



NOTICE OF MEETING AND AGENDA AGE-FRIENDLY COMMITTEE

Thursday, February 20, 2025, 2:00 PM
Village Office, 495 Hot Springs Road
Harrison Hot Springs, BC V0M 1K0

THIS MEETING WILL BE CONDUCTED IN-PERSON ONLY

1. CALL TO ORDER	
Meeting called to order by Mayor Talen. Acknowledgment of traditional territory of Sts'ailes.	
2. INTRODUCTION OF LATE ITEMS	
3. APPROVAL OF AGENDA	
4. ADOPTION OF MINUTES	
(a) THAT the minutes of the October 21, 2024 Age-Friendly Committee Meeting be adopted.	Page 1
5. ITEMS FOR DISCUSSION	
(a) Update from February 3, 2025 Regular Council Meeting	
(b) Annual Schedule and Agenda Item Due Dates	Page 5
(c) Report of Community Services Manager dated February 20, 2025 Re: Community Open House Suggestion Box Recommendation: THAT the Community Open House Suggestion Box report be received for information.	Page 7
(d) Report of Community Services Manager dated February 20, 2025 Re: Chair Yoga Recommendation: THAT the Chair Yoga report be received for information.	Page 9
(e) Verbal Report from Community Services Manager re: Age-Friendly Grant	
(f) Community Response Network Collaboration (Alison)	
(g) Kayak Launch (Alison)	
(h) Seniors' Residence (Alison)	
(i) Expanded Hours at Memorial Hall / Community Engagement Coordinator Position (Alison)	
6. ADJOURNMENT	

Amanda Graham
Corporate Officer

**VILLAGE OF HARRISON HOT SPRINGS
MINUTES OF THE AGE-FRIENDLY COMMITTEE**

DATE: Monday, October 21, 2024
TIME: 3:00 p.m.
PLACE: Council Chambers, Village Office
495 Hot Springs Road, Harrison Hot Springs, BC

IN ATTENDANCE: Mayor Fred Talen
Audrey Johnstone
Lise Reimer
Karen Seraphim

Amanda Graham, Corporate Officer
Christy Ovens, Community Services Manager

ABSENT: Sonya Boizard
Alison Douglas
Laura Lanfranchi

1. CALL TO ORDER

Mayor Talen called the meeting to order at 3:00 pm.
Mayor Talen acknowledged the traditional territory of Sts'ailes.

2. INTRODUCTION OF LATE ITEMS

Moved by Audrey Johnstone
Seconded by Karen Seraphim

THAT "Update and Progress on Community Gardens" as Item for Discussion 5(f).

**CARRIED
UNANIMOUSLY**
AFC-2024-10-01

3. APPROVAL OF AGENDA

Moved by Audrey Johnstone
Seconded by Lise Reimer

THAT the agenda be approved as amended.

**CARRIED
UNANIMOUSLY**
AFC-2024-10-02

4. ADOPTION OF MINUTES

Moved by Karen Seraphim
Seconded by Lise Reimer

THAT the minutes of the August 15, 2024 Age-Friendly Committee Meeting be adopted.

**CARRIED
UNANIMOUSLY**
AFC-2024-10-03

*Village of Harrison Hot Springs
Minutes of the Age-Friendly Committee
October 21, 2024*

5. ITEMS FOR DISCUSSION

(a) Update from the September 9, 2024 Regular Council Meeting

The Corporate Officer advised that the Committee's recommendation regarding a permanent transit route to the Agassiz Community Recreation and Cultural Centre was unanimously approved by Council. District of Kent Council received a letter from the Village at their Council meeting last week requesting support and we are waiting for a response before sending the request onto the Fraser Valley Regional District.

(b) Report on Rocking Painting / Locating Contest

The Community Services Manager reported that over 30 people participated in the contest. The prize was well-received and people seemed excited to participate in this fun and positive activity.

(c) Chair Yoga

The Committee authorized using part of their budget for a pilot chair yoga program. Notices for the program have been put out. The program will run on Tuesday mornings from 9:00 to 10:00 a.m. with the first class taking place on October 29. There is a registration form and waiver forms. Individuals can still attend if they did not pre-register but will be required to complete the forms on site. 13 people have registered so far. Registration forms will also be available at the Community Open House on October 24. The Village has also purchased yoga blocks for participants to use.

(d) Community Open House

The Community Open House is coming up on October 24, 2024. The following groups will be in attendance: District of Kent recreation, Kent Harrison Joint Emergency Program Coordinator, the Village's FireSmart Representative, Agassiz Harrison Community Services, the Parks and Trails Master Plan Consultants and the Village Lands Master Plan Consultants. Food and refreshments will be provided. There will also be a giveaway opportunity for those who start a home emergency plan or sign up for a FireSmart home assessment. The pumpkins have been arranged and we will advertise that there are free pumpkins for the first 30 children. The Committee determined that no pumpkin carving contest will take place, however, there will be signage thanking the sponsors and encouraging people to send photos of their carved pumpkins into the Village for posting on social media.

(e) Committee Budget Update

\$2,000 of the Committee's \$5,000 budget was allocated to go towards the Chair Yoga pilot program. Currently, about \$600 of that has been spent. \$3,000 of the budget remains unallocated.

(f) Update and Progress on Community Gardens

The Community Services Manager reported that the Village is still waiting to find out the results of the Age-Friendly Grant 2024 Intake application. The application included

*Village of Harrison Hot Springs
Minutes of the Age-Friendly Committee
October 21, 2024*

costs for the Community Garden fence expansion and a decorative art project along the fence.

The Committee discussed recent challenges that the Community Gardens is facing including locating people who have the time to take on the administrative tasks of managing the not-for-profit. Funding with respect to repairing existing garden boxes and building new ones was also discussed. If the expansion of the fencing is not supported by the Community Gardens, the Village will reach out to the funder and determine whether the funds can be re-allocated to a different project.

6. ADJOURNMENT

Moved by Karen Seraphim
Seconded by Lise Reimer

THAT the meeting be adjourned at 3:40 p.m.

**CARRIED
UNANIMOUSLY**
AFC-2024-10-04

Mayor Fred Talen, Chair
Age-Friendly Committee

Amanda Graham
Corporate Officer

VILLAGE OF HARRISON HOT SPRINGS - COMMITTEE MEETINGS

2025

January

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Statutory Holidays Observed

Age-Friendly Committee (2:00pm, Third Thursday of Every Month)

Agenda Item Deadline

File No: 4200-01
Date: February 20, 2025

To: Age-Friendly Committee
From: Christy Ovens, Community Services Manager
Subject: Community Open House Suggestion Box

RECOMMENDATION

THAT the Community Open House Suggestion Box report be received for information.

SUMMARY

To provide the Age-Friendly Committee with information received from attendees at the Community Open House hosted in October 2024.

DISCUSSION

At the Community Open House in October 2024, the Age-Friendly Committee hosted a table with the opportunity for attendees to share their age-friendly ideas and comments. 24 comment slips were completed, some with multiple ideas. Ideas are organized by theme below, and numbers in brackets denote how many of the same response were received.

Suggestion Box Results:

Sewing / Knitting (2)
Crafts (4)
Quilting (2)
Connection with Agassiz Harrison Community Services (ex: crocheting baby blankets for Family Parenting Place)
Garden of the Month (bring back this initiative including a display plaque and mention in local paper)
Paint with a Buddy
Centerpieces

Dancing (2)

Dance Club / Party (2)

Line Dancing (3)

Ukulele Club (2)

Music opportunities for children / intergenerational

Tai Chi Classes (2)

Floor Hockey

Kayaking (2)

Badminton

Table Tennis / Ping Pong (2)

Pickleball (outdoors)

Corn Hole

Weight / Balance Exercises

Kickboxing

Exercise Club

Bike Park

Spray Park

Equal access to the new Kent pool including registration timelines

More Activities for Kids

Fun Young Adults Events

Movie Nights in Hall (2)

Board Game Night

Poker Games

Computer Skills Training

Suggestions highlighted in yellow are currently planned for implementation thanks to grant funding received by the Village of Harrison Hot Springs, or previously approved Village projects. Some of the suggestions would be capital projects, and feedback will be taken into consideration in long-term planning. Village staff will continue to strengthen partnerships with community organizations such as Agassiz Harrison Community Services to offer programming in the Village. Any events hosted by the Village would require staffing and administrative considerations. Suggestions received will be reviewed again when other grant opportunities arise to support these types of initiatives.

FINANCIAL CONSIDERATIONS

There are no financial considerations associated with this report as presented.

POLICY CONSIDERATIONS

2023 Strategic Plan Priorities

Healthy Livable Community – To promote and enhance a healthy lifestyle for all ages.

Respectfully submitted:



Christy Owens
Community Services Manager

File No: 4200-01
Date: February 20, 2025

To: Age-Friendly Committee
From: Christy Ovens, Community Services Manager
Subject: Chair Yoga Pilot Program

RECOMMENDATION

THAT the Chair Yoga Pilot Program report be received for information.

SUMMARY

To provide the Age-Friendly Committee with information about the six-week pilot chair yoga program held at Memorial Hall.

BACKGROUND

At the August 12, 2024 Regular Council Meeting, Council adopted the following recommendation from the Age-Friendly Committee:

THAT Council direct staff to develop a chair yoga pilot program over six weeks in Memorial Hall to be funded from the Age-Friendly Committee Budget at a cost not to exceed \$2,000.00.

DISCUSSION

Staff contacted a local yoga instructor with an active business license in the Village of Harrison Hot Springs to receive information on pricing and interest in teaching a chair yoga pilot program at Memorial Hall. Elizabeth Mueller of Crystal Spirit Yoga & Healing was selected to instruct, and her fees fell within the Village's purchasing and procurement policy of only requiring a single quotation. Yoga blocks were purchased for participants to utilize in the chair yoga program, and based upon the number of participants, additional blocks were ordered after two sessions to ensure there were enough. These yoga blocks will continue to be able to be used for future chair and mat yoga classes held at Memorial Hall. The total expenditure for equipment and instruction was \$680.00.

Chair yoga was held on Tuesday mornings from 9:00 am – 10:00 am for six weeks, between October 29th and December 3rd. 46 different participants submitted registration forms and participated in the chair yoga sessions, with an average of 25 participants each week. 21 participants attended four or more sessions.

Village staff emailed a survey to participants who recorded their email address on their registration form. 19 responses were received which indicated the desire for the chair yoga

program to continue, confirmed program timing, and expressed interest in additional programming.

The Village was successful in two grant applications recently that will assist in being able to offer recreation-based activities. To continue the momentum from this popular pilot program, we have scheduled an additional six-week chair yoga program, from January 7th – February 11th, thanks to funding from the Province of British Columbia and the Age-friendly grant program. Staff are currently working with the instructor to offer additional sessions prior to summer.

FINANCIAL CONSIDERATIONS

There are no financial considerations associated with this report.

POLICY CONSIDERATIONS

2023 Strategic Plan Priorities

Healthy Livable Community – To promote and enhance a healthy lifestyle for all ages.

Respectfully submitted:



Christy Owens
Community Services Manager