

**MOORPARK CITY COUNCIL
AGENDA REPORT**

TO: The Honorable City Council

FROM: Mary Lindley, Parks, Recreation & Community Services Director 

PREPARED BY: Peggy Rothschild, Active Adult Center Supervisor

DATE: August 22, 2006 (CC Meeting of September 20, 2006) 

SUBJECT: Consider Adoption of a Resolution for the Submittal of a Grant Application to the Ventura County Area Agency on Aging (VCAAA) for Older Americans Act Title III-B Contract Grant Funds for the "Fit for Life" Physical Fitness Activities Project, and Authorizing City Manager to Sign All Related Agreements

DISCUSSION

The City Council is being asked to adopt a resolution (Attachment A) approving and authorizing the submittal of a grant application to the Ventura County Area Agency on Aging (VCAAA) for \$40,000 in Older Americans Act (OAA) Title III-B grant funds for the "Fit for Life" Physical Fitness Activities Project.

The VCAAA has issued a Request for Proposals (RFP) to Ventura County public agencies and non-profit organizations to submit applications for senior physical fitness program funding. This funding opportunity is designed to provide physical fitness activities free of charge to all Ventura County residents age 60 years and older, with a special emphasis on serving seniors with the greatest economic and/or social need.

Exercise has been proven to be beneficial in combating heart disease, high blood pressure, diabetes, osteoporosis and some types of cancer. Adults who remain active are better able to maintain muscle strength, improve balance, and experience greater freedom of movement. Our "Fit for Life" Project would include a fitness walking training class, a walking group, and a table tennis group. Project would also include the purchase of needed equipment for these activities, including fitness stations which can be installed along a pre-existing walking path, at a location yet to be determined.

Honorable City Council
September 20, 2006
Page 2

The City received very little advance notice on the grant application process. Applications were due September 5, 2006. As a result, staff submitted an application for Physical Fitness program funding prior to consideration by the City Council. VCAAA agreed to accept an adopted resolution by the City after the application due date. In the event the Council does not approve the proposed resolution, staff will withdraw the application.

STAFF RECOMMENDATION

Adopt Resolution No. 2006-__.

Attachment: A - Resolution

RESOLUTION NO. 2006-_____

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOORPARK, CALIFORNIA, AUTHORIZING A GRANT APPLICATION REQUESTING MONIES FROM VENTURA COUNTY AREA AGENCY ON AGING (VCAAA) FOR THE "FIT FOR LIFE" PROJECT AT THE MOORPARK ACTIVE ADULT CENTER.

WHEREAS, the City Council is dedicated to the support of beneficial programs for older Americans in the City of Moorpark; and

WHEREAS, offering avenues for maintaining physical fitness of older Americans is a significant means of maintaining health and wellness in our older population; and

WHEREAS, funds for physical fitness activities at the Active Adult Center are available in the form of a grant through Ventura County Area Agency on Aging.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF MOORPARK DOES HEREBY RESOLVE AS FOLLOWS:

SECTION 1. The City Council hereby approves and authorizes the grant application through Ventura County Area Agency on Aging to secure funds for the "Fit for Life" Physical Fitness Activities Project. Further, the City Council hereby authorizes Steven Kueny, City Manager, to serve as signatory for the City Council on all matters related to the administration of this grant.

SECTION 2. The City Clerk shall certify to the adoption of the resolution and shall cause a certified resolution to be filed in the book of original resolutions.

PASSED AND ADOPTED this 20th day of September, 2006.

Patrick Hunter, Mayor

ATTEST:

Deborah S. Traffenstedt, City Clerk