

Mayor's Council on Physical Fitness and Health

Activity and Recreation Center (ARC)
1701 W. Ash Street, Columbia, Missouri
Thursday, Oct 3, 2019

Meeting Minutes

Members Present: Sasha Pass, Chris Hawf, Lisa Kinser, Jane Church, Matt Ogle, Avila Nilon, Liz Harrison, Susie Miller, Teresa Gooch

Members Absent (excused): Kara Truitt, Karen Reider, Sarah Schlemeier, Laura O'Neil

Members Absent (unexcused):

Staff Present: Tammy Miller

Call to order: Meeting called to order at 4:30 p.m.

Approval of Agenda: The agenda was approved on a motion by Hawf, seconded by Kinser. Motion passed 7-0.

Approval of Minutes: The minutes were approved on a motion by Harrison, seconded by Hawf. Motion passed 7-0.

(Susie Miller arrived).

Old Business:

October events (Glow Zumba and Bring Your Own Big Wheel)

(Avila Nilon arrived).

Church said she had researched prizes for the potential Glow Zumba event in preparation. The Council decided to postpone the October date until a later time to allow more promotion. Kinser said it seemed like instructor availability dictated what the date would be.

Ogle mentioned having it indoors at the ARC in January to celebrate the new year. The Council also discussed having it outdoors in the spring and again in the fall.

Pass said she would talk to staff liaison Brian Higginbotham about a new date.

Tammy Miller mentioned the Bring Your Own Big Wheel event at the ARC on Oct. 26. Susie Miller, Nilon and Pass said they could volunteer. Tammy Miller will let staff coordinator Dayton Grover know of them volunteering.

Awards ceremony

Higginbotham had received two paper copies and Pass said she received about 49 but many of those are duplicates.

The Council discussed potential dates and next steps. Since the deadline for the applications is Oct. 15, a judging subcommittee will need to be formed, Pass said. Hawf, Kinser, Pass, Harrison and Gooch said they could volunteer.

Tammy Miller said she would set a judging meeting date after Oct. 15. The subcommittee will then report back to the full Council at the next regular meeting on Nov. 7.

New Business:

Discuss potential 2020 events

The Council discussed possibly having two Glow Zumba events in 2020. Pass said she would like to be more proactive in planning and getting events on the calendar well in advance to better promote them.

The Council discussed at some point possibly partnering with Farmers Market once the demonstration kitchen facility is complete. Harrison commented that University Extension is planning some events there.

Nilon mentioned she would like to make sure the seniors population is served by an event, possibly tying into the Senior Center or the Silver Sneakers program.

Events discussed tentatively are: Bring Your Own Big Wheel in February; Glow Zumba in April, Bike Walk and Wheel breakfast station in May; Farmers Market booth in June; Family Fun Fest event in July; Glow Zumba in October and the annual awards in November.

Harrison mentioned the possibility of promoting healthy habits and physical fitness to lower-income families by helping to promote what services what might be available among various agencies.

General Comments by Public, Members and Staff

None.

Next Meeting:

Thursday, Nov. 7 at 4:30 p.m.

Adjournment: Meeting adjourned at 5:30 p.m.

Minutes submitted by Tammy Miller.