#### **CITY OF VAUGHAN**

#### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 23. 2015**

Item 1, Report No. 24, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on June 23, 2015.

#### 1 PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Director of Recreation and Culture, dated June 2, 2015:

#### **Recommendation**

The Director of Recreation and Culture, in consultation with the Executive Director, Office of the City Manager, recommends:

- That Council proclaim the month of June as "Recreation and Parks Month"; and
- 2. That the Schedule of Activities for *June is Recreation and Parks Month 2015* (Attachment 1), outlining the activities and events scheduled to be held throughout the City of Vaughan in June, 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**

Funding for the recreation activities and events indicated in this report has been incorporated into the 2015 Recreation and Culture base operating budget.

#### **Communications Plan**

The proclamation of June as "Recreation and Parks Month", including the Recreation and Parks Month activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. Recreation and Parks Month promotional material will also be distributed to senior residences across Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media and a news release.

#### **Purpose**

The purpose of this report is to request that Council proclaim the month of June as "Recreation and Parks Month", and as well to, present an overview of the activities and events (Attachment 1) being held for "Recreation and Parks Month" across the City of Vaughan.

#### **Background - Analysis and Options**

The City of Vaughan in its strategic plan, Vaughan Vision 2020, is committed to Service Excellence though 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 community health and wellness.

#### **CITY OF VAUGHAN**

#### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 23, 2015**

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

#### **Recreation and Parks Month 2015**

June as "Recreation and Parks Month" (JRPM) was first proclaimed in 2005 by Parks and Recreation Ontario (PRO), the Ontario Parks Association, and the Ontario Recreation Facilities Association. JRPM was created to draw attention to the value of recreation as well to encourage the community to *get up and live it everyday!* In 2006, the Province of Ontario first declared "June as Recreation and Parks Month"; Vaughan first proclaimed it in 2009.

Recreation and parks opportunities are essential for strengthening and maintaining a safer, cleaner and dynamic community atmosphere.

In 2015, the Recreation and Culture Department will celebrate June as "Recreation and Parks Month" from June 1 – June 30, 2015. This year, in coordination with Seniors Month, a number of activities are dedicated to older adults. Vast selections of activities are scheduled throughout the community, including:

- Nutritional Labelling and Grocery Shopping Workshop
- Toddler Run and Fun
- Hello Summer Swim
- Zumba In the Park
- Intro to Archery
- Parent and Child Badminton
- Arthritis Fitness
- Gentle Yoga in the Park
- Outdoor Boot Camp

The complete listing of activities and events can be found in Attachment 1.

#### Relationship to Vaughan Vision 2020/Strategic Plan

In consideration of the strategic priorities related to Vaughan Vision 2020, this report will provide:

#### STRATEGIC GOAL:

Service Excellence – Providing service excellence to citizens through a collaborative program and events scheduling strategy with community stakeholders

#### STRATEGIC OBJECTIVES:

Enhance and Ensure Community Safety, Health and Wellness by showcasing opportunities to integrate physical activity in everyday life.

This report is consistent with the priorities previously set by Council and the necessary resources have been allocated and approved.

#### **Regional Implications**

There are no regional implications with respect to Recreation and Parks Month.

#### **CITY OF VAUGHAN**

#### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 23, 2015**

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#### Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by proclaiming June as "Recreation and Parks Month" by providing a month of physical activity opportunities throughout Vaughan. As an initiative of the Active Together Master Plan for Parks, Recreation, Culture and Libraries, Recreation and Parks Month will help achieve the objective of improving community health and wellness.

#### **Attachments**

1. Schedule of Activities for June is Recreation and Parks Month – 2015

#### **Report Prepared By**

Paul Compton, Area Recreation Manager, ext. 8358 Deidre Richards, Community Development Coordinator, ext. 7438

(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 - JUNE 2, 2015**

#### PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

#### **Recommendation**

The Director of Recreation and Culture, in consultation with the Executive Director, Office of the City Manager, recommends:

- That Council proclaim the month of June as "Recreation and Parks Month"; and
- 2. That the Schedule of Activities for *June is Recreation and Parks Month 2015* (Attachment 1), outlining the activities and events scheduled to be held throughout the City of Vaughan in June, be received.

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  - 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**

Funding for the recreation activities and events indicated in this report has been incorporated into the 2015 Recreation and Culture base operating budget.

#### **Communications Plan**

The proclamation of June as "Recreation and Parks Month", including the Recreation and Parks Month activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. Recreation and Parks Month promotional material will also be distributed to senior residences across Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media and a news release.

#### **Purpose**

The purpose of this report is to request that Council proclaim the month of June as "Recreation and Parks Month", and as well to, present an overview of the activities and events (Attachment 1) being held for "Recreation and Parks Month" across the City of Vaughan.

#### **Background - Analysis and Options**

The City of Vaughan in its strategic plan, Vaughan Vision 2020, is committed to Service Excellence though 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 community health and wellness.

The City of Vaughan believes the development of a more physically active community is critical to the economic, environmental, health and social well-being of the community. Research shows that strategies involving physical activity and recreation are promising 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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#### Relationship to Vaughan Vision 2020/Strategic Plan

In consideration of the strategic priorities related to Vaughan Vision 2020, this report will provide:

- STRATEGIC GOAL:
  - Service Excellence Providing service excellence to citizens through a collaborative program and events scheduling strategy with community stakeholders
- STRATEGIC OBJECTIVES:
  - Enhance and Ensure Community Safety, Health and Wellness by showcasing opportunities to integrate physical activity in everyday life.

This report is consistent with the priorities previously set by Council and the necessary resources have been allocated and approved.

#### **Regional Implications**

There are no regional implications with respect to Recreation and Parks Month.

#### Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by proclaiming June as "Recreation and Parks Month" by providing a month of physical activity opportunities throughout Vaughan. As an initiative of the Active Together Master

Plan for Parks, Recreation, Culture and Libraries, Recreation and Parks Month will help achieve the objective of improving community health and wellness.

#### **Attachments**

1. Schedule of Activities for June is Recreation and Parks Month – 2015

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Paul Compton, Area Recreation Manager, ext. 8358 Deidre Richards, Community Development Coordinator, ext. 7438

Respectfully submitted,

Mary Reali Director, Recreation and Culture







vaughan.ca/recreation

RecAndCultureVaughan @RecAndCultureV @RecAndCultureV 6

50 FREE

activities & events across Vaughan!

## 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

## **APCC**

CCC

**Father E. Bulfon** 

Community Centre 8141 Martin Grove Rd. Woodbridge 905.879.8732

## **Garnet A. Williams** GAWCC

**Community Centre** 501 Clark Ave. W. Thornhill 905.832.8552

## Maple

**DCCC** 

**Community Centre** 10190 Keele St. Maple 905.832.2377

## **FEBCC**



## 300 Pleasant Ridge Ave. Thornhill

905.832.8540

**North Thornhill** 

**Community Centre** 

## Rosemount

**Community Centre** 

1000 New Westminster Dr. Thornhill 905.303.2024

## **Vellore Village**

**Community Centre** 1 Villa Royale Ave.

Woodbridge 905.832.8544

## NTCC

**RCC** 

#### Woodbridge **Pool & Memorial Arena**

5020 Highway 7 Woodbridge 905.832.8576



Fitness Centre



Gymnasium



Swimming Pool



## **Rec&Culture App**

MCC

Get the full schedule of events with location mapping and more!

For details & free download instructions, visit vaughan.ca/RecApp

# Save 30% on monthly memberships

**Student Summer Fitness Special** May 1 - August 31

Special monthly rate: \$37.68 + HST. Restrictions apply.

**Break from the books!** 

Convenient. Fitness Centres Comfortable.





- 50+ camps
- 1&2 week sessions
- busing & after hours
- qualified & experienced staff

laugh. live. lead.





## Recreation&Parks Month

#### June 1

## Vaughan Fitness Centres: Free Guest Day

FEBCC | 5:50am-10:30pm | 13+ years NTCC | 5:30am-10:30pm | 13+ years

#### June 2

#### Yoga 60+ 🔻

#### APCC | 11am-12pm | 60+ years

Relax your mind and body with yoga poses and deep breathing exercises.

#### **Youth Basketball**

#### APCC | 2:30-4:00pm | 13-17 years

Compete on the court during a game of pick-up ball.

#### Taekwondo 'Bring a Friend Day'

#### RCC | 5:45-6:30pm | 3-5 years RCC | 6:50-7:30pm | 6-12 years

Get a kick out of breaking, blocking, kicking, striking, and punching.

#### June 3

## Seniors Muscle Conditioning 🔻

NTCC | 9:15-10:00am | 55+ years

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

#### Arthritis Fitness 🔻

#### CCC | 9:30-10:30am | 55+ years

Reduce joint pain and stiffness with low impact stretching and aerobics.

## Toddler Run & Fun

VVCC | 9:30-10:30am

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

#### **Pickleball**

#### APCC | 10:30-11:30am

Try your hand at this combination of badminton, tennis and table tennis.

#### June 4

## Let's Get Moving for Seniors

## RCC | 10:00-11:00am | 55+ years

This dance and (light) exercise class will get you moving and grooving! Note: Participants may sit and still enjoy the program.

#### Tai Chi

## CCC | 10:00-11:00am

A gentle way to fight stress: meditative movements and deep breathing.

#### **Basketball: Youth vs. Staff**

#### NTCC | 3:45pm | 13-17 years

All-star youth face-off against Recreation staff on the court.

## **Badminton** (Parent & Child)

#### DCCC | 6:00-7:00pm

Have a "smashing" time playing friendly, organized badminton games.

#### June 5

#### Yoga 60+ 💙

## VVCC | 10:45-11:45am | 60+ years

Relax your mind and body with yoga poses and deep breathing.

#### June 5 continued

#### **Seniors Ping Pong**

#### NTCC | 1:00-3:00pm | 55+ years

Try your hand at a friendly game of table tennis!

#### Introduction to TIME

(Together in Movement & Exercise)

## VVCC | 11:00am-12:30pm

Information session on a community-based exercise program for people with mobility challenges related to aging or neurological conditions (e.g. stroke or brain injury).

#### **Introduction to Sportsarama**

GAWCC | 11:30am-12:30pm | 3-5 years

Little sports stars warm-up with soccer and hockey activities, followed by game play.

#### June 7

#### **Free Recreational Swim**

MCC | 3:00-5:00pm

Cool off during this all ages swim.

#### June 8

#### Viva Las Vegas:

#### **GAWCC Member Appreciation Day**

GAWCC | 5:30am-10:30pm | 13+ years

Let loose with Las Vegas styled décor and specialty fitness classes. Free guest welcome.

#### **Youth Room**

#### NTCC | 6:00-8:00pm | 13-17 years

Music, air hockey, ping pong, Wii, Xbox, foosball, billiards...

#### **Adult Volleyball**

## FEBCC | 8:30-10:30pm | 18+ years

Compete on the court during a friendly game of pick-up volleyball. (Max 24 people).

#### June 9

## Nutritional Labelling & Grocery Shopping

#### MCC | 10:00am-12:00pm | 18+ years

Learn to better navigate the grocery store aisles - make healthier food choices by understanding product package labels.

## Seniors Aquafitness 🔻

#### NTCC | 1:00pm | 55+ years

Pools aren't just for swimming! Enjoy this low impact workout in the water.

## June 10

## Introduction to Archery

GAWCC | 5:00-5:45pm | 8-12 years GAWCC | 6:00-7:00pm | 55+ years ♥

Take a shot at instructor-led target practice!

## **Concert in the Park**

## Vaughan City Hall Outdoor Courtyard 7:30pm

 $\label{lem:celebrate summer The St. Royals at City Hall.}$ 

## June 11

## **Badminton** (Parent & Child)

VVCC | 6:30-8:00pm

Have a "smashing" time playing friendly, organized badminton games.

### June 11 continued

## **Open Gym** (Parent & Child) DCCC | 6:30-8:00pm

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

## June 12

## **3-on-3 Basketball Tournament**

## FEBCC | 4:00-6:00pm | 10-17 years

Drive the lane for a slam dunk in this mini 3-on-3 basketball tourney. Teams made on site

#### **Youth Ball Hockey**

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

Play a game of pick-up ball hockey with your friends. Note: Participants are required to wear a helmet with face mask, and bring their own stick.

#### June 13

### Seniors Aquafitness 🔻

#### APCC | 8:15-9:00am | 55+ years

Pools aren't just for swimming! Enjoy this low impact workout in the water.

#### June 14

#### **Hello Summer Swim**

DCCC | 2:30-4:30pm

Splash into summer during a swim with fun-filled games and music for all ages.

#### June 15

#### **Seniors Ping Pong ♥**

## NTCC | 1:30-3:30pm | 55+ years

Connect with other fans of table tennis over a friendly match.

#### **Youth Basketball**

#### CCC | 3:30-6:30pm | 13-17 years

Compete with friends on the court during a game of pick-up ball.

#### Youth Room

#### NTCC | 6:00-8:00pm | 13-17 years

Music, air hockey, ping pong, Wii, Xbox, foosball, billiards...

#### June 16

#### Seniors Aquafitness 💙

### NTCC | 1:00pm | 55+ years VVCC | 7:00-7:45pm | 55+ years

Pools aren't just for swimming! Enjoy this low impact workout in the water.

## June 17

#### **Gentle Pilates**

#### GAWCC | 10:30-11:30am

Relieve everyday stress with pilates mat exercises and breathing techniques.

## Concert in the Park

## NTCC Outdoor Amphitheatre | 7:30pm

RED - Tribute to Taylor Swift

#### June 18

## **Outdoor Boot Camp**

## MCC | 9:15-10:15am

Old school drills (think jumping jacks and push-ups) meet friendly competition in this neighbourhood race - an obstacle course of hills, park benches and jungle gyms!

## 3-on-3 Basketball Tournament

#### NTCC | 3:45pm | 10-17 years

Drive the lane for a slam dunk in this mini 3-on-3 basketball tourney. Teams made on site.

## June 18 continued

## Aquafitness

## VVCC | 7:00-7:45pm

Pools aren't just for swimming! Enjoy this low impact workout in the water.

#### June 19

## Seniors Aquafitness 💙

#### DCCC | 9:45-10:30am | 55+ years

Pools aren't just for swimming! Enjoy this low impact workout in the water.

#### Youth Basketball

## CCC | 3:30-6:00pm | 13-17 years

Compete on the court during a game of pick-up ball.

#### June 20

## Vaughan Fitness Centres: Free Guest Day

MCC | 7:00am-6:30pm | 13+ years

#### June 21

## Vaughan Fitness Centres: Free Guest Day

APCC | 7:00am-6:30pm | 13+ years

#### June 22

#### **Gentle Yoga in the Park**

**GAWCC** | 10:30-11:30am

Unwind with relaxing yoga poses and breathing exercises while surrounded by the fresh outdoor breeze.

#### June 23

#### **Youth Open Gym**

VVCC | 6:00-8:00pm | 13-17 years Compete on the court playing pick-up

## June 24

## Youth Basketball

sports of your choice.

#### MCC | 3:30-6:00pm | 13-17 years

Compete on the court during a game of pick-up ball.

## Family Bowling

#### MCC | 6:30-9:00pm

Let the good times roll in our 4 lane, 5-pin glow-in-the-dark bowling alley!

## June 25

## Vaughan Fitness Centres:

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

#### **Seniors Badminton**

#### DCCC | 6:00-7:00pm | 55+ years

Have a "smashing" time playing organized badminton games.

## June 26

#### Seniors Aquafitness 💙

## APCC | 9:00-9:45am | 55+ years

Pools aren't just for swimming! Enjoy this low impact workout in the water.

#### June 27

## Summer Splash

#### Thornhill Outdoor Pool | 1:00-4:00pm

Celebrate summer with fun-filled water activities and competitions. All ages.

Note: Regular admittance guidelines apply for recreational swimming and use of Vaughan Fitness Centres. All Sports equipment provided. All outdoor activities run weather permitting. Please wear appropriate clothing and footwear.