



# City of Margate

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## Legislation Text

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**File #:** ID 2016-553, **Version:** 1

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**TO:** Northwest Focal Point Senior Center District Board

**FROM:** Karin Díaz, Project Director

**DATE:** September 21, 2016

A RESOLUTION OF THE BOARD OF THE NORTHWEST FOCAL POINT SENIOR CENTER DISTRICT, PROVIDING FOR APPROVAL OF 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 TO RENEW THIS ANNUAL AGREEMENT UNDER THE SAME TERMS WITHOUT FURTHER BOARD ACTION.

**BACKGROUND:** With this agreement the NWFP Senior Center shall be able to expand the exercise classes, offered for the members of the NWFP Senior Center. The results of a survey completed by the seniors showed they would like to participate in TaiChi, Yoga, Chair Yoga and other Low-Impact Exercise sessions. This agreement shall also expand the Educational Seminars.

**RECOMMENDATION:** TO APPROVE

**FISCAL IMPACT:** N/A

**CONTACT PERSON:** Karin Díaz, Project Director