



CITY OF NOVI CITY COUNCIL
FEBRUARY 10, 2020

SUBJECT: Approval to authorize submission of an American Association of Retired Persons (AARP) grant application for a FitLot fitness park to be installed at Wildlife Woods Park.

SUBMITTING DEPARTMENT: Parks, Recreation and Cultural Services

BACKGROUND INFORMATION: In celebration of its 60th Anniversary, the American Association of Retired Persons (AARP) is building one FitLot fitness park in every state, Washington D.C., Puerto Rico and the U.S. Virgin Islands. FitLots are permanent outdoor fitness structures with built-in exercise equipment that can be adapted for a wide range of abilities and routines.

The FitLot structure would span approximately 1,400 square feet within an existing park. The structure includes floor space for group exercise, bars and beams to attach resistance bands, and cardio and strength stations. Fifteen states have already received this grant.

This grant would cover the cost of the structure and installation for the City. If any additional costs are incurred with the installation or site, PRCS will allocate funds. The equipment comes with extensive warranties, including 100 years for the poles and beams, three years for moving parts, one year on nuts and bolts, and 10 years for the flooring.

AARP is also investing in robust programming at each location with a FitLot. Programming involves a 45-60 minute instructor-led demonstration of the equipment and group circuit training. Each location will have several classes made available to adults of all ages in the community.

Grant requirements dictate the structure must be built in an existing public park managed by a parks and recreation department. PRCS is recommending Wildlife Woods Park as the proposed site for the FitLot. This amenity would enhance the park, adding to the ongoing development that includes pickleball court construction, a new entrance from Wixom Road and additional parking located adjacent to the picnic shelter. The site must be ready for FitLot groundbreaking by May 18, 2020. The PRCS discussed the grant at its November meeting and forwarded materials to the Novi PRCS Commission for additional discussion. On January 16, 2020, the PRCS

Commission discussed the location and details of the grant and recommended it be brought to City Council for approval.

RECOMMENDED ACTION: Approval to authorize submission of an American Association of Retired Persons (AARP) grant application for a FitLot fitness park to be installed at Wildlife Woods Park.

AARP Donating Outdoor Fitness Parks for All Ages

By Media Relations (<https://blog.aarp.org/author/media-relations>) , May 13, 2019 12:08 PM



AARP is commemorating its 60th anniversary with the construction of outdoor fitness parks (<https://press.aarp.org/2019-4-24-AARP-Opens-First-of-53-Free-Fitness-Parks-to-Commemorate-60th-Anniversary>) in local communities in every state, Washington, D.C., Puerto Rico and the U.S. Virgin Islands. In collaboration with the national nonprofit, FitLot, AARP Tampa worked with the local Parks and Recreation

department to open the first outdoor fitness park in St. Petersburg, Florida on April 24, 2019. AARP CEO Jo Ann Jenkins, Mayor Rick Kriseman, and FitLot Co-Founder and Executive Director Adam Mejerson were on hand to welcome community members to the new park and try out the exercise equipment.

See below for a list of opened parks and upcoming parks.

“These fitness parks are a tangible example of AARP’s commitment to local communities and healthy aging. The outdoor exercise equipment encourages people of all ages to get out of the house, meet others and stay fit.”

- Morie Smile, AARP Vice-President, Community Engagement

Over the next several years, additional outdoor fitness parks will open with more than 20 planned for 2020.

AARP is also investing in robust programming at each location with FitLot. Programming involves a 45 to 60 minute instructor-led demonstration of the equipment and group circuit training. Each location will have several classes made available to adults of all ages in the community. Fitness classes will begin as early as February, 2020 in certain locations. Visit your local AARP state page for more information:

<https://www.aarp.org/states/> (<https://www.aarp.org/states/>)



Each outdoor fitness park will be located in or near an existing park and will feature FitLot™ exercise equipment that can be adapted to meet a wide range of fitness levels and abilities. The parks include ample floor space for group exercises and users can attach resistance band as to the upright beams of the structure at ankle, waist and shoulder height for more varied routines.

Cities where AARP is donating outdoor fitness parks will host a community-opening event or ground-breaking celebration.

Upcoming 2020 Openings:

- To be announced

Past Openings:

- St. Petersburg, FL
- Manchester, NH
- Newport, RI
- Bangor, ME
- Buffalo, NY
- Cincinnati, OH
- Rapid City, SD
- Springfield, IL
- Wilmington, DE
- Jackson, MS
- Hagerstown, MD
- New Orleans, LA
- Mobile, AL
- Phoenix, AZ
- San Antonio,

AARP FITLOT

One Time Grant Opportunity



AARP & FITLOT

- In Celebration of its 60th Anniversary, the AARP is building one FitLot fitness park in every state, D.C, Puerto Rico, and the Virgin Islands.
- FitLots are permanent outdoor fitness structures with built in exercise equipment that can be adapted for a wide range of abilities & routines.
- A FitLot structure is 1,400 square feet.
- Structures include floor space for group exercise, bars and beams to attach resistance bands, and cardio and strength stations.
- FitLots are built inside of existing parks.
- 15 states so far have received this grant.



Grant Requirements

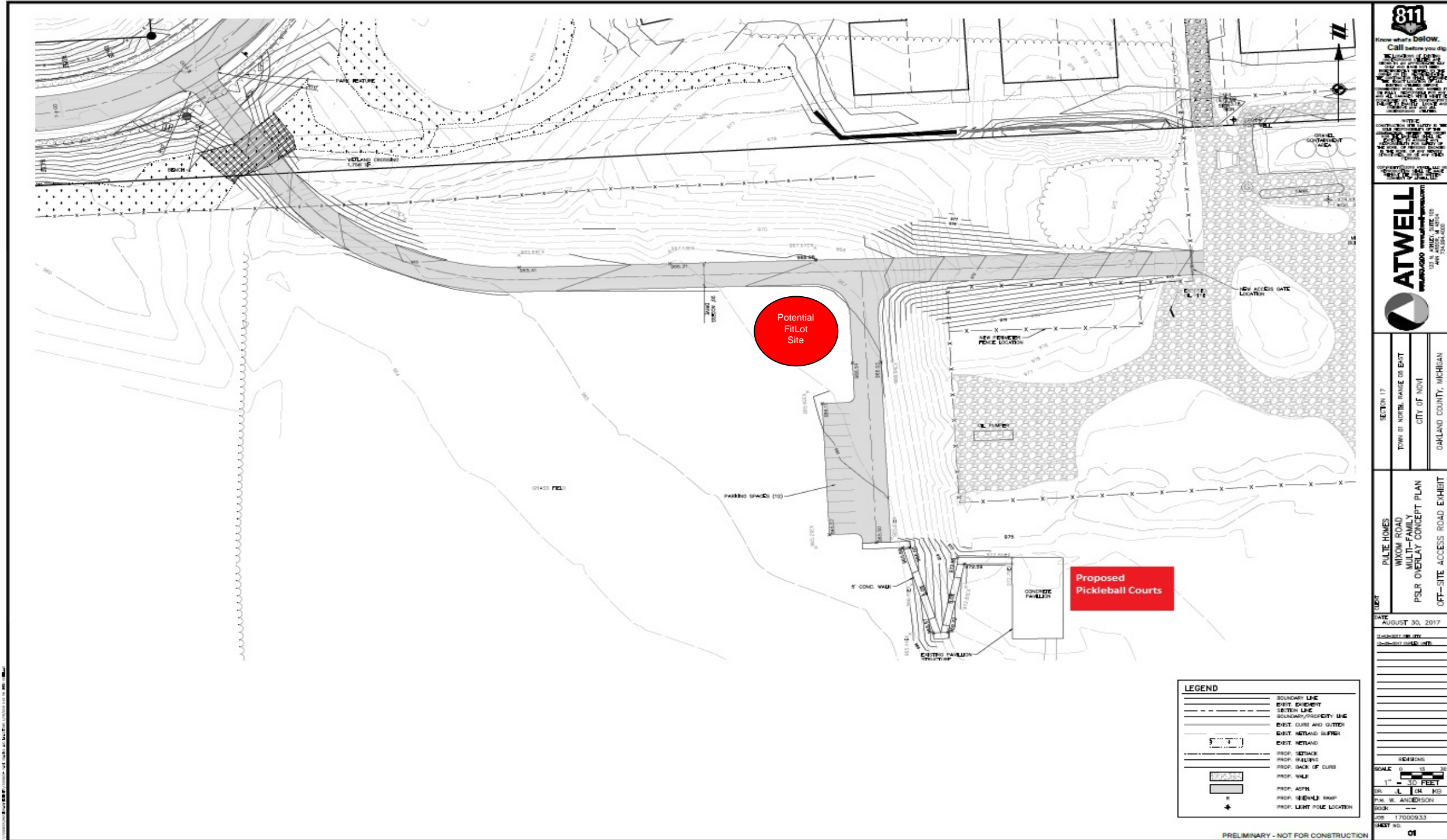
- Must be built in an existing public park managed by a Parks and Recreation department.
- Must be located in a mid-sized or larger community of at least 50,000 residents.
- Must be in an easily accessible and visible location.
- *Preference given to communities who are in or have **applied for** the AARP network of Age Friendly Communities*
- Site must be ready for groundbreaking by May 18, 2020, and site must be complete by June 30, 2020.
- **Application Deadline is February 28, 2020.**

Costs & Upkeep

- City is NOT responsible for any construction work or costs.
- Equipment Warranties:
 - 100 years on poles & beams
 - 3 years on moving parts
 - 1 year on nuts and bolts
 - 10 years on flooring.



Proposed Site for FitLot: Wildlife Woods Park



LEGEND

	BOUNDARY LINE
	EXIST. EASEMENT
	SECTION LINE
	BOUNDARY/PROPERTY LINE
	EXIST. CURB AND GUTTER
	EXIST. WETLAND BUFFER
	EXIST. WETLAND
	PROP. SETBACK
	PROP. PAVERING
	PROP. BACK OF CURB
	PROP. WALK
	PROP. ASPH
	PROP. WETLAND RAMP
	PROP. LIGHT POLE LOCATION

811
Know what's Below.
Call before you dig.

ATWELL
102 N. ARDEN, SUITE 100
ANN ARBOR, MI 48106

SECTION 17
TOWN OF NORTH HAVEN OR EAST
CITY OF NOVI
OAKLAND COUNTY, MICHIGAN

CLIENT
PULTE HOMES
WIXOM ROAD
MULTI-FAMILY
MULTI-FAMILY
PSLR OVERLAY CONCEPT PLAN
OFF-SITE ACCESS ROAD EXHIBIT

DATE
AUGUST 30, 2017

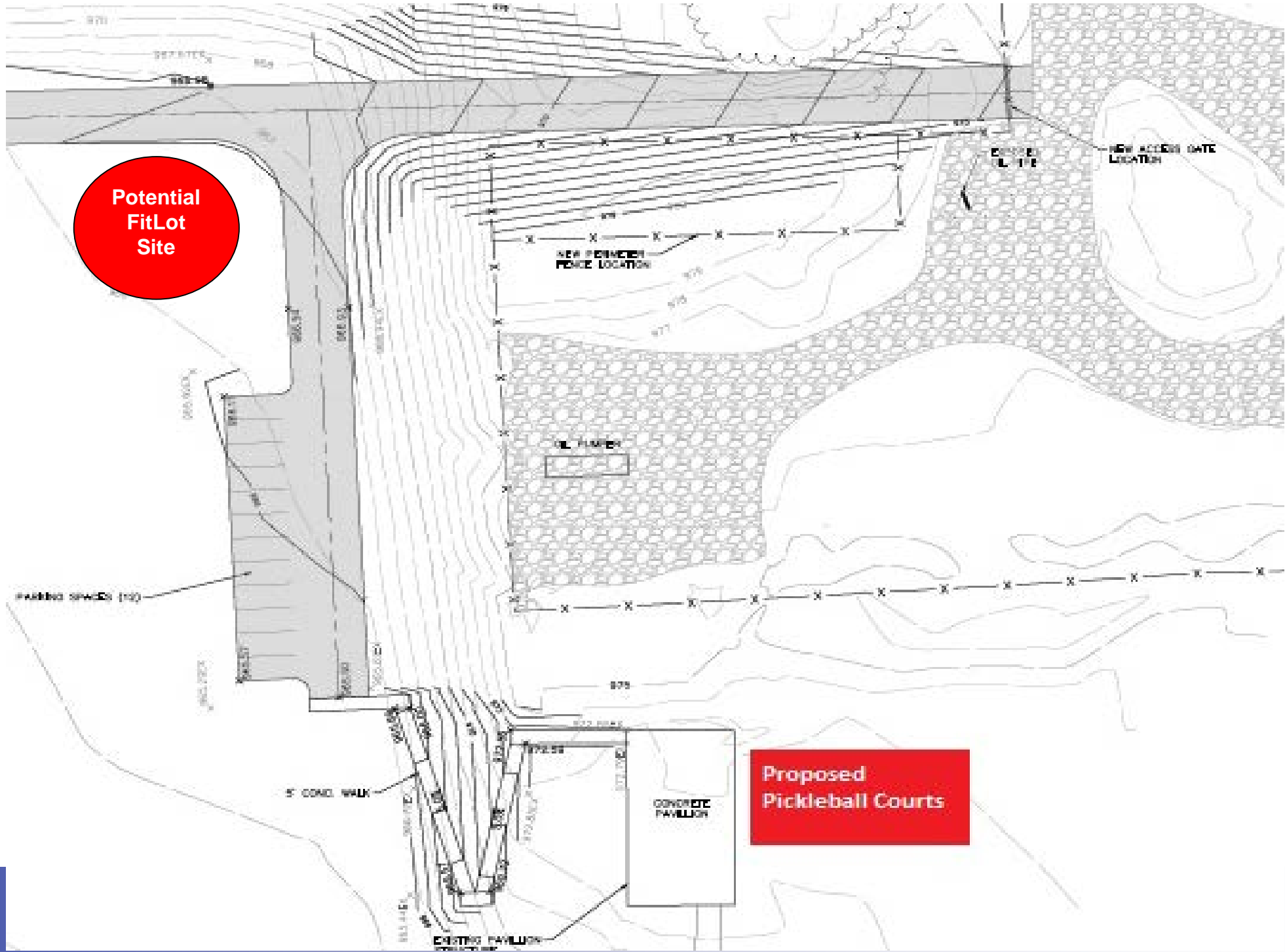
SCALE
1" = 30 FEET

DR. J. L. ANDERSON
P.L. W. ANDERSON
GSK
JOB 17000933
SHEET NO. 01

PRELIMINARY - NOT FOR CONSTRUCTION



Potential Site for FitLot: Wildlife Woods Park





Real Possibilities

FitLot Requirements Overview

(FitLot must be ready for ribbon cutting by May 18, 2020)

1. Eligibility/Criteria

The program is open to the following types of programs:

- 501(C)(3), 501(C)(4) and 501(c)(6) nonprofits
- Government entities

2. Location

- The FitLot is required to be located in an existing park that is owned and managed by a municipal, county or state, parks and recreation department
- Mid-sized or larger community with approximately 50,000 or more residents
- In densely populated community or highly trafficked area such as: on a trail system, near a highly active community center, in a highly populated neighborhood, or other similar location
- Can accommodate the 1,400 square foot FitLot structure
- Preference will be given to communities who are in, or have applied to, the AARP Network of Age Friendly Communities
- No environmental issues or studies needed prior to implementation/ground breaking
- Will be ready for ground breaking by May 18, 2020 with installation complete by June 30, 2020

3. Communication/Promotion of FitLot

- Has existing relationships with local media and a comprehensive communication plan to promote the FitLot.



AARP Michigan – FitLot Application

****All applications must be submitted by February 28, 2020, 11:59 p.m. ET to Jeff Kessler**

jkessler@aarp.org **

NOTE: All fields must be filled out completely in order for the application to be accepted.

Please use "n/a" for "not applicable" where appropriate.

For an electronic version of the application, contact Jeff Kessler jkessler@aarp.org

1. Basic Information

Date: 2/11/20

Name of Applicant: City of Novi

If unit of government, provide a detailed description of your agency: The nationally accredited Parks, Recreation and Cultural Services Department provides facilities, programs, classes and opportunities where memories are created, skills developed and quality of life and relationships with friends and families are enhanced. The Department manages more than 1,200 acres of parkland throughout the community. Locations include Brookfarm Park, Ella Mae Power Park, Fuerst Park, ITC Community Sports Park, Novi Dog Park, Pavilion Shore Park, Lakeshore Park, Rotary Park, Village Wood Lake, Villa Barr Art Park and Wildlife Woods Park.

The Recreation Division engages more than 140,000 users annually with a variety of programs. Recreation programs are offered based upon national accreditation guidelines, citizen survey data, and partnerships. The Recreation Division includes cultural services, (theatre, dance and music classes, art program, and performance groups -- Novi Concert Band, and Novi Choralaires), sports and fitness (soccer, softball, lacrosse, flag football, basketball, cricket, karate, Zumba, yoga, Pilates, etc.), summer camps, and community events (Memorial Day Parade, Light Up the Night, Daddy Daughter Dance, and more).

The Older Adult Services Division provides increased recreation opportunities and support services for the "boomer" and "older adult" population through special events, fitness/wellness programs, socials, travel trips, support groups, meals, and transportation services.

The Novi Ice Arena and Meadowbrook Commons are enterprise facilities managed by contracted services that are overseen by the PRCS Department

Agency/Organization Name: City of Novi Parks, Recreation & Cultural Services (PRCS)

Address: 45175 Ten Mile Road City: Novi

State: MI Zip Code: 48375

Organizational Tax Status: Government Agency

Organization Twitter Handle (if none, enter n/a) Note: @cityofnovi & @noviparks

Organization Facebook Name (if none, enter n/a): facebook.com/CityofNovi &

facebook.com/NoviParks

Did your organization previously apply for an AARP Challenge Grant? : No.

How did you hear about this opportunity? : Older Adult Services Manager attended Age Friendly Community Conference in Lansing, MI in October 2019.

Describe the levels of approval this project needs? This project has already been approved by the PRCS Grants Committee, PRCS Commission, and Novi City Council.

Outline time-line for each step of approval to give a total time needed for all approvals prior to ground breaking/FitLot build: With City Council approval granted in February 2020, all construction and marketing approvals will be handled by City administrative staff.

Will your community be ready for ground breaking by May 18, 2020? Yes.

Is your community part of the AARP Network of Age Friendly Communities or has it applied to be part of the AARP Network of Age Friendly Communities? *Yes. Applied January 30th, 2019.*

Describe the types and frequency of organized fitness classes or activities you plan to hold at the FitLot location. : Group space would be used for regular (seasonal -weather permitting) classes through the City of Novi. We have been looking to increase our outdoor fitness offerings and will look to add classes like Zumba, Tai Chi and yoga. They would run weekly weather permitting May-October.

2. Grant Application Contact:

Name: Jeff Muck

Title: Director, Novi Parks, Recreation & Cultural Services

Address: 45175 Ten Mile Rd. Novi, MI 48375

Phone Number: 248.347.0402

Email: jmuck@cityofnovi.org

Agency/Organization: City of Novi Parks, Recreation & Cultural Services

3. Project Implementation/Execution Point of Contact (if different from #2)

Name: same as above

Municipality: City of Novi, Michigan

4. Signatory on Memorandum of Understanding (MOU)

Name: Jeff Muck

Title: Director, Novi Parks, Recreation & Cultural Services.

Address: 45175 Ten Mile Road, Novi, MI 48375

Phone Number: 248-347-0402

Email: jmuck@cityofnovi.org

Agency/Organization: City of Novi

5. Signatory on financial forms (W9 and AARP Required Vendor Forms), if different from MOU signatory:

Name: Same as above

- **6. The Community's Livable Communities Activities to Date.** The City of Novi is committed to excellent services to all of our residents, and have many initiatives and programs that benefit our older residents. Novi Older Adult Services (OAS) is a division of Parks, Recreation & Cultural Services (PRCS) that provides a wide variety of programs and services to adults 55+. This includes our innovative Older Adult Transportation Service, that provides FREE transportation to residents over 55 or with a disability anywhere in the city limits and the surrounding areas for a low fare. The City employs over a dozen drivers and dispatchers, and the Department of Public Works partners with PRCS to manage the vehicle fleet. OAS is comprised of 3 full-time and 2 part-time staff. OAS Social Services offers a durable medical equipment loan closet, health & wellness seminars, AARP Tax Aide, AARP Driver Safety Courses, food commodity distribution, Meals on Wheels, and home repair services. Recreation programming includes travel, day trips, social events, parties, dances, educational speaker series, environmental programming, group fitness classes, and more at locations across the city. The City owns Meadowbrook Commons, a 175-unit independent senior living community that provides a high-quality and affordable housing options to older adult residents. The property is managed by KMG Prestige property managers and overseen and programmed by Older Adult Services. Additionally, many City services and departments serve the needs of our Older Adults. Novi Public Safety, for example is active in providing scam/fraud prevention services, hosting town halls, and partnering with Older Adult Services on events such as the Rotary Holiday Lunch.

The City continues to study best practices and trends in making the community more age friendly. City Council has made "aging in place" initiatives a City-wide goal. The OAS Manager serves as a member of the PRCS and City leadership teams. The City sends the OAS Manager and Social Services Coordinator to state and national conferences and trainings. The City has a "Walkable Novi" committee to increase accessibility, and a goal to have every resident within a 10 minute walk of a public park or green space. The City is also committed to accessibility in all its projects and construction, and the Strategic Community Recreation & Master Parks plan outlines a strategy for complying with accessibility standards and planning for universal design. As part of the development of that plan for 2020-2024 an accessibility assessment was done of all Novi Parks and recreation facilities, based on the Michigan DNR's guidelines and ranking system. This same master plan calls for increase programming for middle-aged and "boomer" residents, and calls for tracking trends of the changing needs and wants of that demographic. The OAS division is working with Community Relations to develop resource guides for local housing and "aging in place" services. Additionally, there is a 2018-2022 Older Adult Services Strategic Plan that outlines goals and four action steps to continually improve our communication, program effectiveness, resource facilitation, and strengthen our presences in the community.

7. Location Details

Size of area available where FitLot structure will be placed (FitLot requires 1,400 square feet or more): 2000+ sq ft.

Describe in detail the proposed physical location the FitLot will be placed. Near the front entrance of Wild Life Woods Park, near parking, the main road, 2 developments, and city run pickle-ball courts. There are also restrooms, open green space, and other sports fields on site.

Describe location in terms of surrounding

Community size: (preference may be given to a community with approximately 50,000 or more residents). 63,000+

Neighborhood density: The overall population density of Novi is approximately 2000 people per square mile, and this park's location near 3 completed or in development housing developments would be comparable.

Amount of foot traffic to proposed FitLot location: In addition to the nearby neighborhoods, and ITC corridor trail access, there are 3 schools located within 1/2 mile of this park with a combined 2,522 students. Annual visitors to the park of proposed location is in the thousands.

Describe proximity to trail system, bike path or community center: A major trail system in Novi, the ITC Corridor Trail, runs along the park's eastern border.

Is the proposed area currently frequented by older adults? If yes, provide specific foot traffic numbers. The park is frequented by patrons of all ages and will see increases specifically to Older Adult participation with the instillation of pickle-ball courts and a new age-targeted development with walkable access to the park. The City does not track specific foot traffic numbers to parks.

Are there any environmental issues or studies needed prior to implementation/ground breaking? : No.

8. Impact

Describe the impact the FitLot structure will have on *people of all ages and abilities* in your community? It will be an fitness opportunity for all in a park that has been targeted for enhancements. There are nearby housing developments, including a new age-targeted development that this location would be in walking distance too, as well as three schools in an half mile radius. Residents of that area currently have no walkable access to an outdoor fitness space of this type. It will also allow the City to increase outdoor group fitness programming.

In what ways will the FitLot structure improve your community? It will be be a unique and high quality, multi-purpose fitness structure that will give more fitness options to nearby residents as well as increase programming capacity for our group fitness programs.

Describe other outdoor fitness spaces or programs in the community? We have an outdoor fitness park of smaller scale on the grounds of Meadowbrook Commons Senior Community. We also hold outdoor yoga classes at parks during the summer. There are a multitude of walking and biking trails throughout the parks system, as well as multiple sports fields.

Describe what the community has previously done to try to create an outdoor fitness space. For example, has the community previously applied for grants to create an outdoor fitness space? Outdoor fitness classes are held at several Novi parks and the city has an extensive network of walking and biking trails, including the ITC Corridor Trail system, which connects several community parks, including the proposed site, Wildlife Woods. Additionally there is an outdoor fitness structure at Meadowbrook Commons. Various funding sources including grants have funded these initiatives.

Describe how the FitLot will help reduce disparities in the prevalence of chronic disease among older adults in your community? It would be an access point for individual and group fitness for many residents, especially those in the under construction age-targeted community, who will have walkable access to the park. City of Novi Fitness classes are programmed to have options for all ages and fitness levels, so that no one is left behind in staying healthy.

9. Communication/Promotion of Fitlot

Describe your established relationship with local media. As a large municipality, our Community Relations department maintains an ongoing relationship with local media including print, television and radio.

Outline your communication plan: Along with a press release and grand opening event with local media, the City also publishes Engage, it's own bi-monthly high quality magazine that goes to every home in Novi and promotes City, Parks, and library events and programs. A feature in that magazine both before and after completion would reach a large audience. Additionally the City runs a local access channel and create video content for it, the city website and youtube/social media. Thousands follow City and Parks social media pages, so a large push would be done there as well.

How you will communicate the Fitlot and its benefits to the community at large? Through the channels mentioned above, as well as community events such as the grand opening and free fitness/demo sessions.

How will you promote the Fitlot and the fitness programming taking place there on an ongoing basis? Fitness programming taking place there would be a part of our ongoing and successful Group Fitness offerings that our promoted in ENGAGE magazine, our fitness flyer, the City of Novi website, our access channel, and social media.