

President Bob Berry opened the meeting at 9:55 am and welcomed today's guest speaker, Karen Van Ooteghem who is speaking on the importance of balance. Also welcomed were some guests today: Steve Haveron, Ron ?, Adam Thomason. And Brennan Mournahan was introduced as a new member.

Membership badges were handed out to Ron Galibraith, Hugh Thomassin, Dave Fisk, and Ross Baristow.

There are two resolutions that need to be passed to transfer memberships and assets from the Old Club to the newly incorporated New Club.

M/S Frank Brewster/ Nigel Morris

Motion: THEREFORE BE IT RESOLVED that:

1. The transfer and donation of all the assets and liabilities of the OldClub effective as of April 1, 2024, as approved by the Board of Directors of OldClub on April 24, 2024, be and the same is hereby approved and ratified; and,
2. All members of the OldClub be and the same are hereby deemed as of the date hereof to be also members of the NewClub.

Carried

Announcements

President Bob Berry reminded members to be aware of the many scams that are going around on the internet and for members to become cognisant of these.

Ken Marchant - Activities / Events

- Reminded members to sign up for the AGM luncheon on June 6th that has several choices on the menu that are vegetarian, gluten-free and regular, Money is now being collected for the meal at a cost of \$25 with a tip-jar being set up.
- The Guelph Little Theatre performance is scheduled for this coming Sunday;
- The evening at the Races is scheduled for September 13th;
- We are now signing up for the performance of *Priscilla, Queen of the Desert*;
- there is some restriction now on how many people can attend at the Boathouse which wants to limit our group size to no more than twenty people at one time. Our alternative is for some to meet at the Uptown Grill instead or still some can meet at the Symposium Restaurant.

Julian Sale introduced today's guest speaker, Karen Van Ooteghem.

Bio:

Karen Van Ooteghem completed her graduate training in Behavioural Neuroscience at the University of Waterloo. She currently holds a Research Appointment in the Department of Kinesiology and Health Sciences at the University of Waterloo and has been a Scientist with the Ontario Neurodegenerative Disease Research Initiative (ONDRI) since 2018. The goal of Karen's research is to advance methods and tools for assessing health outside of clinics and doctor's offices. She has specific interest in helping older adults maintain their capacity for safe, independent mobility through the course of aging and disease. Her work is rooted in understanding how the brain controls balance and gait (walking) and using this information to optimize assessment and training. She has studied older adults on the continuum from severe disability (e.g., advanced dementia, severe Parkinson's disease) to exceptional cognitive aging.

Presentation:

Karen discussed how integral balance (and mobility) are to our daily life and shared some current work in the field related to assessing, maintaining, and re-training balance. She also provided recommendations for keeping balance 'top of mind' with respect to overall health.

(Karen's presentation can be found on the Club website under Speaker's notes)

Following Karen's presentation there was a Q&A.

Bob Berry thanked Karen Van Ooteghem for her presentation and gave her a token of appreciation.

Next Meeting: May 9, 2024 with Aiping Yu on the Future of Nano Technology

Adjournment @ 11.05 am

Recording Secretary: Kerry Gennings