



Downtown set for 300 Block service and surface improvements

Construction is now underway downtown on the 300 Block service and surface improvement project.

The project plan involves spending nearly \$1,671,000 of the total \$2.185 million budget on upgrading the street's surface and underground services with new asphalt, raised intersections, sidewalks, curbs, water mains, storm sewers, street lighting, traffic signals and underground electrical. The remaining portion of the budget, representing \$464,000, or 22 per cent of the total cost, will go towards street beautification features including vendor power, trees, landscaping, irrigation, benches, bike racks and bollards.

"While the City is upgrading infrastructure both under and above ground, the property owners along the 300 block are also contributing \$299,960 to the streetscape and pedestrian

experience improvements resulting in a cost effective way to continue the revitalization of downtown", said Penticton Mayor, Andrew Jakubeit. "The investment and vision to re-energize downtown is coming to fruition as there has been significant private investment to encourage people to live, work and play in the heart of our City."

Pedestrian access to businesses along the 300 Block will remain open throughout the project. City staff, members of the Downtown Penticton Association (DPA) and the contractor will be working closely with area businesses and residents to ensure any disruptions or direct impacts are communicated and mitigated quickly.

"This next phase in creating a more vibrant downtown will bring much needed upgrades to the 300 Block, and the Downtown

Penticton Association will be closely collaborating with the City and business owners to ensure clear communications", says DPA Executive Director, Lynn Allin. "We want everyone to know that the 300 Block will be open for business throughout the construction period."

To stay informed on the progress of the project, business owners, shoppers and visitors to the downtown are encouraged to check for updates via:

- www.penticton.ca
- www.downtownpenticton.org

Regular updates can also be obtained by following either the City's or the DPA's Twitter and Facebook accounts.

Barring any setbacks related to weather delays, construction is scheduled to wrap up by June 15.



Artist rendering of 300 Block

Approved strategy sets focus for Economic Development

Penticton City Council has completed the final step in a collaborative planning process exploring the focus of Economic Development in Penticton with the approval of a new strategy spanning the years 2018 through 2022.

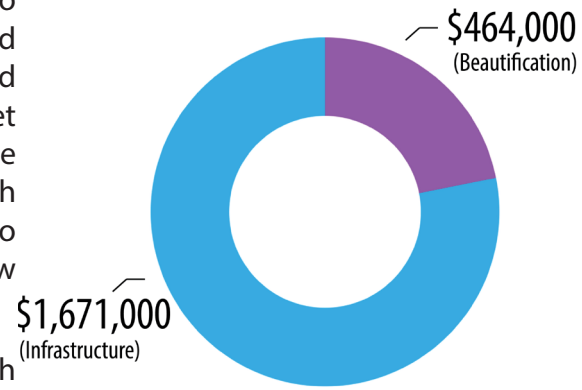
Created over several months in 2017 using input collected from a mix of stakeholders including, business leaders, business support organizations, Council and staff, along with feedback collected from the broader business community via a business climate survey, the new strategy outlines five priorities the City will focus on to advance economic opportunities and activities. These five priorities emphasize: communication, collaboration, attraction, retention and expansion and organizational excellence.

"We initiated a review of our economic strategy last year so we could be more focused and better measure the outcomes and successes moving forward. We met with 100 businesses one on one and had several meetings with stakeholders and our Task Force to build the plan." said Mayor Andrew Jakubeit.

To get work started, efforts through 2018 will underscore improving communication and creating the channels needed to develop strong partnerships with business owners, investors and stakeholders.

"A major priority focus in 2018 for economic development will be investing in enhancing communication within the community and increasing awareness of the key drivers of our local economy, including

300 Block Revitalization Costs



business success stories," said Director of Development Services, Anthony Haddad. "More positive messaging about how incredible our community is and those that make it tick will be a major theme of the work we do moving forward."

To learn more about Penticton's Economic Development Plan, download a copy from the City's website.

New Recreation Guide to come out

There are many new programs available in the upcoming Spring/Summer 2018 Recreation Guide. Below are just a few highlights of new programs for older adults.

Osteofit

This program is intended for people with osteoporosis who are at increased risk of fractures or have had one or more fractures. It was developed by BC Women's Hospital and Health Centre in conjunction with the Osteoporosis Society of BC.

Osteofit exercises will:

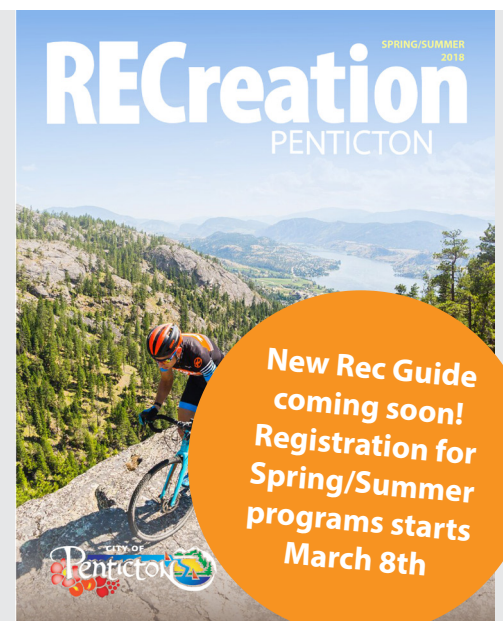
- Improve strength of postural and core stabilizers.
- Work to improve postural alignment and core strength.
- Learn appropriate exercise technique with elastic resistance and light hand weights for use in muscle strengthening in the class and at home.
- Challenge and increase lower extremity strength, endurance, and ability to maintain single leg support time.

Fit Start

Physical inactivity is a known risk factor for a range of chronic diseases and conditions. The foundation for health and wellbeing is an active lifestyle.

This provincially-funded program is looking for participants ages 55-70 who are wanting a kick start to their fitness goals. Participants will have the opportunity to take part in a fitness program twice a week, with focus on strength and balance exercises. Included in the program is free transportation to and from the program, one-on-one consultation with a physiotherapist and social events. Further to that, educational sessions on topics such as smart nutrition, navigating the health-care system, mental wellness and social connectedness will be offered on a bi-monthly basis.

Pre-screening will be required to ensure the health and safety of each participant prior to the start of the program. Please contact the Recreation Coordinator for more information: 250-490-2575 or natalie.alexander@penticton.ca



The Benefits of Dance

Dance has long been a part of human culture, rituals and celebrations! However, this activity also has significant health and wellness benefits that can be gained by people of all ages and abilities.

Here at the Community Centre we have many options including: Ballet for Adults, and La Blast Dance Fitness.

As part of National Health and Fitness Day, we will be offering a "Glow Dance Fitness" program for FREE in our dance studio. Pop on your best neon outfit and bring your glow sticks to help dance the night away!