



## Seniors Community Conversation Notes: March 1<sup>st</sup>, 2023

### TRENDS:

- There seems to be inconsistent costs to use the Alpine Traveler Bus - different for Pine Grove residents vs Evergreens. Possible opportunity with Senior's Society to help contribute to cost/reduce barriers for seniors to use.
- Attendance of coffee connections back up after cold weather.
- Number of Seniors using the gym is up and consistent.
- People would like to see more programming at the gym and pool.
- Technology courses at Pine Grove need better signage and instruction to access. Need to dial 100 to open door. Also issues with Common Computer password.
- Seniors Society seeing increase in membership and inquiries to join.

### COMMUNITY UPDATES:

- Gym and Alberta Health Services (AHS) Physio collaboration was a success. Seniors were able to purchase a 6 week pass for \$36.
- Another of these programs is scheduled for April. Contact Fit/Aqua to be added to waitlist.
- Jasper Pride would like to offer a Drag Bingo event for seniors (proposed date April 20<sup>th</sup> in afternoon 1-3/2-4pm. All seniors invited. Looking for senior's feedback.

### UPCOMING PROGRAMS OR EVENTS:

- Coffee Connections: Every Monday and Wednesday, 1pm, Activity Centre
- Aquafit: Every Tuesday & Thursday, 9:15am, Aquatic Centre
- Speaker Series next 8 Wednesday evenings: 6:30pm at the Library. Gardening theme begins March 8.
- Knit Happens: Every Wednesday 10:30am, at the Library
- Mon. March 13, 1:30pm, Seniors Lounge: JSS meeting
- Tues. March 14, 1pm, Activity Centre: Tai-Chi drop-in program
- Sat. March 18<sup>th</sup>, Sourdough bread course at Habitat, Cost \$10

April 14-23<sup>rd</sup> Pride festival. See website for full list of festival events: [Jasperpride.ca](http://Jasperpride.ca)

### ACTION:

- **Janeen** to contact Alpine traveler/Evergreen about potential cost differences for use.
- **Janice** will email Hilary at JECC to suggest having sign-up sheet for appointments and for password on the computer.
- **Jo-Ann** to look into a seniors hour at the gym



### **What do you think?**

- ✓ [Municipal public engagement opportunities](#)
- ✓ [Give feedback, contact council or report an issue.](#)
- ✓ [You can also contact council by emailing them.](#)

### **Promote your program or event:**

- ✓ [Check the Community Calendar to find out what's going on in Jasper.](#)
- ✓ [Add your program or event to the calendar.](#)

### **Share your passion:**

- ✓ [Fill out this form](#) and we will contact you to discuss your idea!

### **All things Community Conversations:**

- ✓ [Community Conversations schedule and information](#)
- ✓ Community Conversations most recent notes
- ✓ Application to join Community Conversations
- ✓ Municipal Community Conversations policy.

### **Do you have neighbours or colleagues who are new to Jasper?**

- ✓ The [New to Jasper page of the website](#) has helpful information for them.

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