

Minutes of the Senior Advisory Committee
for the Corporation of The Town of Tecumseh

A meeting of the Senior Advisory Committee for the Town of Tecumseh was scheduled to be held on November 29, 2018, in the Council Chambers at Town Hall, 917 Lesperance Road, Tecumseh at 6:00 pm.

1. Call to Order

The Chairperson calls the meeting to order at 6:12 pm.

2. Roll Call

Present:

Member	Suzanne Beneteau
Vice-Chair	Paul Morand
Member	Dara Pfeifer O'Connor
Member	Michelle Phillion
Member	Nancy Tennant

Also Present:

Manager Committee & Community Services	Christina Hebert
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Absent:

Member	Dorothy Nagy
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3. Disclosure of Pecuniary Interest

None reported.

4. Delegations

None.

5. Communications

a. Senior Advisory Committee Minutes dated September 27, 2018

b. Senior Advisory Committee Minutes dated October 25, 2018

Motion: SAC- 21/18

Moved By	Member Suzanne Beneteau
Seconded By	Member Dara Pfeifer O'Connor

That the minutes of the September 27, 2018 and October 25, 2018 meeting of the Senior Advisory Committee be approved.

Carried

6. Reports

None.

7. Unfinished Business

a. Senior Fitness Around Town Program

The Manager Committee & Community Services apprises the final session of 'Senior Fitness Around Town' (SFAT) Program will conclude on December 6.

Given the overwhelming positive response to the SFAT Program, the remaining grant funds will be utilized to provide further recreational programming opportunities, such as skating and aquafit passes for use in 2019. Similar to the Life After Fifty Membership Program, passes would be made available to Tecumseh older adults and seniors on a `first come, first serve` basis.

A suggestion is made to provide aquafit passes for the indoor WFCU pool, in addition to the Tecumseh Leisure Pool, to enable and encourage seniors to partake in the physical activity during the winter months

b. Nutrition Education Workshop

Discussion ensues regarding the Nutrition workshop held on Friday, November 9 at the Golden Age Club. The presentation was well-received and the participants engaged in great dialogue with the Zehrs Dietician and Pharmacist.

The Members complete the feedback survey provided by Zehrs.

c. Life After Fifty Pilot Program

The Members are advised Life After Fifty is working on gathering statistical data regarding the number of persons who utilized the Life After Fifty Memberships, provided under the Seniors Community Grant, and the frequency of their participation.

d. Call for Committee Applications

A reminder is provided that the submission deadline for making application to the Town's Committees and Awards was extended to November 30, 2018.

8. New Business

None.

9. Next Meeting

The next meeting of the Senior Advisory Committee will be held on Thursday, January 24, 2019.

10. Adjournment

Motion: SAC- 22/18

Moved By Member Michelle Phillion

Seconded By Member Nancy Tennant

That there being no further business, the November 29, 2018 meeting of the Senior Advisory Committee now adjourn at 6:54 pm.

Carried

Paul Morand, Vice-Chair

Christina Hebert, Manager Committee
& Community Services