

**WILSON SENIORS ADVISORY BOARD – Minutes April 9, 2025**

**Location: Small Multipurpose Room at PCCC**

**Attendees:** Royce Shook, Pat Dales, Karen Dobson, Joan Mullen, Ann Pratt, Donna Stanbrook, Doug Stanbrook, Diane Todd, Teresa Foreman, Gilda Tweedie, Barb Allen, Don Preston, Rosamund Levy, Gwendoline Turpin

**Regrets:** Barrie Seaton, Ravi Seru

**City:** Baljit Sastry, Carrie Nimmo

**City Council Designate:** Nancy McCurrach

Meeting called to order @ 10:00

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

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

2. Motion to approve Agenda:

**Moved:** Karen Dobson      **Seconded:** Ann Pratt      **Carried**

**3. Reports**

a) **City Report** Baljit Sastry/Carrie Nimmo – see Appendix I

b) **Councillor Report.** Nancy McCurrach

It was an honour to deliver opening remarks and present the proclamation on behalf of Mayor West alongside Clls Steve Darling, Glenn Pollock & Recreation Director Glenn Mitzel at the ice rink in our Community Center recognizing Green Shirt Day. As a person with lived experience and a member of the transplant community: this day is a big day of advocacy to encourage more people to register as organ and tissue donors: as well it is a day to reflect on those that selflessly gave others that they will never know the greatest gift of all, such as the gift of life (as did Logon Boulet): or in my case the gift of sight which is a life altering experience. We thank the Canadian Transplant Association and Port Coquitlam resident Kathleen Flemming and her team for bringing this important advocacy around organ and tissue donations for the past 4 years. The students at Central and Pitt River Middle School enjoyed the free skate in recognition of this important day.

- I attended the Tri-City Chamber of Commerce 2025 Business Excellence Awards.

Congratulations to all the Tri-Cities Chamber 2025 Business Excellence Awards Finalists that were in various divisions - especially for our two Port Coquitlam businesses winners!

- Business of the Year (20+ Employees) Aspira Astoria Retirement Residences

AND

- Business of the Year (1-20 Employees)

POCO Bowl

- Congratulations to Anne Pratt (our very own Wilson Senior Advisory Board member and Mayor Brad West for both being the recipients of the King Charles 111 Coronation Medal for their outstanding community service!

c) **President's Report** Royce Shook – see Appendix II

By-Law review: With the creation of the new website and document repository, Board Executive should all have access to digitized data on Google drive. Royce to manage for next AGM.

d) **Treasurer's Report** Barbara Allen – see Appendix III

**Motion** to renew Tri-City Seniors Action Society corporate sponsorship \$50.00

**Moved:** Pat Dales      **Seconded:** Ann Pratt      **Carried**

e) **Community Resource Network Report** Royce Shook – see Appendix IV

## **Motion to accept the above reports**

**Moved:** Barb Allen

**Seconded:** Gilda Tweedie    **Carried**

### **4. Action Items**

- a) **Activities report:** Ann Pratt next birthday social April 17
- b) **Bingo report:** Diane Todd – Bingo will be ongoing throughout the summer.
- c) **Tuesday Talks report:** Pat Dales – no new activity
- d) **Coffee with the Mayor** – April 15
- e) **Grant updates (New Horizons Grant):** Royce Shook –  
**Motion** for Board approval to sponsor activities for lead-up to Diwali.  
**Moved:** Pat Dales    **Seconded:** Gilda Tweedie    **Carried**
- f) **Sienna Grant for caregivers** No word yet
- g) **Diwali Grant.** We did not get this grant.
- h) **New Horizons** The money is In the account. It was deposited March 24
- i) **Marketing Strategy Development** – Rosamund Levy nothing new to report
- j) **Website Review & Update (Tag Line and Logo):** Gwendoline Turpin – see Appendix V
- k) **Health & Wellness Fair Planning** – Oct 1 confirmed as date for fair, suggest 2pm – 7pm to allow more attendees – Baljit to check timing with room availability. Attendees are free, exhibitors will be charged \$100/table.

### **5. New/Ongoing Business**

- a) Request for Change of Date for June meeting – Motion to move June Meeting one week to the 18<sup>th</sup>  
**Moved:** Donna Stanbrook    **Seconded:** Ann Pratt    **Carried**
- b) Lead up to Diwali follow-up – see above
- c) May Day  
Grant to Royal Party – organizing committee has requested that we sponsor the cost of pendants for the Royal Party at \$554.00  
**Moved:** Ann Pratt    **Seconded:** Gilda Tweedie    **Carried**  
  
Maypole Parade – carts to accommodate 14 people have been secured, further details to be provided as available
- d) Farmer’s Market Coupon Program – no update
- e) Helping Hands at Christmas Review and recommendation – Save-On coupons are best value and easiest for staff to administer

Adjournment @ 11:40    **Moved:** Donna Stanbrook    **Seconded:** Karen Dobson    **Carried**

**Next regular Board Meeting May 14, 2025, at 10:00 AM**

## Appendix I

### City Report to the Wilson Seniors Advisory Board April 8, 2025

Reported by Baljit Sastry and Carrie Nimmo

#### Membership

- As of April 6, 2025, there are 1067 seniors' services members. Numbers are holding steady.

Upcoming Programs/Services to note:

Coffee with the Mayor

- For 2025, Coffee with the Mayor will be scheduled on Tuesday April 15th and Tuesday Oct 7th from 10:00am – 11:00am in the Wilson Lounge. More information to come as we work out details.

#### New Member Info Session

- The next New Member Info Session on Friday April 25th. We currently have 7 people registered and are looking for 2 Board Members to help support.

#### Gardening Program

- A free program that we have partnered with Terry Fox Library focusing on companion and succession planting. The session includes a presentation by Gardening Master Lynda Smith followed by a hands-on planting session in our community garden beds. Registration for this program is through the Terry Fox Library

#### Memory Rasa Coffee Table Book

- We have an opportunity to showcase recipes that have special meaning or memories associated with them. Seniors are asked to submit recipes for a cookbook. The community member is looking for 20-30 recipes for the cookbook. The plan is for the book to be assembled and published when there are enough recipes and the Seniors who are chosen will be pictured with their favourite dish and memory. The Community Member is also looking at the possibility of some of the proceeds of the book to be donated to the Wilson Seniors Advisory Board.

#### Terry Fox: inspiring Local Champions

- Join the City for the unveiling of Port Coquitlam's newest exhibit (Terry Fox: Inspiring Local Champions). The unveiling coincides with the 45th anniversary of Terry Fox's Marathon of Hope. Event will take place on Sat April 12th at 11:00am at the Port Coquitlam Community Centre.
- This exhibit will celebrate Terry Fox as a hometown hero while also highlighting Port Coquitlam's rich history of local champions and community builders. It will feature interactive displays and treasured artifacts.
- For more details visit [portcoquitlam.ca/inspiring](http://portcoquitlam.ca/inspiring).

#### Earth Day Event

- Celebrate Earth Day on April 26th at the Public Works Yard from 9:00am – 12:00pm.

PoCo In Bloom

- Dedication Tulips have been planted across PoCo in honour of the 80th anniversary of the liberation of the Netherlands by the Canadian Army

#### Pool Maintenance

- The Leisure Pool for PCCC will remain closed until April 14th for its annual maintenance.
- The pool at Hyde Creek is operational

#### Code of Conduct

- We ask that all visitors, staff and volunteers create a respectful and welcoming environment for all and follow our Code of Conduct which is posted throughout the facilities.
- If someone is showing disrespectful behavior or creating an unwelcoming environment, the process is to report the incident to a staff member as soon as possible.

## Sponsorship

- We are looking at what sponsorships would look like for our popular luncheons to help us cover the increased costs due to inflation.
- Once we develop a sponsorship package we will share with the Board
- Perks are negotiable (i.e. tables for board members, marketing signs of organizations displayed)

## **President's Report – March 2025 Royce Shook**

“April showers bring May flowers”—so here’s hoping most of the rain falls at night!

But even if it doesn’t, we know our members can enjoy a full slate of engaging indoor activities. From Tuesday Talks and Bingo Afternoons to social dances, there’s always something happening to keep minds active and spirits high. These events continue to bring members together for fun, connection, and a better understanding of the programs and services available to seniors. A big thank you to Pat, Diane and her team, Ann, and Teresa for making these gatherings such a success!

Our **Free Bowling & Pizza Night** at PoCo Bowl, held in partnership with the Community Resource Network and organized through the Tri-Cities Seniors Network, was a big hit. It was wonderful to see so many people out enjoying themselves.

We’ve also received the **New Horizons for Seniors Program** grant—those funds are now in the bank, and we’ll need to make decisions soon on how best to put them to work. This grant will support efforts to reduce social isolation and promote the well-being of seniors in Port Coquitlam—making our community even stronger and more connected.

On a different note, while we weren’t successful in securing funding for our proposed **Diwali lead-up activities**, I still believe we should move forward with something festive. It’s a great opportunity to celebrate cultural diversity and attract new members.

Our **new website** is almost ready to launch—just a few more minor issues to be resolved. More photos are still needed! Once it’s live, we’ll want to promote it widely and ensure it links smoothly with the City’s site, as the current one does. Meanwhile, **Gwendoline is digitizing our records** and uploading them to Google Drive. To ensure continuity, I’m proposing that access be granted to all executive members: President, Vice-President, Secretary, and Treasurer. I also suggest we update the by-laws at the November AGM to make this official. I’ll draft the wording and bring it to the September meeting.

- We’ll be reviewing the **Helping Hands at Christmas** program at today’s meeting to fine-tune it for the upcoming season.
- Great news: SFU’s application for the **CIHR Catalyst Grant—Community-Based Research in Climate Change Priority Areas**—was successful! The project, titled “*Championing Older Adults for Leadership in Environmental Sustainability and Climate Empowerment*,” will be underway soon, and they’ll be reaching out to us to give them the help they need.
- We’re excited to be part of this year’s **May Day Parade**! We’ve reserved three golf carts (two 4-seaters and one 6-seater) so the whole Board can join. Let me know if you’re in—and if we should invite spouses, children, or grandchildren to ride along too.
- **Mundy is still looking for help** with the marketing committee—if you’re interested, please reach out to her.
- Thank you to those who attended the **Leigh Square opening**—it was a great event, and I’m sure the new space will be well-loved by the community.

As a Board, we continue to grow a caring, inclusive community for seniors and caregivers in Port Coquitlam. Your dedication and efforts are what make this all possible—thank you!

And remember rain showers may be part of the season, but they bring those beautiful May blooms. So, grab your umbrella and enjoy the ride

Appendix III

Treasurers Report March 2025

<b>March 2025</b>	<b>Date</b>	<b>Description</b>	<b>Income</b>	<b>Expenses</b>	<b>BALANCE</b>
	01-03-2025	Opening Balance			\$ 16,662.92
	05-Mar	Preauthorized Payment (Act Port Coquitlam) Bingo Rent 904		\$152.91	\$16,510.01
	19 Mar	Cheque Cleared #107 Social Activity Ac 903		\$74.18	\$16,435.83
	19-Mar	Cash Deposit Branch (Showcase Ac 801	\$100.00		\$16,535.83
	19-Mar	Cash Deposit Branch (Bingo 50 50) Ac 800	\$17.50		\$16,553.33
	19-Mar	Cash Deposit-Branch (Bingo 50 50) Ac 800	\$18.00		\$16,571.33
	19-Mar	Cash Deposit-Branch (Bingo) Ac 800	\$163.25		\$16,734.58
	24-Mar	Federal Government Ac1010	\$25,000.00		\$41,734.58
	25-Mar	Cheque Cleared #108 May Day Ac 910		\$25.00	\$41,709.58
	25 Mar	Cheque Cleared #103 Postage Tax Info To Ottawa AC 900		\$29.69	\$41,679.89
COMMUNITY SERVICE PACKAGE #100096255517 (GAMING ACCOUNT)					
	2024-12-17	OPENING BALANCE			\$

#100096166292 CASHABLE 90 DAY LOCKOUT 12 MONTH TERM INITIAL DEPOSIT: 16NOV2024 \$21,043.99  
 MATURITY DATE: 16NOV2025 INTEREST RATE: 2.750% INTEREST IS COMPOUNDED AT MATURITY OPENING  
 BALANCE

16-Nov	TERM DEPOSIT TRANSFER CREDIT		\$21,043.99		\$21,043.99
16-Nov	TOTAL TERMS				\$21,043.99
	2025-03-31	Shares in Van City			\$5.00
	2025-03-31	Float			\$50.00
	2025-03-31	<b>Totals Van City and Float</b>			<b>\$62,778.88</b>

## Appendix IV

### **Activities Sponsored by the Port Coquitlam CRN**

#### **Thursday, October 17, 2024 –**

- Coquitlam Public Library
- About 54 in attendance
- **Fraser Health – Fall & Injury Prevention** – Cam Fielding

#### **Thursday, October 24, 2024 – As We Age Seniors Showcase**

- About 265 in attendance
- In coordination with Glacier Media – Lara Graham
- Port Coquitlam Community Centre. **Road Safety for Seniors** talk by ICBC & **Frauds, Scams & Adult Abuse** by RCMP (Candice Chidlow & Brad Poppoff) & BC CRN - Ken Kuhn

#### **October 2024 – Digital Billboard**

- @ main intersection IOCO & Barnet Hwy for AD – Flu Vaccine for Seniors

#### **Friday, November 8, 2024 – Coffee & Connect**

- Glen Pine Pavilion, Informal chat about **CRN projects & events** in the future

#### **Wednesday, December 18, 2024 – Christmas Zoom**

- About 12 in attendance, games, memories, holiday traditions

#### **Thursday, January 16, 2025—Coffee Chat**

- About 20 in attendance
- MP Bonita Zarrillo was also in attendance as well as Coquitlam City Councillor
- Lots of good connections and discussions

#### **Thursday, February 6<sup>th</sup>—CRA & Services Canada Presentation**

- About 60 in attendance for the 2-hour afternoon event.
- Excellent informative presentations given by CRA and Services Canada.
- Lots of good attendee questions and responses from the presenters.
- Attendees were given coffee and treats.

Attendees included MP Bonita Zarrillo who shared information on the Caregiver Credit

#### **Thursday, February 13<sup>th</sup>—Age-Friendly Tri-Cities**

- About 65 in attendance for the morning event.
- Ken Kuhn moderated the talks and discussions on what an Age-Friendly Community is. The World Health Organization (WHO) has set out 8 domains that communities can focus on. Lots of attendee interaction and sharing of stories and concerns.
- The location of the event was a new one—Como Lake United Church Sanctuary—and worked out very well. The location was paid for as part of the Port Moody CRN grant.
- Attendees were given coffee and treats as well as draw prizes.
- Attendees included MP Bonita Zarrillo and Coquitlam City Councillors

#### **Billboards & Bus Shelters—Older Adult Abuse Awareness Campaign**

- 5 Billboards and 6 bus shelters in the Tri-Cities area
- Shared expenses with Port Coquitlam CRN and Coquitlam North CRN

## Appendix V

### **Website Report April 9, 2025**

#### Tag Line Suggestions

- Over 60? Up for fun, friends, and new adventures?
- Over 60? Life's still a party—join us!
- 60? Want to have fun?
- 60+ and going strong—fun, friends, and more await!
- Age is just a number—adventure starts at 60!
- Grey Power Working for you.
- Seniors supporting seniors.
- Retirement is not the end; it's a new beginning.
- 60 & PoCo Proud

Are there any other taglines that should be considered?

All the history that was on the old website has been transferred over to the Google Drive. We have started the new website from the beginning of this fiscal year (June 1) Currently only I have access to the drive and have sent Royce an invitation. After speaking with Royce, he suggested that all signing officers also be given access. If this is agreeable, I will send the information to the signing officers to access the drive.

We are almost ready to go live. As soon as we work out the remaining kinks and we get the domain registration information from Stephanie Mitchell we will go live, hopefully by the end of the week.

The minutes on the website are being stored by our fiscal year July 1 — June 30 to align with our fiscal year. We will keep two years online and this area is protected by a password which currently is Wilson2025.

Event information will be deleted once an event has been concluded. This information can be deleted entirely, or it can be transferred to the Google drive to show a history of our activities.

Presently only Barrie has the expertise to do the updating. For all work that has been done so far, I have provided the information to Darrell in PDF format.