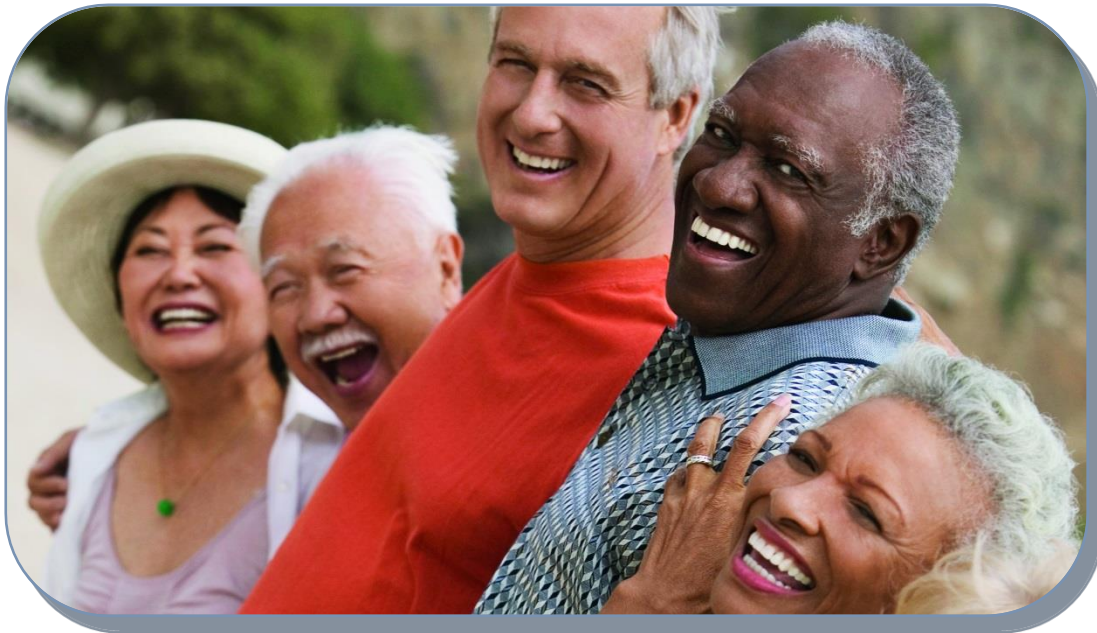


City of Fresno PARCS Department  
**"A PLACE TO CALL HOME"**  
Mature Adult Center Proposal



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## **City of Fresno PARCS Department**

### **“A PLACE TO CALL HOME”**

#### **Mature Adult Center Building Location and Operational Plan**

##### **INTRODUCTION**

Purpose – Council District 7 initiated through the City Council the Taskforce for the Senior Citizens of Fresno (Taskforce) in April of 2017 to examine the need for a dedicated large scale one-stop shop Senior Center. The Taskforce was made up of key stakeholders in the community who are associated with senior services including gerontology and elder care. Taskforce meetings were conducted monthly from May through November of 2017 in order to identify recommendations in the areas of funding, location, amenities and programming. The Taskforce compiled a detailed report and presented their findings to the City Council on November 9, 2017 in front of a crowd of over 100 seniors. The PARCS Department was charged by the City Council and the City Manager’s Office (CMO) with: 1) generating a business plan proposal to secure an interim location; 2) explore options on building a new senior center; and 3) providing a dynamic offering of senior programming based on current and projected community needs.

##### **CITY OF FRESNO DEMOGRAPHICS**

Per 2010 U. S. Census, the City of Fresno has over 57,000 residents aged 62 and over which represents the largest concentrated senior citizen population in the Central Valley. Fresno County’s 65 and older population is between 9.5% and 12.1% of the overall population. From this age demographic, 28.5% to 36.5% self-report as being in “fair or poor health”. The City of Fresno ethnicity demographic breakdown of PARCS Senior Hot Meals (SHM) Program participants per the Fresno Madera Area Agency on Aging (FMAAA) statistics (651 unique participants surveyed) is 54% Hispanic, 27% White, 13% African American, 3% Asian-Pacific Islander, 2% Native American, and 1% two or more races. Additionally, FMAAA statistics of PARCS SHM participants reveal that 48% live alone and 82% self-reported that they are at or below the Federal Poverty line.

##### **BACKGROUND/NEED**

Trends indicate that the senior population in America is rapidly growing because of the increase in the life expectancy increasing and in particular the aging baby boomers. With the senior population living a healthier lifestyle and the advances in modern medicine, senior needs are moderately transitioning beyond from core traditional sedentary programs such as Bingo, newspaper reading and card games to more physical fitness activities such as cardio vascular and range of motion workouts, dancing, swimming and pickle ball. According to “Baby Boomers Envision Retirement II (2004)” article studies

shows that seniors are not afraid of aging and expect to live longer. Senior adults 55 and older are the fastest growing health club group and expect to exercise regularly into retirement.

On March 3, 2017, an article from the Fresno Bee was released with the title of “When will City Hall do right about our seniors”. In this article, it was explained the need for having a state of the art site in the City of Fresno in hopes of providing seniors with an area for programs, activities, and social engagement. The article also highlights that Fresno seniors visit other communities senior centers such as the City of Clovis to experience a greater array of programming and hours of operation.

The City of Fresno PARCS Department currently operates seven (7) SHM sites engaging weekly throughout the year from 9 a.m. to 1 p.m. with over 600 unique individuals participating, an average of over 150 meals served and a total of over 37,000 meals annually. Additionally, PARCS provides daily recreational activities to seniors daily in the areas of arts and crafts, ceramics, exercise, quilting, and water aerobics (seasonal) which include an annual attendance over 41,000 attendees annually participating in multiple activities. Additionally, the Fresno Unified School District (FUSD) provides physical fitness and technology courses to seniors for a fee year-round at the Manchester Center Mall Adult School location. Previously, the FUSD “Senior Service” Program at the Manchester Center offered a social area room to where seniors could snack and socialize, but this was discontinued and no longer is offered to participants.

PARCS SHM Program receives partial funding for the supplies, meals and operations from the Fresno Madera Agency on Aging (FMAAA) that represents an economical value of over \$250,000. Additionally, FMAAA provides quality control monitoring and oversight and annually awards PARCS One Time Only (OTO) resources that assist the larger scale purchases of refrigerators, tables, chairs, microwave ovens, steam tables and other kitchen appliances. FMAAA partners with the Economic Opportunities Commission (EOC) Food Service Department to have healthy nutritious meals prepared in the professional kitchen and then distributed in vans daily to all PARCS sites. Additionally, FMAAA provides daily van service through the EOC Transportation Service Department for seniors in need to PARCS sites on a first come, first serve basis as resources allow.

#### **CURRENT PARCS SHM FACILITIES**

CURRENT SITE	ADDRESS	COUNCIL DISTRICT
Lafayette Neighborhood Park	1516 E. Princeton Ave.	7
Mary Ella Brown Community Center	1350 E. Annadale Ave.	3
Mosqueda Community Center	4670 E. Butler Ave.	5
Pinedale Community Center	7170 N. San Pablo Ave.	2

Senior Citizens Village	1917 S. Chestnut Ave.	5
Ted C. Wills Community Center	770 N. San Pablo Ave.	3
* Inspiration Neighborhood Park	5770 W. Gettysburg Ave.	1

\* Partnership with FMAAA to open in early 2018

## **TASKFORCE RECOMMENDATIONS**

- Location – Interim site leased near accessible transportation close to the Manchester Center area or Central Fresno location. Begin to research and plan for state of the art one stop shop Permanent Senior Center to acquire land if necessary and build on.
- Building/Facility
  - Option 1 – Leased location with necessary square footage and amenities.
  - Option 2 – Utilize existing City owned land and building.
  - Option 3 – Construct new building on either City or newly acquired land.
- Transportation – Whole FAX system travels through Central Fresno (Manchester Area), BRT serving Blackstone Avenue corridor and will expand to Kings Canyon/Ventura Area. Senior Center needs to be located near transportation corridor location.
- Funding – Building and operational resources to include donations, foundations, and grants.
- Programming – Provide a balance of activities and classes that benefit seniors socially, physically, emotionally, mentally, and financially.
- Amenities at Future Senior Center include: Exercise Room/Dance Floor, lounge space, hot meals site, Bingo, pool tables, library with computer access, technology room and art room.
- Public Relations – Develop a marketing outreach campaign to advertise the Senior Center and offerings. Additionally, acquire a media partner, notable name (“Fresno Famous”), newsletter, and develop a city-wide senior database of potential and current participants.
- Keep existing PARCS SHM sites in operation throughout and after interim and permanent center transitions are completed.

## **PARCS PROPOSAL**

Recommendations – In order to achieve the recommendations of the Taskforce, PARCS proposes to lease the vacant Fresno City College space (12,000 sq. ft.) at the Manchester Center Mall for three (3) to five (5) years as the Interim location to house senior services including operating an FMAAA Senior Hot Meals (SHM) site and transitioning the FUSD Adult School technology and physical fitness senior citizen classes to a PARCS run service. The Interim site at the Manchester Center Mall would provide a central Fresno location

near all major bus lines and offer an expanded weekly schedule from 8am to 5pm in a senior service only dedicated space. Concurrently, PARCS will work with the CMO, to generate a permanent future Senior Center Committee/Project Team comprised of the necessary experts to achieve the Taskforce vision for a state of the art facility within a 3 to 5 year time period. PARCS recommends the Permanent location contain an all- inclusive, state of the art Senior Center (25,000 sq. ft.), with an auditorium (5,000 sq. ft.) equaling a 30,000 sq. ft. facility, heated indoor/outdoor swimming pool (5 ft. deep and 25 m. long) and a gymnasium (10,000 sq. ft.) all located together on the same property. PARCS estimates that the Permanent location Building and accompanying amenities budget would range between 7 million and 11 million dollars depending on the scope of the project.

Parties – City of Fresno PARCS Department, Fresno-Madera Area Agency on Aging (FMAAA) and Fresno Unified School District (FUSD), Fresno State University Recreation Administration Department, Community Regional Medical Center, Central Valley Community Foundation, UEI College-Medical School, Fresno County Economic Opportunities Commission, City of Fresno - Fresno Area Express (FAX), and Veterans Home of California Fresno, City Manager’s Office (CMO), City of Fresno Council Districts.

Definitions – Senior Citizens – An elderly person, usually one who is retired and living on a pension (Merriam-Webster’s Dictionary). Mature Adult – A fully grown developed person who is active, energetic, motivated, seeking social opportunities and still contributing at a high level in life and wanting to share knowledge and give back to society (PARCS Dictionary). PARCS proposes to change from the more negative connotation of “Senior – Senior Citizen” to the more positive term of “Mature Adult”.



### **Proposed Interim Location (3 Years +)**

- Manchester Mall Available Rental Space
- FMAAA Campus Available Building Space
- Expansion of existing PARCS site i.e. Ted C. Wills
- Commercial Real Estate Rental Space
- Vacant Building (City, County, State, etc.)





### **Future Permanent Location (3 to 5 years)**

- **PARCS Site** – Construct a Mature Adult Center on an existing PARCS park site (i.e. Vinland Park (7.5 acres), Orchid Park (5.63 acres), Ted C. Wills Community Center (6.3 acres), Radio Park (8.6 acres) Dakota & Milburn (3.98 acres), Vacant Lot)
- **City of Fresno Site** – Construct a Mature Adult Center on a City owned property site (i.e. – Undetermined Site A, Undetermined Site B, Undetermined Site C)
- **Land Acquisition** – Acquire a new parcel property and construct a Mature Adult Center on the footprint
- **Long Term Lease Site** – Enter into a long term rental lease (10 years plus) with desired location and make extensive improvements to site to meet the amenities and programmatic needs

### **OPERATIONAL GOALS**

PARCS has expertise as a service provider as a daily congregate meal operator at seven (7) SHM Program sites weekdays throughout the years. The PARCS SHM Program is the largest senior hot meals service provider in both Fresno and Madera Counties. PARCS SHM has both experience and expertise as a large scale service provider which included a Pre-Great Recession model with a scope of service that possessed 16 satellite sites, an annual budget of over \$800,000 and two (2) full time supervisors completely dedicated to the program. PARCS has excellent relationships with FUSD, Central Unified School District (CUSD), FMAAA, EOC Food Service, American Association of Retired Persons (AARP), Retired and Senior Volunteer Program (RSVP), SER Jobs for Service, Hands on Central California Volunteers and the Fresno State University Recreation Administration Program. With the evolution of the Mature Adult Program, PARCS will create inter-generational programming with FUSD and CUSD students that will provide meaningful and positive experiences for both population groups. Volunteer service with AARP, SER Jobs for Service, RSVP, and Hands On Central California will be a key component to providing service in the areas of reception desk, recreational and physical fitness classes (exercise, water aerobics, ceramics, etc.), and meal service and cleanup duties. PARCS will partner with EOC Food Service and local area churches to conduct commodity distributions of food as resources are available. The PARCS Planned Maintenance Division will assist with Mature Adult Center custodial work, maintenance and amenity alterations.

The City of Fresno PARCS Departments SHM Program service goals are centered on providing a safe and welcoming environment that focuses on the programmatic areas of socialization and engagement, recreation, retraining for trades, educational learning experiences, medical screening and support, physical fitness and nutrition, and technology. PARCS accomplishes this by PARCS professional expertise, relationships and partners. The



Taskforce has identified the need for an interim and eventually permanent one stop all inclusive service Mature Adult Center that they can have “A Place to call Home”.

## **INTERIM LOCATION TRANSITION PLAN**

### **Budget**

PARCS will work with FUSD to assume the responsibilities and operation of the fee based FUSD Cesar Chavez Adult Education Senior Citizen Classes provided at the Manchester Center in the areas of physical fitness, dance, Zumba, Pilates, yoga, Tai Chi and technology beginning July 1, 2018. PARCS will fund the direct service portion of the programmatic classes with fee for service revenue generated to create a cost neutral service model. PARCS will partner with FMAAA to add the “Interim Location” as the 8<sup>th</sup> SHM site in the City of Fresno. The Interim Location site will provide a daily healthy nutritious meal to participating seniors while adhering to applicable FMAAA rules and regulations. FMAAA will provide funding for the meals, basic transportation, compliance oversight monitor, and agency support as resources allow. PARCS will request additional direct service personnel, supervisorial personnel, rental/lease resources, and programmatic supplies, capital improvement resources for site alterations, and equipment from the City General Fund/CDBG in the FY 19 Budget. The FY 19 Budget request will enable PARCS to meet the needs of programming and enhanced service in order to meet the needs identified in the Taskforce recommendations. The City of Fresno and PARCS will work with Central Valley Community Foundation to generate a balloted sales tax initiative to the voters of Fresno. If passed, this will create the stable revenue funding resource to provide operational programming and permanent Mature Adult Center site building construction.

### **Marketing**

PARCS will work with existing partners to generate a media campaign to inform the Manchester Center Adult School mature adults and other targeted participants of the change of provider in physical fitness and technology classes and the new site classes location. PARCS will endeavor to acquire and maintain the existing physical fitness and technology instructors from the FUSD Adult School for the new site and operation. Additionally, PARCS and the City of Fresno Communications Department will work with existing partners to brand and market the new interim Mature Adult Center location and the offerings of services provided including hours of operation, program fees for service, and basic signup information. The marketing effort will be done in phases: 1) Phase I – Basic program information at the Interim Mature Adult Center, 2) Phase II – Sharing the vision of the future Mature Adult Center.

## **SCOPE OF SERVICE IMPLEMENTATION**

### **Interim Location**

### **Operation**

PARCS will lease adequate building space (up to 12,000 sq. ft.) for the Interim Mature Adult Center located in a safe area that is close to public transportation hubs in Central Fresno. The Interim Mature Adult Center will be open to the public Monday thru Friday from 8 a.m. to 5 p.m. and adjust for reservations and special events.

### **Staffing**

The leader of the Mature Adult Center team will be a Community Recreation Supervisor (CRS) II who will be responsible for program implementation, management and oversight, training opportunities, budget, class and curriculum development, evaluation and coordination with FMAAA, FUSD, Fresno County EOC Food Service and rental lease property management company. The CRS II will lead all promotional, advertising and marketing efforts. Additionally, the CRS II will be an integral contributor to the effort to design, develop, and implement a state of the art new Mature Adult Center for the citizens of Fresno. The CRS II will be scheduled to work Monday thru Friday in order to manage the program, resolve programs and lead the program and staff. Existing Senior Hot Meal Program Supervisor I and staff will report to Community Recreation Supervisor II. The CRS II will work a schedule outside of normal hours of operations for key activities and will be available for any emergencies that may arise.

PARCS will also employ two (2) temporary Recreational Specialists who will assist in recruiting, hiring, training staff, monitoring meal and activity programs, preparing requirement paperwork for submission, ordering next day meals and communication with key operational partners. The temporary Recreation Specialist will assist in for promotion, marketing, special events, data collection survey and feedback solicitation from the current participants and the senior citizens community in Fresno. The temporary Recreation Specialist will assist in the effort to place and display volunteers that will assist in the day to day operation. The temporary Recreation Specialists will report directly to the Mature Adult Center Supervisor II who will manage and operate the site.

PARCS will employ three (3) temporary Services Aides (1-Meals Lead, 2-Activities Lead) who will implement the standard PARCS SHM Program focused on the daily congregate meal service and activities. The Services Aides will register participants with FMAAA In-Take forms, provide daily direct service in the areas of meal preparation, service, and cleanup and recreational activities, take daily attendance and collect meal donations, order supplies as needed, and open and closing duties.

PARCS will recruit and contract service with three (3) fee for service instructors who will provide prepaid classes in the areas of physical fitness, dance and technology. PARCS will attempt to retain the current FUSD Adult School instructors that are providing service to seniors at the Manchester Center. Fee for Service Senior instructors will need to be reflective and sensitive to the cultural diversity that exists in Fresno and capable of passion and compassion for the wide age range of mature adults ages and capabilities that they will serve. PARCS will also offer activities and services for Mature Adults with special needs per an outlined schedule.

PARCS will offer Career Technical Education (CTE) work opportunities to high school age students and individuals seeking out careers in senior services. Partners would include FUSD's CTE Program and Fresno County Office of Education (FCOE) CTE Charter School. Scope of CTE services would include students/individuals working in the area of custodial/janitorial, clerical, physical therapy, massage, fitness training, culinary, dietary/nutrition, nursing, gerontology, technology, education, etc.

### **Permanent Location**

PARCS will transition all core components from the Interim Mature Adult Center location operational plan to the Permanent Mature Adult Center location within three (3) to five (5) years of July 1, 2018. Additional programs, staff and supplies at the Permanent Mature Adult Center:

Aquatics Programs – Water Aerobics, Masters Lap Swimming, Water Resistance Exercise, Leisure Swimming

Aquatics Program Staff – 1 Lifeguard, 2 Water Service Instructors

Aquatics Program Supplies/Equipment – Chemicals, Pool Safety Equipment, ADA Pool Lift, Program Related Equipment (Kickboards, Styrofoam Weights, Resistant Bands)

Gymnasium Programs – Pickle Ball, Badminton, Basketball, Volleyball, Bowling, Dances, Exercise, Venue for Senior Games Competition, Walking Track

Gymnasium Program Staff – 2 Temporary Services Aide, Sports Officials as needed

Gymnasium Supplies/Equipment – Temporary Stage, Sporting Equipment Supplies, Gym Floor Scrubber, Water Fountains

Fitness Center – Cardio, Weight Training, Range of Motion

Fitness Center Supplies/Equipment – Treadmills, Elliptical Machines, Rowing Machines, Barbells and Dumbbells, Universal Machines

Gardening Programs – Specific Growing Cycles – Flowers, Vegetables, Pumpkins, Watermelons, etc.

Gardening Staff – Partnership with local area Master Gardeners Association, Volunteers, Student Volunteers – Coordination with existing partners such as the Shinzen Japanese Garden and Fresno Metro Ministries, etc.

Gardening Supplies/Equipment – Plots, Drip line, Gardening Supplies, Seeds, Starters

Security Guard/Service – Maintaining a safe and welcoming environment will require a full time security guard or service.

Supervisor I – Coordination with fundraising, special events, trips and supervision of the day to day operations of the existing seven (7) SHM sites, in addition to the Mature Adult Center.

Special Events – Leisure learning trips, Senior Games, Spring Fling Mature Adult Event

#### **INTERIM LOCATION WEEKLY SENIOR PROGRAMMING**

PARCS Mature Adult **fee for service** programming will be focused on three basic areas: 1) Technology, 2) Fitness, and 3) Dance.

Senior Programming will be conducted Monday through Friday at scheduled times and will be offered during Winter and Spring sessions. The program courses that will be offered are:

#### **Fee Based:**

<b>Fitness</b>	<b>Dance</b>	<b>Technology</b>
Physical Fitness	Dancercise	Computer Skills (Basic & Intermediate Courses)
Stretch	Zumba	iPad & iPhone Tutorials
Tai Chi	Ballroom Dance	Android Tablet & Phone Tutorials
Yoga	West Coast Swing	
Pilates	Tap	

PARCS will initiate a \$3 dollar per month per participant's membership fee that will enable attendees access to free classes and activities, similar to the City of Clovis model. The membership card will help PARCS track activity usage by having a software data analytics system that will utilize scanning stations at the entrance, gym, pool, garden and room entrances for organized activities.

PARCS Mature Adult free classes (with membership) and activities emphasize health and fitness, nutrition, recreational and leisure activities, board games, table games, dance, arts & crafts, music, socialization, and educational presentations. Weekly programming is conducted Monday through Friday and includes the following activities.

**Free with Monthly Membership Card:**

Walking Club/Silver Sneakers	Monthly Senior Dance	Bingo
Aquatics/Free Swim- Water Aerobics	Line Dancing	Billiards
Chair Exercise	Music	Cards/Dominos
Coloring/Word Search/ Hidden Pictures	Cooking Class	Ping Pong
Educational Presentations	Sewing	Crafts
Chess/Checkers	Ceramics	Water Color

**CLASSES AND ACTIVITIES OVERVIEW**

**FEE FOR SERVICE CLASSES (“Formerly” offered by FUSD Adult School @ Manchester Center):**

**Physical Fitness** - Have fun while increasing your ability to perform everyday activities, such as walking and standing up from a seated position, without getting fatigued. This will be a light paced class that will allow for modifications to suit your needs and to avoid injury.

**Stretch** - This stretching class is designed to help you stretch and relax any overused or tight muscles, increase your flexibility, and the range of motion in your joints. Having relaxed muscles and full range of motion in your joints, allow you to not only perform at your best, but feel your best.

**Tai Chi** – Tai Chi is an ancient martial art, a moving meditation, an exercise for body and mind. You will learn a series of slow continuous movements to strengthen the body and calm the spirit. This class will improve your balance while helping improve overall health.

**Yoga for Health & Wellness** (All Levels) Yoga for Health and Wellness invites you to relax, renew, and rejuvenate your body, mind, and spirit in a traditional hatha yoga style class designed for practitioners of all skill levels. This class will help you increase your flexibility and balance, improve your strength, and become mindful in your response to stress. A nonaggressive approach will be adopted in class to personalize pace and avoid injury. Our intention for each class is to become more skillful in and mindful of our own bodies and minds.

**Pilates** - Each class will work to balance your body’s strength and flexibility while challenging your core muscles with low-impact movements. This Pilates class is a

challenging yet safe and effective way to mold your body and to feel an improvement in your everyday movements.

**Silver Sneakers** – Silver Sneakers is a program encouraging mature adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

**Dancercise** - This fun and exciting class has it all one! Combining strength and cardiovascular training, balance, flexibility, plyometrics, core work, kickboxing, and isolation movements that aim to work all the muscle groups in your body and improve all aspects of your physical fitness and health.

**Zumba** - A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Ballroom Dance** - Dance with a partner to a selection of ballroom inspired music and choreography. Follow strict tempos combined with dipping and lifting movements, work the upper body while simultaneously strengthening and toning the lower body.

**Line Dance** - Enjoy a fabulous mind and body workout while dancing your way to a healthier you! Boost your brain power by improving memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

**West Coast Swing** - A modern partner dance derived from Lindy Hop. With the soul of a street dance and a look that is funky, smooth, and sleek – The West Coast Swing is gaining popularity, due to the wide variety of music styles that it can be danced to. There is a lot of room to improve your health and increase your physical fitness with this fun club-style dance.

**Tap** - Tap your way to a healthier you! Beginning Tap Dance introduces participants to the tap dancing technique while also helping participants to develop an appreciation and understanding of tap dance as a performing art and a way to lead a healthy active lifestyle.

**Basic Computer Skills** – This class is designed for those with little or absolutely no computer experience. You'll learn how to turn the computer on and then move to mouse skills, keyboarding skills, using the internet and basic email skills. Basic computer terminology will be covered. You'll learn how to create files, save files, organize your computer, and learn all the basics necessary to feel comfortable using a computer. In addition, the Windows 10 operating system will be covered as well as using basic

accessories, word processing, spreadsheets and graphing (charting), presentations, desktop publishing, and some digital photography using Microsoft Word, Excel, PowerPoint, Publisher and Photoshop. The instructor will cover basic hardware info and troubleshooting tips.

**Intermediate Computer Skills** – This class is appropriate for those who have completed the Basic Computer Skills class or already have some basic computer skills. Students will move to the next level of competency and cover topics more in depth such as Windows 10, Microsoft Word, Excel, PowerPoint, and Publisher. You'll learn more about the Internet and methods for better searches, email and web browser options, and how to use the internet to obtain free and valuable information. Using media such as photographs and movie clips will be covered as well as basic photo and video editing. Social media such as Facebook and Twitter will be covered as well as hardware topics. This class is valuable for those who want to improve their computer skills for both personal and job related reasons.

**How to Use your iPhone &/or iPad** - The instructor will review features of each device and show you the many things these gadgets can do to make your life easier. Hands-on activities will be included so you can start to know your device and learn what it can do for you. You will also learn about proper care, maintenance, and security.

**How to Use your Android Phone &/or Tablet** - The instructor will review features of each device and show you the many things these gadgets can do to make your life easier. Hands-on activities will be included so you can start to know your device and learn what it can do for you. You will also learn about proper care, maintenance, and security. Course is intended for non-Apple products (Samsung, LG, Amazon Kindle, etc.).

#### **FREE CLASSES & ACTIVITIES (With Membership Card):**

**Bingo** - Social activity and classic competition that anyone can participate in. Winners are awarded prizes upon winning.

**Billiards** - Promotes eye to hand coordination. Participants enjoy the activity and the good natured competition. Participants compete in tournament play with other senior groups from different centers.

**Table Games/Board Games** – Cards, Dominos, Chess, and Checkers are some of the table games are widely encouraged for the social interaction they provide, as well as the skill needed to play them. These types of activities serve as fun, competitive social games which help keep senior's minds sharp and alert.

**Coloring/word search/hidden pictures** - This is a good activity for seniors for dexterity and helps keep their minds sharp. Seniors are provided activity books and coloring supplies to utilize during both scheduled and leisure programming.



**Ceramics** - Seniors are taught the various methods to paint ceramic figures/serving dishes etc. Completed works are cured in a kiln by staff and returned to the seniors to take home and admire.

**Watercolor** - Classes teach different methods for water coloring utilizing different mediums.

**Chair Exercise** – Mature Adults can participate in fun low impact exercises using taught by both videos and live instructors. Exercises are designed to strengthen the balance, flexibility, and core strength of the participants.

**Line Dancing** - This fun dance workout will help seniors with coordination, balance, and provide a rhythmic cardio vascular workout.

**Sewing** – Mature Adults are taught basic sewing techniques and are able to utilize sewing machines. Projects include quilting, making pillow cases, aprons and adult bibs.

**Crafts** – Participants have a variety of supplies, and prefabricated craft options at their disposal. Some example of crafts projects range from making cookie jars from coffee cans, painting and decorating bird houses, table decorations and decoupage.

**Cooking Class** – Mature Adults learn simple meal preparation of their favorite foods. Participants are encouraged to share their favorite healthy recipes with one another in the group cooking activity.

**Ping Pong** – This is a great sport and activity for all program participants. Additionally, this activity helps improve hand eye to hand coordination.

**Aquatics** – Senior participants are able to participate in aquatic activities such as recreational swim, swim lessons, and water aerobics. This is a great activity for fitness and leisure.

**Walking Club/Silver Sneakers** - Anyone can participate in the walking club from mature adults with walkers to the more active and able-bodied participants. This walk at your own pace program encourages participants of all fitness levels/abilities to walk and exercise in a socially stimulating environment.

**Monthly Senior Dance** – Each month PARCS host a themed dance. These dances are not only a great social experience for all participants, but also a fun form of exercise. Staff hosts the event and provide entertainment, music, and a nutritious meal to all participants.

**Presentations** - PARCS invites outside organizations to the center to inform/educate participants on various subjects including: healthy eating, how to avoid scams, and information on available mature adult services.

**Music** - Music is played throughout the mature adult centers providing pleasant, warm, inviting tones to our participants. Some seniors bring their own musical instruments and play for fellow program participants, encouraging sing-a-long and dance.

**Educational Programs** – These programs will help you increase your knowledge on various subjects and introduce you to new information as well, which has been found to have numerous benefits for the brain including improved cognitive abilities and memory functioning.

**Leisure Learning Trips** – Leisure learning trips offer seniors the opportunity to change their scenery and are perfect for seniors that are seeking to travel a bit and learn something new about various leisure activities and locations.

**Commodity Giveaways** – Commodity distribution giveaways are designed for any seniors that need help meeting their nutritional needs by supplementing their diets with nutritious USDA foods.

**Vita Tax Program** – The Volunteer Income Tax Assistance (VITA) Program offers tax help to seniors who typically make less than or equal to \$54,000, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns.

**Mature Adult Safety Program (Physical, Economic, Scams)** – The Fresno Police Department will provide training in self-awareness and self-protection from theft to Mature Adult Program participants. Skills taught will include how to be aware of ones surroundings and suspicious actions/individuals. An individual will learn how to make basic physical moves to protect themselves and how to alert bystanders of a potential problem. Additionally, participants will get financial awareness training in the areas of sales scams and credit card fraud.



## **TYPICAL DAILY SCHEDULE (INTERIM LOCATION):**

Hours of Operations (8am – 5pm)

**8am-9am** - Site opening and reception desk staffed, access to lounge, coffee and donuts, early bird exercise classes- stretch, billiards table & ping pong table open.

**9am-10am** – Early bird tech and exercise classes (cont.), arts & crafts, sewing class, recreational socialization activities (social groups), Coffee Book Club, Bridge Club, Walking Club

**10am-11am** – Tai Chi and Yoga Classes, Tap Dancing, Chess & Checkers Club, card games, Bingo, Ceramics, drawing/coloring

**11am-12pm** - Lunch time- Senior Hot Meals served, other amenities will remain open

**12pm-1pm** – Leisure learning trips w/ vans (12pm-2pm), Pilates, Dancercise, Tech Class – Basic Computer

**1pm-2pm** – Walking Club, Zumba Gold , Ballroom/Line Dancing, Tech Class – Intermediate Computer

**2pm-3pm** – Snacks & coffee, Presentations w/ informational speakers, Tech Class – iPhone/iPad, Android

**3pm-4pm** – Movie Marathon (3pm-5pm), Sewing Club, Coin Collecting, Lapidary, Cooking Class, Wii Exercise

**4pm-5pm** – Free Chair Exercise Course (w/video instructor), tournament time for billiards and chess, Nostalgic TV Reruns, Bridge and Dominos tournament, oil painting, prepare for closing.



**MATURE ADULT CENTER TRANSITIONAL TIMELINE**  
**GOALS AND STRATEGIES TO ACHIEVE TARGET OUTCOMES**

**3 YEAR (INTERIM)**

- Internally identify a transitional plan
- Work with key partners to transition existing programs and generate a new Mature Adult Center
- Transition existing FUSD Mature Adult exercise and education programs over to PARCS fee for service that covers direct service costs
- Generate a new Senior Hot Meals Site with FMAAA
- PARCS to budget, staff, and operate a New Interim site
- Enter into a 3 to 5 year plus lease for an Interim Mature Adult Center site while new site is being built
- Program Operational Launch that meets needs, abilities and interest of seniors in a fee for service offset and or monthly membership fee.
- Work with the CMO to find immediate interim site and operational costs.
- Work with the CMO and partners to create ballot sales tax initiative to provide a sustainable funding stream for operations and a new permanent site.
- Work with FAX to create a comprehensive Senior Citizen Transportation Program which would also include the Fresno Veteran's Home Program, easy access to both the FMAAA Resource Center at Blackstone and Dakota and the Fresno County Department of Social Services.

**3 YEAR TO 5 YEAR (PERMENANT SITE DEVELOPMENT AND BUILD)**

- Generate and implement a Site and Operational plan
- Building Site Options:
  - A. Existing PARCS/City Site
  - B. Acquire New Site through land acquisition
- Marketing Outreach – Work with internal and external partners
- Educational Outreach – Create a volunteer/staff committee to educate the community about services and activities at the New Center.
- Grand Opening
- Program Operational Launch that meets needs, abilities and interest of seniors in a fee for service offset and or monthly membership.

## **10 YEAR**

- Monitor and adapt to trends
- Replacement of depreciated equipment and building amenities
- Upgrades of new equipment for programming as participant needs change

## **NEXT STEPS AND TIMELINES**

### **Interim Mature Adult Center**

- Prepare Mature Adult Center Budget for FY19 for interim period
- Enter into discussions with FUSD to transition Adult School Mature Adult programs, physical fitness and technology programs to PARCS beginning July 1, 2018
- Enter into discussions with the desired Mature Adult Center location rental/lease management party to renew interim locations completions by July 1, 2018
- Enter into discussions with FMAAA to identify and allocate resources for PARCS 8<sup>th</sup> site – The Mature Adult Center for a SHM Program to cover all meal related costs – Completion by July 1, 2018
- PARCS will generate and finalize the Interim Mature Adult Center Operation plan and begin to implement with a completion date of July 1, 2018

### **Permanent Mature Adult Center Design Phase**

- Create a Project Build Leadership team that is made up of a project manager, architect, PARCS staff representative, City Manager's Office representative, engineers, planning department, Mature Adult attendee representatives, purchasing representative and real estate representative, ADA Compliance Officer.
- Create a project budget and a Capital Project final plan to include targeted resources: 1) Partially funded by the City of Fresno, 2) Central Valley Regional Foundation, 3) Create a 501c(3) – Friends of the Fresno Mature Adult Center (F.U.N – Fresno United Neighborhoods?), 4) Naming rights of the site – 2 million, 5) Room sponsorship, 6) Hiring of a professional fundraiser (i.e. Linda Calnadra), 7) High level Sponsorship (Banks, Businesses, Farmers, etc.), 8) Community Groups (Kiwanis, Chamber of Commerce, Rotary, Lions), 9) Long term lease of room
- Marketing/Fundraising Plan – Work with Mark Standriff and the Communication Department to craft target strategies to include a fundraising video (generated by CMAC).
- Generate an Operational Plan to provide dynamic service at the new location to include PARCS and partner roles.

- Projected Permanent Mature Adult Center Building and Supporting Amenities Budget:

- 1) Building (Prefabricated), Garden, Horse Shoe, Tables, etc. – 7 million
- 2) Gymnasium with Raised Walking Track and Restrooms/Change Rooms/Shower – 2.5 million
- 3) Swimming Pool – 1.5 million

## Outreach

- It is vital that the City will need to host more community meetings to ensure that the communication with the seniors is transparent and discussions are clear and precise in hopes of: 1) Obtaining citizen input in order to program and prioritize activities and spaces in a new Mature Adult Center, and 2) beginning the geographic and demographic data in order to build a set of procedures using Geographic Information Systems to recommend a site for a new Mature Adult Center. The citizens input effort should also be completed with an on-line access questionnaire via a website set up by the PARCS Department. This initiative will also support small group discussions, each held in a different location within the City. Group discussions should focus on three different topics: **1) Program Activities and Services, 2) Transportation and Accessibility, and 3) Mature Adult Center of innovation and arts.** From this information and opinion gathering effort, a list of programs and activities will be developed and prioritized for the inclusion in the planning efforts for the new Mature Adult Center.

## Site Design Development

- A study team would need to be developed to design an Interior/Exterior Space Usage Matrix for planning the Mature Adult Center space needed to support programs identified in the senior citizen public input and questionnaire process. Next, exterior space would need to be determined for the surrounding land up-fit requirements (land, parking, access, etc.), and associated probable construction costs to be determined. This space usage matrix would need to be integrated with the determined needs and priorities, ultimately arriving at a proposed facility program and budget estimate, roughly between 5 million and 10 million dollars for constructing a new 25 to 35 thousand square foot Mature Adult Center equipped with an indoor pool on City-owned land to accommodate the City's Senior Games Program, arts and crafts initiatives, water aerobics and fitness, hot meals program, pickle ball, bridge program, formal holiday dances, computer literacy program and more.

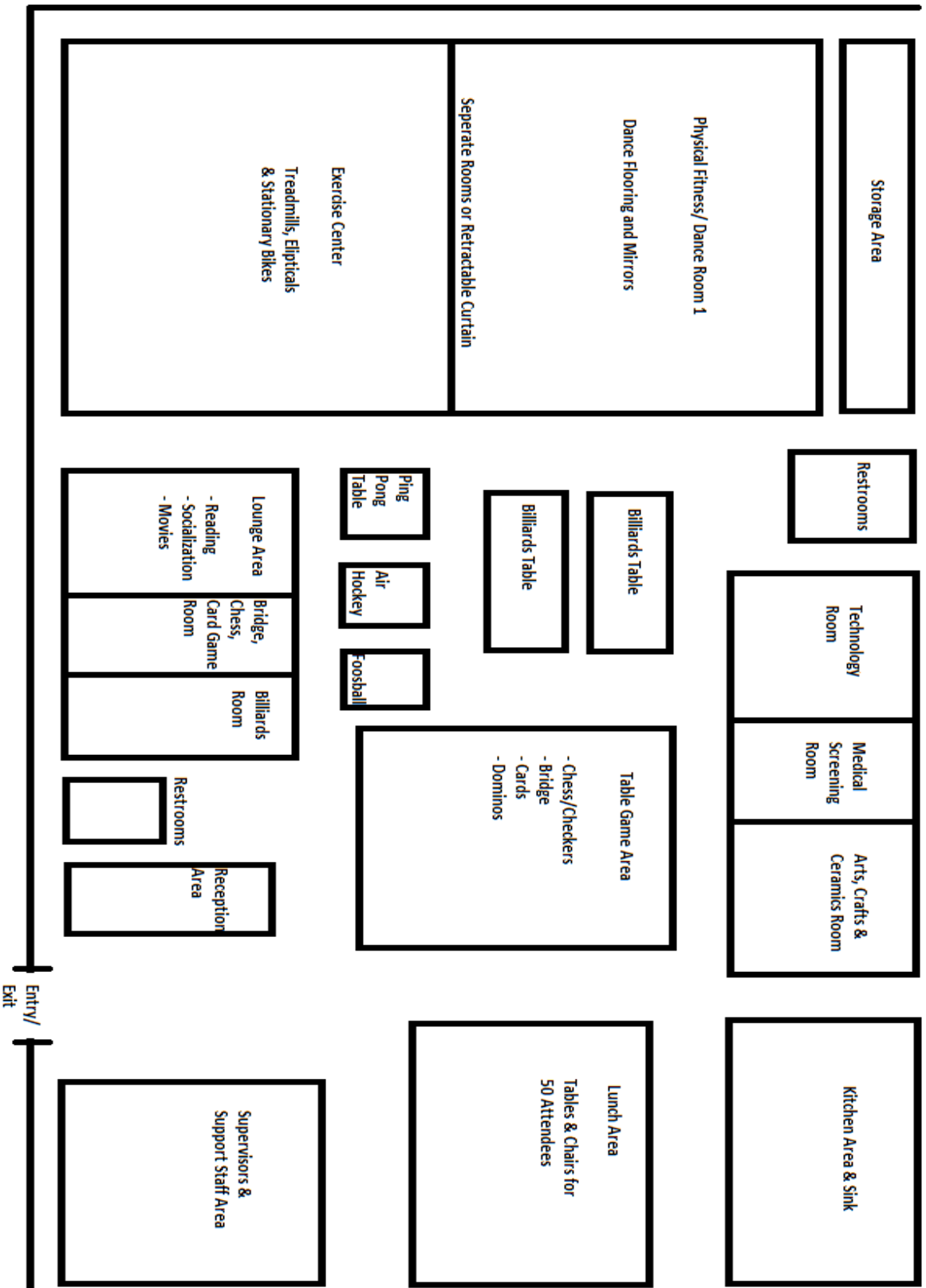


- Data Analytics – PARCS will purchase the “My Senior Center” software which will enable PARCS to have a touch screen and scanner at the front desk to empower mature adults with unique individual key tag bar code card to check in daily and enter the free activities and class programs. This will enable PARCS to track attendees, monitor trends and make adjustments in a paper free environment that eliminates sign in sheets. PARCS will continue to partner with FMAAA to register participants and track all required measurements to ensure program compliance.

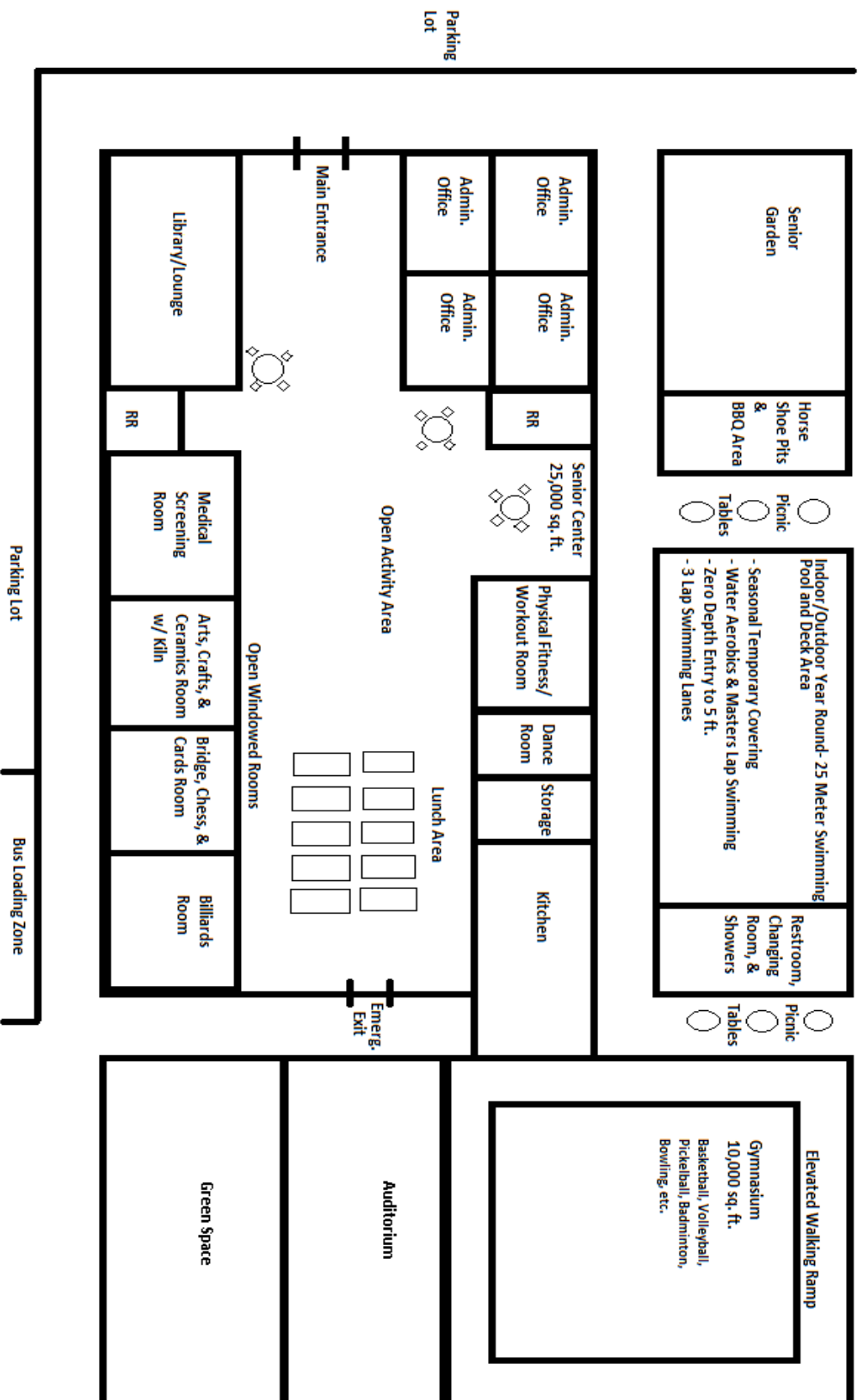




**PARCS Interim Mature Adult Center Site Location 12,000 sq. ft.**



PARCS Permanent Senior Center location - Building 30,000 sq. ft. & Gymnasium 10,000 sq. ft. (40,000 sq. ft. total)







Miscellaneous Information									
<b>Estimated Revenue - DETAIL</b>									
Memberships (100 Mature Adults @ \$36.00 per year)								3,600.00	3,600.00
Meal Donations (5,000 per year)								5,000.00	5,000.00
Physical Fitness Classes								21,000.00	21,000.00
Technology Classes								4,080.00	4,080.00
<b>Total Estimated Revenue</b>								<b>\$33,680.00</b>	<b>\$ 33,680.00</b>
<b>Alternate Site Costs</b>									
<b>6,000 sq. ft.</b>									
Lease/Rent (month/year)						6,500.00			78,000.00
Utilities (month/year)						800.00			9,600.00
Custodial (month/year)						1,200.00			14,400.00
Pest Control (month/year)						100.00			1,200.00
Sonitrol (month/year)						550.00			6,600.00
<b>6,000 sq. ft. Total</b>									<b>\$ 109,800.00 \$ 109,800.00</b>
<b>10,000 sq. ft.</b>									
Lease/Rent (month/year)						10,500.00			126,000.00
Utilities (month/year)						1,000.00			12,000.00
Custodial (month/year)						2,000.00			24,000.00
Pest Control (month/year)						100.00			1,200.00
Sonitrol (month/year)						550.00			6,600.00
<b>10,000 sq. ft. Total</b>									<b>\$ 169,800.00 \$ 169,800.00</b>



# APPENDIX SECTION



## **CITY OF CLOVIS SENIOR CENTER PLAN**

### **Clovis Senior Center Findings:**

Project Leadership Team – Project Manager – Community Development, Architect, Paul Halagian, City Manager Office, Engineers, Planning Director, Community Services Senior Center Staff, 2 Senior Participants.

Project Budget – 6 million plus

Concept – Shared footprint (5.7 acre site) with Transit Hub (SBI Capital), Fresno County Library, Senior Center

Senior Center – 1 story prefabricated building with 28,000 sq. ft.

Best Practice Model – Huntington Beach

### **Capital Funding Plan:**

- Partially funded by City (2 million)
- Gap – 4 million plus
- Clovis Foundation
- Created own 501 c 3 – Friends of Clovis Foundation
- Sponsor a Room
- Naming Rights – 1 to 2 million
- Professional Fundraiser (Linda Calandra)
- Banks
- Community Groups -- Kiwanis
- Fundraising Video – CMAC

### **Operational Funding Plan:**

- Relocating existing program and budget to the new building location
- Expand General Fund Request
- Participant Membership Charge
- Participation Fee for Classes (Yoga, Exercise, Arts & Crafts, Ceramics, etc.)
- Event Center Rental Venue – Rooms Auditorium
- Fitness Center Membership
- Community Sponsorships – Buy a Senior an Art Class
- Continuing Room Reservations – St. Agnes committed to space for 10 years to provide Internal Medicine, Walking Clinic, Geriatrics – City has the ability to take back the room in 10 years.
- Clovis Unified School District – Inter-Generational Projects with students, students teaching tech classes
- Fresno State – Gerontology Department & Kinesiology



**Building Layout:**

- Workout Gym (Treadmills, Elliptical)
- Room 1 – Yoga/Dance
- Room 2 – Arts & Crafts
- Room 3 – Classroom
- Pool Tables Area – With half walls surrounding
- Full Commercial Kitchen
- Roll Up Door – Access – Multi-Use outside events
- Light – Light Monitors – Bringing in light
- Percentage of Footprint – Senior Center (30%), Fresno County Library (50%), Transit Hub (20%)

**Issues:**

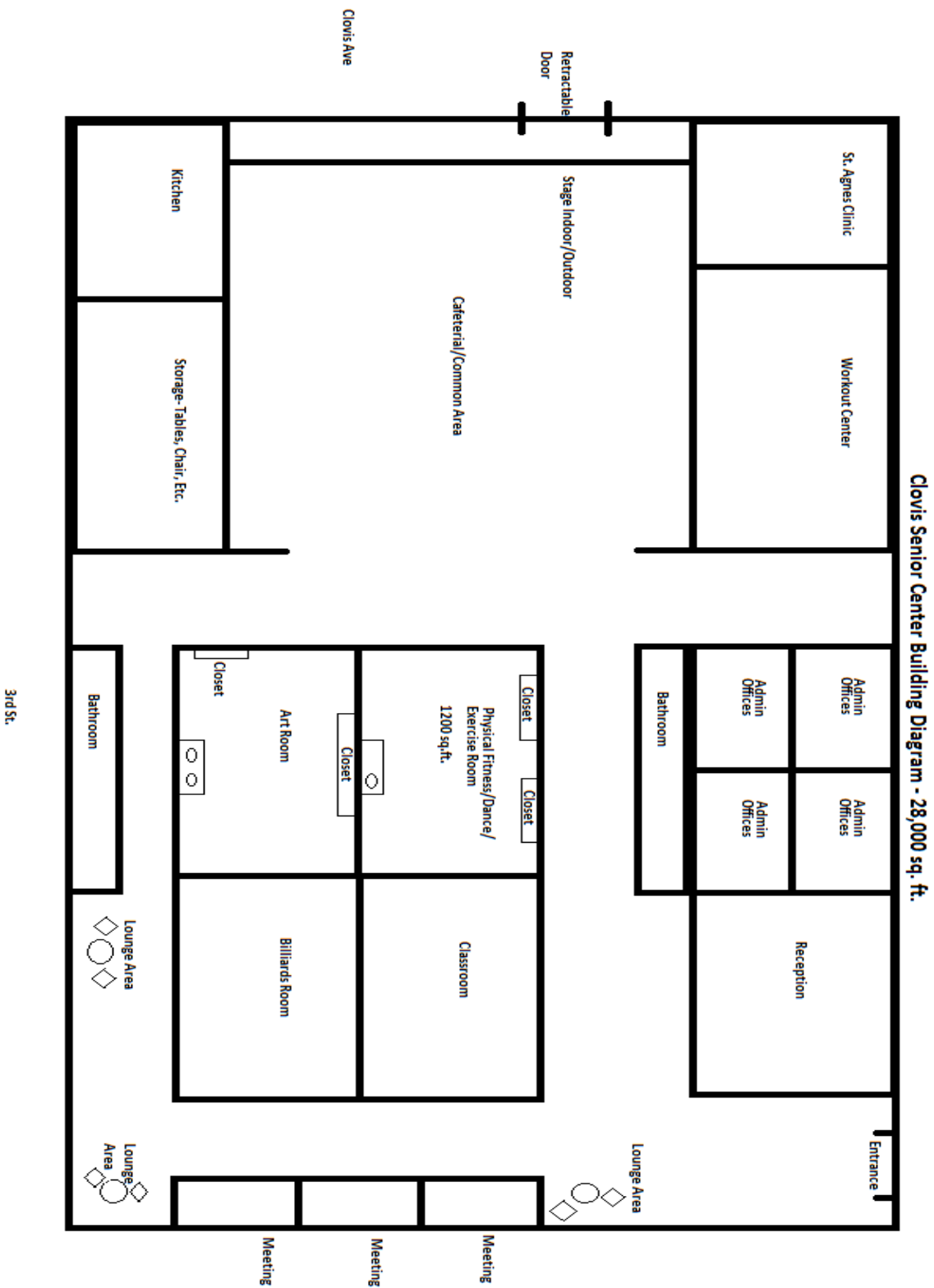
Parking

**Opportunities:**

Community Hospital Partnership

Visit Huntington Beach Senior Center for info/guidance





## PERMANENT LOCATION DREAM AMENITIES WISH LIST

### Indoor/Outdoor Swimming Pool

- Heated Pool
- Zero depth entry to 5ft depth (25 Meters)
- Pool deck area to accommodate minimal spectators
- Pool to accommodate various activities related to the Senior Games
- Storage area for necessary equipment
- ADA pool chair lift
- Lifeguard stand/station/office area



### Dedicated Gym for Seniors Age 50+

- Must be staffed at all times the gym is open.
- Separate entrance for use during the time the center is not open. Yet not accessible to the rest of the building when it's not open.
- Small locker rooms, bathroom, shower.
- Desk for check in.
- Will have a separate membership fee from the rest of the center.
- Sound system and TV/Projector screen for videos (fitness/activity/DIY)
- Areas/Equipment for Pickleball, Badminton and indoor bowling
- Roller shade that can separate the gym in half (activities can happen on both sides simultaneously and can make the gym feel more intimate if necessary)
- 2<sup>nd</sup> Floor walking ramp around gym



### Multipurpose Room (Capacity of 300)

- Room should have a stage, small green room, good lighting for the stage and sound system. Controls for lighting and audio should be easily accessible and not in a far off closet.
- The room can be part of another room if entirely necessary—for example, room for 200, a removable wall, that can convert the neighboring lunchroom for 100 to make a total of 300 for special events
- Adjacent to the kitchen.
- Either colored concrete, laminate or wood flooring.
- Plenty of storage for tables and chairs.

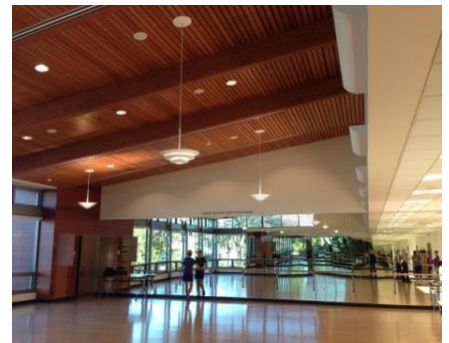
- Separate microphone and speaker systems for each part of the room if the breaks down to smaller rooms.
- Screen over the stage with ceiling mounted projector or rear projector.
- An adjacent outside patio area for events would be ideal. Better if it's covered. Put power outlets in the patio area.
- An area for renters to pull up a large trailer-mounted BBQ.
- Should have a dedicated entrance for use during evenings and weekends. Need restrooms nearby but the rest of the building should not be accessible to those using the hall during special events.

#### Dedicated Lunch Room (Tables don't need to be broken down each day)

- Should hold 100 people.
- Adjacent to the kitchen
- Built-in steam tables and cold tables with pass through windows.
- Separate sink in this area.
- Tables that convert from round to square so the room can be used for cards in the afternoon without changing the set up
- TV's that can be used as monitors or electronic Bingo Board on the walls

#### Kitchen

- Large storage and supply areas for all supplies.
- Office for kitchen and custodial staff
- Commercial kitchen
- Space for washer/dryer
- Separate janitorial closet for project storage and floor sink.
- Ovens should have broilers



#### Dedicated Dance/Yoga/Exercise Room

- A dedicated room with large cubbies and/or lockers (enough to hold a gym bag).
- Storage specifically for this room. Should be able to hold mats, weights, etc.
- Music system within this room separate from other rooms. Should include microphone.
- The ability for the instructor to adjust lights and temperature in this room.
- Mirrors and a bar on one wall.
- Small elevated stage for the instructor
- Not for line dancing but for Zumba, yoga, tai chi, exercise, couples dancing, etc.
- Needs to be able to accommodate 20 for yoga.

### Dedicated Art Room

- Concrete floor with drain. Multiple sinks for projects
- Kilns in separate area with good ventilation
- Multiple closets for classes.
- Lockers for participants
- Large drawers for flat paper sheets
- Overhead camera system to project the lesson on a screen or televisions.

### Three or Four Classrooms

- General classrooms for meetings, group sessions, presentations, etc.
- Can connect and make larger rooms.
- Sink and cabinets in each room
- Need TV's, projectors, computer access and connection to projector, white board in each
- Floor outlets so rooms can be used for computer training.
- Secure cabinets to store laptops.



Two small meeting rooms to have one-on-one sessions with a counselor.

A lounge area for mature adults, who just want to sit and socialize, could be in the lobby, or an alcove just off the lobby.

A coffee/snack bar in the lobby, which could also sell some of the class essentials such as yoga mats, art brushes, greeting cards, snacks, etc.

Passenger loading/unloading zone in the front of the building that can be seen from inside so the seniors can wait inside for their ride.

A loading/unloading zone for deliveries, kitchen deliveries and access and supplies. May be used for caterer, mobile kitchens and BBQ's

An outside covered storage area for bicycle loan program (right next to the trail), a bicycle pump that can be used by the public. Larger loan closet space.

Billiards Room which can accommodate 4 large tables.

Multiple restrooms



## Office Space & Entry

- One entrance for all participants (except gym before/after hours and hall rentals). Card key system that scans so we know whose membership is paid and who is in the center.
- Front desk that can accommodate three volunteers and/or staff. Good lighting in this area.
- Four to six cubicles for staff adjacent to the front counter so staff can help the volunteers
- Administrative Offices: 4 large and 4 small. A common area in the middle for additional cubicles in the future.
- A conference room that holds 15.
- A dedicated lunch area for staff with full size fridge, stove, sink.
- Staff restroom(s)
- A large copier room with a table in the middle for projects.
- Secure place to count money and a large safe for storage of money.
- Lost and found area.

## In general:

- Fee structure will be completely redone. Plan for a membership fee annually—higher for those who live outside of Fresno.
- PA system throughout the building that can page all areas or just certain areas. Allow for them to be turned off in individual rooms if meetings are held.
- Keep acoustics good for seniors-not too much echo. Good lighting-seniors often have reduced vision.
- Pull cords in the restrooms.
- Some windows that can open
- HVAC system that can be adjustable per room. Some activities are more active than others. Also, allow for “whole house fan” type system that pulls in outside air when needed. For example, during the winter when it’s warm inside due to a wedding or event, the A/C won’t run but if we can bring in outside cool air, it would cool the room and be energy efficient.
- Dedicated room/rooms for PA systems, telecommunications, power, etc. Don’t want it within the storage areas.
- Be careful that skylights aren’t glaring in people’s eyes throughout the day.
- Electronic reader boards throughout with information about today and upcoming events.
- Donor’s wall
- Emergency panic buttons in a few common areas. Dedicated defibrillator areas.



- While hard surfaces are easier to clean, acoustics is a big deal to seniors. Rooms can't be too noisy or echo.
- Outside bike racks
- Space for vendors to display in an organized fashion. Glass cased bulletin boards.
- Floor outlets in every room—especially classrooms and art room.
- Prewired A/V in all classrooms, art room, dance room, lunch room, multi-purpose room.
- Wi-Fi throughout the building.
- Chairs that stack vertically for hall rentals not like we have now.
- Easy pull or power-assist doors. Seniors have trouble opening a door while using a walker or wheelchair.
- Floor scrubber (hand mopping takes too long)
- Sonitrol system – especially for hall renters
- Emergency generator





## FUSD ADULT SCHOOL SENIOR CLASSES AT MANCHESTER CENTER

ACTIVITES	UNIT COST	# PEOPLE/HOURS		* SESSIONS *	TOTAL
Physical Fitness	\$60 (per person)	9 people (minimum)	\$540	4	Rev - \$2160
	\$17 (per hour)	30 hours	\$510	(W, SPR, SUM, F)	Ex - \$2040
Stretch	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Tai Chi	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Yoga I	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Yoga II	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Pilates	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Dancercise	\$65 (per person)	8 people (minimum)	\$520	4	Rev - \$2080
	\$17 (per hour)	30 hours	\$510	(W, SPR, SUM, F)	Ex - \$2040
Zumba	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Ballroom Dance	\$90 (per person)	6 people (minimum)	\$540	4	Rev - \$2160
	\$17 (per hour)	20 hours	\$510	(W, SPR, SUM, F)	Ex - \$2040
Beginning Ballroom Dance	\$25 (per person)	9 people (minimum)	\$175	4	Rev - \$700
	\$17 (per hour)	30 hours	\$170	(W, SPR, SUM, F)	Ex - \$680
Mini Ballroom Dance	\$25 (per person)	9 people (minimum)	\$175	4	Rev - \$700
	\$17 (per hour)	30 hours	\$170	(W, SPR, SUM, F)	Ex - \$680
Line Dance	\$65 (per person)	8 people (minimum)	\$520	4	Rev - \$2080
	\$17 (per hour)	30 hours	\$510	(W, SPR, SUM, F)	Ex - \$2040
Line Dance (Friday Night)	\$25 (per person)	9 people (minimum)	\$175	4	Rev - \$700
	\$17 (per hour)	30 hours	\$170	(W, SPR, SUM, F)	Ex - \$680
Advance West Coast Swing	\$50 (per person)	7 people (minimum)	\$350	4	Rev - \$ 1400
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Beginning Tap	\$20 (per person)	7 people (minimum)	\$140	4	Rev - \$560
	\$17 (per hour)	20 hours	\$136	(W, SPR, SUM, F)	Ex - \$544
ACTIVITES BUDGET:				REVENUE	EXPENSE
				\$20,940	\$20,260

TECHNOLOGY	UNIT COST	# PEOPLE/HOURS		* SESSIONS *	TOTAL
Basic Computer Skills	\$90 (per person)	4 people (minimum)	\$360	4	Rev - \$1440
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
Intermediate Computer Skills	\$90(per person)	4 people (minimum)	\$360	4	Rev - \$1440
	\$17 (per hour)	20 hours	\$340	(W, SPR, SUM, F)	Ex - \$1360
iPad/iPhone	\$50 (per person)	3 people (minimum)	\$150	4	Rev - \$600
	\$17 (per hour)	8 hours	\$136	(W, SPR, SUM, F)	Ex - \$544
Android/Tablet	\$50 (per person)	3 people (minimum)	\$150	4	Rev - \$600
	\$17 (per hour)	8 hours	\$136	(W, SPR, SUM, F)	Ex - \$544
		TECHNOLOGY BUDGET:		REVENUE	EXPENSE
				\$4080	\$3808
	DIRECT SERVICE TOTAL BUDGET:			REVENUE	EXPENSE
				\$25,020	\$24,068

**\* SESSIONS \* WINTER (W), SPRING (SPR), SUMMER (SUM), FALL (F)**



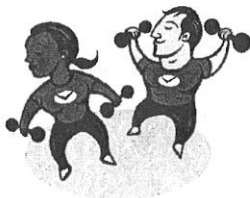
**Manchester Center Site:**  
**3402 N. Blackstone, Ste. 245**  
**Fresno, Ca 93726**  
**Office Phone: (559) 248-5780**



**Office Hours:**  
**Open Monday - Friday:**  
**8:00 am - 2:00 pm**  
**Closed for Lunch:**  
**12:00 pm - 1:00 pm**

**~~WINTER/SPRING 2018~~**

**Senior Discount Classes at Manchester Center**  
**All Classes are open to ages 18+**



**The Community Ed Office will  
begin registration for the  
attached classes on  
Wednesday, December 6<sup>th</sup>.**



**The Community Ed Office will be CLOSED:**  
**Dec 15, 2017 – Office will close at 11:00am for staff meeting**  
**Dec 18, 2017 – Jan 5, 2018 for Winter Break**  
**Normal hours of operation and registration will resume on January 8<sup>th</sup>.**

To receive the best discount, students must enroll in maximum sections at one time, on one invoice/registration form. Note: There is a \$3 registration fee, per invoice.

Families can register for classes together on one invoice, for one \$3 fee. Classes offered at a fixed discount rate for seniors do not receive further discounts. Please see our refund policy before enrolling if you have questions.

**55 and older Discount Policy:**

- 1 class = 50% discount
- 2 classes = 55 % discount
- 3+ classes = 60% discount

*To receive the discount, you must enroll in person, or you may call during office hours and enroll with your credit card.*

**50%-60% off listed prices for seniors 55+.**  
**Discounts calculated in the Community Ed Office. Registration for classes closes 1 week prior to class start date. Fees will no longer be accepted by teachers in classes.**

---- DO NOT DETACH THIS PORTION. TURN IN ENTIRE PAGE. ----

NAME: _____		EMAIL: _____	
Phone: _____		Sub Total _____ + \$3 reg fee Total _____	
<input type="checkbox"/> cash	<input type="checkbox"/> check # _____	<input type="checkbox"/> credit card: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	
CC # _____		Exp: _____ Processed by _____ Date _____	

I, the student listed above, agree to indemnify and hold Fresno Unified School District and its contractors harmless from and against any and all liability for any injury which may be suffered by the participant during participation in this program.

## ~ TECHNOLOGY ~

### Basic Computer Skills

Winter Session with Richard Robinson

#CE30180.1 • Tues & Thurs • 9 - 11 am

22 sessions, Jan 9 - Mar 22 • Fee: \$187

Spring Session

#CE30180.2 • Tues & Thurs • 9 - 11 am

20 sessions, Apr 3 - Jun 7 • Fee: \$170

### Intermediate Computer Skill

with Richard Robinson

Winter Session

#CE30181.1 • Tues & Thurs • 11:30a - 1:30pm

22 sessions, Jan 9 - Mar 22 • Fee: \$187

Spring Session

#CE30181.2 • Tues & Thurs • 11:30a - 1:30pm

20 sessions, Apr 3 - Jun 7 • Fee: \$170

### How to Use your iPhone &/or iPad

with Richard Robinson

Winter Session

#CE30182.1 • Mon & Wed • 9 am - 11 am

8 sessions, Feb 26 - Mar 21 • Fee: \$96

Spring Session

#CE30182.2 • Mon & Wed • 9 am - 11 am

8 sessions, Apr 16 - May 9 • Fee: \$96

Fixed Senior Discount Class Fee: \$48

(NO additional discounts apply)

### How to Use your Android Phone &/or Tablet

Winter Session with Richard Robinson

#CE30183.1 • M/W • 11:30 am - 1:30 pm

8 sessions, Feb 26 - Mar 21 • Fee: \$96

Spring Session

#CE30183.2 • M/W • 11:30 am - 1:30 pm

8 sessions, Apr 16 - May 9 • Fee: \$96

Fixed Senior Discount Class Fee: \$48

(NO additional discounts apply)

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## ~ FITNESS/DANCE ~

### Physical Fitness with Mario Moreno

Winter Session

#SD80180.1 • Mon/Wed/Fri • 8:00 -9:00 am

30 sessions, Jan 8 - Mar 23 • Fee: \$127

Spring Session

#SD80180.2 • Mon/Wed/Fri • 8:00 -9:00 am

28 sessions, Apr 4 - Jun 8 • Fee: \$119

Winter Session

#SD80180.3 Mon/Wed/Fri • 9:15 - 10:15 am

30 sessions, Jan 8 - Mar 23 • Fee: \$127

Spring Session

#SD80180.4 • Mon/Wed/Fri • 9:15 - 10:15 am

28 sessions, Apr 4 - Jun 8 • Fee: \$119

### Stretch

with Mario Moreno

Winter Session

#SD80181.1 • Tues/Thurs • 7:30-8:30 am

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD80181.2 • Tues/Thurs • 7:30-8:30 am

20 sessions Apr 3 - Jun 7 • Fee: \$85

### Tai Chi (modified) with Mario Moreno

Winter Session

#SD80183.1 • Tues & Thurs • 8:35-9:35 am

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD80183.2 • Tues & Thurs • 8:35-9:35 am

20 sessions, Apr 3 - Jun 7 • Fee: \$85

### Yoga for Health & Wellness I

Winter Session with Tommy Truong

#SD80184.1 • Mon & Wed • 8:00 - 9:00 am

19 sessions, Jan 8 - Mar 21 • Fee: \$81

Spring Session

#SD80184.2 • Mon & Wed • 8:00 - 9:00 am

18 sessions, Apr 4 - Jun 6 • Fee: \$76

### Yoga for Health & Wellness II

Winter Session with Tommy Truong

#SD80185.1 • T/Th • 8:00 - 9:00 am

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD80185.2 • T/Th • 8:00 - 9:00 am

20 sessions, Apr 3- Jun 7 • Fee: \$85

### Pilates

with Mario Moreno

Winter Session

#SD80186.1 • T/Th • 11:15am-12:15pm

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD80186.2 • T/Th • 11:15am-12:15pm

20 sessions, Apr 3- Jun 7 • Fee: \$85

### Dancercise with Mario Moreno

Winter Session

#SD80187.1 • Tues/Wed/Thu • 1:30-2:30 pm

33 sessions, Jan 9 - Mar 22 • Fee: \$140

Spring Session

#SD80187.2 • Tues/Wed/Thu • 1:30-2:30 pm

30 sessions, Apr 3 - Jun 7 • Fee: \$127

### Zumba with Robin Gonzales

Winter Session

#SD80188.1 • Tue & Thurs • 12:20 - 1:20 pm

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD80188.2 • Tue & Thurs • 12:20 - 1:20 pm

20 sessions, Apr 3- Jun 7 • Fee: \$85

### Ballroom Dance with Mario Moreno

Winter Session

#SD80189.1 • Mon/Wed/Fri • 11am-12:30 pm

30 sessions, Jan 8 - Mar 23 • Fee: \$191

Spring Session

#SD80189.2 • Mon/Wed/Fri • 11am-12:30 pm

28 sessions, Apr 4 - Jun 8 • Fee: \$178

### Beginning Ballroom - Wed Night

Winter Session

#SD801810.1 • Wed • 6 -7 pm

11 sessions, Jan 10 - Mar 21 • Fee: \$47

Spring Session

#SD801810.2 • Wed • 6 -7 pm

10 sessions Apr 4 - Jun 6 • Fee: \$43

### Ballroom Dance - Friday Night

with Mario Moreno

Winter Session

#SD801811.1 • Fri • 7 - 8 pm

11 sessions, Jan 12 - Mar 23 • Fee: \$47

Spring Session

#SD801811.2 • Fri • 7 - 8 pm

10 sessions Apr 6 - Jun 8 • Fee: \$43

### Line Dance - All Levels

Beg: 9:40-10:25 Int/Adv: 10:25-11:10

with Mario Moreno

Winter Session

#SD801812.1 • Tues & Thurs • 9:40-11:10 am

22 sessions, Jan 9 - Mar 22 • Fee: \$140

Spring Session

#SD801812.2 • Tues & Thurs • 9:40-11:10 am

20 sessions, Apr 3 - Jun 7 • Fee: \$127

### Line Dance - Friday Night

Winter Session with Mario Moreno

#SD801813.1 • Fri • 5:30 - 6:30 pm

11 sessions, Jan 12 - Mar 23 • Fee: \$47

Spring Session

#SD801813.2 • Fri • 5:30 - 6:30 pm

10 sessions Apr 6 - Jun 8 • Fee: \$43

### Advanced West Coast Swing

Winter Session with Mario Moreno

#SD81814.1 • Tues/Thurs • 2:35 pm - 3:35 pm

22 sessions, Jan 9 - Mar 22 • Fee: \$94

Spring Session

#SD801814.2 • Tues/Thurs • 2:35 pm - 3:35 pm

20 sessions, Apr 3 - Jun 7 • Fee: \$85

### Beginning Tap with Barbara Mendes

Winter Session

#SD801815.1 • Mon • 12:40 - 1:40 pm

8 sessions, Jan 8 - Mar 19 • Fee: \$34

Spring Session

#SD801815.2 • Mon • 12:40 - 1:40 pm

8 sessions, Apr 9 - Jun 4 • Fee: \$34

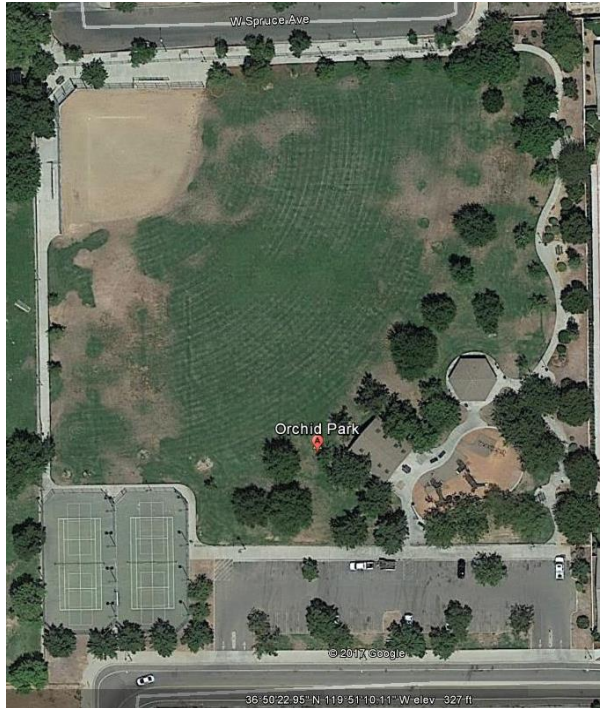
Prices are NOT YET discounted for seniors.

(See page 1 for details)



## POTENTIAL PERMANENT MATURE ADULT CENTER LOCATIONS

ORCHID PARK – 5.63 ACRES



VINLAND PARK – 7.5 ACRES



RADIO PARK – 8.6 ACRES



FOR LEASE > OFFICE SPACE

# Manchester Center

1901 E SHIELDS AVENUE, FRESNO, CA



OMNINET



***"Major Renovations Underway Throughout the Entire Center"***  
***"Unique Office Space for Lease"***

Manchester Center...a mixed use facility in the heart of Fresno provides a venue for working, shopping, education, recreation and entertainment. The site has easy access from Freeway 41 and the Fresno Area (FAX) Bus Terminal offers a major switching station for public transportation.

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FOR LEASE > OFFICE SPACE

# Manchester Center

1901 E SHIELDS AVENUE, FRESNO, CA

## **MANCHESTER CENTER - Office**

*...a mixed use facility in the heart of Fresno*

Manchester Center has been redeveloped into a mixed use facility that provides a venue for working, shopping, education, recreation and entertainment. One wing of the property has been converted into offices containing some 300,000 square feet of space. The Regal Cinemas stadium seating theater has over one million visits annually, along with new restaurants and entertainment outlets.

For the office tenant at Manchester, there are a number of attractive features that should be highlighted.

**Access.** Manchester enjoys a unique advantage of being in the geographic and population center of Fresno. In addition:

- *There is a freeway interchange at Shields and the 41 Freeway for easy access.*
- *The Fax Terminal at Manchester is the major switching station for public transportation north of downtown.*

**Parking.** Manchester has more than 3,000 spaces in its parking fields.

**Support Services.** Part of what set Manchester apart, as an office environment is that as an indoor environment, the climactic extremes that characterize Fresno can be avoided during the workday. In addition, there are a range of support services available on the property.

- **Security.** *There is 24-hour per day security on the property providing access 365 days per year.*
- **Food Service.** *The new Marketplace will be an artisan food community bringing together Fresno's best chefs, food trucks and restaurants under one roof for food lovers from the entire Central Valley.*
- **UEI.** *UEI established a training center at Manchester, which focuses on continuing education and professional development.*
- **City of Fresno.** *A customer service center has been established at Manchester. This office will permit residents to pay utility bills and transact any other financial matters involving the City.*
- **Retail.** *Convenience shopping is available to meet the personal needs of employees immediately on the property.*

**Space.** Manchester offers a variety of large floor plate options. Our space planners can work with your staff to create a layout that accommodates your requirements. Along with our construction team that can expedite completion of improvements. Our average build-out time is sixty days.



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# Manchester Center

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## Manchester Center > Property Summary

|                  |                                         |
|------------------|-----------------------------------------|
| Location>        | NEC of Shields & Blackstone Avenues     |
| Parking>         | Ample parking with approx. 3,000 spaces |
| Rental Rate>     | \$1.25 psf, triple net (NNN)            |
| TI Allowance>    | Negotiable                              |
| Occupancy>       | Immediately                             |
| Available Space> | <u>Upper Level</u>                      |

|            |            |                                   |
|------------|------------|-----------------------------------|
| A100:      | 40,000± SF |                                   |
| B200:      | 8,487± SF  | Can be combined for<br>16,729± SF |
| B272-B298: | 8,242± SF  |                                   |
| B226:      | 11,106± SF | Can be combined for<br>26,288± SF |
| B254:      | 623± SF    |                                   |
| B250:      | 11,367± SF |                                   |
| B260:      | 3,192± SF  |                                   |
| E225:      | 7,775± SF  |                                   |
| E240:      | 21,779± SF |                                   |
| E242:      | 10,000± SF |                                   |

Manchester Center is currently upgrading the entire property to attract new quality tenants. (Chipotle, Habit Burger and more). Excellent access to Freeway 41, providing easy access to the entire Fresno/Clovis metropolitan area.



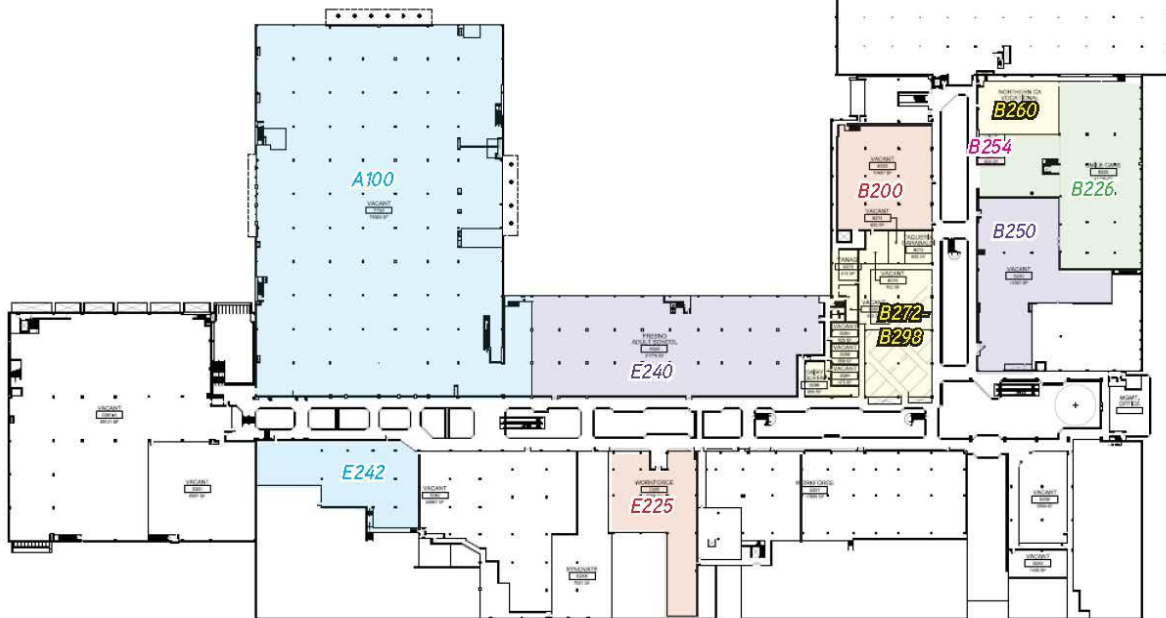
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## Manchester Center > Upper Floor Site Plan



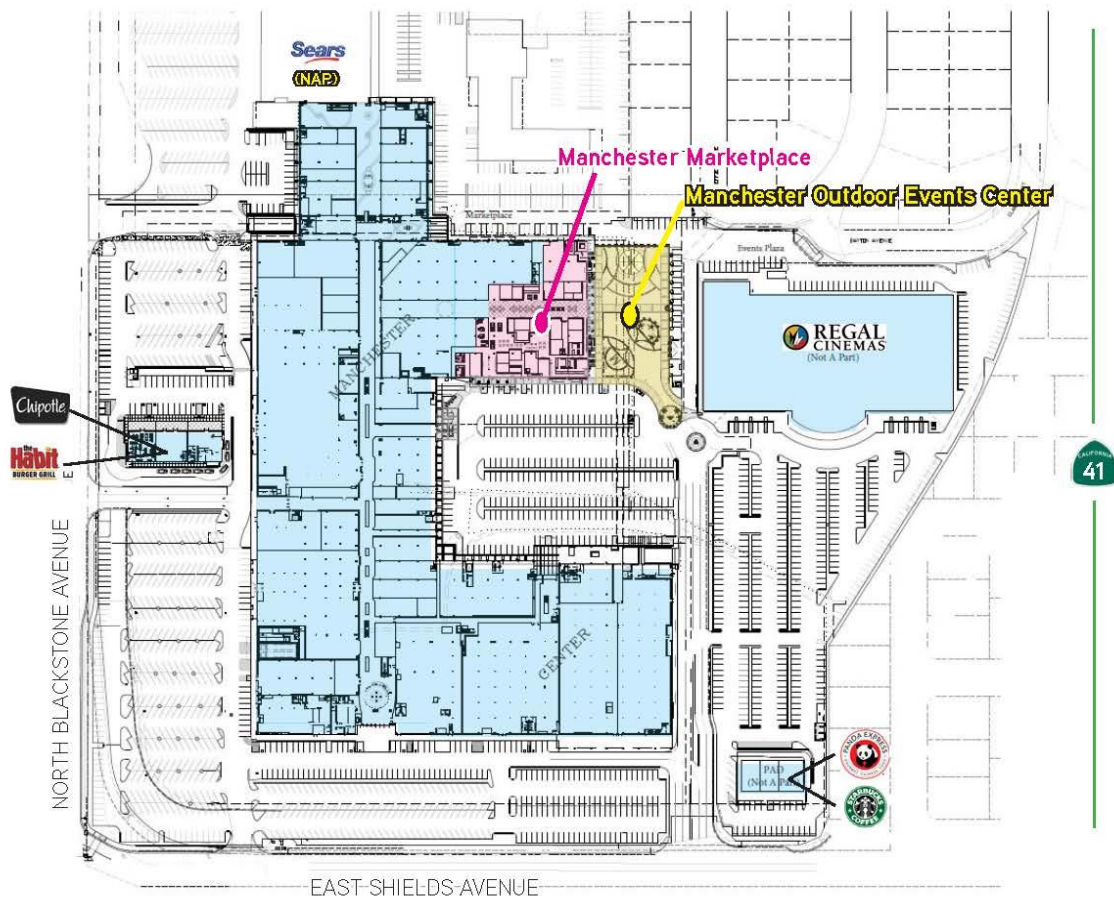
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*Site Plan*



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# Manchester Center

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## AMENITIES

- Restaurants
- Shopping
- Banks
- Theater
- Abundant Parking
- Fresno Area Bus Terminal
- Sears

## TENANTS

- Cal Trans
- Crescent View Charter School
- Fresno Adult School
- UEI College
- Workforce Connection
- Department of Motor Vehicles
- IPSOS

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## **City of Huntington Beach Senior Center Plan**

### **Hunting Beach Senior Center Findings:**

**Project Budget-** \$28 million plus

**Concept-** 45,000 sq. ft. facility built on City owned land (5 acres) on the edge of Central Park. Located in a City service area hub which includes Sports Complex, Equestrian Center, Golf Course, trails, and Central Park

**Fundraising-** Hoag Health Center donated \$3 million for the naming rights to the facilities fitness center. Local area donors (businesses, individuals, foundations, etc.) contributed over \$2 million and are given recognition on entry way.

### **Overview:**

The Senior Center in Central Park is a vibrant hub of activity focused on active aging as well as aging in place. Volunteers and staff will make you feel welcome as you sign up for classes, activities, workshops, computer training classes and more. The Hoag Health and Wellness Pavilion is fully furnished with state of the art user friendly equipment. Classes, appointments with personal trainers or independent workout times are available. In addition to the active aging, care managers and resource specialists focus on Aging in Place, assisting seniors to remain in their homes for as long as possible; utilizing services such as Home Delivered Meals or Transportation. The Center features a travel and resource area, three classrooms including a computer learning center, a game room, a comfortable lounge and the Parkview Room, hosting a daily lunch program, as well as activities and films

### **Hoag Fitness Center**

The Senior Center in Central Park in alliance with Hoag features a state-of-the-art 5,600 sq. ft. fitness center, group exercise room and dance room designed to meet the health and wellness needs of older adults living in and around Huntington Beach. The fitness center offers a wide selection of cardiovascular, strength training, free weight and stretching equipment made by Star Trac and TechnoGym, as well as a variety of health screenings conducted by Hoag medical staff and partners.

Fitness Center Membership\*- Ages 50 - 79 \$120.00 per year; Ages 80 & up: \$80.00 per year



## **Hours of Operation**

|                   | Building:   | Fitness Center: |
|-------------------|-------------|-----------------|
| Monday - Thursday | 8 am - 9 pm | 8 am - 8 pm     |
| Friday            | 8 am - 5pm  | 8 am - 5 pm     |
| Saturday          | 7 am - 1pm  | 8 am - 1 pm     |

## **Social Services Resource Center Care Management**

Care Managers offer services to help older adults enhance life, develop long term plans, and age in place. Services are offered to at-risk Huntington Beach residents aged 60 years and older who live independently in the community. Care managers complete phone and in-home consultation to evaluate individual needs and link older adults with services. Information, resources, education, mobility equipment, emergency food, and low cost personal emergency systems are available

## **Volunteers**

Huntington Beach Community Services Volunteers make life better for Huntington Beach residents through a wide variety of activities, teaching classes, transporting seniors, delivering and serving meals, crafting, office support and more. In 2014 over 500 volunteers served over 56,300 volunteer hours, an in kind contribution to the City of Huntington Beach of 1.5 million dollars!

Volunteers are needed to support Social Services Resource Center and the Senior Center in Central Park.

## **Senior Serv - Hot Lunch**

Senior Serv provides a hot lunch Monday – Friday at 11:30 am with a recommended donation of \$3.00 for those over 60 and a cost of \$5.00 for those under 60.

## **"Seniors on the Go" Transportation Services**

Transportation "Seniors on the Go" provides door-to-door service to medical appointments, shopping centers, Senior Center in Central Park and any other reason within Huntington Beach. Escorts are available for those needing extra assistance.

## **Social Services Resource Center Services**

Daily Care Call Program, Mobility Equipment Lending Service, Emergency Grocery Certificates, Friendly Visitors, Holiday Meals, Information and referral to a variety of resources, Needs and Strengths Assessment, Senior Advocacy, Surf City Senior Providers Network

## **Clubs & Activities**

AA Seniors & Friends Meeting, Aloha Seniors, Bingo, Bright Outlook Assembly, Chess Club, Fishing and Recreation Club, Free Your Mind, Game Room, Handy Crafter, Hawaiian Crafts, Hula, Life Story Writing, Mah Jong, PC Buddy Club, Pickleball, Pinochle, Poetry for Pleasure, Singing Goodtimers, Speak Up, Stamp Club, TOPS- Take off Points Sensibly.



## Huntington Beach Senior Center

