

# **Maple Leaf Golf and Country Club**

## **Health and Fitness**

### **Mandate for 2023-2024**

#### **Objectives:**

To promote awareness and encourage participation in available activities that enhances resident's health, fitness and psychological well-being.

These activities are divided as follows:

<b>Category</b>	<b>Activities</b>
▪ Fitness Center	Elliptical, Rowing Machines, Treadmills and Weights
▪ Fitness Programs	Tai Chi, Water Aerobics, Weights, Yoga, Zumba
▪ Health Programs	Blood Pressure Testing, C.P.R. Competency
▪ Community Programs	Neighbors on call
▪ Sports Programs	Bocce, Lawn Bowling, Pickle Ball, Shuffleboard and Tennis
▪ Social Programs	Billiards, Cards, Dances, Darts
▪ Educational Programs	Arts, Choir, Crafts, Keyboard, Writing
▪ Volunteerism	

#### **Goals:**

To promote activities listed above through Accents messaging, sandwich boards and bulletin board postings. To perform periodic inspections of the equipment within the fitness center to ensure its operation and equipment needs. To promote health services such as neighbors on call, blood pressure testing, C.P.R. qualification, defibrillators location and use. To promote other health services as determined by resident interest.

Board Liaison: Mike Rooney

Current Committee Members: Debbie Higgs, Mike Pitz