



Legislation Details (With Text)

File #: ID 2018-562 **Version:** 2 **Name:**
Type: Resolution **Status:** Agenda Ready
File created: 10/10/2018 **In control:** Northwest Focal Point Senior Center District
On agenda: 10/17/2018 **Final action:**
Title: RESOLUTION - AMENDING AGREEMENT WITH FITNESS AND WELLNESS WORKS, FOR PROVISION OF HEALTH AND WELLNESS EXERCISE CLASSES, HELD TWICE A WEEK WITH POSSIBILITY OF EXPANSION; AUTHORIZING BOARD CHAIR AND PROJECT DIRECTOR RENEW THIS ANNUAL AGREEMENT UNDER THE SAME TERMS WITHOUT FURTHER BOARD ACTION, AND PROVIDING FOR AN EFFECTIVE DATE.

Sponsors:

Indexes:

Code sections:

Attachments: 1. RESOLUTION, 2. First Amendment NWFPSC - Fitness and Wellness Works Agreement (00257343xC4B6A).pdf

Date	Ver.	Action By	Action	Result
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TO: Northwest Focal Point Senior Center District Board

FROM: Karin Díaz, Project Director

DATE: October 17, 2018

RESOLUTION - AMENDING AGREEMENT WITH FITNESS AND WELLNESS WORKS, FOR PROVISION OF HEALTH AND WELLNESS EXERCISE CLASSES, HELD TWICE A WEEK WITH POSSIBILITY OF EXPANSION; AUTHORIZING BOARD CHAIR AND PROJECT DIRECTOR RENEW THIS ANNUAL AGREEMENT UNDER THE SAME TERMS WITHOUT FURTHER BOARD ACTION, AND PROVIDING FOR AN EFFECTIVE DATE.

BACKGROUND: The NWFP Senior Center shall continue to offer a variety of exercises sessions suitable to the senior's suggestions and needs. Some of the classes offered through this agreement are: Chair Yoga and TaiChi. These classes are at no cost to the seniors and to the Senior Center.

RECOMMENDATION: TO APPROVE

FISCAL IMPACT: N/A

CONTACT PERSON: Karin Díaz, Project Director

