

Squamish Seniors Society*

January 2024



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"If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old." - James A Garfield

Newsletter

President's Message

Welcome to 2024! Your Board of Directors has been busy preparing for an exciting year of change for the Society. For example, we are considering a name change for the Society to better reflect our membership.

In keeping with our bylaws, we are required to have 3 General Meetings a year as well as the Annual General Meeting in November. Our first General Meeting will be held at the 55 Activity Centre on **Saturday, February 24, 2024, at 12:30 p.m.** This is an opportunity for you to learn what your Board of Directors has been doing for you. You can participate in the governance with your votes on issues of importance to all of us, including the name change of our Society. Our Director of Programs, Nan Pellatt, has arranged for Dr. Brenda J Millar share information about MAID (Medical Assistance in Dying).

Led by Membership Director, Francois Morel, our annual membership campaign is underway. Join us for the first time and/or renew your membership on-line using e-transfer: membership@squamishseniorscentre.com. It is only \$10.00 per person for the whole year, with many benefits and more to come.

Did you know that the 55 Activity Centre offers complementary coffee and tea all day? Come on down by yourself or with your friends for a break and meet some new people - the more the merrier! The 55 Activity Centre is closed on Sunday and Monday. Check out the many programs and bus trips available to our members by visiting the 55 Centre or on-line: <https://squamish.ca/rec/>.

Our Director of External Relations and Communications, Laura Liberty, is behind our newsletter and has launched our website with a new design, updated information and plenty more to come.

Keep an eye out for the Friendship Tea in February. Tickets will be on sale soon.

Are you interested in getting involved? Would you like to share your knowledge and experience? Do you like organizing, decorating, helping others, greeting people, etc, then we are looking for you! Volunteers, you are welcome to leave your

name with us online at info@squamishseniorscentre.com. We would love to meet you.

You are welcome, and encouraged, to connect with us and ask questions, make suggestions, tell us what we are doing right, and what you are hoping to get from the Society by emailing info@squamishseniorscentre.com.

As always, continue to look after yourself and stay healthy!

Marlene Russell
President

Meeting with the Mayor

Mayor Armand Hurford extended an invitation to the Board of Directors to discuss the relationship between our respective organizations. On December 20, 2023, Mayor Hurford; Bill Stone, General Manager Community Services; and Jenny Franks, Legislative Assistant, welcomed us at the District of Squamish municipal building. Mayor Hurford shared the District's strategic plan and emphasized his belief that building relationships with community groups and supporting them in their work will result in a stronger community. This aligns closely with our mission, vision and values, and we committed to working together to foster a cooperative relationship based on trust, transparency and respect.

Lawn Bowling Green

As a result of our meeting with the Mayor and General Manager of Community Services, the bowling green refurbishment project responsibility has been transferred from the Society to the District of Squamish to oversee the final phase. We would like to take this opportunity to thank the Society members who worked hard to secure funding from the following generous donors to bring this project to life:

Federal New Horizons for Seniors Program	\$25,000
Rotary Club of Squamish	\$ 9,000
Sea to Sky Gondola	\$ 3,000
Woodfibre LNG	\$ 2,000

The District has invested considerable labour at the site by replacing and leveling the old surface with a bed of crushed gravel and sand; clearing trees and brush to allow more sunlight; and securing the area by installing a chain link fence. The \$39,000 the Society raised will be used by the District to help subsidize the remaining preparations before

laying the artificial turf. The project will be placed in the next budget cycle for Council's approval.

We appreciate the District's willingness to see this project through; and look forward to the re-opening of the new bowling green for the enjoyment of our members and the community at large.

Website Update

We are pleased to announce that our website, **seniorscentresociety.com**, was relaunched January 2, 2024 with a new design and updated information. This was phase I of our initiative to modernize our on-line presence, and we are continuing to work on further enhancements. Please visit the site, take a look at our vision, mission and values; read our newsletter; review the list of resources; or see volunteer opportunities.

General Meeting

Mark your calendars for our first general meeting of 2024. This is a great opportunity to meet the Board and your fellow members. There will be tea, coffee and nibbles. The Board will provide an update of what they have achieved to-date, upcoming initiatives, and there will be time for you to ask questions, offer suggestions, and make your voice heard. We will welcome our special guest speaker, Dr. Brenda J Millar an expert in palliative and long-term care, to share information about MAID (Medical Assistance in Dying).

What's in a Name?

Everything! The name of an organization creates an identity, it influences how people view it and leaves an impression. The name lets people know who the organization is, what they offer and what to expect from them.

The Society was first incorporated 31 years ago under the name "Tantalus Seniors Centre Society". In 2009, the name was changed to what it is today. As part of the new Board's initiative to revitalize the Society in a way that better reflects our community demographic, we would like to vote on a new name at the General Meeting (February 24), but we need your help.

Please submit your suggestions for a new name for the Society by emailing info@squamishseniorscentre.com. Deadline for submissions is **February 6** – please put NEW NAME in the subject line.

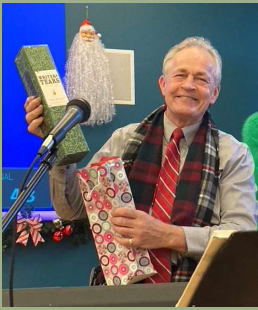
*General Meeting -
Members Only
February 24
12:30 - 3:30
55 Activity Centre*

February 6 -Deadline

*Please submit your
suggestions for the
Society's new name by
email:*

info@squamishseniorscentre.com

Ian Brown & the Sunshine Choir



Ho-Ho-Ho Santa Baby!



Norma S - Birthday girl!



While a name change is symbolic, it is also a signal of further change on the horizon.

Shortbread n' Sherry

Just days before Christmas, the Society's Social Committee led by Joy Boulter, hosted the Shortbread n' Sherry event. With glasses being poured and topped up by Rick Boulter, the audience was entertained by a wonderful performance by the Sunshine Choir. Guided by musical director-conductor-pianist, Ian Brown, the Sunshine Choir sang a medley of Christmas carols and invited the audience to join in. Things got a tad spicy when Santa arrived and the ladies were a little naughty, but nice, and serenaded him with Santa Baby!

We also celebrated a special day and sang happy birthday to Norma S, who recently moved to Squamish and became a member of the Society.

The choir was a hit, and fun was had by all. Not only was there a spirit of Christmas in the air, there was a feeling of fellowship too!

Calling all Bridge Enthusiasts

One of our members, Lysbeth McCrone, has established a weekly Social Duplicate Bridge Club. Join Lysbeth and other mildly competitive folks and have some fun - scoring is for bragging rights only! Bring a partner or team up with someone new. If you haven't played duplicate Bridge before, no worries, someone will be happy to help. Please note you need to know how to play Bridge, and this is **not** an ACBL sanctioned Bridge club.

When: Mondays (every week)
Time: 2:00 pm to 5:30 pm
Where: Amenity Room at Westwinds [38275 3rd Ave]
Cost: \$2 bucks



"I play bridge because where else can I argue with my friends for a few hours over a hand of cards and call it fun?"