



City of Port Moody
Minutes
Seniors Focus Committee

Thursday, February 5, 2026
Brovold Room
at 7:01pm

- Present: Councillor Diana Dilworth, Chair
Ruth Armstrong
Jacquie Boyer
Jennifer Gibson
John Grasty
Jayashree Ramaswami
Maneli Soleimani
Faith St. John
Carola Thompson
Becky White
- Absent: Councillor Haven Lurbiecki, Vice-Chair
Gwynne Cafik
John Crowther
- In Attendance: Angela Blackall – Recreation Coordinator
Arsh Dhillon – Legislative Services Coordinator
Deanna Forbes-Procyk – Assistant Recreation Instructor

1. Call to Order

The Chair called the meeting to order at 7:01pm.

The Chair introduced the Seniors Friendship Society Representative, John Grasty.

2. Territorial Land Acknowledgement

The Chair provided the territorial land acknowledgement.

3. Adoption of the Agenda

3.1 Agenda

SFC26/05

THAT the agenda of the February 5, 2026, Seniors Focus Committee meeting be adopted as circulated.

Moved, seconded, and CARRIED

4. Adoption of Minutes

4.1 Minutes

SFC26/06

THAT the minutes of the Seniors Focus Committee meeting held on January 15, 2026, be adopted.

Moved, seconded, and CARRIED

5. Unfinished Business

6. New Business

6.1 Seniors Try It

Verbal Report: Recreation Coordinator

The Recreation Coordinator gave a presentation titled “Seniors Celebrations - 2026” for Items 6.1 and 6.2 and referred to slides contained within the on-table package.

Committee discussion ensued regarding the following topics:

- role of seniors in the Seniors Try-It Passport program, opportunity for Committee members to serve as ambassadors;
- past Strawberry Shortcake Tea at the Arts Centre and potential for similar tea events hosted by the City;
- reaching seniors who are not living independently, including those at Eagle Ridge Manor and assisted-living facilities;
- incorporating events that are culturally diverse and offering refreshments or snacks from around the world;
- partnership opportunities around the City, including the library and POMO Museum;
- programming timelines and coordination across facilities; and
- interest in a seniors’ book club, board-game sessions, or a dedicated games day.

Committee discussion ensued regarding Seniors Try It:

- opportunities for community engagement and sharing information through personal networks;
- collecting feedback on how long participants have lived in Port Moody to understand who is attending and which groups may need targeted outreach;
- assessing program capacity, including whether programs are full and whether expansion is needed;

- exploring programs tailored to specific ethnic communities and offering outreach materials in additional languages;
- creative strategies to fill programs, including using Try It Week to gauge interest and registration; and
- request for staff to bring forward budget and dollar-amount information for Seniors Try It Weeks.

The Committee requested that the 2026 work plan be attached to every agenda.

6.2 Senior's Week

Verbal Report: Recreation Coordinator

The presentation and discussion took place under Item 6.1.

7. Information

The Chair requested that future agendas include an Information section for the Chair, the Seniors Friendship Society Representative, the Youth Focus Committee Representative, and a general Roundtable.

It was clarified that Youth Seat Members are not necessarily members of the Youth Focus Committee, and the Youth Seat Member is not expected to provide updates on the Youth Focus Committee's work.

7.1 Staff Updates

The Recreation Coordinator provided an update regarding:

- Zumba and Light Lunch on February 13, 2026;
- Saint Patrick's Day Trivia; and
- upcoming agenda items and work-plan priorities for future meetings.

Chair Updates

- motion regarding in-person meetings is scheduled for the February 10, 2026 Council agenda;
- community newspaper has resumed publication under the name Freshet;
- former Safeway location at Lougheed Mall has been converted into a pickleball facility; and
- Seniors Centre remains a high-priority item.

Seniors Friendship Society Updates

- club reopening in 2026;
- weekly programming is fully active, including walking group, knitting group, technology support group, scrabble, yoga, cribbage, bowling, bingo, and trivia;

- additional offerings include lunch programs, transportation support, events at the Inlet Theatre, and organized trips outside Port Moody; and
- club membership opportunities.

The Committee Roundtable topics of discussion included transportation support for seniors, the development of dementia cafés and adult day programs, opportunities for resource sharing and collaboration with community organizations and partners, use of the Youthful Lounge, potential activities and social-connection opportunities within the City Hall Galleria, and the value of sharing information through strata networks.

8. Adjourment

The Chair adjourned the meeting at 8:30pm.



Councillor D. Dilworth, Chair



A. Dhillon, Legislative Services
Coordinator