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Pak Pioneers Community Organization of Canada
Reg Not-for Profit Charity Organization

February 11, 2021

Dear Madame Mayor and Member of City of Mississauga Council,

My name is Dr. Masoom Shah. I am currently the President of the Pak Pioneers Community Organization of Canada. We are a not-for-profit group and our mission is to assist older adults of every race, religion, and culture but also our South Asian Community, in keeping morale high and participating as active and lively members in the society.

For many years, our club meets every Tuesday from 12:30 pm to 3:30 pm at the Burnhamthorpe Community Center, to offer learning opportunities, share experiences, and enjoy quality time with other older adults. Our activities include free basic computer classes, soft yoga specifically designed for older adults, and information sessions on health, finance, and legal topics.

The purpose of my letter is to advise you of Pak Pioneers support of the Redevelopment Project at Burnhamthorpe Community Centre. In addition, our backing of the removal of the outdoor rink to accommodate a new aquatic facility and equipment based, fitness centre.

We feel, as a group, using the facility for many years that there is a definite need for the facility to be renovated. Several of our members attended the open house back in October regarding the redevelopment and were thrilled with the proposed enhancements to the facility. We are truly looking forward to the new improvements to the facility that will approve overall accessibility for older adults. We are excited about the new relocated elevator that will provide access to all three public levels of building, the new barrier free parking at new front door, the greater number of door operators to allow easier entry in to program spaces, the larger hallways and public spaces, and the additional multi-purpose space available for older adults groups and programming.

As a healthcare professional, I cannot emphasize enough the impact that the therapeutic pool and fitness centre will have on the older adults. The addition of a warm water therapy pool will provide older adults in the community with an alternative to dry land exercise, and this will help ensure that they remain active and mobile longer. It will help reduce anxieties, reduce the impact on joints, improve cardiovascular health and increase strength and balance. The equipment based fitness centre will enhance active living in our older adults and will improve their overall well-being, reduce fall risks, and lower health risks. We look forward to collaborating with the recreation staff at the community centre when the building opens to help determine programming needs for the various older adult groups on site.

I recognize that the outdoor arena is a focal point to the community. However, I understand that it was underutilized and the facility was near the end of useful life. Skating is the Canadian pastime and is very much embraced. Then again, I view the addition of the swimming pools as more important, as swimming is a life skill. The City Recreation staff should strive to get as many people learning to swim and experiencing the personal safety and the many benefits offered by the water.

We look forward to enjoying this new, modern facility. It will serve community at a larger scale for all age groups. Outdoor arena is only good for younger generations. We, the Pak Pioneers, intend to be a mainstay in the facility and will enjoy all the new enhancements and amenities when it opens to the public.

Respectfully submitted,

Dr. Masoom Shah
President
Pak Pioneers Community Organization of Canada