



Southwold Young at Heart Committee Meeting Minutes

Tuesday November 18, 2025
Council Chambers, Fingal, ON
Time meeting started: 1:30 p.m.

Attendance: Sarah Emons, Deb Logghe, Sharon Hinz, Karen Olmstead, Mary-Lou Jones, Karen Auckland, Allan Bogart and June McLarty

Regrets: Ida Martin, Trudy Kanellis

1. Call Meeting to Order and Welcome

Sarah called the meeting to order at 1:31 pm.

2. Approval of the Agenda

Resolution No. 2025-17 Moved by: Karen Olmstead
Seconded by: Karen Auckland

RESOLVED that the agenda of the November 18th, 2025 meeting of the Southwold Young at Heart Committee be approved

DISPOSITION: Carried

3. Approval of Minutes

Resolution No. 2025-18 Moved by: Sharon Hinz
Seconded by: Deb Logghe

RESOLVED that the minutes of the September 23rd, 2025 meeting of the Southwold Young at Heart Committee be approved.

DISPOSITION: Carried

4. Wrap-up Report on the October 23rd, Drive-thru lunch

The October 23rd, Drive-thru lunch went well. The food was delicious with good portions. Went well and the food was good.

Good portions

June will contact Royal Oak regarding the possibility of catering the Christmas and February drive-thru lunches. A possible menu for the Christmas lunch is Turkey, mashed potatoes, stuffing, mixed veggies, roll, coleslaw, cranberries, and carrot cake for dessert.

5. Financial Report

An updated financial report was presented to the committee.

6. Senior Fitness Program

The Committee discussed the possibility of creating a senior fitness program. Some of the logistics to be determine are who will conduct the program, what the fees will be to participate, how often the program is run, how long to run the program and the cost everything.

7. Senior Community Grant

June explained the Senior Community Grant.

Resolution No. 2025-19 Moved by: Deb Logghe
Seconded by: Karen Auckland

RESOLVED THAT the Southwold Young at Heart Committee apply for a grant through the Senior Community Grant fund to assist with paying for a senior fitness program and other activities.

DISPOSITION: Carried

8. Future Events

The Committee discussed the suggestion of having a once-a-month event. This event may include a sing-a-long in the morning, a light lunch and a guest speaker in the afternoon. More discussions at a later meeting will be done.

9. Other Business

No other business was discussed.

10. Adjournment and Next Meeting

Resolution No. 2025-20

Moved by: Sharon Hinz

Seconded by: Mary-Lou Jones

RESOLVED THAT the meeting adjourn at 2:56 p.m. to meet again on Thursday December 11, 2025 at a time to be determined.

DISPOSITION: Carried

DRAFT