

2021

ANNUAL REPORT

Presented at the Annual
General Meeting

May 5th, 2022

La Corporation du Centre du Sablon





Acknowledgments

An organization cannot be established without the involvement of many people. The Corporation du Centre du Sablon is made up of many such individuals who contribute their knowledge, skills and joie de vivre to the realization of our mission. These people deserve our highest esteem and our most sincere thanks, for without them, Centre du Sablon would not be what it is.

Firstly, I would like to thank the members of the Board of Directors who invest their time and energy in the smooth running of the Centre as a whole. Your involvement and your perspective give us the necessary tools to ensure the sustainability of the organization for generations to come. Secondly, I would like to thank all the people who volunteer their time and open their hearts for the well-being of others.

I thank all the employees who give their best to the little ones, children, teenagers, adults and seniors. Your work brings happiness, pleasure, comfort and support. I can assure you that your involvement brings a lot to the people who meet you on a daily basis especially during the last two years of pandemic and insecurity. Your resilience and loyalty during this difficult period is admirable. You are at the heart of the culture of the Centre du Sablon.

I thank the management team around me for the masterful work they do day after day in guiding their employees to serve their clients. Without your daily contribution, the center would be a pale reflection of what it is today. I would like to thank the City of Laval and all its employees who play an important role in the smooth running of our center.

Finally, dear members, a huge thank you! Your absence during the several months the center was closed showed us how important you are to our center and to our team. Your return to the fold was long awaited to bring the Sablon Center back to life. Your presence and your essence motivate us to become better people to serve you and make your time with us an opportunity to share. Thank you for your confidence in us.

Mission

Centre du Sablon has been a central landmark for the Chomedey community for over 40 years. Transferred to the City of Laval in 1993, which chose to entrust its management to the Corporation du Centre du Sablon, its mission is to serve the local and regional population by offering sports, community and cultural recreational activities. It is an autonomous community action organization that favours community recreation as a means of intervention to create a living environment that favours empowerment by and for all citizens.



CDS Objectives

01

To promote the integral development of the person, support of families and the empowerment of citizens in their local community by using the privileged means of community recreation, community action and cultural and popular education.

04

To participate in the development of the family by encouraging its openness and autonomy.

02

Act in collaboration with citizens, organizations and associations in the area.

03

Bringing people together in leisure time, creating a living environment in a physical setting.

05

To allow its populations, grouped by age sector and field of activity, access to the main forms of recreation, community action and cultural and popular education in order to maintain healthy lifestyle habits.

General Manager's Message



"...The power of community to create health is far greater than that of any physician, clinic or hospital.."

Mark Hyman, MD

Dear Members,

We present to you the 2021 Activity Report of the Corporation du Centre du Sablon (CDS). This year's report is intended to show you that despite the months of uncertainty and ups and downs, we continue our mission to provide you with respite in terms of recreation. If this pandemic has taught us anything, it is that your contribution to creating our community is invaluable. We have been privileged to share with you, and to hear your needs so that we can push further to provide you with a safe escape through the springboard of our recreation activities.

Despite all that 2021 has presented us, the resilience, patience and loyalty of the entire Centre du Sablon community, including members, volunteers, staff and Board of Directors has allowed us to move from surviving the crisis to developing a solid recovery. We have all focused on optimizing the future instead of feeling sorry for what we cannot change. This is the power of our CDS community.

Despite the ups and downs of the pandemic, the partnership between the Corporation du Centre du Sablon and the City of Laval continues to strengthen. CDS management, representatives from the Service de la culture, des loisirs, du sport et du développement social (SCLSDS) and the City of Laval's Gestion des Immeubles continue to work closely together to make the necessary improvements to our aging infrastructure. It is worth noting that thanks to this important partnership, our center got a facelift when the entire interior was repainted in bright colors that represent the dynamic and vibrant energy of our community.

Finally, we often hear that it is during times of crisis that we realize who the people are who are willing to face the challenges with you without fear and with determination. To my colleagues, we went for it and conquered without ever giving up. Your loyalty and perseverance were the highlights of this crisis, and I am so grateful for all the hard work you did with passion and courage so that we could maintain and sustain our center. THANK YOU for your hard work, your sacrifices and for your support. You are the heart of our center.

Angela Faraoni
General Manager

TABLE OF CONTENTS



Acknowledgements	3
Mission	4
General Manager's Message	5
Introduction	7
2021 Accomplishments	8
A year in review	9
CDS Contributors	15
Community actions	16
Community initiatives	17
Volunteers	18
2022 Objectives	19
CDS Team	20



What is a community center? What defines its existence? Why participate? Who participates?

Because we are all looking for a place where we belong...

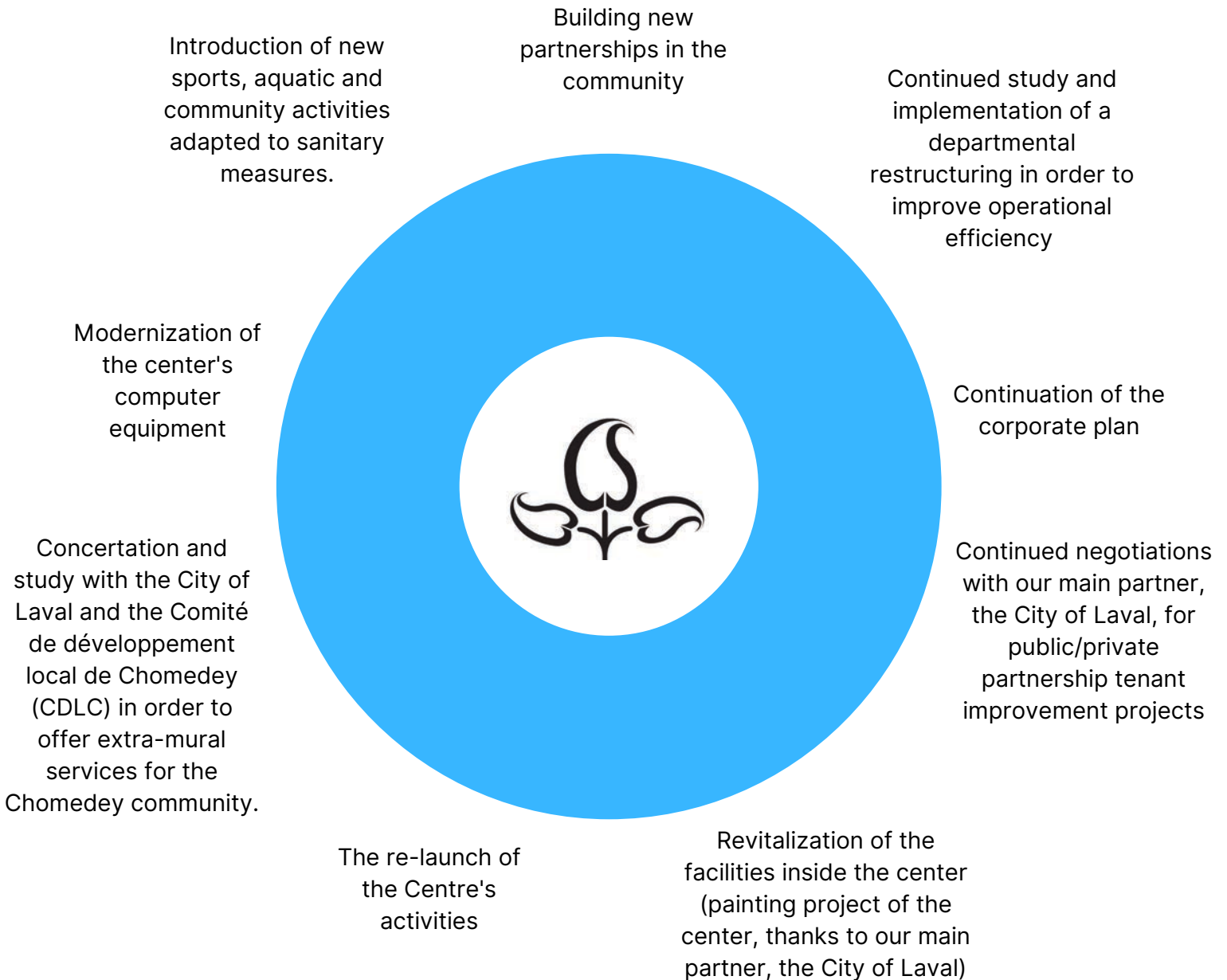
For a vibrant community!

Centre du Sablon is a recreational and sports center, with day camps for spring, summer, and winter school breaks and an adapted fitness room. We offer educational activities for preschoolers and children with special needs. We offer aquatic, sports, community and cultural activities for children, teens, adults, seniors and people with limited mobility.

In other words, everyone has a place...



2021 Accomplishments



And the mission continues...



2021

A year in review



AQUATICS



2022 Objectives

- Resumption of full pre-pandemic activity programming
- Development of new aquatic activities such as fitness classes and scuba diving
- Optimizing the offering of water safety certification courses to fill the staff shortage
- Development of specialized courses (pre-natal and special needs)



Aquababy

In 2021, we have greatly increased the number of Aquababy classes offered. This is an extremely popular class with new parents.



Aquatics in numbers

981
registrations



Lifeguarding courses

The CDS lifesaving courses were a great success in 2021. We have offered courses at every session. This will eventually help us fill our vacant lifeguard positions.

COMMUNITY

2022 Objectives

- Rebuild the department by merging family and community life.
- Increase the availability of cultural programming activities
- Increase special needs programs
- Create new community partnerships
- Increase community and cultural programs for 12-25 year olds
- Restructure the preschool program to increase services



Special Needs

The development of this program is one of the objectives. The need is great in the Laval community. The CDS offers social skills courses and adapted multi-sport.



Private piano courses

CDS private piano lessons remain popular in 2021. The goal would be to find a second piano instructor for future years.



Early Childhood

In early childhood, parents and tots service has been successfully offered. Pre-kindergarten continues to be a service offered by CDS. We had 2 classes of approximately 6 children in 2021.

SPORTS

2022 Objectives

- Relaunch of sports programming similar to pre-pandemic
- Development of new partnerships to optimize the use of the martial arts room
- Increase in the service offer for 12-25 year olds
- Increased service offer for adults and seniors
- Development of partnerships with schools to offer extracurricular sports activities
- Relaunch of open sports periods



Sports in numbers

471
registrations

There was no Winter 2021 session and a small Spring session



Martial arts room

The combat room of CDS has been completely revamped with new mats to make it an official combat room.



Partnership with École de karaté Shinka

Shinka Karate School has recently made CDS its home. Participants of the karate classes become members of our center.



Basketball courses in Sablon Vert

With the restrictions of Public Health, CDS has adapted. We offered basketball classes under our tent.

DAY CAMP



2022 Objectives

- Open a 2nd special needs group
- Improving marketing for the CIT program
- Restructuring the CIT program
- Increase attendance of 13-15 year olds at camp via the restructure



Camp in numbers

54 **1520**
spring break registrations summer registrations

173% capacity (summer)



Spring Break Activities

Instead of our spring break camp, we offered the children outdoor winter activities. During 5 days, for a maximum of 10 children, games were animated. The groups were outside 90% of the time. The activity was appreciated by the parents and the campers.



Summer camp

The ACQ visited CDS day camp this summer. In addition, we attended their conference for the first time as a certified member. Another summer of camp with no cases of COVID-19!



Winter camp

The increase in COVID-19 cases prevented us from offering a camp service in winter 2021.

SABLON-FIT

2022 Objectives

- Re-launch of the gym services according to Public Health guidelines
- Resume group fitness classes
- Increase memberships through promotional offers
- Resume pre-pandemic operating hours
- Resume and develop partnerships with health institutions for members with reduced mobility



Outdoor group courses

Public Health restrictions had allowed us to offer fitness classes in our tent in Sablon Vert in order to provide an opportunity for our members to stay active.



Sablon-fit in numbers

501
memberships
en 2021

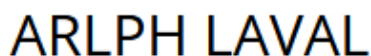


Private training

During the gym closures, CDS offered time slots in the training room to clients with limited mobility. The goal was to keep this community active.

Contributors of Centre du Sablon

We would like to thank the following institutions for their support and financial contributions throughout the year, as well as all our generous donors for your grants and contributions to our various projects and fundraising campaigns.



Community Actions



In order to pursue its mission of accessibility, Centre du Sablon works in partnership with several neighbourhood organizations to build a strong neighbourhood where mutual aid and community integration are fundamental values for its citizens. Our partners include, among others, the City of Laval, *Chomedey en Forme*, the *Comité de développement local de Chomedey* (CDLC - where our General Manager sits on the Board of Directors), *Enfants d'Abord*, Petit Chomedey, the *Comité de revitalisation urbaine intégrée* (RUI), PRESL, ARPHL and CISS.

CDS also sits on several committees, including the Access Committee of the *Comité de développement local de Chomedey* (CDLC), whose main objective is to improve access to community services for the entire population.

Tax Clinic

This year, the Centre's tax clinic that took place during the months of March and April 2021 where volunteers were to assist many low-income people with their tax returns was only able to operate one day in person. They were able to complete some returns by dropping off envelopes.

We sincerely thank the following volunteers for their valuable contribution

Mr. GILLES BLEAU
Mr. GILLES GUÉNETTE
Ms. KALLIOPI MARKANTONAKIS
Mr. PAUL ROBITAILLE
Ms. MONICA LORENA ROJAS MONJE
Ms. CHRISTINE ROY

Community initiatives



Programme d'intégration au travail (CIT-Emploi-Québec)

Our organization provides employment opportunities for vulnerable people. One of the important aspects of Centre du Sablon is the effort we put into initiatives for the improvement of the living environment and the participation of disabled people.

In partnership with the organization *L'Étape* and *Emploi-Québec*, we are able to offer a position to an employee who is part of this program and who has demonstrated perseverance in her integration process by playing a productive and significant role in the Sablon team. Her contribution to the center rightly demonstrates that she is an integral part of our dynamic team!

Compensatory Work Program

The Compensatory Work Program offers citizens who are unable to pay their fines the opportunity to give back to the community by doing various jobs at the Centre free of charge to pay off their debts. These volunteers commit to doing various general manual labor including help with housekeeping, interior and exterior maintenance, carrying boxes, general help with renovations, etc.



VOLUNTEERS

Armed with expertise and goodwill, the Board of Directors of Centre du Sablon allows us to benefit from their know-how. They offer us countless hours of volunteer work by offering their talent without expecting any monetary compensation. His many hours of service ensure that a wide range of activities take place, allowing the center to fulfill its mission. They offer support and guidance and, along with the staff, coordinate programs with a vision drawn from their own experience. Their volunteerism is the free offering of their time, energy, and skills. Each member sets an example for their fellow citizens by working to enhance the lives of their neighbors which in turn enriches their own. In short, CDS Trustees are the inspiration for our leitmotif **"for a vibrant community!"**

Thank you for your continued support and trust especially during this very difficult year.

HONORABLE MENTION

for 25 years of volunteer involvement

"Volunteers don't get paid, not because they're worthless, but because they're priceless" - Sherry Anderson

Corporation du Centre du Sablon has within its community an important person who has chosen to dedicate his free time to volunteer in the name of goodness and community advancement. Since 1997, Mr Brian Tracey has contributed to the strategic planning and governance of our corporation as a Board of Director member. Brian has been an anchor to our Board, and someone who many look up to for guidance. A community center cannot function without the contribution of such dedicated volunteers.

Thank you Brian.





Objectives for 2022

- Effective re-launch of the Center's activities
- Modernization of the security system
- Continuation of the corporate plan
- Continued development of fundraising strategies by integrating business partners who will contribute to the financing of our organization
- Development of a more efficient customer service
- Establishment of new partnerships in the community
- Implementation of a restructuring of the community and cultural department in order to improve operational efficiency
- Continued negotiations with our main partner, the City of Laval, for public/private partnership tenant improvement projects
- Working with the City of Laval and the Comité de développement local de Chomedey (CDLC) to provide extra-mural services for the Chomedey community, particularly in the RUI - Val Martin sector.
- Revitalization of the facilities inside the center (replacement of the lights in the gym and the entire center and replacement of the floor in the large gym, thanks to our main partner, the City of Laval)
- Relocation of the Trek-Fit outdoor exercise structures currently located in the Sablon woods

2021 CDS Team

Board of Directors 2021

President - Brian Tracey
Vice-president - Kosta Lampros
Secretary-treasurer - Duane Noel
Incumbent Treasurer - Peter Papadopoulos
Incumbent Administrator - Nicolas Macrozonaris
Incumbent Administrator - Sophie Monssen
Administrator – Raymond Bannister
Incumbent Administrator appointed by the City of Laval – H el ene Milot
Administrator appointed by the City of Laval – Guylaine Leclerc

Direction

General Manager – Angela Faraoni

Administration

Accounting Technician – Thi-Hanh Duong
Administrative Accounting Assistant – Lyne Beaulieu
Administrative Accounting & Customer Service Assistant – Maro Babaian

Sports and Aquatics Departments

Director of sports and aquatics programming – Benoit Poulin
Aquatics assistant-coordinator – Nasserdine Souka (Up to December 2021)
Sports assistant-coordinator – Janice Quintos (Up to May 2021) , Pierre-Julien Hamel (June to December 2021)
Sablon-Fit assistant-coordinator – Fran ois Nguyen (Up to December 2021)

Aquatics Team

A large team of assistant lifeguards, swimming instructors and lifeguards

2021 CDS Team

Team Sablon-Fit

Trainer - Leina Flores
Trainer – Yara Hillas
Trainer – Mourad Benaamimi
Trainer – Maria Isabel Herrera
Kinesiologist – François Nguyen

Community and Cultural Department

Administrative Assistant for Camp & Family Life – Dimitra Tirovolas

Little School Team :

Educator – Evangelia Tsakiris
Educator – Kristina Emedi
Replacement Educator – Cristina Silva

Parents and tots program :

Éducator – Kristina Emedi

Special Need Team:

Special Educator – Kayla Caspi
Special Educator – Anna Plaitis
Special Educator – Mariah Thomas
Special Educator – Clancy Saletnig
Special Educator – Grace Plaitis

Camp Department

Coordinator – Marianne Kassabian
Chief (summer) – Michael Naoufal
Chief (summer) – Mikaela Papathanasopoulos
Leader (summer) – Kayla Caspi (Special Needs)
Leader (summer) – Jodie Jacobs (CIT)
Leader (summer) – Clancy Saletnig (CIT)

And many camp counselors!

Customer Service Department

Agent – Janet Ersan
Agent – Sebouh Zarzavadjian
Agent – Maral Jackmakjian
Agent – Vania Esfahani
Agent – Giustino Mancini
Agent – Michael Naoufal
Agent – Roula Bazerji