

## **Council supports grant to enable accessible fitness program**

(Penticton, BC – October 30, 2018) – During a presentation at the October 30 regular meeting, Council endorsed a staff recommendation to apply for a Union of British Columbia Municipalities (UBCM) 2019 Age-Friendly Communities Grant supporting the proposed Penticton Social Activities and Fitness for Everyone (S.A.F.E.) program.

If grant funding is received, SAFE will provide equal opportunities for individuals to connect to services and supports thereby enabling them to become more involved in their community through fitness, aquatic, dance, music, self-management, sport and arts and crafts. Further details on the SAFE program will be available in 2019.

“The Recreation Department is applying for \$15,000 in grant funding to create and implement a free social inclusion and exercise program,” says Recreation Business Supervisor, Kelsey Johnson. “The program is specifically designed for 55-69 year olds with cognitive, intellectual and developmental disabilities, with the aim to reduce isolation, depression and inactivity through a variety of inclusive social and physical activities”

The UBCM 2019 Age-Friendly Communities Grant Program funding is intended to assist local governments in BC to best support aging populations, develop and implement policies and plans, or undertake projects that enable seniors to age in place and facilitate the creation of age-friendly communities.

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