

## Fitness Committee Annual Report to the Residents Council for 2017

“The Fitness Committee promotes and encourages resident participation in fitness opportunities and the use of the fitness center. The Fitness Committee plans and carries out activities and events for residents to achieve that goal. The Fitness Committee supports and provides a sounding board for the Friendsview Fitness Coordinator.”

Members for the committee for 2017 were: Lee Curry, Chair, Janet Davis, Anthony Gorsek (staff), Stan Kern, Jeanie Monahan, Eileen Turner, and Virginia Wood, Recorder. We have two new members joining the committee in 2018 Norman Penner and Mary Jo Hernandez.

The Fitness Committee meets monthly to plan activities that supplement or support those provided by the Fitness Coordinator and Community Life Office. Committee members take responsibility for promoting and leading these activities. Activities are selected based on the season, weather, and the availability of the bus. Each week table tennis is scheduled in the morning on Tuesday and Thursday at Springbrook Meadows and on Wednesdays in the activity center at the main campus. Seasonal activities include bowling in the winter and destination walks in the spring, summer, and fall. Free bus transportation is provided for these events.

Destination Walks this year were to the Tualatin River Wildlife Refuge in Sherwood, Champoeg and Willamette Mission State Parks, Cook Park and Magness Memorial Forest in Tigard, and the Allison Resort Gardens in Newberg. Destination Walks take place away from the Friendsview residential areas and require bus transportation. Also held in the fall was an archery trip led by Becky Jackson. To continue to encourage walking closer to home we had the Walking Guide reprinted so that it would be available for current residents as well as new residents moving into University Village. Our special event for the year was an afternoon spent enjoying a new sport, Bocce Ball, with members of the Special Olympics team that represents Newberg. Also being continued from 2016 was our support of staff to lead Slow Walks. These walks enabled those in walkers or with mobility needs to enjoy a walk with others around the campus.

We received a request from residents in 2016/17 to provide a horseshoe pit on campus. After exploring possibilities we decided to provide for this activity on campus. A Horse Shoe Pit will be constructed in 2018. The design chosen will accommodate individuals with strength and mobility issues. Also planned is to continue to introduce the community to another low intensity activity, Bocce Ball. Our Destination Walks will continue, but as noted in our budget proposal we will need to schedule the short walk on a Monday or Friday which means our transportation costs will rise considerably. We appreciate the approval of our 2018 budget so that we can continue this activity.

Our moto is Be Active Stay Healthy. We are always open to receiving suggestions for activities.

## Fitness Committee Expenditures for 2017 for R.C.

Date	Description of Expense	Amount	TTL. EXP.	Budget remaining
1/20/2017	Bowling trip / Big Al's-Beaverton - Bus	\$60.00		\$890.00
2/24/2017	Bowling trip / Walnut City	\$60.00		\$830.00
3/13/2017	Bowling trip / Big Al's-Beaverton - Bus	\$60.00		\$770.00
	Printing (new copies of Walking Guides)			
6/3/2017	ordered 3/17/17	\$147.79		\$662.21
6/9/2017	Bus to Tualatin Wildlife Refuge (Fri. 5/19/17)	\$60.00		\$602.21
7/28/2017	Spec. Olmp. Bocci Ball Refresh. 6/22/17	\$58.35		\$543.86
8/1/2017	6/12/17 bus - Rotary Nature Preserve	\$60.00		\$483.86
8/1/2017	7/21/17 bus - Willamette Mission Park	\$60.00		\$423.86
8/1/2017	7/31/17 bus - Sylvan Archers Center	\$60.00		\$363.86
8/1/2017	7/21/17 Parking Fee WMPk Virginia Wood	\$5.00		\$358.86
8/24/2017	8/14/17 Bus trip to Champoeg State PK.	\$60.00		\$298.86
9/24/2017	9/24/17 bus to Magness Mem. Arboretum	\$60.00		\$238.86
10/16/2017	10/16/17 bus to Cook Park, Tigard	\$60.00		<b>\$178.86</b>

Plans for for new Horse shoe pit Bocci Ball Court did not progress in time to make use of yhr remaining **\$178.86**