

Township of Nipissing Recreation Committee Meeting

***** AGENDA *****

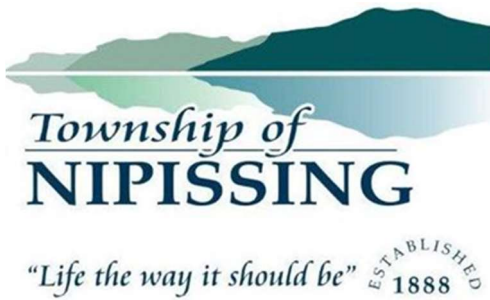
Monday, January 15, 2024

****START TIME 6:30 p.m.****

1. Disclosure of pecuniary interest.
2. Appoint a Chairperson for the Committee.
3. Approve the Minutes of the Recreation Committee Meeting held December 4th, 2023.
4. Discussion Items:
 - Bottle Drive Update.
 - Approval of 2024 Recreation Committee Meeting Dates.
 - Chair Yoga – 10 Week Session.
 - Family Day Discussion – volunteers and activities
 - Teen Dance – February 23rd, 2024
 - 2024 Event Schedule.
5. Commanda Community Update.
6. Adjourn.

Committee meetings will be held in person at 2381 Highway 654, Township of Nipissing Community Centre and virtually utilizing the Zoom platform; and will be livestreamed to the Township of Nipissing YouTube channel.

<https://www.youtube.com/channel/UC2XSMZqRNHbwVppefKcEXw>



What: Chair Yoga Sessions
10 x 1-hour sessions, open to everybody
No pre registration required

A nominal donation is suggested with proceeds going to Food Bank at the end of the ten sessions. NO ONE will be denied entry due to inability to make a financial donation.

Where: at Nipissing Community Centre, Hwy 654

When: commencing Monday January 28, 2024 at 10 am

Who: Kim Charters - Is a trained chair yoga instructor. She also leads the Stay on Your Feet classes which now has at least 27 men and women registered, averaging 20 per class. She is available to instruct the chair yoga sessions. I had recommended \$50 per hour as remuneration.

Why: chair yoga has become very popular as it makes the benefits of yoga available to people with a wide range of physical abilities. Given the demographics of Nipissing Township, it is hoped people of all abilities will attend. The sessions are more directed to overall physical and mental well being versus the Stay on Your feet classes which work to strengthen specific muscle groups to improve balance.

At the last Stay on Your Feet class, 14 of the 20 attendees expressed interest in attending chair yoga.

Needs: Confirmation of location availability
Remuneration agreement
Advertising, Facebook, posters