

BONSOR 55+
BOARD OF DIRECTORS
MEETING HELD AT BONSOR CENTER
March 14, 2025

In Attendance:

| | | |
|-------------------------------|---------------------------|-------------------------|
| Ernie Kashima (President), | Brenda Felker (Director), | Albert Lam (Director) |
| Brian Pound (Vice President), | Mary Horton (Director), | Pat Couch (Director), |
| Eugene Hamel (Treasurer), | Margaret Li, (Director), | Karman Lau, (Director), |
| Louise Kowalenko (Secretary), | Walter Wun, (Director), | Kelli Tibbles (Staff), |

Absent: Gerry Guo, (Director), Elizabeth Revoczi, (Director), Agnes Lee, (Director),

Attendance:

There were 11 Directors in attendance. Therefore, the quorum requirement has been met, and the meeting was declared able to proceed.

***“Before we start, I would
like to take a moment to
recognize we are on the ancestral
and unceded homelands of the
hə́ŋqəmiŋə́m and Skwxwú7mesh
speaking peoples, and to extend
appreciation for the opportunity
to hold a meeting on this
shared territory.”***

1. The meeting was called to order by Ernie Kashima at 10:08 am.
2. Agenda of March 14, 2025– Amendments and Approval

MOTION by Brian Pound to accept the Agenda of March 14, 2025, as amended. **Seconded** by Mary Horton. **Motion Carried**

3. Minutes of the Previous Meeting – Amendments and Approval

MOTION by Eugene Hamel to accept the Minutes of February 28, 2025. **Seconded:** by Brenda Felker
Motion Carried

4. Business Arising from the Previous Minutes

- Board Liaisons

The current allocation of Board Liaisons positions is listed below.

| | |
|----------------------|------------------|
| Badminton | - Albert |
| Baking | - Brenda |
| BEARS | - Margaret |
| Bingo | - Brian |
| Bridge (Standard) | - Agnes |
| Bridge (Duplicate) | - Agnes |
| BSAC | - Brian & Ernie |
| Bus | - Ernie |
| Choir | - Elizabeth |
| Coffee Bar | - Brenda |
| Computer | - Brian |
| Dance Social M/W | - Pat, Elizabeth |
| Dance ballroom Thurs | - Pat, Elizabeth |
| Karaoke | - Louise |
| Mah Jong | - Karman |
| Open Arts | - Mary |
| Pearl Ocean of Arts | - Louise |
| Practice Line Dance | - Louise |
| Publicity | - Brian |
| Sing-along | - Brenda |
| Snooker | - Mary |
| Social Line Dance | - Margaret |
| Sunshine | - Walter |
| Table Tennis | - Albert |
| Tai Chi Traditional | - Gerry |
| Tai Chi Yang Style | - Gerry |
| Tennis | - Albert |
| VOBS | - Brenda |
| Website | - Walter |
| | |

5. Correspondence

None.

6. Treasurer's Report

Eugene and Ernie attended Prospera and managed to get access to the credit card accounts and statements. Term deposits will be coming up for renewal in the summer.

MOTION by Louise Kowalenko to approve the February 2025 Financial Report as circulated. **Seconded:** by Karman Lau. **Motion Carried**

8. Presidents' Report

Thank you to all Directors for serving and taking on liaison positions. We now have 14 Board Members.

9. Staff Report

- Allocation survey will be going out to all groups ASAP
- Bonsor Easter Event – Friday, April 18 – Senior volunteers needed to help with the cookie station (10:30am-2pm)
- Event Lunches – no reserved seating at the moment
- Seniors week – June 2-8 – Pancake brunch June 4
- Group leaders meeting – May 7

10. Sub-Committee Reports

- Please see attached Sub-Committee Reports

11. New Business

- a. New Group request Taiwanese MahJong

MOTION: by Ernie Kashima. to accept a new Taiwanese MahJong as a new Group. **Seconded** by Brenda Felker. **Motion: Defeated.**

A wait-list for new groups requesting space will be created.

- b. Photocopying

We have been receiving excessive photocopying requests from some of our Groups. Our current photocopier cannot handle large photocopy requests.

MOTION: by Ernie Kashima to no longer provide photocopying for the Groups. **Seconded** by Margaret Li. **Motion Defeated.**

MOTION by Louise Kowalenko to limit the number of photocopies per session/per day to 20 copies per group. **Seconded** by Brian Pound. **Motion Carried.**

c. Sing Along Schedule

Sing-Along schedule was discussed as due to various holidays etc. this group has missed quite a few of their scheduled dates this year. This will be taken into consideration when the city looks at the new allotment schedule

12. Dates to remember.

MOTION by Brian Pound to invite the General Manager of Parks and Culterl, Mary Morrison-Clarke, to the Volunteer Luncheon on Thursday May 1, 2025 **Seconded** by Louise Kowalenko. **Motion Carried.**

| EVENT | DATE | LOCATION | TIME |
|--|--------------|--------------------|--------------|
| 2025 | | | |
| | | | |
| BOARD OF DIRECTORS MEETING | Fri, Apr 11 | Multi 3 | 10 am |
| Volunteer Luncheon Riverway Golf Club | Thu, May 1 | Riverway Golf Club | |
| Health Fair (with Mulberry Parc) | Thur, May 29 | Banquet Hall | TBA |
| Group Leaders Meeting | Wed, May 7 | Multi 1/2 | 11:30 – 2:30 |
| BOARD OF DIRECTORS MEETING | Fri, May 9 | Multi 3 | 10 am |
| Seniors Week | June 6 - 8 | Big Bonsor | TBD |
| BOARD OF DIRECTORS MEETING | Fri, Jun 13 | Multi 3 | 10 am |
| BOARD OF DIRECTORS MEETING | July | CANCELLED | |

| | | | |
|----------------------------|------------------|------------------------|-----------|
| BOARD OF DIRECTORS MEETING | Fri, Aug 8 | Multi 3 | 10 am |
| BOARD OF DIRECTORS MEETING | Fri, Sep 12 | Multi 3 | 10 am |
| Coffee Bar Brunch | Thu, Sep 25 | 55+ Lounge | |
| BOARD OF DIRECTORS MEETING | Fri, Oct 10 | Multi 3 | 10 am |
| Fall Dinner Dance TBD | Oct 24 or Nov 14 | Banquet Hall Main Bldg | |
| BOARD OF DIRECTORS MEETING | Fri, Nov 14 | Multi 3 | 10 am |
| Christmas Lunch | Wed, Dec 3 | Banquet Hall Main Bldg | |
| BOD Christmas Event | Wed, Dec 10 | Private Home | 7 – 10 pm |
| Pancake Breakfast | Fri, Dec 17 | 55+ Lounge | |
| | | | |

13. Good and Welfare – None to report

Meeting adjourned.

Ernie Kashima

ERNIE KASHIMA, President

Louise Kowalenko

LOUISE KOWALENKO, Secretary

BOARD OF DIRECTORS MINUTES CAN BE FOUND ON THE 55+ WEBSITE

BONSOR 55+ SOCIETY

Bonsor 55+ Centre - 6533 Nelson Avenue, Burnaby, BC V5H 0C2 – phone 604-297-4580 – Fax 604-297-4583

SUB-COMMITTEE REPORTS OF THE BOARD OF DIRECTORS

MARCH 2025

A. **Albert –Table Tennis, Tennis,**

TENNIS –This group will resume for the 2025 Season in April. Registration will begin mid April.

TABLE TENNIS – Whether you're a casual or competitive player. Table tennis offers moderate-intensity activity, which is good for your heart. Table tennis raises the heart rate, helps strengthen muscles, mobilizes the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. It's easy on the joints.

Below is the report for Table Tennis at the month of February 2025:

- There are 19 players days in the month of February with total of 998 members turn out.
 - Average 60 members turned out on Mondays; 30 members turned up on Tuesdays, 45 members turned up on Wednesdays, 36 members turned up on Thursdays and 86 members turned up on Saturdays.
 - We are having a spring lunch to be held in March 2025, about 120 members will participate.
 - The group set the date for its annual registration on June 5, 2025.
- **Tai Chi Traditional, Tai Chi Yang Style**

TAI CHI TRADITIONAL This Traditional Double Yang Tai Chi Group, is led by Master Victor Chow, and practices three times a week at the Bonsor 55+ Building:

Tuesday 8:30 - 11:00 am in MP1 and 2

Friday 3:00 - 5:00 pm in MP1 and 2

Saturday 9:00 - 11:00 am in MP3

TAI CHI (YANG STYLE) – We are still struggling with lack of space on our Tuesday sessions. On one Tuesday we had a total number of 29 attending our class. Any number over 25 will make for a very crowded class. For some members who have not yet joined they have not returned. Even some of our prior year's regular members have not returned. Our Friday classes for Tai Chi and Tai Chi Cane are filling in nicely.

Tuesdays - we practice Tai Chi (TC) 8, 16, and 24 forms as well as Chi Gong exercises that incorporate breathing techniques.

Fridays - we set aside the first hour for new/newer members to practice TC 8 and 16 forms. The second hour is used to practice our TC Cane (incorporates a walking cane with TC movements).

We continue to accept new members wishing to join our 55+Tai Chi Group. For new members with little or no Tai Chi background, we encourage them to join our Friday morning class where we have more room with MPR1 and MPR2.

SING-ALONG - Enjoy this friendly social gathering and sing all your favorites. Includes the playing of instruments, dancing and refreshments. Can sing solo.

As usual, we will sing beautiful songs from 50 & 60s, famous songs from around the world, musical theatre, and folk songs. All in English, such as: Hello Dolly, You are my Sunshine, Over the Rainbow, By the Light of the Silvery Moon etc.

If you would like to sing a solo, please bring your cel phone, recordings, or sing without music. If you use a music script, please give a copy to Esther Chui, ahead of one session. Everyone is welcome!

- **Brian –Computer, Bingo, BSAC, Publicity**

COMPUTERS EDUCATION – Steady as she goes.

BINGO – Happiest group at Bonsor. Looking at increasing price per card from 25 cents to 50 cents

BURNABY SENIORS ADVISORY COMMITTEE (BSAC) – Edmonds: AGM on March 18. Holding new event, Whisk, April 23. Confederation: As of meeting, 800 members signed up. Meditation, sketching and singing groups are new. AGM April 24. Cameron: Fashion show and wine and art show being planned.

PUBLICITY- No Report

- **- Bridge, Bridge (Practice)**

DUPLICATE BRIDGE – No Report.

BRIDGE (PRACTICE) – A friendly group meets every Tuesday, year-round, from 1 to 4 pm in the Bonsor 55+ Centre room MP3 for an afternoon of practicing bridge skills and non-competitive bridge play. This is an Intermediate Level group and some playing experience is desirable, but you don't need to be an expert to join us. We encourage additional players to come and try out our group.

- **Ernie – Bus Committee, Card Group, Badminton**

BUS COMMITTEE – February was a low month for trips as only 7 trips went out. A couple of other trips were cancelled due to low registration, and one trip was cancelled due to poor weather conditions on the mountain. Keith Saunders has recovered from his hip surgery and is back taking care of the maintenance of the bus as well as driving. Welcome back Keith!

As always, we are looking for more drivers.

BADMINTON – A five-week basic skills training in badminton which began in January was completed in the first week of the month (February 6).

The Yearly General Meeting was held on February 7 in Gyms 2&3 attended by a total of 70+ members. The poor attendance could be attributed to sub zero temperatures coupled with icy road conditions on that day. At the same meeting, we welcomed Vince Kwong as the Bonsor Complex Supervisor.

The election of the 2025 Badminton Group committee of nine members was carried out, after which the committee held their first meeting in the Conference Room.

The group welcomed the allocation of the two (2) additional courts in Gym3 for the months of February & March, making a total of ten (10) courts on Tuesdays. Previously only eight (8) courts were available to the group on Tuesdays. Allocation of these additional courts will be on a seasonal basis.

The committee went full steam ahead on organizing the biggest social event of the club - the Spring Festival Celebration Dinner (previously known as the Chinese New Year Celebration Banquet). Invitations were sent out and the news was well received by the members and registration for the dinner was brisk.

- **Louise – Karaoke, Social Line Dance & Practice Line Dance**

KARAOKE – Karaoke has now become a “Drop-In” program as of November 1, 2024. There are two sessions on Sundays: 10 am – 1 pm and 1:30 pm – 4:30 pm.

Come join our 55+ Karaoke program for a fun time singing your favourite songs. A friendly atmosphere awaits where you can socialize and share your experiences. Choose a song from our first-class sound system as it will surely enhance your singing experience! First come, first served and drop-in rates apply.

SOCIAL LINE DANCE – Learn and improve your line dance knowledge and skills! This is the place to be if you want to become a comfortable, or seasoned line dancer. Ongoing line dance classes can improve balance, co-ordination, memory and styling techniques. Get started dancing today and meet friendly people sharing the same interest of dance! Please wear comfortable, smooth sole shoes to allow for easy, comfortable dance movements.

Wednesday and Friday classes are held weekly.

Wednesdays Class: The Wednesday Social Line Dance group is running smoothly. We had a busy January, 3 out of 4 sessions were full (35), people even got turned away. The attendance was back to averaging of 26 per session in February, which was more manageable.

We had a small celebration on January 29th, 1st day of the Lunar New Year. Everyone was having a great time in taking pictures and snacking on traditional CNY goodies. We would like to thank the 55+ Society for funding our little party.

Fridays Class:

attendance:

week 1 - 32

week 2 - 22

week 3 - 23

PRACTICE LINE DANCE – A volunteer leads this lively group as they practice various line dances. Members must be registered in one of the City of Burnaby Line Dance class to take part in this group. Group Fee: \$10 annually. The Practice Line Dance group meets the weeks when City of Burnaby Line dance. As we approach the end of the year, we do not anticipate any additional new members joining for 2024.

Membership Update

For the new year of 2025, we have 27 members, including 23 returning members and 4 new members as of the end of February 2025.

Practice Sessions

Our practice sessions resumed following the long holiday season. We are pleased to continue our regular schedule of Thursdays from 1:15 pm to 3:15 pm. This consistent routine allows members to revisit and practice the various dances they have learned across all Line Dance class levels.

Activity

On January 16, 2025, we held a delightful Lunar New Year celebration during our practice session. The event was warm and inviting, with members contributing their favourite homemade New Year treats for everyone to enjoy. The gathering provided a wonderful opportunity to celebrate the season and strengthen our community bonds.

Community Support

We would like to express our heartfelt gratitude to the Centre for their unwavering support and generosity. Their contributions are invaluable in enhancing our activities and ensuring our group continues to thrive.

CHINESE PEARL IN THE OCEAN OF ARTS GROUP –

Our class date and time:

Thursdays 5:00pm -8:00pm

In Multiple-room 1&2, Bonsor 55+ Center.

We do fashion modeling practices led by a well-known instructor Ms. Jane Liu from 5-6pm; Chinese folk dance from 6-7pm led by a professional dance instructor Ms. Spring Wang. Tibetan and Mongolian dance for men from 7-8pm led by an instructor Mr. Guo. Everyone is welcome to join us for fun and practice every Thursday evening. Please contact: Gerry at 236-838-1886 both in English and Chinese.

- **Mary –Snooker, Open Arts, Website,**

SNOOKER – It has been a good start in the snooker room. Happy to host the George Kawaguchi tournament that involved more new players with trophy and lunch.

Started an in house Ladder tournament in going till April with 26 signed up from hi level to new level. Also host bi weekly B league with 8 teams from the lower mainland games once to weekly; presently ending shortly in the semi finals. For win next Wednesday away against Minoru.

We also enrolled 4 new members to the club. Tables to be re-done early April.

OPEN ARTS – Since the start of 2025, the Open Art group continues with our weekly sessions and regular features of Artist of the Month and Theme Display on the second-floor display boards. A new bigger board for Artist of the Month display was installed on the far wall in the 55+ lounge. We thank senior society for funding the purchase of the board and Bonsor for installing it.

As always, details of the group's activities can also be found on our webpage: [Open Art Studio](#)

WEBSITE – No Report.

- **Margaret Li – BEARS, Mah Jong**

BEARS - We meet on Friday mornings at 10 - 12 and knit or crochet, have tea and cookies, lots of friendly chat and are getting ready for the fall Sale. The products produced are sold every fall at the Fall Craft Sales with proceeds donated to charity

MAHJONG– Until now, we have 80 registered members and there are still a few on the waiting list. The reason is that we now have 18 tables and two of them are in terrible condition. If all 80 members are attended our weekly Mondays game from 3:30-9pm, then we will not have enough tables for all players; 4 players are required for each table; a max of 18tables that we have for only 72 players.

We will be requesting for 2 new tables to be funded in the coming weeks. As the weather is getting warmer and dryer, more players are expected to join the fun games.

We are allowed 3 drop-in's only WITH prior registration in order to provide a trial seat; to Cleo WAH m: 778.889.9078 (in English, Cantonese or Mandarin speakers); or to Mrs Dilys Chui m: 604.838.6622 (in Cantonese or Mandarin).

We are using plastic chips during the games and a scoresheet or phone to keep track of the results. "NO gambling and NO betting and NO cash are allowed" has been mentioned to everyone.

- **Pat – Social Dance (Mon/Wed & Tues/Thurs) & Weight Room**

DANCE - Monday/Wednesday

Dance the afternoon away to recorded, international ballroom music. A great opportunity to practice your steps. The monthly attendance for Monday was 78 and for Wednesday 103.

DANCE – Thursday Evenings

A fun social dance (including ballroom, Latin and other dancing) with a live band playing. Light refreshments included. Everything went well. We now get a float of \$400 just in case we don't get enough dancers to pay the band. We were short of helpers on March 6, thank goodness Ling stepped in, and the dancers were very co-operative.

WEIGHT ROOM/CARDIO – All is well with this program. Staying physically & mentally active is a big help for those attending our group.

- **Brenda – VOBBS, COFFEE BAR/ BAKING, BSRS**

SING-ALONG

We are starting to charge more for coffee and tea. As the price of coffee and other food have gone up. We decided to charge \$1.00 instead of \$.50. We charge \$.50 for snacks if they do not take coffee.

New members have signed up continuously. We have 2 new members for February. In every sing along, there are new faces. We have asked our Board Liaison to look into the inconsistencies of our schedule time. Thank you Brenda.

Fred Hinmueller is my backup. His e-mail is: dudleyberniejacko@yahoo.ca, tel 6040438-0651. Fred is a good singer and a song leader. In case I am not available, he will be in charge.

We still experienced problem of getting a steady piano player after Wendy's retirement. We have a new piano player, Svitlana Rozumovska but she is not always available as she lives quite far away. Esther Chui was so kind to help us to play twice even though she is not well. We will play it by ear.

VOBBS – Vobbs had three workshops booked for Bounce Back a division of the Canadian Mental Health Association and the Provincial Health Services Authority. The first two went well the focus is on how to manage low moods, stress and worry. Bounce Back advertises that they also have telephone coaches. To our dismay our third in person workshop was cancelled as Bounce Back lost their funding, Vobbs membership has grown from 22 members to 90 and our workshops always have a waiting list.

Unfortunately our temporary room at the Christine Sinclair Centre can only accommodate 30 people. The Board is applying for another Seniors Grant from the Federal Seniors program and other grant organizations. They are also brain storming for future workshops based on a survey that we sent out to our members

COFFEE BAR & BAKING – The coffee bar is operating smoothly. However, we still do not have enough volunteers to extend Monday coffee bar hours to two shifts.

BURNABY SENIORS RESOURCES SOCIETY – BSRS - No Report.

- **Elizabeth – Choir (Bonsor Singing Seniors)**

CHOIR (Bonsor Singing Seniors) –

We are a mixed-voice choir for adults 55+. We offer new applicants a 3-week free trial to see if they like the choir. Our practice time is Fridays from 1 to 3 p.m.

Jan 2024: 20 per week --- average 20 for the month

Feb 2024: 15 / 17 / 13 / 16 --- average 15 for the month:

March 2024: 18 / 19 / 0 / 0 [2 weeks Spring Break] Average 18 for the month.

BOARD OF DIRECTORS GROUP REPORTS CAN BE FOUND ON THE 55+ WEBSITE