

# Centre Update January 10

**Please read this document in its entirety as there is lots of important information.**

Our Centre entrance is located near the southwest corner of 357 Oakdale. There should be a sign on the exterior wall by January 10 to help you find us!

Our phones will be installed some time next week. We are monitoring phones as much as we are able to during the day. Emailing may reach us better than calling. We are hopeful they will be installed early in the week, but it is out of our hands. Please leave us a message if you are unable to email us.

## **Parking:**

Parking at the new Centre is on many minds so we would like to break down what is available:

**Dedicated Centre Parking:** We have 33 assigned spots for the Centre and they are all located in 2 places. The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which guests may park in if there are no Centre designated spots available. Centre assigned spots will be labelled.

**Street Parking:** The surrounding streets are in very close proximity and currently have parking restriction signs on them which we are expecting will be removed after the construction is done later in the spring/summer.

As some of our members will be residing in the complex, we anticipate there will be less demand for parking for some programs and events happening at our Centre.

**We would like to request that members that have better mobility be kind and use the more distant spots to try and preserve the closer spots for members with mobility challenges.**

Where possible, carpooling or sharing a ride is a great idea to help reduce parking issues.

Public transit is less handy than our old location but there are stops on Moray behind our Centre or on Grant a couple of blocks away.

If you park in one of the spots assigned to a resident which is marked with a number on the parking fence, you run the risk of being ticketed or towed. We do not want to inconvenience our neighbors so please be considerate and watch where you are parking.

Please also ensure that you are using only a single parking stall when you park. Parking over 2 spots will mean less spots are available for other members.

### **Centre Housekeeping:**

The flooring at our new Centre will be a challenge to keep clean and safe from water related slips and falls for the many users in our space, including those members who are in fitness classes and getting right down on the ground.

Our cleaning schedule will be different than in our previous location which will necessitate us to operate differently than we have been up until now. We now pay for cleaners and this extra operating expense is making us very conscious of how we can keep the Centre clean and tidy for all users.

All members, guests and other users entering the Centre will be directed and required to remove their outdoor footwear in the outer building vestibule prior to entering the Centre. A bench is available in our vestibule, as well as a boot rack and trays to leave your footwear and reduce the dirt and water dripping through our space. Changing into indoor shoes would be advised.

### **Reusing our moving boxes:**

Some of our members have graciously scooped many of our moving boxes for their own move and they would like to share their windfall with others when their move is over. If you are looking for moving boxes for later February, please contact the office and we will put you in touch with the current box custodians.

### **Water refill station:**

We have a filtered water refill station for water bottle refills. It is located just outside the gym. Please bring your own water bottle.

### **Hearing Technology:**

Hearing technology continues to be available. Please call with your schedule and request so we have the equipment ready for you.

### **Registration update:**

While many of our fitness classes, presentations and other activities are full, there is still space available in others. If there is something that you are interested in and it is full, we encourage you to get on the wait list as spots often open up.

Click [here](#) to see what classes and activities still have availability. Try something new. You likely won't be sorry you did!

### **Fitness class drop-ins:**

Beginning the week of January 20<sup>th</sup> there will be drop-in spots available in fitness classes that are not full. The list will come out on Fridays, and you can call the office to register for an available spot in the following week. We are not able to set up online for drop-ins.

You will also be able to see which fitness classes have drop-in spots by looking at the online registration [portal](#). If the class has registration availability there will likely be pre-registration spots available for the following week.

There are no drop-ins during the first week of fitness classes.

### **Equipment sanitation:**

Please bring a cloth to wipe down shared equipment (we supply the cleaning spray). We do have a limited number of disposable cloths if you forget but we sure hope you remember.

### **A few funnies for your enjoyment**

- I am on two diets now. I wasn't getting nearly enough food on just one
- I told my physical therapist I broke my arm in two places. He told me to stop going to those places
- Did you hear the watermelon joke? It's pitiful.
- How do you keep a bagel from getting away?  
Put lox on it
- How does the moon cut his hair? Eclipse it.
- Why do seagulls fly over the sea? If they flew over the bay, they would be bagels
- Why was Cinderella so bad at soccer? She kept running away from the ball
- What do you call a can opener that doesn't work? A can't opener
- I'm addicted to brake fluid, but it's OK because I can stop at any time
- Be kind to dentists. They have fillings too, you know
- The good thing about having a bad memory is that jokes can be funny more than once



**It's been a bit of a  
strange day!  
First I found a hat  
full of money.  
Then I was  
chased by an  
angry man with a  
guitar...**

Have a wonderful weekend.

Jakee Werbuk  
Program Manager