers and parents, are often here to assist in a number of ways, particularly with our meal service on special evenings.

8. Describe how the project will promote volunteer participation and citizen involvement. Include a description of the types of roles the volunteers will undertake.

Volunteers: we continue to recruit and train volunteers of all ages.

1. Younger volunteers are trained to assist with set up of decorations and table settings for any catered event. They also receive instruction in proper serving of meals, appropriate removal of used china, etc. how to safely remove garbage, how to maintain a clean environment.

2. Volunteers that may or may not be members are guided on office procedures, hosting events, working the meat draws, providing input to entertainment activities.

3. Our Grounds personnel are all volunteers, our food prep volunteers hold Food Safe certification, our painting is done by volunteers, much of our kitchen laundry is done by volunteers, our follow up with ill and/or hospitalized seniors that we are aware of, are visited by volunteers. Most of our maintenance is handled by volunteers. Paid staff complete the night cleaning on a contract basis. The bartenders are also volunteers as well as the hosts that hold the weekly Coffee Club mornings every Wednesday at 0830 til 1100.

9. Provide details of how the grant funding will be used and a breakdown of expenses.

1. The flooring estimate is included with this application. The breakdown is on that sheet and its recommendations.

2. There are two estimates for the dividing wall. With the dividing wall there will be a necessary relocation of an electrical panel, possibly costing to \$5000.00 At this time we will not know that cost until the dividing wall will be put in place.

10. Provide information regarding revenues and fees that will be charged for the event or program (if applicable).

The revenues and fees will remain at the current stage; we do not anticipate a large increase because we have a positive complement of renters at this time and require the space just to hold our current level of programs and services.

11. Provide details regarding all other sources of funding for this project including financial contributions and any grants received, or applied for, from other sources, i.e. other municipalities, levels of government or service organizations.

We have not received any grants for this project. We have not applied for other grants for this particular project.

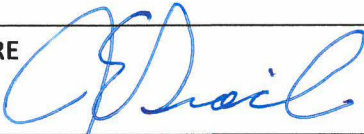
We anticipate some modest funding from our own resources, we have not applied for that at this time.

We have not received financial contributions from other sources.

Budget Information – please provide the following information as separate attachments:

- | | | |
|---|----------|-----|
| 12. Provide a copy of your organization's current year budget. | Attached | |
| 13. Provide a copy of your organization's latest financial statement. | Attached | |
| 14. Provide an annual report for your organization, if applicable. | Attached | N/A |

Applications received that are incomplete, that do not meet the criteria, or are received after the deadline will not be considered. Please check to ensure that you have provided all information and details as requested in this application prior to submission.

SIGNATURE 	DATE 26 August 2019
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Please submit your organization's completed application to:

Finance Department
Regional District of Nanaimo
6300 Hammond Bay Road, Nanaimo, BC V9T 6N2
Telephone: 250-390-4111 or toll free 1-877-607-4111, Fax: 250-390-6572
Email: inquiries@rdn.bc.ca

Please Note: The Regional District of Nanaimo is subject to the provisions of the *Freedom of Information and Protection of Privacy Act* and cannot guarantee that information provided can or will be held in confidence.

Subject: Stage/Office Flooring Quotation

From: "Norman Anderson"

<nanderson@abbafloorcoverings.com>

Date: 2019-08-22, 1:56 p.m.

To: <rclbr256@shaw.ca>

CC: "Bernie Plantz" <bplantz@abbafloorcoverings.com>, "Nicole Charity" <ncharity@abbafloorcoverings.com>

Attention: Corrine Stuart

Hi Corrine,

Further to my site visit Tuesday, the following is our quotation for the office, entry, service officer office and stage area flooring. I have priced product based on the Signature XP Luxury Vinyl Plank line which currently has a better price point than the plank installed in the lounge but affords the same warranty and wear qualities as the other product. As requested, I am providing a price for supply only vs supply and install. I strongly advise that you go with the installed price particularly because floor prep is a crucial part of the installation and the added security of an installation warranty. As per my discussion with Jim, the legion would be responsible for moving all furniture and equipment to facilitate the installation. If everything is cleared out of the space, installation should be 2 – 2 ½

days. I have provided separate pricing for us to remove and reinstall the existing wood baseboards. This does not include filling or paint touch-ups that may be required after.

Adhesive	Supply Only – 865 SF Signature XP LVP with \$ 2,462.10 plus GST & PST
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prep	Supply and Install above including floor \$ 4,948.50 plus GST only
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baseboards	Remove and reinstall wood \$ 160 plus GST
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I can arrange to drop off a sample book at your convenience. Should you have any questions or concerns, please do not hesitate to contact me at your earliest convenience.

Sincerely,

Norman Anderson

Contract Sales / Estimating

Abba Floorcoverings Ltd.

#10, 4376 Boban Dr, Nanaimo, BC V9T 6A7

E-mail: nanderson@abbafloorcoverings.com

Phone: (250) 758-5588 Ext. 107

Fax: (250) 758-5507

Mobile:(250) 228-9660



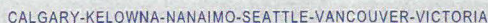
Attention: [REDACTED]

Project: _____

GST Taxxx Extra

*Terms and conditions on the reverse hereof, form an integral part of this quotation.

McGregor & Thompson Hardware LTD. WWW.MCGREGOR-THOMPSON.COM 1920 BOXWOOD ROAD, NANAIMO, BC V9S 5Y2



1.888.404.1411

TEL 250.729.7888

FAX 250.756.1160

ARCHITECTURAL HARDWARE - DOORS & FRAMES - TOILET PARTITIONS - LOCKERS - CONSTRUCTION SPECIALTIES

1. **Payment Terms:** The Purchaser will pay us in full all amounts due for the good or goods purchased hereunder (the "Goods") by the 30th of the month following the delivery date at our address on the face hereof or at such place as we may otherwise direct. Interest at 26.82% per annum, calculated and payable monthly, will be charged by us and paid by the Purchaser on all overdue accounts from the due date until payment is received in full. Time shall be of the essence of the terms of the order of Goods. We shall have no obligation to make further deliveries until overdue payments, with interest, have been made, and we reserve all other rights and remedies for non-payment. Purchaser agrees to any reasonable modification of delivery schedules made necessary by Purchaser's late payments, and Purchaser recognizes that the resulting delivery delay could reasonably be much longer than the late payment delay.
2. **Delivery:** Unless otherwise stated on the face hereof, all Goods will be shipped F.O.B. our place of business. Delivery of the Goods will be deemed to occur at the time when we voluntarily transfer possession of the Goods to the Purchaser or the Purchaser's agents (including any carrier or other bailee, whether named by the Purchaser or not), whichever comes first. The Purchaser agrees that the Goods will be and remain at the risk of the Purchaser from and after the delivery of the Goods to the Purchaser.

If this quotation is indicated as F.O.B. Jobsite on the face hereof, it is deemed to be truck tailgate one location and will not include delivery to a specific location within the jobsite or a specific floor or floors of the jobsite, unless specifically indicated on the face hereof.
3. **Reservation of Title:** Title to, property in and ownership of the Goods will remain with us until all amounts owing to us for the Goods have been paid in full.
4. **Acceptance:** The Purchaser will be deemed to have accepted the Goods on delivery.
5. **Claims:** Any claims for shortages, delays or damages occurring after delivery will be made by the Purchaser to the carrier directly, *with a copy of the claim delivered to us. Purchaser agrees to inspect each shipment immediately upon delivery. Any claims against us for failure to comply with specifications, defective work, or shortages in shipment, or for any other reason arising out of this Purchase Order, must be made in writing within 15 days after delivery of the Goods, otherwise any claims shall be deemed to be waived, and Purchaser shall be deemed to have accepted the Goods unconditionally.*
6. **Expiry of Quotation:** This quotation will expire on the "Quote Good Until" date indicated on the face hereof unless the Purchaser accepts this offer prior to that date.
7. **Installation:** Unless indicated otherwise on the face hereof, installation of the Goods is not included in this quotation. When installation is quoted it shall be carried out by **non-union** forces, unless specifically indicated.
8. **Temperature Rise Doors:** Unless indicated otherwise on the face hereof, temperature rise doors are not included in this quotation.
9. **Hollow Metal Products:** Unless indicated otherwise on the face hereof, hollow metal doors and frames are: a) fabricated from zinc coated steel and are not coated in primer; and (b) not drilled or tapped for surface hardware.
10. **Return Policy:** No Goods will be accepted for return or credit unless we give prior written consent.
11. **Warranty: NO EXPRESS OR WRITTEN WARRANTY IS APPLICABLE TO THE GOODS OR TO THIS PURCHASE ORDER. NO WARRANTY WILL BE IMPLIED.** All implied warranties whatsoever are hereby excluded, including but not limited to the warranty of merchantability, the warranty of fitness for a particular purpose, and any other implied warranty. The Purchaser hereby irrevocably waives any and all rights with respect to any implied terms or warranties under the provisions of the Sale of Goods Act or under any law or legislation of similar effect whether now or hereafter in effect. Without limitation, the Purchaser acknowledges and agrees that there are no written or implied conditions, warranties or guarantees whatsoever that the Goods are merchantable in any respect, are of a particular quality or condition, or fit for any particular purpose.
12. **Force Majeure:** We will not incur any liability whatsoever for any delay or failure to deliver the Goods or for any delay or failure to perform any of our obligations hereunder by reason of transportation delays, strikes, lockouts, accidents, riots, war, acts of nature or other causes beyond our control.
13. **Limitation of Liability:** Our liability is limited to the repair or replacement of defective Goods to the extent provided in the manufacturer's warranty, if any. We will not be liable for any personal injuries (including death) to any person or for any other loss or damage, either direct, indirect or consequential, whether to the property into which the Goods are installed or to any other property, whether or not caused or contributed to by any defect in the Goods or by any other reason. Unless approved in writing prior to work being preformed all backcharges shall be denied. McGregor and Thompson reserves right to review and remedy all backcharges.
14. **Assignment:** The Purchaser may not assign or transfer this quotation or any rights or benefits thereof, in whole or in part, without our prior written consent, which consent may be arbitrarily withheld.
15. **Credit Approval:** All of our obligations created hereunder are subject to approval by our Credit Department.
16. **Right to Rescind:** We reserve the right to rescind this quotation at any time prior to the formal acceptance of it by the Purchaser.
17. **Holdback:** Unless indicated otherwise on the face hereof, this quotation is supply only and is not subject to a Holdback.
18. **Tax changes:** In the event of a tax change these changes shall be passed along at the new rate in effect, at time of invoice. Seller is not responsible for taxes payable on Exported goods.
19. **FSC/ LEED Certification:** Not included, unless specified.
20. **Bonding:** Unless indicated otherwise, the cost of bonding is not included in this quotation.

McGregor & Thompson Hardware LTD. WWW.MCGREGOR-THOMPSON.COM 1920 BOXWOOD ROAD, NANAIMO, BC V9S 5Y2



CALGARY-KELOWNA-NANAIMO-SEATTLE-VANCOUVER-VICTORIA

1.888.404.1411

TEL 250.729.7888

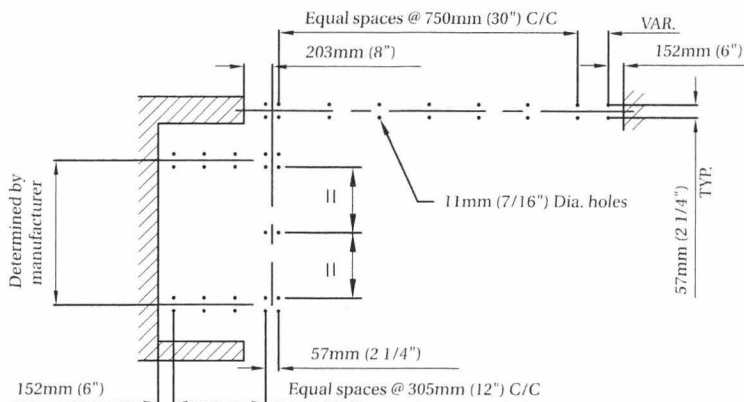
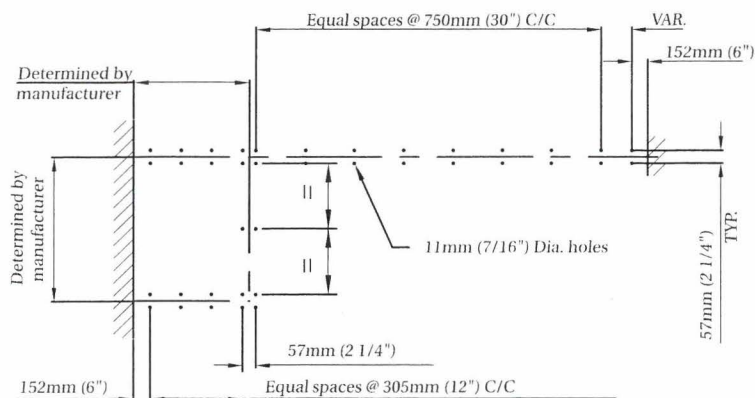
FAX 250.756.1160

ARCHITECTURAL HARDWARE - DOORS & FRAMES - TOILET PARTITIONS - LOCKERS - CONSTRUCTION SPECIALTIES

AVAILABLE STC: 43, 47, 49, 50, 52, 53, 54

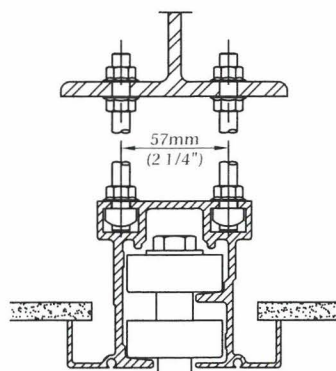
CORFLEX

TYPICAL HANGER ROD LAYOUT

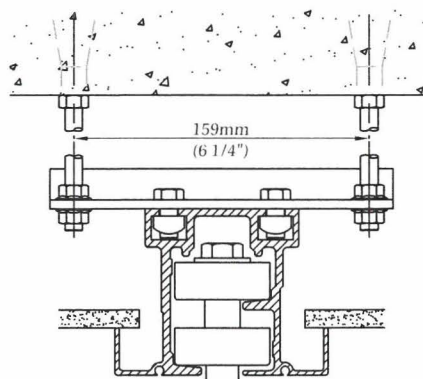


TRACK AND HANGING DETAILS

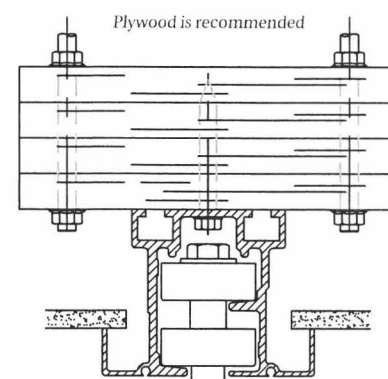
STEEL BEAM



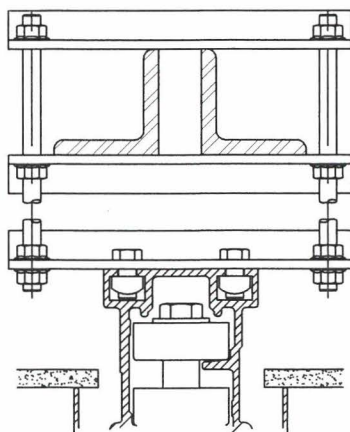
CONCRETE SLAB



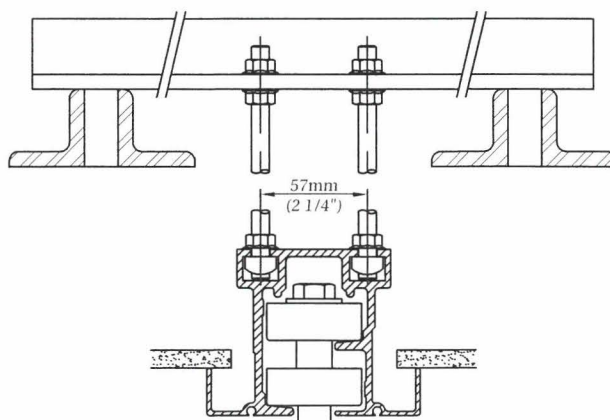
WOODEN BEAM



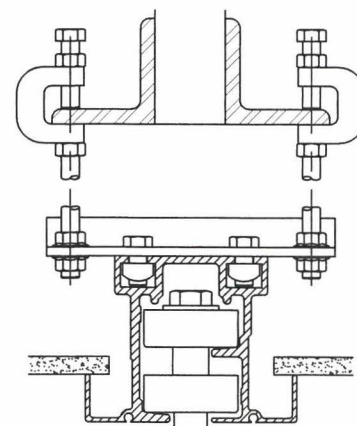
CENTERED ON ONE JOIST



BETWEEN TWO JOISTS



C-CLAMPS ON JOIST



OPERABLE PARTITIONS

CORFLEX

5600 SERIES - OMNIDIRECTIONAL
AVAILABLE STC: 43, 47, 49, 50, 52, 53, 54

INDIVIDUAL PANELS

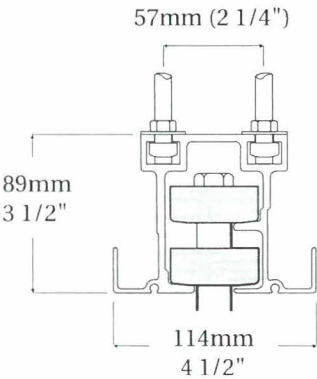
SERIES 5600							
STC	43	47	49	50	52	53	54
KG PER M ²	30,0	34,2	43,1	48,9	56,0	58,0	58,0
LB PER FT ²	6,1	7,0	8,8	10,0	11,4	11,9	11,9

TRACKS AND SUSPENSIONS

#26 TRACK SYSTEM

Individual panels

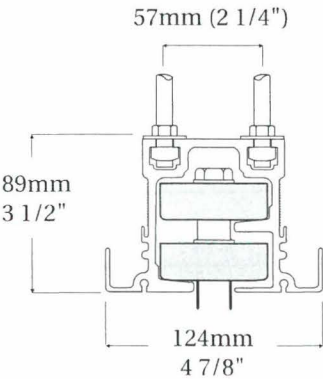
Maximum load per panel:
227 kg (500 lb)



#36 TRACK SYSTEM

Individual panels

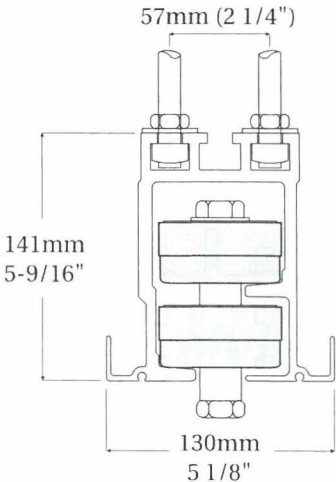
Maximum load per panel:
455 kg (1,000 lb)



#57 TRACK SYSTEM

Individual panels

Maximum load per panel:
682 kg (1,500 lb)

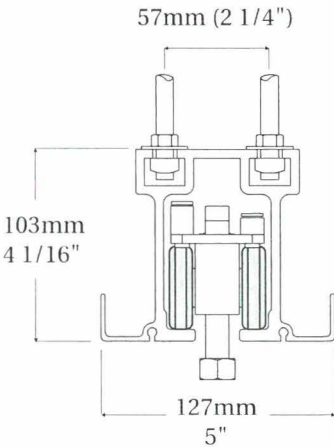


CURVED TRACKS AND CARRIERS

#28 TRACK SYSTEM

Individual panels

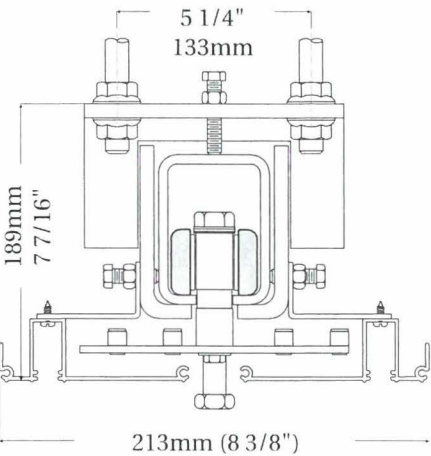
Maximum load per panel:
545 kg (1,200 lb)



#11 TRACK SYSTEM

Individual panels

Steel
Maximum load per panel:
1,364 kg (3,000 lb)



OPERABLE PARTITIONS

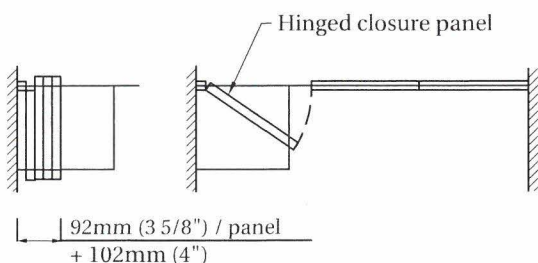
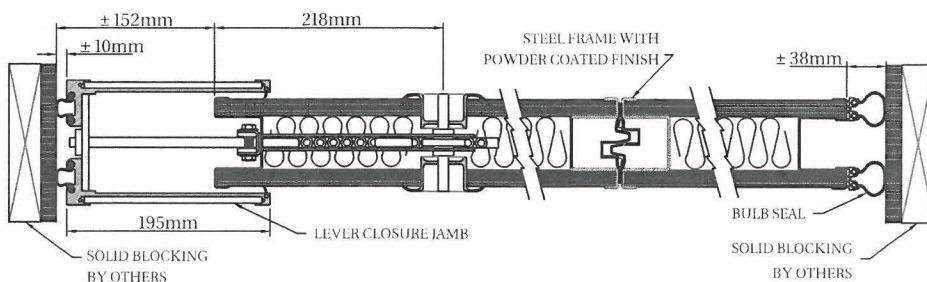
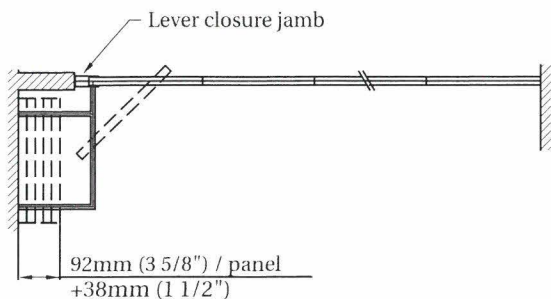
5600 SERIES - OMNIDIRECTIONAL

AVAILABLE STC: 43, 47, 49, 50, 52, 53, 54

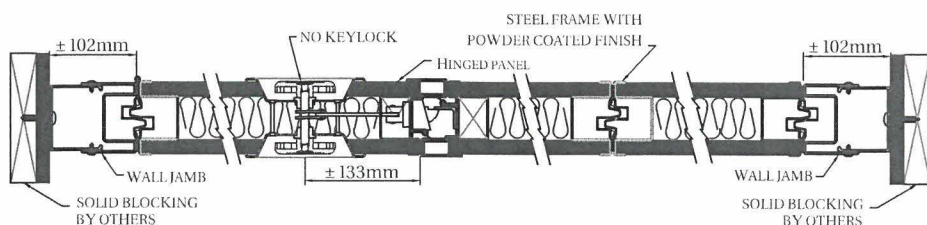
CORFLEX

CLOSURE OPTIONS

EXPANDABLE PANEL CLOSURE



HINGED PANEL CLOSURE



LAYOUT OPTIONS

STACK FORMULAS

Max. panel width
1220mm (48")

TYPE I POCKET DOOR

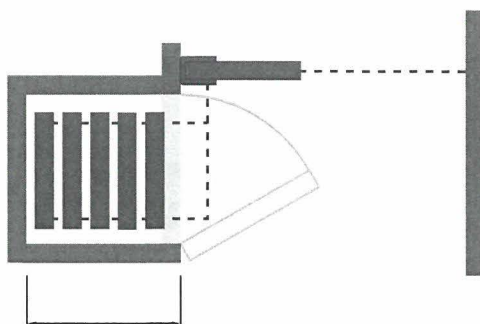
Pocket width =
panel width + 400mm (15 3/4")

TYPE I ACOUSTICAL POCKET DOOR

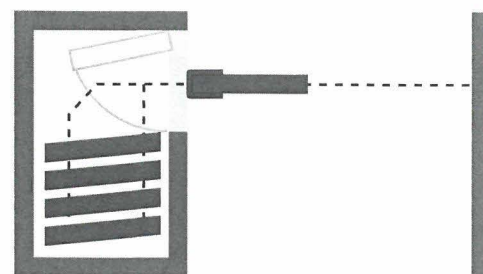
Pocket door width =
762mm (30")



92mm (3 5/8") per panel
+38mm (1 1/2")



Stack +
203mm (8")



OPERABLE PARTITIONS

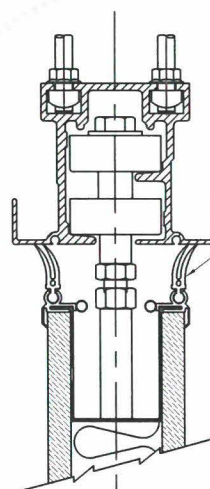
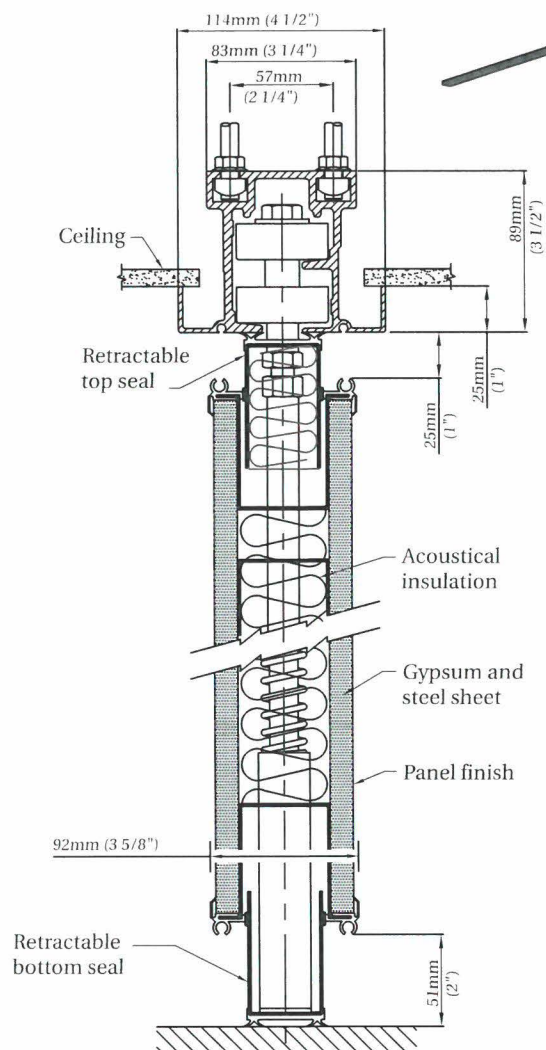
5600 SERIES - OMNIDIRECTIONAL

AVAILABLE STC: 43, 47, 49, 50, 52, 53, 54

CORFLEX

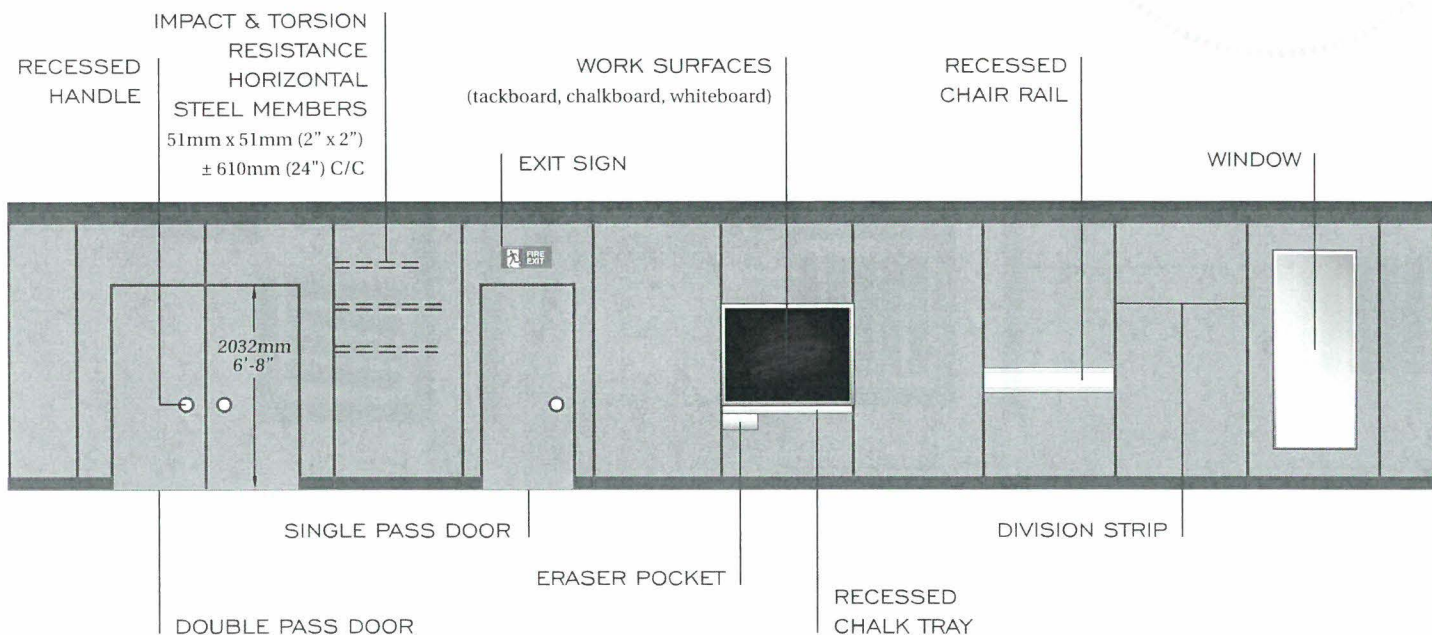
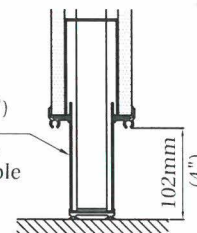
FEATURES

- Manual operation
- Steel frames available in: beige, grey or black
- Retractable seals at top and bottom of panels
- No floor track



Vinyl sweep seals available

102mm (4") bottom retractable seal available



WESTRO Construction Imports Ltd.

6233 Groveland Drive, Nanaimo BC, V9V1B1

www.Westro.ca

Sales@Westro.ca

Quotation 510

For Legion attn;

Date 10/06/2019

After contact with the room divider supplier i have the following information
the project involves 2 dividers each 39' and 7.5" wide

They didn't export their project into BC therefor I have asked them for 2 small samples
The production time is aproximatley 25 days , ready for delivery
shipping to vancouver is generally 18 days

the panels are connected through a male-female stip with an accoustic sealing strip
between each panel.

The panels in the middle of the hall will be aproc 3' 3 5/8" (metric 1000 millimeters)
and 9' 8" tall (2950 millimeters)

The panels in front of the podium will be 2' wide and 9' 8" tall . There is not enough space
between the podium edge and the supporting beam to go any wider.

The original quote I got for the divider was based on a hollow panel without any added
sound insulation, these panels are 2.55" thick and have no significant sound insulation
the price for the 2 panels , installed is \$19400 + GST

The panels with a sound insulation value of 35 db, are 2.95" thick
This means that produced sound at one side of the wall is reduced by 35 DB on the other side
For example a coctail party at one end producing about 75 db will reduce to 40 db which is
an equivalent of a quiet office.

the price for the 2 panels with an STC value of 35 db , installed is \$24830 + GST

the price for the 2 panels with an STC value of 50 db, installed is \$26600 + GST

STC is the reduced sound reduction in decibells

The weight of one one panel is about 60 KG. The thickness of the stack in the middle of the
room is 36"

Kind regards

Westro Construction Imports

Edwin van Duist

250.327.3696

ROYAL CANADIAN LEGION #256
INCOME STATEMENT
FOR THE YEAR TO DATE - JULY 2019

		Month			Year to Date			Prior	Period #	Annual Budget
		<u>Actual</u>	<u>Budget</u>	<u>Variance</u>	<u>Actual</u>	<u>Budget</u>	<u>Variance</u>	<u>Year to Date 2018</u>		
LOUNGE	- Revenue	4,856.66		4,856.66	43,564.30	37,916.67	-5,647.63	36,458.15	7	65,000.00
	- Purchases	-2,201.81		-2,201.81	-17,406.28	-17,500.00	-34,906.28	-14,753.30		-30,000.00
	Gross profit	2,654.85		2,654.85	26,158.02	20,416.67	46,574.69	21,704.85		35,000.00
	- Other Lounge expenses	-882.58		882.58	-4,072.65	0.00	4,072.65	-5,693.57		0.00
	NET LOUNGE REVENUE	1,772.27		1,772.27	22,085.37	20,416.67	42,502.04	16,011.28		35,000.00
OTHER REVENUE										
	Dues	110.00	1,666.67	-1,556.67	3,884.23	11,666.67	-7,782.44	6,949.52		20,000.00
	Rent	2,163.57	2,500.00	-336.43	29,324.04	17,500.00	11,824.04	23,012.38		30,000.00
	Legion Events	0.00	250.00	-250.00	3,540.00	1,750.00	1,790.00	58.57		3,000.00
	Special Events/Catering	0.00	1,666.67	-1,666.67	6,386.15	11,666.67	-5,280.52	8,812.54		20,000.00
	Entertainment	0.00	833.33	-833.33	900.00	5,833.33	-4,933.33	9,423.55		10,000.00
	Pull Tab	376.50	416.67	-40.17	1,274.00	2,916.67	-1,642.67	2,443.50		5,000.00
	Regalia	84.82	0.00	84.82	545.06	0.00	545.06	686.84		0.00
	Grants	0.00	0.00	0.00	25,000.00	0.00	25,000.00	25,000.00		0.00
	Other	3,032.96	2,666.67	366.29	17,288.23	18,666.67	-1,378.44	4,537.69		32,000.00
TOTAL OTHER REVENUE		5,767.85	10,000.00	-4,232.15	88,141.71	70,000.00	18,141.71	80,924.59		120,000.00
EXPENSES										
	Kitchen	370.33	166.67	-203.66	3,129.07	1,166.67	-1,962.40	2,007.40		2,000.00
	Legion Events	826.01	250.00	-576.01	4,400.21	1,750.00	-2,650.21	3,530.46		3,000.00
	Special Events/Catering	182.89	1,083.33	900.44	9,076.85	7,583.33	-1,493.52	5,741.70		13,000.00
	Entertainment	112.38	0.00	-112.38	2,935.01	0.00	-2,935.01	3,472.40		0.00
	Pull Tab Expense	0.00	166.67	166.67	317.00	1,166.67	849.67	2,654.34		2,000.00
	Per Capita Expense	140.39	1,166.67	1,026.28	5,917.58	8,166.67	2,249.09	6,108.55		14,000.00
	Regalia Expense (H&A)	90.20	0.00	0.00	3,224.28	0.00	-3,224.28	1,441.86		0.00
	Administration	9,264.75	9,203.33	-61.42	76,708.69	64,423.33	-12,285.36	71,583.90		110,440.00
TOTAL EXPENSES		10,986.95	12,036.67	1,139.92	105,708.69	84,256.67	-21,452.02	96,540.61		144,440.00
NET INCOME (LOSS)		<u>(\$3,446.83)</u>	<u>(\$2,036.67)</u>	<u>(\$1,410.16)</u>	<u>\$4,518.39</u>	<u>\$6,160.00</u>	<u>(\$1,641.61)</u>	<u>\$395.26</u>		<u>\$ 10,560.00</u>

**Royal Canadian Legion 256 - Operating
Income Statement 07/01/2019 to 07/31/2019**

REVENUE

REVENUE

Draught Beer	2,241.15	
Liquor	381.74	
Bottled Beer	724.57	
Wine	669.86	
Canteen Supplies	398.98	
Coolers / Ciders	250.66	
Litter	189.70	
Lounge Total		4,856.66
Dues		110.00
Interest Income		18.67
Rental Income		2,163.57
Legion Events		-2,100.00
Entertainment		0.00
PST Commission		53.91
Other Income		3,302.76
Donation		200.00
Food Sales (Kitchen)		1,557.62
Regalia		84.82
Pull Tab Sales		376.50
TOTAL REVENUE		10,624.51

TOTAL REVENUE

10,624.51

EXPENSE

LOUNGE EXPENSES

Draught Beer	959.09
Liquor	97.06
Bottled Beer	320.19
Wine	259.49
Canteen Supplies	328.19
Coolers/Ciders	115.99
Litter	121.80
Lounge Expenses - Food	266.48
Lounge Expenses - Other	107.64
President's Tab	8.58
Volunteer's Tab	93.47
Supplies	0.00
Cash O/S	-1.80
Spillage	68.21
Repair and Maintenance - Bar	340.00
TOTAL LOUNGE EXPENSES	3,084.39

EVENT EXPENSES

Catering	182.89
Entertainment	112.38
Legion Event	216.26
Finders Keepers	550.00
Legion Bucks	59.75

**Royal Canadian Legion 256 - Operating
Income Statement 07/01/2019 to 07/31/2019**

TOTAL EVENT EXPENSES	1,121.28
PULL TAB EXPENSES	
Pull Tab Cost	0.00
Pull Tab Payout	0.00
Pull Tab Cash O/S	0.00
TOTAL PULL TAB EXPENSES	0.00
CAPITAL PROJECT EXPENS...	
R&M	545.69
Mural Expense	2,180.93
TOTAL CAPITAL PROJECT ...	2,726.62
KITCHEN EXPENSES	
Kitchen Expenses	170.24
Kitchen - Repairs & Mtc.	200.09
TOTAL KITCHEN EXPENSES	370.33
ADMINISTRATIVE EXPENSES	
Meetings	0.00
Conventions/Training	0.00
Rental Expense	0.00
Per Capita	140.39
Advertising	0.00
Donation	0.00
Gas	107.31
Hydro	1,196.48
Insurance	632.09
Janitor	1,805.87
Licenses & Fees	0.00
Travel	0.00
Office	202.48
Postage	0.00
Miscellaneous	0.00
R&M	599.00
Taxes	0.00
Telephone	838.16
Regalia	90.20
Accounting	253.75
SOCAN	0.00
Supplies	0.00
Interac & Bank Charges	680.10
Garbage	0.00
Security	222.89
Water & Sewer	0.00
TOTAL ADMINISTRATIVE EX...	6,768.72
TOTAL EXPENSE	14,071.34
NET INCOME	-3,446.83

Royal Canadian Legion 256 - Operating Comparative Income Statement

	Actual 01/01/2019 to 07/31/2019	Actual 01/01/2018 to 07/31/2018
REVENUE		
REVENUE		
Draught Beer	19,776.64	17,338.40
Liquor	4,035.89	2,370.39
Bottled Beer	5,590.46	4,247.99
Wine	7,279.69	6,260.68
Canteen Supplies	3,878.73	3,416.47
Coolers / Ciders	1,995.43	2,216.12
Litter	1,007.46	608.10
Lounge Total	43,564.30	36,458.15
Dues	3,884.23	6,949.52
Interest Income	169.55	37.63
Rental Income	29,324.04	23,012.38
Legion Events	3,540.00	58.57
Entertainment	900.00	9,423.55
PST Commission	314.43	210.82
Other Income	30,825.44	29,289.24
Donation	200.00	0.00
Mural Donation	773.10	0.00
Mural Events	450.00	0.00
Food Sales (Kitchen)	9,555.71	0.00
Regalia	545.06	686.84
Catering	6,386.15	8,812.54
Pull Tab Sales	1,274.00	2,443.50
TOTAL REVENUE	131,706.01	117,382.74
TOTAL REVENUE	131,706.01	117,382.74
EXPENSE		
LOUNGE EXPENSES		
Draught Beer	7,917.88	6,645.46
Liquor	627.95	600.84
Bottled Beer	2,642.23	2,006.66
Wine	2,732.97	2,488.70
Canteen Supplies	1,418.51	1,356.22
Coolers/Ciders	1,012.79	1,095.49
Licenses & Fees	7.20	1,615.00
Litter	1,053.95	559.93
Lounge Expenses - Food	266.48	0.00
Lounge Expenses - Other	962.96	0.00
Entertainment	300.00	484.56
President's Tab	94.22	104.85
Volunteer's Tab	967.51	463.39
Supplies	280.52	150.76
Cash O/S	-234.22	216.51
Spillage	283.32	348.03
Repair and Maintenance - Bar	1,144.66	2,310.47
TOTAL LOUNGE EXPENSES	21,478.93	20,446.87

Royal Canadian Legion 256 - Operating Comparative Income Statement

	Actual 01/01/2019 to 07/31/2019	Actual 01/01/2018 to 07/31/2018
EVENT EXPENSES		
Catering	9,076.85	5,741.70
Entertainment	2,935.01	3,472.40
Legion Event	1,447.78	1,501.41
Finders Keepers	2,430.00	1,525.00
Legion Bucks	522.43	504.05
TOTAL EVENT EXPENSES	16,412.07	12,744.56
PULL TAB EXPENSES		
Pull Tab Cost	0.00	883.34
Pull Tab Payout	0.00	1,771.00
Pull Tab Cash O/S	317.00	0.00
TOTAL PULL TAB EXPENSES	317.00	2,654.34
CAPITAL PROJECT EXPENS...		
R&M	1,901.25	732.89
Mural Expense	2,180.93	0.00
Special Projects Expenses	1,508.52	18,019.05
R&M Travel	114.40	141.50
TOTAL CAPITAL PROJECT ...	5,705.10	18,893.44
PAYROLL EXPENSES		
Wages	2,269.80	0.00
EI Expense	51.47	0.00
CPP Expense	63.73	0.00
TOTAL PAYROLL EXPENSES	2,385.00	0.00
KITCHEN EXPENSES		
Kitchen Expenses	2,771.98	1,425.49
Kitchen - Repairs & Mtc.	357.09	581.91
TOTAL KITCHEN EXPENSES	3,129.07	2,007.40
ADMINISTRATIVE EXPENSES		
Meetings	84.96	0.00
Conventions/Training	385.00	0.00
Rental Expense	0.00	0.00
Per Capita	5,917.58	6,108.55
Advertising	105.25	0.00
Donation	1,500.00	1,358.85
Gas	2,034.78	561.17
Hydro	7,800.55	8,432.70
Insurance	4,873.82	5,204.81
Janitor	13,144.74	9,775.54
Leasing - Copier	317.79	0.00
Licenses & Fees	50.00	135.00
Travel	249.20	1,371.98
Office	4,865.92	2,759.83
Postage	41.15	293.00
Miscellaneous	120.00	0.00

Royal Canadian Legion 256 - Operating Comparative Income Statement

	Actual 01/01/2019 to 07/31/2019	Actual 01/01/2018 to 07/31/2018
Promo	13.51	0.00
R&M	7,521.57	3,523.43
Taxes	10,193.15	9,276.04
Telephone	3,467.51	1,138.00
Regalia	3,224.28	1,441.86
Accounting	4,146.25	3,742.50
SOCAN	70.98	74.72
Supplies	1,125.88	742.02
Interac & Bank Charges	2,166.13	1,169.48
Garbage	949.85	840.00
Security	2,183.54	1,287.54
Water & Sewer	1,207.06	1,003.85
TOTAL ADMINISTRATIVE EX...	77,760.45	60,240.87
TOTAL EXPENSE	127,187.62	116,987.48
NET INCOME	4,518.39	395.26

ROYAL CANADIAN LEGION #256
BALANCE SHEET
FOR THE YEAR TO DATE - JULY 2019

	<u>2019</u>	<u>2018</u>
CURRENT ASSETS		
Cash and Bank	35,832.93 \$	51,895.24
Investments	63,445.33	63,047.93
Accounts Receivable	0.00	3.00
Inventory	8,259.50	6,835.70
Prepaid Expense	785.70	832.02
Total Current Assets	<u>108,323.46</u>	<u>122,613.89</u>
FIXED ASSETS - Net	237,040.79	185,014.31
TOTAL ASSETS	<u><u>\$ 345,364.25</u></u>	<u><u>\$ 307,628.20</u></u>
CURRENT LIABILITIES		
Accounts payable	\$ 3,500.72	\$ 2,014.34
Prepaid dues	1,582.40	1,582.40
Total Current Liabilities	<u>5,083.12</u>	<u>3,596.74</u>
EQUITY		
Balance at beginning of year	335,762.74	303,636.20
Net income (loss) for the period	4,518.39	395.26
Prior Year Adjustment	0.00	0.00
Equity at the end of the period	<u>340,281.13</u>	<u>304,031.46</u>
TOTAL LIABILITIES AND EQUITY	<u><u>\$ 345,364.25</u></u>	<u><u>\$ 307,628.20</u></u>

Royal Canadian Legion 256 - Operating Comparative Balance Sheet

	As at 07/31/2019	As at 07/31/2018
ASSET		
CURRENT ASSETS		
ATM	3,820.00	0.00
TD Canada Trust 5214586 Mur...	1,060.76	0.00
TD Canada Trust 0802244 Op...	46,197.24	50,619.01
Cash Float	1,650.00	1,500.00
Interac Clearing	-17,895.07	-223.77
Petty Cash - Wendy Forth	1,000.00	0.00
Other Receivable	0.00	3.00
Short Term Investment	63,445.33	63,047.93
Accrued Interest Receivable	0.00	0.00
Cash - Total	99,278.26	114,946.17
Inventory - Pull Tab	1,035.27	719.57
Draft Beer	2,739.52	1,329.18
Bottle Beer	923.53	718.36
Liquor	2,128.69	2,208.64
Canteen Supplies	483.17	691.66
Wine	546.61	636.81
Coolers/ Cider	402.71	531.48
Inventory Total	7,224.23	6,116.13
Prepaid Expenses	785.70	832.02
Due to/from Keno	0.00	0.00
TOTAL CURRENT ASSETS	108,323.46	122,613.89
CAPITAL ASSETS		
Computer	2,691.06	0.00
Net - Computer	2,691.06	0.00
Land	5,382.00	5,382.00
Building	362,106.61	362,106.61
A/A - Building	-290,000.23	-286,205.16
Net - Building	72,106.38	75,901.45
Building Improvements	163,340.28	107,212.02
A/A - Building Improvements	-13,436.91	-7,487.16
Net - Building Improvements	149,903.37	99,724.86
Furniture	127,739.06	127,739.06
A/A - Furniture	-126,422.78	-126,093.71
Net - Furniture	1,316.28	1,645.35
Office Equipment	32,847.38	32,847.38
A/A - Office Equipment	-31,857.56	-31,610.11
Net - Office Equipment	989.82	1,237.27
Lounge Equipment	93,593.04	92,997.05
A/A - Lounge Equipment	-92,210.68	-91,873.67
Net - Lounge Equipment	1,382.36	1,123.38
Kitchen Equipment	3,269.52	0.00
A/A - Kitchen Equipment	0.00	0.00
Net - Kitchen Equipment	3,269.52	0.00
TOTAL CAPITAL ASSETS	237,040.79	185,014.31
TOTAL ASSET	345,364.25	307,628.20

Royal Canadian Legion 256 - Operating Comparative Balance Sheet

	As at 07/31/2019	As at 07/31/2018
LIABILITY		
CURRENT LIABILITIES		
Other Account Payables	0.00	0.00
PST Payable	472.63	376.44
SOCAN	371.18	125.62
Rental Deposits	3,190.00	1,800.00
Total Trade Payables	4,033.81	2,302.06
GST Collected	583.43	321.55
GST Paid - 5%	-1,116.52	-609.27
GST Owing (Refund)	-533.09	-287.72
Prepaid Dues	1,582.40	1,582.40
TOTAL CURRENT LIABILITIES	5,083.12	3,596.74
TOTAL LIABILITY	5,083.12	3,596.74
EQUITY		
EARNINGS		
Membership Equity	335,762.74	303,636.20
Current Earnings	4,518.39	395.26
TOTAL EARNINGS	340,281.13	304,031.46
TOTAL EQUITY	340,281.13	304,031.46
LIABILITIES AND EQUITY	345,364.25	307,628.20

VETERANS AND SENIORS COMMITTEE

14 JANUARY 2019

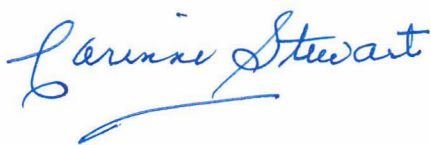
1. Discussion took place with Island Health representatives regarding the rental of spaces within the Legion for the free Health and Wellness programs offered by the Health Authority. The initial contact leading to this connection was a direct result of our Veterans and Seniors Committee attachment to the Seniors Connect initiative in the City of Nanaimo.
2. Members of our group continue to meet regularly with the Seniors Connect team at the downtown library on the second Wednesday of the month, in the afternoon, every second month.
3. The committee, along with the Legion rentals coordinator, have posted a calendar of events proposed by Island Health. All subjects will be noted and also the time and location within our facility. This information will be posted in the foyer by the lounge and the lobby at the main entrance.
4. This contract is the first one and will run until April, 2019.
5. These "low budget" programs fit in the discussion series held at the Town Hall meeting last September by both professional and community representatives.
6. Our "outreach" programs fit in well with the community as we are now building services for our members and veterans with our offering of the Foot Care Clinic on premises with a qualified foot care nurse.
7. One area we have been approached to consider, as our Legion becomes more busy, is the issue of transportation: wheels to meals? With our 'light suppers' now available on certain days, it might be of interest to members no longer able to drive that would like to socialize and eat with others.
8. Do we wish to think about bringing in social support professionals for a workshop/seminar one day? RCMP to discuss theft, fraud, safe driving, etc. Fire fighter to educate on a safe home; hearing impaired technical advice; vision assistance; Health care, etc.



Veterans and Seniors Committee Report

March 14, 2019

1. The Chair continues to meet with members of the Seniors Connect initiative at the downtown library every month.
2. The Chair also attended the meeting the end of February of the Senior Task Force, held at Nanaimo Family Life. This meeting dealt with the issue of transportation for seniors and the disabled, etc. as well as community "meeting" spaces for seniors and the disabled who no longer drive and are unable to access transport to medical appointments or social occasions. This has an impact regarding social isolation.
3. We have the first session for the "Ride the Bus" series here at Branch #256 on Thursday, March 28th, 1000 in the lounge, til 12noon. The lesson itself will take place on the bus, which will come to our parking lot. The Regional Transit program is free to those who wish to learn how to safely and efficiently ride the bus once the driver's license is no longer available. Our first session has been fully booked and we will be taking names for a wait list for April. We recommend individuals contact 250 760 0301
4. Our Foot Care nurse will be here again on Tuesday, March 19th; names are taken in the office for this service. Veterans may qualify for this professional attention via the VA; others pay privately. There are two openings left for next Tuesday, the 19th. This service is private and confidential.
5. This committee is in contact with the office of the Seniors Advocate in Victoria and we are now reviewing a document: "GOING IT ALONE: A SCOPING REVIEW OF UNBEFRIENDED OLDER ADULTS". (Chamberlain, Baik, Estabrooks) This is why our regular "coffee group" is important and perhaps we could reach out to those members unable to get here for that social event. Volunteer callers are needed for this activity.
6. The next Veterans Luncheon will be in the lounge, Wednesday, March 27th, at noon.
7. We will further meet with Karen Lindsay, City of Nanaimo Emergency Services, re this Committee's request to consider a "comfort" or "warming" centre at our location for our seniors and veterans and to include residents of the community in times of crisis/disasters, etc.





Royal Canadian Legion – Branch # 256 Mount Benson
1630 Wellington Road East, Nanaimo BC
V9S 5P8 250 754 8128
rclbr256@shaw.ca

Regional District Community Grants program: included: Branch #256 Budget

Dear Sirs: this is an addendum to our application for a Community Grant.

Because of a change in volunteer personnel over the past weeks, we were unable to attach this budget item to our request.

We do regret this inconvenience and wish to submit this information to be reviewed with our original documents.

We thank you in advance for your consideration.

Corinne Stewart

ROYAL CANADIAN LEGION BRANCH 256

REVENUE 2018

PROPOSED 2019

LOUNGE TOTAL	\$81,496.41	\$135,000.00
DUES	\$18,447.08	\$22,000.00
INTEREST INCOME	\$171.10	\$500.00
RENTAL INCOME	\$41,518.24	\$75,000.00
LEGION EVENTS	\$1,650.94	\$5,000.00
ENTERTAINMENT	\$19,284.51	\$35,000.00
PST COMMISION	\$434.24	\$600.00
OTHER INCOME	\$29,734.24	\$45,000.00
FOOD SALES	\$147.00	\$2,500.00
REGALIA	\$1,882.08	\$3,500.00
CATERING	\$20,820.53	\$60,000.00
PULL TAB SALES	\$4,227.00	\$7,500.00
TOTAL REVENUE	<u>\$219,813.37</u>	<u>\$391,600.00</u>

EXPENSE

BAR	\$37,244.07	\$60,000.00
CATERING	\$12,728.85	\$25,000.00
ENTERTAINMENT	\$10,080.37	\$15,000.00
LEGION EVENTS	\$2,781.18	\$4,000.00
FINDERS KEEPERS	\$2,300.00	\$4,500.00
PULL TAB	\$3,640.06	\$5,000.00
CAPITAL PROJECT	\$1,487.89	\$25,000.00
KITCHEN EXPENSE	\$3,557.11	\$5,000.00
ADVERTISING	\$844.70	\$7,500.00
PER CAPITA	\$14,741.17	\$16,000.00
CONVENTION /TRAINING	\$4,147.16	\$4,000.00
DONATIONS	\$1,358.85	\$3,000.00
NATURAL GAS	\$870.30	\$1,100.00
HYDRO	\$14,670.80	\$8,000.00
INSURANCE	\$7,374.81	\$8,200.00
JANITOR	\$17,134.08	\$20,000.00
COPIER LEASING	\$317.79	\$2,000.00
LICENCE AND FEES	\$145.00	\$1,500.00
TRAVEL	\$2,030.93	\$2,400.00
OFFICE	\$3,789.95	\$4,500.00
PHONE /CABLE	\$2,521.52	\$3,500.00
TAXES	\$9,276.04	\$10,200.00
REGALIA	\$2,952.63	\$3,500.00
REPAIR AND MAIN.	\$4,114.40	\$24,000.00
ACCOUNTING	\$5,247.50	\$7,500.00
INTERAC & BANK	\$2,354.85	\$3,000.00
GARBAGE	\$1,446.00	\$2,000.00

SECURITY	\$2,464.95	\$3,500.00
WATER AND SEWER	\$1,678.29	\$2,500.00
SUPPLIES	\$946.40	\$1,500.00
SOCAN	\$133.89	\$300.00
MISC.	\$1,251.72	\$3,500.00
LEGION BUCKS	\$840.39	\$1,500.00
TOTAL EXPENSE	<u>\$176,473.65</u>	<u>\$288,200.00</u>
NET INCOME	<u>\$43,339.72</u>	<u>\$103,400.00</u>
PROJECTED LABOUR COST		\$30,000.00
BALANCE		<u>\$73,400.00</u>



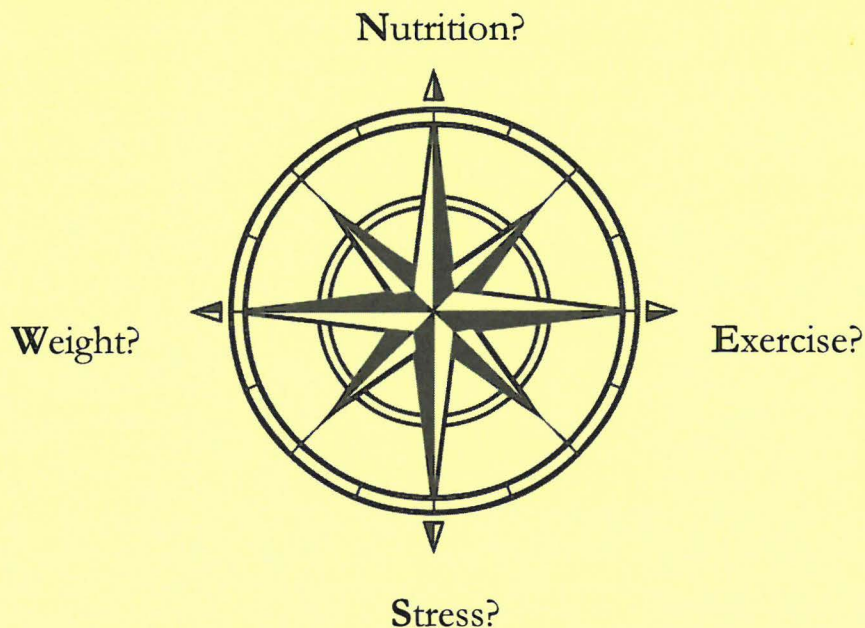
NANAIMO COMMUNITY HEALTH SERVICES

HEALTH AND WELLNESS PROGRAMS – 2019

PHONE: **250-739-5849**

E-MAIL: HCC.NHCC-ADMIN@VIHA.CA

IT'S ABOUT WHAT MATTERS TO YOU



**If you want to attend any of these FREE programs please call
us at the above number**

HEALTH & WELLNESS PROGRAMS

Welcome to Nanaimo Community Health Services

We are delivering health care services that rely on the client to be a partner in their own health in a respectful, safe place. The purpose of our health and wellness programs is to provide you with behavioral, lifestyle and change management support, community resources and collaboration to support self-management of your chronic conditions. All sessions are facilitated by various healthcare professionals and embrace Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). It's about "What Matters to You", not "What is the Matter with You?". Sessions delivered at various venues in Nanaimo.

HEALTHY LIFESTYLE ORIENTATION:

Join us for an orientation session to services provided by Nanaimo Community Health. This session is available for anyone living with a chronic condition (e.g. insomnia, fatigue, chronic pain, obesity) who is interested in learning more about the free resources listed in this directory that can support self-management of health and wellness and improve quality of life. Discussion is held during this session around what is a chronic condition, what it's like to live with a chronic condition and what is self-management.

1.5 hour session

NB. If you attend either of the following 4 chronic condition sessions and/or are an existing client, you do not need to attend the above.



CHRONIC CONDITION SESSIONS:

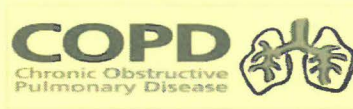
These information, education and discussion sessions will enable you to make the best decisions for your health. **These are two-hour themed sessions:**



Pre-diabetes 101: Have you heard of/have been told you are at risk of pre-diabetes/ have a family history of diabetes? Topics discussed include lab work, medications, nutrition, physical activity, weight, stress and how to decrease your risk of developing diabetes.

Stroke Prevention and Management: Are you living with/or at risk of stroke or TIA? Learn what these are, the difference between them and what to do if you think you or a loved one may be having one. More importantly, learn about prevention.

Managing Your Kidney Health: Do you have reduced kidney function or are you at risk of developing this? Topics discussed include kidney health, nutrition, medications, lab work and further resources.



COPD 101: Have you been diagnosed with chronic obstructive pulmonary disease (COPD) or have a history of smoking and may be at risk of developing this condition? Topics discussed include COPD overview, symptoms, medications, exacerbation/flare up management, physical activity, smoking, emotional health and home health monitoring.

HOME HEALTH MONITORING:

This service is to support people living with heart failure, COPD and/or diabetes to manage their conditions from the comfort of their home. There is no cost for this service. Tools are provided to help you manage your health conditions: blood pressure monitor, weight scale, pulse oximeter. Talk with your clinician to access this resource.

ADDITIONAL SESSIONS (REQUIRES REFERRAL):

LIVING WELL WITH COPD PROGRAM (LWWCOPD)

This program helps you adopt healthy lifestyle changes which help improve management of COPD (Chronic Obstructive Pulmonary Disease). The topics include physiology of COPD, exercise, nutrition, breathing, energy conservation, medications and stress management. Facilitated by Respiratory Therapists.

LIVING WELL WITH HEART FAILURE

You will learn how to live well with heart failure. Topics discussed include heart failure overview, medications, symptom management, salt and fluid intake, emotional health and home health monitoring. Facilitated by Heart Function Nurse Clinician.

Talk with your clinician about accessing the above two resources at NRGH

LIFESTYLE SESSIONS:

HEART MATTERS

Are you living with heart disease or have had a heart event (heart attack, open heart surgery, angina or angioplasty/stent) or at risk (high blood pressure, abnormal cholesterol, abnormal blood sugar, overweight, smoking history, inactivity or stress)? Topics discussed include heart function, causes of heart disease, risk factor reduction, lifestyle management, medications/complementary medicine, stress, emotions and coping and talk with the Doc session. After attending week 1, participants can choose to attend the rest of the sessions at any point.
2 hours for 4 weeks

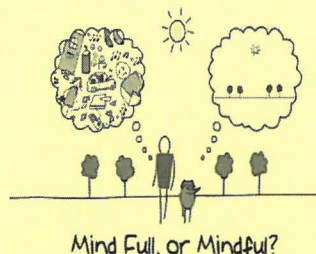
CRAVING CHANGE™

This program is a "how-to-guide for changing your relationship with food". Understand WHY we eat the way we do. Learn about the many roles that food plays in our lives and how to modify our eating behaviours. Explore practical strategies to deal with cravings and emotional eating. Discussion held around food related habits and how to create a healthier relationship with food using skills provided in this program. A comprehensive workbook is supplied.
2 hours for 4 weeks

WHAT MATTERS TO YOU?

If you feel stuck, are unable to make the changes you want, are tired of struggling and feeling frustrated then let's work together to identify your core values, what motivates you and how you can deal with your thinking and emotions that sabotage your best efforts. Learn to live life with awareness: taking conscious action open to experience and fully engage in whatever you are doing or trying to change.
2 hours for 4 weeks

PERHAPS FIGURING OUT
WHAT MATTERS MOST
MATTERS MOST



STRESS MANAGEMENT AND RELAXATION TECHNIQUES

Scientific studies have shown that psychological stress may worsen the symptoms of almost every known medical condition. If you want to lower your stress level in a matter of minutes, there are techniques you can learn that are all relatively fast-acting. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relax! You deserve it, it's good for you, and it takes less time than you think.
2 hours for 4 weeks



EASE THE PAIN SELF-MANAGEMENT SUPPORT GROUP

Are you looking for a group that brings people together who are living with chronic pain? This group provides an opportunity for people to discuss personal experiences and feelings, coping strategies, community resources and treatment options, in order to gain a sense of empowerment, control and hope and support living well with pain.
2 hours once a month

SLEEP WELL

Sleeping pills don't cure insomnia because they don't treat the root causes of insomnia. Consequently, if insomniacs rely on sleeping pills, their sleep may improve while they take medication, but insomnia will usually return if they stop taking the medication or the medication can stop working, thereby sustaining the cycle of insomnia and sleeping pills. Research is showing just how important a good night's sleep is to our overall health and well-being. Join us in this program to find out what your external causes of insomnia are and **learn** to Sleep Well again.

2 hours for 4 weeks



NB. Achieving and maintaining a healthy weight consists of safe movement of the body, healthy nutrition and an awareness of our mind. All of the Health and Wellness programs provide education and support to achieve an overall healthy lifestyle, which in turn supports weight management.

ADVANCE CARE PLANNING:

Advance care planning is the process of thinking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. **This is a two part education session. We recommend you attend both sessions.**

Session One: Introduction to advance care planning: the what, why, when, where, who, and how. **2 hours**

Session Two: Making your wishes known: step by step instructions on completing advance care planning. **2 hours**

NUTRITION SESSIONS:

Appropriate for anyone wanting to learn the basics about healthy nutrition for the first time or for those that need a refresher. Bring your questions and food labels for great discussion. ***There are four, two-hour themed sessions to choose from:***

SKINNY ON FATS AND SODIUM

Overview of heart healthy eating provided. Discussion around how to modify nutritional intake to lower blood cholesterol, triglycerides and blood pressure. Review of "healthy fats" and "unhealthy fats" and how to reduce total dietary fat. Discuss which foods are high in sodium and how to reduce sodium intake to a healthy level.

CARBOHYDRATES AND BLOOD SUGARS

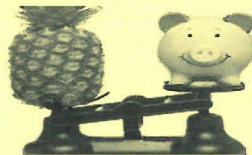
Discusses the impact that carbohydrate and other nutrients have on blood sugar control. Learn about the types of carbohydrate in foods to include sugars, starch and fibre and which foods contain these. Learn practical ways to achieve a nutritional intake that is optimal for blood sugar control. Explore glycemic index and how you can use it to control blood sugars, hunger, cravings and mood.

ANTI-INFLAMMATORY EATING FOR CHRONIC CONDITIONS

Inflammation is thought to be one of the underlying factors contributing to many chronic conditions. Are there any foods shown to help reduce inflammation within our bodies? Learn about the components of anti-inflammatory eating to include glycemic index, anti-oxidant containing foods, plant proteins and dietary fats. Learn practical ways to achieve a nutritional intake that is optimal for heart disease, diabetes, chronic pain and many other medical conditions.

HEALTHY EATING ON A BUDGET

Are you wondering how to get the most out of your food dollar? Not sure how to achieve a healthy balanced meal on a budget? Learn about healthy affordable foods and meal planning on a budget. Practical tips will be provided on grocery shopping budgeting, cooking for families or cooking for one to two people. Overview provided of Nanaimo specific resources for achieving healthy eating on a budget.



PHYSICAL ACTIVITY SESSIONS:

Are you in need of increasing your activity, strength and/or balance? Attend a group exercise orientation session with an exercise specialist to discuss your suitability of the following sessions:

MAINTAINING INDEPENDENCE THROUGH EXERCISE

Are you concerned about your ability to manage everyday activities such as safely walking in the community, rising from a chair, or reaching into cupboards? Inactivity, age or illness can all have a negative effect on balance, strength, endurance and flexibility. In time this can impact the physical ability needed to perform these everyday activities. Thankfully, most people will benefit from structured exercise which in turn will strengthen independence and quality of life. Come and try this class! The focus is to appropriately exercise to improve strength, flexibility and balance. The goal of the class is to help you maintain your independence as you age and work within your health concerns and needs. This class has a social aspect as well, so come and give it a try! Working at your own pace and ability is key in this course. We have Level 1 and 2 options, and developing a Level 3.

STRETCH, BALANCE AND BREATHE

Are you looking for a class that incorporates gentle yoga inspired moves, breathing and stretches to increase your flexibility while moving your body safely? The stretch, balance and breathe class uses chair and standing poses and positions; moving in a slow and relaxed manner to help you relax, stretch and listen to your body. Progressions are given for those familiar with this type of exercise and modifications applied for health concerns, tight muscles and beginners – so everyone feels safe and can work with their body slowly and gently.

EXERCISE CLASS FOR PARKINSON'S

Have you been diagnosed with Parkinson's and want to take a class to assist in movement and balance exercises that have been shown to help? This class has a balance, movement, and voice section as well as boxing and strength components. Come and join us!

CIRCUIT TRAINING

Are you looking for an intermediate exercise program? Come and try this cardio, core, strength and flexibility circuit class. The exercise specialist has developed complete interval workouts that are rotated to keep this class fun and interesting. It is a 'work at your own pace' class that works on all areas of fitness and ends with a great stretch in a chair. You need to have an orientation before starting the class – then you will have great form and tips to make this a fabulous workout for you.

DANCE FITNESS

Are you able to be on your feet for 50 minutes and like line dancing (all types of music)? Come attend a class that teaches you 2 routines per day, have fun learning and practicing, then the next week you learn 2 more!

All physical activity sessions are free for 16 weeks

SEPTEMBER 2019 Island Health

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OCTOBER 2019

NOTE: ~~BRIDGE~~ WED EVE THURS 1-4pm

SUN	MON	TUE	WED	THU	FRI	SAT
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13	<p>Thanksgiving Day Columbus Day (USA) 14</p>	<p>9-4 15</p> <p>HALL</p> <p>Ivette</p>	<p>9-4 16</p> <p>HALL</p> <p>Ivette</p>	<p>9-12 17</p> <p>HALL</p> <p>Ivette</p> <p>(BRIDGE 1-4) H</p>	18	19
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HEALTH

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