



RURAL RECREATION ASSOCIATION

Let's GOGO III!

(Get Out into the Great Outdoors)

AGENDA

Thursday April 30th 2015

- 9:00** **Registration and Refreshments**
- 9:30** **Welcome and Introductory Remarks**
- 9:32** **Welcome from Mayor Ron Holman, Township of Rideau Lakes**
- 9:35** **Key Note speaker – Jeff Mills, Coordinator, Community Development, Mills Community Support**
- 10:00** **Key Note speaker – Cory Hanna Personal Training Specialist and Seniors Fitness Instructor**
Q&A will follow both key note speakers
- 10:35** **Outdoor Activities: Group divided into 2 groups**
1. Outdoor activity demos and participation: shuffleboard, tennis, pickle balls, mini put,
2. Trail hike, tour of aero dome and return
- 12:00** **Local Outdoor Panel:**
1. Susan Smith – North Grenville Home Support Centre
2. Seniors Games – Jim Murphy
3. Rideau Lakes Senior Recreation Programming – Susan Dunfield and Russell Pchajek, local volunteer
Q & A of all Panelists
- 12:40** **RRA – Rural Recreation Association:**
Chair Bonnie Schnittker and Vice Chair Richard Kidd
- 12:45** **Lunch and Networking**
- 1:30+** **Optional –**
9 holes of golf with pull cart for \$10.00 (payable at the Rideau Lakes Golf and Country Club)
Or nearby shopping – Westport and Newboro



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