

WILSON SENIORS ADVISORY BOARD – Minutes December 13, 2023

Location: @Arena Meeting Room at PCCC

Attendees: Pat Dales, Karen Dobson, Teresa Foreman, Joan Mullen, Ann Pratt, Ravi Seru, Royce Shook, Donna Stanbrook, Doug Stanbrook, Diane Todd, Gilda Tweedie

Regrets: Jean Ridgewell, Linda Lou Bartlett, Bev Holland

City: Baljit Sastry, Carrie Nimmo, welcome to Katelyn Allen

City Council Representative: Councillor Nancy McCurrach

1. Meeting called to order @ 10.01 am

2. Motion to approve minutes of previous meeting:

Moved Ann Pratt

Seconded Diane Todd

Carried

3. Motion to approve Agenda as circulated:

Moved Teresa Forema

Seconded Gilda Tweedie

Carried

4. Action Items

a) **Treasurer position** – still vacant

b) The initiative **Seniors & the age of Technology** is still moving ahead and hopefully it will take the form of workshops with a limited number in each workshop. An information survey is currently being circulated to find out just what members would like to learn. We need to secure ‘experts’ to assist at the workshops.

c) **Shirts and Banners for Choir** – awaiting information regarding quotes.

d) **Christmas Lunch for Board** –will follow this board meeting at the Port Coquitlam Legion.

e) **Meeting Dates will stay the 2nd Wednesday of the month at PCCC at 10 am.**

f) **Xmas Tree entry** - tree decorated Nov 24th by Gilda, Doug and Donna. Thank you for the wonderful job.

g) **Helping Hands at Christmas.** Cards have been purchased from Save On Foods for 84 households – making us \$67 over budget.

Moved by Doug Stanbrook to cover the \$67, **Seconded** by Ann Pratt

Carried

h) **Bingo** report from Diane Todd. Bingo is going well, attracting a good number of people. Monies collected to be passed to Royce monthly.

i) **May Day.** Dancers will be needed for Wilson Centre seniors to take part in the May Pole festivities which this year will be moved to Sunday afternoon. Names should be submitted to Teresa Foreman or Bev Holland (who will liaise with Tobie).

There was a brief discussion about the May Day parade.

j) **Health Fair committee** – will meet Friday, January 12, 2024 at 10 am. Board members who wish to be involved include Ravi Seru (chair), Pat Dales, Ann Pratt, Gilda Tweedie, Joan Mullen, Teresa Foreman and Royce Shook.

k) **Bus Excursion.** – The bus trip to VanDusen Gardens will go on December 19th from 3-8.30 pm. Hosts will be Donna & Doug Stanbrook.

l) **Social Activities.** Ann Pratt reported a change of date for the April birthday party. It will take place on April 11, 2024 & will be a pyjama party.

The first Newcomers Tea will occur on Thursday, Jan 11th at 1 pm. Board members are invited to attend with Diane Todd and Gilda Tweedie acting as spokes-people.

- m) **Tuesday Talks.** Talks have been confirmed for the first three months of 2024.
 - January 9 – Memorial Society of BC
 - January 23 – How to remain independent longer (Seniors Choice for Care)
 - February 13 – Health Active Aging (PCCC fitness leaders)
 - February 27 – Fire/Fall Prevention (Capt Chad Evans, PoCo Fire Hall)
 - March 12 – Yoga & how it can benefit seniors (Dr. Preeti Mishra)
 - March 26 – Vaccines for Seniors (Loy Shah, Wilson Pharmacy)

5. Councillor Nancy McCurrach –

Cllr. Nancy McCurrach reported that she met a travelling nurse who was interested in meeting seniors in Port Coquitlam. Nancy said she would provide her contact information after the meeting. (Her name is Carol Lange, her contact number is 604-468-2273(CARE)) Possible person for a Tuesday Talks or Seniors Health Fair Candidate.
<https://www.nursenextdoor.com/locations/coquitlam-port-coquitlam-bc/>

- Nancy’s mother had passed away recently, Dec 9,2023 and found comfort attending our meeting. Her mother was 97.5 and lived in a nursing home in Quesnel. She used to sing in a choir like the Silver Chord Choir.
- Nancy is looking forward to begin relearning how to lift weights at Hyde Creek starting in January, for seniors. Weight lifting is good for preventing or slowing down bone issues as we age. Walking the walk!

6. City Report – reported by Carrie Nimmo/Baljit Sastry – see attached
Moved to accept the report: Donna Stanbrook **Seconded** Gilda Tweedie **Carried**

7. President’s Report – Royce Shook – see attached
Moved to accept the report: Ann Pratt **Seconded:** Diane Todd **Carried**

8. Treasurer’s Report – Royce Shook – see attached
Moved to accept the report: Karen Dobson **Seconded:** Joan Mullen **Carried**

8. New Business

9. Adjournment @11.55 am
Moved by Karen Dobson **Seconded** Gilda Tweedie **Carried**

**Next regular Board Meeting January 10th, 2024
 10 am Arena Meeting Room**

Programming

- Thank you to the Silver Chord Choir and the City of Port Coquitlam’s afternoon preschool class for bringing music and smiles to the PCCC Lobby
- Robbie Burns Luncheon will be happening on Jan 25th and registration will be opening up on Dec 14th.
- Age of Technology - Currently gathering information for the “Age of Technology” program. We are asking people what they would like to see or learn about and from that information we will start to put together a program plan for 2024
- First New Members Tea will be on Jan 11th.

Events

- New Horizons Grant – Looking forward to putting together the Lunar New Year Lunch/dinner. It was recommended from the EDI Roundtable to connect with the Tri-City Asian organizations so that we involve local seniors in the community who might not know about the Wilson Lounge and Seniors programming.
- CP Holiday Train – The CP Holiday Train is rolling into Port Coquitlam raising food and cash donations for the Food Bank. Come see the brightly decorated train and watch a free concert on the train stage by Tyler Shaw and Kieza. Come Early and join the fun in the Mabbett Hall from 5:00pm – 7:00pm before the train arrives for arts and crafts, hot chocolate and popcorn and a screening of Elf Movie. Train arrives 7:05pm and the free concert from 7:15pm – 7:45pm

Communication/Engaging Seniors

- Transportation Plan wants your input. If you have not had a chance to fill out the survey, please provide your input. Deadline is Friday Dec 15th.
- Here is the link: <https://letstalkpoco.portcoquitlam.ca/master-transportation-plan>

Marion Bernie Memorial Bench

- Memorial plaque has been installed in the Terry Fox Hometown Square Plaza in the Community Garden

Holiday Closures (provide handout)

- Wilson Kitchen and Senior Services will be closed from Dec 23rd to Jan 1st and will resume as per normal hours as of Jan 2nd.
- Port Coquitlam Community Center and Hyde Creek will have the following hours:
 - Closed Dec 25th, Dec 26th and Jan 1st
 - Open 8:00am – 4:00pm on Dec 24 and Dec 31
 - Normal operating hours for all other days during the holiday season
- City Hall, The Annex, Outlet and Gathering Place will be closed Dec 25th – Jan 2nd
- City Hall will be closed at 4:30pm on Dec 23rd
- Public Works will remain open Dec 27, 28th and 29th

City Report to the Wilson Seniors Advisory Board
Reported by Baljit Sastry and Carrie Nimmo

Dec 13, 2023

Port Coquitlam Community Centre – Pool Closure

- The pool at PCCC will be closed Jan 2 for approximately 2 months due to maintenance.
- Hyde Creek will remain open and will have extended hours on the weekdays until 10:00pm and on the weekend until 9:00pm

Wilson Centre Seniors' Advisory Board Van City Account

December, 2023	Description	Date	Income	Expenses	BALANCE
	Balance	2023-12-01			\$54,579.70
	Cheque 27 cleared To city for kitchen	2023-12-02		\$ 4,000.00	\$50,579.70
	Cash Deposit Bingo	2023-12-05	\$355.00		\$50,934.70
	Cheque 25Bus Excursions Paramount	2023-12-13		\$ 1,575.00	\$49,359.70
	Official Cheque Fee	2023-12-13		\$9.95	\$49,349.75
	Official Cheque Save On Foods Helping Hands at Christmas	2023-12-13		\$ 7,567.00	\$41,782.75
	Cheque #37 Board Lunch Royce	2023-12-14		\$ 249.32	\$41,533.43
	Cheque #34Gift for Ruth Wilson (Royce)	2023-12-14		\$ 107.95	\$41,425.48
	Cheque #28 Royce reimbursement	2023-12-14		\$ 10.00	\$41,415.48
	Deposit Farmers Market rebate	2023-12-14	\$800.00		\$42,215.48
	Deposit Display Case Sales	2023-12-14	\$336.15		\$42,551.63
	Cheque # 31 Rental of Bingo Hall PoCo	2023-12-20		\$ 388.08	\$42,163.55
	Totals	2023-12-31	\$1,491.15	\$13,907.30	
INVESTMENTS TERM DEPOSIT #100093313640 NON-REDEEMABLE ANNUAL 12 MONTH TERM DEPOSIT TRANSFER 5.350% INTEREST					
	Term Deposit	2023-12-31	\$19,972.53		\$19,972.53
	Shares in Van City	2023-12-31			\$5.00
	Float	2023-12-31			\$50.00
		2023-12-31			
	Totals Van City ands Float	2023-12-31			\$62,141.08