



**AGENDA**  
**Senior Services Advisory Committee**

October 28, 2019

1:00 pm

Pyramid Recreation Centre - Meeting Room A  
317 James Street South, St. Marys

**Pages**

**1. CALL TO ORDER**

**2. DECLARATION OF PECUNIARY INTEREST**

**3. AMENDMENTS AND APPROVAL OF AGENDA**

**RECOMMENDATION**

THAT the Senior Services Advisory Committee agenda be accepted as presented.

**4. ACCEPTANCE OF MINUTES**

**3**

**RECOMMENDATION**

THAT the Senior Services Advisory Committee minutes dated September 23, 2019 be approved and signed by the Chair and liaison.

**5. BUSINESS ARISING FROM MINUTES**

**5.1 2020 Rates**

**5.2 Senior Services Advisory Committee Meeting Dates and Times**

**5.3 Ontario Health Team**

**6. REPORTS**

**6.1 October Monthly Report**

**6.1.1 DCS-34-2019 October Monthly Report**

**7**

**RECOMMENDATION**

**THAT DCS-34-2019 October Monthly Report be received.**

**7. OTHER BUSINESS**

**7.1 2019 Spring/Summer Program Evaluations**

**10**

**7.2 2019 Aquatics Survey**

**25**

**8. LIAISON REPORTS**

**8.1 Recreation Committee Update**

**8.2 Town Council Report**

**9. UPCOMING MEETINGS**

**10. ADJOURNMENT**



## MINUTES

### Senior Services Advisory Committee

September 23, 2019

3:30 pm

Pyramid Recreation Centre - Meeting Room A  
317 James Street South, St. Marys

Member Present      Donna Kurchak  
                                 Joyce Vivian  
                                 Owen O'Brien  
                                 Councillor Winter  
                                 Richard Lyons

Member Absent      Candice Harris  
                                 Donna Simmons  
                                 Marie Ballantyne

#### 1.      **CALL TO ORDER**

Meeting called to order at 3:30 p.m. by chair Rick Lyons

#### 2.      **DECLARATION OF PECUNIARY INTEREST**

None declared.

#### 3.      **AMENDMENTS AND APPROVAL OF AGENDA**

Chair Rick Lyons noted that the next meeting time will be discussed under Upcoming Meetings.

**Moved By** Owen O'Brien

**Seconded By** Joyce Vivan

THAT the September 23, 2019 Senior Services Advisory Committee agenda be accepted as presented.

**CARRIED**

**4. ACCEPTANCE OF MINUTES**

**Moved By** Rick Lyons

**Seconded By** Owen O'Brien

THAT the Senior Services Advisory Committee minutes dated June 24, 2019 be approved and signed by the Chair and staff liaison

**CARRIED**

**5. BUSINESS ARISING FROM MINUTES**

**5.1 Goals & Projects**

Staff informed the group that the Friendship Centre hosted the High Five Principals of Healthy Aging Workshop. Committee member Candice Harris attended along with 20 other volunteer program facilitators and relevant Town of St. Marys programming staff.

Staff updated the group on the Core Services review undertaken by the Municipality. Staff updated the group on outcomes pertaining to the Senior Services department from the review.

**6. REPORTS**

**6.1 DCS 26-2019 Ontario Health Teams**

Staff updated the committee on the work today with Ontario Health Teams. Staff presented the Ontario Health Team report highlighting the recommendation for Council.

**Moved By** Owen O'Brien

**Seconded By** Donna Kurchak

THAT DCS-26 2019 Ontario Health Teams report be received.

**CARRIED**

## **6.2 DCS 27-2019 September Monthly Report**

Staff presented the September monthly report highlighting the upcoming events to be held at the Friendship Centre.

**Moved By** Joyce Vivan

**Seconded By** Councillor Winter

THAT DCS 27- 2019 September Monthly Report be received.

**CARRIED**

## **7. OTHER BUSINESS**

### **7.1 2020 Rates**

Staff presented the group with the 2020 rates for discussion. No concerns were noted. 2020 rates will be updated in the Fee By-Law which will be presented to Council before the end of 2019. Increases will not take effect until January 2020.

### **7.2 New Horizons Grant**

Staff informed the committee that the Senior Services department submitted an application for New Horizon funding to support building capacity within the Municipal volunteer program.

## **8. UPCOMING MEETINGS**

The time of the meeting was discussed. It was noted that the current time does not suit all committee members. The October meeting time was discussed and it was determined that the meeting will be held at 1:00 p.m. with the 2019/2020 meeting schedule added to the October agenda for further discussion and approval.

Next Meeting: Monday October 21, 2019 at 1:00 p.m.

## **9. ADJOURNMENT**

**Moved By** Councillor Winter

THAT the Senior Services Advisory Committee meeting be adjourned at 4:50 p.m.

**CARRIED**

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Chair

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Committee Secretary



# MONTHLY REPORT

**To:** Chair and Members of the Advisory Committee

**From:** Community Services

**Date of Meeting:** 28 October 2019

**Subject:** DCS-34-2019 October Monthly Report

## RECOMMENDATION

THAT DCS-34-2019 October Monthly Report be received.

## A Month at a Glance

Oct 29 – Euchreama  
Oct 29 – Genealogy Support  
Oct 29- Fine Dining at Golf Steakhouse  
Oct 30 – Halloween Lunch & Bingo  
Oct 30 – Rock the Rink  
Nov 1 – Men’s Lunch  
Nov 1 – Afternoon Movie  
Nov 1 – Creative Card Making  
Nov 2 – St. Marys Craft Show  
Nov 4 – Home Support Exercise Program Course  
Nov 4 – Fitness Assessments start  
Nov 5 – New session of Chair Yoga  
Nov 6 – October Birthday Supper  
Nov 8 – Scrapbooking Open Crop  
Nov 12 – Pepperama  
Nov 13 – Paint Night  
Nov 15 – Lunch & Learn about the BRA recycling program  
Nov 19 – On the Road to Lens Mills & Quehls  
Nov 20 – Home Support Supper  
Nov 20 – Volunteer Training Day

## Program Updates

- The Friendship Centre will be taking the Mobility Bus to Budweiser Gardens to see Rock the Rink with Tessa & Scott.
- Fine Dining and On the Road day trips continue to sell out. The Travel Clubs monthly day trips also continue to sell out. The next day trip offered will be to the Oh Canada Dinner Theatre for the Christmas Show on November 27<sup>th</sup>. There are some tickets still available.
- Staff meet with the Monday Music volunteer committee to discuss increased fees for 2020. The volunteers overwhelmingly agree that a reduction in the level of services (in this case food) would be better received by this group than an increase in fee. There are numerous

Monday Music programs across the region which charge the same fee as the Friendship Centre program which is why the group felt the fee increase wouldn't be well received. The programs across the region do not offer food only coffee for the fee that is charged. Moving in this direction the Friendship Centre will not see an increase in the revenue lines, however will see a hefty reduction in program expenses.

- Technology Support Classes did not run due to a lack of enrollment. A minimum of 5 participants are needed to ensure costs are recovered to bring in an instructor.
- Tuesday evening Pickleball at DCVI is being promoted as an 18 + activity. This is supporting the Recreation Master Plan's recommendation to increase drop in options for the adult population. The annual membership fee for DCVI Pickleball is \$45, this cost includes play for the year at DCVI and then at the PRC when DCVI is not available, as well as the cost to replace balls and nets for this facility. Friendship Centre members received a discount on their DCVI Pickleball membership.
- Staff have made 4 successful volunteer client matches for the Volunteer Visiting and Telephone Reassurance programs.

## **Event Updates**

- The St. Marys Craft Show hosted by the Friendship Centre will take place on November 2 from 9am to 3pm. Vendor tables have been sold out for weeks. The event is being promoted on social media with the help of Corporate Communications and currently has over 900 people interested in the event.
- The Home Support Service Christmas Lunch will be hosted earlier than normal. The date of November 29<sup>th</sup> accommodated private bookings in the Whole Hall. The Stonetown Entertainers will not be performing at the lunch due to a scheduling conflict. Staff have reached out to other groups to perform.
- The Friendship Centre will once again offer a Paint Night. The date is November 13. There are still a few spots to fill, please help spread the word.
- The Friendship Centre will offer a Sign Making Workshop on December 5. Please help spread the word.

## **Volunteer Updates**

- The Friendship Centre will host the Home Support Exercise Program workshop for volunteers interested in becoming In home exercise volunteers. The course is 4 hours in length and will give volunteers the ability to lead up to five participants in ten simple exercises. The course is taught in house.
- The Friendship Centre will be offering a training day for volunteers and the general public. The workshops will include a session on Elder Abuse at 10:00 am, and Seniors Driving at 11:00am. CPR A will be offered for volunteers requiring the training in the afternoon and is currently at capacity.

## **Facility Updates**

- The Friendship Centre East hallway will be undergoing minor renovations. Contractors will fix drywall and install new heavier baseboards in the coming weeks.
- The walk in fridge and freezer will be receiving an upgraded cooling system to replace the current system which is 15 years old. Both fridge and freezer have had multiple break downs causing loss in products over the past 6 months. The current systems are past the life expectancy of 10 years. Senior Services staff submitted a request for special funding from the



Ministry of Seniors Affairs through the Seniors Active Living Centre to support the replacement cost for this equipment and were successful in obtaining 75 % of the projected expense.

- Senior Services staff received notification that the Senior Activing Living Centre budget has been approved and will be receiving the max funding of \$42,700 to support the Friendship Centre for the 2019-20 year.

## **REVIEWED BY**

### **Recommended by the Department**

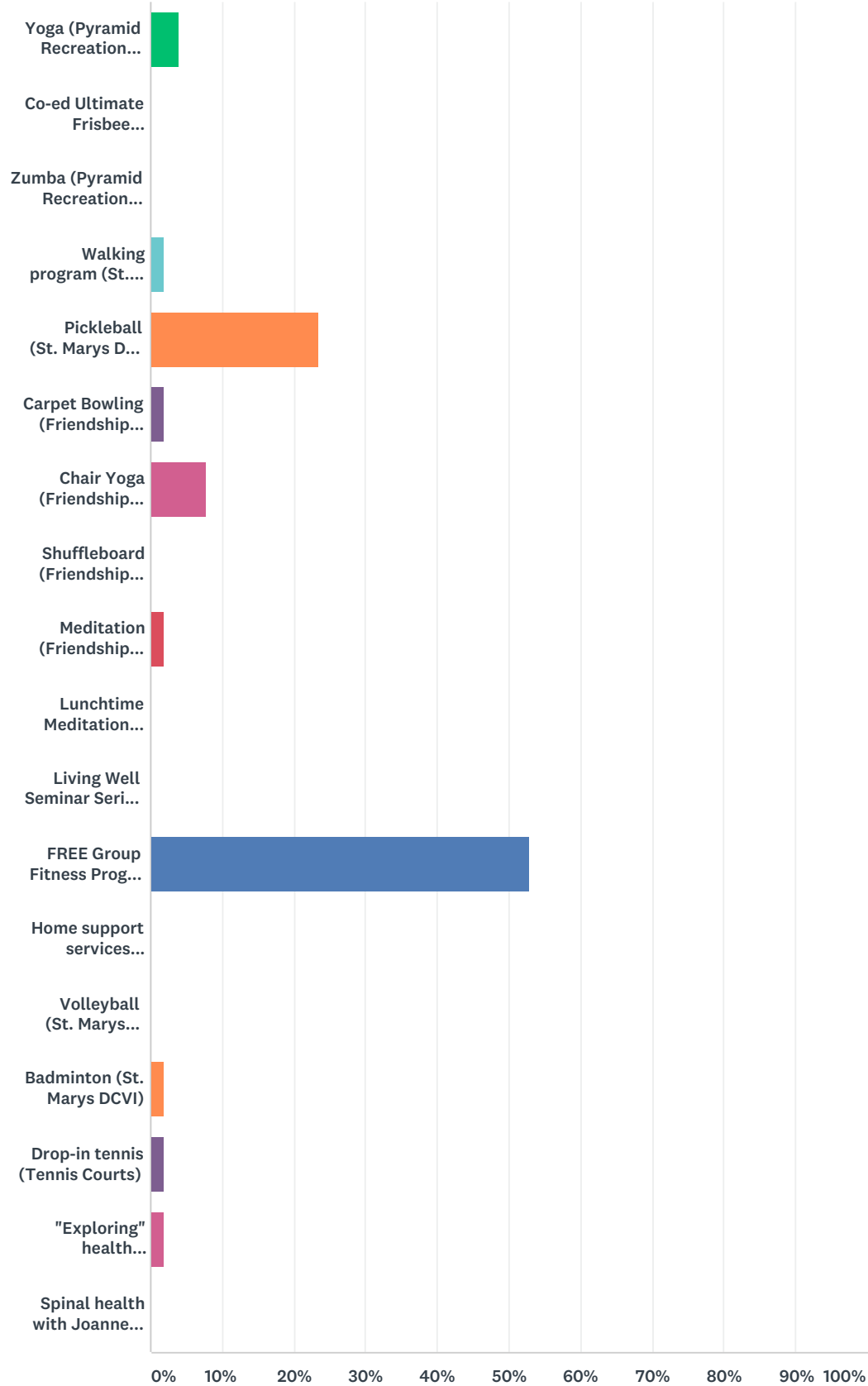


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Jenny Mikita  
Senior Services Supervisor

## Q12 Which adult or older adult wellness, fitness or sport program did you participate in?

Answered: 51   Skipped: 76



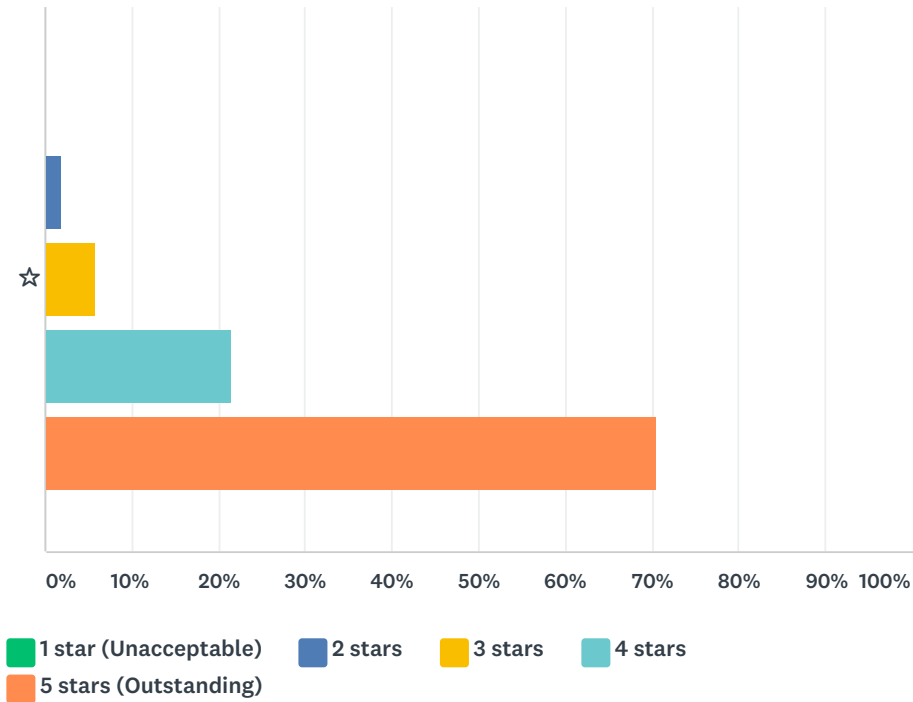
ANSWER CHOICES		RESPONSES	
Yoga (Pyramid Recreation Centre)		3.92%	2

Co-ed Ultimate Frisbee (Meadowridge Field)	0.00%	0
Zumba (Pyramid Recreation Centre)	0.00%	0
Walking program (St. Marys DCVI)	1.96%	1
Pickleball (St. Marys DCVI and Friendship Centre)	23.53%	12
Carpet Bowling (Friendship Centre)	1.96%	1
Chair Yoga (Friendship Centre)	7.84%	4
Shuffleboard (Friendship Centre)	0.00%	0
Meditation (Friendship Centre)	1.96%	1
Lunchtime Meditation (Library)	0.00%	0
Living Well Seminar Series (Friendship Centre)	0.00%	0
FREE Group Fitness Program (Various Locations)	52.94%	27
Home support services wellness program (e.g. CHAP Blood Pressure Clinics, Footcare etc.)	0.00%	0
Volleyball (St. Marys DCVI)	0.00%	0
Badminton (St. Marys DCVI)	1.96%	1
Drop-in tennis (Tennis Courts)	1.96%	1
"Exploring" health workshops with Renee Dijk (Friendship Centre)	1.96%	1
Spinal health with Joanne Pineau (Friendship Centre)	0.00%	0
<b>TOTAL</b>		<b>51</b>

#	MORE SPECIFIC PROGRAM TITLE (IF APPLICABLE):	DATE
1	at the Friendship Centre	10/11/2019 6:53 AM
2	Level 3 Group Fitness	8/13/2019 1:21 PM
3	Swimm8ng and aquafit	7/27/2019 2:32 PM
4	Level 3 Friendship Centre	6/18/2019 4:08 AM
5	Spinal health with Joanne	6/18/2019 2:49 AM
6	Gentle fitness	6/17/2019 7:22 AM
7	Gentle fitness	6/17/2019 7:08 AM
8	Level 3	6/4/2019 10:52 AM
9	Also paint nites	5/14/2019 3:33 AM
10	Free fitness	5/13/2019 5:50 PM
11	Friendship Centre	5/13/2019 2:41 PM
12	Level 3	5/13/2019 1:45 PM
13	and pickle ball	5/13/2019 1:19 PM
14	Group Fitness class ( Wednesday and Thursday	5/13/2019 9:09 AM
15	Level 3 fitness classes	5/10/2019 11:48 AM
16	You can only choose one thing. I do tennis and fitness, too.	5/7/2019 7:52 PM
17	SFIC Fitness for the 50 plus	5/7/2019 1:15 PM
18	L3 Group Fitness	3/20/2019 3:51 AM

Q13 Overall, how would you rate the above program? (1 star = unacceptable and 5 stars = outstanding)

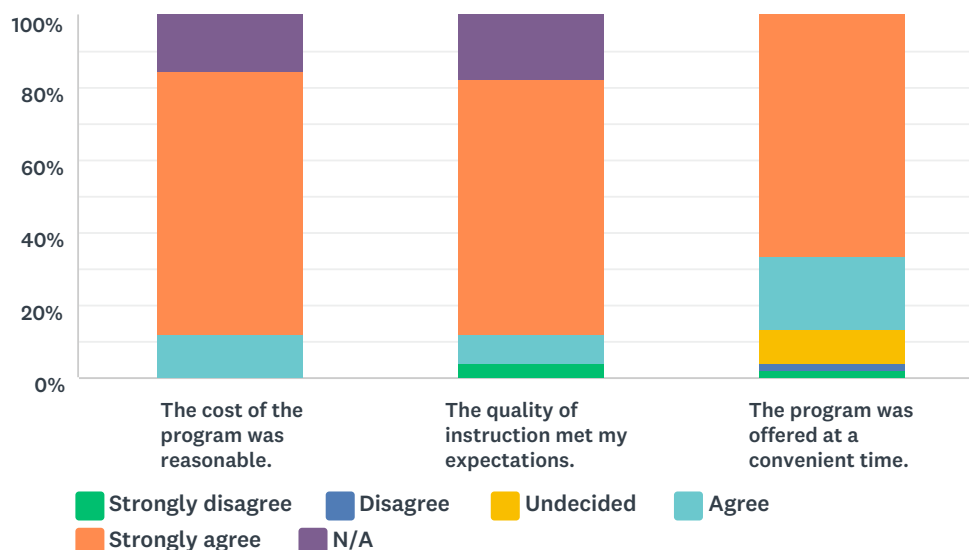
Answered: 51    Skipped: 76



	1 STAR (UNACCEPTABLE)	2 STARS	3 STARS	4 STARS	5 STARS (OUTSTANDING)	TOTAL	WEIGHTED AVERAGE
☆	0.00%	1.96%	5.88%	21.57%	70.59%	51	4.61
	0	1	3	11	36		

## Q14 Please indicate how much you agree with the following statements.

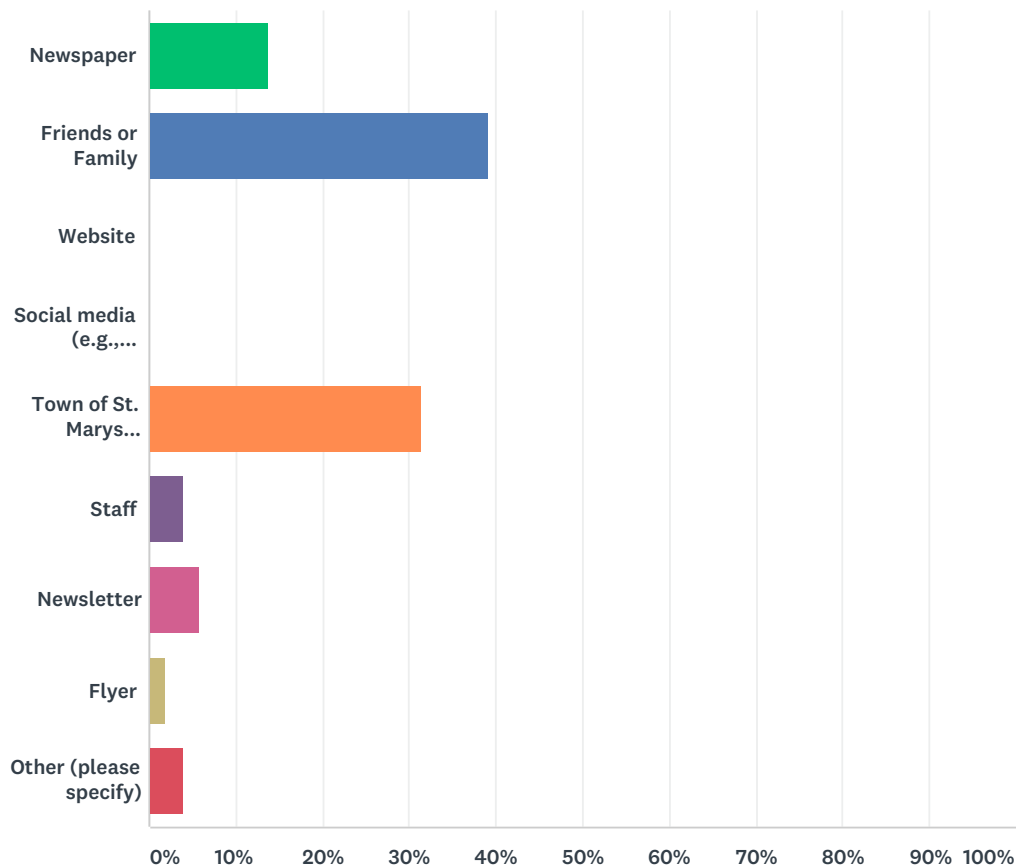
Answered: 51 Skipped: 76



	STRONGLY DISAGREE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
The cost of the program was reasonable.	0.00% 0	0.00% 0	0.00% 0	11.76% 6	72.55% 37	15.69% 8	51	4.86
The quality of instruction met my expectations.	3.92% 2	0.00% 0	0.00% 0	7.84% 4	70.59% 36	17.65% 9	51	4.71
The program was offered at a convenient time.	1.96% 1	1.96% 1	9.80% 5	19.61% 10	66.67% 34	0.00% 0	51	4.47

## Q15 How did you first hear about this program?

Answered: 51   Skipped: 76



ANSWER CHOICES		RESPONSES	
Newspaper		13.73%	7
Friends or Family		39.22%	20
Website		0.00%	0
Social media (e.g., Facebook, Twitter)		0.00%	0
Town of St. Marys Recreation and Leisure Program Guide		31.37%	16
Staff		3.92%	2
Newsletter		5.88%	3
Flyer		1.96%	1
Other (please specify)		3.92%	2
TOTAL			51

#	OTHER (PLEASE SPECIFY)	DATE
1	Friend	8/1/2019 10:08 AM
2	At the Friendship centre	6/18/2019 2:49 AM

## Q16 Please share any additional comments about Town of St. Marys adult and senior wellness, fitness or sport programs.

Answered: 40 Skipped: 87

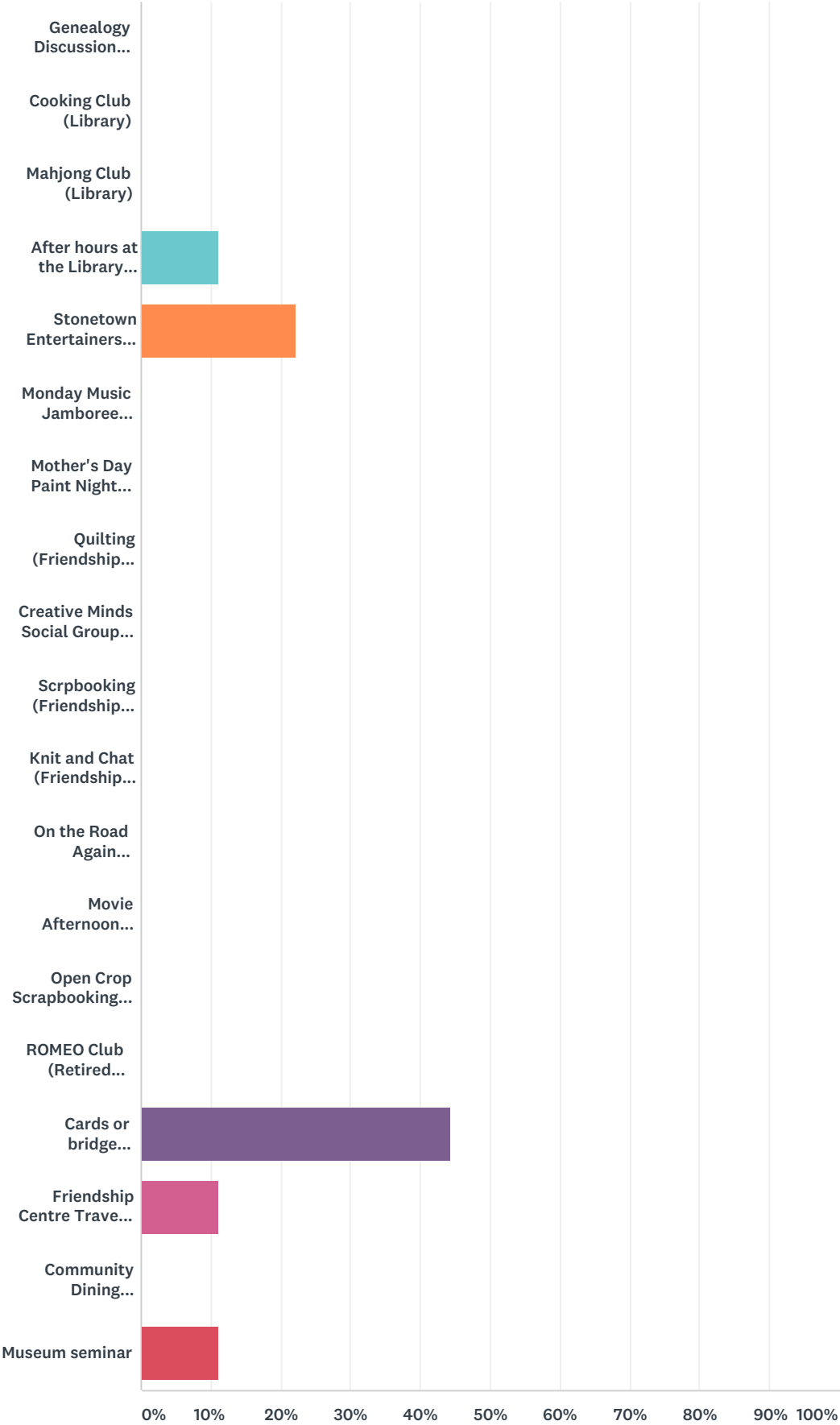
#	RESPONSES	DATE
1	Also picked newspaper. Would like evening time to be 1/2 to 1 hour earlier.	10/11/2019 7:04 AM
2	Also responded that they heard through the newspaper. Would like evening time to be 1/2 to 1 hour earlier	10/11/2019 7:02 AM
3	Also picked "Friends and Family" under "how did you hear"	10/11/2019 6:56 AM
4	Picked two "how did you hear" - also picked Friends and Family	10/11/2019 6:55 AM
5	Sometimes it is good to have a different instructor as they may do different exercises. Have been attending this program since it used to be \$2 and \$3 per class.	10/11/2019 6:53 AM
6	None	10/11/2019 6:46 AM
7	I participate in several programs, but was only able to comment on this one	8/27/2019 1:10 PM
8	Volunteer instructors are exceptional	8/13/2019 1:21 PM
9	Also instruct Fall Prevention Fitness Class @ Kingsway Centre. Feedback I get from class is that they all enjoy it.	8/1/2019 12:57 PM
10	Excellent variety of programs, outstanding staff	8/1/2019 10:08 AM
11	I am so impressed with the variety of programs available.	7/27/2019 2:32 PM
12	Also heard from Town Guide Would like evening 1/2 - 1 hr earlier	7/26/2019 6:10 AM
13	Would like evening 1/2 to 1 hr earlier	7/26/2019 6:08 AM
14	Senior Fitness Instructors are remarkable	6/18/2019 4:08 AM
15	Pauline White and the staff at the FC are the best.	6/18/2019 2:49 AM
16	This program has made an incredible difference to me and my life ,socially emotionally and physically, I have shared the information about this program with other friends and family across the province of Ontario. People are awe struck by the incredible programming that St. Marys offers. Ms White has provided excellent leadership in all areas of Fitness programming. Thank you.	6/17/2019 7:22 AM
17	This has made an amazing difference to me ,physically, mentally , emotionally and socially. My friends and family from various parts of Ontario are in awe of our wealth of excellent programmes for seniors(and for youth and all in between). Ms White has taken this fitness programme to unimaginable levels. Thank you.	6/17/2019 7:08 AM
18	The friendship centre staff and programs are excellent!!! We are planning on making St. Marys our new home in the near future.	6/4/2019 10:52 AM
19	Pauline White is an awesome , knowledgeable , kind, loving person. She has done more good for seniors in this town and far beyond since she was hired. Keeping people fit, keeping them out of hospital with falls prevention and has encouraged participants to socialize more.	6/3/2019 10:42 AM
20	Hillary does a great job of running this program.	5/15/2019 1:52 AM
21	Appreciate asking for feedback to help improve the programs A very friendly atmosphere Great support staff	5/14/2019 3:33 AM
22	We are fortunate to have this....regardless of the cost	5/13/2019 5:50 PM
23	It's great to have tennis two nights a week however I would like to play two mornings a week as well. It's very difficult to find other tennis players in town who are willing to play during the day.	5/13/2019 2:51 PM
24	The Group Fitness at the Friendship Centre is an amazing program to help keep adults and seniors fit. The emphasis is on balance. It's also very social and I have benefited from it greatly.	5/13/2019 2:41 PM



25	Badminton does not appear to be promoted !	5/13/2019 2:25 PM
26	Participate in Pickle Ball as well. Excellent staff and organization of programs and events!	5/13/2019 1:45 PM
27	I have been at pickle ball for Six months and I have recently joined the fitness classes for the last month it has changed my life and I am extremely grateful	5/13/2019 1:02 PM
28	The concern are the facilities are not conducive to good games, the lines are not the correct width and the lighting is poor, but there's not much that can be to do to improve that situation in the current location	5/13/2019 12:57 PM
29	These Group Fitness Classes help to motivate me to keep active, increase my muscle strength, cardio endurance, and flexibility. I appreciate the creative instructors who work hard to make the classes interesting, add variety of exercises, varied motivational music, all while using the most professionalism. There have been many new members to this class with several new retirees locating to the Town of St.Marys. New friendships have been made and the 60 minute class goes by very quickly with lots of smiles being shared.	5/13/2019 9:09 AM
30	The fitness classes are the best and anyone can join in the social coffee time after. Everyone should take advantage of these awesome classes -thanks to Pauline White-keeping us fit and out of the hospital and Dr. appointments.	5/10/2019 11:48 AM
31	Glad to be a participant.	5/7/2019 7:52 PM
32	Thank you for offering this program	5/7/2019 1:43 PM
33	I dint know of any other town offering such a wide range of programs for all ages. To me, the Fitness Classes alone make St Marys worth living in. Am sure the clock is pushed back on long term care for so many of the 50+ seniors who participate Its certainly made to my sense of well and health	5/7/2019 1:15 PM
34	I am surprised that Chair yoga is strengthening my feet esp. my toes and very grateful for it. I also lead Gentle Exercise class at Kingsway Retirement home and am getting weekly feedback for participants on how good the program is for their health.	5/7/2019 11:32 AM
35	Instructors are incredible. I have learned so much and become so much stronger. Can't thank all them enough for this program!	5/7/2019 10:53 AM
36	Well run fun	5/7/2019 10:50 AM
37	An outstanding workout and social time.	5/7/2019 10:29 AM
38	SMART program (pun intended) - Specific, Measurable, Attainable, Realistic, Timely (or, Seniors Maintaining Active Roles Together :)	5/7/2019 9:16 AM
39	The number of participants continues to grow. This is a very successful program. It must be meeting the needs of the participants because they are telling others about it.	5/7/2019 9:12 AM
40	Very impressed with level of knowledge displayed by all instructors	3/20/2019 3:51 AM

## Q17 Which adult or older adult arts or social program did you participate in?

Answered: 9 Skipped: 118



# Recreation and Leisure Program Feedback Survey (Spring/Summer 2019)

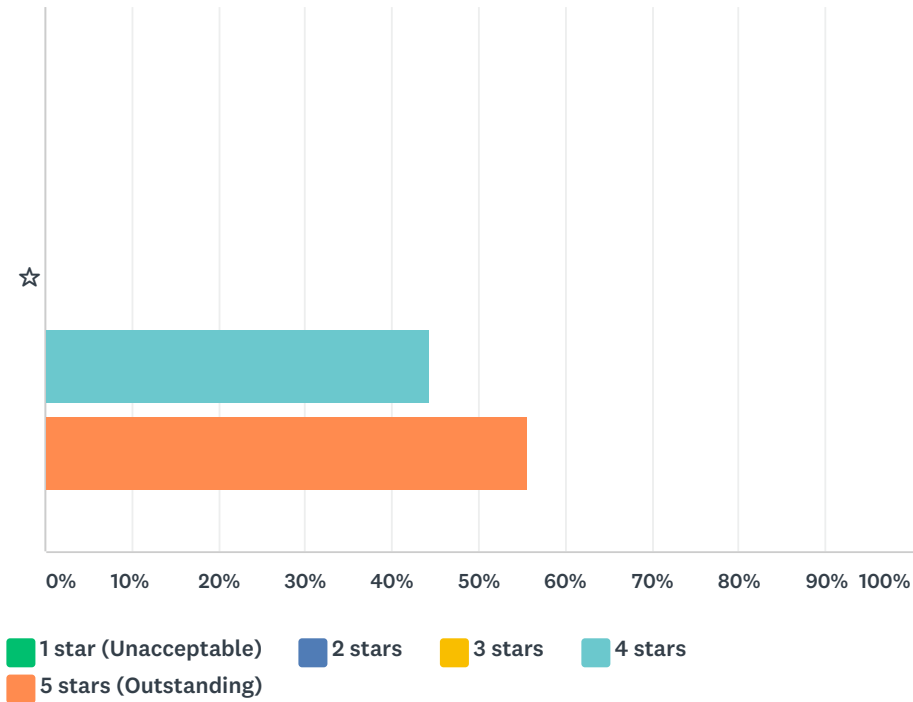
SurveyMonkey

Genealogy Discussion Group	0.00%	0
Cooking Club (Library)	0.00%	0
Mahjong Club (Library)	0.00%	0
After hours at the Library (Library)	11.11%	1
Stonetown Entertainers (Friendship Centre)	22.22%	2
Monday Music Jamboree (Friendship Centre)	0.00%	0
Mother's Day Paint Night (Friendship Centre)	0.00%	0
Quilting (Friendship Centre)	0.00%	0
Creative Minds Social Group (Friendship Centre)	0.00%	0
Scrpbooking (Friendship Centre)	0.00%	0
Knit and Chat (Friendship Centre)	0.00%	0
On the Road Again (Friendship Centre)	0.00%	0
Movie Afternoon (Friendship Centre)	0.00%	0
Open Crop Scrapbooking Evening (Friendship Centre)	0.00%	0
ROMEO Club (Retired Outstanding Men Enjoying Ourselves)	0.00%	0
Cards or bridge (Friendship Centre)	44.44%	4
Friendship Centre Travel Club (Friendship Centre)	11.11%	1
Community Dining (Friendship Centre)	0.00%	0
Museum seminar	11.11%	1
<b>TOTAL</b>		<b>9</b>

#	MORE SPECIFIC PROGRAM TITLE (IF APPLICABLE):	DATE
1	Coffee, fine Dining, on the road, etc	5/7/2019 5:36 AM
2	Pepper	5/7/2019 5:28 AM

Q18 Overall, how would you rate the above program? (1 star = unacceptable and 5 stars = outstanding)

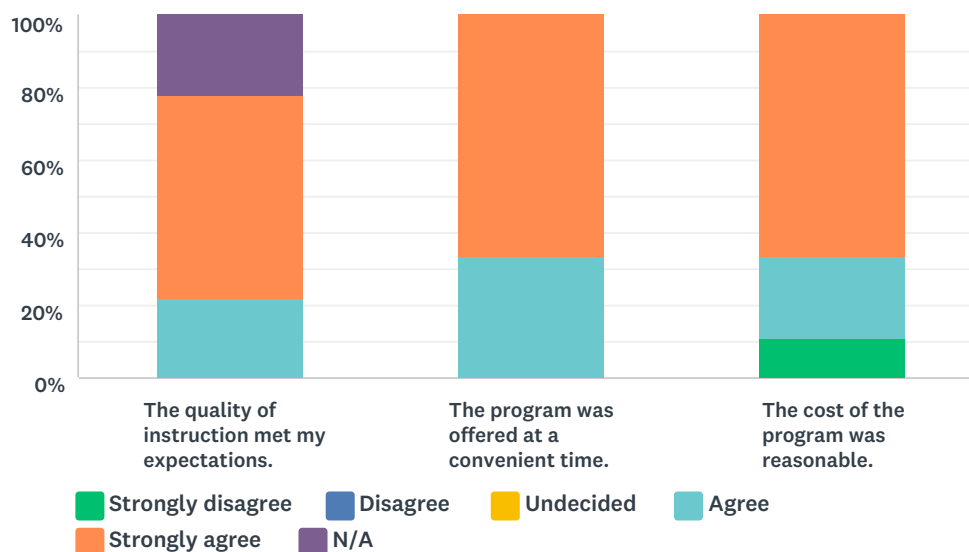
Answered: 9    Skipped: 118



	1 STAR (UNACCEPTABLE)	2 STARS	3 STARS	4 STARS	5 STARS (OUTSTANDING)	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	0.00%	44.44%	55.56%	9	4.56
	0	0	0	4	5		

## Q19 Please indicate how much you agree with the following statements.

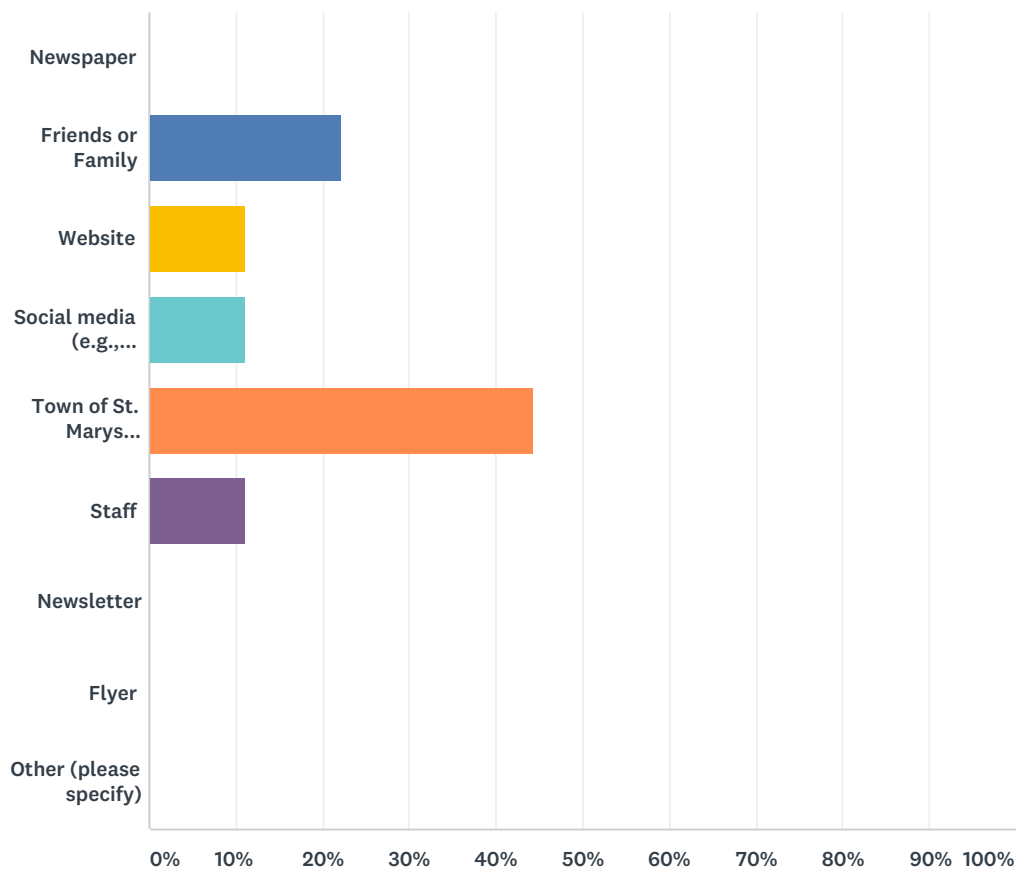
Answered: 9 Skipped: 118



	STRONGLY DISAGREE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
The quality of instruction met my expectations.	0.00% 0	0.00% 0	0.00% 0	22.22% 2	55.56% 5	22.22% 2	9	4.71
The program was offered at a convenient time.	0.00% 0	0.00% 0	0.00% 0	33.33% 3	66.67% 6	0.00% 0	9	4.67
The cost of the program was reasonable.	11.11% 1	0.00% 0	0.00% 0	22.22% 2	66.67% 6	0.00% 0	9	4.33

## Q20 How did you first hear about this program?

Answered: 9 Skipped: 118



ANSWER CHOICES		RESPONSES	
Newspaper		0.00%	0
Friends or Family		22.22%	2
Website		11.11%	1
Social media (e.g., Facebook, Twitter)		11.11%	1
Town of St. Marys Recreation and Leisure Program Guide		44.44%	4
Staff		11.11%	1
Newsletter		0.00%	0
Flyer		0.00%	0
Other (please specify)		0.00%	0
TOTAL			9

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

## Q21 Please share any additional comments about Town of St. Marys adult and older adult arts and culture programs.

Answered: 4 Skipped: 123

#	RESPONSES	DATE
1	Also said they heard through newspaper	10/11/2019 7:06 AM
2	Also said they heard through newspaper.	10/11/2019 7:05 AM
3	Also heard through Stratford Bridge people	10/11/2019 6:57 AM
4	The staff at the friendship are exceptional. Very accommodating, friendly and helpful. Special kudos to Bonnie Ruud and Hilary.	5/7/2019 5:36 AM





## Pyramid Recreation Centre - Aquatics Centre Program Survey

**We want your feedback about aquatics programs at the Pyramid Recreation Centre (PRC)!  
This survey will be available until 4:30 p.m. on Monday, November 4.  
Please return your completed copy to PRC Guest Services or the Friendship Centre desk.**

- \* 1. The Pyramid Recreation Centre's current program schedule can be found at  
[www.townofstmarys.com/swimming](http://www.townofstmarys.com/swimming).

Would you be interested in attending any of the following additional **aquafit class** times? (Check all that apply.)

- ☐ Mondays from 1:30 to 2:15 p.m.  
☐ Tuesdays from 1:30 to 2:15 p.m.  
☐ Wednesdays from 1:30 to 2:15 p.m.  
☐ Thursdays from 1:30 to 2:15 p.m.  
☐ Fridays from 1:30 to 2:15 p.m.  
☐ None of the above

- \* 2. A **gentle aquafit** class is ideal for individuals who prefer a lighter exercise or are new to water fitness.

Would you be interested in attending **gentle aquafit** at the PRC during any of the following times? (Check all that apply.)

- ☐ Mondays from 1:30 to 2:15 p.m.  
☐ Tuesdays from 1:30 to 2:15 p.m.  
☐ Wednesdays from 1:30 to 2:15 p.m.  
☐ Thursdays from 1:30 to 2:15 p.m.  
☐ Fridays from 1:30 to 2:15 p.m.  
☐ None of the above

\* 3. **Water walking** is a light exercise that includes a variety of walking movements in the water such as forwards, backwards, and side-to-side.

Would you be interested in attending **water walking** at the PRC during any of the following times? (Check all that apply.)

- ☐ Mondays from 1:30 to 2:15 p.m.
- ☐ Tuesdays from 1:30 to 2:15 p.m.
- ☐ Wednesdays from 1:30 to 2:15 p.m.
- ☐ Thursdays from 1:30 to 2:15 p.m.
- ☐ Fridays from 1:30 to 2:15 p.m.
- ☐ None of the above.

\* 4. **Aqua Zumba®** combines Latin-infused dance moves with traditional elements of aqua fitness.

Would you be interested in attending **Aqua Zumba®** at the PRC during any of the following times? (Check all that apply.)

- ☐ Tuesdays from 1:30 to 2:15 p.m.
- ☐ Wednesdays from 1:30 to 2:15 p.m.
- ☐ None of the above.

5. Are there any other programs you'd like to see offered at the pool?

6. Enter your personal information to participate in a draw to win five free pool passes. (OPTIONAL)

#### PRIVACY NOTICE

The collection, retention and disclosure of personal information, online or offline, by municipalities, is governed in part by the Municipal Freedom of Information and Protection of Privacy Act. For more details, contact 519-284-2340.

Name

Email Address

Phone Number