

NORMAN SENIOR



WELLNESS CENTER



NORMAN FORWARD

QUALITY OF LIFE PROJECT

On October 13, 2015,

Norman residents passed the NORMAN FORWARD initiative. Residents voted in favor by an overwhelming 72% percent, various quality of life projects through a one-half percent (½%) sales tax collected over 15 years. A Wellness Center was one of the many projects set out to complete after the community voted for the Norman Forward initiative. However, there was not a dedicated budget for this project at that time. A budget was later approved that will allow Norman to build a state-of-the-art facility.





WHAT IS A WELLNESS CENTER?

Six factors together embody the definition of a great wellness center. These six essential factors are emotional, spiritual, intellectual, social, physical, and occupational. The goal of the new wellness center is to embody and provide programs under one roof, to improve the quality of life for all adults over 50 in the Norman community.





THE MISSION

Provide a facility and programming that improves the physical and emotional wellness of 50+ adults by:

■ Connecting adults and creating community through social wellness activities and initiatives,

■ Supplying access to professional and recreational physical fitness activities,

■ Providing education and support on current adult-related issues,

■ Delivering services for anyone in the community with reasonable membership prices, a sliding scale, and scholarships.



THE CENTER'S PROGRAMMING

A few of the programs will include private training, group exercise classes, pickleball, drawing and painting, hand-built pottery, glazing pre-fired pottery, mixed media, floral design, healthy cooking classes from beginner to advanced, and more. In addition to programs, there will be events, such as movie nights, festivals, and seminars. Once the facility is closer to opening, the management team will accept suggestions for the programs and events members will attend.



The design for the Senior Wellness Center is complete, led by consultants from FSB. Numerous workshops, meetings, Ad Hoc Committee meetings were held, and a survey was done to collect input from residents. All of which was considered before finalizing a design and breaking ground.



The total approved project budget for the Senior Wellness Center is \$12.4 million. The world-class amenities will include a walking track, warm saltwater pool, multi-purpose rooms for classes and exercise, multiple classrooms for art, a strength training area, teaching kitchen, all housed in an over 30,000 square foot facility.



HEALTHY LIVING OKC

THE FACILITY MANAGEMENT TEAM

Healthy Living & Fitness, Inc. is a 501(c)3 non-profit organization and operates independently. They are led by a diverse Board of Directors bringing expertise from various sectors in the community. After interviews with multiple candidates, Healthy Living OKC was selected to manage the new wellness facility because of their experience and past success.





Quality of Life Project



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