



General Purposes Committee

Date: Monday, July 21, 2014

Place: Anderson Room
Richmond City Hall

Present: Mayor Malcolm D. Brodie, Chair
Councillor Chak Au
Councillor Linda Barnes
Councillor Derek Dang
Councillor Evelina Halsey-Brandt
Councillor Ken Johnston
Councillor Bill McNulty
Councillor Linda McPhail
Councillor Harold Steves

Call to Order: The Chair called the meeting to order at 4:00 p.m.

MINUTES

It was moved and seconded
That the minutes of the meeting of the General Purposes Committee held on Monday, July 7, 2014, be adopted as circulated.

CARRIED

COMMUNITY SERVICES DEPARTMENT

1. **COUNCIL POLICY HOUSEKEEPING**
(File Ref. No. 01-0105-00) (REDMS No. 3859515 v. 16)

It was moved and seconded
That the staff report titled "Council Policy Housekeeping" be referred to staff for further analysis.

CARRIED

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2. MINORU RECREATION COMPLEX PROGRAM

(File Ref. No. 06-2052-55-01) (REDMS No. 4276756 v. 9)

Jim Young, Senior Manager, Project Development, accompanied by Serena Lusk, Senior Manager, Recreation and Sport Services, provided background information and advised that the staff report focussed on programming and space allocation of the approximately 110,000 sq. ft. facility with a view towards next steps for options related to the form and character of the building. Site preparation has commenced including the (i) relocation of the watermain and sports fields, and (ii) preliminary demolition and pre-load activity.

Staff advised that subsequent to the June 2014 General Purposes referral, Council and staff have had the opportunity to tour the Hillcrest Community Centre and Edmonds Community Center and a review of best practices has concluded. Further to meeting with community stakeholders, staff have met with the Minoru Major Facility Stakeholder Advisory Committee and the Major Facility Building/Project Technical Advisory Committee at which time discussion and consensus was reached on the following five key issues:

- in view of the need for safety, privacy, and efficiency, two reception areas is considered the best option, with one reception area dedicated to older adults and the other to service the rest of the facility;
- best efficiencies will be met through providing a well designed fitness facility, with accompanying changerooms, that would create separate spaces for older adults providing a level of comfort and privacy for individuals, families, and cultural groups;
- in recognition of the valuable hot meal service provided by the Minoru Senior's Society, a single commercial kitchen servicing the entire facility with a separate store front to service the aquatic and sport field users is the best option;
- in addition to the permanently allocated multi-purpose rooms, the Advisory Committees' recommended that some multi-purpose rooms be designated for 'primary' users to ensure that the needs of each group are met; and
- with the continued use of Watermania to serve the needs for competitive swim meets, a 25-metre lap pool accompanied by a variety of leisure pool elements focusing on the needs of city centre residents for lessons, leisure, and training is the recommended option.

In response to queries from Committee, Mr. Young and Ms. Lusk provided the following additional information:

- the lease agreement for the Watermania facility expires in 2025; lease and replacement options are being explored;

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- should current maintenance levels be supported, it is anticipated that the Watermania facility would continue in good operating condition beyond 2025;
- to facilitate a 50-metre pool that would include all of the leisure elements proposed with the 25-metre pool, an additional 8,000 sq. ft. of floor space would be required, increasing the capital cost by approximately \$8 million and the annual operating costs by approximately \$80,000;
- the proposed dedicated activity space for the Older Adults Centre will be behind a separate control point with the proposed primary multi-purpose rooms adjacent to the dedicated space;
- the primary multi-purpose activity rooms will be regulated through the business plan and associated operating agreements to be developed for the proposed facility;
- the feasibility of separate entrances from the Older Adults Centre to the shared fitness centre and changerooms will be considered at the design phase of the project;
- a self-contained Senior's Centre with shared mechanical elements with the Aquatics Centre is achievable, however, the option may result in a loss of approximately five percent of the overall space;
- moving forward, staff will (i) continue formal and informal consultation with stakeholders regarding design and space allocation, and (ii) develop operating agreements to ensure clarity concerning roles and spaces;
- the proposed aquatic facility complete with a 10-lane 25-metre lap pool and leisure pool elements was the Aquatic Services Board preferred programming option;
- bulkheads or moveable dividers can be used with a 50-metre pool to create leisure friendly space; however, operational costs would increase accordingly;
- the proposed 33,000 sq. ft. Older Adult Centre would have approximately 22,100 sq. ft. of dedicated and 'primary' use activity space from Monday to Friday between 9 a.m. and 5 p.m. whereas the existing 18,000 sq. ft. Seniors' Centre has approximately 11,000 sq. ft. of useable activity space;
- the final configuration of the water elements will be determined once a decision has been reached regarding a 25 or 50-metre pool;

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- the maximum eating area capacity at the existing Seniors' Centre is 60 persons; the dedicated eating area in the proposed Older Adults Centre has a capacity of 80 persons with additional available space;
- a separate eating area is proposed adjacent to the pool and a concession area is proposed to service the sport field users;
- possible design features for the fitness centre may include a L-shaped room or removable partitions that would create separate or private spaces for individual user groups;
- the proposed shared changerooms will be universal in purpose with design features that are culturally sensitive and create privacy for users;
- a single commercial kitchen may generate a business opportunity for the Minoru Senior's Society in providing food services for the entire facility;
- the team rooms for sports field users including showers and washrooms are accessible from the exterior and are reflected in the 4,833 sq. ft. of dedicated activity space for team rooms, officials room, first aid, and concession area;
- the rationale for a 25-metre pool was two-fold: (i) the need for a 10-lane 50-metre competitive pool will be met through the Watermania facility and the two facilities currently under construction by the City of Surrey and the University of British Columbia; and (ii) careful consideration was given to the demographic needs, particularly those of the older adult, of the city centre area for flexible leisure pool elements; and
- the allocation of the primary use multi-purposes spaces and policies with regard to its use will be addressed through the business plan and associated agreements.

The Chair noted that at a meeting with the Minoru Major Facility Stakeholder Advisory Committee, Major Facility Building/Project Technical Advisory Committee, Hughes Condon Marler Architects, and Stuart Olson Dominion Construction Ltd. that consensus was reached on: (i) one shared commercial kitchen possibly offering "storefront" in other areas; (ii) one integrated fitness centre with at least 3,000 sq. ft. of separated space; (iii) a main reception desk and a separate reception desk for older adults; (iv) shared multi-purpose space; (v) the 25-metre pool, with a preference for 10-lanes.

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Discussion ensued with regard to (i) various aspects, including design, privacy, and safety, related to integrating the Older Adults Centre with the Aquatic facility, and (ii) ensuring that the proposed facility meets the activity and fitness needs for future generations. Committee was not unanimous on the 25-metre pool option and the opinion was expressed that the community may be better served with the construction of a 50-metre competitive pool prior to the expiration of the Watermania lease agreement.

Bill Sorenson, Member Minoru Major Facility Stakeholder Advisory Committee and Minoru Seniors Society Executive, circulated a copy of an Associated Press article titled “More seniors-only fitness centers popping up” dated June, 19, 2007, for Committee information (attached to and forming part of these minutes as **Schedule 1**). Mr. Sorenson advised that the Minoru Seniors Society had envisioned a dedicated space for the Older Adults Centre and that integrated shared space is a concept suitable for sport or recreation centres. He expressed the view that seniors need autonomy and that Option 3 in the staff report titled “Guiding Principles and Options for configuration of Key Program Elements for Minoru Recreation Complex” dated May 30, 2014, presented at the General Purposes Committee meeting held on June 16, 2014, better reflected the needs of the Older Adults Centre to facilitate the health and wellness of seniors. Mr. Sorenson was of the opinion that the existing Minoru Seniors Centre is considered an example of “best practice” by communities throughout the province and that the City needs to build on the current practice.

In response to queries from Committee, Mr. Sorenson provided the following information:

- that he could not comment on whether it was acceptable to have less space, due to duplication for fitness equipment and amenities, in order to facilitate a fully separated Older Adults Centre;
- that a dedicated Older Adults Centre would be the preferred option;
- that the Society had envisioned a new 22,000 sq. ft. centre and not 11,000 sq. ft. of dedicated space with an additional 11,000 sq. ft. of ‘primary’ use multi-purpose space;
- the Minoru Seniors Centre provides programming exclusive to the centre, particularly in terms of health and wellness; Community Centres focus primarily on fitness programming;
- a separate fitness centre with separate access to the changeroom areas would be preferred;
- the Society has considered the changing demographics and worked closely with Vancouver Coastal Health with regard to health and wellness programming that will meet the future needs of Older Adults; and

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- moving forward it is recognized that a greater fitness component for the Older Adults Centre will be required.

Rosemary Nickerson, Co-Chair, Aquatic Services Board, spoke on behalf of the Board noting that the proposed facility is considered a replacement community aquatic facility and that the Watermania Aquatic Centre meets the need for a competitive pool. The Board was of the view that the Minoru site could not easily accommodate the parking and space requirements associated with the attendance at competitive events. As a replacement facility, the proposed Aquatic Centre including a 10-lane 25-metre pool and accessory elements would best fit the growth and multi-generational needs in the city centre and would allow for a variety of programming. In terms of the combined facility, Ms. Nickerson advised that the shared spaces would maximize user opportunities and the single commercial kitchen could provide a fundraising opportunity to service the entire facility.

In response to queries from Committee, Ms. Nickerson provided the following information:

- the Board prefers a single 10-lane 25-metre pool as it can be easily divided for a variety of programming; and
- while the Board acknowledges the need for a competitive pool for national and international meets, the Board would be hesitant to support the construction of a competitive pool at the Minoru Site at the expensive of non-competitive user programming.

In response to a query from Committee, Ms. Lusk advised that creative exterior and interior signage, floor patterns, and colour are design options that could assist in developing distinct entrances or gateway features for the various user groups.

In response to queries from Committee, Michael Henderson, Architect, Hughes Condon Marler Architects (HCMA), provided the following additional information:

- the primary use multi-purpose rooms could be connected internally through a corridor, accessed directly through the larger facility, or through a controlled entrance that is accessible to particular user groups at certain times of the day with less restrictions after hours;
- a separate exterior entrance and an unique internal entrance to the Older Adults Centre is achievable;
- the primary use multi-purpose rooms can be designed in such a way that access is available only through the Older Adults Centre at certain periods of the day; the access would then be converted to prevent access to the Older Adults Centre and allow user groups entrance from the Aquatic Centre for the balance of programmable time; and

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- dual access to the shared fitness centre will be dependent upon the location of the area within the proposed facility; however partial or fully separated spaces for the various groups can be achieved using partitions.

In response to a query from Committee, Ms. Lusk advised that the 4,833 sq. ft. of dedicated activity space for the multi-purpose/outdoor changerooms includes the team rooms, officials' area, concession, first aid area, and public washrooms and showers. Ms. Lusk further advised that the 2,153 sq. ft. primary use multi-purpose room replicates the second floor space of the pavilion.

Bob Jackson, Vice-Chair, Richmond Sports Council, expressed support for the proposed design for exterior access and space allocations for the sport field groups as presented by staff.

Discussion ensued regarding (i) expanding the programming at the proposed Older Adults Centre to include Community Centre programming, (ii) creating positive multi-generational aquatic and fitness programming, and (iii) architectural design including a separate exterior entrance for the Older Adults Centre and flexibility for the 11,000 sq. feet of primary use area to be closed off for the exclusive use of the Older Adults Centre during the day.

It was moved and seconded

That:

- (1) ***the Guiding Principles for the Minoru Recreation Complex program as outlined in the staff report titled "Minoru Recreation Complex Program" dated July 3, 2014, from the Senior Manager, Recreation and Sport Services and the Senior Manager, Project Development, be endorsed;***
- (2) ***the Minoru Recreation Complex functional space program as outlined in the staff report titled "Minoru Recreation Complex Program" dated July 3, 2014 from the Senior Manager, Recreation and Sport Services and the Senior Manager, Project Development, be endorsed; and***
- (3) ***a business plan for the operation of the Minoru Recreation Complex be developed.***

The question on the motion was not called as discussion ensued regarding the dedicated space of 11,000 sq. ft. plus an additional 11,000 sq. ft. for the exclusive use of the Older Adults Centre during the day complete with separate exterior access and visible identification from the exterior for each component of the facility.

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Committee acknowledged that the proposed Minoru Recreation Complex is a replacement facility; however options must be explored for replacing the Watermania pool with a 50-metre competitive pool facility capable of hosting national and international events such as the Canada or Commonwealth Games. Committee also expressed the need for sensitivity to the comments and concerns of the community as the project moves forward.

The question on the motion was then called and it was **CARRIED**.

ENGINEERING & PUBLIC WORKS DEPARTMENT

3. **BRIGHOUSE FIREHALL NO. 1 PROGRAM ALLOCATION**

(File Ref. No. 06-2052-25-FHGI1) (REDMS No. 4264020 v.7)

In response to queries from Committee, Mr. Young accompanied by John McGowan, Fire Chief, Richmond Fire-Rescue (RFR), provided the following information:

- building materials will be comparable with best practices and those used in the construction of Richmond Firehalls No. 2, 4 and 5;
- an increase in programmable space would cost an additional \$450.00 per square foot;
- while the 2041 Official Community Plan is a baseline document, the 2031 space allocation was provided to the Consultant to ensure a greater level of accuracy that the proposed facility will be adequate to meet future operational needs to 2031 and beyond; and
- the fire prevention office and meeting room space is used by the fire prevention officers to deliver the service to the public, while education is a function of the training facility located at Fire Hall No. 3.

It was moved and seconded

*That the staff report titled **Brighthouse Firehall No. 1 Program Allocation, dated June 25, 2014, from the Director, Engineering and Fire Chief, Richmond Fire-Rescue, be endorsed.***

The question on the motion was not called as in reply to a query from Committee, Mr. Young advised that the mandate of the Major Facility Building/Project Technical Advisory Committee included providing design input on other major projects such as Fire Hall No. 1 upon request on an ad-hoc basis. The question on the motion was then called and it was **CARRIED**.

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4. **CAMBIE FIREHALL NO. 3 PROGRAM ALLOCATION**
(File Ref. No. 06-2050-20-F3) (REDMS No. 4245908 v.11)

In response to queries from Committee, Mr. Young commented that (i) B.C. Ambulance Services support the proposed space allocation for ambulance service, and (ii) the Emergency Vehicle Technicians space has been incorporated into the design of Firehall No. 3.

It was moved and seconded

That the staff report titled Cambie Firehall No. 3 Program Allocation, dated June 25, 2014, from the Director, Engineering and Fire Chief, Richmond Fire-Rescue, be endorsed.

CARRIED

ADJOURNMENT

It was moved and seconded

That the meeting adjourn (6:09 p.m.).

CARRIED

Certified a true and correct copy of the Minutes of the meeting of the General Purposes Committee of the Council of the City of Richmond held on Monday, July 21, 2014.

Mayor Malcolm D. Brodie
Chair

Heather Howey
Committee Clerk

More seniors-only fitness centers popping up

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Gyms for baby boomers favor softer music, 'gentle yoga' for older clients

AP Associated Press 2:33 PM ET

NEW YORK — Marshall Kahn attends a gym with yoga, tai chi and Pilates classes, weight training and treadmills. It also has a driving simulator, where members can keep their skills from deteriorating.

The gym, Nifty After Fifty, is one of many fitness centers popping up around the country aimed at serving older clients.

"I'm 80, my wife is 48. So I have to stay fit," said Kahn, who signed up at one of the company's four Los Angeles locations earlier this year and pays about \$50 per month to work out three times a week. "I joined a gym about three or four years ago, and I didn't like it at my age — it was young, noisy and frenetic. They were doing all these crazy things I couldn't participate in. Here, I'm not intimidated. I'm more inclined to go."



Marshall Kahn and his wife Melanie exercise at the Nifty After Fifty gym in Whittier, Calif.

When it comes to designing a gym, it's not all about attracting the hard bodies anymore, and when it comes to senior fitness, there's more out there than water aerobics. As more of America's baby boomers start entering their 60s, more startup gyms are homing in on a more mature market.

Gentler atmosphere

"As we get older, we're sort of intimidated about going into a 25,000 square-foot gym with rock music and people in tight leotards and muscle bulging from every aspect of their tank shirts," said 74-year-old Sheldon Zinberg, who opened Nifty After Fifty last year.

Nifty After Fifty plays softer music than the typical gym, and uses smooth, air pressure-driven equipment for strength training as opposed to your typical metal weights. So does Healthfit, a club based in Needham, Mass., where paintings adorn the walls and the average client is over 50.

FitWright — a club that opened last fall in Dedham, Mass., which has seen particular interest recently from people in their 60s and 70s — offers a special "gentle yoga" class for its less limber members.

"I think more than half the calls I get, and there's no regionality to this, are about doing a senior-only health club," said John Atwood, who runs Healthfit and the consulting firm Club Management Group, which advises small or mid-size clubs. "There was very little of this in the '90s."

The business potential is huge, and expanding. Club 50, a fitness chain for the over-40 crowd that has mushroomed to more than 40 franchises since it began in 2003, points out that seniors control more than 70 percent of the country's disposable income.

And the oldest of the baby boomers, born between 1946 and 1964, started turning 60 last year. In less than 25 years, there will be more than 71 million 65-year-olds, twice as many as there were in 2000, according to the National Association of Area Agencies on Aging.

The U.S. health club industry pulls in about \$16 billion in annual revenue, according to data from the International Health, Racquet & Sportsclub Association. Over the last 20 years, the number of people with club memberships has more than doubled and the number of clubs has nearly tripled, IHRSA's data shows.

It's not only the growing number of retirees and their spending power — it's also their schedule. In the late morning and early afternoon, when most gyms are nearly empty, those that are popular among the gray-haired set are bustling.

"The average age at health clubs just went up to 37 years old. Here (at Healthfit), the average age is 53. In the middle of the day, the average age is about 80," Atwood said.

Different goals

An older client's goals are a bit different from those of your typical gym hound. Sure, many want to lose weight, but they are particularly focused on improving their posture, lowering their cholesterol, increasing bone density against osteoporosis, alleviating joint pain and avoiding falls.

"They're not in it for the same things as the 35-year-olds," said Keith Wrightington, who runs FitWright. "They just want to feel better."

A senior-focused gym requires senior-focused equipment and a senior-focused staff. Many of them are hiring only fitness

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Rates of women who are opting for preventive mastectomies, such as Angelika, increased by an estimated 50 percent in recent years. But many doctors are puzzled because it doesn't carry a 100 percent guarantee, it's not clear and women have other options, from a once-a-year careful monitoring.

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coaches with bachelor's or master's degrees in subjects like kinesiology, and keep in regular contact with members' primary care physicians to stay on top of their medications.

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That's not to say that other clubs aren't drawing in the older set. One-third of IHRSA's more than 4,000 clubs have senior programming, the association said, and between 2000 and 2005 the number of members over the age of 55 climbed from 7.3 million to 7.9 million.

Larger chains, such as Bally Total Fitness and Gold's Gym, in recent years have been trying to sign up more baby boomers through campaigns using older people in their advertising. Some have paired up with SilverSneakers, a fitness program started in 1992 offered through health insurers to people with Medicare. New York-based fitness chain Equinox has also seen more seniors signing up, especially older women, said Carol Espel, Equinox's national director of group fitness.

But a big lure for some people of the senior-focused clubs is the notion of fitting in -- what the fitness chain Curves for Women appealed to among females -- and not worrying about measuring up to the 25-year-old Adonis doing bench presses at the machine next to you.

"I've been working out in gyms since high school," said Healthfit member Horace Aikman, a 53-year-old landscape architect. "And to be honest with you, I've reached the point in my life where I want to be working out with people my age."

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