

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, JUNE 8, 2016, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, June 8, 2016, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Catherine S. Herdering, Acting Secretary, Carol A. Green, Edson L. Montgomery, Virginia Lee Rapp, and Melvin C. Fredlund, GRF Board representative and ex-officio member. Sherry S. Smith, Secretary, was excused. Also attending were Leslie Birdsall, President, and Mary Lou Delpech, Secretary, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; Fred Ponce, Project Manager, ArcPATH Project Delivery, Inc.; and two residents.

Attendance

The report of the Committee's regular meeting of May 11, 2016, was approved as presented.

Report
Approved

The Chairman reported that there were 15,629 visits to the Fitness Center in May, which represents the number of key card scans plus sign-ins. Mr. Matheson pointed out that the report now indicates the number of unique scans (individual people) as well as the total number of visits. The unique number was 1,924, which does not include sign-in numbers. These figures continue to include a probable mix of fitness and pool users as the system cannot yet distinguish between the two.

Chairman's
Report

Ms. Henzel reported that all equipment is up and running. She also announced that staff member Rachel Anderson has resigned and has been replaced by Jo Nash, who is currently working as a substitute instructor for classes.

Staff Report

During the Residents' Forum, Albione Becnel expressed concern about "second-hand noise" from piped-in music unrelated to classes. As someone with hearing aids, she said that music blends with ambient sound in the Fitness Center and creates an unpleasant static for her. She requested that the renovated Fitness Center limit music to classes and preserve quiet in the general areas. She suggested that people who want music could bring their own listening devices. Roxanne Stallings commented that people with hearing aids can't tolerate loud noise in general. Since ambient Fitness Center sound combines with the piped-in music, sound volume should also be considered.

Residents'
Forum

The Committee discussed the comments made during the Residents' Forum and generally supported the request to eliminate music in the renovated Fitness Center given that many residents wear hearing aids. In a dissenting view, Ms. Green pointed out that many residents enjoy the music and use it to pace their workouts. Mr. Matheson suggested that the FCAC and AAC Joint Subcommittee take up the issue and noted that a PA system, necessary for emergency announcements, has been planned for the renovated Fitness Center.

Discussion
Following
Residents'
Forum

In his update on the Del Valle Complex Renovation Project, Mr. Matheson introduced Fred Ponce of ArcPATH Project Delivery, Inc., the newly hired Project Manager. Mr. Ponce will serve as liaison between the Golden Rain Foundation and project contractors. He will also work on phasing issues, such as finding spaces for classes held at Del Valle that will be displaced by construction.

Update on
Del Valle
Complex
Renovation
Project

Mr. Matheson then announced that the GRF Board approved the Del Valle Complex renovation design at its April 28th meeting. This now brings the project into the design development phase. There have already been several meetings with the Walnut Creek Planning Department and the Fire Department regarding building codes. Cost estimates will be available by mid-June and a packet is being prepared for the GRF Board by month's end when the project plans will be finalized. Document completion and the bidding process are up next. Soft building costs for fees, permits, construction equipment use, etc., have been estimated at 30% of the project costs.

Mr. Montgomery reintroduced ideas for publicizing news to residents about the programs, potential, and benefits of the Del Valle Complex. This generated a number of comments and suggestions: Ms. Delpech suggested publicizing renovation project updates with bold headlines in the Rossmoor News. Mr. Matheson reminded the Committee of the project's website, which is always up-to-date, and referred to the FCAC and AAC Joint Subcommittee as an incubator for publicity ideas. Ms. Rapp thought a bi-weekly update with short articles in the Rossmoor News with a contact number might be useful.

Discussion
re.
Publicity

Ms. Green commented that letters in the Rossmoor News are a very effective means of publicity. The Committee agreed that it might also want to think about using the bus system for traveling ads. Mr. O'Keefe said he plans to include comments on the renovation in his "Meet the CEO" presentation on June 9th at Hillside Clubhouse.

Ms. Tierney announced that the next FCAC meeting will be the first meeting of the new GRF Board year with new and/or re-appointed Committee members. Since the FCAC does not currently have a publicity subcommittee, she suggested that the new Committee may want to consider forming one.

Forming
a Publicity
Sub-
committee

Fitness Center Advisory Committee
Regular Meeting


-3-

June 8, 2016

The Chairman adjourned the meeting at 10:05 a.m.

The next regular meeting of the FCAC will be held on Wednesday, July 13, 2016, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse.

Adjourn-
ment/
Next Mtg.
7/13/16



Claudia Tierney, Chairman J PJ
Fitness Center Advisory Committee

CSH/kv

Attachment: Fitness Center Statistics