

SOUTHWOLD YOUNG AT HEART COMMITTEE

AGENDA

Council Chambers, 35663 Fingal Line, Fingal

May 14, 2026

4:00 p.m.

- 1. Call to Order**
- 2. Confirmation of Agenda**
- 3. Approval of Minutes – April 7, 2026**
- 4. Speaker Donation**
- 5. Lunch Favours**
- 6. 2027 Event Dates**
- 7. Other Business**
- 8. Meeting Date**
- 9. Adjournment**



Southwold Young at Heart Committee Meeting Minutes

Tuesday April 7, 2026
Council Chambers, Fingal, ON
Time meeting started: 1:34 p.m.

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

Guest: Colleen Chapman

1. Call Meeting to Order and Welcome

Sarah called the meeting to order at 1:34 pm.

2. Approval of the Agenda

Resolution No. 2026-10 Moved by: Karen Auckland
Seconded by: Sharon Hinz

RESOLVED that the agenda for the April 7th, 2026 meeting of the Southwold Young at Heart Committee be approved

DISPOSITION: Carried

3. Approval of Minutes

Resolution No. 2026-11 Moved by: Deb Logghe
Seconded by: Trudy Kanellis

RESOLVED that the minutes of the February 17th, 2026 meeting of the Southwold Young at Heart Committee be approved as amended.

DISPOSITION: Carried

4. Colleen Chapman, Occupational Therapist for Seniors

Ms. Chapman attended the meeting to provide the committee an overview of the work she does with seniors when they have fallen and how they can stay in their homes longer. She would like to do a presentation at one of our events. A joint event with the fire department maybe in October and promote it as a health and safety event.

5. Seniors Exercise Program Update

The exercise program has been quite successful and well attended. There has been a lot of positive feedback. The instructor is happy with how things have gone. There will be no class on Monday May 18 (Victoria Day) or Monday June 8 (Rosy Rhubarb).

6. April 16th, 2026 Event

Assistance from Allison will need to be done to set up the presentation for the hawk talk. Committee members will need to be at the complex at 11:00am. The tables and chairs need to set up by the kitchen.

7. Musical Morning – October 28th, 2026

There will be no musical morning on October 28th due to the play at the complex. A new date will need to be determined. The musical mornings can be advertised on the electronic sign.

8. Financial Update

June provided a financial update to the committee.

9. Future Events

Pauline Sloetjes contacted Deb regarding the possibility of having a tour and talk at her property that contains different types of native plants, trees, shrubs and insects. A day and time will need to be determined. Deb will report back at the next meeting with more information.

10. Other Business

Sarah to contact Pete Sheridan about playing music at the summer picnics.

Resolution No. 2026-12 Moved by: Allan Bogart
Seconded by: Deb Logghe

RESOLVED that we obtain prices to order rain gauges, thermometers and calendars.

DISPOSITION: Carried

More discussions on the pictures for the calendars and the event dates for next year will be discussed at the next meeting.

11. Adjournment and Next Meeting

Resolution No. 2026-13

Moved by: Karen Auckland

Seconded by: Ida Martin

RESOLVED THAT the meeting adjourn at 3:04 p.m. to meet again on May 14 at 1:30 p.m.

DISPOSITION: Carried.