

Feb. 1, 2023 – Jan. 31, 2024: DRAFT
Mature Action Community AGM Meeting Minutes
Tuesday, April 16, 2024
Location: Whistler Library Community Room

Called to Order: 2:20 p.m. / Guest Speaker (no) / AGM 2:30 to 4:00 pm
Snacks & Coffee / Tea provided: K.White Members set up + put away chairs/equipment
MAC will pay invoice for Library Meeting Room time & audio visual equipment used.

Opening remarks by MAC Chair, Kathy White, welcoming everyone to the AGM

Board members attending: Michael d'Artois, Charalyn Kriz, Iain Grunwell, Kathy White
Regrets: Barb Oliver, Cheryl Green

AGM Guest Speaker: (no – guest speaker)

Following items emailed to MAC Members; posted on MAC Website; reminder emails + AGM registration requested; and Notice of AGM posted on MAC Facebook page

- Notice of Annual General Meeting
- Draft 2024-25 AGM Meeting Agenda
- Draft 2022-23 AGM Meeting Minutes
- Actual Budget 2023-24 and Draft Budget 2024-25 Financial Statements
- Proxy Vote Form: (there were no proxy vote forms at AGM)

Establishment of Quorum – Confirmed by: Karen Krivel according to MAC non-profit society bylaws 10% of current members met and AGM can proceed: (35) attendees

Following Robert's Meeting Rules:

Motion to Approve 2024-25 AGM Agenda: (Dave Ashton 1st / Iain Grunwell 2nd)

Asked for Questions & Vote Approved: 2024-25 AGM Meeting Agenda

Motion to Approve 2022-23 AGM Minutes: (Michael d'Artois 1st / Wendy Barber 2nd)

Asked for Questions & Vote Approved: 2022-23 AGM Meeting Minutes

AGM 2024-25 MAC Power Point presentation will be uploaded onto MAC Website and copy kept in MAC Board (via shared MAC Board - Google Docs file folder, along with other approved documents).

Who we are and what we do!

- Vision – “a welcoming supportive community where Whistler residents 55+ comfortably age in place and are valued for what they do.
- Mission – “Identify Opportunities and advocate for policies and programs that will move our vision into reality.”

Refer to Power Point Slides for the following MAC Reports & Budgets:

MAC Chair Report by: Kathy White

Finance Report by: Kathy & Iain presented on behalf of Barb Oliver

Motion to Approve 2024-25 Budget: (Karen Wylie 1st / Stacey Murl 2nd)

Asked for Questions & Vote Approved: MAC 2024-25 Budget

Noted: Waive Appointment of Auditor per: 2023-24 Actual Budget and 2024-25 Budget

Special Projects & Making Connections: Charalyn Kriz

Social Committee Report by: Iain Grunwell

Housing Committee Report by: Michael d'Artois

**Communications & Community Engagement & New MAC Website Project Report by:
Kathy & Iain presented on behalf of Cheryl Green**

Membership Committee Report by: (no chair currently)

**Thanked MAC Members & Laura Ramsden – Double Diamond Law (pro bono legal advice)
for assisting MAC Committees and for yearly MAC Projects (as noted in AGM PowerPoint)**

Motion to Approve 2023-24 Committee Reports: (Marie Leduc 1st / Stacey Murl 2nd)

Asked for Questions & Vote Approved: MAC Chair & Committee 2023-24 Reports

Motion to Approve 2024-25 MAC Directors: (Dave Ashton 1st / Erika Durlacher 2nd)

Asked for Questions & Vote Approved: MAC Board of Directors 2024-25

Review of Questions & New Business

- 1) Doug Wylie, MAC Member: spoke about the Whistler Museum new building plans and will encourage engagement with Whistler MAC for input on project.
- 2) Mikale Fenton (Library Director) Whistler Library: spoke about Library strategic plan 2024 for option to attend public events, MAC focus group, or 1-1 meeting.

AGM Adjournment:

Motion to Adjourn 2023-24 AGM Meeting: (Michael d'Artois 1st / Karen Krivel 2nd)

Asked for Questions & Vote Approved: Adjournment of 2023-24 AGM at 4:00 pm



Whistler Mature Action Community

Annual General Meeting: Tuesday, April 16, 2024 (Whistler Library & Online)

For MAC Fiscal Year: February 1, 2023 to January 31, 2024

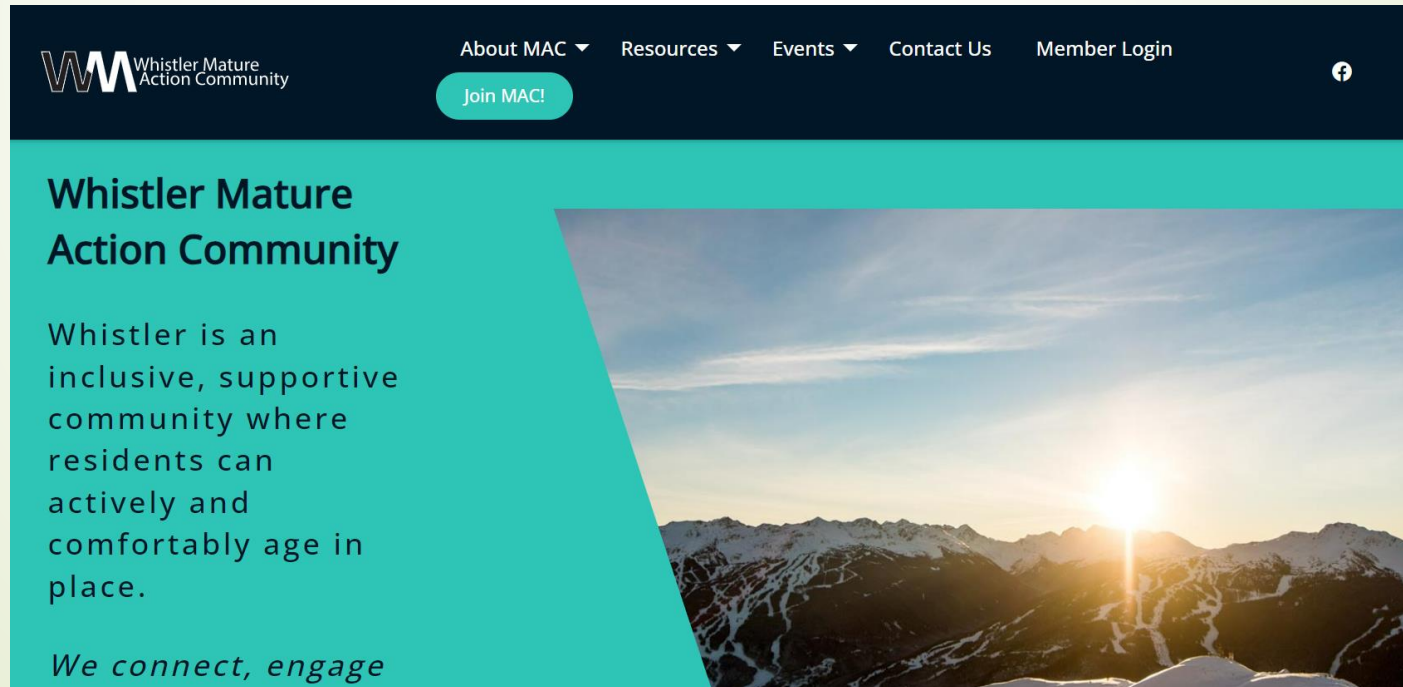


Agenda – Page 1

Call to Order: 2:20 pm (Whistler Library Community Room)

Opening Remarks & Introductions – Kathy White, Chair

The Whistler Mature Action Community Members are grateful to live, work, volunteer and enjoy year-round recreation on the shared, unceded territory of the Lil'wat and Squamish Peoples. We respect and commit to a deep consideration of their history, culture, stewardship and voice.



The screenshot shows the homepage of the Whistler Mature Action Community website. The header is dark blue with the logo on the left and navigation links on the right. The main content area has a teal background on the left and a large image of a snowy mountain range at sunset on the right.

WM Whistler Mature Action Community


About MAC ▾ Resources ▾ Events ▾ Contact Us Member Login

Join MAC!

Whistler Mature Action Community

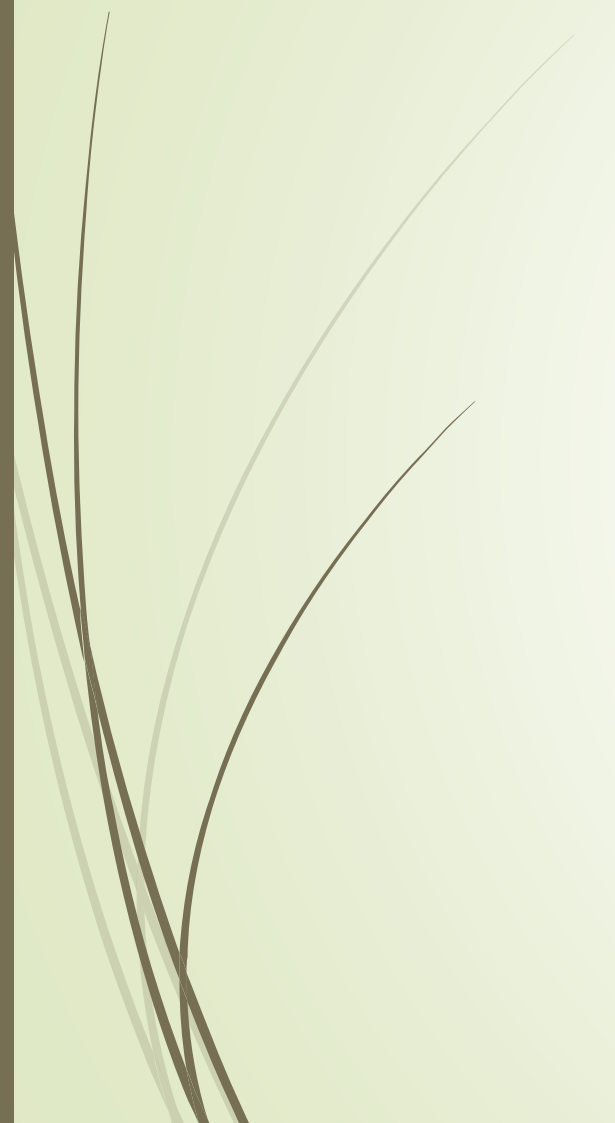
Whistler is an inclusive, supportive community where residents can actively and comfortably age in place.


We connect, engage



Agenda – Page 2

Welcome to Whistler MAC 2023-24 AGM: 2:20 to 4 pm


1. Notice of Annual General Meeting: emailed to MAC Members, posted onto MAC Website, MAC Facebook
 2. Establishment of a Quorum & Proxy (per Attendees)
 3. Review of: 2023-24 AGM Draft Meeting Agenda
Request Vote to Approve
 4. Review of: February 1, 2022 to January 31, 2023
Draft AGM Meeting Minutes. Request Vote to Approve
- 



Agenda – Page 3

5. Whistler MAC 2023-24 Committee Reports:

- a) Chair – MAC Board – Kathy White
- b) Chair - Finance Committee – Barb Oliver
- c) Chair – Social Committee – Iain Grunwell
- d) Chair - Housing Committee – Michael d'Artois
- e) Chair – Community Projects / Making Connections –
Charalyn Kriz
- f) Chair – Communications & Community Engagement –
Cheryl Green



Agenda – Page 4

6. Thanks to our 'Amazing' volunteer MAC Board of Directors and Committee members!
 7. Thanks to MAC Member: Bob Murl for Non-Profit Society Administration, Website & MAC Member e-Newsletters
 8. Thanks to MAC Members: Dave Ashton & Suzanne Minogue Johnston for representation on RMOW – Accessibility & Inclusion Committee
 9. Thanks to Peter Shrimpton for previous Legal assistance for our MAC non-profit society. Introduce: Laura Ramsden, Double Diamond Law
 10. Any New Business & Questions and Comments?
 11. Vote to Adjourn: MAC 2023-24 Annual General Meeting
- 



MAC Chair Report



By: MAC Board Member & Chair - Kathy White



Who we are and what we do!

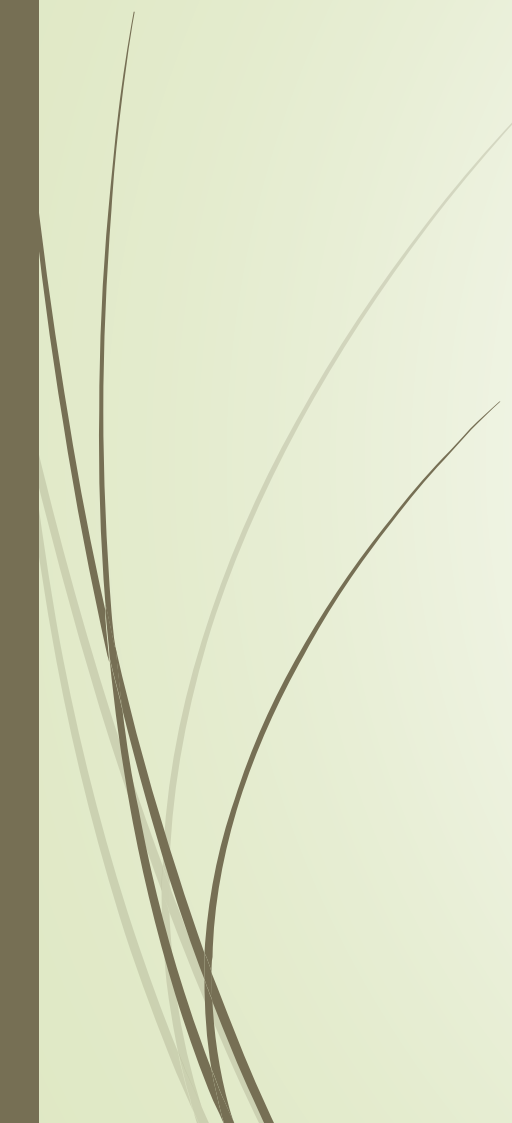
- Vision: An inclusive, supportive community where Whistler 55+ residents can actively and comfortably age in place.
 - Mission: We connect, engage and advocate for Whistler 55+ residents.
 - Values: Collaboration ~ Fun ~ Accountability ~ Inclusion ~ Respect
- 

Our Strategic Plan

- ❑ Advocate for seniors programs and services
- ❑ Represent our constituency with a collective voice
- ❑ Generate Public Awareness
- ❑ Provide Social Interaction
- ❑ Create Partnerships



Represent our Constituency with a Collective Voice

- ▶ So what exactly does that mean?
 - ▶ It means that all seniors, living in Whistler, speak with one voice.
 - ▶ We will continue to explore new ways to maintain and grow our representation for all seniors in Whistler.
 - ▶ With strength in numbers this helps us to advocate for the ever increasing number of seniors living in Whistler.
 - ▶ Seniors make up approximately 25% of our growing population.
- 



- MAC Board has been very busy over the 2023-24 period for our Non-Profit Society. I will be calling on our Committee Chairs to provide their reports
- Whistler MAC Board continued to work with the 2023-24 Strategic Plan on many member & community projects
- MAC Board actively participates and engages with other community organizations to encourage partnerships on projects & financial grant writing for MAC projects!



MAC Strategic Action Plan

Timeframe: **January 2023 to December 2024**

Mission	We connect, engage and advocate for Whistler seniors				As At: Jan. 24, 2023
Vision	Whistler is an inclusive, supportive community where residents can actively and comfortably age in place.				
Values	Collaboration Fun Accountability Inclusion Respect				
KEY FOCUS	Supportive Services (Housing, transport, public spaces, RMOW planning)	Health and Wellbeing (healthcare, home supports, recreation, culture, educ., social)	IDEA (Inclusion, Diversity, Equity, Accessibility)	Organizational Capacity (governance, membership, volunteers, finance)	
Goals Outline where we're going and the outcomes we want to achieve for each focus areas.	<ol style="list-style-type: none"> Seniors can remain in Whistler, enabled by a range of housing options and home services Transportation options and public spaces are safe, accessible, and comfortable for seniors 	<ol style="list-style-type: none"> Health care and home health supports meet the needs of seniors and are accessible locally or via accessible transport options Recreation, culture, learning and other social opportunities connect and engage seniors in community. 	<ol style="list-style-type: none"> Seniors are valued, respected and included in all aspects of community life and decision-making. They rarely encounter ageism. MAC is committed to inclusion, diversity, equity and accessibility for the 55+ community we serve. 	<ol style="list-style-type: none"> MAC has the capacity, resources (financial, human, etc.) and strategic direction to deliver our goals, mission and vision. MAC has a comprehensive communications plan that shares purpose and programs with the 55+ community and Whistler at large. 	
Priorities High-level courses of action for moving goals forward.	<ul style="list-style-type: none"> Ensure MAC or 55+ representation on key RMOW planning and advisory committees Work with RMOW/Gov of BC to ensure safer public transit systems Continue to meet with WHA on quarterly basis & meet with WHVS 	<ul style="list-style-type: none"> Better access to medical appts (in and out of town) transport an issue Acquire seniors' gathering space/centre (youth centre sharing?) Increase social outreach with key issue leaders and potential collaborators 	<ul style="list-style-type: none"> Engage community with targeted communications plan. Foster brand awareness and increase participation. Build MAC seniors' resource hub website Rebrand MAC name and position MAC for broader appeal 	<ul style="list-style-type: none"> Communication who we are: Rebrand MAC name and logo/look Develop greater financial accountability tools and reports at board level Increase membership to _____ Advocate for paid MAC/seniors coordinator (WCSS?, RMOW?) 	
Action Steps The main tasks or actions required to achieve strategies.	<ul style="list-style-type: none"> Encourage MAC/55+ participation in RMOW planning activities Work with WHA and WVHS to explore future housing projects Continue lobbying for HandyDart of other seniors' transport support (e.g. taxi subsidy) Create seniors' co-op housing (e.g. repurpose ie: Durlacher House) Continue advocacy on 4500 Northlands project Develop Age-In-Place home guide and offer workshops Lobby for more benches on trails, safer bus access on Hwy.99 Approach cancer drivers' group for assistance with seniors appts. 	<ul style="list-style-type: none"> Meet with 360 Degree Committee Get Dementia Project up and running Host Pickleball social for member recruitment Offer speakers program to 55+ Pursue use of Youth Centre at MYAC for MAC gathering space (Pilot Project) Work with RMOW on Emergency Evacuation and Shelter plan for seniors Get on Van. Coastal Health Advisory Board Identify and advocate for gaps in social/health services for 55+ 	<ul style="list-style-type: none"> Host inter-generational events Leverage/share BC Community Resource Network's tools around ageism and isolation Use Welcome Wagon-approach to attract new 55+ to Whistler and MAC 	<ul style="list-style-type: none"> Identify skill sets in membership & engage them in projects Recruit volunteers and engage them in projects Communications needs: Newsletter Email campaign social media Phone calls Continue to find and apply for funding grants Set up and use efficient Customer Relationship Management database (CRM) program (can be Excel) Develop annual budget and three-year financial plan Work with RMOW to apply for \$25K UBCM grant 	

Still needed – MAC board must: Prioritize priorities and action steps. Quantify actions where needed. Create success assessments with Key Performance Indicators. How will you define success in each of the four areas? **Name Change Ideas:** Young Seniors | Whistler PrimeTimers
Committees Required: Governance | Finance/fundraising | Communications | Social/events | Advocacy



Mission

We connect, engage and advocate for Whistler seniors

Vision

Whistler is an inclusive, supportive community where residents can actively and comfortably age in place.

Values

Collaboration	We work collaboratively with our members, our stakeholders and the community and seek strategic collaborations to help us achieve our goals.
Fun	We have FUN and find joy in everything we do, from planning and advocacy to events and social functions. We embrace innovation and welcome new ideas.
Accountability	We are accountable to each other and the community we serve. We demonstrate trust and integrity in our programs and communications.
Inclusion	We are committed to inclusion, diversity, equity and accessibility for the 55+ community we serve. MAC welcomes participants from all cultures, ethnicities, faiths, sexual orientations, and gender identities.
Respect	We treat each other, our members, and the community with respect in our actions, advocacy, engagement and conflict resolution. We welcome many points of view and respect diverse life experiences.



MAC Finance Committee Report



By: MAC Board Member & Chair – Barb Oliver

Financial Report

Chair – Finance Committee

- Financial Statement for the 12 month period from: February 1, 2023 to January 31, 2024
- MAC Proposed Budget 2024-2025
- REQUEST A VOTE: to approve both of these Budgets
- **Note: email to request vote to: Waive Auditor**
- **Note: MAC Members emailed: Draft Agenda; AGM Minutes 2022-23; and both budgets sent in advance of 2023-24 Annual General Meeting**

Mature Action Community

Financial Budget vs Actuals

2023 - 2024

	BUDGET	ACTUALS
Bank Balance Feb 1/2023	\$ 3,087.32	
	Projected Income	
Membership dues	\$ 2,200.00	2,016.86
Community Grants (BC CRN)	\$ 3,000.00	2,447.72
New Horizons	\$ 21,440.00	21,440.00
OTHERS:		
Covid Recovery Fund		22,965.00
Ex Term Deposit		2,192.95
Social Fees		15,098.00
Totals	\$ 26,640.00	\$ 66,160.53
	Projected Expenses	
Liability Insurance	\$ 1,442.00	1,432.00
Mailbox rental	\$ 182.00	191.10
Bank Fees	\$ 45.00	82.00
Office Supplies	\$ 200.00	0.00
MAC Website management	\$ 500.00	1,661.82
CRM	\$ 1,000.00	54.00
Grant writing expertise	\$ 1,000.00	
Society Registration	\$ 40.00	40.00
Meetings/Socials subsidies	\$ 1,000.00	703.63
Making Connections	\$ 21,440.00	18,773.80
OTHERS:		
Community Grants Expenses		2,447.72
Covid Recovery Fund expenses		4,770.29
Socials Related Expenses		15,098.00
Totals	\$ 26,849.00	\$ 45,254.36
NR Term Deposit	\$ 2,133.04	-
INCOME OVER / (SHORT)	(\$209.00)	20,906.17



MAC Special Projects Making Connections

By: MAC Board Member & Chair – Charalyn Kriz

Making Connections 2023-24

Making Connections Dementia Friendly Program

- ▶ Weekly program run by MAC for people with dementia and their caregivers
- ▶ An opportunity to socialize and have fun in a welcoming environment
- ▶ Allows caregivers to connect and develop a support network
- ▶ Operating since January 2023, currently funded by federal New Horizons Grant
- ▶ We are grateful to Our Lady of the Mountains Catholic Church, Sea to Sky Community Services Better at Home Program and our amazing community volunteers!

Photos from MAC – Making Connections
Dementia Program. Email: cdkriz@gmail.com for details



Engaging times for the
participants & caregivers!



Upcoming Events 2024-25

Caregiver Support Group Whistler Library

Caregiver Support Group

- For all caregivers, regardless of the disease or disability of their loved one
- Starting in May, first and third Friday afternoons of every month in the Library at no charge
- Established in partnership with the Whistler Public Library and the Sea to Sky Hospice Society
- We thank Hospice and MAC volunteers Dr. Bobbie Rathbun and Dr Valerie Whiffen who will lead the group

Email – Dr. Valerie Whiffen: caregivers@whiffen.ca for details

Caregiver Support Group

This group provides caregivers with an opportunity to take a break, share a cup of coffee, and meet other caregivers. All caregivers welcome, regardless of the disease or disability of the person they are taking care of. Parents of young children who feel isolated or stressed are also welcome.

**First & third Friday of every month
starting May 3, 1 to 2:30 p.m.
Whistler Public Library Community Room
Free to attend, refreshments provided.**



Presented by:



**Registration is required, as space is limited!
Email publicservices@whistlerlibrary.ca to sign up.**

For additional information, please contact Dr. Valerie Whiffen at caregivers@whiffen.ca.

MAC Advocacy 2024-25+

Finding a Seniors Meeting Space

Finding a Seniors' Space

- ▶ Thanks to Erika Durlacher, a seniors' space is now on RMOW Council's radar
- ▶ We presented to Council on February 6, 2024
- ▶ Awaiting to hear options from RMOW staff
- ▶ This project will be led by MAC Director Wendy Barber



MAC Advocacy 2024-25+

Whistler CRN & BC CRN



Whistler – Community Response Network

- ▶ Thanks to Lyn Stroshin, Sarah Gibson and Sharon Johnson for working with MAC Board and membership to help us organize community events!
- ▶ Here is an example of sessions provided:
 - ▶ Summer, 2023: Farmer's Market joint MAC / CRN Table
 - ▶ Jan. 19: Whistler Public Library: Whistler CRN / MAC Let's Talk session
 - ▶ Whistler Racket Club: Coffee Get Togethers
- ▶ MAC could not have organized these events without the Grant funding provided from the BC CRN / Whistler CRN
- ▶ Visit Whistler www.bccrns.ca for upcoming FREE webinars



BC ASSOCIATION OF
Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

Whistler MAC Pedal Wheelchair

RMOW
Meadowpark
for free rental

Pedal Wheelchair

- ▶ Available on loan at no charge from Meadowpark Recreation Centre for people with balance or mobility Issues, or rehabilitating





MAC Social Committee Report



By: MAC Board Member & Chair – Iain Grunwell

Committee Support By:

MAC Members: Lynn Ashton, Charalyn Kriz, Suzanne Johnston

Provide Social Interaction

Social Committee Report for MAC AGM – 2023-2024

- ▶ March 1, 2023: Vallea Lumina MAC Excursion (20 MAC members thoroughly enjoyed the enchanting show)
- ▶ July 13, 2023: Summer BBQ/Pickleball/Axe Throwing etc. at Whistler Racket Club from 4 to 8 PM. Event sold out at 96 attendees. A great time was had by all. Thanks to Nesters for the food donation!
- ▶ September 26, 2023: MAC Golf Tournament and Dinner at Nicklaus North: 39 Golfers and 45 registered for the Table Nineteen Dinner afterwards. The inaugural tournament was a huge success and will be on the calendar for 2024-2025.
- ▶ Fall, 2023: Started an ongoing 55+ Drop-In program – sponsored by the Whistler Community Response Network: Also, thanks to the Whistler Racket Club for their support.

Provide Social Interaction

Social Committee Report for MAC AGM – 2023-2024

- ▶ December 7, 2023 Christmas Party at Whistler Racket Club (70 attendees – sold out/at capacity).
- ▶ MAC Raised over \$400 and 34 kg of food for the Food Bank. Thank you MAC'ers!
- ▶ Ongoing 2023-24+: Thank you to the [Whistler Community Services Society](#) for providing the 50+ FREE get togethers – typically once a month. Contact WCSS for details



WHISTLER
COMMUNITY SERVICES
— SOCIETY —

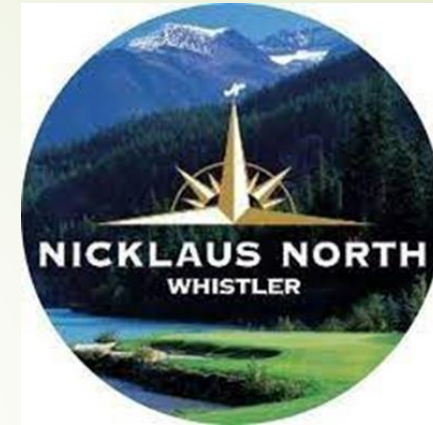


MAC July 13, 2023 BBQ
Whistler Racket Club = Fun Times
Thanks to Sponsor: Nesters Market





New Horizons 2023-24- Cheque Presentation



Sept. 25, 2023 MAC Golf Tournament and Dinner



Whistler MAC – Christmas Party
Whistler Racket Club – December 8, 2023





MAC Housing Committee Report



By: MAC Board Member & Chair – Michael d'Artois

MAC Housing Committee Report 2023-2024 – Page 1

MAC Housing Forum Nov 18, 2023

Sponsored by BCCRN

Curated and scripted by Board member Cheryl Green (40+ in attendance)

Purpose:

To gather information from MAC members about housing priorities. And to acquire a mandate for MAC to determine a plan of advocacy as per the strategic plan, in particular for North Lands Blvd.

Goal setting, an action plan and timeline will be established by the new incoming board members along with the Housing Committee.

Held a panel discussion with MLA Jordan Sturdy, Councillor Kathy Jewitt, Past President of MAC Sue Lawther.

Whistler CRN Sponsored: Whistler MAC Housing Forum – Nov. 18, 2023 at Library Community Room



MAC Housing Committee Report 2023-24 - Page 2

- **MAC and WHA**

WHA 19 resales in 2023

Senior Designated Property Sales

1 Senior Priority in 2023 (Solana 301)

1 Senior priority YTD 2024. (305 Solana)

Go to www.whistlerhousing.ca for more detail on these sales.

There are currently 95 Senior households on the WHA Ownership waitlist and 42% are already owners in the WHA inventory. 9% are current WHA tenants.

And as a reminder- qualified “retiree or semi retiree” is eligible to be on the waitlist for all available WHA Employee Housing.

And be sure to read the WHA Seniors Housing Program Guide.

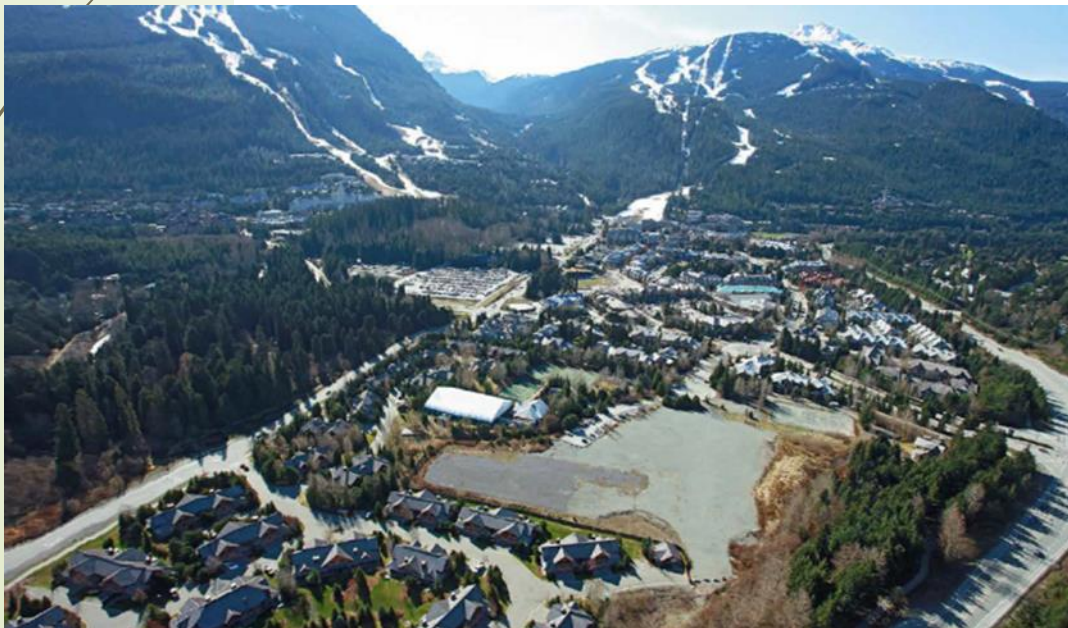


MAC Housing Committee Report 2023-2024 - Page 3

4500 Northlands Blvd (tennis lands)

There is little to report as things have gone very quiet at the RMOW. We continue to engage with the developer but on a very ad hoc basis at this point. We are advised there is an intense community engagement process to take place in the 3rd and 4th quarter of 2024.

As previously reported our “ask” is as was previously agreed (23-26 units) as well as the much needed 1500 sq ft Seniors Centre.





MAC Communications and Community Engagement Report



By: MAC Board Member & Chair – Cheryl Green

MAC Board Communications & Community Engagement




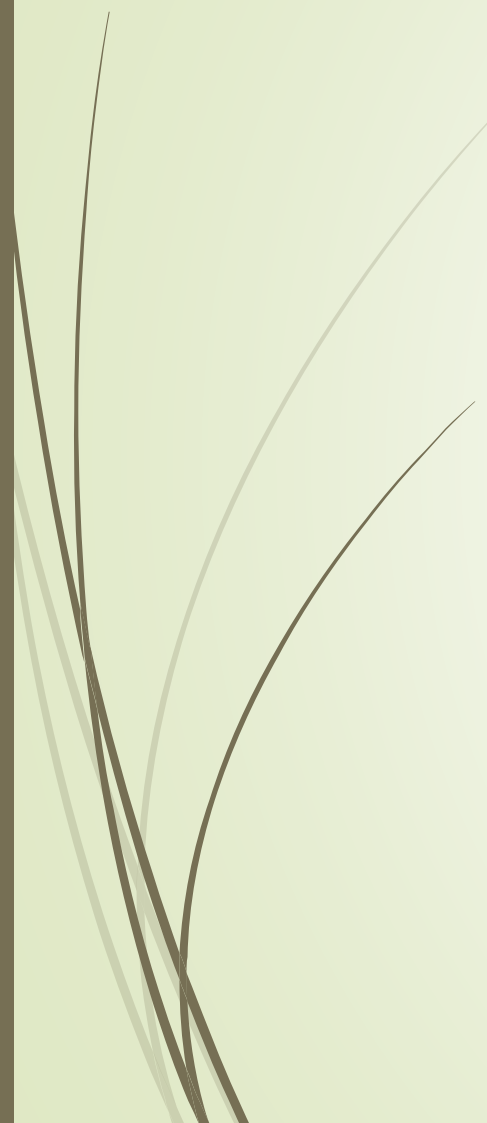
Joined MAC board March 23 with a one year commitment and goal to bring more awareness to MAC.

Through “social and community connections” and improved communication, it was hoped to bring awareness to the Whistler community and beyond about MAC, the people and their stories, as well as the mission and goals of the organization to help increase membership and facilitate the Aging in Place Plan for Whistler.



Looking back to the Strategic plan, lots of check marks accomplished

- Met with key organizations in Whistler to promote MAC and liaise on a regular basis
- A new face for newsletters with more information, news links and stories of MAC members. Wrote and compiled articles.
- Produced emails to members
- Development of marketing materials for MAC and MAC supported events (Making Connections, Coffee Get together and other social programs, Pizza Fundraiser, etc.)

- 
- 
- Photographer for MAC events for newsletter and website
 - Letters to the Editor and Mayor and Council on behalf of MAC
 - Support for the set-up and promotion of the Whistler CRN
 - MAC and Whistler CRN at the Farmer's Market for trial basis
 - Liaised with MP Patrick Weiler's office for events
 - Participated in Question Period at RMOW Council meeting
 - Promoted and prepared presentation for the MAC Housing Forum
 - Arranged the session for the Canadian Dental Plan Information Session

- Took Part in the WCSS NightWalk. Prepared a presentation to discuss Mental Health Issues facing seniors in Whistler
- Project lead for new MAC website



Proud of what has been accomplished but sad that more could not be done due to very limited volunteer support. Thanks to all that helped when asked.



New MAC Website Project

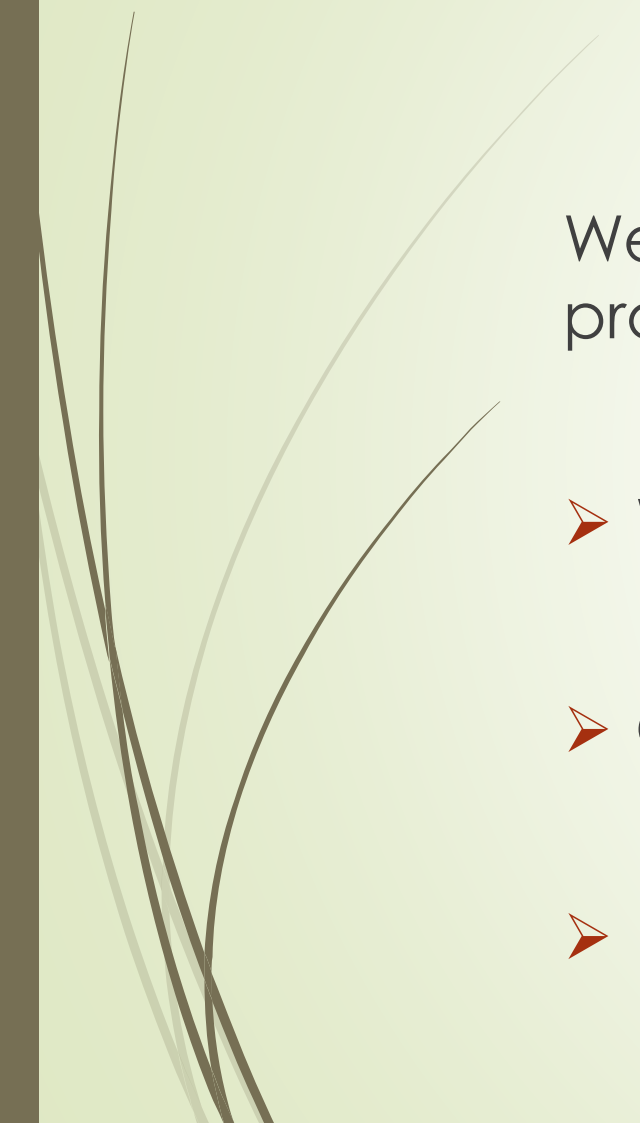
Made possible with a Grant from Community Services Recovery Fund


- ▶ Not just a re-design of the website but a total re-write of the website content in order to bring it in line with the new strategic plan for (MAC)
- ▶ Much research was required to make sure that the website design, including colours, fonts, content, readability and functionality was suitable for seniors
- ▶ Necessary to provide easy to access information for our members such as event calendar, news articles, volunteer opportunities, newsletters, as well as provide information for those seeking resources and services to allow all seniors to live and age well in Whistler.



But Most Importantly...

We wanted to showcase the many face of MAC by providing snapshots of MAC members and share:

- What is MAC?
 - Our Members, Who We Help
 - How We Help
- 



Sneak Peek of New Website

(please note not finalized)

- New membership and event registration software
- Easy to use Member Event Calendar
- Keep up to date with news relevant to Seniors

Here we go...



Facebook icon | CONTACT MAC | DONATE TO MAC | MEMBER LOGIN | Search icon

WM Whistler Mature Action Community

ABOUT MAC | EVENTS & ACTIVITIES | JOIN MAC | MEMBER PORTAL



LIVING & AGING WELL IN WHISTLER

We welcome you to The Mature Action Community. We are a non-profit organization dedicated to improving the quality of life of people 55+ living in Whistler, full- or part-time. We are your trusted source of information and resources, and work hand-in-hand with community partners to enable residents to actively and comfortably age in place. Join us in making a difference!

Home page top bar will have rotating photos of Seniors in Action

ABOUT US

WHAT IS MAC?

The Mature Action Community is a network of people who are taking action towards a future in Whistler that is age-friendly and sustainable for seniors.

LEARN MORE



OUR MEMBERS

WHO WE HELP

The Mature Action Community is for people of all ages who are interested in taking action towards a future in Whistler that is age-friendly and sustainable for seniors.

Whether you are beginning to think about your retirement in 10 years, are a caregiver to a senior, a supportive family member looking for help, or are a person 55+ seeking ways to live and age well in place, MAC welcomes you.

SEE WHO WE HELP

CONNECT. ENGAGE. ADVOCATE.

HOW WE HELP

We connect, engage, and advocate for Whistler seniors by fostering age-friendly environments.

LEARN HOW WE HELP



GET INVOLVED

CONNECT WITH THE COMMUNITY

Sign up to participate in activities, events and engagement programs.

ACTIVITIES & EVENTS

GET INVOLVED



MAC CALENDAR

Connect with the Whistler senior community at one of our MAC Member events.

[View the Events Calendar →](#)



RESOURCES & TOOLS

Local information, resources and tools for MAC Members living in Whistler.

[Login to the Member Portal →](#)



GET TO KNOW MAC

Meet the people of MAC who are making a difference.

[Meet the People →](#)

JOIN THE MAC COMMUNITY

Join MAC to access additional valuable resources, information, and engagement programs.

[BECOME A MEMBER](#)

NEWS FOR THE MAC COMMUNITY



Vancouver Sun: In an RV outside Vancouver Walmart, a senior dreams of housing as 'dramatic reversal' plays out

[Read More »](#)



CNBC: If you want to age in place in retirement, experts say these are the things you should consider

[Read More »](#)



CANADIAN LIVING: 5 Scientifically-Proven Ways to Increase your Life Expectancy

[Read More »](#)



CNTraveller: Meet the Retirees Who've Become the Ski Bums They Always Wanted to Be

[Read More »](#)



GLOBAL NEWS: Seniors in rural B.C. have poorer access to health care, housing: report

[Read More »](#)

[VIEW ALL NEWS](#)

MAC NEWSLETTER

[MAILCHIP FORM TO GO HERE]

Subscribe now to stay up-to-date on MAC activities, news, and our community.



Get to Know MAC

Meet MAC: Living and Aging in Whistler

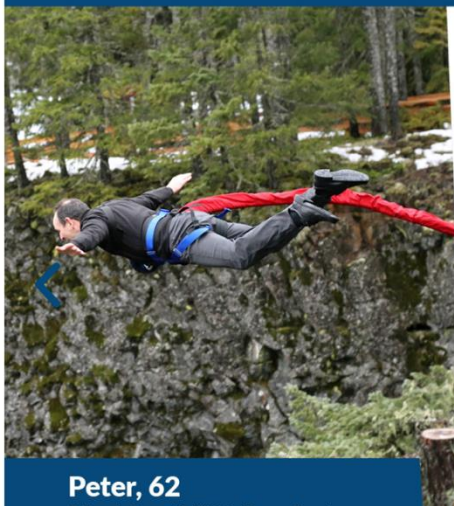
A series of Postcards used to tell the stories of the many faces of MAC, pictured doing what they love in Whistler

Consider doing your own postcard, more MAC members are needed.

Contact Cheryl at info@whistlermac.org

Meet the Members

Meet Mac: *Living & Aging Well in Whistler*



Peter, 62

Taking the leap with Whistler Bungee Jumping

Occupation/Profession:

Retired Lawyer

Favorite Hobbies:

Can't think of anything which I don't like doing or which does not interest or engage me.

What is your happiest or most memorable moment living in Whistler?

It was announcing my engagement to my beloved Rose in front of a very large gathering of friends at the Whistler Racket Club at my 60th birthday dinner.

What is your best advice you can give someone who wants to retire in Whistler?

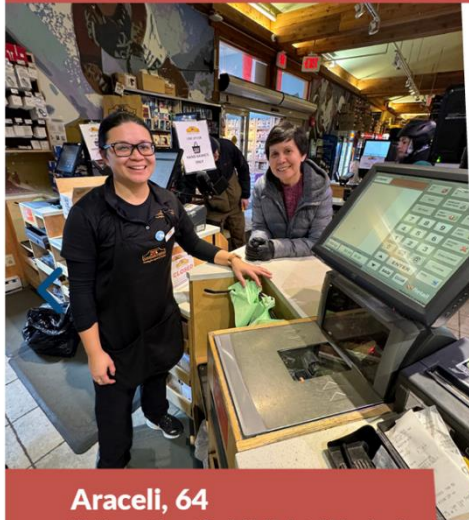
To do your homework and research by speaking with long-time locals. Engage with your community through volunteering and participation and remember to live each day to the fullest in the Best Place on Earth!

whistlermac.org



Meet the Members

Meet Mac: *Living & Aging Well in Whistler*



Araceli, 64

Working part time at Creekside Market with her daughter

Occupation/Profession:

Hiking, biking, skiing and camping

Favorite Hobbies:

Hiking, biking, skiing and camping

What is your happiest or most memorable moment living in Whistler?

Working with my daughter and camping with her.



What is your best advice you can give someone who wants to retire in Whistler?

To join MAC where you can take part in various social and information events and also share any special skills or experiences you may have.

Meet the Members

Meet Mac: *Living & Aging Well in Whistler*



Dawn, 66

Terry Fox Run 2023 Organizer/Volunteer since 1993

Occupation/Profession:

Educator, Secondary to Elementary, retired in 1995 after 8 years teaching Kindergarten

Favorite Hobbies:

Cycling, Hiking, Skiing, Yoga Instructor

What is your happiest or most memorable moment living in Whistler?

Watching my twin sons learn how to ride their bikes on the Valley Trail and then ride with all their friends to Myrtle Phillip School!

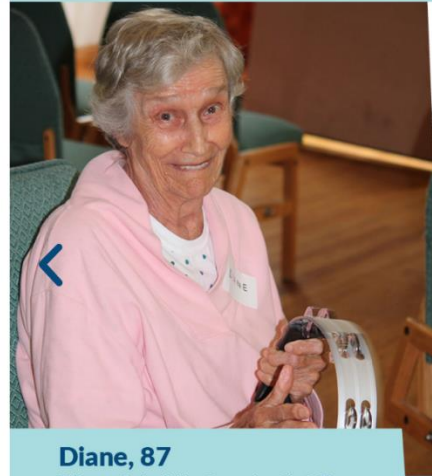
What is your best advice you can give someone who wants to retire in Whistler?

To Determine what you love to be involved with and find a way to volunteer and be of service. There are so many wonderful groups and organizations in our Community.

whistlermac.org

Meet the Members

Meet Mac: *Living & Aging Well in Whistler*



Diane, 87

Taking part in the Making Connections Music Therapy

Favorite Hobbies:

Skiing, golfing, tennis, hiking, swimming. Loves music. Played and taught the Banjo.

What is your happiest or most memorable moment living in Whistler?

My Most memorable moment living in Whistler was watching the women's Olympic Downhill and seeing Lindsay Vaughan.

What is your best advice you can give someone who wants to retire in Whistler?

My Best advice for retiring in Whistler is to "Love the great outdoors!"



I am so excited! We are almost done!

As we are looking for Whistler seniors in Whistler locations, we are looking for people to be photographed by our MAC photographer in different situations:

- Playing Pickleball and/or Tennis
- At the Audain
- At the Library
- Swimming at Meadow Park
- Out in the Garden
- Cooking at home
- Having an Outdoor Coffee with Friends
- Downhill Mountain Biking
- Or anything you can suggest!

Looking for Subjects for April 18 and April 24

Contact Cheryl at info@whistlermac.org

Can you help with building our Resource Hub?



Your 2024 / 2025 – Proposed: MAC Board of Directors



Iain Grunwell: Co-Chair
Chair – MAC Social Committee

Lyn Stroshin: Co-Chair
Whistler CRN – Coordinator



Your 2023 / 2024 Proposed: MAC Board of Directors

Chair – Housing Committee



Cheryl Green - Chair, Communications
and Community Engagement
Project Lead – New Whistler MAC Website

We welcome future MAC Board + MAC Committee Members!
Email: chair@whistlermac.org



Your 2024 / 20245

Proposed: MAC Board of Directors



Charalyn Kriz – Chair, Special Projects and Making Connections

Racel Legasto – Chair, Finance Committee



Your 2024 / 2025

Proposed: MAC Board of Directors



Wendy Barber



Phil Pyatt



Libby McKeever

Thanks to our MAC Board Chair – completing 2nd term:



Kathy White – MAC Chair 2018-29 to 2023-24

MAC Member Assistance ~ Thank you!

Sharon Johnson
MAC Membership Committee



MAC Member Assistance ~ Thank you!



Bob Murl – MAC Website Project Assistance and Non-Profit Society Administration

Dave Ashton – Committee Leader,
RMOW – Accessibility & Inclusion Committee



Peter Shrimpton – Retired Lawyer, Mountain Law
Assisted with: MAC – Event & Participant Waiver Project
and continues to provide MAC Fun event photos!

MAC Member & Legal Pro Bono Assistance ~ Thank you!



Ross Egan: joining MAC Finance Committee for 2024

Suzanne Minogue Johnston
RMOW – Accessibility & Inclusion Committee




Laura Ramsden – Lawyer, Double Diamond Law Whistler
Assisting with: MAC – Event & Participant Waiver and
other MAC Projects (pro bono assistance policies apply)

Whistler MAC and our community NEEDS YOU!

PLEASE SUPPORT YOUR CURRENT AND FUTURE MAC
BOARD OF DIRECTORS AND MAC COMMITTEES TO HELP
WHISTLER MAC “MOVE FORWARD” WITH ADVOCACY,
COMMUNITY PARTNERSHIPS, SOCIAL EVENTS & FUN!





Final
Agenda
Items

ANY NEW
BUSINESS?

ANY QUESTIONS
OR COMMENTS?



Adjournment

Thank you for attending today's *MAC AGM* meeting