

Kent Street Activity Centre

Enhancement and Expansion

July 2022



KSAC Enhancement and Expansion – July 2022

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1. Executive Summary

Since 1973, the Kent Street Activity Centre (KSAC) has provided recreational, social, educational, and cultural programs and activities for the senior population (55+) of the White Rock community.

In that same period, the population of White Rock more than doubled, from 10,300 to 22,000, of which 31% are over age 65. An expansion of the building in 1991 increased the square footage by 33%; a second upgrade in 2014 did not increase the overall space of the Centre.

KSAC and its staff are the “umbrella” and support systems under which 18 Activity Groups operate. Each group is volunteer-led and self-funded via fees set and charged over and above those relating to membership of KSAC. Each group is responsible for the costs and upkeep and replacement of equipment, sometimes with assistance from the Kent Street Senior Society (KSSS).

KSSS is the fundraising arm of the KSAC membership and has raised over \$500,000 since its inception. The funds have enabled KSAC to offer more programs and services for seniors in the White Rock community. They have also funded upgrades to the Kent Street coffee shop, the purchase of an accessible picnic table, an outdoor table-tennis table, and new kitchen appliances.

KSAC provides a full slate of programs and activities seven days a week, including dancing, bridge, snooker, table tennis, fitness and yoga classes, health and wellness workshops, and a very successful frozen-meals program. In partnership with the BRELLE Community Services Society and volunteers, KSAC also delivers *Fresh & Lively*, an outreach luncheon and entertainment for isolated seniors. This program has been a welcomed social occasion for many seniors in the White Rock community and is regarded as a significant contribution to their mental well-being.

In summary, the Kent Street Activity Centre is a unique organization that delivers invaluable recreational and cultural programs and social services to the White Rock community. The camaraderie and cooperation across our groups, coupled with the long-standing rapport between staff and members, have created an ambiance and a level of volunteerism that is priceless.

The combination of COVID-driven health requirements and the physical constraints of the building are severely limiting our ability to deliver our programs. We believe it is therefore critical to expand the Kent Street Activity Centre to meet the demographic realities and growing needs of the White Rock community in the 21st century. The KSAC and KSSS members are excited and ready to leverage that expansion to revitalize their dedication and enjoyment as they move forward to deliver their programs.

We ask the White Rock Council to approve our request for a Needs Assessment for the expansion of the Kent Street Activity Centre and refer it to staff for action. The Kent Street Seniors’ Society is prepared to share some of the cost of the study. We estimate the cost of a Needs Assessment to be approximately \$25,000.

2. Past History

2.1 1973 through 2006

The Kent Street Activity Centre (KSAC) opened in 1973 as a 6,000 sq. ft. multi-use facility. In 1991, thanks to funding by the City of White Rock plus others, it was expanded to 8,000 sq. ft. The north and south ends of the building were increased, adding office space, a larger lobby, a reception area, an enlarged classroom, and a new combined staff room and computer lab. A 2005 expansion, funded by the Kent Street Seniors' Society (KSSS) and a generous legacy from former chairperson Archie Carnahan, added a storage room for use in the auditorium and stage area.

2.2 2007 through 2009

In 2007, plans were prepared to enlarge the kitchen and coffee shop, add additional classroom space, and make necessary building-code updates. Unanimous approval was given, conditional upon funding of \$459,000 (2007 dollars) to be received from multiple public and private sources. It was found that there was no room to grow on the east side and there would be extensive building-code updates required in any other direction. Funding became problematic, and the project was put on hold.

A Facility Master Plan prepared by Stantec consultants on behalf of White Rock relegated KSAC to “backburner” status, with only necessary repairs or safety measures to be carried out. A delegation from the KSAC Executive Committee protested to the White Rock City Council, and the KSAC was reinstated into the 5-year Budget Plan.

2.3 2010 through 2014

In 2010, KSAC was encouraged to apply for Federal Funding. The application was successful and resulted in the installation of the elevator, ramps, and renovations to the roof and heating/air conditioning systems, thereby greatly improving accessibility and safety for the seniors.

At the same time, the long-awaited expansion and upgrading of the kitchen was undertaken, using a combination of funds from KSSS and a legacy from the late Katsumi Sugita, a former cooking class participant, totaling \$157,000.

The kitchen expanded into the dressing-room space alongside the auditorium stage, which meant that there was no overall gain of space. The kitchen gained, but the auditorium lost.

Unfortunately, due to the expense of updating the building to current-code requirements (accessibility, health and safety, electrical, etc.), the seating and serving areas of the coffee shop remain unchanged to this day.

3. Present Situation

The historical timeline of the Kent Street Activity Centre outlined in Section 2 leads to one conclusion: there have been no expansions or extensions since 2014.

At the same time, there has been a rapid and steady growth in the White Rock density and population. In addition, the population of senior citizens is showing a clear upward trend:

- “44% of White Rock’s population is 60 + years of age, most in the 65 -69 age group”¹;
- “The average age of residents is 56.6, 14 years above the B.C. average of 42.2 years”¹

As further outlined in the CHASI report of 2021-2022:

- “Although residents, particularly those who frequent the **Kent Street Activity Centre**, expressed how much they missed recreation and culture activities during the pandemic, there was great appreciation for the diverse recreational programming offered to seniors. ... They did, however, identify a need for more recreational and cultural space, with one resident expressing, “We need a new building for sure. Any other community would have that. You know, a building for seniors’ activities. And this is White Rock, where we should be an example for seniors”.²
- “... the unmet need for space to conduct these recreation and culture activities. Older adults accessing programs and services in White Rock, as well as program providers alike, expressed concerns about the lack of space to conduct activities. One program provider shared, “the only real problem is the lack of spaces, well physical space, to do activities”, citing a recent example where an event registered 300 attendees but only 220 could attend due to lack of space.”³

In spite of this real lack of space, the Centre Staff and Activity Groups continue to deliver important cultural and social programs and services to the White Rock community. For example, over the course of two weeks in May 2022, the Kent Street Players Theatre Group delivered two public performances at Kent Street and three performances at senior residences to over 300 seniors.

The Kent Street Activity Centre is not just bricks-and-mortar; it is much more. It is people, volunteering their time, dedication, and energy, combined with a long-standing rapport between staff and members, who have created a remarkable environment and level of service that is unique. KSAC has reached a critical stage, where its ability to provide community services is threatened, and expansion is essential to continue to deliver those services in the 21st century.

¹ University of Fraser Valley CHASI Report 2022, page 27

² CHASI Report 2022, page 40

³ CHASI Report 2022, page 46

4. Future Opportunities

We have conducted a self-assessment of our needs and have classified them into the following six categories:

4.1 Building Expansion

We believe there is space on site for a thoughtfully designed and constructed expansion that would integrate with the surrounding neighbourhood:

- A 2-storey above-ground addition on the west side; and
- A single-storey extension/addition to the south side.

We recognize and are committed to the principle that any expansion of the Centre will stay within the existing footprint of the building and parking area.

4.2 Kitchen and Coffee Shop

One of the cornerstones of KSAC is the kitchen and coffee shop. It is a major revenue source in our fund raising efforts, and its expansion and upgrade remain as one of our long-term goals.

When fully operational, the coffee shop is the **only** White Rock facility equipped and able to provide affordable and nutritious meals to seniors five days per week. It also runs a successful frozen-meals program several mornings per week.

The coffee shop seating area (on the second floor) could be expanded eastward with cantilevered construction supported on pillars. This would improve air circulation and ventilation on the east wall, while additional windows would provide a more pleasing aesthetic from the street.

4.3 Snooker Room

- Bring it above ground, light and airy, well ventilated;
- Bring playing area and tables up to the standards recognized and required for inter-municipal and provincial levels of competition; and

This will allow for mixed-gender friendly and league competition with other nearby Senior Centres (Langley, Newton, Surrey, and Richmond).

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4.4 Performing Arts Group and Computer Club

- For the Auditorium and Stage:
 - Centralized control of lighting systems;
 - Improved audio-visual systems, to allow for community presentations of films and documentaries;
 - Changes rooms for the performers and access to washrooms;
 - Better accessibility to the stage with steps or ramps; and
 - Expanded use of the classroom or library area for events not requiring the full stage (play reading and rehearsals), so as to relieve pressure on some of the major facilities (auditorium and stage).

- For the Computer Club (the largest Activity Group at KSAC):
 - A larger computer/monitor; and
 - A dedicated classroom for senior computer training and education (the computer lab is currently shared with the staff lunchroom).

4.5 Reorganization and Reassignment

- Reassign some of the lower floors for storage or similar use; and
- Improve and expand the common areas such as corridors and lobby-waiting areas.

The expansions and enhancements outlined above will bring benefits across multiple categories; we summarized them as follows:

4.6 Benefits Summary

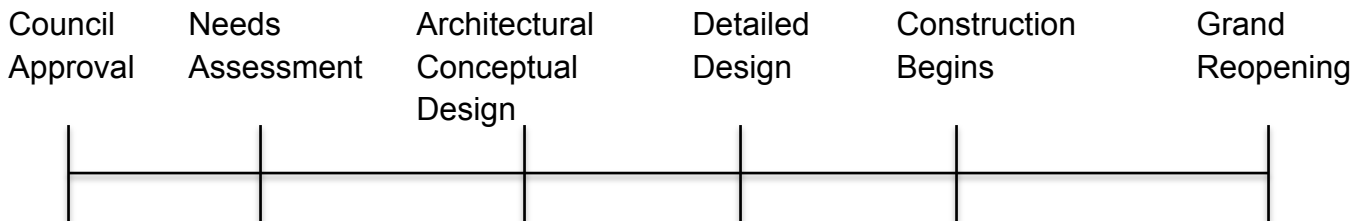
Need	Benefit						
	Accessibility	Admin Space	Environmental	Health & Safety	Social Connection	Structural	Technology
Building Expansion	✓	✓	✓	✓	✓	✓	✓
Kitchen & Coffee Shop	✓		✓	✓	✓		
Snooker Room	✓		✓	✓	✓		
Performing Arts	✓			✓	✓		✓
Computer Club				✓			✓
Reorganization & Reassignment	✓	✓		✓			

5. Next Steps: Council Approval and Needs Assessment

In [Section 3, Present Situation](#), we said “*there have been no major capital expenditures on upgrades or extensions to the Centre since 2014.*” As a result, the Kent Street Activity Centre building has become inadequate to meet the growing demands of the White Rock community for programs that meet their needs; it is bursting at the seams. The building permits and current construction activity visible in White Rock will only increase population density and demand.

We believe that these demands will further increase in the future as the “*pig in the python*” demographic bulge of our seniors push the system and our recreational and social services to the breaking point. The year 2010 was a demographic milestone; it was the year when the first baby boomers turned 65 and began to retire. Current census estimates are that by 2025, *all baby boomers will be age 65 and older*, and, thanks to improved health care, *those boomers will live longer*. And, as many have said, “*their 50 is not your Grandma’s 50; they want activity and social interaction and engagement.*”

We understand that any enhancement and expansion project will involve multiple steps:



At each step, we are prepared to initiate and share in a joint fundraising campaign to raise the funds necessary to proceed.

To confirm and validate our self-assessment, we would like to engage an outside consulting firm to conduct a Needs Assessment study for White Rock. Over the years, successive White Rock City Councils have found the will to make substantial and significant changes to KSAC when growth and circumstances have warranted the expenditures. We believe current and future circumstances and trends have created such a moment.

We ask the White Rock Council to approve our request for a Needs Assessment for the expansion of the Kent Street Activity Centre, and refer it to staff for action under a cost-sharing formula. We estimate the cost of a Needs Assessment to be approximately \$25,000.

Respectfully submitted on July 11, 2022, on behalf of the Kent Street Activity Centre and the Kent Street Seniors’ Society.

Thank you.

6. Fulfillment Of The CHASI Wellness and Connectedness 2022 Report

In 2021-2022, the White Rock City Council, the Recreation and Culture Department, and the Semiahmoo Seniors Planning Table engaged the University of the Fraser Valley Community Health And Social Innovation Hub (CHASI) to “*explore the strengths and limitations of White Rock’s wellness programming for older adults, with the principal goal being to effectively support population health and experiences of wellness for older residents during and beyond the pandemic*”.⁴

The CHASI report provided a detailed set of recommendations, of which the following are directly relevant to the Kent Street Activity Centre:

- “*Space is a significant challenge for both the provision of affordable housing and recreational activities. Consider expanding the size of recreational and cultural spaces to augment physical, social, cognitive, and emotional wellness.*”⁵
- “*Develop strategies to connect disconnected, or otherwise isolated older adults, to relational, emotional, physical, and cognitive wellness programming, particularly for those who are needing home and community-based care.*”⁵
- “*Working within public health recommendations, consider expanding recreational and cultural programming to address pre-pandemic wellness needs that residents have identified.*”⁶

We believe the enhancements and expansions proposed in our submission will meet or exceed these CHASI recommendations. In Section 7, we cross-reference and correlate our enhancements and expansions to the [White Rock Strategic Plan of 2017](#).

⁴ CHASI Report 2022, page 5

⁵ CHASI Report 2022, page 48
July 05, 2022

7. Fulfillment Of The White Rock Strategic Plan 2017

In 2017, the White Rock Strategic Plan of 2017 laid out a clear set of goals and objectives that frame the role of the City’s Recreation and Culture Department and Parks Department in providing overarching benefits to the community.

We quote from the Plan:

- *“The City of White Rock’s draft vision for the future, developed through the Imagine White Rock 2045 - Official Community Plan Update process, states that it aspires to be a “beautiful, distinctive and engaged community of people from all walks of life who choose to live, work and play in White Rock.” The provision of ... recreation amenities is a critical success factor for achieving this vision. Recreation programs, services, and facilities ... create opportunities for social interaction; improving health and wellness; and creating a high quality of life for all.”⁶*
- *“Request space for arts and cultural activities in all future Municipal recreation building projects”⁷*

We believe the enhancements and expansions proposed in our submission will meet or exceed the Plan’s stated objectives and provide the reasons to move forward and generate the benefits as outlined in the Plan.

Objective	Description	KSAC Enhancements & Expansion
1.2	Support community arts and culture as outlined in the Cultural Strategic Plan and through recreation facilities.	4.4 Auditorium and Stage
2.1	Develop inclusive, multi-functional and multigenerational facilities and spaces providing they meet demonstrated needs of White Rock residents.	4.2 Kitchen and Coffee Shop 4.4 Auditorium and Stage 4.5 Reorganization and Reassignment
2.2	Provide a diversity of programs to serve a wide range of ages and abilities, intergenerational opportunities, and more diverse interests.	4.2 Kitchen and Coffee Shop 4.4 Auditorium and Stage 4.5 Reorganization and Reassignment
2.3	Provide high quality services that are accessible, inclusive and barrier-free (i.e. for all ages, abilities, and lifestyles).	4.2 Kitchen and Coffee Shop 4.4 Auditorium and Stage 4.5 Reorganization and Reassignment

⁶ City of White Rock Master Plan 2017, page 1

⁷ City of White Rock Master Plan 2017, page 72
July 05, 2022

8. Activity Groups and Fundraising

8.1 KSAC Activity Groups

Activity Group	Chairperson	Members
Afternoon Cards (Canasta, Crib, & Whist)	Lynn DeLaBarre	45
Carpet Bowling	Moira Smethurst David Porter	31
Computer Club	Doug Pawson	181
Contract Bridge:		
• Sunday	Margaret Cooke	47
• Tuesday	Betty Curtis	66
• Friday Afternoon	Leslie Fraser	60
• Friday Evening	Orest Kubrak	25
Dance	Derek Chadwick	80
Dinner Dances	Derek Chadwick	105
Duplicate Bridge	Bob Zoltok	55
Fun Bridge		63
Kent Street Choristers	Jeni Thom	56
Kent Street Players	Carol Monaghan	22
Peninsula Woodcarvers	Bruce Kleeburger	23
Sing Along	Jaqui Joys	60
Snooker	Craig Curtis	70
Stitch & Chat	Helen Barclay	6
Table Tennis	June Stuart	46
Overall KSAC Membership for 2022		1,041

In addition, many of the activity groups put on their own special events to give back to the community, either as a fundraiser or entertainment to be enjoyed by Centre members and the community, including:

- Bridge tournaments;
- Cribbage tournaments;
- Theatre performances; and
- Choir performances.

Limited space at KSAC has reduced the number of people who can attend these events. Groups are often forced to hold their events at other locations; the Kent Street Choristers had to hold their spring and Christmas performances at a local church due to space constraints in the KSAC auditorium.

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8.2 KSSS Fundraising

The Kent Street Seniors Society is the fundraising arm of the Centre and is staffed entirely by volunteers. Each year, they organize special fundraising events, and all monies raised are used to provide more programs, services, and equipment to better meet the needs and interests of the seniors. Events include:

- Book and Bake Sale;
- Fashion show;
- Strawberry Tea; and
- Spring Plant Sale.

The turnout to these fundraisers is large, but there is only one space to hold these community events - the auditorium -, which is shared with the Activity Groups, recreational and cultural programs, and rentals.

Increased event space will allow the KSSS volunteers to put on more fundraising events, thereby raising more dollars that will go directly to support the social and cultural needs of more seniors in the White Rock community.

8.3 Recreational and Cultural Programs and Activities

Throughout the year, the Kent Street Activity Centre offers a wide variety of registered fitness, Zumba, yoga, dance classes, computer classes, health and wellness workshops and more. All programs are planned and coordinated by the KSAC Programmer and must use the same limited shared spaces in the facility as the Activity Groups.

More space would increase the number of programs and contribute more revenue to the facility and more importantly, increase opportunities for the White Rock community to become engaged in healthy recreational and social activities.

8.4 Rentals

There is very limited time/space available for rentals by non-profit groups and businesses in the community. Any increased space will provide give these groups much-needed meeting space during the week and in turn, increase revenue for KSAC.

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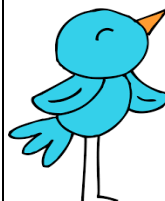

9. KSAC Spring 2022 Activity Group Calendar

<p>adults 55+ <i>Kent Street Membership Activities Schedule</i></p>	<p>Programs are held at the Kent Street Activity Centre (1475 Kent Street) unless otherwise indicated.</p>
 <p>Kent Street Activity Centre 1475 Kent Street</p>	<p>WRCC = White Rock Community Centre 15154 Russell Avenue CPLC = Centennial Park Leisure Centre 14600 North Bluff Road SSS = Semiahmoo Secondary School 1785 148 Street, Room 9</p>

Membership Activities Schedule *At a Glance*

Spring 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am—4:30pm Snooker	8:30am—4:30pm Snooker	8:30am—4:30pm Snooker	8:30am—4:30pm Snooker	8:30am—4:30pm Snooker	9:00am—1:00pm Snooker	1:00—4:00pm Contract Bridge
7:15—9:15pm Table Tennis	9:30—11:30am Choristers (returns in Sept)	10:00am—12:00pm Carpet Bowling	1:00—3:15pm Thursday Afternoon Cards (Crib, Whist & Canasta)	10:00am—12:00pm Carpet Bowling	11:00am—2:00pm Table Tennis	
	1:00—3:30pm Contract Bridge @ WRCC	12:30—2:30pm Computer Club (returns in Sept)		12:30—2:30pm Fresh & Lively Luncheons May 6, 20 June 3, 17	Holiday Closures May 23 - Victoria Day	Volunteer at KSAC Volunteers are a vital link to success of Kent Street Activity Centre. Get involved and be active in your Centre! Opportunities include coffee shop, computer instructors, mini-bus drivers, fundraisers and special event help. Call 604-541-2231 for more information.
	2:00—3:30pm Sing Along	1:00—3:30pm Fun Bridge		1:00—3:00pm Stitch and Chat (ends June 17)		
	6:00—9:00pm Woodcarving @ SSS (ends June 13)	1:00—4:00pm Duplicate Bridge @ CPLC		1:00—4:00pm Bridge @ WRCC		
		2:45—4:15pm Table Tennis		2:30—4:30pm Kent Street Players (returns in Sept)		
		6:00—9:30pm Snooker		7:00—9:30pm Partner's Bridge @ CPLC		
		7:00—9:30pm Wednesday Dance				
 <p>Kent Street Coffee Shop (Upstairs at 1475 Kent Street)</p> <p>9:30am to 1:30pm, Monday to Friday.</p> <ul style="list-style-type: none"> delicious homemade cuisine hot specials soup and sandwiches baked goods 			<p>Frozen Meal Sales Monday—Wednesday (No sales Thursday & Friday)</p> <p>10:00am—1:00pm</p> <p>While quantities last. No pre-orders. Bring your own bag. Cash Only.</p>			


* Schedule subject to change. Call 604-541-2231 or visit the Kent Street Activity Centre (1475 Kent Street) for details. Not sure about membership? Give KSAC a test drive with a 3-visit guest pass! Ask for your free guest pass on your first visit and see what we are all about (whiterockcity.ca/recreation)

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9. KSAC Spring 2022 Activity Group Calendar (continued)

<p style="font-size: 1.2em; margin: 0;">adults 55+ <i>Kent Street Membership Activities Schedule</i></p>  <p style="margin: 0;">Kent Street Activity Centre <i>1475 Kent Street</i></p>	<p>Programs are held at the Kent Street Activity Centre (1475 Kent Street) unless otherwise indicated.</p> <p>WRCC = White Rock Community Centre 15154 Russell Avenue</p> <p>CPLC = Centennial Park Leisure Centre 14600 North Bluff Road</p> <p>SSS = Semiahmoo Secondary School 1785 148 Street, Woodshop</p>
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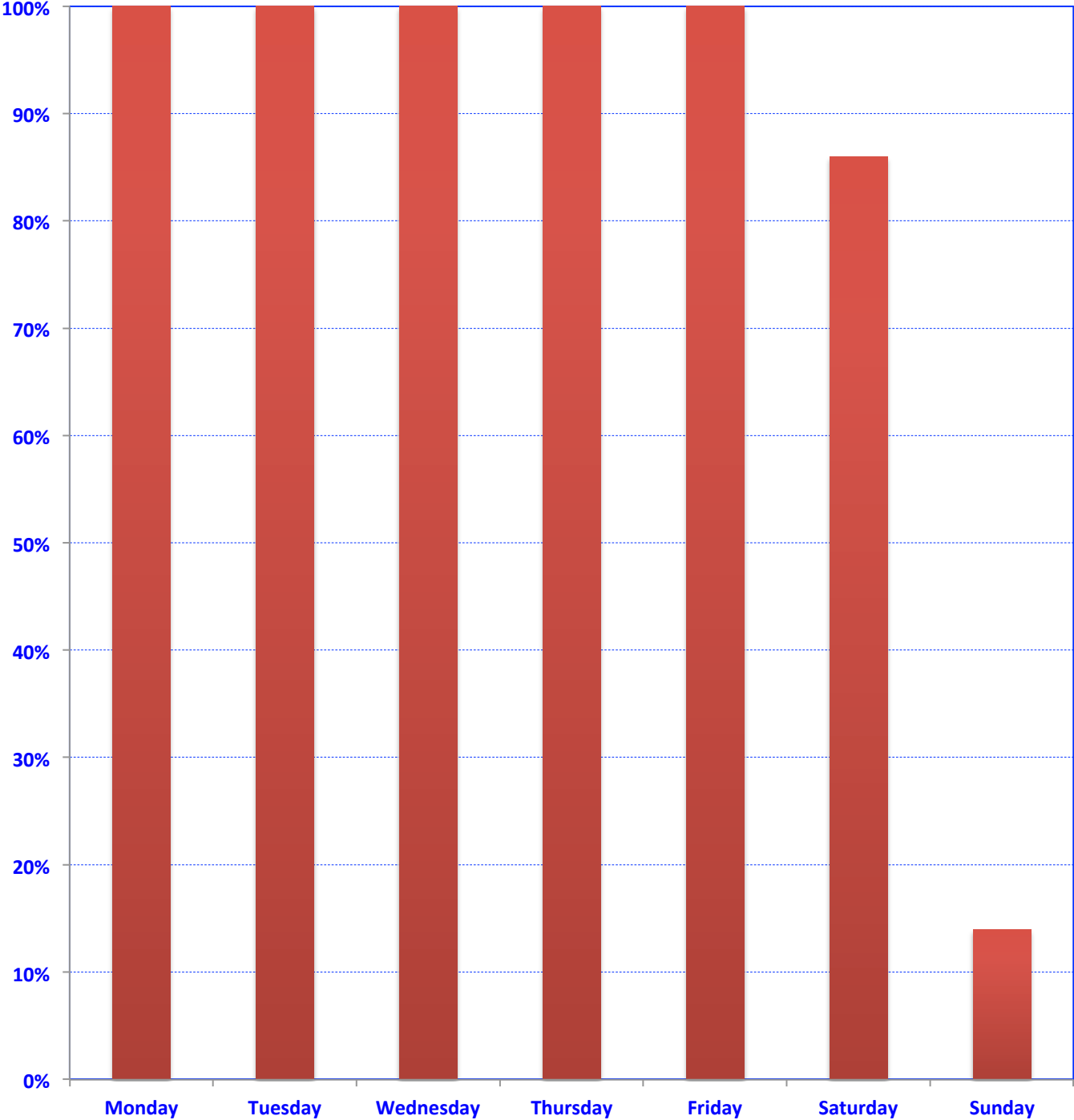
Services and Activities

Spring 2022 

<p>Why choose KSAC Membership?</p> <ul style="list-style-type: none"> The opportunity to participate in 17 different Activity Groups. Member pricing for all Kent Street Centre Special Events \$5 off any 55+ excursions Volunteer leadership opportunities in many Activity Groups 	<p>Brella Community Services Society provides information and support to help older adults with housing options, medical support, government assistance and abuse awareness. They will also be available to help complete forms for OAS, GIS & SAFER. Call 604 531-9400 to book an appointment.</p>	<p>Fresh & Lively Luncheons Join us for a delicious lunch and live entertainment 12:30-2:30pm. Advanced reservations will be required, contact Brella Community Services Society (formerly Come Share) 604-531-9400 ext.201 May 6, May 20, June 3, June 17</p>
<p>Games</p> <p>Contract Bridge For advanced players. Tuesdays 1:00—3:30pm \$2/afternoon <i>White Rock Community Centre</i> Fridays 1:00—4:00pm \$2/afternoon <i>White Rock Community Centre</i> Sunday 1:00—4:00pm \$2/afternoon <i>Kent Street Classroom</i></p> <p>Partners Contract Bridge Fridays 7:00—9:30pm \$2/evening <i>Centennial Park Leisure Centre Hall</i></p> <p>Duplicate Bridge (Unsanctioned) For serious bridge players. Wednesdays 1:00—4:00pm \$2/afternoon <i>Centennial Park Leisure Centre Hall</i></p> <p>Fun Bridge Join this group and meet new players. Wednesdays 1:00—3:30pm \$2/afternoon <i>Kent Street Classroom</i></p> <p>Thursday Afternoon Cards (Canasta, Crib, & Whist) You are invited to join our friendly players. Thursdays 1:00—3:15pm \$2/afternoon <i>Kent Street Auditorium</i></p> <p>Snooker Open during Centre hours. \$50/year (50% off for 2022)</p>	<p>General Interest</p> <p>Carpet Bowling A game of skill and strategy. Wednesdays/Fridays 10:00am—12:00pm \$15/year <i>Kent Street Auditorium</i></p> <p>Computer Club All computer skills welcome. Wednesdays 12:30—2:30pm \$15/year <i>Kent Street Auditorium</i></p>	<p>Drama & Music</p> <p>Kent Street Choristers New members welcome January & September Tuesdays 9:30—11:30am \$40/year <i>Kent Street Auditorium</i></p> <p>Sing Along Do you love to sing? Piano accompaniment and song sheets provided. Tuesdays 2:00—3:30pm \$2/afternoon <i>Kent Street Classroom</i></p>
<p>Dance</p> <p>Kent Street Centre Dances Also open to non-members 50+. Live music. Doors open at 6:30, dancing begins at 7:00pm. Wednesdays 7:00—9:30pm \$8/\$6 members <i>Kent Street Auditorium</i></p> <p>Dinner Dances at Kent Street Returning at a later date 3rd Saturday of each month. Features live music and a two-course meal. Pre-purchased ticket sales only. 5:00—10:00pm <i>Kent Street Auditorium</i></p>	<p>Arts & Crafts</p> <p>Peninsula Woodcarvers Carvers of all levels and abilities welcome. Tuesdays 6:00—9:00pm \$25/year <i>Semiahmoo Secondary School Woodshop</i></p> <p>Stitch & Chat Join this welcoming group of craft lovers. Fridays 1:00—3:00pm \$2/afternoon</p>	<p>Kent Street Players Theatre group. Beginners welcome Sept/Jan Fridays 2:30pm—4:30pm <i>Kent Street Auditorium</i></p>
<p>Active Living</p> <p>Table Tennis Beginners and advanced players welcome. Mondays 7:15—9:15pm Wednesdays 2:45—4:15pm Saturdays 11:00am—2:00pm \$20/year <i>Kent Street Auditorium</i></p> 	<p>Become a Member of Kent Street Activity Centre</p> <p>Annual Membership \$40</p> <p>Our members benefit from access to amazing activity groups.</p>	<p>If you purchased a 2020 memberships prior to the closure of the Centre due to the pandemic it will expire December 31, 2022</p> 

10. A Week In The Life At The Kent Street Activity Centre

KSAC Room⁸ Occupancy by Day of the Week



⁸ Auditorium, Classroom, Kitchen & Coffee Shop, Library, Computer Room / Staff Lunch Room, Office