

Minutes of the Recreation Advisory Commission
Tuesday, May 11, 2021 6:30 P.M.
Zoom Meeting

MEMBERS PRESENT Naomi Goldberg, Tim Genyk, Patti Smith, Glenn Nelson, Kristin Kaiser
Laurence O'Connell

EX-OFFICIO MEMBERS PRESENT Jenna Bacolor, Josh Landefeld, Jen Eyer

CALL TO ORDER AND INTRODUCTIONS Patti Smith called the meeting to order at 6:33
P.M.

PUBLIC COMMENTARY None

APPROVAL OF MINUTES of March 9, 2021 meeting. A motion was made by Tim Genyk and
seconded by Naomi Goldberg that the meeting minutes of March 9, 2021, be approved. On a
unanimous vote, Patti Smith declared the motion carried.

OLD BUSINESS

A. Membership

- a. Jenna Bacolor requested volunteers for a membership subcommittee to review applications and recruit student members for the 2021-2022 school year.
- b. The focus of the subcommittee will be to diversify the membership.
- c. Naomi Goldberg, Kristin Kaiser and Larry O'Connell volunteered to be on the membership subcommittee.

NEW BUSINESS

- A. Presentation: Two Rec & Ed staff presented the Rec & Ed's Free Fitness programs for older adults. See attached [PDF](#) of the presentation
- a. Seema Jolly, Adult Enrichment Supervisor and Terry McNeely, Fitness and Yoga Program Supervisor, presented the Free Fitness programs for older adults
 - b. The department applied for and received a \$5,000 grant through MDHHS
 - c. SAIL - Stay Active and Independent for Life & On the Move
 - d. Both programs will be 10 week program - evidence based program
 - i. SAIL - 3X a week over 10 weeks - exercise program (warm up, aerobic, strength training, stretching, and education)
 - ii. Program starting 5/24 over 100 people interested - Staff being trained
 - iii. Possible next session July/September

- e. On the Move - group exercise for improved mobility - focuses on gait and walking upright - participants need to be able to stand/walk for a period of time
 - i. Runs for 12 weeks. Staff training will happen in June
- f. Questions and Discussion of the Presentation
 - i. Glenn Nelson asked if they have thought about being sensitive to people's mental state
 - 1. Terry McNeely responded - yes, absolutely. Looking forward to teaching older adults
 - ii. Larry asked when the On the Move program begins
 - 1. Terry responded - Staff training will be in June. Classes will start in July - 12 week program. They are hopeful for an in person class
 - iii. Tim Genyk commented that a combination of virtual and in person would be ideal
 - iv. Kristin Kaiser asked what the hope was to extend the program beyond the grant.
 - 1. Jenna Bacolor responded they hoped to offer an alternative in the future.
- B. Summer Rec & Ed Program
 - a. Restarted youth sports leagues - soccer and field hockey teams
 - b. Summer programming - summer camp - 100% in person. Camps will be outside and inside
 - c. No paper catalog for summer camps or summer classes. Online only
 - d. Baseball, softball, t-ball registrations beginning
 - e. Safety town - smaller than in years past, but running in person. Hiring teachers

BRIEFING AGENDA

- A. Report from Parks Advisory Committee (PAC) - Patti Smith
 - a. No information reported. PAC meets next week.
- B. Report from Parks and Recreation - Josh Landefeld
 - a. Fuller pool opening this Sat. taking reservations -
 - b. Liveries are open.

- c. Huron River Day - Reimagined. Everyday throughout the month of May. Participants can walk the trails and follow the directions on the signs. Enviro-challenge: Take and post a picture to win a prize.
- C. Report from Community Education & Recreation - Jenna Bacolor
 - a. No further report.

TRANSMITTALS - None

ADJOURNMENT - Patti Smith adjourned the meeting at 7:26 P.M.

The next RAC meeting is scheduled for September 2021

Respectfully submitted,

Amy Hepp
Recording Secretary