

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 5, 2017

Item 4, Report No. 21, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on June 5, 2017.

4 PROCLAMATIONS – RECREATION AND PARKS MONTH AND SENIORS' MONTH

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Deputy City Manager, Community Services and the Director, Recreation Services, dated May 23, 2017:

Recommendation

The Deputy City Manager, Community Services and the Director, Recreation Services recommend:

1. That Council proclaim the month of June as "Recreation and Parks Month" and "Seniors' Month" in the City of Vaughan; and,
2. That these proclamations be in effect for successive years moving forward; and,
3. That the schedule of free activities being offered in the community as found in Attachment 1, be received.

Contribution to Sustainability

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, and Objective 4.1:

- To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
 - 4.1.1 Develop an implementation plan for the initiatives described in the City's Active Together Master Plan through a phased and budgeted program.

Economic Impact

Recreation and Parks Month and Seniors' Month activities and events identified in this report will be funded through the approved 2017 Recreation Services operating budget.

Communications Plan

The proclamation of June as Recreation and Parks Month, and Seniors' Month, including a schedule of activities and events, will be posted on the City website and social media platforms, distributed and posted in community centres, and at Vaughan Public Libraries.

Purpose

The purpose of this report is to request that Council proclaim the month of June as Recreation and Parks Month and Seniors' Month in the City of Vaughan.

Background - Analysis and Options

Recreation and Parks Month

The Province of Ontario first officially declared June as Recreation and Parks Month in 2006. Participation in recreation activities benefits residents of all ages, with positive impacts to physical and mental health, as well as social, and community engagement.

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 5, 2017

Item 4, CW Report No. 21 – Page 2

In 2017, Recreation Services will celebrate June as Recreation and Parks Month from June 1 – June 30, 2017. An expansive selection of free activities is scheduled throughout the community including:

- 5km Summer Twine Walk / Run for Rec Assist
- Vaughan Enriched Special Needs Day Program
- Family Bowling
- Toddler Run & Fun
- Spring into Summer Rec Swim
- Youth Volleyball
- Tabata Interval Training
- Power Cycling
- Mind and Body Aquafitness
- Gentle Yoga

Seniors' Month

Each June, the Province of Ontario proclaims June as Seniors' Month. This year, communities across Ontario are encouraged to celebrate the 2017 Provincial theme, "Living Your Best Life". Through the City's Active Together Master Plan, initiatives such as "Seniors' Month" are identified as firmly supporting the objective of sustaining community health and wellness.

A selection of free activities geared toward older adults has been integrated into the 2017 Recreation and Parks Month schedule of activities including: Arthritis Fitness, Pickle Ball, Seniors Badminton, and Mind and Body Aquafitness.

Older Adult Strategy

Recreation Services has commenced a series of programming and community engagement projects which are recommendations outlined in the City of Vaughan Older Adult Recreation Strategy. Throughout 2016, access to provincial grants and regional partnership opportunities has resulted in the implementation of 30+ subsidized Older Adult community programs across Vaughan's recreation facilities. In anticipation of the evolving and dynamic needs of Vaughan's older adult population, new programs and initiatives to help implement the Older Adult Strategy will occur in the next few years to better serve our growing older adult citizens.

Relationship to Term of Council Service Excellence Strategy Map (2014-2018)

This report is consistent with the Term of Council priority to support and promote arts, culture, heritage and sports in the community.

Regional Implications

There are no regional implications to this report.

Conclusion

Providing opportunities and engaging our community in active and health promoting programs and services is a key priority for the Recreation Services. Commemorating and celebrating Recreation and Parks Month and Seniors' Month are important community building initiatives that align with the City's focus on service excellence.

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 5, 2017

Item 4, CW Report No. 21 – Page 3

Attachments

1. 2017 Recreation and Seniors' Month Activity Schedule

Report Prepared By

Angela Palermo, Recreation Manager, Community Development and Planning, ext.8139

Janis Lees, Acting Recreation Manager, Community Centres, ext. 8009

Deidre Richards, Community Development Coordinator, ext. 8943

(A copy of the attachments referred to in the foregoing have been forwarded to each Member of Council and a copy thereof is also on file in the office of the City Clerk.)

PROCLAMATIONS – RECREATION AND PARKS MONTH AND SENIORS' MONTH

Recommendation

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Angela Palermo, Recreation Manager, Community Development and Planning, ext.8139

Janis Lees, Acting Recreation Manager, Community Centres, ext. 8009

Deidre Richards, Community Development Coordinator, ext. 8943

Respectfully submitted,

Mary Reali
Deputy City Manager, Community Services

Sunny Bains
Director, Recreation Services

June is... Recreation, Parks & Seniors' Month 2017

Seniors' Month Activities!
Look for the ♥ symbol.

50 FREE
activities & events



vaughan.ca/recreation



Al Palladini Community Centre
9201 Islington Ave.
Woodbridge
905.832.8564

APCC



Chancellor Community Centre
350 Ansley Grove Rd.
Woodbridge
905.832.8620

CCC



Dufferin Clark Community Centre
1441 Clark Ave. W.
Thornhill
905.832.8554

DCCC



Father E. Bulfon Community Centre
8141 Martin Grove Rd.
Woodbridge
905.879.8732

FEBCC



Garnet A. Williams Community Centre
501 Clark Ave. W.
Thornhill
905.832.8552

GAWCC



Maple Community Centre
10190 Keele St.
Maple
905.832.2377

MCC



North Thornhill Community Centre
300 Pleasant Ridge Ave.
Thornhill
905.832.8540

NTCC



Rosemount Community Centre
1000 New Westminster Dr.
Thornhill
905.303.2024

RCC



Vellore Village Community Centre
1 Villa Royale Ave.
Woodbridge
905.832.8544

VVCC



Woodbridge Pool & Memorial Arena
5020 Highway 7
Woodbridge
905.832.8576

WPMA



Fitness Centre

Gymnasium

Swimming Pool

VAUGHAN Celebrates
Winterfest • Concerts in the Park • Canada Day

2017 Canada Day



FREE
concerts & entertainment
Saturday, July 1 3 – 8pm

New location
Boyd Conservation Area

VAUGHAN Summer Camps

Do anything & everything!

Save your spot at vaughan.ca/RecOnline
or call 905.832.8500.

Some of 60+ camps

Kids a Cookin'
ECO-Kids
new! Junior Firefighter Camp
new! Female Firefighter Camp
Biz Teens
Forensic Camper Institute
Kreative Kids

busing
extended care
trips + special events
1&2 week sessions
performances
swimming



Activity descriptions

Aquafitness

Uses the water as resistance to increase muscle tone, strength, and endurance. Classes are generally conducted in chest deep water.

Aquafitness: Mind & Body

Blends the mindful movements of tai chi, pilates, & yoga to incorporate balance, mental focus, relaxation, and energy flow with the buoyant and resistive environment of water.

Aquafitness: Arthritis

An aquafitness program for people with arthritis. Exercises are designed to help with range of motion and flexibility.

Concert in the Park: Bad Romance

A Tribute to Lady Gaga
Launch Concert, Vaughan City Hall, Courtyard, 2141 Major Mackenzie Drive, Vaughan.

Concert in the Park: The Funk Frequency

A Tribute to Prince & Minneapolis Sound
North Thornhill Community Centre, 300 Pleasant Ridge Avenue, Thornhill.

Dancing with the Stars (special needs)

Whether you prefer to disco, waltz or tango, moving to the music can stave off medical issues and keep your mind and body nimble.

Drumline

This 60 minute, total body workout uses the ball in every exercise. This class trains your entire body and makes your core as hard as a rock. All levels welcome.

Open Gym: Parent & Child

Preschoolers and parents play hockey and soccer, then master a fitness obstacle course!

Gentle Aquafitness

A gentle program designed to trim and tone your muscles while improving your fitness level.

Gentle Yoga

Destress with gentle yoga, designed to integrate breath, movement and mediation to strengthen the body, improve flexibility and posture and release built-up tension.

Pickleball

Try your hand at this racquet sport - a combination of badminton, tennis and table tennis.

Quick Power Cycle

Maximize and enhance your cardiovascular endurance in this short, yet challenging 30 minute cycling class.

Introduction to TIME

A community based exercise program developed by the Toronto Rehabilitation Institute. It is designed for people with restrictions due to stroke, MS, Parkinsons, acquired brain injury and mobility and balance challenges.

Playschool: Introduction to Early Literacy

Increase your child’s interest in books, recognizing letters, sounding out words, vocabulary expansion and sharing and interacting with others. Parents/caregivers participate.

Power Cycling

This class gives you a cardio cycling workout on stationary studio cycles. A great workout for any level.

Riverwalk

Walk your way to optimal health on this scenic accessible 2km loop along the Humber River just behind the Woodbridge Pool & Memorial Arena. Walks will be guided by Vaughan Community Health Care staff.



Seniors Arthritis Fitness

Low impact stretching and aerobic exercises help to improve range of motion, endurance and flexibility.

Seniors Dance Fit 60+

Improve physical endurance, balance and posture while grooving to the music of the 50s, 60s and beyond.

Seniors Intro to Computers

Beat the fear of computers through basic emailing and web browsing skill development.

Seniors Muscle Conditioning

Strengthen your muscles with resistance exercises using weights and rubber bands.

Seniors Tai Chi Fitness

Meditative movement focuses on deep breathing while moving the body at a controlled pace.

Senior Yoga Dance

Spread joy and consciousness throughout this class by transmitting physical, mental and spiritual health.

Summer “TWINE” 5km Walk/Run & Yoga-in-the-Park for RecAssist

Walk or run Kleinburg’s scenic Bindertwine trail, then cool down in the fresh breeze with a 75 minute yoga class – set to the relaxing sound of the flowing Humber River. All proceeds go towards RecAssist, the City's fee assistance program, subsidizing the cost of recreation programs for low income families.

Tabata Interval Training

4 minutes of interval training/circuit training - work as hard as you can for 20 seconds, rest for 10 seconds, and repeat 7 more times for a total of 8 sets.

Toddler Run & Fun

Explore balls, hoops, mats and tunnels, blow bubbles and sing songs!

Vaughan Enriched Day Program (special needs)

Learn independent skills through daily activities including: physical fitness, cooking, art, games, swimming and literacy and community outings.

Vaughan Fitness Centres: Free Guest Day

Fitness members: bring a friend (13 years+) for free! Note: parental consent required for youth ages 13-17.

Youth Open Gym

Compete on the court playing pick-up sports of your choice.

Zumba Fitness

Total body workout that improves rhythm, burns calories and strengthens muscles.

Seniors’ Games Room Drop-In 60+years

Billiards, foosball, air hockey, ping pong, Xbox, Wii, TVs & music!
DCCC | 10:30-11:30am
June 7 & 14
FEBCC | 10:00am-12:00pm
Mondays & Wednesdays
MCCC
Tuesdays | 1:00-3:00pm
Saturdays | 9:00-11:00am
NTCC | 8:45-10:45am
Tuesdays & Fridays
RCC | 10:30-11:30am
June 6, 8, 13 & 15
VVCC | 9:00am-12:30pm
Saturdays & Sundays

Tuesday, June 6		
♥ Introduction to TIME	60+ years	VVCC 10-11am
♥ Seniors Tai Chi Fitness	60+ years	CCC 11am-12pm
Wednesday, June 7		
Aquafitness	18+ years	GAWCC 10-10:45am
♥ Seniors Riverwalk	60+ years	WPMA 10-10:30am
Pickleball Drop-in	13+ years	APCC 10:30am-12pm
Thursday, June 8		
♥ Seniors Drumline	60+ years	APCC 10:45-11:15am
Youth Drop-in Basketball	10-17 years	APCC 2:30-4:00pm
Badminton: Parent & Child	13+ years	DCCC 6-7pm
Friday, June 9		
Aquafitness	18+ years	CCC 8:45am-9:30pm
♥ Seniors Riverwalk	60+ years	WPMA 10-10:30am
Youth Volleyball	13-17 years	RCC 3:30-5:00pm
Saturday, June 10		
Summer “twine” 5km Walk/Run & Yoga-in-the-Park for RecAssist	All ages	Bindertwine Park 9-10am
Yoga-in-the-Park	All ages	Bindertwine Park 10-11:15am
Sunday, June 11		
Free Fitness Guest Day	13+years	NTCC All day
Monday, June 12		
♥ Ping Pong	60+ years	NTCC 8:45-11am
♥ Gentle Yoga	60+ years	FEBCC 9:35-10:25am
Aquafitness	18+ years	NTCC 8:05-8:50pm
Tuesday, June 13		
♥ Introduction to TIME	60+ years	VVCC 10-11 am

Wednesday, June 14		
Toddler Run & Fun	18 months – 3 years	VVCC 9:30-10:30am
♥ Seniors Riverwalk	60+ years	WPMA 10-10:30am
Youth Drop-in Basketball	10-17 years	NTCC 3-6pm
Concerts in the Park: The Funk Frequency - A tribute to Prince & Minneapolis Sound	All ages	Vaughan City Hall 7:30-9:30pm
Aquafitness	18+ years	NTCC 8:05-8:50pm
Free Fitness Day	13+ years	GAWCC All Day
Thursday, June 15		
♥ Ping Pong	60+ years	NTCC 7:30-9:30am
♥ Older Adult Bocce	60+ years	FEBCC 9:30-10:30am
Friday, June 16		
Youth Drop-in Basketball	10-17 years	CCC 3:30-6:00pm
Youth Open Gym	13-17 years	RCC 3:30-5:00pm
Badminton Youth	13+ years	MCC 8:30-10:30pm
Saturday, June 17		
Youth Drop-in Basketball	10-17 years	VVCC 1-3pm
Spring into Summer Rec Swim	All ages	DCCC 2:30-4:30pm
Free Fitness Day	13+ years	FEBCC All Day
Sunday, June 18		
Free Fitness Guest Day	13+years	NTCC All day
Monday, June 19		
♥ Seniors Aquafitness	60+ years	FEBCC 9:30-10:15am
Tuesday, June 20		
Aquafitness	18+ years	APCC 8:10-8:55am
♥ Seniors Arthritis Aquafitness	60+ years	VVCC 1:00-1:45pm

Wednesday, June 21		
Playschool: Introduction Early Literacy	2.5- 3 years	GAWCC 9:30-10:30am
♥ Seniors Muscle Conditioning	60+ years	NTCC 9:15-10am
Concerts in the Park: Bad Romance - A tribute to Lady Gaga	All ages	NTCC 7:30-9:30pm
Thursday, June 22		
♥ Badminton: Seniors	60+ years	DCCC 6-7pm
Youth Drop-in Basketball	10-17 years	NTCC 3-5:30pm
Friday, June 23		
Dancing with the Stars (special needs)	21+ years	MCC 6-8pm
Saturday, June 24		
Free Fitness Day	13+ years	APCC All Day
Sunday, June 25		
♥ Bocce Seniors	60+ years	CCC 12-3:30pm
Monday, June 26		
♥ Gentle Yoga	60+ years	GAWCC 10:30-11:30am
Power Cycling	18+ years	VVCC 7-7:45pm
Tabata Interval Training	18+ years	NTCC 7:30-8:15pm
Tuesday, June 27		
Pilates	13+ years	MCC 9:15-10:15pm
Aquafitness: Mind & Body	18+ years	VVCC 1-1:45pm
Wednesday, June 28		
Quick Power Cycle	18+ years	FEBCC 9:15-9:45am
Thursday, June 29		
Free Fitness Day	13+ years	MCC All Day
Friday, June 30		
Parent & Tot Swim	Parents and children UNDER 7 only	NTCC 10:45am-1:00pm

