

# NSCCC

## MONDAY MEETING

**Location:** Newton Senior Center

**Date:** 05/25/2026 @ 1:00pm

**Attendees:** 26 members

**Chairperson:** Vicci Burnett

**Speaker:** Brian Gibson

## House Keeping

1. Alta called the meeting to order at 1:00pm and reminded members that they should have scanned your membership cards at the front desk as you came in to check in. This is how the City keeps track of how the attendance are at various centres. There has been talking about eliminating the last senior center in Surrey. If you don't scan your card, we are going to lose the centre, so it is REALLY IMPORTANT to do that.
2. Please silent your smartphone.
3. We have 1 new member today, welcome Beth, who is a member of Cloverdale computer club.
1. Athena read the minutes of May 11th Topic: Elder Abuse & Neglect
4. No errors or omissions noted. Seconded by Vicci Burnett.
5. Reminder to save the date for AGM is at 1:00 pm on Monday, June 1<sup>st</sup>. There will be computer related door prices. All executive positions will be open for nominations. Alta will step aside and withdraw his name from any nomination after 4 years of services. Encourage someone else should step up and take a turn at supporting our president and chairperson. We will also need a nominating chair for that AGM meeting on June 1<sup>st</sup>.
6. BBQ is at 11:00am on Monday June 8<sup>th</sup> in a Hazelnut Meadows Community Park on 70<sup>th</sup> Avenue. We will have 2 barbeque machines. We will need some chefs, choppers, volunteers to set up, clean up, etc. **Cost is \$7.00.** *June 1<sup>st</sup> will be the last day that Athena will collect your \$7.00.*
7. Gerry collected information on what types of computer/mobile devices and needs/wants from the attendees. This will help the club for designing courses.

***Main topic started around 13:30pm***

## Topic: AI via YouTube - Longevity

Brian worked for Telus for 38 years including data center downtown for 11 years. Brian introduces Moonshots, podcast and one particular episode with Dr. David Sinclair about aging, longevity.

**Moonshots** podcast host, [Peter H. Diamandis](#) about technological advancements, which has featured people such as Elon Musk, Cathie Wood, Michael Saylor, Eric Schmidt. The podcast comes out once or twice a week.

The topic focuses on [Dr. David Sinclair](#). A conversation with Dr. David Sinclair [podcast](#) is 2hr 23min long. Here is a breakdown of the conversation.

## Chapters

**00:00** - Advancements in Gene Therapy and AI

**16:52** - Understanding Aging: The Information Theory

**25:27** - Epigenetic Reprogramming and Its Implications

**33:18** - The Role of AI in Longevity Research

**41:35** - Challenges and Opportunities in Age Reversal

**49:43** - The Economic Impact of Longevity

**57:54** - Personal Longevity Protocols and Future Directions

**1:01:16** - Supporting Research

**01:15:08** - Understanding NAD+ and NMN

**01:18:54** - Exploring Longevity Molecules

**01:24:52** - Rapamycin and Its Controversies

**01:27:49** - Women's Health and Longevity

**01:30:45** - Fasting and Its Scientific Basis

**01:41:53** - Exercise and Muscle Maintenance

**01:52:21** - The Economic Impact of Longevity

**02:01:03** - Practical Longevity Tips