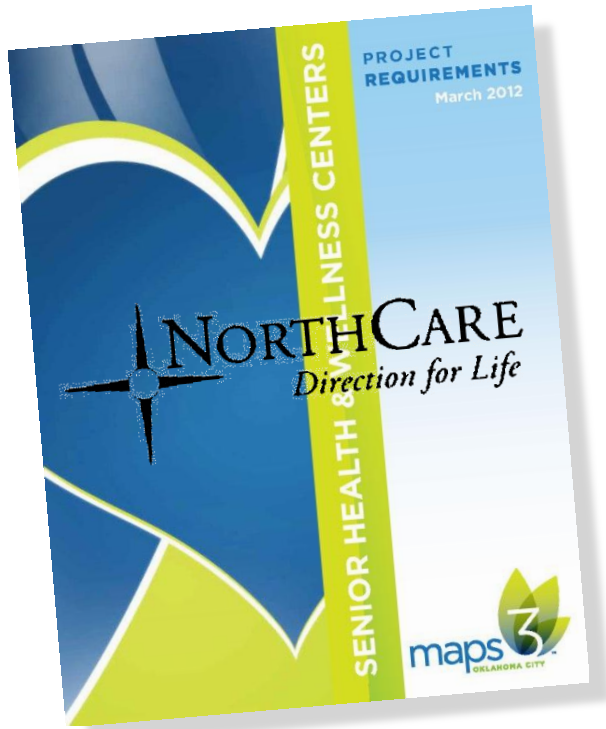


SENIOR HEALTH AND WELLNESS CENTER #2

Programming and Design Update

December 2014





Project Requirements

- State-of-the-art senior health and wellness center
- Approximately 36,298 SF
- Peak member load will be 4,000 seniors
- The center will encourage healthy lifestyles and serve as a gathering place for active seniors.
- This center will serve as a focal point for services to seniors in the community by striving to meet their physical, emotional, intellectual, social and vocational needs.
- Programming and services that promote wellness and enhance the quality of life
- Inviting and visible to the community
- Fitness and track area, aquatic areas, health clinic, social and learning areas, and administrative and support areas
- Reflects the needs of the surrounding community and the operating partner's vision



Budget Summary

■ Land Acquisition and Site Preparation:	\$1,188,000
■ Construction and FF&E:	\$9,372,000
	<hr/>
■ TOTAL CONSTRUCTION BUDGET:	\$10,560,000
■ Project Contingency:	\$603,000



Project Team:

- Owner: City of Oklahoma City
- Facility Operator: NorthCare
- Program Consultant: ADG, Inc.
- Architect: Frankfurt-Short-Bruza
- Design Architect: Moody-Nolan
- Landscape Architect: Howard Fairbairn Site Design
- Aquatics Designer: Counsilman Hunsaker

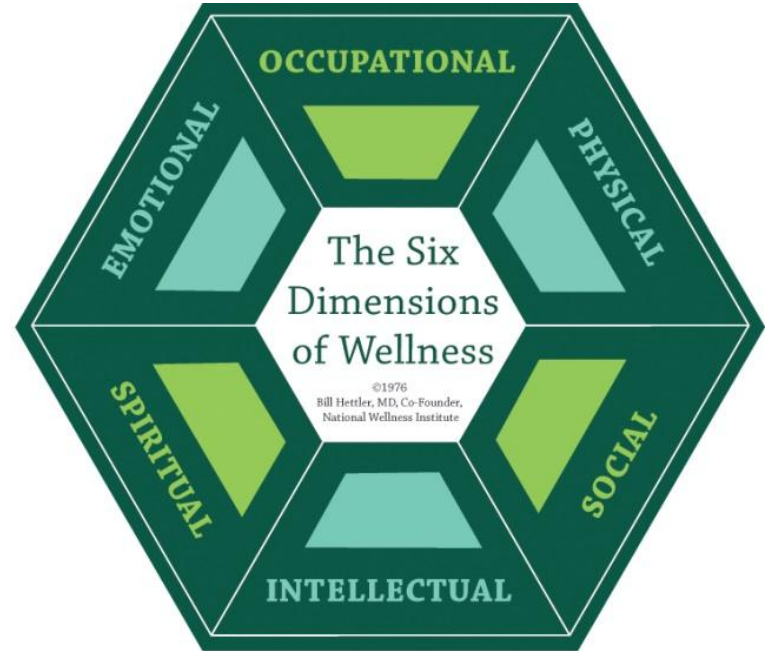


Design Process:

- NTP to Preliminary Report July 14, 2014
- San Diego Site Visit July 21, 2014
- Programming Meeting #1 July 22, 2014
- Programming Meeting #2 August 7, 2014
- Program / Budget Review August 12, 2014
- Concept Design Meeting #1 August 20, 2014
- Concept Design Meeting #2 August 27, 2014
- Concept / Budget Review September 3, 2014
- Schematic Design Meeting #1 September 16, 2014
- Schematic Design Meeting #2 September 18, 2014
- Schematics / Budget Review October 22, 2014
- Subcommittee Update November 19, 2014
- MAPS 3 Committee Update November 20, 2014

Senior/Silver Planning: General Principles

- 50 to 90+: A 40+ year age span of abilities and interests: Flexibility
- Universal Design: Simple; Intuitive; Accessible; Forgiving; Adaptable
- Comprehensive Wellness for Mind-Body-Spirit
- Services & Programs: Wellness/Fitness, Health, Social/Community



Silver Design for Wellness & Fitness: A Path to Senior Well-Being

- THE PATH: Movement as a Core Principle
- THE PATH: A continuum of Fitness Options and services for 50 to 90
- THE PATH(S): Walking (and/or rolling, jogging and shuffling)
 - A safe, air-conditioned, cushioned indoor path for all abilities
 - An easy, accessible connection to adjacent outdoor park paths of various lengths



Silver Design for Wellness & Fitness: A Path to Senior Well-Being

- THE PATH: Movement as a Core Principle
- THE PATH: A continuum of Fitness Options and services for 50 to 90
- THE PATH AQUATIC:
Hybrid Fitness Pool:
 - Lap Swimming
 - Group Exercise
 - Rehabilitation
 - Low Impact Movement
 - Social Space
 - Balance of Privacy & Enticement



Silver Design for Wellness & Fitness: A Path to Senior Well-Being

- THE PATH: Movement as a core principle
- THE PATH: A continuum of fitness options and services for 50 to 90
- THE PATH OF EXERCISE:
 - Group exercise
 - Individualized fitness
 - Ability adjustable equipment
 - Fitness through recreation and play





Silver Design for Wellness & Prevention: A Path to Senior Well-Being

- Education:
 - Multi-Purpose Classroom spaces
 - Cyber Café: Technology resources for wellness

- Diet & Nutrition
 - Juice/Coffee Bar and Healthy Cafe
 - Demonstration Kitchen for lifestyle education
 - Congregate Dining: Multi-purpose space and catering support for group dining

- Integrated Health Clinic
 - Physical and mental health coordinated care
 - Preventative and responsive care
 - Pharmacy services for convenience and follow-through



Silver Design for Services & Community: A Path to Senior Well-Being

- Open Community Social Spaces:
 - Multiple lounges/ multiple experiences & environments
 - Game area
 - Shaded Outdoor Lounge spaces
 - Outdoor games & gardening areas

- Adult Day Care
 - Support Community Care-Givers/ Respite Care

- Flexible Senior Services Spaces
 - Office/Consultation Space for Senior Service Partners
 - Community Food bank



Building Program

BUILDING ELEMENT	PRIORITY	MODIFICATION
■ Social Lounges	High	In open space
■ Multi-Purpose Meeting Space	High	Subdividable into three spaces
■ Arts and Craft Studio	High	With kiln room and art patio
■ Billiard and Game Room	High	Adjacent to open space
■ Coffee Bar and Café	High	Adjacent to entry in open space
■ Demonstration Kitchen	High	Adjacent to multipurpose room
■ Dining Room	Low	In multipurpose room and open space
■ Health Clinic	High	Includes operator's program spaces
■ Fitness Center	High	In open space
■ Fitness Studio	High	Combined into subdividable group exercise room
■ Gymnasium	Low	Combined into subdividable group exercise room
■ Fitness Pool	High	Combined into hybrid pool
■ Lap Pool	High	Combined into hybrid pool
■ Walking Track	High	Above fitness center and entry



SENIOR HEALTH AND WELLNESS CENTER #2

Programming and Design Update

PROGRAM SUMMARY:	Area NSF	
Total Net Program SF	31,831	NSF
<i>Net to Gross walls/mech/circ</i>	3,199	
Enclosed Program GSF	35,030	GSF
Exterior Covered spaces	1,268	
Porte Cochere Allowance (1/2 of Area)		552
Porches Allowance (1/2 of Area)		716
Total Program SF	36,298	GSF
Summary Program by Area	NSF	
1 Entry & Lobby - General Lounges	4,484	
2 Wellness-Fitness Spaces	9,457	
3 Locker Spaces	1,362	
4 Aquatics Spaces	4,287	
5A Activity Spaces - Arts/MP Classroom	3,635	
5B Activity Spaces - Social & Technology	1,787	
6 Congregate Dining (Nutrition)	570	
7 Partner Senior Service Spaces	1,396	
8 Clinic/Pharmacy	3,121	
9 Administration	909	
10 Building Support and Misc.	823	

Program Space	NSF	Plan NSF	Notes
1 Entry & Lobby - General Lounges	4,484		
a Vestibule		105	
b Lobby / Welcome		354	
c General Public Restrooms		579	
d Lounge/Open Social Spaces		950	Open to Circulation
e Main Circulation Spine		2,496	Open/visually connects all activities
2 Wellness-Fitness Spaces	9,457		
a Fitness Main Floor		2,005	Cardio, free weights, circuit equipment
b Fitness Mezzanine		1,057	resistance & cardio equipment, inc track corners
c Fitness Storage		147	
d Express Lockers/Day Lockers/Circ		130	distributed thru-out, cloak spaces
e 1:50)		3,188	Operable Wall / divides in half
f Group Exercise Storage		263	2 rooms
g Walk-Jog Track (5' plus 3' lanes)		2,603	inc rest stations; approx 17 laps/mile outer lane
h Fitness Assessment		64	workstation on fitness floor
3 Locker Spaces	1,362		
a Mens Locker Room		559	private showers/changing
b Womens Locker Room		563	private showers/changing
c Companion Assist Toilet		60	Near main lobby/lounge
d Companion Assist Lockers 2@120		180	pool fitness access
4 Aquatics Spaces	4,287		
a Hybrid Activity Lap/Aerobic Pool		3,539	4 lane + ramp, 20 yards, social space
b Pool Storage		100	
c Pool Operations/Lifeguard Office		70	
d Laundry		80	
e Pool Equipment-Pumps-Chemical Rooms		498	exterior service access
5A Activity Spaces - Arts/MP Classroom	3,635		
a Multi-purpose Classroom Activity		2,017	Operable Wall / Divides in half
b Multi-purpose Storage		270	Tables/chairs/ buidng storage
c Game Room		498	Open to Circulation
d Arts & Crafts		734	lockable storage spaces
e Kiln Room		116	inc. Storage spaces
5B Activity Spaces - Social & Technology	1,787		
a storage		419	open kiosks and checkout for tablets/laptops
b Library/Club room		578	partially screened / less active space
c Café Serving/Seating/Storage		439	coffee/juice, prepared grab & go, no cooking/hood
d Small meeting room		252	also serves as staff conf. room
e Demonstration Kitch. (Residential w. hood)		99	opens to Multi-purpose for class seating

Program Space	Area NSF	Plan NSF	Notes
6 Congregate Dining (Nutrition)	570		
a Congregate Dining Room		-	Use Multi-purpose Classroom
b Warming and Catering Kitchen		448	warming/catering/serving only, no cooking/hood
c Dry Storage		122	
7 Partner Senior Service Spaces	1,396		
a Flex Consultation/Office Spcae		166	
b Food Pantry		150	flex space
c Adult Day Health		749	Regulated capacity @ 1 per
d Adult Day Health Office/Secure Storage		105	
e Adult Day Health Toilets (2@59)		118	
f Adult Day Health Quiet Room		108	
8 Clinic/Pharmacy	3,121		
a Waiting (with sick alcove)		514	Interior and Exteror (Special Use) Entries
b Reception Desk		104	
c Exam (2 pods each with 3 rooms)		635	with sinks and casework
d each)		207	
e Provider Office (2 pods each with 1 each)		180	
f Nursing Work Station		233	
g Staff Lockers & Storage		62	
h Staff Toilet		60	
i Patient Toilet		60	
j Lab /Draw Station		64	
k Custodial		60	
l Pharmacy		433	
m In-Suite Circulation (25% of net)		509	
9 Administration	909		
a Senior Center Manager		154	
b Marketing/memberships		154	
c Intake consultations		140	
d Staff Flex Office		126	
e Storage (Office and AV)		122	
f Work Room		112	Copy/Storage
g Front Desk		101	Central Control/ Full visual access
10 Building Support and Misc.	823		
a Central Custodial/Custodial Closets		61	
b Refuse/Recycling/Outdoor Storage		122	opt. exterior access storage subdivision
c General Building Storage		-	combined with Multipurpose Storage above
d Central Electrical		149	
e Central Mechanical		288	
f Data/Comm closets		203	



Project Site

- SW Walker and Grand Boulevard
- South of Capitol Hill High School
- North of Hosea Vinyard Park



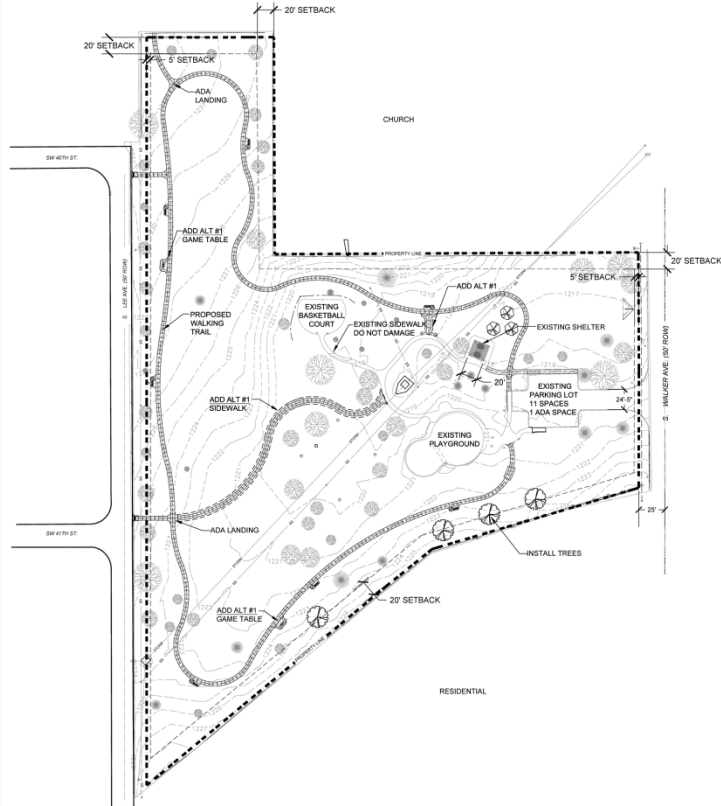
SENIOR HEALTH AND WELLNESS CENTER #2
Programming and Design Update



Looking West from Walker

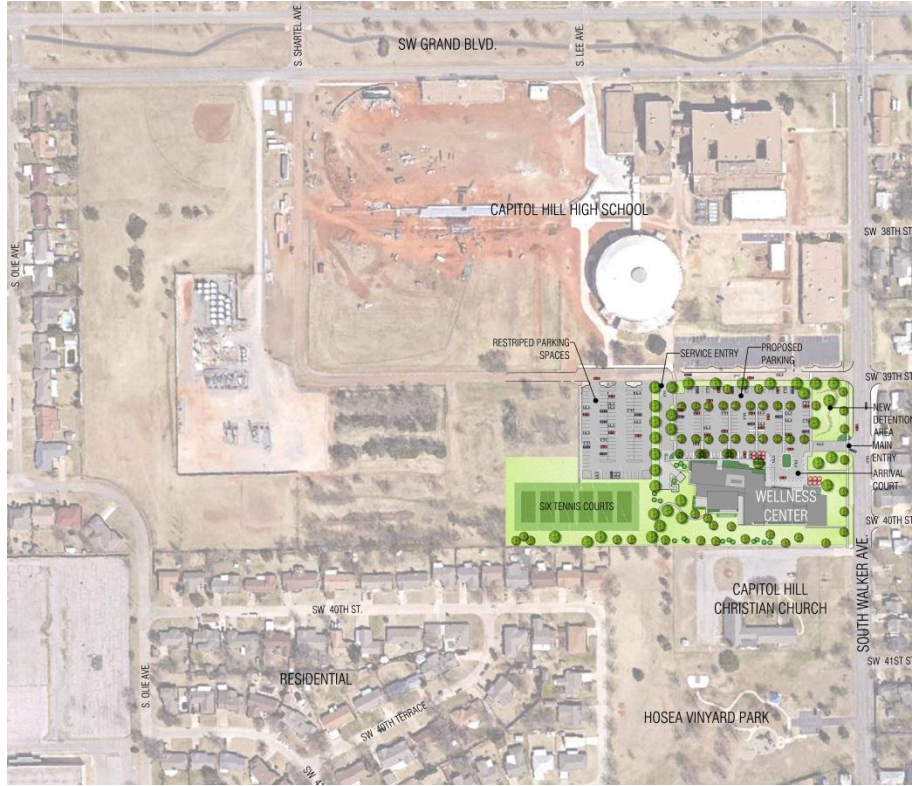


Looking Southeast from West



Hosea Vinyard Park Preliminary Plan

- South of Senior Wellness Center
- Currently in development by Parks
- New walking trails
- Accessible from Site



Area Plan

- Senior Wellness Center, Capitol Hill High School, Speegle Stadium and Hosea Vinyard Park can share parking
- Senior Wellness Center, Capitol Hill High School and Hosea Vinyard Park can utilize new tennis courts
- Senior Wellness Center can utilize Hosea Vinyard Park walking trail improvements
- Additional property is available to the west of the site for future expansion.



Site Plan

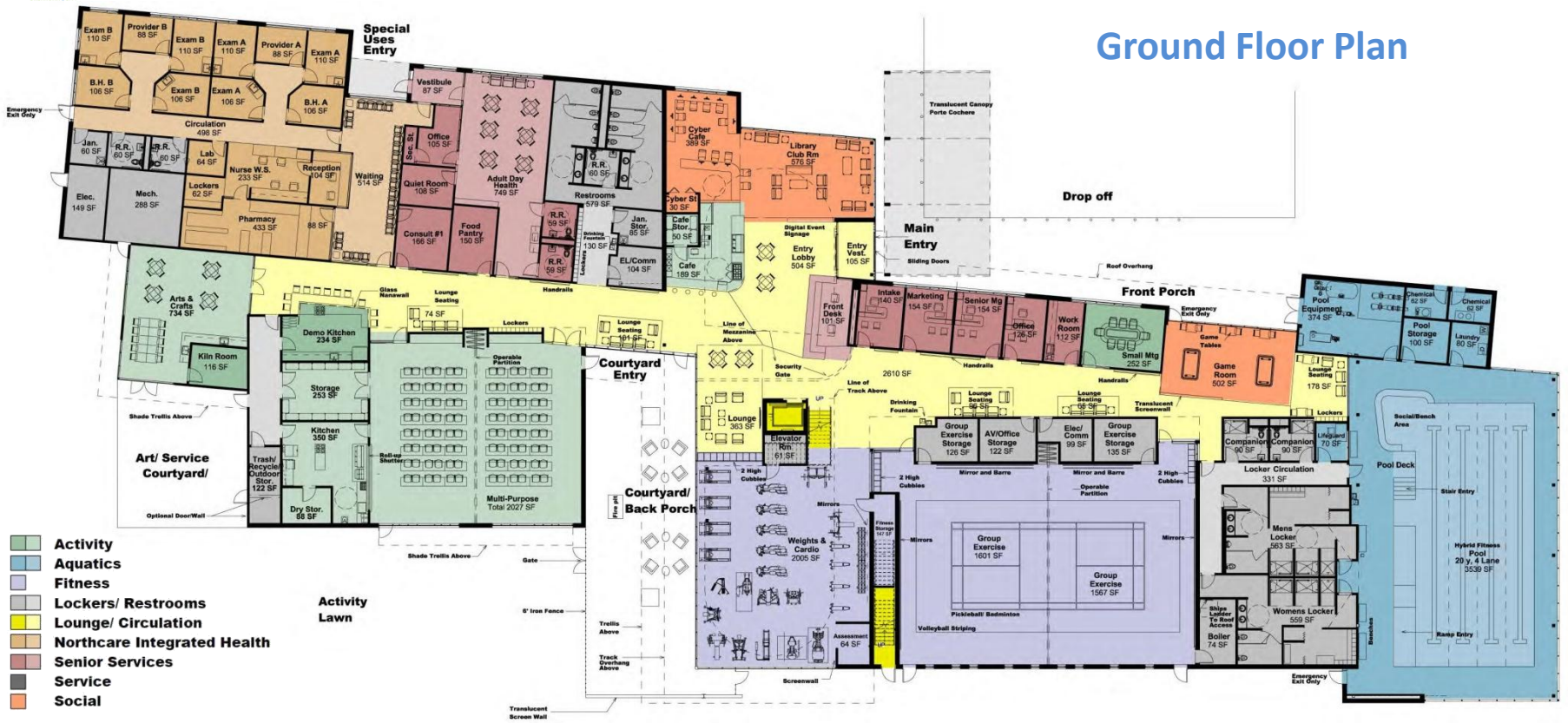
- An arrival area oriented toward Walker will welcome visitors
- An activity area oriented toward the Park will provide views and access
- Dedicated 120 space parking area for the Wellness Center
- 14 ADA and van accessible parking spaces located adjacent to the entrance
- 6 lighted tennis courts
- Refurbished 112 space parking area for school and tennis courts



SENIOR HEALTH AND WELLNESS CENTER #2

Programming and Design Update

Ground Floor Plan

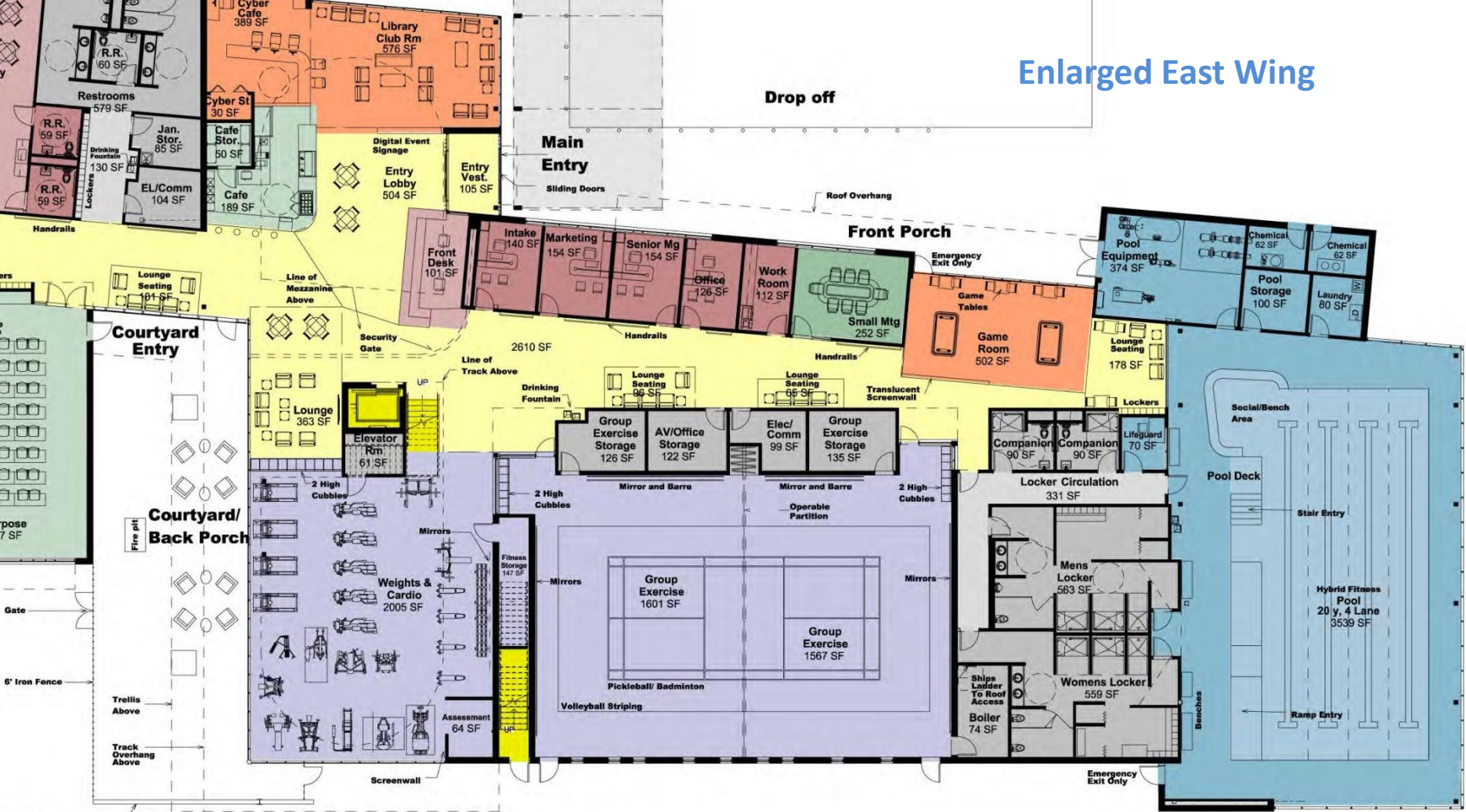


- Activity
- Aquatics
- Fitness
- Lockers/ Restrooms
- Lounge/ Circulation
- Nohcare Integrated Health
- Senior Services
- Service
- Social

Enlarged West Wing



Enlarged East Wing



Drop off

Main Entry
Sliding Doors

Front Porch

Courtyard Entry

Courtyard/
Back Porch

Pool
Equipment
374 SF

Chemical
62 SF

Chemical
62 SF

Pool
Storage
100 SF

Laundry
80 SF

Front
Desk
101 SF

Intake
140 SF

Marketing
154 SF

Senior Mgt
154 SF

Office
126 SF

Work
Room
112 SF

Small Mtg
252 SF

Game
Room
502 SF

Pool
Equipment
374 SF

Chemical
62 SF

Chemical
62 SF

Pool
Storage
100 SF

Laundry
80 SF

Lounge
Seating
363 SF

Elevator
Rm
61 SF

Drinking
Fountain

Lounge
Seating
96 SF

Lounge
Seating
66 SF

Translucent
Screenwall

Lounge
Seating
178 SF

Group
Exercise
Storage
126 SF

AV/Office
Storage
122 SF

Elec/
Comm
99 SF

Group
Exercise
Storage
135 SF

Companion
90 SF

Companion
90 SF

Lifeguard
70 SF

2 High
Cubbies

2 High
Cubbies

2 High
Cubbies

2 High
Cubbies

Locker
Circulation
331 SF

Pool Deck

Social/Bench
Area

Stair Entry

Weights &
Cardio
2005 SF

Mirrors

Mirrors

Mirrors

Group
Exercise
1601 SF

Group
Exercise
1567 SF

Pickleball/ Badminton

Volleyball Striping

Mens
Locker
563 SF

Womens
Locker
559 SF

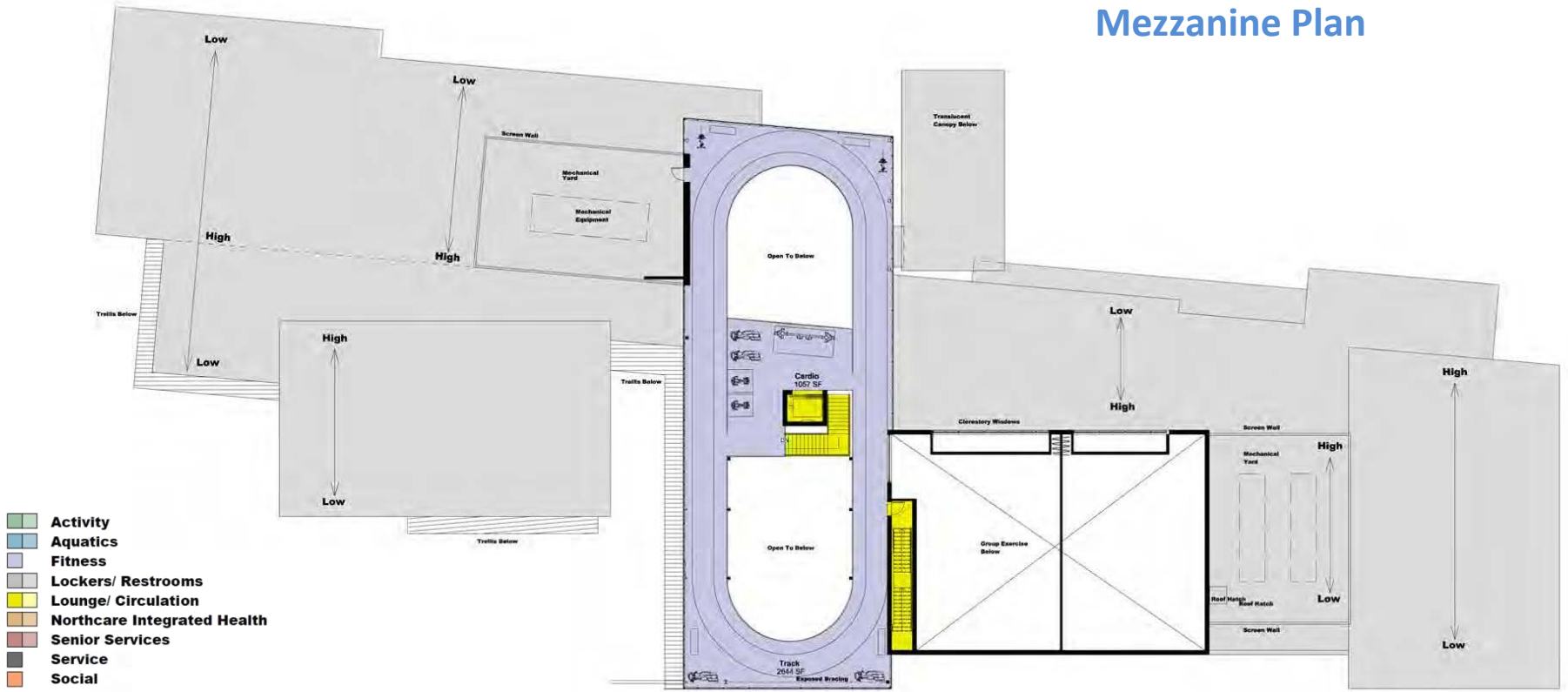
Boiler
74 SF

Hybrid Fitness
Pool
20 y, 4 Lane
3539 SF

Ramp Entry

Emergency
Exit Only

Mezzanine Plan





SENIOR HEALTH AND WELLNESS CENTER #2
Programming and Design Update

View from Walker





SENIOR HEALTH AND WELLNESS CENTER #2
Programming and Design Update

View of Entrance





Schedule

- Task 1 – Preliminary Report Services:
 - Design NTP July 2014
 - Programming August 2014
 - Schematic Design September 2014
 - Preliminary Report December 2014
 - City Council Approval January 2015
- Task 2 – Final Plan Services:
 - Notice to Proceed January 2015
 - 60% Submittal April 2015
 - 95% Submittal June 2015
 - Final Construction Documents May 2015
 - City Council Approval July 2015
- Task 3 – Bidding Services:
 - Bidding July 2015
 - City Council Approval September 2015
- Task 4 – Construction Services:
 - Construction NTP September 2015
 - Substantial Completion Late Fall 2016

SENIOR HEALTH AND WELLNESS CENTER #2

Programming and Design Update

December 2014



QUESTIONS?



F+S+B

MOODY•NOLAN