**Maple Leaf Golf and Country Club**

**Health and Fitness**

 **Mandate for 2024-2025 (amended April 3, 2024)**

**Objectives:**

To promote participation in available activities for the health and well-being of residents as well as encouraging residents to volunteer their time to make the most of our quality of life.

**Activities: Flu Sots**

Fitness Center Elliptical, Rowing Machines, Treadmills and Weights.

Fitness Programs Water Aerobics, Aqua Fitness, Yoga, Free Weights, Latin Cardio.

Health Programs Blood Pressure Testing, Health Fair, Dermatology Screening and CPR/Defibrillator Competency.

Sports Programs Bocce, Lawn Bowling, Shuffleboard, Cornhole, Horseshoes, Pickle Ball, Ping Pong and Tennis.

Social Programs Bingo, Billiards, Cards, Line Dancing, Darts.

Educational Programs Arts & Crafts, Keyboard, Choir, Creative Writing.

**Goals:**

To provide awareness of activities available and make improvements where needed.

Continue offering programs such as Flu shots and other programs as well as other

services, according to resident interest. Ensure the equipment in the Fitness Center is in

good working order.

Chair Person: Gretchen Noller

Committee Members: Debra Hill, Patrick O’Leary, Debbie Higgs, Bruce West