Community Incentive Grant Program
Detailed Project Description

The Charleswood Senor Centre (CSC) would like to upgrade both our current gym and also upgrade our office registrationsoftware. The upgrades to the gym will be explained in the first section. The CSC would like to add mirrors, barre and shelving for equipment. The current fitness instructors have been requesting mirrors to aid in teaching classes. We would also like to add a Barre class to our vast array of fitness classes. All of our equipment including large fitness balls are on the floor which can be dangerous and take up too much floor space.

The CSC believes that the addition of mirrors will be a long term benefit for our members and future participants. The mirrors will allow the participants to self correct their positions. This results in those individuals 55 plus to exercise more safely which will prevent injuries, as well as allowing them to see and feel correct body positioning. This will prevent injuries such as lower back issues and participants will not have to take time off to heal.

We would like to introduce Barre classes to give our members and future members another fitness option. It is important for the CSC to stay on top of current fitness trends as people begin to tire of the same fitness schedule. It keeps those 55 plus interested, they will continue to exercise instead of dropping out of classes due to boredom. If participants drop out of classes, it is very difficult to get them to come back, and as a result, they will no longer exercise regularly.

What sets Barre Classes apart? According to research, Barre Classes were developed under the guidance of a physiotherapist, and is a holistic workout that combines yoga and dance movements. Barre classes have been shown to work muscles in ways that will not be taxing to one's joints. These classes were derived from yoga, which have a focus on breathing and mind-body connection.

The objective of our project is to upgrade the current gym, which will enable us to offer the more current fitness programs that would be safer and more effective. The updates for this project will excite more people to attend fitness programs and will reach those 55 plus who are not currently registered in any fitness programs. It will also encourage those who are looking to exercise to join the CSC and in turn will benefit from all of our programs. Physical activity enables those individuals who are 55 plus to continue to improve their body strength, flexibility, balance and mobility, which will help with daily activities and aging in place. It also reduces symptoms of arthritis, chronic disease such as diabetes and heart disease. Fitness has shown to increase mental wellness by helping with stress management, anxiety and depression. Regular attendance helps to decrease social isolation as it encourages individuals to come out to the Centre and not be home alone.

The work on the gym to complete the upgrades would be to add mirrors to the back and side wall of the gym. A ballet barre for Barre classes would be added to the back wall of

the gym. To ensure participants safety, the barre would have to be reinforced to ensure it can bear the weight of the participants. This requires the wall to be opened and the drywall removed. Wooden supports would have to be added beside the metal studs. New drywall would be added and the wall would be painted to match the existing walls. The mirrors would then be installed on the wall above and below the barre. Tubular shelving would be added, the kind used in most gyms to keep the exercise balls up and off the floor.

The CSC would also like to upgrade our current registration software, which is very outdated. We would like to purchase a registration software package that will meet our needs now and in the future. The registration software that the CSC would like to purchase will have the following capabilities.

1. We would like to have our membership register online and be able to make adjustments online.
2. Secure credit card processing
3. Automatic confirmation receipts
4. Specify pre-requisites: instructors, class size, registration dates, multiple pricing options, manage all registrations, withdrawals and waitlists
5. Manage all special events and regular activities
6. Membership management – past receipts, usage patterns and demographic statistics
7. Registration reports
8. Support additional payment options
9. This would be much more user friendly and easy to use

These upgrades would allow for easier registration, as the members could not only use credit cards at our Centre, they would also be able to register without leaving their homes. It would eliminate lines on registration day as well as the time and paper needed to currently hold registration for a program or event. This will increase member satisfaction. Research has shown that registration of programs tends to increase when online registration is available and this will help with future growth of the Centre as the population ages. Members will find it easier to receive program updates

SHOP COPY

SECURITY GLASS LTD.

115 PLYMOUTH STREET • WINNIPEG • MANITOBA • R2X 2T3
PH (204) 774-9669 • FAX (204) 774-9672
GST/HST ID: 865[illegible]
24 HR. EMERGENCY SERVICE

P/O#:
Taken By: MITCH
Installer:

SalesRep:

PST Tax Exempt ID:
GST Tax Exempt ID:
Ship Via:

Adv. Code:

Quote:Q031515
Date: 5/2/2014
Time: 04:22 PM

Bill To: MXRENO

MX RENOVATIONS LTD.
225 MCPHILLIPS ST
WINNIPEG, MB R3E 2K3

(204) 783-7619 Fax: (204) 654-3362 Mobile: (204) 333-9345

Sold To: MXRENO

CHARLESWOOD SENIOR CENTRE
5006 CHARLESWOOD RD

Qty	Part Number	Description	Sell	Total
10	MICL-5M	(94 3/8" x 48") 5M CLEAR MIRROR		$2,415.70
4	ELECTRICAL BOX CU	ELECTRICAL BOX CUT OUT		
1	JBARCH-5M	1W 0L (1040") J BAR UPPER TRIM CHROME	$218.40	$218.40
2	MICL-5M	(79" x 48") 5M CLEAR MIRROR		$437.32
2	ELECTRICAL BOX CU	ELECTRICAL BOX CUT OUT		
1	JBARCH-5M	1W 0L (254") J BAR UPPER TRIM CHROME	$53.34	$53.34
1	LABOUR	LABOUR	$800.00	$800.00

SUPPLY AND INSTALL 5MM CLEAR MIRROR WITH J BAR.
CUT OUTS FOR PLUGS.
NO SAFETY BACKING INCLUDED ON MIRRORS.

THIS IS NOT A RECEIPT -- DO NOT PAY

Sub Total: $3,924.76

RECEIVED BY _____

Please pay directly from invoice, as no statement will be issued.
Ownership of these materials will remain with Security Glass Ltd.,
until this invoice is paid in full

gst $196.24
pst $249.98

THIS ORIGINAL INVOICE REQUIRED FOR WARRANTY PURPOSES.

CUSTOMER SIGNATURE _____

NET30

Total: $4,370.98

TERMS: NET 30 DAYS. SERVICE CHARGE OF 1½% PER MONTH (18% PER ANNUM) WILL BE CHARGED ON OVERDUE ACCOUNTS

Rounded to 4,371.00

Highest Estimate for mirrors

Quotation

Date: March 24,2014

To:	Charleswood Sr.Ctr.
Attn:	Joanne
Re:	mirrors
Ph:	204-897-5263
Fax:	joanne@charleswoodseniorcentre.org

I would like to thank you for the opportunity to submit a quote for the following:
All glazing supplies in price.

Supply and install 11 - 42 1/2" x 84" and 2 - 39" x 84" 5mm clear mirrors c/w scrim back (safety backing) and polished edges,6 plug cutouts included.Installed on 2 walls in gym area.

$ 6,514.79 + gst OR

Supply and install 11 - 42 1/2" x 40" and 2 - 39" x 40" 5mm clear mirrors c/w scrim back (safety backing) and polished edges,4 plug cutouts included.Installed on 2 walls in gym area.

$ 3,872.04 + gst

* all work to be done @ Charleswood Sr.Ctr. 5006 Roblin Blvd. Wpg.,Mb.

* allow 2 - 3 weeks for delivery

Total _____

GST extra

accurate dorwin

Tim Kozokowsky
Accurate Dorwin Company
Commercial Service Sales
Ph:(204) 982-4621
Fax: (204) 982-8383
Email: tkozokowsky@accuratedorwin.com

Please Sign And Fax Back _____

Price firm for 25 days
All items not mentioned in quotation and billed for would be considered extras

We hope you find our quotation favorable.
NON ACCOUNTS REQUIRE A 30% DEPOSIT OR CREDIT CARD NUMBER AND BALANCE UPON COMPLETION.

FORT ROUGE GLASS LTD.
380 OSBORNE STREET
WINNIPEG, MB R3L 1Z8

PH:(204) 475-2774 FAX:(204) 287-8016

GST/HST ID: 855166666RT0001

P/O#:
Taken By: bdobson
Installer:

SalesRep:

PST Tax Exempt ID:
GST Tax Exempt ID:
Ship Via:

Adv. Code:

Quote: Q016424
Date: 3-25-2014
Time: 12:29 PM

Bill To: Cash

Charleswood Senior Centre
5006 Roblin Blvd. & Harstone
WINNIPEG, MB

(204) 897-5263

Sold To: Cash

Charleswood Senior Centre
Joanne @ 897-5263

Qty	Part Number	Description	Sell	Total
5	Clear Mirror-5mm	(94 3/8" x 48") 5mm Clear Mirror	$293.12	$1,465.60
2	Double Cut Out	Double Cut Out (to go around 2 -single plugs - no cover plates needed)	$65.00	$130.00
5	ML	(94 3/8" x 48") Mirror Installation	$157.20	$786.00
1	D645BA	(1040") J Channel Chrome	$230.11	$230.11
1	Clear Mirror-5mm	(79" x 48") 5mm Clear Mirror	$244.30	$244.30
2	Single Cut Out	Single Cut Out/Cover Plate	$65.00	$130.00
1	ML	(79" x 48") Mirror Installation	$132.68	$132.68
1	D645BA	(254") J Channel Chrome	$56.21	$56.21

Acceptance by customer: The materials shall remain the property of Fort Rouge Glass Ltd. until the invoice is paid in full. Upon acceptance of this quote, 50% is due as a deposit and the balance is to be paid upon completion of the installation. Any and all additional work will be at an additional price, and prices are subject to change due to variation in size and or installation conditions.

The customer hereby agrees to the terms and conditions of this quotation and requests that Fort Rouge Glass Ltd accepts this quotation as a valid order.

Customers Signature: Date:

OPTION B

Sub Total:	$3,174.90
GST On Sales	$158.75
PST On Sales	$159.70
Total:	$3,493.35

FORT ROUGE GLASS LTD.
380 OSBORNE STREET
WINNIPEG, MB R3L 1Z8

PH:(204) 475-2774 FAX:(204) 287-8016

GST/HST ID: 855166666RT0001

P/O#:
Taken By: ofedorkie
Installer:

SalesRep:

PST Tax Exempt ID:
GST Tax Exempt ID:
Ship Via:

Adv. Code:

Quote: Q016250
Date: 3-25-2014
Time: 12:23 PM

Bill To: Cash

Charleswood Senior Centre
5006 Roblin Blvd. & Harstone
WINNIPEG, MB

(204) 897-5263

Sold To: Cash

Charleswood Senior Centre
Joanne 897-5263

Qty	Part Number	Description	Sell	Total
5	Clear Mirror-5mm	(72" x 94 3/8") 5mm Clear Mirror	$435.00	$2,175.00
5	ML	(72" x 94 3/8") Mirror Installation	$230.00	$1,150.00
3	Single Cut Out	Single Cut Out/Cover Plate	$65.00	$195.00
1	D645BA	(1088") J Channel Chrome All Around	$240.73	$240.73

Acceptance by customer: The materials shall remain the property of Fort Rouge Glass Ltd. until the invoice is paid in full. Upon acceptance of this quote, 50% is due as a deposit and the balance is to be paid upon completion of the installation. Any and all additional work will be at an additional price, and prices are subject to change due to variation in size and or installation conditions.

The customer hereby agrees to the terms and conditions of this quotation and requests that Fort Rouge Glass Ltd accepts this quotation as a valid order.

Customers Signature: Date:

OPTION A

Sub Total:	$3,760.73
PST On Sales	$193.26
GST On Sales	$188.04
Total:	$4,142.03

Valkyrie Construction Ltd

PO Box 16 GRP 7 RR1
Dufresne MB R0A 0J0

(204)899-5662
admin@valkyrieconstruction.ca

ESTIMATE

ADDRESS
Charleswood Senior Center

ESTIMATE NO. 141014
DATE 05-May-2014
EXPIRATION DATE

ACTIVITY	AMOUNT
5006 Roblin Blvd Details as per site meeting May 2 2014 All construction to be approximately 7' 6" just below existing lighting therefore lights can remain. Construction will result in a 3/4" jog in the wall at construction hight to accommodate width of backing. Scope of work to include: Demolition of wall finish Install support backing in gym wall Drywall install Supply and install ballet bar product selection by contractor Paint to match existing colour scheme Price submitted for budget purposes not a commitment to build. Review to occur prior to contract drafting acceptance based on on availability and contract details. Price does not include permits, engineer drawings, specialty inspections, area hoarding,specialty cleaning outside work area, electrical / lighting, mirror supply or install. Price based on contractor product selection specialty request to result in additional charges. Contractor must have access to full gym and parking for duration of construction during work hours and will result in unavoidable high noise levels. Price subject to applicable taxes. Payment due in full 15 days net from invoice date.	11,130.00

Thank you for allowing Valkyrie Construction Ltd. The opportunity to bid on your upcoming project. We look forward to hearing from you.

TOTAL $11,130.00

highest quote

Accepted By

Accepted Date

Good Morning Camilla,

MX Renovations is pleased to submit the following budget quotation in the amount of $4,500.00 plus GST.

This includes the following:

- Supply and install required backing for installation
- Fasten G1S plywood on top of new backing
- Paint new plywood to match existing wall color
- Supply and install new paint grade rail and brackets, brackets to be spaced 4' O.C.
- Provide post construction cleaning and haul job related debris

Also find attached quotation from Security Glass for mirrors.

If you have any questions please do not hesitate to contact me.

Thank you for this opportunity,

Shawn MacMartin – B.A., LEED® AP, IICRC
Senior Estimator / Project Manager

MANITOBA XCELLENCE
MXRENOVATIONS LTD.

Ph: 204.783.7619 **Fax:** 204.654.3362
smacmartin@mxrenovations.com
225 McPhillips Street
Winnipeg | Manitoba |R3E 2K3

DEZ CONSTRUCTION

25 Red Robin pl
Winnipeg, Mb
R3J 3L9

INVOICE

Invoice Number: TBD

Invoice Date: April.29,2014

Business number:

Billing Address:	
Name:	
City:	
Address:	
Postal Code	

Phone number:

Order Information:

Qty	Product Description	Amount Each	Amount
1	Aprox. 40 LFT of Ballet railing	$1450.00	$1450.00
12	Railing brackets	$350.00	$350.00
1	Ledger board (base)	$125.00	$125.00
1	Labor	$325.00	$325.00
		Subtotal:	$2250.00
		Gst Tax:	$112.50
		Shipping:	
		Grand Total:	$2362.50

Notes:

Additional Information: Sales, Events, Conditions of Sale, Warranty Information, Shipping Options or other policies can be mentioned here.

recdesk

QUOTE

RecDesk, LLC
Amazingly Simple Recreation Software

71 Orange Street
New Haven, CT06424
Phone (972) 743-8633
todd.mcevoy@recdesk.com

INVOICE #001015113
DATE: MAY 14, 2014

EXPIRATION DATE 6/14/2014

TO Charleswood Senior Centre
C/O Camilla Waitt - Program Manager
5006 Roblin Blvd.
MB R3R 0G7 Winnipeg, Canada
(204) 897-5263
Customer ID CharleswoodSeniorCentre01

SALESPERSON	JOB	PAYMENT TERMS	DUE DATE
Todd McEvoy	RecDesk Annual Subscription	N/A	N/A

QTY	DESCRIPTION	UNIT PRICE	LINE TOTAL
1	**Annual RecDesk Subscription – All Inclusive** **RecDesk Tier 2 Non-Profit Membership Pricing** **INCLUDES FULL PRODUCT & SERVICES** • RecDesk Annual Subscription - All Inclusive/No per transaction fees /No Start-up fees - Includes: • ** Online Registration • ** Program Management • ** Facility Reservations & Scheduling • ** Master Calendar • ** Membership Management/Check-Ins • ** Financial Management/Reporting • ** Fully Hosted • ** Unlimited users/seats • ** No per transaction costs to RecDesk - standard credit card fees still apply • ** Full RecDesk Community portal (CMS) site included • ** Full PCI compliance and SSL certificate included • ** Training and Support including • ** Free upgrades and enhancements	*Membership from 251-550* o	$2220.00
		SUBTOTAL	$2220.00
		SALES TAX	$0.00
		TOTAL	$2220.00

To accept this quotation, sign here and return: _____

THANK YOU FOR YOUR BUSINESS!

Camilla Waitt

From: Phillips, Scott [Scott.Phillips@activenetwork.com]
Sent: May-05-14 4:50 PM
To: Camilla Waitt
Subject: RE: ACTIVE Net Proposal

Hi Camilla,

Thank you for your patience while I've been reworking the quote.

I wanted to first reach out to you with the new proposed numbers, before going through the internal process of discount approvals (which can be a bit lengthy).

I took one of the line items out which probably wouldn't be necessary, and have brought our hourly rate down from $150/hr to $100/hr. The following quote is what would be generated:

Consulting Services	Total Hours	Total
Project Launch Meeting	8	$800
Membership Management	16	$1,600
Activity/Program Registration	16	$1,600
CRM Interface	4	$400
General Settings	8	$800
Project Administration	6	$600
Go Live	8	$800
Public Access / Online Registration	16	$1,600
TOTAL	82	$8,200

I know this is still higher than you wanted, but again, it is my thought you wouldn't use the complete set of hours. You also don't pay for hours, until one month after they are actually used.

Let me know your thoughts, and if you think it would make sense to look to get this pricing approved on my end.

Thanks,

Scott Phillips, Account Executive

ACTIVE Network
Communities
10182 Telesis Ct.
San Diego, CA 92121
Tel 888.543.7223 ext. 8767
Fax 604.432.9708
Scott.Phillips@ACTIVEnetwork.com

My ACTIVE is...
Family. Sports. Music. Fitness. Beach. Travel

What's Your ACTIVE?