



# CITY OF NORMAN, OK NORMAN FORWARD SENIOR CENTER AD HOC ADVISORY GROUP MEETING

Adult Wellness & Education Center, 602 N. Findlay, Norman, OK 73069  
Friday, August 18, 2023 at 4:00 PM

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## AGENDA

*It is the policy of the City of Norman that no person or groups of persons shall on the grounds of race, color, religion, ancestry, national origin, age, place of birth, sex, sexual orientation, gender identity or expression, familial status, marital status, including marriage to a person of the same sex, disability, relation, or genetic information, be excluded from participation in, be denied the benefits of, or otherwise subjected to discrimination in employment activities or in all programs, services, or activities administered by the City, its recipients, sub-recipients, and contractors. In the event of any comments, complaints, modifications, accommodations, alternative formats, and auxiliary aids and services regarding accessibility or inclusion, please contact the ADA Technician at 405-366-5446, Relay Service: 711. To better serve you, five (5) business days' advance notice is preferred.*

### ROLL CALL

### MINUTES

1. REVIEW OF MINUTES FROM JULY 27, 2023

### ACTION ITEMS

2. OPERATOR UPDATE
3. PROJECT UPDATE AND FACILITY TOUR

### MISCELLANEOUS COMMENTS

### ADJOURNMENT

Norman Forward Senior Wellness Center  
Ad Hoc Advisory Group and Public Meeting  
July 27, 2023

The Norman Forward Senior Wellness Center Ad Hoc Advisory Group of the City of Norman, Cleveland County, State of Oklahoma, met on the 27th day of July, 2023 at 4:00 p.m., and notice and agenda of the meeting were posted at 225 North Webster, 24 hours prior to the beginning of the meeting.

CALL TO ORDER AND ROLL CALL

Present: Chairperson Hobson and Members Bonner, Jewell and Terry and Ex-Officios Sheriff and Davison

Absent: Member Vaughn and Ex-Officio Ross

Staff Present: Jason Olsen, Director of Parks and Recreation,  
Veronica Tracy, Recreation Manager,  
Josh Holman, Recreation Supervisor,  
Mitchell Richardson, Special Events and Multimedia Supervisor and  
Karla Sitton, Administrative Technician IV

Others Present: Claire Dowers-Nichols, Healthy Living,  
Sherry Stetson, Healthy Living,  
Lane McMillan, Crossland Construction,  
AJ Kirkpatrick, ADG and  
Randy Hill, ADG

ITEM 1, being:

APPROVAL OF THE MINUTES FROM THE FEBRUARY 8, 2023 MEETING MINUTES

Member Terry made the motion seconded by Chairperson Hobson to approve the Minutes. The vote was taken with the following results:

YEAH: Chairperson Hobson and Members Bonner, Jewell and Terry

NAY: None

ITEM 2, being:

OPERATOR UPDATE

Ms. Claire Dowers-Nichols, Healthy Living, highlighted Healthy Living's programming model and said it is based on six dimensions of wellness to include Spiritual, Vocational, Emotional, Intellectual, Physical and Social. She said the physical fitness programs that will be offered at the new Adult Wellness and Education Center (AWE), will include a several group fitness classes (land and water) stating there will be fitness equipment for a variety of users and personal training will be available for an additional fee. Ms. Dowers-Nichols said the AWE will offer classes to interest groups, support groups, organized social activities and lifelong learning such as cooking, non-fiction book club, trips to museums, etc. She said some of the art programs that will be offered include painting, pottery, textiles, creative writing and performing arts. Ms. Dowers-Nichols said there will be many volunteer opportunities at the AWE to include social ambassadors who can give tours to guest and help with special events; instructors to teach classes and group leaders to serve as liaisons for activities such as a book club and/or creative writing.

Ms. Dowers-Nichols highlighted the membership fees stating individuals are \$35 per month; married couples are \$60 per month; there are no enrollment fees, and no contracts to be signed stating month-to-month memberships will be available. She said insurance programs (Silver Sneakers, etc.) reimbursement rates are currently being reviewed and there will be a sliding scale based on Federal Poverty Guidelines stating a local group is raising funds to assist those in need. Ms. Dowers-Nichols said Healthy Living and City Staff are working with BOLD Media to develop a website, social media and marketing collateral. She said the website will include an option for those wanting to donate to the AWE; the Healthy Living Norman Facebook page will be posting more updates and information as the facility grand opening date gets closer and class demonstrations

NF Senior Citizen Ad Hoc  
July 27, 2023

and membership drives are in the planning stages. Mr. Dave Boeck, concerned citizen, asked whether the AWE will be coordinating classes and/or events with the Cleveland County Wellness Center (The Well) and Ms. Dowers-Nichols felt there would be a lot of opportunity to explore collaborating with The Well.

Ms. Dowers-Nichols highlighted fundraising opportunities to include corporate sponsors (community sponsors), scholarship funds and founding members (three-year membership paid upfront for \$1,000). She said founding members will be acknowledged on a donor wall at the AWE; will receive invitations to the preview night (night before the grand opening) as well as invitations to special VIP events. Member Terry asked if the founding members pay \$1,000 per person or per couple and Ms. Dowers-Nichols said it is \$1,000 per person stating the fees collected for founding members will be used to purchase grand opening expenses and initial program supplies.

Ms. Dowers-Nichols said Healthy Living is in the final round of interviews for the Branch Manager position and Program Manager and Facilities Coordinator positions are currently posted. She said Healthy Living has started visiting with fitness instructors, some who are instructors at the current senior center and plan to instruct at the new AWE.

Ms. Dowers-Nichols said the tentative opening date will be late October and requested suggestions from those in attendance as to where she can give presentations (similar to today's) prior to the grand opening. She encouraged suggestions be emailed to her at [claire@healthylivingokc.com](mailto:claire@healthylivingokc.com) or call her at (405) 603-7185.

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ITEM 3, being:

PROJECT UPDATE AND FACILITY TOUR

Mr. Lane McMillan, Crossland Construction gave a progress update on the project stating everything is on schedule. He said ceiling tiles, flooring and painting are currently being done and should be finished by the end of August. Mr. McMillan landscaping and curb appeal will begin next month, when the weather cools down. He said focus continues on the window shades and pool area(s).

Chairperson Hobson asked when the Norman Forward art piece will be installed and Mr. Jason Olsen, Director of Parks and Recreation, said by the end of September or beginning of October. Member Jewell asked how many parking spots will be available at the facility and Mr. Olsen said there are 84 currently; however, we are working on a potential parking plan for shared parking with the behavioral health facility currently being constructed next to the AWE. Ex-Officio Sheriff asked if shuttles from parking lots to the facility and vice versa will be available and Ms. Dowers-Nichols said yes, Healthy Living plans to utilize golf carts.

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MISCELLANEOUS DISCUSSION

Mr. Jason Olsen, Director of Parks and Recreation, said he would like to give monthly progress updates until the AWE is complete and asked the Ad Hoc Group if a meeting could be scheduled for Friday, August 18, 2023 at 4:00 pm. The Ad Hoc Group discussed and all but one member could attend the meeting. Mr. Olsen invited the Ad Hoc Group and others in attendance to tour the facility after the meeting adjourned.

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ADJOURNMENT

Member Bonner made the motion seconded by Member Jewell to adjourn. The vote was taken with the following results:

YEAH: Chairperson Hobson and Members Bonner, Jewell and Terry  
NAY: None

Passed and approved this \_\_\_\_\_ of \_\_\_\_\_ 2023

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Gale Hobson, Chairperson