



## **Seniors Advisory Committee Minutes**

**July 9, 2025, at 10:00am  
Town of Petawawa – Civic Centre  
Boardroom**

### **Committee Attendance**

#### **Present:**

Committee Chair Theresa Sabourin  
Cindy Nicholas  
Karen Donovan  
Janice Bunn

#### **Staff:**

Manager of Recreation, Culture & Tourism – Colin Coyle  
Seniors Programmer – Joanne Schimmens

#### **Regrets:**

Vice Chair Anna Marie Batelaan  
Lynn Davenport

#### **Absent:**

*1 Empty Seat*

#### **Agenda:**

##### **1. Call to Order**

*Theresa called meeting to order at 9:58 am*

##### **2. Adoption of Agenda**

Motioned to accept the minutes moved by Janice and seconded by Cindy

##### **3. Adoption of Minutes**

Motioned to accept the minutes moved by Karen and seconded by Cindy

#### 4. New Business

##### **a) Seniors Community Guide:**

- The Committee members will continue to gather information that is required for the Seniors Community Guide. Information can be sent to Colin by email.

##### **b) National Seniors Day:**

- The committee continues to formalize a schedule and actions for the National Seniors Day event
- Suggested theme of the event is “Healthy Active Aging”
- Mayor Serviss has been confirmed to attend and provide remarks
- Theresa will reach out to Judy Hill for support and potential speakers for the event
- Main Speaker - looking for options
- Session 1, 2 or 3 potential Session topics could include Nutrition, Active at Home, Active Outdoors, Cognitive Training, Footcare/ Reflexology, essentials oils, health for caregivers, strength training (Karen to reach out to Denise Townsend) or other topics.
- Lunch break Cindy will follow up with Schmidt for menu options and potential substitutions for food concerns.
- Ideas for a Keynote Topic is – Social Health - this would be for the full group
- Vendor/ Booth Ideas included financial group, legal, Carefor, Theatre Group, daisy cafe, Marianhill, festival Hall, Petawawa Pantry, Pickleball, Legion, Petawawa Health Centre, County of Renfrew, Library, LIP, Ontario Health at Home, Real Estate
- The concept of the “passport” has now shifted to a resource guide for seniors on contact of presenters, vendors and contact information for all groups present or involved in the day.
- Open to swag ideas for promotion (pens)
- Promotion ideas – using # for event
- Town to help with coffee , tea etc for kick off morning of the event
- After the meeting a letter was sent to the Petawawa Civitan Club requesting support in the amount of \$2000 to assist the financial cost of offering a free lunch for participants

**c) Seniors' Parkette:**

- Theresa met with Ted and Colin to restart the conversation regarding the Seniors Parkette on the back of the Silver Threads building.
- Theresa will be setting a meeting with the initial committee to discuss concepts and next steps.

**d) Elections of New Member**

Setting an election for new member:

- The committee decided to extend the request for submissions until July 25<sup>th</sup>. At which point all applications will be distributed for review to all committee members.
- An election will take place at the next committee meeting.

Updates from Committee Members

- Colin provided updates that the SALC grant and Active Aging grant are in their final stages
- No other updates provided

Date of Next Meeting

- The next meeting will take place on July 30<sup>th</sup> at 10:00am at the Petawawa Civic Centre

**Meeting Adjourned at 11:28am**