



Southwold Young at Heart Committee Meeting Minutes

Thursday January 29, 2026
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, Ida Martin, Trudy Kanellis and June McLarty

Guests: Tena Marie Moore, Joyce Nagel, Old Timers Euchre Group

1. Call Meeting to Order and Welcome

Sarah called the meeting to order at 1:30 pm.

2. Approval of the Agenda

Resolution No. 2026-01 Moved by: Karen Olmstead
Seconded by: Sharon Hinz

RESOLVED that the agenda for the January 29th, 2026 meeting of the Southwold Young at Heart Committee be approved

DISPOSITION: Carried

3. Approval of Minutes

Resolution No. 2026-02 Moved by: Deb Logghe
Seconded by: Trudy Kanellis

RESOLVED that the minutes of the December 11th, 2025 meeting of the Southwold Young at Heart Committee be approved.

DISPOSITION: Carried

4. Old Timers Euchre Group

Ms. Moore and Ms. Nagel of the Old Timers Euchre Group attended the meeting to discuss the Old Timers Euchre Group and the use of the Keystone Complex. This Group is looking for a facility that has ample and accessible parking. Details were also provided on their Wednesday afternoons events and the fees that are paid. Members pay a \$10 yearly fee and then \$5.00 to pay euchre that day. The membership fee and part of the weekly fee go towards rental fees for their current location. At the present time they have approximately 54 members but most of the members do not live in the Township. They are hoping to expand their membership, and a bigger place would help to accommodate that goal. These events run from April to November.

Resolution No. 2026-03 Moved by: Karen Auckland
Seconded by: Deb Logghe

RESOLVED that the Old Timers Euchre Group offer free membership to Southwold residents; and,
THAT the \$5.00 weekly fee to play be paid by everyone; and,
THAT the Old Timers Euchre Group will pay \$800 a year to use the Keystone Complex main hall and kitchen on Wednesday afternoons when available; and
THAT these euchre events are sponsored by the Southwold Young at Heart Committee.

DISPOSITION: Carried

5. Valentine's Event

The Valentine Lunch and Learn is scheduled for February 12th. Stew will be served. Attendees will have the option of either eating in or takeout. Pete Sheridan will also be doing a historic talk on Southwold. Cost for the lunch and learn is \$20.00 per person.

6. Seniors Exercise Program

Tammy Matthews will lead a 1-hour yoga-based exercise class on Mondays beginning on March 2nd, 2026 at 10am at the Keystone Complex. This stretch, strength and stillness class will be geared towards seniors. All levels of fitness and abilities are welcome. There will be a \$2.00 per person charge to participant in the class.

Resolution No. 2026-04 Moved by: Deb Logghe
Seconded by: Karen Auckland

RESOLVED that \$75.00 per senior exercise class be paid to Tammy Matthews.

DISPOSITION: Carried

7. Future Events

The last Wednesday morning of each month, beginning in March will be the dulcimer/ ukulele events. The dulcimer group will play starting at 9:30 am and then the ukulele group will play and have a sing -along starting at 11am.

A flyer advertising these events will be done.

The proposed meal for the April 16 event will be ham and scalloped potatoes. It may be another indoor picnic with a speaker.

8. Other Business

No other business was discussed.

9. Adjournment and Next Meeting

Resolution No. 2026-05 Moved by: Sharon Hinz
Seconded by: Ida Martin

RESOLVED THAT the meeting adjourn at 3:21 p.m. to meet again on February 17 ,2026 at 1:00 p.m.

DISPOSITION: Carried