

WILSON SENIORS ADVISORY BOARD – Minutes March 11, 2026

Board Members: Barbara Allen, Mary Bolton, Diane Brown, Pat Dales, Teresa Foreman, Joan Mullen, Ann Pratt, Don Preston, Jas Sandher, Barrie Seaton, Ravi Seru, Edan Shong, Royce Shook, Donna Stanbrook, Doug Stanbrook, Diane Todd, Gilda Tweedie, Gwendoline Turpin

City: Baljit Sastry, Carrie Nimmo, Danielle Plaza

City Council Designate: Nancy McCurrach

Absent: Teresa Foreman (Board), Joan Mullen (Board), Jas Sandher (Board), Ravi Seru (Board), Edan Shong (Board), Gilda Tweedie (Board), Danielle Plaza (City)

Meeting Called to Order at 10:10 a.m.

1. Motion to approve the minutes of the previous meeting as circulated.

Moved: Donna Sandbrook **Seconded:** Ann Pratt **Carried**

2. Adoption of the Agenda

Motion to approve the Agenda, as presented.

Moved: Pat Dales **Seconded:** Gwendoline Turpin **Carried**

3. Reports

- a. **City Report:** Baljit Sastry/ Carrie Nimmo
- b. **Councillor Report:** Nancy McCurrach
- c. **President’s Report:** Royce Shook
- d. **Treasurer’s Report:** Barbara Allen
- e. **Community Resource Network (CRN) Report:** presented for Glinda by Mary Bolton

Motion to accept the above reports.

Moved: Gwendoline Turpin **Seconded:** Barrie Seaton **Carried**

4. Action Items

- a. **Social Activities:** Ann Pratt

The Birthday Lunch was well attended. The winner of the 50/50 draw prize donated the funds back to the WCSAA. Plans are made for 2027, but the rooms and entertainment are still to be booked.

Golf carts need to be booked for the May Day Parade to carry Board members.

Motion to approve the rental of two golf carts at a cost of \$1,200.00 for the May Day Parade.

Moved: Barrie Seaton **Seconded:** Barb Allen **Carried**

The Golf Carts will be booked. Arrangements will be made to transport Board members from the Wilson Centre to the start of the route. The Board must apply to be in the parade.

b. **Bingo:** Diane Todd

Attendance is starting to pick up. Coffee was sold at the bingo, and members are requested to bring their own tea. The coffee raised \$12.00 for the WCSAA.

c. **Tuesday Talks Report:** Pat Dale

Thirty-six people attended the Death Doula's presentation on the dying and grieving experience. The next Tuesday Talk is on How to Improve Your Sleep on March 24th. The brochure outlining the Tuesday Talks from April to June 2026 is now available. The plans for the fall Tuesday Talks are almost complete.

d. **Bus Excursion:** Doug and Donna Stanbrook

The UBC Museum of Anthropology trip went well. The bus was funded by the CRN. As the members paid \$30 to attend, there is a surplus of \$240 to pay back to the WCSAA. The next trip is to the Harrison Tulip Festival on April 23rd and is already full. Group tickets are not yet available for purchase. The Board discussed possibly adding a second bus; however, this would be difficult to accommodate so many people for the food establishments at lunch in Harrison and at the Sasquatch Museum.

e. **Marketing Strategy Development:** Royce Shook and Barrie Seaton

The marketing committee is working on determining which small to medium businesses to approach for the marketing breakfast. The date is changing from April to May 21st. The committee has made some preliminary suggestions outlining the strengths that would appeal to the businesses, such as, seniors supporting seniors, support for caregivers in respect of those with dementia, healthy aging and using seniors as community builders and support volunteers. The committee will continue to work on the appeals to the businesses.

Board members will be required to talk to the businesses to encourage their attendance at the breakfast and appeal to the idea of sponsoring senior's events. The businesses selected cannot conflict with businesses that the City uses to sponsor its events. The committee needs to determine how to promote the businesses to make it desirable to sponsor seniors' events. It was suggested that the businesses be put on the May Day Parade website.

The City will provide its list of sponsorships and a copy of its sponsorship package when the committee meets.

The committee's priority is to finalize and mail the membership brochure. The City's marketing department updated the mailing brochure for the Board. The City will distribute a revised brochure showing the city logo at the bottom of the last page. It is suggested that a new picture of the whole Board be taken.

f. **Website Update Including YouTube Channel:** Gwendoline Turpin

The artwork for business cards will be used to prepare blank cards to fit in the plastic holders for the lanyards. Only three people requested business cards. All Board members are requested to send their requirements for business cards to Royce immediately so that he can order the cards for everyone at once. These cards will be used in part for the lanyards and the marketing processes.

The Board asked if the sponsors could be shown on the website. An area will be set up on the website for the Tuesday Talks, separate from other events.

- g. **COALESCE Report:** A draft report was prepared that outlines different perspectives on climate change and healthy aging. This year's Friesen Conference will formally feature COALESCE alongside several other talks in the field. COALESCE will keep the Board updated.

- h. **CRA Workshop Update:** The March 6th workshop was well attended. There was one Service Canada employee and two employees who helped prepare taxes. If the Board does this again, it would have someone at the entry to organize the people waiting for assistance. Some members who attended the workshop were registered for tax assistance by volunteers elsewhere, and so, they were able to cancel their registration elsewhere to leave appointments for more people. FreshNet had an article coming out soon.

- i. **Lanyards:** Lanyards are ordered and will be ready for the next meeting. The Board is ordering the plastic holders for the badges (business cards).

- j. **Poco Foundation Grant Event:** Barbara Allen, Barb represented the Board at the March 4th Port Coquitlam Community Foundation's Annual Recognition Celebration, accepting the grant certificate. The Musical Café was mentioned.

- k. **Musical Café and Caregiver Support Update:** The vendors were happy with the mini-fair held on March 5th. This fair was not well-advertised. A motion was put forward to purchase a banner with space to list different events and sandwich boards to attach advertising to direct people to events. The City has sandwich boards that the Board can use. The Board will need to prepare its own information to attach to the boards. Pat will research more information on this matter for the funds required for approval at the April meeting.

The City is only able to provide volunteer paperwork for criminal checks for city staff. The WCSAA is a non-profit organization and is permitted to refund the cost of criminal checks for Board members.

It is important that those who wish to attend the Musical Café must register. However, the Adult Cognitive Awareness group do not require that they register. This is very confusing to the attendees. An administrative process will be prepared and distributed.

5. New/ Ongoing Business

- a. **Celebration Dance Pang Mela:** Information was provided on the celebration to be held at the Port Coquitlam Community Centre on March 29th from 1:00 p.m. to 4:00 p.m.
- b. **Board Processes:** If a Board member misses three consecutive meetings without cause, the Board will inform the member that they are no longer a Board member and a new person may be asked to join the Board.

6. Adjournment:

Motion to adjourn the meeting at 11:40 a.m.

Moved: Gwendoline Turpin

Seconded: Donna Stanbrook

Carried

Next regular Board Meeting April 8, 2026 at 10:00 a.m.

City Report to the Wilson Seniors Advisory Board March 11, 2026

Reported by Baljit Sastry and Carrie Nimmo

Membership

- Jan 4, 2026 - 1104 seniors' services members
- Feb 1, 2026 – 1119 seniors' services members = +15
- March 1, 2026 – 1123 seniors' services members = +4

Upcoming Seniors Special Events

- St Patty's Day Luncheon – March 17th from 12:30pm – 2:30pm
- New Member Information Session – March 26th at 1:00pm
- Coffee with the Mayor – April 21st at 10:00am (will open with Spring registration)
- Tech for Active Seniors – April 7th 1:00pm – 2:30pm. This partnership program with Terry Fox Library will review the City's online registration system and how to navigate it using the phone, tablet or laptop. Please bring own devices and register for the program. Registration will open up with Spring Registration dates)

Spring Programs

Clay and Painting programs through the Arts and Culture are popular so we are adding 3 new programs this Spring - watercolour sketching, choir and dance

- *Watercolour Sketching (19+)*

Loosen up and enjoy sketching with watercolours in an easy, fun way. Learn how to capture memories in your sketchbook by creatively using watercolour techniques.

Outlet Work Room

123776 W 1:00-3:00pm Apr 8-29

FEE: Wilson Membership: \$45.37

Non-Member: \$69.80

[Activity detail | City of Port Coquitlam - Recreation Online Services](#)

- *Tri-Cities Rock! (19+)*

o Tri-Cities Rock! is a classic rock choir that rehearses and performs in and around the Tri-Cities. This spring, we'll be meeting at the Gathering Place in Port Coquitlam.

o Our fun and welcoming group includes singers at all levels, from people who have never sung in a choir before, to those who did it years ago, to those with some classical training. We focus on groove, feel, connection with each other, our audiences, and the songs. And FUN!

o The choir is led by professional musician and music director, Scott Gould.

o MWAG, Tuesdays Apr 21, 2026 - Jun 16, 2026, 7:00 PM - 8:30 PM

o Fee: \$250

[Activity detail | City of Port Coquitlam - Recreation Online Services](#)

- *Dance Unleashed! (19+)*

- o This dynamic adult dance class fuses styles from hip-hop, jazz, Latin, and contemporary to keep every session fresh, fun and full of energy. Open to all levels, it's the perfect space to move and express yourself across a variety of rhythms and genres.

Port Coquitlam Community Centre

121972 F 12:30-1:15pm Apr 10 – May 29

FEE: \$115

[Activity detail | City of Port Coquitlam - Recreation Online Services](#)

- *Dance Unleashed!*

- o 121973 F 4:30-5:15pm Apr 10 – May 29

FEE: \$115

[Activity detail | City of Port Coquitlam - Recreation Online Services](#)

- *Free Moody Rocks! Performance*

Scott will be bringing his Port Moody-based rock choir (Moody Rocks!) to Port Coquitlam for a free sing along concert. If you're curious about joining Tri-Cities Rock! come to the concert to get a feel for the music and way the choir will be practicing and performing. Pre-registration is required.

Gathering Place

125003 S 7-8:30pm March 28

[Activity detail | City of Port Coquitlam - Recreation Online Services](#)

Income Tax Clinic

- We are offering a free income tax clinic in partnership with the Canadian Volunteer Income Tax Program (CVITP) and the Rotary. This clinic is for seniors who are low income and have simple tax situations. Appointments are on Saturday 12noon – 2:40pm and running until April 11th. There are a couple of appointments left at this point

Farmers Market Coupon Program

- Application has been submitted for the 2026 BC Farmers Market Coupon Program. We will hear confirmation mid-April as to how many coupons we will receive.

Bear Aware Information Session

- The bears are coming out. There is a free bear information session on Wednesday April 15th from 6:30pm – 8:30pm at the Gathering Place. Register at [Bear Aware Information Session | City of Port Coquitlam](#)

PCCC Pool Closure

- PCCC Pool closure is from April 7th – April 16th for annual pool maintenance. Hyde Creek pool will remain open during this time.

City Events

- May Days Opening Ceremonies - May 3rd from 3-4:30pm.
- May Days Kids Bike Race - May 9th 9:00am – 10:00am
- May Day Parade – May 9th 11:00am
- May Day Party in the Square – May 9th 1:00pm – 8:00pm

Contacting the City to Report Issues:

If you have questions, feedback, or need assistance, contact the City of Port Coquitlam through the City website or an App on your phone/tablet called “Sort and Report App”.
[Service Requests | City of Port Coquitlam](#)

Council Update to March 10, 2026

I would like to recognize Wilson Centre Seniors' Advisory Board member Barbara Allen for attending the Port Coquitlam Community Foundation's Annual Recognition Celebration and accepting the grant certificate on behalf of the organization.

Thank you as well to the grant writers and everyone involved in securing this Port Coquitlam Community Foundation grant for the Caregiver Support Hub & Dementia-Friendly Creative Arts and Music Café.

Initiatives such as this provide meaningful support for caregivers and help create inclusive, compassionate spaces for seniors and those living with dementia in our community.

On March 10, at our Committee of Council meeting, the results of the 2026 Public Budget Input Survey were presented. The 2026–2027 Capital Plan continues to prioritize road rehabilitation, resurfacing, drainage upgrades, and sidewalk infill projects. Approximately 25,000 surveys were mailed out, and 1,250 responses were received. Flood mitigation continues to be identified as an important priority.

Over the past few weeks, I had the opportunity to attend several community events, including:

- Port Coquitlam Community Foundation Grant Celebration
- Festival du Bois
- Share Imagine Gala
- International Women's Day Brunch, hosted by the Tri-City Chamber of Commerce
- Eagle Ridge Hospital Auxiliary 50th Anniversary (Thrift Shop on Shaughnessy Street)
- E-Comm 911 Board of Directors Meeting
- Make A Fuss Movement event at Patina Brewing
- Mean Girls – Theatrix Production, a Tri-City theatre company that rehearses at the Port Coquitlam Community Centre
- Tri-City Pride AGM
- My first cheer competition with the Vancouver All Stars, located in Port Coquitlam, featuring many young athletes from our community — including my four-year-old granddaughter.

As the Council Designate for Arts, Culture and Heritage, it is also important to note that some events I attend take place outside of Port Coquitlam but serve the broader Tri-Cities region, or have provincial or national significance—such as the BC Highland Games, and the Festival DuBois hosted annually in Coquitlam.

In closing, as the City of Port Coquitlam's representative on the Fraser Valley Regional Library Board for Terry Fox Library, I am pleased to report that a potential labour dispute with CUPE 1698, representing Fraser Valley Regional Library employees, has been averted. A tentative agreement has been reached and is now awaiting ratification by union membership and the library board.

The proposal includes a four-year agreement with a total wage increase of 13%, consisting of 4% in 2025 and 3% in each of 2026, 2027 and 2028.

With the Public Budget Input Consolation that there ere a few nice comments about the Wilson Seniors lounge, one comment that comes to mind is "I love the senior's programs & Wilson Centre."

President's Report – March 2026 Royce Shook

Our Tuesday Talks, Bingo Afternoons, and social dances continue to thrive, bringing members together for fun, connection, and valuable insights into programs and services. The Music Café and Dementia Caregiver Program are now underway, and we are working through a few minor issues that should be resolved soon. A huge thank you to Baljit, Danielle, Pat, Diane and her crew, Ann, and Teresa for making these programs so successful!

We have been informed that the new contract with **New Horizons** is finalized, and we expect the funds shortly. These resources will allow us to continue addressing social isolation and enhancing the overall well-being of seniors in Port Coquitlam, strengthening our community and fostering greater connection.

Our collaboration with the City is progressing well. We have established a working group to ensure that our upcoming mail drop goes out smoothly. Planning for the **Sponsorship Breakfast** has also begun, and we are still seeking volunteers to help with invitations and event coordination—your support here would be greatly appreciated.

Across the board, our programs and committees are moving forward with enthusiasm:

- **Music Café & Dementia Caregiver Program:** Both are active, providing engagement, support, and joy to participants.
- **Tuesday Talks, Bingo, and Social Dances:** Attendance remains strong, with lively discussion, camaraderie, and learning opportunities for all.
- **Community Partnerships:** Ongoing collaboration with the City ensures coordinated communication and successful program delivery.
- **Volunteers:** Your efforts continue to be the backbone of our success. Whether assisting with programs, events, or planning, your contributions make a tangible difference.

We continue to explore opportunities to expand our programs and services, support caregivers, and strengthen community connections. As always, your commitment to making a positive difference is inspiring, and together we are building a stronger, more supportive community for seniors in Port Coquitlam.

Thank you all for your dedication and contributions. With your ongoing support, we are poised for another month, and another year, filled with meaningful connections, shared joy, and community growth.

**Treasurers Report
March 2026**

Date	Description	Expenses	Revenue	Balance
01-Feb	Opening Balance			39,470.22
05-Feb	Preauthorized payment (act Port Coquitlam)	318.16		39,152.06
06-Feb	Cheque Cleared #143 Mail Expense	56.28		39,095.78
10-Feb	Cheque Cleared #146 Bus Excursions	369.00		38,726.78
20-Feb	Cheque Cleared #14 Band for Dance	200.00		38,526.78
21-Feb	Cash Deposit-Branch		128.50	38,655.28
24-Feb	Cash Deposit 50/50		70.50	38,725.78
24-Feb	Cash Deposit Donation from 50/50 R. Rondeau		70.50	38,796.28
26-Feb	Cheque Cleared 149 Socials Dance Decorations	86.73		38,709.65
27-Feb	Preauthorized Payment (Act Port Coquitlam R)	203.77		38,505.77

Community Service Package #100096255517 (Gaming Account)				
2025-07-01				\$-
#100096166292 Cashable 90 Day Lockout 12 Month				
2026-02-28	Term Deposit			\$21,622.70
2026-02-28	Shares In Van City	\$5.02		\$5.02
2026-02-287	Float	\$50.00		\$50.00
2026-02-28	Total Van City And Float			\$59,183.49