

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday November 16, 2022- 9:00 AM
Galilee Centre

Present

Darrel O'Shaughnessy, Chair	Eleanor Hotchkiss, Arnprior
Glenn Arthur, Vice Chair	Lucas Power, Town of Arnprior Recreation
Sandra Elliott, Secretary	Andrea Lamontagne, McNab-Braeside Recreation
Megan Postin, Galilee Centre	Mickie Mackie, Men's Shed
Karen Robertson, Arnprior	Judy Cobus, ARH
Paul Helm, Arnprior	Kaila Zamojski, Town of Arnprior, Deputy Clerk

Absent

Pam LeMay, Arnprior	Karen Gibson, Dementia Society
Mandy Stinson, Seniors at Home	Karen Simpson, AFHT
Dennis Harrington, Seniors At Home	Tracey Foster, Island View
Janyne Fraser, McNab-Braeside Recreation	Lynn Russet, Island View
Leah Levesque, ARH	Dana McCabe, SALC
Ralph Chown, McNab-Braeside	Marjoie Joly, Hospice Renfrew
Robin Paquette, CAO, Town of Arnprior	Brittany Harris, Arnprior Villa

1. Call to Order

The April meeting of the GASC was called to order at 9:05 am

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above.

3. Adoption of Agenda

Two additional items were added under New Business. CEC update and

4. Approval of Records of Discussion from meeting of October 19, 2022

The Records of Discussion were approved as reported.

5. Program Updates**5.1 Arnprior Regional Health and Community Programs**

- Ongoing recruitment for health care workers
- ARH welcomed new CFO Jeff Letourneau
- Incidence of Covid 19 and flu increasing numbers locally placing a strain on local ED department and many staff are ill
- ARH actively reviewing and applying for grant opportunities specifically for community programs

SALC

Judy Cobus reported as follows:

- Community Gardens: closed for season
- Volunteer Recruiting and Training 2 volunteers recruited to assist with front desk admin
- Coop Student Recruitment: ADHS Coop Students set to begin in February – plan to participate in Intergenerational programs such as the Tech Savvy Pilot Program
- Tech Savvy Grant and Funding Pilot Project between SALC and Arnprior Library to teach those who have very little or no computer skills, are rural and low income. Program will be led by an outside facilitator and have high school students volunteer and assist. This is a sustainable program in that participants may help other seniors with their newly learned skillset and be able to loan tablets from the library going forward.
- Hear Canada Hearing Clinic - Thursday, November 17th
- Men's Shed Christmas Fair - Sunday, November 20th
- SALC Shuffleboard Program at the J.A.G. (November 22-April 23) - Mondays and Wednesday at 10:30am
- SALC Senior's Fair at the Nick Smith Centre: "New" date Friday, February 17th, 2023 - Vendors and not for Profit organizations are welcome to apply
- SALC Xmas Calendar Prep:
- Xmas Card-Making Workshop Monday, November 14th
- Xmas Luncheon at Galilee on Thursday, December 1st
- Dementia Workshop; Aging in Place at SALC on Monday, December 5th from 1:30-3pm
- 2 music concerts
- New Programs in 2023:
- Creative Writing and Virtual Meditation workshops
- *SALC Holiday closure: Monday, December 26th – January 9

The Men's Shed

- Youth Muskoka chair order as a result of the fair is complete and ready for pickup or delivery
- Project kits for Youth Recreation Program for town of Arnprior (something each month) are postponed until January
- 2 seats for flax production project, completed and delivered
- Loveseat on display at the Christmas Men's Shed show and sale
- Blanket holders for towel or blankets for the Family and Children Services Renfrew and County are progressing for 3 Dec Kits are ready for assembly
- 3 lending libraries, 2 already sold are in progress

- Storm benches to be completed and delivered to Galilee this week with 2 completed, 1 left to complete

5.2 Seniors at Home

No report available

5.3 Island View Activities

No report available

5.4 The Villa Activities

No report available but Sandra noted their Christmas Craft Sale is today if anyone wanted to pop by following the meeting.

5.5 Hospice Renfrew

No report available

5.6 Arnprior Family Health Team

No report available

5.7 Town of Arnprior

Executive Summary

- Kaila advised that the new Mayor and Council was sworn in yesterday and Monday, November 21st at 6:30 would be the first Council meeting will be held at the Nick Smith Centre.
- Budget consultations are December 6.
- December 12 is first official Council meeting
- Elections went well with 47% voter turnout. The Town went to all Seniors homes and apartments to assist voters.
- Kaila also mentioned the Town currently has a volunteer co-op student who could be made available to other interested GASC member organizations looking for tech assistance.

Recreation

The Recreation Department is very busy keeping up with the growth of Arnprior. We've added additional badminton and pickleball court times on Sunday evenings and both our pool and ice pads are busy with swimming and skating times.

On December 5th, we will be releasing our Winter Recreation Guide including our new winter campaign, Wintermission, that outlines the various ways to be active and healthy living this winter. There are numerous free events and we will be highlighting events and outdoor spaces you can take advantage of this winter.

We are already looking ahead to our summer lineup of events and prepare to have another busy season ahead of us.

5.8 Township of McNab-Braeside

- McNab-Braeside are hosting a New Year's Bash with the Richmond Ramblers on December 31st at the Murray Yantha Centre from 9pm-1am.
- A 4-week session of African Healing dance at the JAG starting November 23 from 6:30-8:00 pm
- Pickleball is very popular here as in Arnprior and a free Clinic is offered on Saturday, November 26 at the Murray Yantha Centre for both Beginners, and those with some experience as well as other sessions available for \$3 per session.
- A Jingle All the Way woodworking workshop is offered at the JAG on Thursday, December 1 from 6:30-8:30. All materials supplied for \$45.
- On Sunday, December 4 from 8:00-11:00 am there's a Santa and Superheroes Pancake Breakfast at JAG. Entry by donation or non-perishable food item.
- Acrylic Pouring Workshop at the Murray Yantha Centre on December 6 from 6-8 pm. Create a set of 4 coasters. \$55 + HST
- Ugly Christmas Sweater Open Mic Night. Murray Yantha Centre, December 9 from 7-10pm.
- Light Up the Night in White Lake Saturday, December 10 5:30-7:30pm by the McNab-Braeside Firefighters Assoc.
- Coffee and Crafts at JAG Friday, December 16, 10am-12 noon. \$10 +HST.
- New Year's Eve under the Stars at Clay Bank Park, December 31, 11pm-12:30 am. A guided Group hike/snowshoe on the trail followed by a bonfire, popcorn, and noisemakers.

5.9 Galilee Centre

- Galilee has a number of Christmas lunches planned that are very popular and, in some cases, fully booked.
- They are also planning a Christmas Radio Show and a Family Craft Night.
- They will also be serving hot chocolate at the Santa Claus Parade.

5.10 Renfrew County Seniors Games

- The Committee will be meeting on November 29
- Pickleball will be popular
- Ralph Chown is assisting to develop a cycling route.

5.11 Dementia Society

Sandra read an update provided by Karen Gibson.

- The AgeTech Resource Room will be set up at the Ottawa office in January 2023. We will pilot it and if all goes well, we will aim to have a smaller version at the Arnprior office spring/summer. The Arnprior office is not very large, and we wouldn't have staff here at all times, but could book appointments for people.

5.12 Youth Representative

Karen Robertson has met with teacher Jim Anas who will be our teacher contact for this Intergenerational Program. Two female students have been identified to represent ADHS youth on the GASC.

5.13 Santa Clause Parade – Glenn Arthur

- Sponsors – Gilks Signs & Trophies have donated all of the Plaques in honor of Theresa Charron - other Sponsors have come forward with cash or Gift Certificates to help out – we will advertise the Sponsors after the Parade in the Chronicle
- One of our Minor Hockey Teams has come forward to wear our Parade costumes
- Floats – November 12th was our Deadline and at present we have 35 Registered and 5 more that we are aware of yet to come in so we are now looking at 43 Floats and we were originally aiming for 50
- Letters went out this week to all of the Floats with details for Parade Day to help hopefully ease any confusion
- We have completed one Radio Interview with Heritage Radio with one more to come next week and we are just waiting on word from Oldies 107.7 as to what date they wish to have an Interview
- Letters have been hand delivered to the Downtown Merchants advising them of Parking closures and Street closures
- Hot Chocolate at Pilon's, Galilee (Shopper's Drug Mart), Chili at Cupboard, Valley Girls' Plus, waiting on two others to confirm
- Volunteers' Meeting Thursday November 17th at the Legion
- We have one more Bingo to help raise funds on MONDAY NOVEMBER 21 ST at the LEGION beginning at 6:45 pm
- REMEMBER THE PARADE LEAVES BASKIN DRIVE ON NOVEMBER 26 TH AT 6 PM!!
- Hope to see you there!!

5.14 Succession Planning

No report available

6. New Business

6.1 CEC Update

Our CEC Business Partners which include Arnprior Regional Health (ARH), the Town of Arnprior, the CEC Board of Elders, and Sullivan & Son Construction are currently preparing to undertake a Hazardous Materials Substance Report at the CEC to determine whether all hazardous containing substances must be removed, or if they can be safely contained.

Our Plan is to have this work completed by Pinchin Limited and the work will include a Building Survey, Sampling, Lab Analysis, and full Report. This work has now been approved by our Business Partners and should commence immediately. Darrel would like to thank Sullivan & Son Construction for facilitating this work for us.

- 6.2 Paul Helm gave an overview of a new Food Security program being launched in January 2023 by local chefs and the Community Council on Poverty and Homelessness.

7. Adjournment

The meeting adjourned at 10:15 am

The next meeting of the GASC is to be confirmed by the new executive for 9 am on Wednesday, January 18, 2023