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Advocacy for Seniors

Senior Adults Living Triumphantly

AGENDA – JUNE 04, 2024

9:30 AM	Welcome
9:35 AM	Approval of Agenda
9:38 AM	Approval of Minutes
9:39 AM	President's Report
9:45 AM	Vice President's Report
9:46 AM	Treasurer's Report
10:00 AM	Guest Speaker: Brittney Smith, MLIS Manager, Adult and Senior Engagement
	What's New at Brampton Library
10:30 AM	Brunch
11:00 AM	Upcoming Club Events

MEETING ADJOURNED 11:30 AM

NEXT MEETING SEPTEMBER 03, 2024

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Regrets: Sandeep Dhupar, Lucinda Sloley

President welcomed members

Approval of Agenda: Gerri Malloy Seconded Jeanette Lemon Carried

Approval of Minutes: Fay Henry Seconded by Scott Smith Carried

President's Report: We will no longer begin the meetings with the land acknowledgement as it has become somewhat of tokenism as it is not necessarily meaningful to everyone. Had a long discussion with an Indigenous Elder before coming to this decision.

We were asked if we would move our June meeting to Cassie Campbell Recreation Centre. A motion was put to the floor for the membership to vote on. The membership voted with a resounding no to the request and that our meeting will be held at Bob Callahan Flower City Seniors Centre as usual. The request was to kick off the beginning of free recreation activities for seniors 70+ it was voiced that the event should have been held at FCCC as it is a more convenient and accessible location.

Members were asked as to how many would be attending the June meeting, all would be attending with the exception of a couple of people who would be out of town.

Treasurer's Report: Current bank balances are as indicated; RBC $3,923.33 TD $1,130.94

Guest Speakers Monica Goodban and Lori Bourdreau they have 60 years combined experience supporting seniors in Long Term Care (LTC) focus attention, orientation, memory, judgement, cognitive skills, motor and spatial skills. Members of the community can access services at Peel Manor. Lori to send a copy of the presentation.

Springfest will be held on June 14, 2024 at Century Gardens. The start time is 12:30 pm. 22 tables have been allotted for trade show tickets are $18.00 Brampton residents and $22.00 for those attending from other areas.

55+ games winter and summer registration forms available at FCCC $15.00 and good for a year. Brampton District 19 has a large selection of games. September 11 Brampton will be hosting Regional Games and need sponsors to fund the event. Currently there are 6 games

Next winter residents will see better service regarding snow removal. Come out and experience Brampton's 50th anniversary.

Speakers Lynn Woloshyn and Pauline Dykes presented Healthy Moves Tai Chi Club with a presentation and demonstration of a variety of Tai Chi Moves. See attached.

Healthy Moves Tai Chi Club

The Benefits of Tai Chi for Seniors

BSCC Presentation, May 7, 2024

The Healthy Moves Tai Chi Club was founded in 2009, by our instructor, Regina Dedrick. We have over 30 members, classes twice a week and we practice Tai Chi, Lok Hup Ba Fa and Tai Chi Sword Set. We also do club hikes and lunches, pot-luck parties, and have guest speakers.

Presently, our classes are at an intermediate level but this fall, we are planning to start beginner classes.

An article posted by the Mayo Clinic in Sept 20/23, entitled "Aging: What to expect", states that as we age:

> Our "bones tend to shrink in size and density, weakening them and making them more susceptible to fracture." That our "Muscles generally lose strength, endurance and flexibility - factors that can affect your coordination, stability and balance." And "Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills."

The article also describes things we can do to alleviate some of the problems:

- Include physical activity in out daily routine.
- Learn to manage our stress.
- Stay mentally active.
- And be social.

https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070#:~:text=With%20age%2C%20bones%20tend%20to,your%20coordination%2C%20stability%20and%20balance (Accessed May 2/24)

This brings us to, the benefits of Tai Chi for seniors. Many benefits have been studied and documented. For example:

- "The health benefits of tai chi", posted by Harvard Health Publishing in May 24/22, stated that: "This gentle form of exercise can help maintain strength, flexibility, and balance…" https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi (Access April 30/24)

- Healthline, posted the article "11 Ways Tai Chi Can Benefit Your Health, in Dec 1, 2018, some of the list benefits include: Reduced stress and anxiety, improved mood, better sleep, improved cognition and improved balance. https://www.healthline.com/health/tai-chi-benefits (Accessed April 30/24)

There were many more articles*, but for seniors, the key benefits are:

- **Low Impact** – no bouncing (so seniors of any age or fitness level can do Tai Chi)
- **Improves Strength** – core, legs, spine
- **Improves Flexibility** – with gentle stretching
- **Improves Balance** – focus on pushing from our feet
- **Improves Cognition** – focusing on the moves, exercises our mind (108 moves, but you don't need to memorize them all)
- **Reduces Stress** – by focusing on the moves, we block out our daily stresses, and thus reduce them

* Google provided over 9 million hits, when "the benefits of Tai Chi" was Googled.

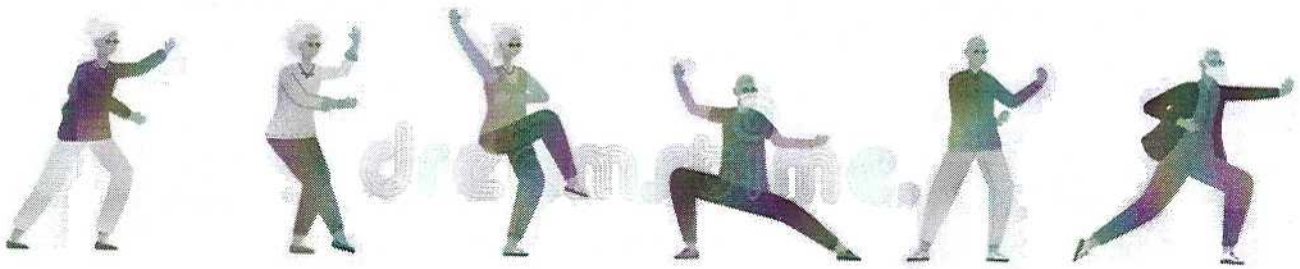
For those who would like to try Tai Chi, Healthy Moves will be offering beginner classes starting this fall.

Beginner Classes

- **Monday and Wednesday morning (10:30-12:00)****
- **September to December (about 15 weeks)*****
- **First class will be a "Try It" class (free) to see if you like it.**
- **Cost $25 for the fall session**

** Day, time and location to be confirmed with the City and once confirmed, a flyer will be emailed to the BSCC for distribution to interested clubs.

*** Winter and Summer sessions will be offered based on number of students.

If you would like more information about the beginner classes or would like to request a presentation/demonstration for your club, please contact:

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