



Duff's Presbyterian Church
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R.R. #3 Guelph, ON
N1H 6H9
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May 18, 2015

Mayor Dennis Lever & Council

Township of Puslinch
7404 Wellington Rd. 34
R.R. #3 Guelph, ON
N1H 6H9

Dear Mayor Lever;

Last year I requested a letter of endorsement to allow Duff's Presbyterian Church to apply for the Age Friendly Community Grant, this grant if awarded will benefit the local community in 2016. Duff's Church is grateful for the unanimous support provided by the Township Council. I am presently requesting support for the month of June 2015 to waive the rental fee at the Optimist Recreation Centre from June 8 through to the 30 to promote a Zumba Gold program on Mondays from 1pm.-2pm and Tuesdays from 7pm.-8pm.

Zumba is a fitness program that combines Latin and International music with dance moves. Zumba routines incorporate interval training-alternating fast and slow rhythms-and resistance training. An aerobic activity that reduces health risks, increases cardiac health, strengthens the core, improves balance and can improve your mood. The Canadian Physical Guidelines for adults over 18 years is 150 minutes of moderate to vigorous aerobic activity per week. The classes would be lead by a certified Zumba instructor, Karen Keleher (current instructor at Duff's) these classes would be provided free of charge for the month of June. My hope is create interest in the wider Community of Puslinch to encourage those who feel they cannot attend the program at Duff's if they do not attend the church, even though the

program is open to all. A member of the Recreation Committee suggested the change to the ORC to encourage the Community to join a fitness program. The schedule time of classes would encourage people who are unable to attend the daytime class an opportunity to improve their health. If there is enough interest I am proposing to continue the program through the summer and the rental fee would be paid as per payment schedule. The people who attend would pay a fee to the instructor to cover the rental cost and instructor's time starting in July.

This is an opportunity to implement some of the ideas from the Recreation and Parks Master Plan. To quote Mother Teresa, "I can do things you cannot, you can do things I cannot; Together we can great things!"

Regards,

Karen Harding R.N. Duff's Parish Nurse