



CITY OF DUBLIN  
SENIOR CENTER ADVISORY COMMITTEE  
MEETING AGENDA

THURSDAY, FEBRUARY 6, 2014, 9:30 AM  
DUBLIN SENIOR CENTER, 7600 AMADOR VALLEY BOULEVARD

1. **CALL TO ORDER**

2. **PLEDGE OF ALLEGIANCE**

3. **ORAL COMMUNICATIONS**

3.1 **Public Comments**

At this time, the public is permitted to address the Dublin Senior Center Advisory Committee on non-agendized items. The Committee must, however, comply with all State Laws in regard to items not appearing on the posted agenda. The Committee may respond to statements made or questions asked, or may request Staff to report back at a future meeting concerning the matter. Any member of the public may contact the office of the Dublin Senior Center related to the proper procedure to place an item on a future Dublin Senior Center Advisory Committee agenda. The exceptions under which the Dublin Senior Center Advisory Committee MAY discuss and/or take action on items not appearing on the agenda are contained in GC 54954.2(b)(1)(2)(3).

4. **MINUTES OF THE REGULAR MEETING – December 5, 2013**

**STAFF RECOMMENDATION: Approve Minutes**

5. **WRITTEN COMMUNICATIONS – None**

6. **UNFINISHED BUSINESS – None**

7. **NEW BUSINESS**

7.1 **Election of Officers**

The Advisory Committee shall annually elect a Chairperson and Vice Chairperson per the Bylaws and Rules of Procedure for the Senior Center Advisory Committee.

**RECOMMENDATION: Conduct Elections for Chairperson and Vice Chairperson.**

7.2 **2013 Fall Quarterly Report**

The Advisory Committee shall receive a report about the Dublin Senior Center activities and attendance during the fall 2013 quarter.

**RECOMMENDATION: Receive report.**

7.3 **Car Show Subcommittee Appointments**

The Advisory Committee shall appoint two Advisory Committee Members to the Car Show Subcommittee.

**RECOMMENDATION: Receive Report and appoint two Senior Center Advisory Committee Members to the Car Show Subcommittee.**

7.4 **Senior Center Special Luncheon for March 2014**

The Advisory Committee shall receive a report on Special Luncheon ideas for March 2014.

**RECOMMENDATION: Receive Report and provide input.**

This AGENDA is posted in accordance with Government Code Section 54954.2(a)

*If requested, pursuant to Government Code Section 54953.2, this agenda shall be made available in appropriate alternative formats to persons with a disability, as required by Section 202 of the Americans with Disabilities Act of 1990 (42 U.S.C. Section 12132), and the federal rules and regulations adopted in implementation thereof. To make a request for disability-related modification or accommodation, please contact the Dublin Senior Center (925) 556-4511 at least 72 hours in advance of the meeting.*

*A complete packet of information containing Staff Reports (Agenda Statements) and attachments related to each item is available for public review at least 72 hours prior to a Senior Center Advisory Committee Meeting or, in the event that it is delivered to the Committee less than 72 hours prior to a Senior Center Advisory Committee Meeting, as soon as it is so delivered. The packet is available at the Dublin Senior Center.*

**7.5 Live Healthy Dublin – “Step 2 It Challenge”**

The Advisory Committee shall receive a report on the latest Live Healthy Dublin team challenge.

**RECOMMENDATION: Receive report.**

**8. OTHER BUSINESS**

**8.1 Brief Informational Only Reports from the Dublin Senior Foundation, Parks and Community Services Commission Liaison, Advisory Committee Members and Sub-Committees, and/or Staff; and Reports by Advisory Committee Members related to Meetings Attended at City Expense (AB 1234)**

**9. ADJOURNMENT**



**CITY OF DUBLIN  
SENIOR CENTER ADVISORY COMMITTEE  
SPECIAL MEETING MINUTES OF DECEMBER 5, 2013**

# Draft Copy

## **Call to Order**

Vice Chairperson Guarienti called the meeting to order at 10:30 AM.

## **Roll Call**

Committee Members (CM) Present: Diane Bonetti, Faye Guarienti, Holly Ito, Ramona Krausnick

Absent: Eddie Jo Mack

Parks and Community Services Commission Liaison: Connie Mack

Staff Present: Rich Jochner, Recreation Supervisor; Anna Hudson, Recreation Coordinator; Diane Guenther, Office Assistant

## **Oral Communications**

### **3.1 PUBLIC COMMENTS**

Councilmember David Haubert introduced himself and thanked the Committee Members for their service.

## **Approval of the Minutes**

**CM KRAUSNICK MADE A MOTION TO APPROVE THE NOVEMBER 7, 2013 MINUTES. THE MOTION WAS SECONDED BY CM ITO. THE SENIOR ADVISORY COMMITTEE APPROVED THE MINUTES OF THE NOVEMBER MEETING BY A VOTE OF 3-0-1 WITH CM MACK ABSENT AND CM BONETTI ABSTAINING AS SHE WAS NOT PRESENT AT THE OCTOBER MEETING.**

## **Written Communication – None**

## **Unfinished Business - None**

## **New Business**

### **7.1 SENIOR CENTER ALTERNATIVE LUNCH PROGRAM**

Staff provided information on a possible additional lunch offering to the daily Spectrum meal for Wednesday Bingo Days. A breakdown of cost and meal choices from five local restaurants was

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**CITY OF DUBLIN SENIOR CENTER ADVISORY COMMITTEE**

**MINUTES OF DECEMBER 5, 2013**

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presented to the Committee Members. Prices for the meals ranged from \$5.36 to \$9.04. In addition, a \$1 convenience fee will be added to the cost of each meal.

CM Guarienti asked if Staff inquired about delivery services. Staff stated that they have not yet explored that option.

Committee Members also noted that some of the restaurants listed offer senior discounts that were not reflected in the prices quoted. Staff will check with the restaurants to check whether senior discounts are offered.

CM Ito suggested that on Bingo Wednesdays, the meal order be taken one week prior and the fee should be pre-paid at the time of ordering your sandwich.

CM Guarienti suggested having one set price for each sandwich meal, no matter which restaurant provides it.

The Committee Members discussed possible guidelines for refunds to persons who cancel after lunches are ordered or for no show individuals.

Commissioner Mack suggested exploring the possibility of the Foundation approaching restaurants for discounted meals as charitable donations.

***CM Bonetti motioned the Dublin Senior Center Foundation be approached to sponsor the Wednesday Lunch Program, in conjunction with Bingo. The motion was seconded by CM Ito and accepted by the Committee Members.***

At the Advisory Committee's request Staff will research the possibility of offering a catered lunch by local restaurants other than Spectrum Community Services for the special luncheons and possibly reflect the monthly theme of the entertainment.

Staff suggested taking a survey of prior participants asking their thoughts on a new catered lunch and whether they would be willing to pay more if the quality of the meal was improved.

Staff asked the Committee Members how much they would be willing to pay for a catered lunch. CM Bonetti felt that most patrons would be willing to pay \$10, but \$12 would be too high. Staff stated that for a meal with entertainment, \$10-\$12 would be the minimum cost.

Staff suggested that the Spectrum meal could also be offered as a lower cost alternative in conjunction with the special luncheon.

***CM Guarienti made the motion to offer a pilot catered lunch program for the 2014 February Special Luncheon. CM Ito seconded the motion; the motion was approved by the Committee Members.***

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**7.2 SENIOR CENTER LUNCH EVALUATION PROGRAM**

Staff outlined how the evaluations would work and provided sample forms for the Committee Members to review.

CM Krausnick suggested having the lunch evaluations made available at lunch today, and Staff agreed.

CM Guarienti asked if evaluations would be available every day. Staff said yes and stated that the information obtained would be provided to Spectrum.

**Other Business**

CM Bonetti provided the Senior Foundation Report. The Foundation has discussed the idea of a marquee at the Senior Center, but there is no information yet and it is on their agenda. The Holiday Boutique drew 600 participants and netted \$2,366.69 to the Foundation.

**Adjournment** – 11:37 AM.

Respectfully submitted,

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Diane Guenther  
Office Assistant

Approved:

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Faye Guarienti  
Vice Chairperson



**AGENDA STATEMENT**  
**SENIOR CENTER ADVISORY COMMITTEE**  
**MEETING DATE: February 6, 2014**

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**SUBJECT:** Election of Chairperson and Vice Chairperson  
*Report Prepared by Rich Jochner, Recreation Supervisor*

**ATTACHMENTS:** None

**RECOMMENDATION:** Conduct Elections for Chairperson and Vice Chairperson

**FINANCIAL STATEMENT:** None

**DESCRIPTION:** The Bylaws for the Senior Center Advisory Committee state:

**V. OFFICERS**

A. Election and Term of Office. The Chairperson and Vice Chairperson are elected by the majority of the Advisory Committee for a 1-year term and hold office until their successors are elected or until their terms as members of the Advisory Committee expire. The officers are elected at the first meeting of the Advisory Committee in January of each year. Elections, whether regular or to fill vacancies shall be held only if a majority of the Advisory Committee members are present. The Advisory Committee shall, unless no Committee Members meet the criteria, elect Committee Members to the positions that have not previously served in the position and that have not declined the appointment, with the intent that no one should serve in the position for no more than two consecutive years.

The secretary to the Advisory Committee will be the City Manager or his/her designate.

B. Vacancies. In case of any vacancy in the office of Chairperson or Vice Chairperson, the vacancy shall be filled by an election held at the first regular meeting after the occurrence of such vacancy. The person so elected shall serve the balance of the term.

- C. Duties of Officers. The Chairman performs the following duties:
1. Presides at all meetings of the Advisory Committee.
  2. Appoints sub-committees and chairpersons of sub-committees as necessary.
  3. Signs correspondence on behalf of the Advisory Committee.
  4. Represents the Advisory Committee before the Parks and Community Services Commission and City Council, or designates a representative.
  5. Performs other duties as necessary or customary to the office.

In the event of the absence of the Chairperson or his/her inability to act, the Vice Chairperson presides in place of the Chairperson. In the event of the absence of or the inability to act of both the Chairperson and the Vice Chairperson, the remaining members shall elect one of their members to act as temporary Chairperson.

**RECOMMENDATION:** Staff recommends the Senior Center Advisory Committee conduct elections for Chairperson and Vice Chairperson.

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**COPIES TO:**

**ITEM NO: 7.1**



**AGENDA STATEMENT  
SENIOR CENTER ADVISORY COMMITTEE  
MEETING DATE: February 6, 2014**

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**SUBJECT:** **2013 Fall Quarterly Report**  
*Report Prepared by Anna Hudson, Recreation Coordinator*

**ATTACHMENT:** 2013 Fall Attendance Report

**RECOMMENDATION:** Receive report

**FINANCIAL STATEMENT:** None

**DESCRIPTION:** **SENIOR CENTER**

The Dublin Senior Center offers activities and events that promote healthy living for seniors, and the opportunity to build new friendships through recreation. The following is a summary of the 2013 fall quarter. A detailed attendance report can be found in Attachment 2.

**Senior Center Attendance Comparison**

<b>Attendance Type</b>	<b>2013</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2009</b>
Drop-In	2,501	2,542	2,523	2,400	1,657
Programs & Activities	11,369	10,668	10,543	10,555	11,469
<b>Total</b>	<b>13,870</b>	<b>13,210</b>	<b>13,066</b>	<b>12,955</b>	<b>13,116</b>
<i>Avg. Daily Attendance</i>	<i>227</i>	<i>213</i>	<i>214</i>	<i>216</i>	<i>215</i>
	(61 days)	(62 days)	(61 days)	(60 days)	(61 days)
Total Volunteer Hours	4,250	4,304	4,146	3,419	3,615

The Senior Center experienced a 7% increase in Programs and Activities attendance and 5% increase in total Senior Center attendance. Total volunteer hours dropped slightly. The decrease is attributed to the resignation of a key volunteer who typically accumulated a large number of hours.

Several new classes and activities were offered this quarter: American Sign Language, Chinese Mah Jong, and Pen & Ink Portraits. A drop-in option for Ballroom Dance was also new to this quarter.

Classes and Activities showing significant increases were Ballroom Instruction, Food Distribution, Pilates, Ping Pong, Sing Along, Ukulele and Trips and Tours.

The annual Senior Information and Resource Fair was offered on the first Saturday of October and attracted approximately 425 participants. The event had 50 vendors of which 14 were new to the event.

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**ITEM NO.:7.2**

The 6<sup>th</sup> Annual Hometown Heroes Event, held on the first Saturday in November, attracted approximately 150 attendees to pay tribute to our veterans.

The 3<sup>rd</sup> Annual Holiday Craft Boutique sponsored by the City of Dublin and Dublin Senior Foundation was held the Saturday before Thanksgiving, with 71 vendors selling items. Approximately 650 people attended the event.

## September

- A new Pen & Ink Portrait activity started this month where portraits are hand drawn from a photo by a talented teen artist.
- Instructor Shelia Holmes began teaching an American Sign Language course which is offered on Wednesdays.
- The new Smart Eats cooking class attracted seventeen participants who learned how to prepare new recipes and sampled the finished products.
- Seventeen Wicklow Square Apartment residents as well as Senior Center patrons came together at our first Recycling Party. Those who attended dropped off their recyclable bottles and cans to redeem door prizes.
- The educational workshop on Health Care Reform and Medicare attracted eleven participants. Thirteen seniors participated in a van trip to Sonoma Vintage Festival.

## October

- The Senior Information and Resource Fair attracted 50 private businesses, non-profit agencies and government organizations to serve approximately 425 patrons.
- The Senior Center received three \$500 sponsors for Senior Center programs and activities: Palo Alto Medical Foundation, Hired Hands, Inc., and Angels Golden Age Home Care.
- Eleven seniors decorated a holiday glass plate in the Decorative Plate craft class.
- Twenty-nine seniors registered a Smart Eats cooking class and learned how to make turkey chili.
- Senior patrons enjoyed three van trips in October: 1) A trip to the San Francisco *International Culinary School* featuring a 3-course gourmet meal prepared by culinary students, 2) A day at the races and an all-you-can-eat buffet at Golden Gate Fields, and 3) A four-course lunch and musical revue starring female impersonators from the original, world-famous *Finocchio's Nightclub*, San Francisco.

## November

- Hometown Heroes, a Veterans Day event, honored veterans of today and past. The event included a welcome by Mayor Sbranti, recognition of veterans by branch of service by Camp Parks Garrison Commander Gerdes, and a musical performance by the *CoolTones* Big Band. In addition, 80 photos of veterans were displayed.
- A holiday card making class was offered by instructor Barbara Gifford.
- Singer & banjoist, John Conway entertained 44 seniors during the Veterans' Appreciation Luncheon.
- The van trip to San Francisco Exploratorium allowed the seniors to play, explore with science experiments and connect with each other.
- The Senior Center Foundation held an annual Holiday Craft Boutique featuring the crafts of 70 vendors, attracted approximately 650 attendees.
- Nineteen seniors customized their own personal pizzas at the Smart Eats cooking class.

## Testimonials

### October



*Vendor (SAFTE) Evaluation Comment:* The venue was great but mostly the staff. They're incredible. It is the best senior expo around.

*Vendor (Hope Hospice) Evaluation Comment:* Well organized. Great food. The staff was welcoming. The facility was very nice.

### **November**

Comment from a Patron visiting for the first time: "I came to the Dublin Senior Center because it came highly recommended from a friend. I am planning to move to Dublin in the near future and after touring the facility, I am very impressed. I am excited to participate and volunteer soon." Rose Y., Fremont

Thank you card received: We really enjoyed the Veterans Celebration last Saturday. So good to honor many veterans including my husband (who served) in the Army in Vietnam. Your display is a grand tribute. The visitors from Camp Parks, City of Dublin and the Cooltones made it a great afternoon. Thank you. Dennis & Mary A, Dublin.

**RECOMMENDATION:** Staff recommends that the Senior Center Advisory Committee receive the report.

# SENIOR CENTER ATTENDANCE REPORT: FALL 2013

Fall 2013	Sept	Oct	Nov	2013	2012	%change
AARP Mature Driving	10	3	0	13	20	-35%
Advisory Committee	5	5	5	15	10	50%
American Mah Jong	46	50	43	139	153	-9%
Chinese Mah Jong (new) - new	35	48	26	109	0	NA
Art Studio (Art for All Media)	18	19	14	51	64	-20%
Art Saturday	12	21	0	33	0	NA
Balance Strength Agility	40	60	52	152	210	-28%
Balloon Twisters	3	0	0	3	26	-88%
Ballroom Dance/Drop In	29	55	0	84	0	NA
Ballroom Instruction - new	44	55	22	121	77	57%
Bingo	205	315	202	722	673	7%
Blankets for Vets	45	50	27	122	119	3%
Body Matrix	0	0	0	0	20	NA
Bridge	261	314	279	854	842	1%
Building Tour	20	18	21	59	23	157%
Bunco	26	35	26	87	107	-19%
Computer 1-on-1	53	11	25	89	67	33%
Computer Drop In	80	58	76	214	328	-35%
Crafts Workshop	0	11	0	11	16	-31%
Card Making-Holiday Cards	0	0	0	0	7	NA
Diabetes Support	9	8	6	23	13	77%
ESL	39	48	72	159	200	-21%
Fit Over 50 - new	24	24	0	48	0	NA
Exercise-Folk Dance	0	0	0	0	43	NA
Food distribution	419	439	407	1,265	1,101	15%
Foundation Meeting	13	13	13	39	36	8%
Health Screen	10	0	0	10	8	25%
HICAP-Reg & Sp Group Talk	3	4	3	10	26	-62%
Holiday Boutique	0	0	600	600	375	60%
Line Dance	697	764	597	2,058	1,965	5%
Lunch	232	278	210	720	752	-4%
Luncheon Specials	20	17	44	81	144	-44%
Memory Screening	0	0	0	0	4	NA
Music - Piano	11	10	10	31	19	63%
NIA	12	20	24	56	54	4%
Needle Arts	27	30	16	73	61	20%
Pasta Feed by the Foundation	0	0	0	0	92	NA
Path Wanderers	49	52	35	136	114	19%
Pilates	56	56	48	160	107	50%
Pinochle	19	29	0	48	24	100%

Ping Pong	194	232	130	556	473	18%
Reading Group	9	9	8	26	33	-21%
Scrapbooking	10	15	0	25	0	NA
Sign Language	12	18	12	42	0	NA
Sing Along	53	56	37	146	99	47%
Tai Chi Chih	15	10	12	37	57	-35%
Tai Chi Chuan	72	55	80	207	177	17%
Trail Trekkers	78	98	20	196	282	-30%
Trips and Tours	27	30	14	71	22	223%
Ukulele - Sunshine Strummers	51	52	54	157	128	23%
Ukulele - Melody Minstrels	30	44	36	110	73	51%
Self Defense	0	0	0	0	30	NA
Senior Resource Fair	0	425	0	425	350	21%
Smart Eats	15	29	15	59	0	NA
Watercolor Instruction	144	144	144	432	440	-2%
Watercolor Drop-in	0	0	0	0	42	NA
Wheels Travel Training	2	0	1	3	19	-84%
Writing - Polish Fiction	48	64	48	160	171	-6%
Writing Workshop	0	0	0	0	21	NA
Yoga - Gentle	36	21	30	87	64	36%
Zumba	19	19	20	58	60	-3%
Sp Event: Hometown Heroes	0	0	150	150	125	20%
Recycle Event/Display Visits	0	0	40	40	60	-33%
Workshops (not offered 2013)	0	0	0	0	29	NA
<b>SubTotal</b>	<b>3,377</b>	<b>4,238</b>	<b>3,754</b>	<b>11,369</b>	<b>10,655</b>	<b>7%</b>
<b>Drop In (41 per day)</b>	<b>820</b>	<b>943</b>	<b>738</b>	<b>2,501</b>	<b>2,542</b>	<b>-2%</b>
<b>Total Attendance</b>	<b>4,197</b>	<b>5,181</b>	<b>4,492</b>	<b>13,870</b>	<b>13,210</b>	<b>5%</b>
<b># Days</b>	<b>20</b>	<b>23</b>	<b>18</b>	<b>61</b>	<b>62</b>	<b>-2%</b>
<b>Average Daily Attendance</b>	<b>210</b>	<b>225</b>	<b>250</b>	<b>227</b>	<b>213</b>	<b>7%</b>
<b>Total Volunteer Attendance</b>	<b>1,500</b>	<b>1,525</b>	<b>1,225</b>	<b>4,250</b>	<b>4,304</b>	<b>-1%</b>



**AGENDA STATEMENT**  
**SENIOR CENTER ADVISORY COMMITTEE**  
**MEETING DATE: FEBRUARY 6, 2014**

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**SUBJECT:** Appointments to Car Show Subcommittee  
*Prepared by Frank Luna, Recreation Supervisor*

**ATTACHMENTS:** None

**RECOMMENDATION:** Appoint two Senior Center Advisory Committee Members to the Car Show Subcommittee

**FINANCIAL STATEMENT:** None

**DESCRIPTION:** In April 2013 the third annual “Dublin Community Car Show” was held at the Heritage Park and Museums. The Senior Center Advisory Committee and Youth Advisory Committee assisted City staff in the planning and coordination of the event. Based on the success of the previous car show events, the Subcommittee from last year recommended continuing to hold the annual “Dublin Community Car Show” during the spring season at the Heritage Park and Museums.

Staff recommends beginning Subcommittee meetings in March 2014 to assist City Staff with the planning and coordination of the event. The Car Show is scheduled for May 3, 2014. The Car Show Subcommittee would include four members from the Youth Advisory Committee and two members from the Senior Center Advisory Committee, and City Staff.

The Subcommittee shall meet will Staff one time per month beginning in March, to prepare for the event.

**RECOMMENDATION:** Staff recommends that the Senior Center Advisory Committee receive the report and appoint two Senior Center Advisory Committee Members to the Car Show Subcommittee.

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**COPIES TO:**

**ITEM NO: 7.3**



**AGENDA STATEMENT**  
**SENIOR CENTER ADVISORY COMMITTEE**  
**MEETING DATE: FEBRUARY 6, 2014**

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**SUBJECT:** Senior Center Special Luncheon for March 2014  
*Report Prepared by Rich Jochner, Recreation Supervisor*

**ATTACHMENTS:** None

**RECOMMENDATION:** Receive report and provide input.

**FINANCIAL STATEMENT:** None

**DESCRIPTION:** The Advisory Committee asked Staff to offer a pilot catered lunch program for the 2014 February Special Luncheon. The February Special Luncheon was already planned and advertised in the *Dublin Doings* newsletter which had been available to patrons since last November. Staff explored possible catering options for the March St. Patrick's Day Special Luncheon on Thursday, March 13. Two caterers submitted bids. The proposed menu would include traditional corned beef, carrots, cabbage, dinner roll and dessert. Entertainment will be provided by Mark Shaw, singer and fiddler. The prices below include both the food and entertainment costs:

	<i>Catering fee per person</i>
Green Lantern Catering <i>(St. Patrick's Day Festival vendor)</i>	\$16.25 for resident senior \$19.50 for non-resident senior or under 50
Checkers Catering <i>(Have catered previous Senior Center luncheons)</i>	\$22.25 for resident senior \$26.75 for non-resident senior or under 50

**RECOMMENDATION:** Staff recommends that the Senior Center Advisory Committee receive the report and provide input.

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**COPIES TO:**

**ITEM NO: 7.4**



**AGENDA STATEMENT**  
**SENIOR CENTER ADVISORY COMMITTEE**  
**MEETING DATE: FEBRUARY 6, 2014**

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**SUBJECT:** **Live Healthy Dublin- “Step 2 It Challenge”**  
*Prepared by Frank Luna, Recreation Supervisor*

**ATTACHMENTS:** None

**RECOMMENDATION:** Receive Report

**FINANCIAL STATEMENT:** None

**DESCRIPTION:** The City of Dublin Parks & Community Services Department is inviting the public to participate in a community-wide event to motivate, educate, and empower residents to achieve optimal health through a customized wellness challenge.

The “Step 2 It Challenge” is a great way to team up with co-workers, family, or friends to get active, lose weight, eat better, and live a healthier lifestyle. The cost is just \$10 per participant for the first 400 registrants, and after 400 registrants, the cost is \$16 per participant.

Participants will receive a pedometer to track steps; weekly motivational emails; and unlimited access to the online resource center which provides video and workout plans, activity, nutrition, and recipe tips; and a personalized online tracking page and journal. The “Step 2 It Challenge” will begin March 16 and end May 25. Here’s how it works:

- Gather a team of 2-10 people and register your team at [www.livehealthydublin.com](http://www.livehealthydublin.com). The Team Captain must register the team and choose a team name.
- Enter Group Registration ID: **LHDUBLIN**
- Set up a personal profile online to record goals and weekly progress.
- The Team Captain will communicate with teammates weekly to keep everyone motivated and inform team members of fitness and wellness activities offered in the community.

Teams will be competing against teams of like-size (i.e., teams of 2-3, 4-6, 7-10) and will be eligible to receive rewards/prizes throughout the 10-week challenge. This program will take the spirit of team work, add a measure of friendly competition, and use the power of the internet to encourage people to reach their fitness goals and pursue healthier lifestyles.

**RECOMMENDATION:** Staff recommends that the Senior Center Advisory Committee receive the report.

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**COPIES TO:**

**ITEM NO: 7.5**