



## Grass Lake Community Wellness Initiative

Meeting August 15<sup>th</sup>, 2016, 6 p.m. Township Hall

1. Introductions
2. Review of Year 4 of the Senior Center-Joyce Sager, Jennifer Smith, and Trinh Pifer
3. Year 5 Plan: Lori Kintz will begin to collect information for this year's plan.
4. Continue developing a list/budgets for potential Year 5 Interventions
  - Below is a list of potential Year 5 interventions and estimates on funding. The Year 5 Plan will be submitted to the 5 Healthy Towns Foundation Board of Directors in November 2016. Budget for Year 5 is \$75,000. We will continue to develop this list over the next few months.

| Intervention Name          | Budget                                     | Coalition Review: Year 4 |
|----------------------------|--|--------------------------|
| Healthy Eating Classes     | \$4,200                                    | Reviewed in May 2016     |
| Project Safe Graduation    | \$1,000                                    | Reviewed in June 2016    |
| Farmers Market             | \$20,000                                   | Reviewed in January 2016 |
| Sports/Trails/Parks        | \$10,000                                   | August 2016?             |
| Food for Friends           | \$1,500                                    | December 2016            |
| Senior Activities          | \$5,000                                    | August 2016              |
| Outdoor Yoga               | \$1,000                                    | September 2016           |
| My Choice My Health        | \$5,500                                    | Fall 2016                |
| Safe Routes to School      | \$20,000                                   | Reviewed May 2016        |
| Event Sponsorships         | \$4,000                                    | N/A                      |
| <b>TOTAL</b>               | <b>\$72,200</b>                            | ---                      |
| Wish List                  |  |                          |
| School Fitness Coordinator | \$22,000                                   | Reviewed in April 2016   |
| Community Garden           | \$0 (looking for someone to take the lead) | N/A                      |
| Boys on the Run            | ?  | N/A                      |

### Need to discuss:

- Update on sand volleyball courts
  - Thoughts on "little free yard games" idea
5. 5H Magazine- Ashley Tomasi
  6. 5H Strategic Planning and Visioning Sessions Update
  7. CRC Health Fair, August 24<sup>th</sup>-please bring any materials you want showcased at the event to the meeting
  8. Any Other Items?
  9. Announcements



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Reminders:

- ***Next grant submission deadline is October 7th***

**Upcoming meetings**

|                            |   |
|----------------------------|---|
| September 19 <sup>th</sup> | Lori Kintz comes to review first draft of Y5 Plan, Review of Yoga by the Lake |
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