CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

Item 19, 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.

19

SENIORS' 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 the presentation of the video on Seniors in Vaughan, be received; 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 (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, Objective 4.1:

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

Economic Impact

Seniors' 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 schedule of events will be posted on the City's website, social media and the Seniors Association of Vaughan (SAVI) website. Print copies will be made available at all community centres, Vaughan Public Libraries, as well as distributed to older adult clubs and seniors residences across Vaughan.

Purpose

The purpose of this report is to receive information on Seniors' Month programming in June and view a short video showcasing seniors in the City of Vaughan. At the May 17, 2016, Council meeting, Seniors' Month was proclaimed for the month of June.

Background - Analysis and Options

Each June, the Province of Ontario proclaims June as "Seniors' Month". This year, communities across Ontario are encouraged to celebrate the 2016 Provincial theme, "Seniors Making a Difference". 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. Participation in recreation activities benefits residents of all ages, with positive impacts to psychological and physical health, social, and community development.

CITY OF VAUGHAN

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Seniors' Month Schedule of Free Activities

A selection of free activities geared toward older adults has been integrated into this year's schedule of activities for "Seniors' Month", including Seniors Aqua Fitness, Pickle Ball, Seniors Yoga Dance, Seniors Badminton as well as a variety of wellness workshops in partnership with Vaughan Community Health Centre (VCHC).

SAVI Seniors Information and Exhibition Fair – June 10

The Seniors Information and Exhibition Fair is one of the many initiatives that the Seniors Association of Vaughan (SAVI) provides the community in support of their core objective: to advocate for seniors' needs and interests, and to provide opportunities for seniors to learn more about their physical and mental wellbeing. The Seniors Information and Exhibition Fair will be held at Fontana Primavera Event Centre on Friday, June 10, 2016 beginning at 8:30 a.m. With over 700 senior attendees in 2015, the 2016 fair will include a diverse range of local exhibitors displaying the array of services available to Vaughan seniors. Examples include: "Vaughan Community Health Care - Oral and Dental Health without Insurance"; "CIBC – Protection against Banking Fraud"; and, "Vaughan Fire and Rescue – Education on Elder Abuse". Recreation Services staff actively support the planning and execution of this event.

Older Adult Strategy and Age Friendly Community Grant

The needs and expectations of older adults today differ vastly from those of previous generations. To meet the unique challenges and identify opportunities posed by an aging society, municipalities are beginning the process of developing Age Friendly communities. The World Health Organization defines Age Friendly Communities as those whose "policies, services and structures related to the physical and social environment are designed to support and enable older adults to live in a secure environment, enjoy good health and continue to participate fully in their communities".

To achieve this goal, the Recreation Services Department has worked closely with 'LeisurePlan International' in the development of an Older Adult Strategy that will be presented to Council on June 1, 2016. Facilitation of the strategy included: consultation with older adults and older adult clubs, as well as a jurisdictional review of municipal service delivery approaches and best practices.

In 2015 the Recreation Services Department received \$50,000 in funding from the Age Friendly Community Grant program, administered by the Ontario Senior's Secretariat. Funding from the grant has been converted and will continue to be converted to community programs for older adults across the City, such as Learn to Swim for Seniors, Older Adult Pickle Ball, Older Adult Chair Yoga, Social Ball Room Dancing, Walk and Talk and a series of wellness workshops.

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 the proclamation of June as Seniors' Month in the City of Vaughan.

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

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Conclusion

Through the celebration of June as "Seniors' Month", the City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its older adult citizens. Vaughan Seniors are provided quality opportunities for physical activity, learning and social interaction through the provision of recreation activities and events.

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.)

COMMITTEE OF THE WHOLE MAY 31, 2016

SENIORS' MONTH

Recommendation

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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

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

VVCC

vaughan.ca/recreation



Recreation Vaughan f 🕑 🖸 g

Al Palladini Community Centre 9201 Islington Ave. Woodbridge 905.832.8564

Chancellor **Community Centre** 350 Ansley Grove Rd. Woodbridge 905.832.8620

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

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

APCC

CCC

DCCC

3.

3.

FEBCC

Garnet A. Williams GAWCC **Community Centre** 501 Clark Ave. W. Thornhill 905.832.8552 Maple **Community Centre** 10190 Keele St. Maple 905.832.2377 **North Thornhill**

MCC

NTCC

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RCC

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Community Centre 300 Pleasant Ridge Ave. Thornhill 905.832.8540

Rosemount **Community Centre** 1000 New Westminster Dr. Thornhill 905.303.2024

Vellore Village Community Centre 1 Villa Royale Ave. Woodbridge 905.832.8544

WPMA Woodbridge Pool & Memorial Arena 5020 Highway 7 Woodbridge 905.832.8576

Fitness Centre

Gymnasium

Swimming Pool

Share your #JRPMVaughan selfie!

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



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

Upload to **Recreation Vaughan Facebook** with the #JRPMVaughan

Deadline: Thursday, June 30 at 11:59pm *Game information: Friday, July 8 at 7pm Toronto Blue Jays vs. Detroit Tigers



New

vaughan.ca/camps

J.



Summer Camps

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

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.

13+ years

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.

Wednesday. June 8

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.

Total body workout that improves rhythm, burns

Zumba Fitness

June 7, 8, 14 & 15 VVCC | 9:00am-12:30pm Saturdays & Sundays

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

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

Wednesday, June 1

| 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 NTCC 8:45-9:30am | 60+ years |
|--|-------------|
| Aquafitness CCC 9:00-9:35am | 13+ years |
| Youth Basketball FEBCC 4:00-6:00pm | 10-17 years |
| Saturday, June 4 | |
| Spinathon MCC 8:30-11:30am | 13+ years |

Sunday, June 5

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

| weathesuay, June o | |
|--|----------------|
| Toddler Run & Fun 18 mor VVCC 9:30-10:30am | iths – 3 years |
| Pickleball APCC 10:30am-12:00pm | 13+ years |
| Zumba Fitness CCC 7:15-8:15pm | 18+ years |
| Thursday, June 9 | |
| Open Gym: Parent & Chi DCCC 6:30-8:00pm | d 7+ years |
| Adult Seniors Paint Nigh MCC 7:00-9:00pm | t 18+ years |
| ♥ Aquafitness Seniors CCC 9:00-9:45am | 60+ years |
| Friday, June 10 | |
| Aquafitness APCC 9:00-9:45am | 18+ years |
| SAVI Seniors Information & Exhibition Fontana Primavera Event Cent | |
| Youth Volleyball RCC 3:30-5:00pm | 13-17 years |
| | |

Wednesday, June 15 Preschool

calories and strengthens muscles.

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

18+ years

13-17 years

13+years

13+ years

13+ years

60+ years

13+ years

55+ years

60+ years

Friday, June 17

Aquafitness APCC | 9:00-9:45am

Youth Open Gym 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 APCC | All day

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

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 NTCC | 2:30-4:30pm

All ages

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

Saturday, June 11

All ages

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

| Monday, June 6 | |
|---|------------------------|
| Youth Basketball MCC 4:00-6:00pm | 13+ years |
| ♥ Seniors Dance Fit RCC 12:00-1:00pm | 60+ years |
| Tuesday, June 7 | |
| Taekwondo 'Bring a Friend | Dav' |
| RCC 5:45-6:30pm RCC 6:30-7:30pm | 3-5years 6-12 years |
| ♥ Seniors Tai Chi Fitness CCC 11:00am-12:00pm | 55+ years |
| Seniors Intro to Compute CCC 9:30am-12:30pm | rs 55+ years |
| | |
| | |
| | |
| | |

| Sunday, June 12 | | Mon |
|---|-----------|--------------|
| Rec Swim MCC 3:00-5:00pm | All ages | Yout CCC |
| | | Yout |
| Monday, June 13 | | NTCO |
| ♥ Senior Yoga Dance GAWCC 10:30-11:30am | 55+ years | ♥ Aq FEBC |
| Free Fitness Guest Day VVCC 5:30am-10:30pm | 13+ years | Free MCC |
| Tuesday, June 14 | | Tues |
| ♥ Older Adult Bocce FEBCC 9:00-11:00am | 60+ years | ♥ Se VVCC |
| Foot Care for Diabetes MCC 6:30-8:00pm | 60+ years | ♥ Se APCC |

1day, **June 20**

th Basketball | 3:30-6:00pm

th Room C | 6:00-8:00pm

quafitness: Seniors CC | 9:30-10:15am

Fitness Day All Day

sday, June 21

eniors Aquafitness C | 1:00pm-1:45pm

enior Chair Yoga C | 11:00am-12:00pm **Aquafitness** VVCC | 1:00-1:45pm

7+ years

Wednesday, June 29

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

All ages

Recreation Vaughan f 😏 🚺 g

vaughan.ca/recreation

