

Whitby 55+ Recreation Advisory Committee (2025)



Minutes

Friday, September 12, 2025 – 9:00 a.m.

Location: 55+ Boardroom – Whitby 55+ Recreation Centre

Present: Lise Watt, Joanne Smith, Lena Ebrekdjian, Jane Hilton, Lynda Kruitiz, Susan Lythgoe, Deborah Nanton, Mary Poirier, Mayor Roy, Erica Mittag, Roz Puddester

Regrets: Carol James, Sharon Bagatto

- 1) **Call to Order**
- 2) **Approval of Minutes from Previous Meeting:** Susan
- 3) **Approval of Agenda:** Mary
- 4) **Presentations/Delegations - None**
- 5) **General Business**
 - **Manager's Report**
 - Summer in Review – Summer Student Lindsay Smith finished her summer term with 55+ on August 29. She created and ran 13 events with 275 people registered.
 - Fall 2025 – We have partnered with Durham College and are welcoming 2 students from the Fitness and Health Promotion program this Fall. Students come for placement every Monday and Tuesday; they will alternate 7 weeks at 55+ and 7 weeks at the Civic Recreation Complex with Fitness & Aquatics. Arshpreet will be with us for 7 weeks, then Dilpreet will join us on October 27. They will be shadowing and leading parts of some group fitness classes. Arshpreet is offering 4 x 30-minute personal wellness sessions on Tuesday afternoons and would like to invite two members from the Committee (or their family member). Erica will connect with David Poirier and Susan Lythgoe to confirm details (Lynda will be back-up).
 - Seniors Community Grant – Mindful Aging Project \$13,300 received in funding from the Seniors Community Grant Program Partnering with Ontario Shores to offer the Mindful Aging Project, a series of 4 wellness workshops focussed on mental health for those 55+ Themes include supporting mental well-being through art and creativity, a dementia overview (how to recognize and support for caregivers), self-care and emotional wellness. The Committee provided input to the final workshop theme and felt Mindfulness and Meditation would be the best workshop to close out the series.
 - Committee Member Terms: end of term 2025 – Lena, Carol, Deborah, Lynda, Susan all can choose to stay for a second term. Let Erica know by end of September.

- **Sub-Committee Reports**

- **Program Committee:**

- Fall Programs – Update and New Instructors: Seven new fitness instructors have been brought on to the team. Coordinators are reviewing waitlists and accommodating them where possible by opening new spots and offering spots in similar classes at different times and locations.

- **Special Events Committee:**

- Whitby 55+ Recreation Centre - 50th Anniversary in 2026:
 - Initial Planning Update – Subcommittee has met once and have lots of ideas. The group is working on narrowing down ideas before bringing them back to this Committee.
 - Mural Theme Exercise: The group brainstormed on different themes in order provide the artist with a starting focus for the project.
 - Upcoming Events:
 - Harvest Festival (Brooklin) – Saturday, September 20, 10:00 a.m. to 4:00 p.m.: Lise am and Deborah pm to assist Amanada. Bring your own folding chair.
 - National Day for Truth and Reconciliation – Friday, September 26 at 2:00 p.m.
 - International Day of Older Persons – Wednesday, October 1 (varying times) free coffee
 - Murder Mystery – Friday, October 3 at 6:00 p.m. Sold out, first rehearsal Monday. Hot meal for dinner. Gluten free options at dinner?
 - Hallowe'en Social – Friday, October 31 at 2:00 p.m. volunteers to assist will be requested later.
 - Remembrance Day Tea – Friday, November 7 at 2:00 p.m. volunteers to assist will be requested later.
 - Fall Market – Saturday, November 8, 9:00 a.m. to 2:00 p.m. volunteers to assist will be requested later. As many committee members as possible to assist please

- **New Member Orientation**

- Wednesday, September 24, 2025, at 10:00 a.m. Mary will assist. Reminder calls should be placed to those registered to try to have better attendance at the event. Often we have full registration, but poor turn out.

- 6) Other Business (Committee/Staff): Mary: how to provide welcome when people come into the Centre for the first time. Susan and Mary, along with Roz, are to connect and discuss ideas and bring it back to the group. Seniors in need – how to let individuals know about specific things available within the Town as well as at 55+. Perhaps match a member in need with a volunteer who may be able to assist. Discussed allowing non-members to register for events that aren't filled shortly before the event starts. Staff are

working on developing a procedure. An update will be provided to the Committee once available.

7) Council Update (Mayor Roy)

8) Community Information Sharing (Members) - Community Items/Events of interest to share with group. Ontario Tech – AI discussion, EAPO webinar on CPP

9) Action Item Review/Next Meeting: Friday, October 10, 9:00am at Amica Whitby. No snack.

- Erica will follow up with Committee members whose terms are expiring
- Mary, Susan and Roz to connect about welcoming people to the Centre

10) Adjournment at 11:03 am