



Regular Meeting Minutes
Municipality of Thames Centre
Active Living Centre Advisory Committee

October 25, 2024, 9:00 A.M.
Meeting Room #1, Thorndale Lions Community Centre
265 Upper Queen Street, Thorndale

Members Present: J. Bugo, Community Representative
R. Chowen, Community Representative
N. Kell, Community Representative
J. Kemp, Community Representative

Regrets: E. Tupholme, Community Representative

Staff Present: K.Gress, Active Living Coordinator

1. Call to Order

The meeting was called to order at 9:00 a.m.

2. Approve Agenda

Resolution # ALCAC-10-2024

Moved by: J. Bugo

Seconded by: N. Kell

THAT the October 25, 2024 Regular Meeting Agenda of the Active Living Centre Advisory Committee **BE APPROVED** as circulated.

Carried.

3. Disclosure of Pecuniary Interest

There were no disclosures of pecuniary interest.

4. Previous Minutes

Resolution # ALCAC-11-2024

Moved by: R. Chowen

Seconded by: J. Bugo

THAT the Regular Meeting Minutes of the Active Living Centre Advisory Committee on July 26, 2024 **BE RECEIVED**, as amended.

Carried.

5. Presentations/Delegations

No items.

6. Reports of Staff

6.1 Activity Report (Verbal Report) - K. Gress

The Active Living Coordinator made the sad announcement that Gord Lewis passed away on October 22. Everyone reminisced about Gord and all the contributions he made to the advisory committee, the community and the Lions Club. There was also discussion about how he was a wonderful storyteller and conversationalist. He will be greatly missed.

K. Gress reported that the hot meals, bus trips and movie afternoons are all successful and good fund raisers for the Lions Active Living Centre. K. Gress also reported that the regular/weekly programs are well attended and well received. There was some discussion about how to increase attendance at some of the programs in Thorndale. K. Gress mentioned that a new group of nurses will take over the foot care clinic in November. This is a needed service in the area and participants are grateful that it will continue even though nurse Nanette and her staff have retired. There was discussion about how the foot care clinics are run and organized with the head nurse taking the appointments etc. R. Chowen commented that the new format for the activity report is great because it shows how many participants attended the special events.

Resolution # ALCAC-12-2024

Moved by: N. Kell

Seconded by: J. Bugo

THAT the Activity Report **BE ACCEPTED** as presented.

Carried.

6.2 2025 Meeting Dates - K. Gress

Resolution # ALCAC-13-2024

Moved by: R. Chowen

Seconded by: N. Kell

THAT Report No. ALCAC-001-24 **BE RECEIVED** for information;

AND THAT the following schedule of meeting dates for 2025 **BE APPROVED:**

- Friday, January 24, 2025 at 9:00 a.m.
- Friday, April 25, 2025 at 9:00 a.m.
- Friday, July 25, 2025 at 9:00 a.m.
- Friday, October 24, 2025 at 9:00 a.m.

Carried.

7. Committee Business

The Active Living Coordinator asked if the advisory committee members perceived the Grand Opening of the new facility as positive and successful. The advisory committee said that it went very well. There was discussion about the bid euchre tournaments and how to make them run more smoothly. The money will be collected at 10:00 a.m., the menu will be simplified, and volunteers will be asked to help put the tables and chairs away at the end of the day.

8. Correspondence

No items.

9. Unfinished Business

R. Chowen gave some helpful suggestions on how to make the newsletter more user friendly for new participants. N. Kell will provide a phone number for the Thorndale Horticultural Society for the newsletter. The birthday announcement is for members of the Centre and the VON blurb in the newsletter has already been

updated. A new attendance sheet will be prepared for the Thorndale euchre group. There was also discussion about how to know if the people participating in a program are members or not. It was decided that a sign will be made for each program to point out that there is a member and non-member fee for the programs. This way we do not have to single out anyone by indicating if they are a member or not. N. Kell brought forward that the ladies coffee hour group would like to have a cooking class on how to make Gnocchi. One of the participants has expressed interest in teaching this class. J. Buggo is also interested in participating. This workshop would be open to anyone interested. There is also lots of interest in a first aid/CPR course. R. Chowen and N. Kell pointed out that some of the coffee hour participants expressed interest in being involved in a brainstorming session, to come up with ideas for programs in Thorndale. Once a date and time are set the Active Living Coordinator will book the room and advertise the brainstorming session.

10. New Business

11. Scheduling of Meetings

Friday, January 24, 2024 at 9:00 a.m. at the Lions Active Living Centre

12. Adjournment

Resolution # ALCAC-14-2024

Moved by: R. Chowen

Seconded by: J. Buggo

RESOLVED THAT the meeting adjourns at 10:25 a.m.

Carried.