

**WILSON SENIORS ADVISORY BOARD – Minutes February 14, 2024**

**Location: @Arena Meeting Room at PCCC**

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

**Regrets:** Bev Holland

**City:** Baljit Sastry

1. Meeting called to order @ 10.03 am
2. Motion to approve minutes of previous meeting as circulated:  
**Moved** Karen Dobson                      **Seconded** Donna Stanbrook                      **Carried**
3. Motion to approve Agenda as amended:  
**Moved** Doug Stanbrook                      **Seconded** Gilda Tweedie                      **Carried**
4. Action Items
  - a) **Treasurer position** – still vacant.
  - b) **Board member to replace resignations.** Mayfair/Astoria has asked to be considered for a board position. Discussion would they be voting or non-voting. **Deferred till March meeting.**
  - c) **Gift cards for Helping Hands at Christmas.** Update: 24 cards were not picked up.  
Discussion: might there be a better way to help those who want help. Ann Pratt and Pat Dales to meet, discuss alternatives & hopefully come up with an acceptable recommendation for the board to consider. **Report at March meeting.**
  - d) **New Horizons update on old grant.** Baljit and Royce to look at expenses to date and determine what monies might be left.
  - e) **May Day 2024.** The City of Port Coquitlam and the Rotary Club of Port Coquitlam have invited us to participate in the Rotary May Day Parade.  
**Moved by** Ann Pratt, **Seconded by** Linda Lou Bartlett that we provide \$500 towards supporting the Royal Party.                      **Carried**  
**Moved by** Gilda Tweedie, **Seconded by** Karen Dobson that the Wilson Advisory Board enters the May Day Parade and that we rent 3 golf carts for members to use.                      **Carried**
  - f) **Web Site.** The Website (which was down) is now up and available for viewing.
  - g) **Health Fair update.** First committee meeting has been held. Royce has come up with 3 designs for a poster to be given to vendors who request one for marketing.  
Discussion re pull-up banners at this point. Baljit will ask Katelyn to work on designs for pull-up banners. Teresa to check with the banner company on Shaughnessy Street regarding costs.  
Next Health Fair committee meeting is March 8<sup>th</sup>. First letters to vendors going out last week of February.
  - h) **Shirts and Banners for Choir** – deferred to March meeting. Design for Banners will be given over to Katelyn who will prepare designs for approval by the Choir and Board.
  - i) **Bingo** report from Diane Todd. Bingo is going well, attracting a good number of people.
  - j) **Bus Excursions.** With the new grant monies we can now consider subsidizing bus trips again. Linda Lou Bartlett and her committee to come up destinations for consideration.
  - k) **Social Activities.** The first Newcomer’s Tea occurred in January and appeared to be successful. Several Board members were in attendance with Diane Todd and Joan Mullen acting as spokespeople for the board. It was noted that Melissa helped out with her knowledge of the various activities. Next Newcomer’s Tea will happen in March. Date TBA.

**Robbie Burns Luncheon** was very successful. Bagpiper was a great addition and entertainment went over very well.

- i) **Tuesday Talks.** The first Tuesday Talk of February was yesterday with 33 in attendance, the largest attendance yet. Topic was ACTIVE healthy aging given by Stephanie Campbell, Recreation Supervisor at PCCC with help from fitness leader Leslie N. Unfortunately, shortage of qualified staff and lack of space at PCCC are problematic with no solutions on the horizon. Stephanie did direct people to Hyde Creek which might be a solution for some seniors.

Next Tuesday Talk is Feb 27 – Fire/Fall Prevention by Capt. Chad Evans from the PoCo Fire Hall.

Refreshments have been very successful!

**5. City Report** - reported by Baljit Sastry.  
**Moved to accept** Diane Todd     **Seconded** Teresa Foreman     **Carried**

**6. President’s Report** – Royce Shook – see attached  
**Moved to accept the report** Linda Lou Bartlett     **Seconded** Joan Mullen     **Carried**

**7. Treasurer’s Report** – Royce Shook – see attached  
**Moved to accept the report** Linda Lou Bartlett     **Seconded** Ann Pratt     **Carried**

**8. New Business**

- a) Forming a Community Resource Network in Port Coquitlam with the Wilson Seniors’ Society as a host agency. **Moved by** Gilda Tweedie, **Seconded by** Ravi Seru that we agree to be involved. Gilda volunteered to be the CRN Coordinator. **Carried**
- b) New Horizons new grant. **Good news** - Royce announced that we have received a new grant from New Horizons for \$24,000.
- c) Microsoft Rewards program (Benevity). Royce to investigate.
- d) Request for funding from the POCOMO Meals on Wheels Society. Royce will contact them to see how we can help.
- e) Super Seniors 90 and over. Discussion regarding waiving membership fees for those 90 and over. Discussion but no decision.
- f) Partnership with Rotary for Tax Preparation Program. Baljit reported that they are looking for volunteers to help with this program. Training would be provided. Must have criminal record check.
- g) Partnership with Library to support/create a Master Gardener program. **See City Report.**
- h) Share a Heart Program – Charles Best Secondary School. Students will be in Wilson Lounge today to hand out cookies and interact with seniors.
- i) **New signing officers.** Motion to add Gilda Tweedie as a signing officer for the Wilson Senior’s Advisory Association and that Jean Ridgewell, Rohinton Unwella, and Lucie Harcus be removed as signing officers from the Association effective February 14<sup>th</sup>, 2024.  
**Moved by** Linda Lou Bartlett, **Seconded by** Doug Stanbrook     **Carried**

**9. Adjournment @12.18 pm** **Moved** by Gilda Tweedie, **Seconded** Teresa Foreman     **Carried**

**Next regular Board Meeting March 13, 2024**

## President's Report for February 2024– Royce Shook

As we enter the new year, our schedule is brimming with exciting events. January flew by, and now we find ourselves midway through February.

February has indeed lived up to its promises of joy and camaraderie. Our initial social event, a collaboration with the city to celebrate the first new moon of the lunar calendar on Feb 8 from 12:30 - 2:30 pm, was exceptionally well-received. The second event is our birthday social on Feb 22 from 1:00 – 3:00 pm, themed around Leap Year to honor our January and February member birthdays. Expect entertainment, snacks, and delightful desserts!

This month has brought forth several requests. Firstly, we've been tasked with taking on the role of the Community Response Network lead in Port Coquitlam. This presents an exciting opportunity to expand the services we offer to our members and other seniors in the community. Secondly, we've been invited to support the May Day Royal Party, similar to our involvement last year. Our May Pole Dance class is progressing well, and our participation in the ceremony is shaping up positively. Thirdly, the POCOMO Meals on Wheels, providing hot meals to tri-city residents since 1981, has sought our assistance.

Our collaboration with Rotary to aid in completing Income Tax forms for low-income households in Port Coquitlam is moving forward. Discussions between the City and the Board with the Library are underway to establish a "Master Gardener program," which should pique the interest of our members. Progress on the New Horizons Grant is ongoing, with plans to complete the activities by the end of March. Baljit has submitted a mid-term progress report to the Government. Thanks to the grant, we've fostered a strong working relationship with the Diversity and Inclusion committee for the City, and we look forward to maintaining that connection after the grant concludes.

We anticipate a visit from students participating in Charles Best Secondary School's Share a Heart program, who will be presenting artwork to our seniors.

Mayfair/Astoria has graciously agreed to provide 150 Tote bags for the Health Fair and has expressed interest in having a representative on the Board. The Health Fair Committee has devised a plan and database encompassing about 100 businesses (including those who participated last year) in Port Coquitlam, to extend invitations for their participation once again.

Let's continue our commitment to making a positive difference in the community. Your dedication serves as a true inspiration. Thank you for your unwavering support, and here's to a year filled with shared joy, growth, and meaningful connections!

We just received notice that we will get a New Horizons grant for 2024-2025. This grant will allow us to run bus excursions, and social activities, releasing money for our charitable endeavors such as the Farmers Market Coupon program and the Helping Hand at Xmas program.

**Treasurers Report January 2024**

**January, 2024**

Description	Date	Income	Expenses	BALANCE
OPENING BALANCE	2024-01-01			\$ 42,163.55
Cheque #33 Theresa Foreman (Socials)	2024-01-06		\$ 80.00	\$ 42,083.55
<b>Totals</b>	<b>2024-01-31</b>		<b>\$ 80.00</b>	<b>\$ 42,083.55</b>
INVESTMENTS TERM DEPOSIT #100093313640 NON-REDEEMABLE ANNUAL 12 MONTH TERM TERM DEPOSIT TRANSFER 5.350% INTEREST	2024-01-31	\$ 19,972.53		\$ 19,972.53
Shares in Van City	2024-01-31			\$ 5.00
Float	2024-01-31			\$ 50.00
<b>Totals Van City and Float</b>	<b>2024-01-31</b>			<b>\$ 62,111.08</b>

### **Membership**

- Currently the membership is at 1003

### **Programming/Events**

- Helping Hands Gift Cards – Participants were given until Jan 31<sup>st</sup> to pick up their gift cards. We have 24 Gift cards in a \$100 denomination that were not picked up.
- Jan 25<sup>th</sup> Robbie Burns Luncheon – We served 72 people and with the help of one of our Wilson Members, a World Champion Bag Piper was sourced to pipe in the haggis. We also had Celtic music mixed with traditional 60's and 70's hits played throughout the entertainment.
- Age of Technology – Starting March 2024, we are picking one topic a month based on the surveys we received and conversations that staff have had. Within this topic of the month we will have a couple of time slots (based on availability of experts) where interested participants can come and learn. Topics at this point include the following: booking appointments online, registering online, QR codes, booking car rides through Uber
- Seniors Maypole Dance classes have started with 19 registered.

### **Partnerships**

- Through the Canadian Volunteer Income Tax Programs (CVITP), Wilson Seniors will be hosting a free tax clinic for seniors with modest income and simple tax situations. People must qualify for the clinic through a series of income-based questions. The clinic runs from March 4<sup>th</sup> – April 15<sup>th</sup> on Mondays. Carrie from the Rotary will be back running the clinic.
- Gardening Workshops – We will be partnering with the Terry Fox Library to provide a series of workshops run by a Master Gardener. These workshops will include how to garden (when to plant and what to plant), a workshop on container planting and a workshop on how to preserve crops. Workshops will happen Spring to Fall
- Intergenerational Cooking – We are developing a program where seniors and youth will cook together. 4 seniors and 4 youth will be paired to cook together. The goal of this program is to pass skill sets as well as make social connections.
- Share-A-Heart Program – Students from Dr Charles Best Secondary will be coming to the Wilson Lounge on Wed Feb 14<sup>th</sup> (1:00pm) to pass out messages painted on rocks to seniors.

### **New Horizons Grant (Baljit)**

- Lunar New Year Luncheon – We had 72 people registered. Traditional lion dancing and traditional food was served. Becca Yu from the Equity Diversity Inclusion (EDI) Roundtable spoke to the participants to explain the meaning behind Lunar New Year and the Year of the Dragon.
- Program equipment (BINGO cards, Bridge Cards and items in the kitchen) has been replaced. We are looking to purchase more accessible items for the kitchen, Snooker and Table Tennis
- Program Volunteer Champions Program has started with the volunteers that accepted the role. Orientations for the volunteers was provided on Tuesday Feb 13<sup>th</sup> .

- Rob from Volunteer Services is sourcing out volunteer recognition items.

**Port Coquitlam Community Centre – Pool Closure**

- The aquatics facility at Port Coquitlam Community Centre (PCCC) will be closed for annual maintenance until mid March. All swim lessons that were planned for HC will be moved to PCCC.

**Around the City**

- Family Day – There are a variety of free activities planned to celebrate Family Day on Monday Feb 19<sup>th</sup>. Activities include:
  - Family Imagination Studio (Outlet)
  - Family Day Poetry Show (PoCo Heritage)
  - PoCo Heritage Museum will be open 10:00am – 2:00pm
  - Public Skate (PCCC)
  - Drop-in Playmania (PCCC)
  - Public Swim (Hyde Creek)
  - On Feb 17<sup>th</sup> – Outdoor Dance Party on the Terry Fox Hometown Square from 5-8pm hosted by Red Fox Healthy Living Society and supported by the PoCo Youth Leadership Group.
- Pro-D Day Friday, February 23: Table Tennis and Carpet Bowling will be cancelled. Signs will be posted in Wilson Lounge and group contacts will be notified
- The PoCo Best Biz Awards will be presented on Feb 29<sup>th</sup>. Launched in 2013, the PoCo Best Biz Awards recognizes the contribution of local business, celebrates their accomplishment and encourages Port Coquitlam residents to shop locally for goods and services. Vote now for the People’s Choice Awards