

**GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION**  
**Wednesday May 18, 2022- 9:00 AM**  
**Galilee Centre**

**Present**

Sandra Elliott, Secretary	Catharina van Es, Dementia Society
Megan Postin, Galilee Centre	Karen Robertson, Arnprior
Eleanor Hotchkiss, Arnprior	Judy Cobus, ARH
Lucas Power, Town of Arnprior Recreation	Mickie Mackie, Men’s Shed
Dana McCabe, SALC	

**Absent**

Darrel O’Shaughnessy, Chair	Marjoie Joly, Hospice Renfrew
Mandy Stinson, Seniors at Home	Karen Simpson, AFHT
Leah Levesque, Arnprior Regional Health	Janyne Fraser, McNab-Baeside Recreation
Pam LeMay, Arnprior	Tracey Foster, Island View
Ralph Chown, McNab-Braeside	Lynn Russet, Island View
Paul Helm, Arnprior	Kaila Zamojski, Town of Arnprior, Deputy Clerk
Brittany Harris, Arnprior Villa	Glenn Arthur, Vice-Chair
Karen Bretzlaff	Andrea Lamontagne, McNab-Braeside Recreation
Graeme Ivory, Town of Arnprior Recreation	Dennis Harrington, Seniors At Home

**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. Sandra will Chair this meeting in the absence of Darrel .Catharina van Es joined via Zoom. Sandra welcomed Karen Gibson of the Dementia Society who also joined via Zoom. Going forward Karen will represent the Dementia Society as new member of the GASC.

**3. Adoption of Agenda**

The Agenda was approved as presented.

**4. Approval of Records of Discussion from meeting of April 20, 2022**

The Records of Discussion were approved as reported.

**5. Program Updates****5.1 Dementia Society – Dementia Week Wrap Up**

Sandra introduced Karen Gibson as a new member of the GASC, representing the Dementia Society. Karen joined the Ottawa and Renfrew County Dementia Society in February as an Occupational Therapist working with the new Aging in Place program. This is a program that helps people living with

dementia to be as safe and independent as possible in their homes. It is designed for people with early to mid-stage dementia who are looking to be proactive and may not qualify for OT services through Home and Community Care Support Services. Karen is happy to be involved with the GASC.

- Catharina thanked all of us on the GASC for our assistance in launching this Dementia Week and said it was a pleasure working with us and that it never would have taken place without our involvement. It was very successful.
- A post Event Report from the Dementia Society was forwarded to all members last evening.
- Most who attended were dementia patients or caregivers but unfortunately the Fair did not attract many of the general public. The numbers were low. Most who are not affected by dementia would not go. The workshops in McNab-Braeside were cancelled.
- The Virtual sessions were popular.
- A number of local businesses and organizations also received Dementia Inclusive training. Grade 7 and 8 school children also received training.
- This program will be rolled out to other communities in Renfrew County including Eganville and Cornwall.
- The Society is developing a questionnaire to gather feedback.
- Virtual sessions will continue.
- Refer to dementia.ca for more information.

## **5.2 Arnprior Regional Health**

There was no report available on The Grove or Ontario Health Team but Judy Cobus reported that the Adult Day Program continues to intake clients and The Grove continues to experience staffing issues.

### **SALC**

- Dana reported that SALC has received a Grant in partnership with the Arnprior Library to purchase Google chrome books and to provide 10 week training sessions at SALC and the Library.
- SALC has hired a summer student starting in July primarily to take care of the gardens.
- Bus trip are starting again and on July 14 a trip is booked to the Upper Canada Playhouse in Morrisburg to see a comedy. The bus will be stopping in Kanata to pick up seniors there. Members \$66.50. Non-members \$76.50. Dinner following at the Morrisburg Inn for \$25.

- June is Seniors Month and there are lots of programs planned. The Scoop Newsletter will be once again available, arts programs, stone painting and Jill Alexander will be offering a tulip painting session.
- The Reminiscing Garden will be planted on July 12 at Galilee with music provided by the SALC Band and the PUG Ukulele group.
- Fitness, dance and tech savvy programs are offered and are popular.
- Memberships are on track.
- Karen Grant advised that the Dementia Society has a tablet lending library and Amazon Echo devices.
- Dana asked Karen if she'd be available to give a talk at SALC and she will connect with Karen.

### **The Men's Shed**

- Mickie reported that the Men's Shed are busy with many projects ongoing. Butterfly houses, child picnic table, child rocker, repairing of raised gardens., planter benches for The Villa, a butternut and cedar bench for the Town, charcuterie boards, a wheelchair ramp for L'Arche, lending libraries, a bench for Island View, butternut boards.
- The Men's Shed have been offered material and tools from a private home shed.
- Sandra mentioned seeing somewhere that Darrel had been invited to visit a Men's Shed in Sudbury and Mickie confirmed that had happened a week or so ago. Mickie also said that a Shed in Barrie is coming to visit our Men's Shed as well.
- They have not heard yet from CTV Ottawa as to when the interview will be televised.

### **5.3 Seniors at Home**

Glenn is in Renfrew coordinating the Pickleball Tournament for the Seniors Games but provided the following.

#### **Sr Games**

Numbers are down this year due to late start in advertising because of the late go ahead from the Province due to COVID

We generally start to advertise in January but this year we did not get off the ground until almost the end of March

However, we did end up with over 100 entries into the Games but there were some that we had to cancel for this year.

Hopefully with things being back to normal we will see better results next year.

We have started planning for the Winter Games and we are hopeful that we will have a better response.

The Sr Game AM is in Renfrew on June 185, 2022 at Mate-a -Way Park at 1 pm and all are welcome.

### **Hope Garden**

We have had a meeting at the Garden and Connie has marked out the area.

Connie Legge and Glenn have both sent lists of plants required for Dana to send out to the SALC Members.

Catharina has completed two Presentations to Walter Zadow and St Joes Schools on Dementia which were well received and we have recruited some student volunteers from both Schools to help plant on June 12th.

However, we do need to know a start time for the planting in order that I may inform the students as well as the Lion's Club for their BBQ

That is all I have to Report at this time

Thanks

Glenn

### **5.4 Island View Activities**

No report available

### **5.5 The Villa Activities**

No report available

### **5.6 Hospice Renfrew**

No report available.

### **5.7 Arnprior Family Health Team**

No report available

### **5.8 Town of Arnprior**

#### **Executive**

No report available.

#### **Recreation**

- Lucas reported that they are happy to be able to once again offer the summer programs that had been cancelled the last 2 years due to COVID.
- Priorpalooza in Robert Simpson Park June 4
- Sunday Concerts in the Park start June 12.
- Dragon boat festival July 16
- June is Parks and Recreation month and a number of barrier free activities are planned at the Rink of Dreams and other neighbourhood parks. There will be a recreation passport available with a draw at the end of the month.

- Karen asked about the Canada Day Bike parade and Lucas advised that this was not a Recreation Dept. activity

### 5.9 Township of McNab-Braeside

Andrea provided the following summary.

- Docks are in at Red Pine Bay Boat Launch and Burnstown beach. The Burnstown canteen will operate 5 days a week June 1 through Labour Day. (non-holiday Mondays and Tuesdays it will be closed).
- Ball diamonds are open and booked for both minor and adult leagues.
- **Archery** at MYCC Monday nights 6-9pm.
- **Self Defense classes** at JAG Tuesday 6:45-7:45 pm April 25-June 30
- **Art classes** JAG Thursdays 1-4
- **Pickleball** MYCC with 9 sessions a week for adults until end May
- **Bid Euchre** MYCC Mondays 1-4 drop in. \$4
- **Line dancing lessons-** MYCC Tuesday 6:30-7:30 pm and 7:30-8:30 pm. Val will teach private classes Thursday afternoons 2-4 pm.
- **Zumba** MYCC Thursdays 6-7 pm
- **PilatYCore** virtual and in person Thursdays 7-8 pm at MYCC
- **YOGA** at JAG Thursdays 6:30-7:30pm May 5-26
- **Horseshoes** starting Wednesday May 25 at Wellington Park
- **Big Wheel Wednesdays** – Bike month is in June. Every Wednesday there is a cycle planned starting at 6 PM from different locations in the Township.
- **Concerts in the Park.** Saturday, June 4 at Red Pine Bay with Just Country 1-3 pm and once a month from different locations throughout the summer with different musicians.
- **Father's Day Car Show** – Brian Gunn has organized a car show at Red Pine Bay on Saturday June 18. Live music, great food and lots of awesome cars.
- **Paddle Nights.** Explore our waterways Wednesdays at 6 PM. The adventure runs late June through September 14. Rentals available.
- **Canada Day** Celebrate with us in Braeside 9 am – 1 pm

### 5.10 AF Housing Survey

No update available.

### 5.11 Galilee Centre

- Megan advised that their groups are smaller.

- Mother's Day lunch was sold out.
- Father's Day BBQ Thursday, June 9 at 12 noon.  
Reservations required
- Strawberry Social is back on Canada Day.
- Galilee will be providing emergency housing through Canada Works.
- June 20-21 Labyrinth and Mindfulness walking retreat.
- Summer Solstice Labyrinth Walk. Tuesday, June 21 at 8 PM in the newly restored Labyrinth. Sandra asked if there would be Labyrinth instructions posted and Megan confirmed that this was planned.
- Reminiscing Garden activities planned June 12.

#### **5.12 Youth Activities**

Karen Robertson advised that this would not be pursued further until September. There has been no word on Pierce Campbell.

#### **5.13 Welcome Initiative**

- Karen Robertson advised they were waiting on a poster for the Farmers Market table and apparently Erin from the Town will provide this. We will need a table, 2 chairs and a canopy as well as pamphlets to be collected from various entities.
- It was approved by all in attendance to proceed with setting up a Welcome table in conjunction with the Town.
- McNab-Braeside has already indicated their support
- The Market is from 9 am – 2 pm from June 5-Sept 17
- Volunteers are required to sit at table. Two per Sunday.

#### **6. New Business**

No new business.

#### **7. Adjournment**

The meeting was adjourned at 10:05 am.

**THE NEXT MEETING OF THE GASC WILL BE HELD ON WEDNESDAY, JUNE 15 AT 9AM.**

**LOCATION TO BE CONFIRMED.**

**KINDLY MARK YOUR CALENDARS ACCORDINGLY.**

**THIS WILL BE OUR LAST MEETING BEFORE WE BREAK FOR THE SUMMER**