



# Brampton

## Media Release

June 3, 2009

09-023

### **BRAMPTON SENIORS “ON THE MOVE” IN NEW GYM 6000 sq ft facility designed to keep seniors active**

BRAMPTON, ON: June is Seniors Month in Ontario, and the City of Brampton is celebrating with the opening of a new seniors' gymnasium at the Flower City Seniors Recreation Centre. The new expansion includes a 6000 sq ft gym, as well as fully accessible washrooms, change rooms and kitchenette.

The opening of the new gymnasium is in keeping with the City of Brampton's commitment to ensuring residents of all ages have access to its parks and recreation facilities.

“Our seniors play a major role in shaping our community,” says Mayor Susan Fennell. “This new facility will enable a greater number of seniors to learn new skills, stay active and improve their overall quality of life.”

With over 2500 members, the Flower City Seniors Recreation Centre, located at 8870 McLaughlin Road, boasts one of the largest memberships in the province. This new expansion will allow an even greater number of seniors to participate in activities, classes and events. Badminton, shuffleboard and fitness classes are some of the programs that will be offered in the new gym. In addition, the space will allow for social events such as lunches, information sessions and entertainment.

“We are proud to be able to provide our seniors with this fantastic new facility,” says Community Services Chair, John Sanderson. “I am certain the new gym will make a difference in the kinds of quality programming that seniors will be able to enjoy in the community.”

Membership for the Flower City Seniors Recreation Centre is very affordable. The annual membership is only \$15 with a wide range of activities available at a low cost.

The City of Brampton also offers seniors programs at other locations, including the Brampton Soccer Centre, Cassie Campbell Community Centre, Central Public School, Snelgrove Community Centre and the Chris Gibson Recreation Centre.

For information about the seniors programs at community centres across the City, visit <http://www.brampton.ca/parks-rec/catalogue/seniors.tml>.

**About Brampton:** The 11th largest city in Canada, Brampton has a successful, well-diversified economy and is home to more than 8,000 businesses. The City continues to retain a Triple 'A' credit rating by Standard & Poor for the third consecutive year, reflecting its debt-free position, exceptional liquidity levels and excellent economy. The City's 2009 operating budget is \$400.8 million and approved funding for its overall capital program stands at \$700 million. Brampton celebrates its diverse population that represents people from more than 175 distinct ethnic backgrounds who speak over 70 different languages. Offering more than 6,000 acres of parkland, Brampton takes pride in being the Flower City of Canada and won the 2008 International Communities in Bloom competition. It is also the first city in the GTA and one of only 10 in North America to have been designated as an International Safe Community by the World Health Organization. For more information visit [www.brampton.ca](http://www.brampton.ca)

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***Media Contact:***

Mariam Mesbah  
Senior Advisor, Issues and Media  
City of Brampton  
Phone: 905-874-2143  
[mariam.mesbah@brampton.ca](mailto:mariam.mesbah@brampton.ca)