

PELHAM SENIORS' ADVISORY COMMITTEE

AGENDA 18-04

MEETING DATE: Wednesday, April 4, 2018 - 4:00 PM
Town of Pelham, Council Chambers, Fonthill

- 1. DECLARATION OF QUORUM AND CALL TO ORDER**
- 2. ADOPTION OF AGENDA**
- 3. DISCLOSURE OF PECUNIARY INTEREST & GENERAL NATURE THEREOF**
- 4. DELEGATIONS**
 - 4.1 none scheduled
- 5. APPROVAL OF MINUTES OF PREVIOUS MEETING**
 - 5.1 March 7, 2018
- 6. PRESENTATIONS**
 - 6.1 Beth Dal Bianco, Data Collector/Analyst Consultant – Update and Final Report March 31, 2018
- 7. BUSINESS ARISING FROM MINUTES**
 - 7.1 Conversation Café – discussion (See PSAC Sub Committee Report March 27, 2018)
 - 7.2 Trinkets – for promotional purposes
 - 7.3 Affordable Housing
 - 7.4 Seniors' Month – Activities/Flag
- 8. COMMITTEE REPORTS**
 - 8.1 Joint Accessibility Advisory Committee
 - 8.2 Pelham Active Transportation Committee
- 9. CORRESPONDENCE TO THE COMMITTEE**
 - 9.1 Age-Friendly Niagara Network Update March 2018
- 10. CORRESPONDENCE FROM THE COMMITTEE**
 - 10.1 Letter of congratulations – Judy Reid, Citizen of the Year
 - 10.2 Letter of thanks to Parkhill Property Management for presentation
- 11. NEW BUSINESS**
 - 11.1 Seniors' Month, June 2018
 - 11.2 Flag for Seniors' Month
 - 11.3 Documents from Seniors Forum, November 5th, 2014 as requested by PSAC for review
 - 11.3.1 PSAC Forum, November 5, 2014 – HMW Determine the Most Age-Friendly Components

- 11.4 Age Friendly Forum for Regional Municipal Advisory Committee members, June 26, 2018
- 11.5 Recreation re Canada Day and Summerfest, PSAC participation
- 11.6 WHO Global Network for Age-Friendly Communities – announcing [innovation@home](#) competition

12 ADJOURNMENT

PELHAM SENIORS' ADVISORY COMMITTEE

SPECIAL MEETING

MINUTES 18-03

2:00 PM

Wednesday, March 7, 2018

Council Chambers

Town of Pelham

20 Pelham Town Square

Present:

Gail Hilyer, Chair
Sharon Cook, Vice-Chair (JAAC)
Robert Hildebrandt (FMA)
Del Leney
Debbie Rollo
Sue Kicul (FMA)
Bea Clark (PATC)
Gwen MacDougall (Lib Board)
Liisa Harju (Arts)
Susan Buckingham

**Absent with
Regrets:**

Mackenna Belding (MYAC) – Secondary Rep
Councillor Peter Papp (ex-officio)
Tessa Piccolo (MYAC)

Also Present:

Judy Sheppard, Deputy Clerk
Beth Dal Bianco, Age-friendly Data Collection Project
Raj Lamichhane, Joe Salvatore, and Carmela Marrese, Parkhill
Property Management
Curtis Thompson, Planner
Cathy Berkhout-Bosse

FOR THE INFORMATION OF COMMITTEE:

(a) DECLARATION OF QUORUM AND CALL TO ORDER (Item 1)

The Chair, Gail Hilyer, welcomed everyone, with a special welcome back to Susan Buckingham who is the newest Committee member and declared a quorum.

(b) ADOPTION OF AGENDA (Item 2)

(Rolo/Cook)

THAT the agenda for the March 7, 2018 Special Meeting of Pelham Seniors Advisory Committee be approved, as presented.

CARRIED

(c) DISCLOSURE OF PECUNIARY INTEREST & GENERAL NATURE THEREOF (Item 3)

There were no disclosures of pecuniary interests from any of the members present.

(d) DELEGATIONS (Item 4)

(i) Raj Lamichlane, Joe Salvatore, and Carmela Marrese, Parkhill Property Management

The delegation from Parkhill Property made a presentation to the Committee on Affordable Rental Housing and the Development Project that they are currently working on in Pelham. The presentation included, but is not limited to, the following:

- Company Profile
 - For the past 40 years, Parkhill has been committed to building beautiful and successful communities across the GTA and Southern Ontario
- Background Information
 - In Pelham as of 2016, 24.4% of total population are over age 65, up from 16.6% in 2006; 65+ Population Share 8% more than the National Share
 - In last ten years, overall population growth in the Town was 5.9%, however the population growth in senior population (65+) was 55.8%
 - Between 2011 and 2031, Seniors (65+) will account for 60% of population growth; age appropriate housing with communities and their infrastructure accessible for seniors should be a priority
 - In 2016, 4400+ households were on the Niagara's centralized waiting (1500 were seniors); at the end of 2017, more than 5,000 households are on the list for Rent-Geared-to-Income housing in Niagara
 - Pelham – according to the most recent statistics (Feb 2018) from Niagara Regional Housing, the Town of Pelham has a waiting list of 244 Seniors for affordable housing with a wait time of 3 years (1 Bedroom)
 - With the increase in senior citizen population in the region, Parkhill and the Town of Pelham realize that there is an immediate need for affordable rental apartments for seniors
- Project Information
 - Parkhill's 10 floor apartment building project is located on Shaw Avenue, Pelham started July 2017 and will be completed August 2019
 - The self-sufficient community is just steps away from many local amenities and services including a community centre, shopping plaza, trails, etc.
 - The building will be of quality design with an impeccable standard
 - It will be an affordable rental building aimed to complement seniors' unique lifestyle provides elegantly landscaped areas and socializing spaces
 - The building will have many indoor facilities to ensure the comfort of all its residents
 - The apartment building will be 10 stories with 96 units

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- One-bedroom and two-bedroom units
 - 1 parking space per unit
 - Outside gazebo and sitting area
 - Multipurpose common area
 - Property Manager living on site
 - Extra storage, per unit, within the building
 - Washer/dryer in each unit
 - Kitchen and bathroom flooring is ceramic tiles with engineered wood flooring on the remainder of the unit
 - Carpet tiles will be installed in common hallways throughout the building
 - Bathrooms – walk-in showers; combination of showers and bathtubs;
 - Bedrooms will have ensuite – 2 bathrooms in each unit
 - 60% of the units will be subsidized through NRH (Niagara Regional Housing) and 40% will be Market Rentals
 - Members made the following comments/inquiries;
 - Regarding the 60% of units subsidized through NRH – who determines who the tenants will be for each unit
 - Confirmed the approximate measurements of a single unit would be 600 to 650 sq feet per one bedroom; each unit has their own mechanical system for heat and water – energy efficient; each unit has a private balcony;
 - Suggestion – inquire with Niagara Region Housing regarding the possibility of their Wellness Program renting a space in the building; suggested various clinics; nurses/doctors to occupy the building
 - Is it confirmed with NRH that they will partner with Parkhill? If there is a negative response from them, would their seniors' apartment building project still be developed as planned?
 - Response from Parkhill: They have met with NRH and will be meeting again in March; and yes, the development will go ahead with or without the NRH Partnership
 - PSAC encourages fitness therefore, what are your plans to promote / accommodate that?
 - There are plans for bicycles placement; walking; walkways to existing amenities, etc.
 - Parkhill representative confirmed that the main floor is designed to be a community space which will accommodate a population of over 100 people; also the roof will be a patio space with tables, accessible by elevator;
 - Games room will be accommodated;
 - The apartments will be accessible as per legislation / building code - 15%
 - Parkhill also invited the committee members to communicate to them what types of amenities would be desirable
 - Will pets be allowed; this decision is to be determined by the landlord;

- Parkhill is the builder and will continue to be the owner and will have a Property Manager living on site to manage the property
- Members asked Parkhill if they have plans to build more seniors apartments in the Niagara Area
 - Parkhill advised that they are open to that possibility because they see a need - they already have 127 people on their list and they have 96 units
- Age for renting – while they are gearing it towards seniors' ages, they would not discriminate against age by stating age restrictions
- Price range for apartments – to be determined

Parkhill representative advised that in two weeks, they will have a 'Pelham' tab on their website for inquiries; they also advised that they are open to another meeting with the Committee, if invited; they are also available via email respecting other suggestions for the design

The Chairperson, Ms. Hilyer thanked the representatives from Parkhill for their informative presentation and for taking the time to appear before the committee.

**(e) APPROVAL OF MINUTES OF PREVIOUS MEETING (Item 5)
February 7, 2018 (Item 5.1)**

(Kicul/Leney)

THAT the Minutes of the February 7, 2018 Special Meeting of Pelham Seniors Advisory Committee be approved, as presented.

CARRIED

(f) PRESENTATIONS (Item 6)

(i) Beth Dal Bianco, Data Collector/Analyst Consultant – Update (Item 6.1)

Beth Dal Bianco provided a verbal update to the Committee respecting her progress on the collection of existing data and research she is conducting throughout the Niagara Region as it relates to Age-friendly Communities.

The Committee made the following comments to Ms. Dal Bianco:

- Is there a list of area reports and are there common themes – St. Catharines and Port Colborne?
 - Ms. Dal Bianco advised that she will be analysing that information and will report back to the committee

Ms. Dal Bianco will continue to work with municipalities in the Niagara Region as well as various seniors programs in the region to collect and analysis programing information.

Ms. Dal Bianco will continue to forward all materials she receives to the Deputy Clerk for filing.

(g) BUSINESS ARISING FROM MINUTES (Item 7)

(i) New Horizons for Seniors Project (Item 7.1)

The Committee applied for a grant from New Horizons for Seniors Program Community-based Projects however, the application was unsuccessful.

However, the Committee is still hopeful in conducting a survey with the seniors of Pelham by partnering with the Recreation Department to develop a survey to be circulated to the seniors' community regarding an age-friendly questionnaire. It was suggested that an adhoc committee be established to work on the survey. This item will be discussed at a later date.

(ii) Conversation Café - Discussion (Item 7.2)

There was discussion whether or not to continue with plans to host Conversation Cafés for 2018.

(MacDougall/Leney)

THAT an ad hoc committee be established to discuss the future of Conversation Cafés.

CARRIED

The following Members volunteered to be part of an ad hoc committee to discuss the future of the Conversation Café:

1. Susan Buckingham
2. Gwen MacDougall
3. Debbie Rollo
4. Bea Clark

(iii) Trinkets – for promotional purposes (Item 7.3)

Following research of various samples of appropriate trinkets for promotional purposes it was decided that magnified cards be purchased.

(Hildebrandt/Clark)

THAT the Pelham Seniors Advisory Committee purchase 1000 magnified cards to be used for promotional purposes.

CARRIED

(iv) Winter COMMUNITY EXPO Family Day (Item 7.4)

The Town of Pelham's Recreation, Culture & Wellness Department hosted a Winter COMMUNITY EXPO for Family Day which was held on Monday, February 19, 2018 from 12:00 – 2:00 pm at the Pelham Arena.

Four members of the Pelham Seniors Advisory Committee participated in this event and they advised that the event was not well attended by seniors. However, the Committee agreed to participate again next year.

(h) COMMITTEE REPORTS (Item 8)**(i) Joint Accessibility Advisory Committee (Item 8.1)**

The Committee is planning to speak with the BIAs and hopefully audit some of the business in Town for accessibility.

(i) Pelham Active Transportation Committee (Item 8.2)

The Committee applied for two government grants:

1. Ministry of Transportation (MTO) annual Road Safety Challenge grant for activities in June which promote road safety for all users.
2. Through TOP, the Safe Cycling Education Fund which provides current approved Ontario Municipal Commuter Cycling grant recipients with an opportunity to obtain funds to promote safe cycling education.

The Committee is waiting to hear if their applications are successful.

(j) CORRESPONDENCE TO THE COMMITTEE (Item 9)

There was no correspondence received.

(j) NEW BUSINESS (Item 11)

(i) There were no new business items.

(k) ADJOURNMENT (Item 12)

(Rollo/Hildebrandt)

THAT the Special Meeting of the Pelham Seniors' Advisory Committee, March 7, 2018, be adjourned at 4:36 p.m.

CARRIED

PSAC Final Report—Age Friendly Data Collection

Region of Niagara

Welland

Thorold

St. Catharines

Port Colborne

Niagara Falls

Pelham

NOTL

Lincoln

Grimby

Fort Erie

West Lincoln

Wainfleet

Member of the World Health Organization Global Network of Age Friendly Cities and Communities

No No No No No Yes No No Yes No No No No No No No No No No No No No

Fort Erie

Grimby

Lincoln

Niagara Falls

Port Colborne

St. Catharines

Thorold

Welland

Niagara Seniors Active Living Centres (Ministry of Seniors Affairs, Ontario)

-Beachcombers Senior Citizens Association (Ridgeway)
-Fort Erie Lions Senior Citizens Complex

Livingston Activity Centre

Lincoln Community Centre

Coronation 50 Plus Recreation Centre

-Le Centre polyvalent des aînés francophones de Port Colborne
-Port Colborne Social & Recreational Centre for Senior Citizens

-Port Dalhousie, -Dunlop Drive -West St. Catharines Older Adult Centres (3)

Senior Citizens Association

Rose City Seniors' Activity Centre

Niagara Municipalities (13): Advisory Committees and Recreation Programs for Seniors

Municipality	Age-Friendly or Senior Citizens Advisory Committee	Recreation Programs for Seniors
Township of Wainfleet	No	<ul style="list-style-type: none"> -Seniors Day at the Wainfleet Fall Fair -Seniors Skate—lap skating opportunities for Seniors -Bridges Community Health Centre, Port Colborne site, physiotherapy and kinesiology services offered to residents of Wainfleet who are without health insurance and would benefit from physiotherapy or group exercise (Seniors Exercise, Back & Core, Walk & Stretch -- open to everyone) offered at no cost. For more information: http://www.wainfleet.ca/708-ridges-community-health-centre
Township of West Lincoln	Establishing a West Lincoln Age Friendly Advisory Committee (WLAFAC). Citizen appointments confirmed at the January 29, 2018 meeting of Council.	<ul style="list-style-type: none"> -55+ designated programming is not offered. Programs include Gentle Yoga and Tai Chi that are popular with older adults. -West Lincoln Recreation and Municipal Guide 2017/2018: http://westlincoln.ca/wp-content/uploads/West%20Lincoln%20Guide%202017_web.pdf -Building a Multi-Use Recreational Site (MURS). Arena and Wellness Centre, tentatively, scheduled to open in Dec./2018. -Community Guide Spring/Summer 2017: https://www.forterie.ca/resource/files/9B244CC5E10E4DFB852580F200529903/\$File/Community%20Guide_Spring_Summer2017_FINAL.pdf -Beachcomber's Seniors Citizens Association, Crystal Beach (905) 894-6106 or plus50@live.ca, www.beachcomberseniors.pbworks.com -Douglas Heights Seniors Centre of Fort Erie is a volunteer based activity centre for seniors (50+ years) (905) 871-8151 or https://www.facebook.com/lionsseiorcentre/
Town of Fort Erie	Senior Citizens Advisory Committee https://www.forterie.ca/pages/SeniorCitizensAdvisoryCommittee	<ul style="list-style-type: none"> -Building a Multi-Use Recreational Site (MURS). Arena and Wellness Centre, tentatively, scheduled to open in Dec./2018. -Community Guide Spring/Summer 2017: https://www.forterie.ca/resource/files/9B244CC5E10E4DFB852580F200529903/\$File/Community%20Guide_Spring_Summer2017_FINAL.pdf -Beachcomber's Seniors Citizens Association, Crystal Beach (905) 894-6106 or plus50@live.ca, www.beachcomberseniors.pbworks.com -Douglas Heights Seniors Centre of Fort Erie is a volunteer based activity centre for seniors (50+ years) (905) 871-8151 or https://www.facebook.com/lionsseiorcentre/

Niagara Municipalities (13): Advisory Committees and Recreation Programs for Seniors

Municipality	Age-Friendly or Senior Citizens Advisory Committee	Recreation Programs for Seniors
Town of Grimsby	The Grimsby Seniors Club has an Advisory Committee	-Livingston Activity Centre, 18 Livingston Avenue, hosts a variety of programs and events. It is the home of the Grimsby Seniors Club and is the location of most of the Town's 55+ Fitness Programs. -The Grimsby Seniors Club is supported by the Town of Grimsby and organized by the Grimsby Seniors Club Advisory Committee. Most programs are organized by volunteers that are active club members. http://www.grimsby.ca/Livingston-Activity-Centre/grimsby-seniors-club.html
Town of Lincoln	No	-The Town of Lincoln offers a variety of adult fitness classes through the year. -The Lincoln Seniors' Club invites community members 55 years of age and older to take part in daily activities and events: https://lincoln.ca/recreation/camps-recreation-programs
Town of Niagara-on-the-Lake	Age-Friendly Steering Advisory Committee http://www.notl.org/content/committee-boards-2014-18#Age-Friendly	Published, two times per year, Niagara-on-the-Lake Community Guide includes an older adults section that includes fitness, programs and general information: http://edition.niagaraadvance.ca/doc/Niagara-Advance-special-sections/notl-fall-winter-guide-2017/2017082501/#0
Town of Pelham	Pelham Senior Citizens Advisory Committee http://www.pelham.ca/en/about-us/Pelham-Senior_s-Advisory-Committee.aspx	-Community Guide, available on-line: http://www.pelham.ca/en/experience/Community-Guide.aspx -Seniors Services include: Fonthill Seniors Citizens' Social Club Pelham Senior Citizens' Association http://www.pelham.ca/en/experience/Senior-Services.aspx

Niagara Municipalities (13): Advisory Committees and Recreation Programs for Seniors

Municipality	Age-Friendly or Senior Citizens Advisory Committee	Recreation Programs for Seniors
City of Niagara Falls	The Coronation Centre works with a twelve member Volunteer Advisory Committee. Committee members represent and are voted in by the membership at the Annual General Meeting.	-Coronation 50 Plus Recreation Centre and a satellite site at the MacBain Community Centre: https://niagarafalls.ca/living/community-facilities/coronation-centre/program-information.aspx -My City Guide is published two times per year and offers information about community programming, events and a directory of services: http://niagarafalls.ca/living/leisure-guide.aspx
City of Port Colborne	Seniors Citizens Advisory Committee: http://portcolborne.ca/page/committee_seniors_advisory	-Port Colborne Social & Recreation Centre for Senior Citizens (also known as Friends Over 55). -French Golden Age Club -Port Colborne Leisure Guide, Community Services is published two times per year: http://portcolborne.ca/fileBin/library/Port%20Colborne%20Leisure%20Guide%20FW%202017.pdf
City of St. Catharines	St. Catharines Older Adult Forum, presentations and discussions about the issues facing older residents with Mayor Walter Sendzik and staff from the City.	-Dunlop Drive Older Adult Centre, Port Dalhousie Older Adult Centre and West St. Catharines Older Adult Centre. Offering social, recreational and educational activities for the body and soul of residents aged 50 and older. -St. Catharines Leisure Guide: https://www.stcatharines.ca/en/playin/LeisureGuide.asp

Niagara Municipalities (13): Advisory Committees and Recreation Programs for Seniors

Municipality	Age-Friendly or Senior Citizens Advisory Committee	Recreation Programs for Seniors
City of Thorold	Ad Hoc Age Friendly Committee: http://www.thorold.com/content/ad-hoc-age-friendly-committee	-The City of Thorold: http://www.thorold.com/content/community-recreation-services-resources -The Ontario Paper Thorold Seniors Centre and the Thorold Senior Citizens Association -Thorold Community Activities Group: http://www.thoroldgroup.org/
City of Welland	Senior Citizens Advisory Committee: https://www.welland.ca/Committees/SeniorCitizenAdvisory.asp	-Welland Community Wellness Complex, the home of the Rose City Seniors Foundation: https://www.welland.ca/RecCulture/WCWC.asp -The City of Welland Wellness Guide is published 2x per year and includes 50+senior registered programs and drop-in activities: https://www.welland.ca/Leisure/guide.asp
Region of Niagara	Age-Friendly Niagara Network Leadership Council coordinates the Age Friendly Niagara Network and is made up of volunteers, many of whom are older adults active in their community, and others representing government, not-for-profit organizations and businesses. http://www.agefriendlyniagara.com/about-us/	-Community Programs for Seniors https://www.niagararegion.ca/living/seniors/programs/default.asp -South Niagara Health and Wellness Centre: https://www.niagararegion.ca/living/seniors/programs/health-wellness-centre.aspx

Detail of Activities for Seniors by Communities in Niagara

Fort Erie

Beachcomber's Seniors Citizens Association

Address: 237 Ridge Road, Ridgeway
 Telephone: (905) 894-6106
 Website:
www.beachcombersseniors.pbworks.com
 Email: plus50@live.ca

-50 years+, membership: \$25/year
 -classes in computers, crafts, quilting, upholstery and more, line dancing, tai chi for \$2 per class
 -activities include ballroom line dancing, crafts, cribbage, darts, euchre, pickle ball, quilting & more, scrabble, sewing "Dresses for Africa" making dresses and shorts for orphanages throughout the world, shuffleboard, shutter cards,
 -pot luck and catered dinners

Douglas Heights Seniors Centre of Fort Erie

Address: 265 High Street, Fort Erie
 Telephone: (905) 871-7761
 Facebook: [lionseniorcentre/](https://www.facebook.com/lionseniorcentre/)
 Email: douglasheights@cogeco.net

-50 years+, membership: \$30/year, day pass: \$2
 -ballroom dancing, bingo, chair exercises, computer class, dance fit, duplicate bridge, euchre, friendly bridge, line dancing, low vision clinic, mahjong, oil painting, pickle ball, play pool, poker, shuffle board, stretch yoga, tai chi and more.

Town of Fort Erie

Address: Leisureplex, 3 Municipal Centre Drive, Fort Erie
 Telephone: (905) 871-1600 ext. 2431
 Website: www.forterrie.ca
 Facebook: /Fort Erie
 Email: icollee@forterie.ca

-The Town of Fort Erie has two Community Guides published each year. It is the source of information on recreation, schedules, programs, special events, facilities and community information.
 -Acrylic Painting for Seniors

Detail of Activities for Seniors by Communities in Niagara

Grimsby

Livingston Activity Centre

Address: 18 Livingston Avenue, Grimsby
Home of the Grimsby Seniors Club and
location for most of the Town's 55+
Fitness Programs.
Telephone: (905) 309-2075
Website: www.grimsby.ca
Recreation, Facilities & Culture
Department Telephone: (905) 945-1288
Email: recreation@grimsby.ca

-55 years+ and retired, membership:
\$19/ year, activity fees: range from \$.50
to \$3.

-bingo, bridge, carpet bowling, chess,
choir, craft guild, cribbage, crokinole,
euchre, harmonica, mahjong, pilates,
ping pong, play pool, quilting,
rummikub, scrabble, seniors art classes,
shuffleboard, Star Makers Theatre
group, tai chi, walking group, yoga,
zumba and more.

-The Town of Grimsby has two Leisure
Guides published each year—Fall and
Winter (mid-August) and Spring and
Summer (mid-March). This guide
contains programming details, special
events information and other
community information.

-The town website includes a list of
Sports/Recreation Groups in Grimsby
for badminton, ball hockey, baseball,
basketball, boating, curling, dance,
fitness, gymnastics, hiking, hockey,
lacrosse, lawn bowling, martial arts,
racquetball, rugby, running, skating,
skipping, soccer, Special Olympics,
swimming, tennis, volleyball and
walking.

Detail of Activities for Seniors by Communities in Niagara

Lincoln

Lincoln Seniors Club

Address: 4361 Central Ave., Beamsville
 Telephone: (905) 563-8205
 Website: www.lincoln.ca
 Community Services Department,
 Customer Service Team
 Telephone: (905) 563-2799 ext. 319
 Email: recreation@lincoln.ca

-55 years+, membership \$10/ year
 -bid euchre, billiards, bridge, carpet
 bowling, euchre, exercise, knitting, line
 dancing, potluck dinners.

Niagara Falls

Coronation 50 Plus Recreation Centre

Address: 5925 Summer St., Niagara Falls
 Telephone: (905) 356-6493
 Website:
coronation50plus@niagarafalls.ca

-50 years +, membership \$31, non-
 resident \$36/year, drop in fees \$1 to
 \$4.50

Satellite site at the MacBain Community Centre

Address: 7150 Montrose Road
 Recreation & Culture
 Telephone: (905) 356-7521 ext. 3330
 Website:
www.niagarafalls.ca

-Card Games: Bridge Club, Cribbage,
 Drop in Bridge, Euchre
 -Creative Arts: Computer Club,
 Friendship Group, Library,
 Watercolours

-Dance: Ballroom Line Dancing,
 Clogging, Line Dancing
 -Fitness Classes: Aqua Fitness, Cardio
 Circuit, Core Fit, Core & More, Davinci
 Stick, Deep Water Aqua Fitness, Drum
 Cardio, Flex Fit, Gentle Fit, Get Fit All,
 Men's Only Fitness, Sculpt & Tone, Sit
 and be fit, Stretch N Tone, Tai Chi, Tone
 & Fit, Total Body Circuits, Yoga, Zumba
 -Games: Chess, Darts, Mexican Train,
 Pool Room, Scrabble, Shuffleboard,
 Table Tennis
 -Monthly Social Events: Lunch & a
 Movie, Bingo & Lunch

Detail of Activities for Seniors by Communities in Niagara

Niagara Falls (continued)

Coronation 50 Plus Recreation Centre

Satellite site at the MacBain Community Centre

-Wellness Programs: Personal Training, Wellness Centre

-The City of Niagara Falls has two My City Guides published each year—Spring & Summer, Fall & Winter. The My City Guide provides you with everything you need to know about services, programs and organization in Niagara Falls in one place. Submissions for on line event listings are available throughout the year for groups to post on the City's website.

Niagara-on-the-Lake

Niagara-on-the-Lake Community Centre

Address: 14 Anderson Lane
Telephone: (905) 468-4386

Address: 1593 Four Mile Creek Rd., Virgil
Community Engagement Coordinator:
Telephone: (905) 468 3266
Website: www.notl.org
Email: info@notl.org

-The Town of Niagara-on-the-Lake has two Niagara-on-the-Lake Community Guides published each year—Spring & Summer, Fall & Winter. This guide highlights the programs and activities available for people of all ages. It includes contact information for local organizations, services, religious groups, etc.

Track & Fitness Area:

-60 years + \$13.50/month, non-resident \$20.50/month

-Carpet bowling, seniors men & ladies badminton, table tennis (costs)
-drop in bridge, mah jong, painting, 50+ exercise class, fitness for 60+, lawn bowling, pickle ball

Detail of Activities for Seniors by Communities in Niagara

Niagara Region

South Niagara Health and Wellness

Centre

Address: Niagara College, 300
Woodlawn Rd., Welland, Room AH127
Telephone: (905) 714-4407
Website: www.niagararegion.ca

-offers free rehabilitation, wellness programs and community resource connections to help older adults remain safe and independent in their own home. Combines both ambulatory rehabilitation and wellness programming for up to 12 weeks

Pelham

Address: 20 Pelham Town Square,
Fonthill
Telephone: (905) 892-2607
Website: www.pelham.ca

-Town of Pelham website includes a Community Guide with links to Recreation & Leisure: arena programs, ballroom dancing, arts & culture, cycling, festivals & events, Pelham Community Centre (Meridan), seniors information, sports groups & associations, swimming programs, walking club, zumba
Community Contacts: clubs, groups & organizations, community services, health and social services, service clubs.
-online registration for programs and services.

Port Colborne

Le Centre polyvalent des aînés francophones de Port Colborne (French Golden Age Club)

Address: 184 Mitchell Street,
Port Colborne
Telephone: (905) 834-0683
Email: ainesfpc@cogeco.net

-Offers a variety of recreational programs and services in a Francophone environment.

Detail of Activities for Seniors by Communities in Niagara

Port Colborne Social & Recreation Centre for Senior Citizens (Friends Over 55)

Address: 554 Fielden Avenue,
Port Colborne
Telephone: (905) 835-1731
Website: friendsover55.org
Email: friendsover55@hotmail.com

-50 years+ (underage membership available to spouses), \$20/year
-artisan corner, bid euchre, bingo, bocce (\$), breakfast (\$), bridge, bus trips (\$), computer, craft sale—Christmas, cribbage, dances/entertainment, darts, euchre, flea market—indoor spring, line dancing, luncheon and membership meeting (\$), movies/television, music makers, pool, shuffleboard, stretch and move, tai chi (\$), teas—strawberry and Christmas (\$), yoga—gentle (\$), watercolours, wii bowling

City of Port Colborne

Address: Community Services—Vale Health & Wellness Centre, 550 Elizabeth Street, Port Colborne
Telephone: (905) 835-2901
Website: portcolborne.ca
Email: communityservices@portcolborne.ca

-2 ice pads, a walking/jogging track, six outdoor bocce courts and, in partnership with the YMCA, an aquatic centre with lap and leisure pools, a gymnasium and fitness area.
-The City of Port Colborne has two Port Colborne Leisure Guides (PORTicipate) published each year—Spring & Summer, Fall & Winter. This guide highlights the programs and activities available for people of all ages. It includes contact information for local organizations, services, religious groups, etc.

St. Catharines

Dunlop Drive Older Adult Centre Port Dalhousie Older Adult Centre West St. Catharines Older Adult Centre

Address: 80 Dunlop Drive
Address: 19 Brock Street
Address: 117 Chetwood Street
Telephone: Citizens First

-50 years+, \$54.25/year. Free membership for residents 90 years+
-Arts, Crafts & Hobbies: book club, bunka punch art, crafts, indoor model

Detail of Activities for Seniors by Communities in Niagara

St. Catharines (continued)

(905) 688-5600

TTY: (905) 688-4TTY (4889)

Website: st.catharines.ca

flying, painting (\$), quilting, rug hooking, woodcarving

-Cards: 6-handed bid euchre (\$), 500

cards (\$), bid euchre (4), canasta,

cribbage (\$), duplicate bridge (\$),

euchre (\$), progressive bridge (\$), Texas

hold'em poker (\$)

-Dance & Exercise: ballroom dance (\$),

chair yoga, essentrics (\$), gentle

movement—drop in, line dancing (\$),

Nordic pole walking, Qi gong (\$), round

dancing (\$), tea dance (\$), toning fitness

class (\$), walk aerobics

-Sports & Games: badminton, bingo (\$),

board games, carpet bowling, darts (\$),

ladies billiards, mahjong, pickle ball,

scrabble, shuffleboard (\$), table tennis

-\$ program has a small fee

-Older Adult Art Show

-Seniors Day Older Adult Forum & Trade

Show

-The City of St. Catharines has two St.

Catharines Leisure Guides published

each year—Spring & Summer, Fall &

Winter. This guide highlights the

programs and activities available for

people of all ages. It includes community

contacts.

-Active Adults (50+ years): Drum fit,

gentle yoga, golf lessons, Pilates, Tai Chi

& Qi Gong, tennis lesson, Stand Up!

Detail of Activities for Seniors by Communities in Niagara

Thorold

The Ontario Paper Thorold Seniors Centre
 Address: 8 Carleton Street South, Thorold
 Telephone: (905) 227-2161
 Email: thoroldseniorscentre@gmail.com

Home of the Thorold Senior Citizens Association
 50 years+, \$35/year plus \$5 key deposit-billiard, book club, bridge, computer training, craft group, cribbage, darts, dinner club, euchre, exercise classes—morning, 500, parties—monthly, shuffleboard, Tai Chi, yoga
 -Adult programming includes 50+ Chair Yoga

Thorold Community Activities Group, Nick Basciano Centre
 Address: 131 Richmond Street, Thorold
 Telephone: (905) 227-0545
 Website: www.thoroldgroup.org
 Email: dan@thoroldgroup.org

City of Thorold
 Address: 1543 Beaverdams Road, Thorold
 Telephone: (905) 227-3521
 Community Recreation Services & Resources
 Recreation Coordinator ext. 231
 Website: www.thorold.com
 Email: ginger@thorold.com

-The City of Thorold supports community groups and organizations through the provision and maintenance of sports fields, parks and recreation facilities. Community contacts are listed on the city's website to enable residents to contact groups directly for details about their programs and events.

Wainfleet

Address: 31940 Highway #3
 Telephone: (905) 899-3463
 Website: www.wainfleet.ca

-Seniors Day at the Wainfleet Fall Fair
 -Seniors Skate--lap skating opportunities for seniors

Welland

Welland Community Wellness Complex—Rose City Seniors Foundation
 Address: 135 Lincoln Street, Welland
 Telephone: (905) 735-1700 ext. 4000
 Website: www.welland.ca
 Email: recreation@welland.ca

-50 years+, \$28/year (\$36/year non-resident)
Drop-in activities (included in membership):
 -Bid Euchre

Detail of Activities for Seniors by Communities in Niagara

Welland (continued)

- Book Reader's Club
 - Bridge
 - Chat'n Craft
 - Cribbage
 - Darts
 - Jammers
 - Line Dancing—Beginner & Advanced
 - Melodiers Makin' Music
 - Painting—Acrylics & Oil, Watercolours
 - Pickle Ball—Beginners/Recreational & Competitive
 - Pieceful Quilters
 - Progressive Euchre Senior
 - Shuffleboard Senior
 - Table Tennis
 - Velvetones Choir
 - Winstonville Seniors (Euchre)
 - Woodcarvers
- Registration Programs (additional fee):*
- Beginner, Intermediate & Advanced Therapeutic Aquatics
 - FUNCTIONAL Fitness
 - Low Impact Aerobics & Toning
 - Tai Chi Level I & II, III & IV
 - Tone & Fit—Beginner & Intermediate
 - Yoga
 - Zumba Gold—Beginner & Advanced
- The City of Welland has two Wellness Guides published each year—Spring & Summer, Fall & Winter. It describes the programs and activities available.

Detail of Activities for Seniors by Communities in Niagara

West Lincoln

Address: 318 Canborough Street,
Smithville
Telephone: (905) 957-3346
Website: www.westlincoln.ca
Email: recreation@westlincoln.ca

-The Township of West Lincoln has a Recreation & Municipal Guide published each year. This guide describes the programs and activities available for people of all ages. It includes community contacts.

Meeting of PSAC Sub-committee

March 19, 2018

Susan Buckingham, Bea Clark, Gwen MacDougall, Deb Rollo

The Task:

The sub-committee agreed to review the history, purpose and success or results of the Conversation Cafes and report back to PSAC at the April meeting.

The Discussion:

The sub-committee discussed:

- The purpose of the events
- The target audience for the events
- The planning of the events
- The location of the events
- The success or results of the events
- The name of the events

The Recommendations:

The sub-committee is recommending that PSAC:

1. Define the purpose of the events as twofold: 1) engaging residents of Pelham in topics relevant to seniors through discussion and sharing of information and resources and 2) raising awareness of PSAC and its role.
2. Define the target audience for the events as primarily seniors but not exclusively seniors
3. Develop an annual plan for the period September through June. Choose one or more themes for the annual plan. Publish the topics for the year.
4. Establish a regular schedule of events during the September through June period, for example the first Tuesday of every month at 2pm.
5. Host the events at the Meridian Community Centre.
6. Develop key questions for each event which can be used to engage residents. Use this feedback to inform PSAC discussions. Monitor attendance and interest in topics.
7. Change the name of the event. Include "Pelham" and "Seniors" in the name so that it is easily identifiable. Suggestions include: Pelham Seniors Sessions (PSSt....Pass it on, tell your friends, PS. Look for sessions scheduled next month...)

Final Recommendation:

1. Suspend events until the fall 2018.
2. Develop annual plan and schedule for October 2018 – June 2019.
3. Launch the events with a Seniors Fair at the Meridian Community Centre the first week of October. Use this event to promote the full schedule of events.

Consideration: Consider whether this is reasonable or practical given that the term of the current committee will end in October and a new committee will subsequently be constituted at the direction of the new Council.

Respectfully submitted:

Susan Buckingham
Bea Clark
Gwen MacDougall
Deb Rollo



Vibrant · Creative · Caring

March 18, 2018

Judy Reid
101b-200 HWY 20 W
R.R.#1
Ridgeville, ON L0S 1M0

Dear Judy:

Congratulations – Citizen of the Year, 2017


On behalf of Pelham Seniors' Advisory Committee, congratulations on being named Citizen of the Year, 2017 by the Kinsmen of Fonthill and District. For your years of volunteer services to Pelham and beyond, this recognition at a COTY by the Kinsmen was such a wise choice.

PSAC has a special reason to congratulate you as you worked with other volunteers, at the request of the Mayor of Pelham, to develop Terms of Reference for this Committee. Following your service as Chairperson of PSAC, and then your work with the Regional Age-Friendly Committee, your continuing contact with our Committee is appreciated.

March 6, 2018, the occasion of the celebration of your award, was a delightful evening for those of us who were fortunate enough to share this event with you. We look forward to continuing our volunteer contacts with you.

Congratulations and best wishes.

Sincerely,

for: 

Gail Hilyer, Chair
Pelham Seniors Advisory Committee

| Pelham Seniors' Advisory Committee |



Vibrant · Creative · Caring

March 18, 2018

Patti-Jo Berardi
General Manager
Parkhill Property Management
pi@parkhillproperties.ca

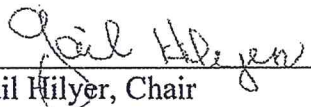
Dear Ms. Berardi:

On behalf of the Pelham Seniors' Advisory Committee, please accept our appreciation for initiating a contact with our staff member and your persistence, in face of the inclement weather, to arrange our meeting with your colleagues from Parkhill Property Management.

We appreciated the presentation and time for discussion with Joseph Salvatore, Architect, Raj Lamichhane and Carmela Marrese, Planners. The details and responses to questions such as the opportunity to have pets and the inclusion of a patio roof feature added to the image of the proposed building been designed with amenities to make it a home which is very exciting for us.

As an advocate for seniors in our Community, the Committee is very hopeful that qualified residents of Pelham will now have an opportunity to apply for geared-to-income accommodations that are available in Pelham.

Sincerely,



Gail Hilyer, Chair
Pelham Seniors Advisory Committee

| Pelham Seniors' Advisory Committee |

Pelham Seniors Forum

November 5th, 2014 – 10:30 a.m. – 2:00 p.m.

Fonthill Legion

HOW MIGHT WE...DETERMINE THE MOST AGE-FRIENDLY COMPONENTS IN AN ARENA?

1. ***Accessible arena (for seniors, families, moms etc.)
2. Seniors skating program with music
3. Adequate heating for social areas
4. Accessible washrooms
5. ****Ice surface convertible for other events (convertible flooring)
6. Curling surface
7. * Hand rails
8. * Walking area (indoor track)
9. Heated observation area
10. Refreshment area
11. Common area
12. * Great lighting
13. Ramps
14. Chair walkers for on ice
15. Sound system
16. * Comfortable seating area with disability seating area
17. Plexi glass for ice viewing
18. Removable chairs or seating area
19. * Paint colours to assist elderly (bright)
20. * Automatic doors
21. Comfortable and accessible changerooms
22. *****well-lit parking around building with multiple entrances (adequate handicap parking spaces)

23. *Ground level entrances
24. *** Family washrooms (open, fully accessible)
25. * Available for multi-function (cover ice)
26. Comfortable seating (wheelchair accessible)
27. Padded/cushioned seating
28. Automatic lighting
29. Seniors discount for skating
30. Glare reduction
31. *non-slip floors
32. Well-lit parking lots
33. * Lockers for arena users (rentable)
34. Screens to show programs
35. Capacity for stage
36. Accessible elevators
37. ***Mall walking (around the entire center)
38. Four pad (or twin)
39. Pad rental for parties
40. Skate rental
41. Scoreboard that works
42. *Restaurant
43. Security in parking lot
44. St. johns ambulance availability
45. Skate exchange
46. Volunteers
47. Operate independent of other municipalities

HOW MIGHT WE...DETERMINE THE MOST AGE-FRIENDLY COMPONENTS IN A FITNESS AREA?

1. **** Therapeutic pool
2. Covered parking area (adequate handicap parking spaces)
3. *** Supervised trainers in gym with ongoing instruction
4. Storage for equipment for varying fitness levels
5. Health education
6. ** age appropriate programming
7. Swimming pool
8. Inside walking area
9. Natural light
10. Accessible washrooms
11. Exercise classes for seniors
12. *Organized sports
13. Physiotherapist
14. Stationary bikes with backrests
15. Treadmills
16. Weights and aerobics equipment
17. Balance area
18. Juice bar
19. ** showers/change room
20. Games area (Nintendo, Wii..)
21. Bowling alley
22. * first aid room
23. Programs adjusted to seniors
24. ** accessible walking track
25. Energy saving design
26. *Floating floor
27. Handrails
28. Mirrors
29. Fall prevention program
30. *range of programming

31. Walkers provided
32. Weight room not to duplicate with local facilities
33. Sound system
34. Paid instructors
35. *** do not want YMCA for programming
36. Apply for funding from provincial and federal government
37. *** not for profit facility
38. * keep fees to a minimum
39. *hot tub /indoor pool/lane swimming pool/ endless pool
40. Aquafit
41. Resistance training with physiotherapist
42. Adapted yoga
43. Seniors Tai-Chi
44. *Pickle ball
45. Shuffle board
46. Ballroom, swing, line dancing, Zumba
47. Outdoor lawn bowling club
48. Labyrinth meditation walk
49. * upper level walking track with single elevator
50. *encourage co-ops with Brock and Niagara college

HOW MIGHT WE...DETERMINE THE MOST AGE-FRIENDLY COMPONENTS IN A MULTI-PURPOSE SPACE?

1. *Space for support groups
2. Day programming
3. AV & IT support
4. ***Computer lab
5. Rental space
6. Card room
7. Music space
8. Craft space
9. Space for food drive
10. ** Design feature (solarium on the south side)
11. *** Maximize flexibility
12. Therapeutic pool
13. Comfortable chairs
14. Facility to compliment library services
15. Space for annual meetings
16. * Stage for theatre (movable)
17. Storage for wheelchairs / walkers
18. * Too much space for multi-purpose
19. * separate entrance for multi-purpose
20. *Family washrooms
21. Close parking / adequate handicap parking spaces
22. Rental space for groups
23. Storage for workshops
24. Donated equipment
25. *****Café area for socializing
26. Place for lessons (academic & other)
27. * lots of windows and natural lighting
28. Movie theatre room
29. Exercise room
30. Pub/lounge area

31. Book club room
32. *room to partner with government agencies
33. **Appropriate signage/inside and outside communication boards
34. ATM
35. *reception area with comfortable seating
36. Office space for staff
37. *Music room for concerts
38. Back-up generator
39. Storage for music room
40. Information boards
41. Inter-generational day programs
42. Co-op with local retirement areas
43. *Coat room
44. Computers for public use
45. Leisure programs
46. Rooftop garden
47. *dedicated space for senior information (kiosk)
48. Computers in meeting places
49. WIFI
50. Garage sales
51. Monthly medical days
52. AED (defib)
53. Dinner and movies
54. **Auditorium with convertible seats (300 people)
55. Entrance canopy
56. Mobile furniture that can also be stored properly
57. Consider commercial appliances