

2017 AGM



TAC members dusted off their green thumbs with Master Gardener Heather Connors-Dunphy at the 2017 AGM pictured above with several members of the Executive. Left to right:: Donna Evans, Joan McFarland, Penny Pacey, Heather, Eleanor McCloskey and Michele Madore.

President's Annual Report

2016 a very busy year in programming and in focusing on improving the operations of the Third Age Centre; It is a pleasure to bring you the highlights in today's annual report.

Membership

We welcomed new members at every session, seeing an increase in membership overall. We look forward to getting to know the interests of our new members. TAC enjoys tremendous loyalty and support from its members, which is reflected in the consistently high number of renewals every year. Thank you. Your commitment is appreciated.

Education Programs

It is through our educational programming that TAC carries out its goal of encouraging healthy aging through promoting an active lifestyle, life-long learning and personal development, allowing us to be engaged members of our communities.

Nine presentations were given in 2016, mix of interactive workshops, providing a wealth of how-to information as well as thought-provoking talks. They were:

- "Looking for Grandpa" (Genealogy research workshop)—Carol Randall

(cont'd)

President's Report Continued

- “Pathways to Stillness” (Finding peace and stillness in life)—Gary Kenyon
- “Leaving a Legacy” (There is nothing like a good story)—Viviane Edwards
- “Exercise for the Older Adult” (The Why’s, How’s and How-Not-To’s)—Alina Cress
- “Preparing healthy, tasty food in small quantities” (Nutrition)—Margaret Langille
- “Aging the Adventure” (Potential of the second half of life) Bill Randall and Eleanor McCloskey
- “Counting Sheep??” (Sleep Disorders)—Atlantic Sleep Centre, Horizon Health
- “Downsizing” (Transitioning to Smaller Spaces)—Shelley Swift
- “To Fall or Not to Fall” (Balance Training for the Older Adult)—Alina Cress

There was a great deal of interest in these, both among members and the public. Several drew higher turnouts than usual. We had to add an extra room at the last minute for “To Fall or Not to Fall”!

Organizational Changes

In addition to providing stimulating programming, we were engaged behind the scenes in making changes to

Meet the Board of Directors 2017-2018

Asher, Jane (Secretary)

Evans, Donna (President)

Knight, Vicky

Madore, Michele (Past President)

Mallia, Marianne (Treasurer)

McCloskey, Eleanor (Vice President)

McFarland, Joan (STU Faculty Rep)

Pacey, Penny

STU Student Rep (to be named)

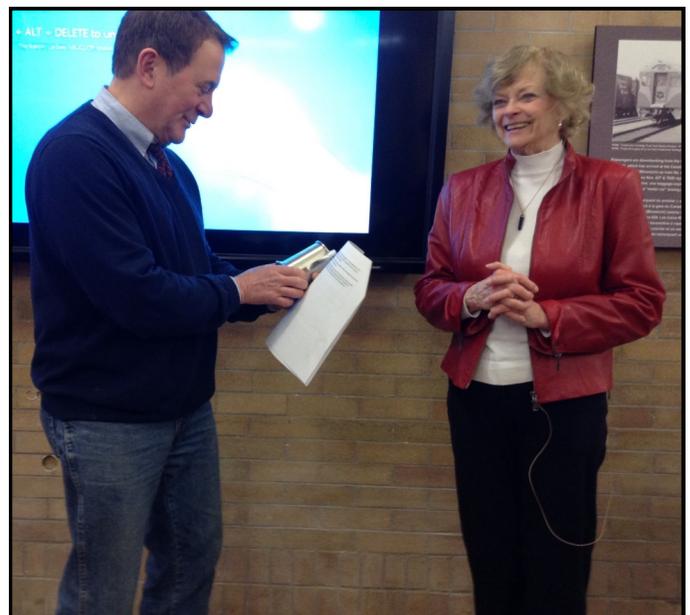
improve the operation of the Third Age Centre. One of those was a decision to hold the AGM closer to the end of the Third Age Centre fiscal year, Dec. 31, 2016. We felt early April would get us past the winter months and the inherent risk of having to cancel due to weather.

We went to you, our members, and asked for your ideas for programs. You were generous in your responses and we received excellent suggestions. We will continue to gradually work as many as feasible into the programming. Keep the suggestions coming!

I would like to thank my fellow Board members for all their support and efforts throughout the year and encourage others to volunteer at any time during the year. In particular, I would like to recognize Bill Randall for his service to TAC. He has been a valued member of the Board and organization for 20 years. Bill has decided to step down this year. We meet his decision with a mix of regret at losing his counsel and appreciation for all of his contributions.

Respectfully submitted,

Donna Evans, President



Donna Evans surprises Bill Randall presenting him with an engraved pewter mug in appreciation of his long and exceptional service to TAC.

From Eleanor's Notebook

This past year we have seen a increase in membership, and our education sessions, offered on both the North and the South side have been well attended. Recently, at our AGM, we circulated a request for ideas for future sessions. If any members have suggestions, please forward to 3rdage@stu.ca. The Board is always seeking education opportunities that will respond to the expressed wishes of our members.

Last month our Board received the resignation of Professor Bill Randall, who has been part of the picture for twenty years. We will miss Bill's constant interest, participation and encouragement. He was so often ready with a suggestion for a presenter and he always follows through with contacts. We are pleased to have Professor Joan MacFarland join our Board and we look forward to her work among us.

The Board would very much like to have a few more members, as diversity and different experiences make our work so much more enriching. We ask for a two-year commitment; we have a monthly meeting (one and a half hours, over noontime). We value each other's presence and enjoy planning the sessions our members request. If YOU would like to do a test-run, please consider yourself invited to one of our meetings.

~Eleanor McCloskey

Heather Connors-Dunphy demonstrated how to choose and arrange plants to create an eye-catching patio pot.



Vice-president Eleanor McCloskey presents lucky raffle winner Nancy Cook with a patio pot prepared by Heather Connors-Dunphy.

Coming up...

Manage Your Blood Pressure Through Food

May 9, 2017

Tuesday, 2-4 pm

The Station, 380 York Street

Presenter: Margaret Langille, Nutritionist, Sobeys Regent

Laughter for the Health of It

June 21 2017

Tuesday, 2-4 pm

STU Conference Centre, 368 Forest Hill Road

Presenter: Barbara Cull-Wilby, PhD, MEd, BN is the founder of Wholecare. She is a grandmother, an award - winning author and a Yoga teacher.

Silver Series at URec!



Programs designed for older adults seeking to improve or maintain a healthy, vibrant and active lifestyle!

All programs are taught by certified fitness experts in a supportive environment. URec offer classes such as yoga, pilates and cycling as well as fitness and strength training!

URec also offers speciality programs for individuals who:

- are experiencing physical complications due to a chronic neurological condition
- have osteoporosis or osteoarthritis
- would like to participate in a post-cardiac rehab program



For more information, contact us at:
(506) 453.4579 or urec@unb.ca.
Find us at the Richard J. CURRIE CENTER

***The Third Age Centre
St. Thomas University***

“Changing the conversation on aging”