

Let's GOGO III

(Get Out into the Great Outdoors!)



Presented by: RURAL RECREATION ASSOCIATION

A half day workshop on Recreation Programing for Seniors

This education day is open to new and existing members – Municipal staff and leaders, educators, service providers, recreation leaders, and all those involved in Recreation and Outdoor experiences. Please pass this invitation onto anyone who may be interested.

THIS DAY IS FOR YOU!!

- ▶ **9:00 a.m.**
Registration & Refreshments
- ▶ **Program:**
9:30 a.m. - 12:45 p.m.
(Light lunch to follow)
- ▶ **Keynote speakers:**
 - **Jeff Mills**, Mills Community Support
 - **Cory Hanna**, Personal Training Specialist and Senior Fitness Instructor
- ▶ **Theme:**
Boomers: what are they expecting from Recreation Programming? The overall population of Ontario is aging. However, our local population is aging faster - Baby boomers (aged 55 – 74 years) increased by 4.2% between 2006 to 2011.
- ▶ **Panel:**
 - Age Friendly Programming
 - Seniors Games
 - Local Recreation perspective
- ▶ An opportunity to Network
- ▶ Actual time to experience outdoor recreation – pickle ball, shuffleboard, tennis, mini putt, walking trail
- ▶ Tour of Aero dome by the Rideau Lakes Flying Club
- ▶ Dress appropriately for temperature, rain or shine
- ▶ Optional afternoon activities on your own:
 - Rideau Lakes Golf and Country Club (not-for-profit club) for only \$10 – 9 holes of golf with a pull cart
 - Local shopping in the villages of Westport and Newboro

Thursday, April 30, 2015

**Shillington Park, North Crosby
875 8th Concession Rideau Lakes**



Registration is a MUST.

Registration deadline:

Thursday, April 23, 2015

Cost: (includes morning snack and lunch)

RRA Members: \$20

Non-members: \$30 (includes membership)

To Register:

<http://gogo-3-2015.eventbrite.com>

Questions:

email: rra@healthunit.org



Supported by:

3171 JD Mar 2015

Boomers: What are they expecting from recreational programming?

Jeff Mills, Community
Developer, Mills
Community Support

So who am I to tell you what Boomers expect?

I'm a boomer! I'm 59, so I should know

I was born on my dad's 34th birthday, December 13, 1955 putting me squarely in the middle of this age demographic. (1946 – 1964)

I should state my bias

I'm a bicycle advocate.

- **Mississippi Mills Bicycle Month** Founder in 2008
- **Ontario By Bike** - Advisory Committee Member
- **Share the Road** - Advisory Committee Member

And I truly believe that bicycles can

- save the environment
- help with personal physical and mental health outcomes
- save people money
- build stronger communities – increase social capital for people
- create wealth for communities



As well

- I live in the country
- I'm male
- I'm not rich and I'm not poor
- I'm white
- I have no handicaps
- And I still work

I may be a boomer but I'm also a member of the sandwich generation.

I am not a specialist in recreation.

So I went in search of
answers!





There are pitfalls to be careful of - by lumping 'boomers' into one pot.

- We are not all alike
 - Vary in age from 50 – 70
 - Different socio-economic groups
 - Urban vs rural
 - Different cultural backgrounds
 - Different interests
 - Some are more active than others
 - Lots of other factors



I felt I couldn't trust



So I talked to some Boomers I met ...

meet Carolyn



Meet Don

- Retired school principal
- Plays old timer hockey twice a week in the winter
- Volunteer bus driver
- Sandwich generation – helps out with his children and grandchildren
- Newly elected school board trustee



Don...

- “They want rec handed to them”
- “No cost – frugal – even those who can afford it still don’t want to pay – politics have taught them that everything will be handed to them”
- “Until there is a change, a cultural shift, real world scenarios, nothing will change”
- “Nothing too strenuous”
- “On their time frame/schedule”

Meet Lorry Laing



Lorry

- Lives in a rural group home setting
- Loves floor hockey
- Is a real “people person”
- Volunteers at the hospital
- Transportation can be an issue
- Has few inclusive recreation opportunities
- People First offers social opportunities

Meet new retiree Bob



- He's newly retired from a good job
- He misses the social time he spent with colleagues during his career
- He lives in the country outside of Almonte
- Followed up with me via email regarding local cycling groups



peopleforbikes™

ABOUT US

OUR WORK

BLOG

T

BIKE USE IS RISING AMONG THE YOUNG, BUT IT IS SKYROCKETING AMONG THE OLD

June 19, 2014

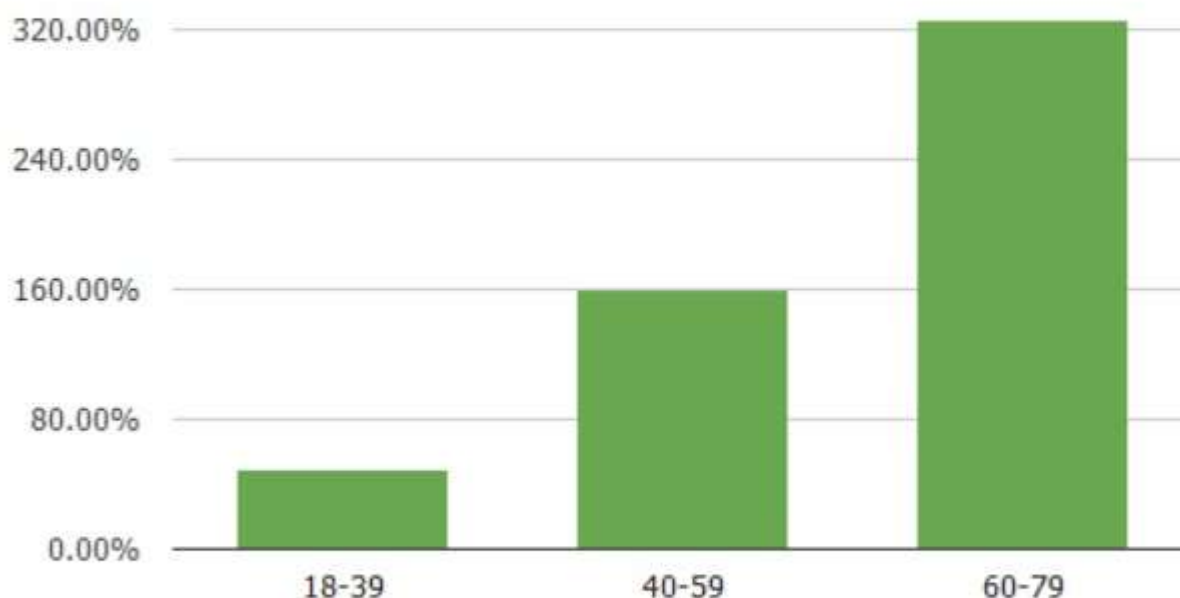
Michael Andersen, Green Lane Project staff writer



The [national surge in bicycling since 1995](#) may have more to do with healthy hips than with hipsters.

"I think it's very fair to say that many older bikers don't find themselves in that highly expert category," Lawler said. "We have to make the kind of infrastructure for that middle group if we're going to find the benefits."

Growth in bicycling rates by age group, 1995-2009



There's little question, at any rate, that older Americans' interest in biking is rising. Phineas Baxandall, who since 2013 has been [analyzing the decline in driving among young adults](#) through a series of studies for the United States Public Interest Research Group, said the reasons for the shift among older people are probably complicated, but the implications are interesting.

I talked with elected officials –
Miss Mills Mayor, Shaun McLaughlin



- “We deal with growing expectations and limited financial resources”
- “There was a time that softball and baseball were king. Now these assets are underused and we must look at effectively repurposing these facilities”
- “We are Canadian and hockey is a big part of our culture. Arenas are heavily subsidised. I don’t see a way that arenas will ever cover their costs”

MacTier says no to legal, main street grow op

Huntsville Forester

MACTIER - It may be legal but that doesn't mean it's welcome.

Roughly 100 people came out to a hastily convened town hall meeting Wednesday night in MacTier to discuss a proposed plan by the Township of Georgian Bay to turn the MacTier Arena into a facility for medical marijuana. Led by a newly formed committee in opposition to the township's plans, the group said their goal was to better inform the community and to develop articulate and effective arguments against the township's proposal.

Steven Schell, a committee member and organizer of the meeting, said they plan to fight and defeat the plan.

"We're fighting to save our local community centre and we are not saying yes, we're not saying no for the grow op.

All we are saying is we would like for the grow op to be somewhere else other than

on the main street of MacTier, 220 feet [67 metres] from the front door of the public school," said Schell.

According to Township of Georgian Bay Coun. Louise Rivett, the proposal could have significant potential benefits to the community.

She said the medical marijuana facility could create between 12 and 35 full-time jobs in the community as well as generating 1,200 orders a day being put through the Canada Post office.

Additionally, she said, the MacTier Arena has a high operational cost for the municipality at roughly \$250,000 yearly, while only generating \$40,000 in income.

Schell said the argument that the arena isn't profitable is not valid because people understand and accept they have to pay for it with their taxes. He said that logic could be a slippery slope for a community.

"The next thing to go is the library, because it's not a profit maker. The roads department is not a profit maker



Meeting

Roland Cilliers/Beacon Star

Roughly 100 people came out Wednesday night to the MacTier legion hall to take part in a meeting to discuss proposed plans to have a medical marijuana facility take up residence in what is currently the town's community centre.



0

f Like

Share

0

Tweet

0

g+1

“She said the medical marijuana facility could create between 12 and 35 full-time jobs in the community as well as generating 1,200 orders a day being put through the Canada Post office.

Additionally, she said, **the MacTier Arena has a high operational cost for the municipality at roughly \$250,000 yearly, while only generating \$40,000 in income.**

Schell said the argument that the arena isn't profitable is not valid because people understand and accept they have to pay for it with their taxes. He said that logic could be a slippery slope for a community.

“The next thing to go is the library, because it's not a profit maker. The roads department is not a profit maker and neither is the fire department...”



Township of Georgian Bay
Population 2482 (2011 census)

Meet Bernie MacDonald





Self organized activities

- Citizen created network of neighbours
- Takes a “community connector,” like Bernie
- Strong and important social component that helps builds social capital for participants
- A model of encouragement and “can do”
- Year round activities keeping seniors active and engaged
- Purposely kept simple

What I found

Some 'boomers' expect communities to provide organized sports and activities

Some 'boomers' pay for private services

- Gym memberships, golf, travel

Some self-organize alone or in groups

- They are looking for age-appropriate exercise
- Social aspect is very important
- They volunteer. Older adults (55 and over) continue to contribute the most (39%) of all volunteer hours in Canada (Volunteer Canada)

3 things I believe...

- 1) We need a shift from a culture of programs to a way of life. A built environment that makes daily exercise a part of daily life. Bicycle and walk friendly accessible communities with
 - Safe “complete” streets
 - Accessible bicycle, ski, and hiking trails, good access to the river
 - Communities planned with people and physical activity in mind, not just cars

2) Seek to get the best bang for our buck in recreational services knowing that creating fair and equitable programs is difficult

- Be creative in our spending and the use of our facilities
- Use “upside down thinking” that challenge what we don’t even question any more. More “wicked questions”
- Understand the difference between “means” and “ends”



The screenshot shows the top portion of the Tamarack website. The header features the text "COMMUNITIES COLLABORATING" in large white letters on a colorful abstract background. To the right is the "TAMARACK" logo with the tagline "An Institute for Community Engagement". Below the header is a navigation bar with links: HOME, LEARN, FIND, and CONNECT. On the right side of the page, there are links for "Join / Sign In". The main content area is divided into two columns. The left column is titled "Event Details" and features an event titled "Working in Complexity: A Case for Upside Down Thinking" scheduled for Thursday, January 22, 2015. The speakers are Mark Holmgren and Elayne Greeley, and the location is "via Webinar". A paragraph of text describes the event's focus on community development and the "Upside Down Thinking" mindset. The right column is titled "Learn" and contains links for "Upcoming Events" and "Recent Publications".

COMMUNITIES COLLABORATING

TAMARACK
An Institute for Community Engagement

HOME LEARN FIND CONNECT

Join / Sign In

Event Details

Working in Complexity: A Case for Upside Down Thinking
Thursday, January 22, 2015

Speakers Mark Holmgren and Elayne Greeley
Location via Webinar

So many great minds working in community development are talking about the need to change, the urgency to transform services and operations in ways that not only fit our chaotic environment but influence its future as well. We tend to be rather good at seeing *what* should change and *why*, however, life becomes much more difficult when trying to figure out the *how*.

Upside Down Thinking is both a mindset and a tool that we can use to challenge the things that are so true for us that we don't even question them anymore. It is a cognitive-creative methodology and is about more than crafting inquiry; it goes further to pose new realities or potential realities that run contrary to how we think and how we see our own identities within the context of our work.

Learn

Upcoming Events
Recent Publications

“Engaging one another in Upside Down Thinking is not purposed to prove such premises as correct, though at times the premise might just be true, but more so are meant to facilitate new visions and actions that are based on truly testing what we hold to be sacrosanct.”

~Mark Holmgren

And to that end...

3) Use Asset-based approaches

- Encourage community based programs like Bernie's. Know you can't create them, nor can you run them, just help them...
- Understand the importance of recreation as an activity that builds social capital
- Never think you know. Talk to people. Lots of community engagement

“Go in search of people, Begin with what they know. Build on what they have.”

Chinese Proverb

The End

Thanks, Jeff

jmills@themills.on.ca

613 256-1031 ext 63

Questions?