WILSON CENTRE SENIORS' ADVISORY BOARD – Minutes June 10, 2026

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

City: Baljit Sastry, Carrie Nimmo

City Council Designate: Nancy McCurrach

Absent: Diane Brown (Board)

Resignations: Jas Sandher (Board, immediate), Gilda Tweedie (Board, end of June 2026)

Meeting Called to Order at 10:03 a.m.

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

Moved:	Ravi Seru	**Seconded:**	Gwendoline Turpin	**Carried**

2. **Additions to the Agenda**

Drivers: Drivers to help seniors to appointments. It was noted that SHARE currently provides this service.

Motion to approve Agenda, as amended.

Moved:	Gilda Tweedie	**Seconded:**	Ann Pratt	**Carried**

3. **Reports**

a. **City's Report:** Baljit Sastry/ Carrie Nimmo
b. **Councillor's Report:** Nancy McCurrach
c. **President's Report:** Royce Shook
d. **Treasurer's Report:** Barbara Allen
Cheque #169 was for lanyards.

Motion was made to pay the Apollo and TCM Non-Profit Directors & Officers insurance invoice for 2026-2027 in the amount of $1,143.09.

Moved:	Pat Dales	**Seconded:**	Donna Stanbrook	**Carried**

e. **Community Resource Network (CRN) Report:** Gilda Tweedie
The mini-fair was a success for the CRN, as 25 bags with CRN information were handed out. There will be a CRN table at the August car show. The cost is $155 and Gilda will ask the CRN to pay for half. Gilda prepared notes on the CRN and what the position entails. CRN funds are received from grants, the Province and the Ministry of Health. Stickers were given to the Board members for the June 15th World Elder Abuse Awareness Day.
Royce suggested that a WCSAA Board member be recommended as the CRN coordinator to fill Gilda's vacancy.

Motion was made to pay the other half of the car show invoice up to $155.

Moved:	Barb Allen	**Seconded:**	Don Preston	**Carried**

Motion was made to accept the above reports.

Moved:	Diane Todd	**Seconded:**	Barrie Seaton	**Carried**

4. **Action Items**
    a. **Farmers' Market Coupon:** Baljit Sastry
    Information included in the City report.
    b. **Social Activities:** Ann Pratt, Teresa Foreman
    The June 18th social is a Carnival theme with Johnny Elvis as entertainment. Items costing $32 were purchased for the social and will be submitted for reimbursement. The social should make approximately $200 for the Board.
    Baljit asked if any of the Board members could help with serving the food at the birthday parties. Lindsay from the kitchen will determine what assistance is required. Baljit will send email to Mary who will then pass on the information to the Board to request volunteers.
    The City has purchased enough carafes to leave coffee on each of the tables. In future, it will look into purchasing hot water carafes for tea. The New Horizon Grant the Board is applying for may cover the purchase of the hot water carafes.
    c. **Fashion Show:** Mary Bolton, Barb Allen
    The committee has had an initial meeting to make plans for the multi-cultural fashion show. The City will attend the next planning meeting to help with logistics. The fashion show will be covered in the New Horizon's Grant with a plan to have four multi-cultural fashion shows. The committee was open to suggestions from the Board members regarding models and outfits.
    d. **Bingo:** Diane Todd
    Bingo will be open throughout the summer.
    e. **Tuesday Talks Report:** Pat Dales
    The doctor who gave the presentation on medications will be asked for information to put in the lounge and on the website. The June 23rd talk will be on real estate. The fall brochure should be ready by mid-July. The first talk in September will be Dan Levitt from the Office of the Seniors Advocate B.C.
    A member requested that senior events be scent free. The Board may make its own decision to make senior events scent free. The events will be listed as scent free in *What's Up*

Motion was made to request the City make the Wilson Centre scent free.

Moved:	Diane Todd	**Seconded:**	Barrie Seaton	**Carried**

Motion was made to make WCSAA events scent free.

Moved:	Donna Stanbrook	**Seconded**:	Gilda Tweedie	**Carried**

f. **New Banner and A Frame:** Pat Dales
The signage will be ready by next week. It can be used for the Socials and can indicate events are scent free.

g. **Bus Excursion:** Doug and Donna Stanbrook
Bus excursions require funding.

h. **Marketing Strategy Development:** Royce Shook and Barrie Seaton
The goal is to increase funds for senior activities. Small and medium businesses will be approached for assistance. Barrie will distribute a schedule of dates and times for visits to businesses. Barrie will be at each visit to the businesses but asked if any Board members would be willing to attend with him. The visits will be spread over four half days or two full days. He will start at Westwood and Lincoln, go south on Westwood and then along Kingsway. Material will be given to any Board members who agree to help. He will hand out a sheet and brochure to the businesses. The businesses will be asked for $1,000 for one year or $83.33 per month for one year. Their businesses will be advertised on the website and on audio/video around the Wilson Centre. A maximum of four businesses will sponsor an event. The business may give a two-minute speech at an event. The businesses will be selected for each event by a draw. Decals will be made for the sponsors' doors. A thank you letter from the WCSAA President will be sent to each sponsor. Activity reports will be presented to Board members on an ongoing basis. Barrie distributed information in respect of the Wilson Seniors Sponsorship Team (WSST).
The City received $10,000 from BC Lotteries for the Block Party Program. BC Lotteries wants to focus on human connection. The City will continue to talk with BC Lotteries regarding seniors.

i. **Social Media Update:** Gwendoline Turpin
A pizza restaurant asked to advertise on the WCSAA website and would offer 15% off to the members. The Board discussed how commercial does the Board want the website to be. Gwendoline will ask the pizza restaurant if it is willing to pay for the advertisement. This kind of ad may be better on Facebook. The Board will discuss this further at its September meeting. All advertisers would need to be vetted.

j. **COALESCE Report:** Royce Shook
COALESCE has a meeting at Simon Fraser on September 10th. It has not come back to us regarding the July video presentation.

k. **Musical Café and Caregiver Support:** Pat Dales
The information sheets on the Musical Café and Caregivers Support have a phone number that is not helpful for anyone looking for information on these events. There seems to be misinformation regarding the fees. Is it $5 or $25 for a session? Baljit recommended that the Board invite Vera and Massé to its next meeting. The Board asked Edan to write up notes on his issues and send them to Royce and Pat who will follow up.
The Board is applying for a new grant after November so that it can continue these programs in the future. Some handicapped people have attended some of the sessions even though the Board's current grant only applies to individuals with dementia. The Board will look into including handicapped members in the upcoming grant application.

l. **Review of Constitution, By-Laws, and Policies and Procedures:** Barrie Seaton
The Board members were requested to make "Track Changes" to a Word version of The By-Laws and send to Gwendoline who will coordinate all the changes. She will forward the document showing all the changes to Barrie for a final review and preparation for discussion during the September meeting. Any By-Law changes must be approved during the AGM meeting on October 4, 2026.

m. **New Horizons Grant Application:** Royce Shook
An audiologist must set up access to a hearing loop for Mabbitt Hall. Pat has been in contact with an audiologist in Vernon who will see what is needed for free. The City would need to hook it up. Royce and Nav have a phone meeting on Thursday to determine a cost estimate to set up in Mabbet Hall. The cost is estimated to be between $5,000 and $9,000. The grant application is due on July 14th.

n. **Appreciation Presentation:** Royce thanked Gilda Tweedie for her volunteer service on the WCSAA and CRN. He gave her flowers and a card signed by the Board members; City employees and the Council Designate.

Tri Cities Food Council Invitation to Join: Royce Shook

Does the Board want to belong to the Tri-Cities Food Council? There are food insecurity issues in Port Coquitlam, which has no representation on the Council. It is important to get the information out. The Council meets every two months. This will be discussed further during the September meeting. Until then, Royce will attend the next Council meeting.

o. **October Health and Welfare Fair:** Ravi Seru
Ravi is working on the fair's arrangements. He will have more information during the September meeting.

p. **Annual General Meeting Arrangements:** Royce Shook
Notice of the Annual General Meeting on October 4, 2026 must be posted on the website in September 2026. Any changes to the Constitution or By-Laws must be agreed to by the Board during the September meeting and approved by the members during the October 4, 2026 Annual General Meeting.

5. **New Business:** No discussion.
6. **Adjournment:**

Motion was made to adjourn the meeting at 12:00p.m.

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

Next regular Board Meeting September 9, 2026 at 10:00 a.m.

Membership

- Jan 4, 2026 - 1104 seniors' services members
- Feb 1, 2026 – 1119 seniors' services members = +15
- March 1, 2026 – 1123 seniors' services members = +4
- April 5, 2026 – 1136 seniors' services members = +13
- May 3, 2026 – 1143 seniors' services members = +7
- June 7, 2026 – 1139 seniors' services member = -4

Seniors Week

- Thank you for helping us celebrate seniors' week. It was a fun, filled week full of lots of programs and events. We want to thank the following for helping us put on such a great week:
  - Arts and Culture
  - Youth Team
  - Terry Fox Library
  - Aquatics
  - Wilson Seniors Advisory Board
  - Mayfair and Astoria Retirement Living
  - Community Police

BC Farmers Market Coupon Program

- We will be receiving the coupons this week with distribution starting Thursday, June 18th.
- Last year we had 81 applicants all together. This year we have 262 total applicants of which 97 are seniors.
- All qualified applicants will be entered into a lottery draw to keep the process fair.

New Member Info Session

- Our next New Member info session is on Thursday, July 30th at 1:00pm.

Fall Program Registration

- Fall program registration for PoCo Residents will start July 28th and non-residents will be July 31st.
- All marketing materials (including Tuesday Talks brochures) will be distributed in mid-July in preparation for Fall registration

City Events/programs

- PoCo Soccer Socials

o Port Coquitlam will host soccer match viewing parties. A grant will support the creation of an inclusive viewing experience that celebrates the excitement of international soccer while encouraging community connection and supporting local business activity.

o Viewing area will be in the licensed landing area outside the Jon Baillie Arena at PCCC. For games that will be viewed please refer to PoCo's Soccer Socials | City of Port Coquitlam

• Canada Day

o Come celebrate Canada Day at Castle Park. This free community celebration will feature a full day of family-friendly activities, live entertainment, food vendors, a beverage garden, market vendors, and a grand finale fireworks display.

▪ Celebration at Castle Park (1:00pm — Dusk) with event headliners April Wine and Owen Riegling

▪ Pancake Breakfasts for $7 hosted by the Lions Club from 8:30am—11:30am at PCCC

▪ Free Drop-in Basketball and Lacrosse at PCCC 9:30am—11:30am

▪ Fishing Derby at Lions Park from 8:00am—11:00am

Tri City Rocks Choir

• Join Tri-Cities Rocks! for their final performance at the Gathering Place, Listen to the Music: Songs for the Summer Solstice

• This fun and welcoming group includes singers of all levels, from people who have never sung in a choir before, to those who did it years ago, to those that have some classical training.

• Admission is free but pre-registration is required (optional donations welcomed for local Foodbank on Wheels)

• If interested the registration code is 125457 (June 20th from 3:00pm —4:30pm)

Councillor McCurrach's Report – June 2026

I would like to thank the Wilson Seniors' Advisory Board for attending Council to present the proclamation for Seniors' Week. It was wonderful to see so many board members in attendance. I also want to express my appreciation for everything the board does throughout the year and for the important work that still lies ahead.

Seniors' Week got off to a great start with a performance by the Silver Chord Choir on Monday in the main lobby of the Port Coquitlam Community Centre. Their performance was well received and may have even recruited a new member, as someone from one of my water-running classes expressed interest in joining after watching the choir perform.

I also attended the Seniors' Luncheon on Thursday, which was another successful and well-attended event celebrating our senior community.

On Friday, I attended the free Mini Health Fair hosted by the Wilson Seniors Family Caregiver Hub. Karen Tyrell's presentation on coping with caregiver stress was informative, engaging, and highlighted many valuable resources available to support caregivers in their important role. One particularly interesting takeaway was that consistent daily music listening has been associated with a 39% lower risk of developing dementia.

On Saturday, I made my way over to Pitt Meadows Day. It was great to see several members of Pitt Meadows City Council spending time in a makeshift jail to raise funds for cancer-related causes. It was also a pleasant surprise to learn that the Port Coquitlam Legion Pipe Band placed third in the parade. Congratulations to everyone involved!

There was one concerning moment during the festivities when a child was reported missing. As a precaution, no one was allowed to enter or leave the event area for several minutes while organizers and emergency personnel responded. Thankfully, the situation was resolved safely.

This morning, Councillor Pollock and I attended a Tri-Cities Chamber of Commerce session on the state of infrastructure and housing. Mayor Brad West participated as a panelist, and Christine Boyle delivered the keynote address. The discussion provided valuable insights into the challenges and opportunities facing our growing communities.

On Sunday, I attended the fundraiser car show for the Terry Fox Ravens Football team. Ray and several members of the Pharaohs Car Club participated, along with car enthusiasts from as far away as Richmond. Although the weather was less than ideal, everyone appeared to have a great time, and the event was a success despite the rain.

As always, it was a pleasure connecting with residents and community organizations throughout the week and seeing firsthand the dedication of so many volunteers who help make our communities stronger.

President's Report

Thank you to the Board members who attended the Seniors' Week proclamation. The week was a success thanks to Baljit, Danielle, Melissa, and our volunteers.

We have lost two Board members: Jas resigned in late May, and Gilda leaves at the end of June. Gilda served as Vice President and Community Resource Network coordinator. Thank you, Gilda, you will be missed.

Gilda arranged our participation in the **Car Show on Sunday, August 16**. Please mark your calendar to help at the tent or simply drop by.

Summer is quieter, but we remain active:

- Bingo – every Wednesday
- Dementia Friendly Day Program – Wednesdays, 1:00–3:00 pm
- Musical Café – last Friday of the month

June's free Health and Wellness Fair for caregivers drew a larger crowd than last year. Vendors were pleased. We continue monthly birthday socials, weekly Bingo, and elder abuse prevention work.

Upcoming Tuesday Talks:

- June 9 – *Do I still need this medication?*
- June 23 – *Buying or Selling Real Estate* with Barrie Seaton

I met with Shareen Chin (Social Planner, City of Port Moody) about the Tri-Cities Food Council. They have invited us to join and provide feedback on food insecurity in Port Coquitlam.

Grant & Planning Updates:

- Royce – continuing work on the New Horizons grant
- Ravi – recruiting vendors for the October 1 Health and Wellness Fair
- Barrie – launching a new sponsorship initiative

Thank you all. Your volunteerism and support help thousands of seniors in our city.

Summer is here. Stay active, stay safe, and we will see you in the lounge.

Treasurers Report
May 2026

Date	Description	Withdrawals	Deposits	Balance
01 May	Opening Balance			$47,924.37
12 May	Cheque cleared #154 Bingo Refreshments	$5.47		$47,918.90
12 May	Pre-authorized Payment Poco Bingo Hall rental	$265.15		$47,653.75
19 May	Cash Deposit-Branch (Bingo)		$166.75	$47,820.50
19 May	Cash Deposit-Branch (Bingo Coffee)		$61.00	$47,881.50
19 May	Cash Deposit Bingo 50/50 Cleared)		$14.00	$47,895.50
22 May	Cheque cleared #166 May Day	$649.32		$47,246.18
23 May	Cheque Cleared #171 Stand up sign/Banner)	$324.32		$46,921.86
23 May	E transfer from CRN for Bus Trip		$924.00	$47,845.86
26 May	Cheque Cleared #167 (Birthday Party decorations	$50.00		$47,795.86
26 May	Cheque Cleared 163 Dance social	$350.00		$47,445.86
26 May	Cheques Cleared165 Bus Cards	$176.94		$47,268.92
30 May	Cheque Cleared170 Bus Trip	$474.30		$46,794.62
30 May	Cheque Cleared #169 #	$386.40		46,408.22
COMMUNITY SERVICE PACKAGE #100096255517 (GAMING ACCOUNT)				
01 May	Opening Balance			0
INVESTMENTS **TERM DEPOSITS #100096166292 CASHABLE 90 DAY LOCKOUT 12 MONTH TERM** **INITIAL DEPOSIT: 16NOV2025 $21,622.70 MATURITY DATE: 16NOV2026** **INTEREST RATE: 2.450% INTEREST IS COMPOUNDED AT MATURITY**				
Date	**Description**	**Withdrawals**	**Deposits**	**Balance**
16 Nov 2025	Initial Deposit		$21,62.70	$21,662.70
CLASS B MEMBERSHIP SHARES #100090301184				
31-MAY	Opening Balance			$5.02
31 May	Float			$50.00
31 May	**Total all funds**			$68,125.94