

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 23, 2015

Item 4, 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.

4

SENIORS' 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:

1. That the *June is Seniors' Month* Activity Brochure (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:

- 4.1 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

A Seniors' Month activities brochure has been posted on the City's online events calendar and at vaughan.ca/recreation, as well as SAVI's website. Print copies are available at all community centres, City Hall and Vaughan Public Libraries, and have been distributed to older adult clubs and senior residences across Vaughan. Activities are also promoted on community centre TVs, social media and via a targeted media pitch to local news outlets.

The Recreation and Parks Month activity calendar also features Seniors' Month activities. The calendar is being promoted on all the aforementioned communications channels, as well as via a public service announcement.

Purpose

The purpose of this report is to present an overview of the activities, events and initiatives being offered for seniors in Vaughan.

Background - Analysis and Options

The City of Vaughan has proclaimed June as "Seniors' Month", with this year being the 31st anniversary celebrating the theme "Vibrant Seniors, Vibrant Communities". The City in its strategic plan, Vaughan Vision 2020, is committed to Service Excellence through enhancing and ensuring community safety, health and wellness; the Active Together Master Plan initiatives, such as "Seniors' Month", will help achieve the objective of community health and wellness.

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The City of Vaughan believes that participation in recreation activities benefits residents of all ages, with positive impacts to psychological and physical health, familial interaction, community development and other vital lifestyle behaviours.

Recreation and Parks Month Activities

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”. Activities specifically targeted for seniors are part of this year’s schedule, including Yoga, Seniors Aquafitness, Let’s Get Moving for Seniors, Senior’s Ping Pong and Introduction to Archery. Many other activities being offered are suitable for all ages.

SAVI Seniors Information and Exhibition Fair – June 19

Seniors Information and Exhibition Fair is one of the many service programs that the Seniors Association of Vaughan Initiative (SAVI) provides its members and 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. This year’s Seniors Information and Exhibition Fair will be held at Fontana Primavera Event Centre on Friday, June 19, 2015 beginning at 9 a.m. Over 30 exhibitors will display the many services that are available to seniors. Examples include: “Home Care - Transition from Hospital to Home”; “Mobility Plus - Learn More On How To Apply”; and, “Service Canada - How To Obtain Information For Seniors Online”. Recreation and Culture staff have provided assistance and will be present at 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 and Culture Department, in partnership with the Innovation and Continuous Improvement Department, has secured Leisure Plan International to complete an Older Adult Strategy for the City by late 2015. The development of the strategy will include consultation with older adults and older adult clubs, a needs assessment, a jurisdictional review of municipal service and delivery approaches and a review of best practices. Information will be posted online, at community centres, in the Recreation & Culture Guide and via meetings with stakeholders.

To help support the level of staffing that can be assigned to the development of resulting action plans and implementation of recommendations forthcoming from the Older Adult Strategy, the Recreation and Culture Department has submitted a \$50,000 funding request to the Age Friendly Community Grant program administered by the Ontario Seniors’ Secretariat. Notification of the grant request will be available by the third quarter of this year.

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.

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- **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 Seniors' Month.

Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its older adult citizens by providing opportunities for physical activity, learning and social interaction through the provision of activities and events during Seniors' Month. Additionally, the City is planning for the future by developing a ten-year Older Adult Strategy and has sought funding to implement the recommendations.

Attachments

1. *June is Seniors' Month* Activity Brochure

Report Prepared By

Paul Compton, Area Recreation Manager, ext. 8358

(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

SENIORS' MONTH

Recommendation

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Attachments

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Report Prepared By

Paul Compton, Area Recreation Manager, ext. 8358

Respectfully submitted,

Mary Reali
Director,
Recreation and Culture



Older Adult *groups*



Concord West Seniors Club
905.669.9337

East Woodbridge Seniors Club
905.851.6780

Filipino Seniors Club
905.660.4665

First Chinese Senior Association of Vaughan
416.567.3888

Garnet A. Williams Seniors Club
647.282.1515

Garnet Bridge Club
905.832.8552

Giuseppe Garibaldi Seniors Club
905.738.8766

Human Endeavour
416.726.3252

Kleinburg Bridge Club
905.893.1593

Maple Italo Canadian Seniors & Bocce Club
905.832.2377 ext.7435

Maple Pioneer Seniors Club
905.303.1853

Pine York Seniors Club
905.265.9507

Pinecrest Seniors Club
905.738.4611

Seniors Association of Vaughan Initiative (SAVI)
905.265.9507
saviseniors.ca

Sephardi Seniors Club
905.771.5019

Sonoma Heights Seniors Club
905.893.1266

Thornhill African Caribbean Canadian Association
905.738.4849; 416.458.2534

Thornhill Seniors Club
905.832.8554 ext.7723;
905.738.4426

Vellore Village Seniors Club
905.832.8544 ext.7308

West Woodbridge Seniors Club
905.879.8732 ext.7120

Woodbridge Macedonian Seniors Club
905.265.2197

June is... **Seniors'** *Month*

*Free Activities
& Events*



vaughan.ca/recreation

RecAndCultureVaughan
@RecAndCultureV
@RecAndCultureV

Free Activities & Events



June 1

Vaughan Fitness Centres: Free Guest Day

Father E. Bulfon CC

5:50am-10:30pm

North Thornhill CC

5:30am-10:30pm

June 2

Yoga 60+

Al Palladini CC | 11am-12pm

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

June 3

Seniors Muscle Conditioning

North Thornhill CC

9:15-10:00am

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

Arthritis Fitness

Chancellor CC | 9:30-10:30am

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

June 4

Let's Get Moving for Seniors

Rosemount CC

10:00-11:00am

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

June 5

Yoga 60+

Vellore Village CC

10:45-11:45am

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

Seniors Ping Pong

North Thornhill CC

1:00-3:00pm

Try your hand at a friendly game of table tennis!

June 9

Seniors Aquafitness

North Thornhill CC | 1:00pm

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

June 10

Introduction to Archery

Garnet A. Williams CC

6:00-7:00pm

Take a shot at instructor-led target practice!

Concert in the Park

Vaughan City Hall

Outdoor Courtyard | 7:30pm

Enjoy a warm summer evening and musical talent with The St. Royals at Vaughan City Hall.

June 13

Seniors Aquafitness

Al Palladini CC | 8:15-9:00am

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

June 15

Seniors Ping Pong

North Thornhill CC

1:30-3:30pm

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

June 16

Seniors Aquafitness

North Thornhill CC | 1:00pm

Vellore Village CC | 7:00-7:45pm

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

June 17

Concert in the Park

North Thornhill CC

Outdoor Amphitheatre | 7:30pm

RED - Tribute to Taylor Swift

June 19

Seniors Aquafitness

Dufferin Clark CC

9:45-10:30am

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

June 20

Vaughan Fitness Centres: Free Guest Day

Maple CC | 7:00am-6:30pm

June 21

Vaughan Fitness Centres: Free Guest Day

Al Palladini CC

7:00am-6:30pm



June 25

Vaughan Fitness Centres: Free Guest Day

Vellore Village CC

5:30am-10:30pm

Seniors Badminton

Dufferin Clark CC

6:00-7:00pm

Have a "smashing" time playing organized badminton games.

June 26

Seniors Aquafitness

Al Palladini CC | 9:00-9:45am

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

Community Centre Locations

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



Garnet A. Williams Community Centre

501 Clark Ave. W.
Thornhill
905.832.8552



Maple Community Centre

10190 Keele St.
Maple
905.832.2377



North Thornhill 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



Woodbridge Pool & Memorial Arena

5020 Highway 7
Woodbridge
905.832.8576

