



WEST VANCOUVER
**SENIORS'
ACTIVITY
CENTRE**

ANNUAL REPORT
2025

west vancouver

MESSAGE FROM ADVISORY BOARD CHAIR PAT BLAIR

It has been a privilege to chair the Seniors' Activity Centre (SAC) Advisory and to work with other dedicated Board members, SAC staff, committee members, and volunteers to ensure the continued growth and excellence of programs and services provided to members of the SAC and all seniors in West Vancouver. The support we have received from our Mayor, Mark Sager, and our Council representative, Peter Lambur has been much appreciated.

The SAC provides over 300 different programs and activities to over 4,700 members of the SAC. Together, we are always looking at providing new and exciting programs for our members. Education and continuous learning was a focus this year and 2026 will see the launch of a new speaker series provided in partnership with Amica Senior Lifestyles.

The SAC could not function without our dedicated volunteers. 2025 saw 3,162 volunteer opportunities contributing 38,365 hours—an approximate value of \$900,000.

The Board continues to support the new building project and is looking into the possibility of a Fundraising Feasibility Study with hopes of presenting this information to Mayor and Council later in 2026.

The Outreach Committee continues to collaborate with all levels of government, non-profits, and private sector providers with the objective of strengthening supports for aging in place. Projects currently include expanding transportation options for seniors, navigation services for seniors in need, a regular telephone program to touch base with vulnerable and isolated seniors, and providing social and learning opportunities both at the SAC and elsewhere in the community.



Our Feed the Need program continues to provide meals to seniors who experience food insecurity.

Our Seniors' Activity Centre is a gem. Every day of the week, it is humming with activity—people participating in programs and events, socializing with friends, and enjoying delicious meals in our cafeteria.

I am excited for the year ahead as we continue to serve and empower seniors in West Vancouver. Thank you to everyone who makes this work possible.

SENIORS' ACTIVITY CENTRE ADVISORY BOARD



**Pat Blair,
Chair**



**Shirley Kepper,
Vice Chair**



**Lenore Rogers,
Past Chair**



**Allan Best
(In memory)**



**Reza
Hafizi**



**Michael
MacDougall**



**Sheila
Lamb**



**Faye
McMyn**



**Sheilah
Grant**



**Cynthia
Garton**



**Linda
Latham**



**Peter Lambur,
Council Liaison**

In Memory **Allan Best**

July 4, 1944 - September 14, 2025

Dr. Allan Best, a founder of the School of Public Health Sciences at the University of Waterloo, leaves a lasting legacy in population health, tobacco control, health services, and policy research. A visionary scholar and leader, he helped establish the world's first Department of Health Studies in 1978, shaping Waterloo's trans-disciplinary approach to health promotion and enabling its global leadership in chronic disease prevention. Through influential roles across Canada, extensive scholarship, and dedicated mentorship, Best was admired not only for his intellectual impact, but also for his kindness, generosity, and deep commitment to family, community, and improving health worldwide.

If you wish to make a remembrance donation in Allan's honour, please consider the following charities: West Vancouver Seniors' Activity Centre, the Canadian Cancer Society, Alzheimer Society of Canada, and the Heart and Stroke Foundation.

SENIORS' ACTIVITY CENTRE STAFF TEAM



Davida Witala,
Community Recreation
Supervisor
*Seniors' Activity Centre
and District-wide Volunteer
Services*



Kayla Grass,
Recreation Facility
Clerk Supervisor
*Administration, Customer
Service, and Facility Rentals*



Simone Galan-Prestes,
Program Coordinator
*Food Services, Garden Side
Café, Catering, and Fireside
Coffee Bar*



Priscille Leroux,
Program Coordinator
*Shuttle Bus, Trips, Sports,
Garden Club, Visual Arts,
and Hobby Arts*



Mary de Vries,
Program Coordinator
*Special Events, Music, Dance,
Billiards, Games, and Adult
Learning*



Stephanie Jordan,
Program Coordinator
*Keeping Connected, Social
and Wellness Programs*



Jennifer Jeffrey,
Program Coordinator
*Seniors' Community
Outreach*



Caroline Wiggins,
Program Coordinator
*District-wide Volunteer
Services*



Crystal Lan,
Assistant Program
Coordinator
SAC Volunteer Services



Hannah Rennie,
Assistant Program
Coordinator
*Feed the Need and
Administration*



Ian Horne,
Program Coordinator
*Health, Fitness, and
Rehabilitation*



Lauren Davey,
Assistant Program
Coordinator
*Health, Fitness, and
Rehabilitation*



Adriana Kowalczyk,
Program Coordinator
*Access Services and
Recreation Financial
Assistance*

ABOUT OUR PROGRAMS

The SAC offers more than 300 registered and specialty programs and activities each year, all designed to connect adults aged 55+ with opportunities that support physical, emotional, social, and cognitive well-being at every stage of life. Programs span a wide continuum—from personal training, prehabilitation, and rehabilitation to fitness, wellness, active aging, and dementia-friendly initiatives—alongside a rich array of arts, music, dance, lifelong learning, sports, and games. Guided by a holistic, person-centred philosophy, every program is thoughtfully designed to meet diverse needs and interests. This annual report highlights the breadth and impact of these offerings and reflects the SAC's ongoing commitment to supporting healthy, engaged aging.

Aging Well Continuum

From being fit and active to requiring ongoing assistance, we recognize and embrace the changes that come with aging. We strive to support individuals in living their best lives along a continuum that nurtures physical, cognitive, and emotional well-being, independence, and meaningful social connection at every stage.

NEW PROGRAMS HIGHLIGHTS

- 55+ Strength Circuit
- ActivAge™
- Arts in the Garden
- Billiards Lessons
- Choose to Move
- Diner en Blanc
- Duplicate Bridge Tournament
- Elder Circle
- Empowering Patient Workshops
- Forest Bathing
- Introduction to Brain Health
- Introduction to Dementia
- Latin Dance Levels 1 and 2
- Learn to Crochet
- Lunch and Learn
- Memory and Aging Workshop
- Mental Health Matters
- Mind Connection
- Mobile Hearing Testing
- Monologues from Image to Impulse and Scenes from Image to Action
- Moss and Greens Workshop
- OASIS and Osteoarthritis
- Parkinson's Dance and Fitness
- Personal Coaching for Seniors
- Pilates All Levels
- Pop-up Library and Tech Talk
- Quilting and Spinning
- Seniors' Workshop Series
- SMILES Mental Health
- Summer Music Series
- Weekly Piano Bar
- Yoga for Presence, Empowerment, and Peace



A YEAR IN REVIEW

TOP HIGHLIGHTS

The four pillars of the Seniors' Activity Centre (SAC)—**Volunteers, Recreation, Socializing, and Community Service**—encompass the interests of the membership and the needs of the community. These pillars reflect the foundation of the SAC: its mission and vision statements.



VOLUNTEERS

The Volunteers pillar highlights the importance of volunteers in both the operation of the programs and activities within the SAC, and in the provision of services to the community.

RECREATION

The Recreation pillar encompasses the areas of arts, crafts, exercise, games, sports, education, entertainment, excursions, and events.

SOCIALIZING

The Socializing pillar focuses on opportunities for seniors to mix with family, friends, and to forge new friendships at the SAC.

COMMUNITY SERVICE

The Community Service pillar centres on assisting and supporting seniors in the form of 'Keeping Connected' programs, support groups for those caring for a loved one, social outreach, and providing free food to seniors experiencing food insecurity. New programs and services are continuously explored and developed to meet community needs.

VOLUNTEER HIGHLIGHTS

Volunteer Recruitment and Training: To meet the rising demand in cafeteria and coffee bar services, role-specific training expanded to 68 new cashiers and 20 coffee bar trainees. The updated Food Services Module supported 80 new café volunteers. A centralized training calendar improved access to trainings and certifications in Food Safe, First Aid, and Serving It Right.

Volunteer Appreciation: Volunteer Appreciation Week featured a gardening social, free swim, an art tour, and the annual Volunteer Awards event. Alongside the well-deserved Anniversary of Service pins, the awards introduced new volunteer award categories (Outstanding Rookie, Count on Me, Unsung Hero, Versatility, Outstanding Team, and Leadership), creating additional recognition opportunities for 24 standout volunteers. The annual Volunteer Appreciation Barbecue in August and the Holiday Social in December were once again highly successful, each attracting more than 130 volunteers.

Volunteer Impact: Volunteers supported a wide range of new and returning initiatives, including special events like *Diner en Blanc*, *TED Talks*, and *Lunch and Learn* sessions. Volunteer cashiers are now in the cafeteria seven mornings a week, and the Outreach Friendly Phoner program resumed, enabling weekly check-in calls.

Volunteers contributed across nearly every area of the SAC, supporting programs and services through instruction, leadership, food services, outreach, the SACS on 21st gift shop, and welcome desk support. They also assisted with flower arranging, Feed the Need food delivery, and special events, contributing to a welcoming and vibrant environment.



"I love the community that I have found at the centre. Following in my mom's footsteps to give back and help where I can, I started volunteering 27 years ago at the cafeteria, meeting lifelong friends that I still meet up for meals with today. I've been away from volunteering and upon coming back everyone is welcoming, helpful, and friendly."

Joan, Food Services and SACS on 21st volunteer



RECREATION HIGHLIGHTS

Member Services: The SAC continued to see 55+ membership sales increase monthly in 2025 and ended the year with 4,631 active annual memberships on December 31. The monthly New Member Orientations, led by members of the SAC Advisory Board, were successful with over 145 enrollments. Registered and pre-registered drop-in programs in 2025 resulted in 26,520 enrollments and over 36,000 hours of programming offered to community members. Programming staff introduced many new programs and expanded a variety of popular programs, resulting in a 13% decrease in waitlists. Overall, the SAC offered 55+ members over 300 different programs and services in 2025 with peak program participation between 9 a.m. and 3 p.m.

Health, Fitness, Wellness, and Active Rehabilitation continued to play a vital role in promoting active aging and providing seniors with the support they need to successfully age in place with over 8,000 enrollments in 2025. The SAC offered over 35 weekly group fitness, yoga, and Zumba classes, and over 65 weekly active rehabilitation programs. Certified fitness staff and personal trainers ensured that programs were high quality, innovative, safe, social, and enhanced quality of life. A special thank-you to the SAC Advisory Board for funding new heart rate monitors and to the Fit Fellas who donated \$2,000 to the SAC fundraising fund.

Adult Learning continued to grow in 2025 and featured Hot Topics, Ted Talks, Tech Talks, New Member and Guest Welcome Coffees, Candle Making Workshops, The Indispensable Binder, Climate Cafés, Becoming an Elder, Downsizing Seminars, a Remembrance Day Lecture with Jon Strom, The Canadian, and more. 2025 also saw the addition of a new acting program with instructor Scott Swan. Both the program and end-of-term performance were a great success.



SOCIALIZING HIGHLIGHTS

Special Events continued to garner interest and demand in 2025. The Heritage Choir performed in four concerts and both Dinner en Blanc and High Tea were sold out events. The bi-annual SAC Garage Sales and the Thursday Night Monthly Dances saw a significant increase in attendance along with the addition of new ticketing alternatives that provided early bird prices and a dinner and dance ticket combo. The inaugural Summer Music Series that took place in July and August highlighted new musical entertainment as well as a comedy and magic performance.

Garden Side Café: Tuesday and Thursday night dinners, including International Dinner Nights, continued to thrive. Customers enjoyed 26,688 take-out meals, 23,397 hot lunches, 19,698 soups, 12,052 sandwiches, 11,874 hot dinners, 9,100 desserts, 4,436 quiches, 3,500 cinnamon buns, 2,410 salads, and 1,217 meat pies!

The Fireside Coffee Bar and Lounge operated six days per week (9 a.m. to 3 p.m.) and expanded into offering baked goods and convenient take-out food items. The members-only specialty coffee card and a special “Cake of the Day” remained in high demand. Customers enjoyed a total of 1,230 fresh baked treats, paired with 3,619 coffees, 3,226 lattes, 1,326 cappuccinos, 891 Americanos, 194 mochas, 113 espressos, and 470 teas.

SACS on 21st Gift Shop had another record-breaking year generating \$205,000 in sales, with all proceeds going towards fundraising for the SAC. A total of 20,409 items were sold with the highest sales in clothing, shoes, and accessories. Over 60 volunteers supported the operations of the gift shop year-round. A special thank-you to the Beacon Community Newspaper for featuring “The Little Shop of Wonders” in their July/August issue. A special thank-you to all the volunteers who make the shopping experience welcoming, fun, and social for customers.



COMMUNITY SERVICE HIGHLIGHTS

The seventh annual **North Shore Seniors' Health Expo** was an extraordinary success and was expanded to offer additional workshops and lectures at both the SAC and West Vancouver Community Centre. The Exhibitor Expo was booked to maximum capacity with a waitlist. Many sessions were sold out with over 2,000 people in attendance. The Keynote Speaker session featured BC Care Providers Association CEO, Terry Lake, who spoke to the impacts of an aging provincial population and ways in which governments of all levels and civil societies can prepare. The Expo was supported by event manager, Jessica Walker, SAC staff, and over 75 volunteers. Save the date for **June 19, 2026!**

Feed the Need Meal Delivery volunteers dropped off 16,932 meals to vulnerable and at-risk seniors. Volunteers also delivered an additional 425 meals to local seniors living with mobility challenges and transportation limitations. The Feed the Need Fundraising Campaign raised **\$68,000**. London Drugs' Stockings for Seniors program provided over 150 Christmas gift care packages, COBS Bread donated a generous bread supply, Chatters Hair Salon contributed personal care items, and local West Vancouver elementary schools created compassionate care cards for seniors throughout the year. The SAC Advisory Board funded cooling kits for residents during the summer heat wave.

The **SAC Shuttle Bus** provided safe, reliable, welcoming, inclusive, and accessible local transportation for all seniors, especially vulnerable, low-income seniors and those with mobility limitations. The Shuttle Bus served over **4,000 riders** and operated Tuesday to Saturday (8:30 a.m. to 4:30 p.m.) by a \$3 suggested donation. New drivers joined the staff team in 2025 and provided additional support for riders with physical limitations, walkers, and wheelchairs. Seating capacity also allowed for caregivers or alternate support persons to access the service with a senior if needed. The Shuttle Bus helped seniors remain independent, age in place, and stay connected with the community in 2025.



ABOUT OUTREACH SERVICES

The Outreach Team promoted inclusive community participation by offering a wide range of Keeping Connected programs, including free and low-cost opportunities and transportation support. The SAC welcomed Jennifer Jeffrey as Seniors' Community Outreach Coordinator this year. Outreach Services supported seniors in aging safely and confidently in their community by providing guidance, referrals, and access to resources. To address loneliness and social isolation, the team also delivered a Friendly Callers initiative, providing regular check-ins and meaningful connections.



For a complete list of Keeping Connected programs, visit westvancouver.ca/keepingconnected.

Alternatively, scan the QR code to go directly to the page.

OUTREACH PROGRAMS

Adapted Chair Yoga
Advanced Care Planning Workshops
Best Foot Forward Foot Care Clinics
Caregiver Support Group
Coffee Chat with First Responders
Eye Deal Vision Support
Flower Arranging Workshops
Income Tax Preparation
Keep Well
Keep on Moving
Ladies' Social Club
Memory Moves
Minds in Motion
Musical Mondays
Pottery Workshops
Singalong Fun
Social Tea Parties
Sound Advice for Hearing
Sound Therapy and Healing
Stand Tall
Support Phone Calls
Well Balanced
Yoga for Healthy Aging

SENIORS' ACTIVITY CENTRE

FEED THE NEED



We did it again! Thanks to YOUR generosity, we were successful in raising 68% of our total goal towards the Seniors' Activity Centre's Feed the Need program.

\$68,000

by Dec. 31, 2025!

We would like to express our heartfelt gratitude to the West Vancouver Foundation for its continued support of this initiative and to every person and organization that contributed to this shared milestone that allows the continuation of this vital program in 2026.

westvancouver.ca/feedtheneed



2025 HIGHLIGHTS

4,631

ACTIVE MEMBERSHIPS



70% RESIDENTS
30% NON-RESIDENTS

SCENE AND SAC E-NEWS
UPDATES SENT TO **4,600**
RECIPIENTS MONTHLY



14,000

PRINTED SCENE MAGAZINES

592

ACTIVE VOLUNTEERS

contributed **38,365** hours

3,162

VOLUNTEER
OPPORTUNITIES FILLED

SHUTTLE BUS

OPERATING **5x** PER WEEK

4,000

RIDERS

FEED THE NEED 2025 FALL
FUNDRAISING CAMPAIGN

RAISED

\$68,000

towards continuing the
meal delivery program
to vulnerable seniors

SENIORS' ACTIVITY CENTRE

FEED THE NEED

19,932

FEED THE NEED
MEALS DELIVERED



SACS ON 21ST
RAISED OVER

\$205,000

THE SAC DONATED OVER

150 Christmas
Care
Packages



to Feed the Need recipients

SAC CALL
CENTRE

604-925-7280



Answered

19,000

calls in 2025 while
improving customer service



65



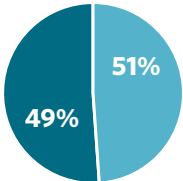
REHABILITATION
PROGRAMS

offered per week

REGISTRATIONS



ONLINE



FRONT
DESK

WEST VANCOUVER SENIOR'S ACTIVITY CENTRE OPERATING STATEMENT

For the 12 months ending December 31, 2025 (unaudited)

	2025	2024*	2023*
OPERATING REVENUE			
Memberships, Rentals, and Advertising	\$274,724	\$248,474	\$193,468
Programs	\$1,109,989	\$1,032,149	\$664,830
Cafeteria	\$1,099,508	\$1,110,795	\$886,676
TOTAL REVENUE	\$2,484,221	\$2,391,418	\$1,744,974
OPERATING COSTS			
Administration and Service Delivery	\$1,345,567	\$1,137,257	\$1,000,785
Programs	\$805,856	\$754,105	\$450,806
Cafeteria	\$1,090,338	\$1,114,080	\$957,314
TOTAL COSTS	\$3,241,761	\$3,005,442	\$2,408,905
NET EXPENDITURE	\$757,540	\$614,024	\$663,931

*Prior year amounts have been reclassified to align with the current reporting structure, and comparative totals have been updated accordingly.



WEST VANCOUVER SENIOR'S ACTIVITY CENTRE REQUESTS AND GIFTS AND TRUST ACCOUNTS

Trust fund status report to December 31, 2025 (unaudited)

ACCOUNTS	Opening Balance Jan 1, 2025	Revenue (excl. Interest)	Interest Earned*	Expenditures	Allocated Funds to Centre	Closing Balance Dec 31, 2025
Bequests and Gifts	\$582,974	\$113,311	\$22,606	-	-	\$718,891
Total for Bequests and Gifts	\$582,974	\$113,311	\$22,606	-	-	\$718,891
<i>Non-Club Trust Accounts:</i>						
Computer Replacement	\$7,850	-	\$320	-	-	\$8,170
Friends of the Centre	\$16,460	-	\$672	-	-	\$17,131
Fundraising	\$373,554	\$209,880	\$18,283	\$3,383	\$131,940	\$466,394
General	\$32,476	\$1,612	\$1,379	\$300	-	\$35,166
Subtotal	\$430,340	\$211,492	\$20,653	\$3,683	\$131,940	\$526,862
<i>Club Trust Accounts:</i>						
Computer Club	\$429		\$18	-	-	\$446
Green Thumb Club	\$3,701		\$151	-	-	\$3,852
Hiking Club	\$1,524		\$62	-	-	\$1,586
Heritage Choir	\$6,483	\$5,973	\$282	\$5,545	-	\$7,194
Photo Club	\$16,769	\$6,321	\$858	-	\$2,071	\$21,876
Quilting Club	\$22,871	\$1,421	\$878	-	\$2,772	\$22,398
Stained Glass Club	\$1,651	\$336	\$81	-	-	\$2,068
Wednesday Knitters Club	\$28,282	\$4,791	\$822	\$8,000	\$4,918	\$20,978
Woodworking Club	\$15,075	\$1,669	\$595	-	\$2,158	\$15,181
Subtotal	\$96,785	20,512	\$3,747	\$13,545	\$11,918	\$95,579
TOTAL FOR ALL TRUST ACCOUNTS	\$527,125	\$232,004	\$24,400	\$17,228	\$143,859	\$622,442
TOTAL FUNDS AVAILABLE						\$1,341,332

*Note: Interest revenue is estimated based on the District's average rate as interest allocation was not available at the time of publication.

2025 BOARD AND COMMITTEES

SAC ADVISORY BOARD

Pat Blair, Chair
Shirley Kepper, Vice Chair
Lenore Rogers, Past Chair
Allan Best (*In Memory*)
Cynthia Garton
Sheilah Grant
Reza Hafizi
Sheila Lamb
Peter Lambur, Councillor
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Faye McMyn
James Ray, *Staff*
Pip Ridgway, *Staff*
Linda Roth
Davida Witala, *Staff*

PROGRAM COMMITTEE

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Melanie Hess
Sheilah Lamb
Linda Vance

SENIORS' ADVISORY ROUNDTABLE

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Cynthia Garton
Alison Gelz, *Staff*
Melanie Hess
Patricia Jappy-Loker, VCH
Anthony Kupferschmidt
Peter Lambur, Councillor
Annwen Loverin, Silver
Harbour Seniors' Centre
Dorri Mahdavian, VCH
Reza Nazarinia, Enhance
WestVan
Ceinwen Pope, VCH
Jain Verner
Ashten Young, MLA
Advisor

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Valerie Coles
June Earle
Reza Hafizi
Chris Inouye
Kathie Taylor

VOLUNTEER COMMITTEE

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Maryam Esmaeilzadeh
Shirley Kepper
Linda Latham
Gloria Lowe
Roy Morford
Liisa O'Hara
Katrin Ritcher
Jain Verner

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Sheilah Grant
Melanie Hess
Shirley Kepper
Sheila Lamb
Jain Verner
Faye Welch

OUTREACH COMMITTEE

Pat Blair, Chair
Allan Best (*In Memory*)
Melanie Hess
Madelyne MacKenzie
Lenore Rogers
Jain Verner
John Watson



2025 COMMUNITY PARTNERS

Alzheimer Society of B.C.
Amica West Vancouver
Amica Lions Gate
Al-Anon
BC Housing
British Pacific Properties
Capilano University
Chatters Hair Salon
COBS Bread
Canada Revenue Agency
Canadian Hard of Hearing
Association – North Shore
Branch
Collingwood School
Canadian Mental Health
Association
Connect!Age
Council of Senior Citizens'
Organizations of British
Columbia
Davies Pharmacy
Djavad Mowafaghian
Centre for Brain Health

Dying with Dignity
Girl Guides
Hero Home Care
Hearing Life
HME Home Health,
Helena Brennert
Hollyburn Family Services
Hollyburn House Revera
Integrated Energy Healing
Kiwanis West Vancouver
Langara Massage Program
Lions Club
Lionsview Seniors'
Planning Society
London Drugs
Medical Arts Health
Research Group
Mulgrave School
North Shore Community
Resources
North Shore Emergency
Management

North Shore Keep Well
Society
North Shore
Neighbourhood House
North Shore Peer Assisted
Care Team
Pathfinders
Patient Pathways
Healthcare Navigation and
Advocacy
ReAct Adult Protection
Program
Rotary Club/Sunrise
Royal Canadian Legion –
West Vancouver Branch
60
Scouts
Silver Harbour Seniors'
Activity Centre
Simon Fraser Gerontology
St. John Ambulance
Therapy Dog Program
Sunrise at Lonsdale Square
North Shore Table Matters

The Society for the Arts
in Dementia Care
UBC Mental Health
UBC Nursing, UBC Nursing
School
United Way
Vancouver Coastal Health
West Vancouver Fire
and Rescue
West Vancouver
Foundation
West Vancouver
Memorial Library
West Vancouver Police
Department
West Vancouver Schools
West Vancouver United
Church
West Vancouver Youth
Services
Westerleigh Parc
Retirement Living
100 Women Who Care

SENIORS' ACTIVITY CENTRE PARTNERS

We sincerely thank the following SAC Volunteer Groups for their generous fundraising donations, which played an important role in supporting the Outreach, Active Aging, Shuttle Bus, and Social Wellness programs:

Dundarave Players
Fit Fellas
Friday Quilters
Photography Club
SACS on 21st Gift Shop
Wednesday Knitters

The printing of this report was made possible by the generous support of the Seniors' Activity Centre Advisory Board from the Fundraising Account.