



MINUTES - Senior Citizen’s Recreation & Culture Advisory Committee

Oct 24, 2022 10:00 AM – 12:00PM Westwinds Senior Centre

Participants: Corinne Lonsdale, , Ross Dickson, Moira Biggin-Pound, Janice Tomich, Dave Nabi, François Morel, Christina Rupp, Janice DesJardins, Devon Guest (DOS), Harjot Thandi (DOS), Tim Hoskin (DOS)

Facilitator: Tim **Recorder:** Harjot

Purpose: The Committee will collaborate with and provide recommendations to staff on programs and Senior’s related issues connected to the 55+ Recreation and Culture Programming in Squamish. The Committee will advise on the delivery of recreation and culture across Brennan Park Recreation Centre, The 55 Activity Centre, and Westwind’s facility. (TOR)

Objectives: ... to increase the social well-being of 55+ community in Squamish. As well to:

- a. To provide a link to the 55+ community to engage in recommendations, proposals for new programs and accept feedback to improve recreation and culture with the District of Squamish,
- b. To identify barriers to access by 55+ community to recreation and cultural programs and services,
- c. To be inclusive of all community needs and interests and reflect a diverse range of groups and members.

Agenda:

ITEM	REQUIRED OUTCOME / ACTION
Welcome & Introductions	<ul style="list-style-type: none"> - Grab a coffee & treat - Please make sure you have signed off on Code of Conduct & Social Media Policy (copies will be provided if needed) - Introductions & review of Agenda
Demographics	<ul style="list-style-type: none"> - Review of demographic information
Committee Objectives	<ul style="list-style-type: none"> - Narrow Scope (see above) - What does Success look like for this Committee (1 year, 5 year)? - Staff perspective – Where do we need your help/expertise? - How do we measure Success?
Pen to Paper	<ul style="list-style-type: none"> - Review WW programming – Are there quick wins? How should we fill the gaps? - What can we accomplish in a quarter? Year? - Benchmarking – suggestions from staff? Does this work for you?
Wrap-up	<ul style="list-style-type: none"> - Outcomes/decisions reviewed - Action items - assigned responsibilities; set delivery dates; - Next meeting date and location

LAST MEETING'S ACTION ITEMS:

By Whom	What	By When	Update
Devon	Framework of objectives and planning	October Meeting	October Meeting outcome
David G	Living location by age/income by age Stats Can (Census)	October Meeting	Provided by Harj
All	Forms to be signed and returned	October Meeting	

MEETING OUTCOMES/ DECISIONS:

Who	What

NEW ACTION ITEMS:

By Whom	What	By When
Devon	Check if Steering report is on website	Complete
	Review how people register for programs	
	Print program guide to show to members	Complete
	Discussion of Westwinds kiosk – filling with community wide events & programs	
	Benchmarks – reporting out on BP, WW, 55, marketing, registration	
	Review program suggestions & make recommendations what should be pursued; if not why	

Next meeting date: November 21 11am – 1pm

Introduction:

- Tim started meeting
- Round of introductions
- Tim explanation of agenda procedure
- Tim explanation of today's objective

Discussion:

- Overview of demographic information
- Squamish is a younger average community compared to other communities in BC
- Question by Moira: average age of senior participants in rec programs
- Suggestion by Corinne to Squamish Senior Centre Society to create a survey including what age category do you fit in; which neighbourhood do you fit in; may help Moira's question
- Tim acknowledgement of the reference binder
- Question by Moira: does location of program have participation effect
- Janice D. mentioned Avoid Frailty (Canadian Frailty Network); has asked them if a guest speaker is possible; opportunity to educate 55+ on why they should use our programs
- Corinne mentioned resource VitalSigns (Community Foundations of Canada)
- Dave mentioned lots of active members in the community ex. Golf club members, hikers, cyclists; suggests pool tables at BP

Janice D. suggests health & education courses to get more people informed
DoS programming focus is on areas that aren't already served in the community
Moirra suggests provide social coffee
Corinne suggests focus on social aspects
Dave mentioned the need to understand what is allowed in each facility
Tim explains programming pressure and how facilities can help alleviate pressure
Moirra suggests the 55 and Westwinds work together
Tim provides reminder the great room has regular flooring
Tim explanation of committee objectives
Question by Francois what encompasses recreation and culture
DoS explanation of what is recreation and culture
Question by Ross how do programs come to be
Harjot provides specific answer on how Neurofit program came to be
Tim provides explanation of how programs come to be
Discussion of Westwinds schedule draft

Brainstorm:

Member suggestions for Westwinds

Avoid frailty 2 part education & physical (program to avoid muscular degradation); ping pong; shuffleboard; carpet bowling; darts; mini-golf; dementia group; partnership with Whistler Mature Action Community; info/resource kiosk; speaker who teaches IT stuff; lunch & learn; rocks & rings; weight lifting/strength training

Devon created display of ideas

Discussion of costs, fees, & charges

Option of using / applying for grants

Janice D. request of program map of 55 plus costs and registration %

Wrap up:

Discussion of agenda items for next meeting

Question by Janice T. is there value in meeting once a month instead of two

Corinne explanation applicants prefer every two months; committee is still missing other demographic members

Acknowledgement need to respect TOR unless something urgent

Reminder that not all ideas are possible to implement due to funding, staffing shortfalls etc.

Awareness that not all ideas can be implemented at once

Question by Corinne can this group create a survey to get more info

Time for next meeting – next one 11am-1pm with sandwiches

Termination of meeting