

Norman Forward Senior Center  
Ad Hoc Advisory Group  
September 17, 2019

The Norman Forward Senior Center Ad Hoc Advisory Group of the City of Norman, Cleveland County, State of Oklahoma, met in the Municipal Building City Council Chambers on the 17th day of September, 2019 at 6:03 p.m. and notice and agenda of the meeting were posted at 201 West Gray Street, 24 hours prior to the beginning of the meeting.

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ITEM 1, being:

CALL TO ORDER AND ROLL CALL

Present: Chairperson Hobson and Members Bailey, Bonner, Jewell, Knudsen, Vaughn and Ex-Officio Wright

Absent: Member Terry

Staff Present: Jud Foster, Director of Parks and Recreation, Jason Olsen, Recreation Superintendent, Sandi Lasseter Senior Center Supervisor, Randy Hill, ADG, Bill Clifford, BRS, Craig Bousk, BRS, John Semtner, FSB, Fred Schmidt, FSB, Isaac Hines, FBS, and Karla Sitton, Administrative Technician IV

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ITEM 2, being:

REVIEW OF MINUTES SEPTEMBER 4, 2019 MEETING

Member Vaughn made the motion seconded by Member Jewell to approve the minutes. The vote was taken with the following results:

YEAH: Chairperson Hobson and Members Bailey, Bonner, Jewell, Knudsen, Vaughn and Ex-Officio Wright

NAY: None

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ITEM 3, being:

SURVEY DISCUSSION/SUB-COMMITTEE REPORT

Mr. John Semtner, FSB, introduced the project team and provided the project background. He provided a map depicting the Norman Wellness Center site and said it will be constructed in the southwest corner of Reaves Park. Mr. Semtner said there will be three public meetings, an on-line survey, comment cards distributed in Norman, and a community discovery in order to gain public input for the Wellness Center. He said public outreach is very important and said the public meeting comment cards will include program options, allow for write in program spaces, program space comment exercise, use at open houses and intercept events, allow write in comments on the back, and it matches the on-line version survey. The preliminary schedule for Public Meeting is as follows: Wednesday, September 18<sup>th</sup>, Wednesday, October 30<sup>th</sup>, and Tuesday, December 3<sup>rd</sup>. The survey opens on September 23, 2019, and closes October 25, 2019 and the project team will compile the survey results prior to the October 30<sup>th</sup> Ad Hoc Committee Meeting/Workshop #3 in order for them to be reviewed and discussed. A presentation will be

given to the Park Board on December 5<sup>th</sup>, to the City Council at a Study Session on December 17<sup>th</sup>, and will be an agenda item on January 14<sup>th</sup> for Council consideration.

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ITEM 4, being:

#### COMMUNITY CULTURE DISCUSSION

Mr. Craig Bousk, BRS, provided pictures of existing active adult spaces to include lounges for social gathering, board games, coffee bars, and reading. He said a Wellness Center can include a community room/events hall that can be utilized as community rooms, catering kitchen, wedding receptions, large scale exercising rooms, retirement parties, and performance areas. Mr. Bousk said kitchens and food prep areas can be utilized as teaching kitchens, commercial kitchens, break room, multi-use connections, and food prep/warming areas. The Wellness Center can also include classrooms for meetings, special functions, small conferences, or be an overflow community room. Mr. Bousk said arts and craft rooms are very common in Wellness Centers and can be both dry and wet room, used for club/organization rooms, and spaces for learning or playing. Billiard room can be constructed and used for pool tables and table tennis. Multi-activity gymnasiums can also be built for pickleball, basketball, chair volleyball, and large fitness classes. Mr. Bousk said indoor running/walking tracks can also be constructed and shared with the gymnasium, as well as weight rooms and cardiovascular equipment areas. He said aerobics, dance, and group exercise rooms can be included in Wellness Centers for adult programs, yoga, and stretching. Mr. Bousk said pools are common in Wellness Centers and can be utilized for fitness swim, aqua aerobics, learning to swim and competitive swim. He said pools can be warm water and utilized aquatic therapy, current channel swim (water walking), water aerobics, specialty access and have aquatic massage benches. Some water areas can include a water spa/Jacuzzi with hot water and massage jets.

Mr. Bousk said Wellness Centers have begun constructing senior health services to include on site health screenings, physical therapy, exam rooms, massage rooms, pedicure/manicure areas, and such services can be paired with health provider partnerships.

Mr. Bousk showed some Wellness Centers that BSK have designed to include Brighton, Colorado, South Lake, Texas, West Lafayette, Indiana, and Thornton, Colorado. He said the Wellness Centers are designed to “fit the communities” they are constructed in and the materials, design, and décor are very apparent when visiting them.

Mr. Montgomery Johnston, concerned citizen, felt physical therapy is one of the biggest issues for seniors and a Wellness Center needed to include a salt water pool. Mr. Paul Arcavoli, concerned citizen, asked how online survey duplication will be avoided and Mr. Bill Clifford, BRS, said the survey will only accept one user online I.D. Mr. Arcavoli said there are 17,000+ seniors in Norman and this design process needed to reach out to all of them. He said he had gathered addresses of all Norman citizens that are 55+ and older and felt that the City needed to do a letter mailing to each of them. Mr. Arcavoli said he distributed a 16 question survey to the Ad Hoc Group before tonight’s meeting as well as draft letter that can be mailed out to Norman citizens that are 55+ and older.

Mr. Dave Boeck, concerned citizen, asked whether showers and/or locker rooms be included in the design because they are not on the survey. Mr. Clifford said even though they are not listed on the survey, showers/locker rooms will be included near the pool and/or gym, if those areas are determined to be part of the design. Mr. Boeck asked what the “hill” is on the survey and Mr. Clifford explained it was brought to their attention that was wanted to be included on the survey. Mr. Johnston said the hill was an idea of his and explained a hill could be constructed to

allow exercise stations to be placed sporadically as citizens go up to a sitting area at the top. Mr. Clifford said BLS will try to get all additional comment to the online survey; however, they may not be added to the comment cards before the Public Meeting scheduled tomorrow night. He said there is a \$6 million budget for construction of a wellness center and tonight is not a guarantee of construction areas and the estimated costs that go with them. Mr. Clifford said for example, pool spaces are generally more expensive than other areas of the wellness centers, etc. He said hard costs will include construction fees while soft costs include permit fees, design consultant fees, etc. Mr. Boeck said it needs to be clarified whether or not everything wanted in the wellness center will be able to be done and whether or not it will be done in phases. Mr. Bousk said the design teams love to build these type of building projects and typically the design starts out really big at the beginning of a process such as this and challenged the participants to think about program areas that can be utilized as multi-use spaces. He said actionable things that participants can do as part of their outreach include thinking about their desired outcome(s) for the Design Phase and some of the key goals include cost, accessibility, etc.

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ITEM 5, being:

#### PROGRAMMING EXERCISE (CARD GAME)

Mr. Bousk said the people attending tonight will be asked to participate in a couple of exercises. He said there are boards lined up against the wall asking five separate questions. He said post-it notes will be given out and asked each participant to put their answers to each question on the applicable boards. The five questions will assist in a possible "theme" and design for the Wellness Center. The five questions included:

1. How do you describe where you live when you are **away** from Norman?
2. What places or events must visitors experience when they are **here** in Norman?
3. **Why** do you live in Norman?
4. How do you want to **be** perceived as a community?
5. How do you **not** want to **be** perceived as a community?

Mr. Bousk said the design teams have several cards of rooms/spaces that could be constructed in the Norman Wellness Center. He said people in attendance tonight will break up into two separate groups and use the cards, which include size and estimated costs, to "design" a wellness center while keeping within the \$6 million budget. Mr. Bousk said this will help the design team learn from them (Norman citizens) what is wanted and prioritized in a wellness center.

Mr. Bousk said participants will be asked to do another programming exercise called Dotocracy, at tomorrow night's Public Meeting, stating each participant will be given seven (7) dots (stickers) and they can place a dot on what programming/activities they would most like to see at the Norman Wellness Center. He said there will be different programming spaces taped to the back windows/walls to include: kitchen area(s), pool area(s), gymnasium area(s), community spaces and game areas, arts and craft rooms, and adult lounge areas. This exercise will help the design team begin to see what the participants envision in a Wellness Center and assist the design of a wellness center to be unique and/or special to Norman.

The participants broke into two groups and began the "card game."

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ITEM 6, being:

#### MISCELLANEOUS DISCUSSION

None.

ITEM 7, being

ADJOURNMENT

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

YEAH: Chairperson Hobson and Members Bailey, Bonner, Jewell, Knudsen, Vaughn and Ex-Officio Wright

NAY: None

Passed and approved this 9<sup>th</sup> of October 2019

Gale Hobson  
Gale Hobson, Chairperson