

Resolution # _____ - 2010

**Awarding a Contract for a
Senior Physical Fitness Program at
Millville Housing Authority Senior Locations**

WHEREAS, the Housing Authority of the City of Millville, a Public body created and organized pursuant to and in accordance with the provisions of the Laws of the State of New Jersey wishes to enter into a contract for professional detective services.

WHEREAS, the MHA seeks to institute an onsite senior physical fitness program for the benefit of its senior citizen residents;

AND WHEREAS, the Holly City Family Center has submitted a proposal to provide an onsite senior physical fitness at each of the MHA senior facilities two times per week at a rate of \$100 per class;

AND WHEREAS, the term of the contract shall commence on February 1, 2010 and will continue for a term of one (1) year;

NOW THEREFORE, BE IT RESOLVED BY THE HOUSING AUTHORITY OF THE CITY OF MILLVILLE, the Board of Commissioners hereby authorizes the MHA Executive Director to enter into a contract with the Holly City Family Center.

Larry Miller

Juanita Aviles-Childers

Paula Ring

W. James Parent

Brian Tomlin

Pamela Kipers

Herb Kelley

Date:

Attest:

Paul Dice, Secretary

Paul Dice
Executive Director

Janet M. Reeves
Director of Operations

Holly City Family Center
8 East Mulberry Street
Millville, NJ 08332
293-0609 Fax 293-0488
www.hollycity.org

Proposal for Millville Housing Authority Senior Exercise Classes
February 18, 2010

The Holly City Family Center proposes to provide Healthy Bones/Chair Exercise Classes to Millville Housing Authority Senior sites.

These classes will be very beneficial to the residents of our Millville Housing Authority. The classes will help keep the residents healthier, more mobile and even happier. The classes will be held two times per week for 1 hour per class. We will average approximately 8 classes per month.

The classes will be taught by a certified fitness instructor. Andrea Vanaman will be teaching at the first two sites but as sites are added the Holly City Family Center will be hiring an additional instructor to take on the added sites.

Based on three examples of pricing we have come up with an hourly rate of \$100.00 per class. These examples were based on classes held at the Holly City Family Center, the Cumberland Cape Atlantic YMCA and private classes held at the Millville Moose Lodge.

The fees for this class will help alleviate the cost of salaries for the instructors, cost of materials and also travel costs to the sites.

We started our pilot site at High Rise East on January 5th, 2010 with much success averaging 18 to 20 participants per class. So far we have had held 13 classes at that site. We added classes at High Rise West on February 2nd, 2010 averaging 7 to 9 participants for each class.

We plan to purchase a Wii system and will be incorporating that into our classes soon.

Eventually we would like to provide exercise classes to all of the Millville Housing Authority Senior sites.

Submitted by:

Janet Reeves
Director of Operations
Holly City Family Center