



**Southeast Vancouver Seniors
Arts and Cultural Society
Meeting # 42
Champlain Heights Community Centre
3350 Maquinna Drive, Vancouver
Thursday Oct 20, 2011 at 10:30 AM
www.SVSACS.org – tel. 604-325-0163**

Minutes

Present: Lorna Gibbs, George Grant, Manfred Hagen, Margaret Homonnay, Tom Chin, Des Burke, Philip Mah, Donna Davies, Pat Deibert, Bert Massiah, Wendy Emslander, Harjinder Hothi, Harbjan Atwal, Kari Ward, Max Wideman.

Regrets: To save paper and ink this paragraph is discontinued.

1. Introductions & Welcome - Meeting called to order at 10:30 am.
2. Agenda Approval: Moved by Des Burk, 2nd by Manfred Hagen, carried.
3. Approval of the Minutes of Meeting of 41 – moved by Donna Davies, 2nd by des Burke – carried.
4. Reports:
 - Presidents Report – Lorna spoke of the activities she and other members have undertaken. On Sept 16, 2011, many SVSACS members attended the official opening of MP Wai Young's constituency office at 6406 Victoria drive.
 - The meeting between MLA Heed and MP Young, originally scheduled for Sept. 23 to discuss our project has not yet taken place.
 - Financial Reports & CRA Status – Treasurer Lorraine Huamali, CGA, sent message via Lorna that there has been no change in financials from last month. No word from CRA re: charitable application.
- 5. Topic: Osteoarthritis:** Gail Harmer of COSCO gave a very informative presentation on this condition. Please visit <http://www.arthritis.ca/> for comprehensive information. The condition occurs when the cartilage protecting joints breaks down. Age, weight, exercise, rest and diet are important factors. Family history, joint damage and repetitive movement may contribute to the onset of this disease. There is presently no cure only management of the condition. Signs to watch for are: Aches, stiffness and swelling around joints and loss of flexibility. Seek professional help. Stay active, eat sensibly, stay slim, (each extra kilo of weight increases joint stress 3 to 6 times) and get plenty of rest. Set **SMART** goals: **S**pecific, **M**easurable, **A**ction-based, **R**ealistic and **T**imely to manage Osteoarthritis. If engaging a personal trainer, be sure that they are expert in the condition. Low impact aerobic exercise, stretching, balance, proper rest and nutrition are important to keeping joints strong and supple. People with mobility issues are urged to use canes, walkers, etc. Gail distributed copies of her presentation and a check sheet of changes and actions recommended for sufferers. Contact George Grant for copies.
6. Discussion & Business Arising - none.
7. Adjournment – the meeting adjourned at noon.

FRIDAY FLICKS...FREE MOVIES for Older Adults...SVSACS, Collingwood Policing Centre and Champlain Heights CC are again teaming up to provide free movies to be shown at Champlain Heights CC on the **3rd Friday** of the month, **movie time is 1:30**

Next movie: **True Grit** screening Nov.18, 2011, show time 1:30 pm. See note following.

Collingwood Policing Centre is providing a free light lunch at 12:30 pm before the November 18, 2011, movie. **Reservations are necessary.** Please contact CPC at 604-717-2935 between **Nov. 1 and Nov. 14** to add your name to this luncheon list.

Next meeting: **Nov. 17, 2011 10:30 am at Champlain Heights CC.**

Two important dates: The Killarney Community Centre Association is sponsoring two pre-election meetings both at **7:00 pm at Killarney CC.**

Oct 27, 2011 – All Candidates Meeting for City Council

Nov. 2, 2011 – All Candidates for Park Board

Flu clinics at nearby Vancouver Community Centres, free for those over 65, young children and those who otherwise qualify:

Champlain Heights CC Nov 2, 2011 9:30 am - 12:30 pm

Kensington CC Nov 9, 2011 9:30 am - 12:30 pm

Killarney CC Nov. 15, 9:30 am - 3:00 pm

Champlain Heights Community Centre
<http://www.champlainheightscc.com/>
3350 Maquinna Drive, Vancouver
Phone: 604 718 6585

SVSACS PARTNERS are all working together to get a real Seniors Centre for you!

