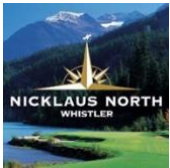


**Upcoming Social Events – Save these Dates!**

**Summer BBQ - Whistler Racket Club - Thursday July 13, 2023 4:00 - 8:00 PM**  
BBQ, drinks, games (pickleball, axe throwing etc.), music - need we say more!  
Stay tuned for more details and registration information, coming soon!



**Fall Golf Tournament and Dinner - Nicklaus North - Tuesday September 26, 2023**  
2 PM Shotgun start for golf. 6:30 cocktails and 7:00 PM dinner.

**[Can you keep a secret? We're having a little work done!]**

**M**AC is giving our website a facelift, with enhanced features and a fresh new look. It will reflect Who and What MAC has become and serve as a trusted, easy-to-use source of information for our community.



As part of our effort to refresh our webpage, we are calling on all photographers to send in photos of our members in action around our community. We want the photos to show how MAC members are aging in place in Whistler and having fun doing it! Biking, skiing, gardening, hiking, quilting, tennis, walking, canoeing, swimming, berry-picking, golfing, cooking, yoga, skating, stand-up paddle boarding, pickleball, volunteering, time with grandchildren or DIY repairs: if you are over 55 and doing what you love in Whistler, we want you to represent us! If your photos are chosen, we will email you for further details and a release for use.

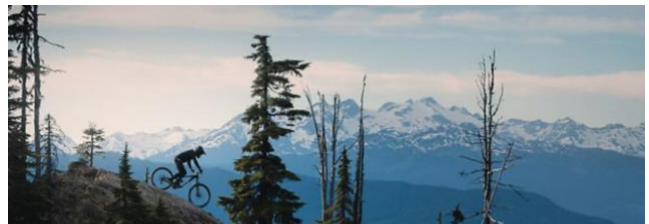
Also, we are looking for a semi-professional photographer to help us with photo shoots and event photos.

For further information or to send your photos, please send email to: Cheryl Green, MAC Board Member – Communications & Community Engagement at: [info@whistlermac.org](mailto:info@whistlermac.org)

**MAC Annual General Meeting – Wed.  
April 12, 2023 Summary:**

2022-23 AGM was held online and we were grateful for the excellent guest speaker: Isobel Mackenzie, [BC Seniors Advocate](#)  
Draft Minutes will be added to MAC Website.

**It is now Official, Whistler Blackcomb is  
Opening this Weekend for the Summer**



## Great news! MAC receives Two Grants...helps us to continue to meet the goals of our strategic plan

First, the Whistler Mature Action Community (MAC) is pleased to announce that ***we have received a \$21,440 grant from the Government of Canada's New Horizons for Seniors Program.*** This program is a federal grants and contributions program whose goal is to support projects that help improve the well-being of seniors and foster social inclusion and engagement in their communities.

The grant funds will be used to continue the weekly dementia-friendly program of gentle fitness, activities, and socializing over lunch.

"We have been running this program on a limited budget since October 2022. We have been thrilled to see the positive changes we have brought to the lives of participants; it gives them something to look forward to, an opportunity to have fun, to make new friendships, to form their own support networks" said Charalyn Kriz, Project Leader, Whistler MAC.

MAC is grateful for the support from Sea to Sky Community Services Better at Home program, Our Lady of the Mountains Catholic Church and Whistler Community Services Society which enabled us to offer the program since October. A special thank you to the roster of senior volunteers that support the program.

Making Connections is available not only to locals but to people in neighbouring



communities if they are willing to drive to Whistler. A nominal fee is charged. Participants do not need to be MAC members to attend.

Special thanks to Charalyn Kriz and

supporting organizations for all their time and energy they put into the grant application process to secure the funds to keep this program running.

Secondly, the next good news is that ***MAC has received a grant of \$22,965*** from the Community Services Recovery Fund through the Community Foundations of Canada. The Community Services Recovery Fund is a \$400 million investment from the Government of Canada to support charities and non-profits as they focus on how to adapt their organizations for pandemic recovery.

The money will be used for our website upgrade and for the implementation of the "Keela" system. The Keela system will allow us to modernize our current databases, systems and records so we can communicate with our membership in a more efficient, effective manner. We will be able to better organize and access information so that we can better benefit from the many skills and knowledge of our members. Payment for programs and membership will be much smoother.

With the website, we hope to better connect with our members and our community. We want to be a trusted source information and resource hub for the growing 55+ group and their families and the community. We want the website to be friendly, engaging, easy to use and reflect who and what MAC is and showcase our members aging in place in Whistler, doing what they love and having fun doing it!

*These funds will make a big difference to help us implement of our Strategic Plan to Connect, Engage and Advocate for Whistler Seniors where residents can actively and comfortably live in place.*

Special thanks to MAC members Charalyn Kriz and Chris Hall for their valuable time to write this successful grant application

## WCSS Activate & Connect (55+) Group Event

### Create your own container herb garden.

**Details:** Join us for a very special gardening themed Active and Connect Event at Art Pop Whistler.

Local Artist, Andrea Mueller will guide us in painting a container for a herb garden. These tasty creations will be yours to take home and enjoy in your kitchen.

**Date:** Thursday, June 15th, 2023

**Time:** 11:30am-1:30pm. **SHARP. Limited number of planters so registration is a must.**

**Location:** Art Pop Whistler. Creekside Village. [2063 Lake Placid Rd #321](#)

[CLICK HERE TO REGISTER](#)

**Carla Royal (she/her)** Outreach Worker

**Whistler Community Services Society**

Office: 604-932-0113 Direct: 604-902-0865

**Question:** [carla@mywcss.org](mailto:carla@mywcss.org)

## The Whistler Museum is Looking for Walking Tour Guides

Walking tours focus on the resort history of Whistler, from the first fishing lodge on Alta Lake through the development of the mountains. Tours occur daily in June, July, August & September at 11am, within the Whistler Village. Guides can sign up for a weekly shift (we are especially looking for someone who might be interested in Sundays) or cover tours on a less regular basis. We pay \$20/hour and each shift is 2 hours, which includes time to arrive at the museum, prepare for the tour, and get back to the museum afterwards.

If anyone is interested, they can contact Allyn Pringle, Events & Community Manager Whistler Museum at 604-932-2019 or by email at [events@whistlermuseum.org](mailto:events@whistlermuseum.org)

## Call for Writers for our Newsletter

**H**ave something to get off your chest? This summer we are relaunching the MAC Newsletter. It will include much more content from our members, including stories, articles and original photographs relevant to the MAC's goal to "connect, engage and advocate for Whistler seniors and promote a community where seniors can live and age in place with a positive and friendly sense of community".

If you have an idea for content, whether a one-off piece or a continuing contribution, a personal anecdote or an interesting news item, we would be interested in hearing from you. In addition to writers, we are recruiting members of the newsletter committee who might have fun producing an engaging, informative newsletter for our members.

Submit your expressions of interest to [info@whistlermac.org](mailto:info@whistlermac.org) with the subject heading "MAC Newsletter". This summer we will hold an initial meeting and, with sufficient interest, a writers' workshop to learn a few tips for writing newsletter articles.



From One of Our Members:

*"We might be over the hill, but we're still on the mountain."*

## Making Connections – Summer, 2023

Sessions are held on Wednesday mornings at Whistler Catholic Church (10:30am to 1:00pm).

We invite caregivers or friends of loved ones with dementia in the S2S Corridor to enroll. It is a caregiver / participant joint activity and you do not need to be a MAC member. Go to [whistlermac.org](http://whistlermac.org) the events tab, Making Connections program.

Pre-payment is required; registration for the month of June is available at \$20 per person but people can join throughout the month. Auto-deposit has been enabled to facilitate payment by e-transfer to: [treasurer-mcp@whistlermac.org](mailto:treasurer-mcp@whistlermac.org). These sessions have become a little social club for participants who look forward to the welcoming environment of gentle fitness, games and opportunity to socialize over lunch.

Please refer your friends and neighbours if they are feeling isolated, trying to cope with caring for a loved one in cognitive decline. [Contact cdkriz@gmail.com](mailto:cdkriz@gmail.com) to try a session for free. For further information, contact Charalyn Kriz – Whistler MAC Board Member: 604-698-9958

*On behalf of Whistler MAC, we want to thank: Whistler Catholic Church; SSCS  
Better at Home Program; WCSS; & MAC volunteers for their support!*

## News From Our Members - Whistler Alzheimer's Society Walk

Whistler Alzheimer's Society Walk was held on May 28<sup>th</sup>, organized and run by the BC Alzheimer's society with about 60 or more participating. Thanks to the MAC members who participated in this worthwhile event. The event is the flagship fundraiser for the Alzheimer Society of B.C. The funds raised provide support services and education for those affected with dementia and enable research into the causes of and cures for the disease." This year over \$20,000 was raised, with additional funds raised through a matching grant for a portion.

MAC member, Stacey Murl was at the event, providing a re-cap. "After the registering and waiting for the start, we walked around the golf course which took roughly an hour with some faster and some slower. Once everyone was back at the church, there were hot dogs, beverages, snacks and coffee available for all the participants. The first speaker was from the BC Alzheimer's society who thanked everyone for coming and getting donations for more research. He also mentioned that the Alzheimer's program Minds in Motion would be coming to Whistler. Then Jack Crompton thanked everyone



for participating. Then there were speakers that told their stories including a fellow who had really deteriorated with his dementia until he got into Hilltop House where they took him off his meds and got him moving. Walking saved his health, and he still has dementia, but he is much healthier and walks every day. After that, I spoke for a couple of minutes about the Making Connections promoting or Whistler program."

More information can be found [here](#)

Thanks to Stacey for sharing her story about the Whistler Alzheimer's Walk. *Anyone else who has an interesting story to share is encouraged to contact Cheryl Green at [info@whistlermac.org](mailto:info@whistlermac.org)*

## MAC Housing Committee Update

**Solana Building – WHA 55+ / Seniors Condo Sale:**As you may or may not know, units in the Solana Building must first go through the WHA for purchase wait list. In this instance, after exhausting the WHA wait list “for purchase” the condo sale option went to the 2<sup>nd</sup> priority list where 55+ market homeowners who qualify under WHA Seniors criteria could apply. There were several offers submitted and due to demand, the offer processed was closed. The successful buyer qualified and are now selling their market priced home. The condo sold at \$1.2m. This unit represented one of the few one level “senior appropriate” units available in Whistler. Although, this unit could be classified as unaffordable to many on the WHA list, it shows the demand for these types of properties by Whistler seniors. Given the number of offers on the property, and the fact there were no successful offers through the WHA, the RMOW needs to consider the need for Senior housing in Whistler and in future development projects the such as the Northlands rezoning proposal. For more information on this very important, significant re-zoning proposal visit [here](#). There is still time to add your voice to this process.

## Quick Notes

### Did you know that if you are over 55, you can defer your property taxes?

The BC Property Tax Deferral Program allows homeowners 55+ to defer all or some of their annual property taxes. The Province pays the tax to the local government on behalf of the senior homeowner and the deferred taxes are repaid to the Province when the home is sold.

The Office of the Seniors Advocate found that homeowners deferred a total of \$307 million in property taxes in 2021/22 - 61,394 were renewals and 6,989 were new users.

If you would like more information on tax referral, please see this bulletin from the Office of the Senior Advocate by clicking [here](#)

### Federal Government Grocery Rebate

The one-time grocery rebate announced in the 2023 federal budget will land in bank accounts of eligible Canadians starting on July 5, 2023. Eligible seniors will receive \$225 on average. The rebate will be delivered or deposited automatically with the July GST credit payment and there is no need to apply. [Learn more here.](#)

### National Webinar for World Elder Abuse Awareness Day

**June 15 is World Elder Abuse Awareness Day.** Join this free online event that brings together a panel of experts, political figures and advocates to discuss how Canada can end elder abuse and protect the rights of older people.

To learn more and sign up, click [here](#)



### Wonderful Art Session with Isobel.

*Photo memory from previous MAC member gatherings .... FUN is Still Our Priority!*