

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

Item 15, Report No. 24, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on June 7, 2016.

15 PROCLAMATION - JUNE AS RECREATION AND PARKS MONTH

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Acting Director of Recreation Services, dated May 31, 2016:

Recommendation

The Acting Director of Recreation Services recommends:

1. That Council proclaim the month of June as “Recreation and Parks Month” in the City of Vaughan; and
2. That the Recreation and Seniors’ Month Events Calendar June 2016, outlining the free activities and events scheduled to be held throughout the City of Vaughan in June (Attachment1), 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:

- 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 activities and events identified in this report will be funded through the approved 2016 Recreation Services operating budget and with the assistance of community sponsors.

Communications Plan

The proclamation of June as “Recreation and Parks Month”, including the activity calendar will be posted on the City website, 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” in the City of Vaughan.

Background - Analysis and Options

The City of Vaughan in its Strategic Plan, Vaughan Vision 20/20, is committed to Service Excellence through enhancing and ensuring community safety, health and wellness. As advocated for in the Active Together Master Plan, initiatives such as, “Recreation and Parks Month” will help achieve the objective of enhancing and ensuring community health and wellness.

The City of Vaughan believes the development of a more physically active community is critical to the economic, environmental, and social well-being of the community. Research shows that strategies involving physical activity and recreation are important in minimizing or removing risk

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factors faced by many children, youth, adults and older adults. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other vital lifestyle behaviours.

Recreation and Parks Month 2016

June as “Recreation and Parks Month” was first proclaimed in 2005 by Parks and Recreation Ontario (PRO), the Ontario Parks Association, and the Ontario Recreation Facilities Association. The Province of Ontario officially declared “June as Recreation and Parks Month” the year after in 2006. This month was created to draw attention to the value of recreation, as well as encouraging communities to live by the motto “*Get up and live it everyday!*”

In 2016, Recreation Services will celebrate June as “Recreation and Parks Month” from June 1 – June 30, 2016. An extensive selection of free activities are scheduled throughout the community including:

- Outdoor Spinathon
- Family Badminton
- Toddler Run & Fun
- Senior Yoga Dance
- Hello Summer Swim
- Older Adult Bocce
- Adult Paint Night
- Taekwondo: Bring a Friend Day
- Youth Volleyball
- Free Fitness and Swim

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 with respect to “Recreation and Parks Month”.

Conclusion

In its leadership role, the City is taking steps to help improve the health and active lifestyles of its citizens by proclaiming June as “Recreation and Parks Month” and by offering free city-wide physical, creative and social activities.

Attachments

1. Recreation and Seniors’ Month Events Calendar June 2016

Report Prepared By

Paul Compton, Acting Director of Recreation Services, ext. 8358
Angela Palermo, Manager, Community Development, Arts and Promotional Services, ext. 8139
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.)

PROCLAMATION - JUNE AS RECREATION AND PARKS MONTH

Recommendation

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The City of Vaughan believes the development of a more physically active community is critical to the economic, environmental, and social well-being of the community. Research shows that strategies involving physical activity and recreation are important in minimizing or removing risk factors faced by many children, youth, adults and older adults. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other vital lifestyle behaviours.

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Paul Compton, Acting Director of Recreation Services, ext. 8358
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Respectfully submitted,

Paul Compton, Acting Director of Recreation Services

June is... Recreation, Parks & Seniors' Month 2016

Seniors' Month Activities!
Look for the ♥ symbol.

50 FREE
activities & events

vaughan.ca/recreation



Recreation Vaughan



**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.
Concord
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

**Share your
#JRPMSVaughan selfie!**

Most likes **wins** two
Toronto Blue Jays
tickets*



1 Take a selfie
"on location" at a
Vaughan JRPM event

2 Upload to **Recreation
Vaughan Facebook**
with the **#JRPMSVaughan**

Deadline: Thursday, June 30 at 11:59pm

*Game information: Friday, July 8 at 7pm
Toronto Blue Jays vs. Detroit Tigers

New

Bust a Move Dance
Sports Conditioning
Ecosense Outdoor Discovery
Camp Compassion: Wishing Well
Animal Sanctuary (wait-list)
Outdoor Leadership
Summer Jamboree
Girlsport

60+ camps
extended care
1&2 week sessions
certified staff
busing

vaughan.ca/camps

Summer Camps



Save your spot!
vaughan.ca/RecOnline

Activity descriptions

Adult Paint Night

Experience social painting, in our casual, friendly, atmosphere. We provide the canvas, paint, supplies, and coffee. First come, first served. Max: 20

Barre Specialty

Sculpt your total body from head to toe using ballet barres.

Concert in the Park: Johnny & the Cruizers

A variety of hits spanning Elvis Presley, Buddy Holly, Bill Haley, The Beatles, The Monkees and Aretha Franklin.

Concert in the Park: Soular

Mix of Motown, soul, R&B, pop, rock, dance music and top 40.

Foot Care for Diabetes

In partnership with VCHC, a Chiropodist will provide healthy foot care tips, identify risk factors and show you proper footwear to help keep you active.

Open Gym: Parent & Child

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

Pickleball

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

Preschool:

Introduction to Early Literacy

It's never too early to learn to read! Increase your child's interest; in books, recognizing letters, sounding out words, vocabulary expansion and sharing and interacting with others. Parents/caregivers participate.

Seniors Arthritis Fitness

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

Senior Chair Yoga

A gentle way to improve your strength, flexibility, and mobility through standing or sitting yoga poses.

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

Ancient Chinese 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.

Spinathon

Work out for a good cause! Help raise money for Vaughan's RecAssist program, which assists low income families by subsidizing the costs of City recreation programs. Participants must donate \$15 minimum per hour of cycle. Sign-up at your local Vaughan Fitness Centre. vaughan.ca/fitness

Taekwondo 'Bring a Friend Day'

Get a kick out of practicing basic patterns and forms, breaking, blocking, kicking, striking and punching.

Toddler Run & Fun

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

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 ♥ 55+years

Billiards, foosball, air hockey, ping pong, Xbox, Wii, TVs & music!

DCCC | 10:00-11:00am
Wednesdays

FEBCC | 10:00am-12:00pm
Mondays & Wednesdays

MCCC | 9:30-10:30am
Tuesdays & Thursdays

NTCC | 8:45-10:45am
Tuesdays & Fridays

RCC | 10:30-11:30am
June 7, 8, 14 & 15

VVCC | 9:00am-12:30pm
Saturdays & Sundays

Wednesday, June 1

Free Fitness Day 13+ years
FEBCC | 5:50am-10:30pm

Thursday, June 2

Youth Basketball 13+ years
APCC | 2:30-4:00pm

Badminton: Parent & Child 13+ years
DCCC | 6:00-7:00pm

♥ **Seniors Arthritis Fitness** 55+ years
CCC | 9:00am-10:00am

Friday, June 3

♥ **Aquafitness: Seniors** 60+ years
NTCC | 8:45-9:30am

Aquafitness 13+ years
CCC | 9:00-9:35am

Youth Basketball 10-17 years
FEBCC | 4:00-6:00pm

Saturday, June 4

Spinathon 13+ years
MCC | 8:30-11:30am

Sunday, June 5

Rec Swim All ages
FEBCC | 2:00-3:30pm

Monday, June 6

Youth Basketball 13+ years
MCC | 4:00-6:00pm

♥ **Seniors Dance Fit** 60+ years
RCC | 12:00-1:00pm

Tuesday, June 7

Taekwondo 'Bring a Friend Day'
RCC | 5:45-6:30pm 3-5years
RCC | 6:30-7:30pm 6-12 years

♥ **Seniors Tai Chi Fitness** 55+ years
CCC | 11:00am-12:00pm

♥ **Seniors Intro to Computers** 55+ years
CCC | 9:30am-12:30pm

Wednesday, June 8

Toddler Run & Fun 18 months – 3 years
VVCC | 9:30-10:30am

Pickleball 13+ years
APCC | 10:30am-12:00pm

Zumba Fitness 18+ years
CCC | 7:15-8:15pm

Thursday, June 9

Open Gym: Parent & Child 7+ years
DCCC | 6:30-8:00pm

♥ **Adult Seniors Paint Night** 18+ years
MCC | 7:00-9:00pm

♥ **Aquafitness Seniors** 60+ years
CCC | 9:00-9:45am

Friday, June 10

Aquafitness 18+ years
APCC | 9:00-9:45am

♥ **SAVI Seniors Information & Exhibition Fair**
Fontana Primavera Event Centre | 8:30am

Youth Volleyball 13-17 years
RCC | 3:30-5:00pm

Saturday, June 11

Family Badminton All ages
MCC | 10:45am-12:45pm

Sunday, June 12

Rec Swim All ages
MCC | 3:00-5:00pm

Monday, June 13

♥ **Senior Yoga Dance** 55+ years
GAWCC | 10:30-11:30am

Free Fitness Guest Day 13+ years
VVCC | 5:30am-10:30pm

Tuesday, June 14

♥ **Older Adult Bocce** 60+ years
FEBCC | 9:00-11:00am

♥ **Foot Care for Diabetes** 60+ years
MCC | 6:30-8:00pm

Wednesday, June 15

Preschool Introduction to Early Literacy
GAWCC | 9:30-10:30am

♥ **Seniors Muscle Conditioning** 60+ years
NTCC | 9:15-10:00am

Thursday, June 16

♥ **Older Adult Bocce** 60+ years
FEBCC | 9:00-11:00am

Free Fitness Guest Day 13+ years
GAWCC | 5:50am-10:30pm

Friday, June 17

Aquafitness 18+ years
APCC | 9:00-9:45am

Youth Open Gym 13-17 years
RCC | 3:30-5:00pm

Saturday, June 18

Youth Drop-in Basketball 10-17 years
VVCC | 11:00-1:00pm

Sunday, June 19

Free Fitness Guest Day 13+years
APCC | All day

Hello Summer Swim All ages
DCCC | 2:30-4:30pm

Monday, June 20

Youth Basketball 13+ years
CCC | 3:30-6:00pm

Youth Room 13+ years
NTCC | 6:00-8:00pm

♥ **Aquafitness: Seniors** 60+ years
FEBCC | 9:30-10:15am

Free Fitness Day 13+ years
MCC | All Day

Tuesday, June 21

♥ **Seniors Aquafitness** 55+ years
VVCC | 1:00pm-1:45pm

♥ **Senior Chair Yoga** 60+ years
APCC | 11:00am-12:00pm

Wednesday, June 22

Barre Specialty 13+ years
GAWCC | 10:30-11:30am

Concert in the Park: Soular All ages
Vaughan City Hall | 7:30pm

Thursday, June 23

♥ **Badminton: Seniors** 55+ years
DCCC | 6:00-7:00pm

Badminton: Parent & Child 7-12 years
VVCC | 6:30-8:00pm

Friday, June 24

Youth Basketball 13+ years
CCC | 3:30-6:00pm

Saturday, June 25

Free Rec Swim All ages
NTCC | 2:30-4:30pm

Sunday, June 26

♥ **Free Seniors Fitness Day** 50+ years
NTCC | All Day

Monday, June 27

Free Fitness Guest Day 13+ years
FEBCC | 5:50am-10:30pm

Tuesday, June 28

Aquafitness 7+ years
VVCC | 1:00-1:45pm

Wednesday, June 29

Concert in the Park: Johnny & the Cruizers All ages
York District Park | 7:30pm

Recreation Vaughan



vaughan.ca/recreation

