

Report of the Westport Center for Senior Activities Enhancement Committee

March 2016

Report from the Westport Center for Senior Activities Enhancement Committee Phase One

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Needs Analysis

for the

Westport Center for Senior Activities Enhancement Committee

Introduction

First Selectman Jim Marpe established the Center for Senior Activities (CSA) Enhancement Committee for the Town of Westport on September 24, 2015. The Committee's Mission was to "define the accommodations necessary to enhance the current Center for Senior Activities facility in order to meet the evolving needs and anticipated demand" of the community's seniors in particular and Westport residents in general.

Led by Selectman Avi Kaner, the appointed Committee is co-chaired by Lynn Goldberg and Stan Nayer; Leslie Wolf serves as vice-chair (Committee Membership Appendix I). In coordination with relevant Town Departments including Human Services, Building, and Parks & Recreation, the Committee was charged with developing a plan to enhance the CSA and its environs within the Town-owned property (zoned as open space) at 21 Imperial Avenue known as Baron's South.

History

The Center for Senior Activities has been in its current location in an 11,000+ square foot building in the 23 acre town park since January of 2004. The facility was beautifully designed to serve the population and program interests at the time, but as the senior demographic has grown and the program has expanded and developed to meet the demand, there are some limitations that need to be addressed if the Center is to continue to meet the community's expectations and serve the diverse interests of its senior population.

The senior center originated in 1973 at the Westport Weston YMCA, located at that time on the Post Road on the corner of Main Street in "downtown" Westport. In 1986, needing more space, the center moved to newly closed (as a school) Greens Farms Elementary School on the lower level, sharing the building with the Westport Arts Center. Summers were spent at Longshore Club Park. In 1997 the school was reclaimed by the Board of Education and the senior center moved to Staples High School. When a major renovation and expansion of the high school was approved, and the decision was made not to include the senior center in the new building, then First Selectwoman Diane Farrell appointed a committee to find a permanent location for the senior center. In 2004 the newly constructed Westport Center for Senior Activities opened at 21 Imperial Avenue.

In 2005 the Center extended program hours to include Thursday evenings until 8:00 PM and in 2006 added Saturday morning hours from 8:30 AM to 1:00 PM. In 2014 the Center again expanded its hours to open earlier on weekdays (7:30 AM) and stay open until 3:00 PM on Saturday. This was in response to increasing numbers of seniors who were still working and found the traditional 8:30-4:30 timeframe precluded their participation.

Mission

The Mission of the Westport Center for Senior Activities is to "enhance the quality of life for adults 60 years of age and older by offering the opportunity to continue to learn and develop; to maintain optimum physical, mental, and social well-being; and to enjoy recreation and companionship in a pleasant and safe environment."

CSA Enhancement Committee Process

At its initial meeting, the CSA (Center for Senior Activities) Enhancement Committee viewed a PowerPoint presentation on the CSA's history and current programming, and heard a presentation from the Executive Director and Program Coordinator about trends across the country for senior centers. The Committee identified sixteen areas of concern in the CSA facility as it currently exists, including specific classroom spaces, facility improvements, parking and outdoor use. One research group contacted the Nielson Group to request demographic data in order to make projections about future participation.

The Committee identified several principles which were critical to the project. These included emphasizing the need for flexible space, collaboration with other community resources (e.g. the Westport Library, the Westport Weston YMCA), safety and security needs of older adults, and creating transportation options.

Committee members were assigned to two to four person research groups, each with a staff person as a resource. Each group was tasked with studying its specific area, visiting/observing it, interviewing users (instructors and participants), listing current problems or constraints, and suggesting possible solutions. Groups were encouraged to visit sites in town or the surrounding area which served similar functions to see how they handled problems and solved them.

Each research group reviewed its findings in both a written report (see attachments) and oral report before the full committee. Many reports documented their findings with photographs. The committee then discussed and debated specific proposals for solutions to current problems with an eye toward the demographic trends as well as current population. Creating a safer, senior focused parking lot is one priority that emerged, out of concern that people can attend the CSA and have easy access to the building.

Demographics

The Center for Senior Activities as it stands today is not prepared to meet the growing demands of the community, even before one considers the anticipated demographic growth. As well designed as the current facility was, and as well as it has served the community until now, there have been changes in how the facility is used since it opened in 2004. For example, there is a clear trend toward interest in unscheduled and drop in space for card games, mahjong, etc. The computer classroom is obsolete, based on the coming of Wi-Fi and the interest in one-on-one lessons on personal laptops rather than a class in which participants are at very different levels of experience. The Fitness Center and fitness programs have greatly expanded in variety and participation, as have the art classes. All of these changes suggest the need for flexible space in anticipation of changing trends in the coming years.

And then there are the demographics. According to data from the Nielsen Company, in 2010 the 55+ population represented 29.4% of Westport residents. In 2015 the percentage rose to 33.14% and in 2020 it is anticipated to be 37.4%. While 60+ is the age for participation in senior center programs, 55+ population data is used in this case to forecast usage over time. The trend is clear, and coupled with the increase in participation rates currently, in response to ongoing program development, the need for repurposing of current space and modest expansion seems clear.

Recommendations

Overriding Principles

In consultation with Human Services and the Director of the Westport Center for Senior Activities, the CSA Enhancement Committee research groups have compiled the following list of solutions to problems of space at the existing facility. In considering the enhancement of the CSA, several principles are critical to any design:

- Flexible Space to be able to respond and adapt to changing interests and new program development.
- Special needs of seniors, especially regarding safety, and security needs, to be considered and addressed.
- Collaboration with other town and community agencies, including for example the Westport Library, the Westport Weston YMCA, the Levitt Pavilion, Parks & Recreation, Westport Country Playhouse, Westport Historical Society, Westport Art Center, is essential.
- Transportation options are needed to facilitate collaborative programming, and to optimize seniors' ability to take advantage of all the community has to offer without duplicating resources.

Classroom Space

- Additional small, large, lecture and conference classroom spaces are needed. Small spaces are needed for counseling appointments and private individual consultations. Large expandable space/multi-purpose rooms are needed for exercise classes, lectures, meetings, and special events. Current conference room space needs to be retained and possibly expanded.
- Flooring options need to be evaluated for expansion of the café/lunchroom and to accommodate both dance and exercise classes.
- A dedicated lecture room is needed, equipped with media technology for showing DVDs, streaming from the Web, and viewing PowerPoint presentations. The space should accommodate chairs set up auditorium style.
- A large dedicated game room is needed. It should have tables and space for card players, chess, checkers, mahjong and other board games. Space is needed for a ping pong table and a billiard table. This space will be used for drop-in games. There may need to be multiple spaces for games or the space will need to accommodate both noisy and quiet games being played at the same time.
- Fitness room space needs to be expanded to accommodate additional attendees offering more open floor space for equipment and exercise. Equipment storage needs to be increased. Open gym opportunities should be increased. Cubbies or lockers for personal belongings are needed. An expanded fitness room should make use of the adjacent outdoor space with doors leading outside.
- The library should remain a dedicated quiet space for reading whether in its current location or a new space, with windows and scenic views as there are now.
- The art room space needs to be redesigned and/or expanded to allow for both wet and dry work. Lockers are needed for students and instructors to store materials and works in progress. Video equipment is needed for instruction.
- The current dedicated computer room space is no longer needed and can be repurposed.

Facility Improvement

- An expanded café should include a coffee bar, snacks, and light meals throughout the day to meet nutritional needs of seniors. New equipment for refrigeration and display is needed. Additional seating is not needed as long as the dining area can be used for snacking. The seating area for lunch and weekend events that offer food needs to be expanded.
- Showers/locker rooms are needed for times the WCSA is used as a shelter and as well as for those using the fitness room/classes.

- The reception area needs to be reconfigured and/or enlarged to accommodate additional staff at the front desk. An area for 4 – 8 attendees to sit while completing paperwork is needed.
- Space needs to be identified for displaying flyers, brochures, and communications.
- There is need for more storage space. Space is needed for long-term storage and space that is easily accessible for items used daily/weekly.
- Administrative office space needs to be evaluated and should continue to be located near the lobby and front doors.

Parking

- The parking lot should be redesigned to be senior-friendly and safe. More non-handicap spaces in close proximity to the building for easy accessibility are needed. Current handicapped spaces should be evaluated. Parking assisted options including valet options should be explored, especially for events that draw large numbers at one time.

Outdoor Use

- The WCSA will collaborate with Westport Parks and Recreation to create an adult park, trails, possible bocce court, open space for yoga, Pilates, snowshoeing, outdoor dining, etc.

In Conclusion

The WCSA Enhancement committee recommends to the First Selectman that the Town proceed to prepare a Request for Proposal seeking Design Development services incorporating the findings and recommendations of the committee as described above.

FOR IMMEDIATE RELEASE: September 24, 2015

CONTACT: Barbara Butler
Human Services Director
203-341-1050
bbutler@westportct.gov

**First Selectman Establishes
Center for Senior Services (CSA) Enhancement Committee**

First Selectman Jim Marpe announced today that he has established the Center for Senior Activities (CSA) Enhancement Committee for the Town of Westport. The Committee's Mission will be to "define the accommodations necessary to enhance the current Center for Senior Activities facility in order to meet the evolving needs and anticipated demand" of the community's seniors in particular and Westport residents in general.

Led by Selectman Avi Kaner, the appointed Committee will be co-chaired by Stan Nayer and Lynn Goldberg. In coordination with relevant Town Departments including Human Services, Building, and Parks & Recreation, the Committee will develop a plan to enhance the CSA and its environs within the Town-owned property zoned as open space at Baron's South.

Mr. Marpe stated, "I am confident that the members of the committee will collaborate and establish a well-thought out plan for the current Senior Center that maintains its welcoming presence and vital role in our community. At the same time, it is important to think outside the box as we move forward with plans to utilize both the Senior Center and the Baron's South property to their fullest potential to benefit all Westport residents."

The first meeting of the CSA Enhancement Committee will be held at the Center for Senior Activities (21 Imperial Avenue) on Thursday, October 1 at 8:30 am.

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ATTACHED: LIST OF COMMITTEE MEMBERS



Westport Center for
Senior Activities

21 Imperial Avenue • Westport, CT 06880-4302 • 203.341.5099 • 203.341.1187 fax

WCSA Enhancement Committee:

Selectman's Office: Avi Kaner

<u>Committee:</u>	<u>Address</u>	<u>Phone Number</u>	<u>Email</u>
Stan Nayer : Co-chair	77 Clinton Ave	203-226-4515	smnayer@aol.com
Lynn Goldberg: Co-chair	10 White Woods Lane	203-454-0805	lgold67636@aol.com
Leslie Wolf: Vice chair	378 North Main Street	203-856-3737	leslie2of8@gmail.com
Martha Aasen	31 Ellery Lane	203-227-6126	aasenm@aol.com
Tom Bloch	83 Regents Park <i>RESIGNED</i>	203- 254-0806	mothcolb@gmail.com
Mildred Bunche	29 Guyer Road	203-226-5094	mildred_d_bunche@sbcglobal.net
Carol Gluckman	226 Lansdowne	203 -259-1011	carol.gluckman@sbcglobal.net
Jack Klinge	23 Sturges Highway	203-255-0829	JGKlinge@aol.com
Marion Leaman	66 High Point Road	203-505-5723	marleaman@optonline.net
Jo Fuchs Luscombe	56 Long Lots Road	203-227-0393	jpluscom@att.net
Carolyn Malkin	6 Cranbury Road	203-434-3300	cmalkin4@gmail.com
Gloria Stashower	321 Lansdowne	203-292-9379	gmstash@optonline.net
Lisa Mockler Taylor	10 Guyer Road	203-253-1725	lisa@mocklertaylor.com
John Thompson	2A High Point Road	202-259-5541	portexec@optonline.net
Nance Vigneau	PO Box 9, Westport, CT 06881	203-856-5093	nvigneau@vigneauandassociates.com
<u>Staff:</u>			
Barbara Butler	Town Hall (110 Myrtle)	203-341-1066	bbutler@westportct.gov
Sue Pfister	CSA (21 Imperial)	203-341-5098	spfister@westportct.gov
Holly Betts	CSA (21 Imperial)	203-341-5096	hbetts@westportct.gov
Steve Smith	Building Dept (515 PRE)	203-341-5026	ssmith@westportct.gov
Jennifer Fava	Parks & Rec (260 Compo S)	203-341-5088	jfava@westportct.gov

Minutes

WCSA Enhancement Committee Meeting (WCSA)

Date: October 1, 2015 at 8:30 a.m.

Present: Stan Nayer, Lynn Goldberg, Leslie Wolf, Martha Aasen, Tom Bloch, Mildred Bunche, Jack Klinge, Marion Leaman, Carolyn Malkin, Jo Fuchs Luscombe, Lisa Mockler Taylor, John Thompson, Nance Vigneau.

Guests: First Selectman, Jim Marpe, Second Selectman, Avi Kaner via conference call, John Hartwell.

Staff: Barbara Butler, Sue Pfister, Holly Betts, Steve Smith, Jennifer Fava.

Absent: Gloria Stashower.

Lynn welcomed the committee members and asked that each person introduce themselves.

First Selectman, Jim Marpe expressed his appreciation for everyone's time and commitment to this worthy committee. He thanked each member and expressed the importance of the Center and its value to the community and looks forward to the committee's findings.

Second Selectman Avi Kaner joined us via conference call and welcomed and thanked all members for their time and for sharing their expertise/knowledge.

WCSA Director, Sue Pfister and Program Manager, Holly Betts presented a PowerPoint presentation on the history of the Center. The presentation included demographics, funding sources, program variety, usage, etc. S. Pfister was open to comments should this presentation be used for future meetings with boards and commissions.

There was a brief discussion on the shortfalls of the current facility which S. Pfister agreed to outline in greater detail at the next meeting. It was noted that we all need to think about the future demographics, the trends in programming, the "Boomers" are coming, etc. The current parking lot and the need for additional parking were also raised as serious issues.

The committee reviewed its mission: "Define the accommodations necessary to enhance the current Center for Senior Activities in order to meet the evolving needs and anticipated demand" of the community's seniors in particular and Westport residents in general.

1st Phase:

- Research, gather facts, stats, studies, community programs, etc.
- Develop a template for interviews/break-out groups to gather current users and potential users' feedback and input on programming and facility amenities.

- Coordinate with other community organizations for possible collaboration and to keep lines of communication open as many institutions are under new leadership and are also growing their programs that serve seniors.

It was suggested that a survey go out offering folks the opportunity to sign up for areas of interest to them. For example, some may wish to pursue the swimming pool/water program while others the fitness/locker room needs. Other areas mentioned include: art program, outdoor fitness and trails, social space needs, game room, learning center, media/performance area, storage, parking, land use/zoning regulations, café, etc.

Other areas that need to be explored include: public relations, community outreach, financial/budget, Town approvals.

It was stressed that this project must gain community support and that priorities should be established by way of surveys and focus groups.

S. Pfister struggling with getting demographic projections . Will continue to explore resources and B. Butler will follow up with the cost of purchasing such information from Claritus.

A possible assignment could be for someone to research how many Westporter's have moved to other communities (Meadow Ridge, Atria, Watermark, etc.) because of unmet housing options in Westport. Many of these folks continue to use the CSA.

The next meeting is scheduled for Thursday, October 22, 2015 at 9:00 a.m.

WCSA Enhancement Committee

MINUTES of October 22, 2015

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 a.m. ON THURSDAY, OCT. 22, 2015.

MEMBERS PRESENT:

Lynn Goldberg, Martha Aasen, Tom Bloch, Carol Gluckman, Jo Fuchs Luscombe, Carolyn Malkin, Gloria Stashower, Lisa Mockler Taylor, John Thompson, Nance Vigneau.

ABSENT:

Stan Nayer, Leslie Wolf, Jack Klinge, Mildred Bunche, Marion Leaman

GUESTS:

Second Selectman Avi Kaner, P & Z Commissioner Cathy Walsh, Iain Bruce.

STAFF:

Barbara Butler, Sue Pfister, Holly Betts, Steve Smith, and Jennifer Fava.

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of Oct. 1 meeting minutes: motioned by Carol Gluckman, seconded by Tom Bloch.

2. **Date set for next meeting: Thursday, Nov. 5, 9:00 a.m. at the WCSA**

3. Sue Pfister, Director of the WCSA, presented a list of program areas to be researched by the committee to identify current and future needs. The committee will break into

small teams to focus on each specific area. Program areas to study include:

~art room/space

~computer room

~lecture space

~fitness & aquatics

~outdoor programming & enhancements

~social space/cafe/reception area

~storage space

~technical/mechanical needs

~land use & parking

Small teams will also research financing & grants as well as conduct public relations and communications activities for the committee.

4. In conducting their research, each study team will focus on the following framework:

a. Identify needs.

b. Identify constraints. Take photographs to document.

c. Identify the most efficient way to meet those needs, including possible collaborations

with other community resources.

The meeting adjourned at 10:30 a.m.

Motion to adjourn by Steve Smith; seconded by Nance Vigneau.

Submitted by: Carolyn Malkin

October 28, 2015

WCSA Enhancement Committee

MINUTES - REVISED

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 a.m. ON THURSDAY, NOV. 5, 2015.

MEMBERS PRESENT:

Second Selectman Avi Kaner, Lynn Goldberg, Co-Chair; Stan Nayer, Co-Chair; Leslie Wolf, Vice Chair; Martha Aasen; Carol Gluckman; Jo Fuchs Luscombe; Carolyn Malkin; Gloria Stashower; Lisa Mockler Taylor and Nance Vigneau

ABSENT:

Tom Bloch, Marion Leaman, Steve Smith, John Thompson

GUESTS:

P & Z Board member Cathy Walsh, John Hartwell, Paul Lebowitz.

STAFF:

Barbara Butler, Sue Pfister, Holly Betts, Jennifer Fava.

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of Oct. 22 meeting minutes: motioned by Carol Gluckman, seconded by Jo Fuchs Luscombe.

2. Date set for next meeting: Thursday, Nov. 19, 9:00 a.m. at the WCSA

3. Barbara Butler, Director of Human Services for Westport, presented findings from a "Senior Life" demographic study conducted by the Nielsen Solution Center. Based on the 2010 Census, it projects it projects the population of ages 55 and older in Westport to be 10,451 by the year 2020 which equates to 37.44% of the total population.

4. Sue Pfister, Director of the Westport Center for Senior Activities, presented information from a recent conference, "The Boomers Are Coming," at the North Shore Senior Center. The conference focused on how Senior Centers need to plan for serving the "younger" end of the senior age group in the next decade as baby boomers age. By 2025, the oldest boomers will be 79 and the youngest will be 61, so Senior Centers will be serving two very different generations at the same time.

5. The Art Room research group (Carol Gluckman) presented initial findings. There are 12 classes using the art room with a variety of media; more storage space is needed; there are issues of wet-dry vs. clean-dirty materials, video projection is needed, there is need for an organizer to oversee maintenance of equipment and shelf space, and lockers would be helpful for students. Instructors will be surveyed for their input.

5. The Social/Cafe/Reception research group presented initial findings (Nance Vigneau). More unscheduled drop-in space is needed for social activities and card tables are needed for games. A snack area will be tested in the dining room as research for a future cafe where coffee and healthy snacks could be purchased. The reception area needs more space and room for two people at the desk. Another need is a seating area where people wait to be picked up. The front doors need to be adjusted so cold air does not blow onto people in the winter. Another small conference room is needed to compensate for overflow from the library.

6. Transportation: a suggestion was made to have counseling available for people who need help with transportation to and from the Senior Center.

7. Community Relations. It was suggested that a formal survey and possible focus groups will help in soliciting community input on enhancement, particularly for outdoor programming and recreation. An Open House event was also discussed, to allow more citizens to tour the Center, including leaders of other community organizations.

Other research groups will present their initial findings at the next meeting.

The meeting adjourned at 10:30 a.m.
Submitted by: Carolyn Malkin
November 12, 2015

WCSA Enhancement Committee

MINUTES

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 a.m. ON THURSDAY, NOV. 19, 2015.

MEMBERS PRESENT:

Second Selectman Avi Kaner, Co-chair Stan Nayer, Co-chair Lynn Goldberg, Vice chair Leslie Wolf, Carol Gluckman, Jack Klinge, Marion Leaman, Carolyn Malkin, Gloria Stashower, Lisa Mockler Taylor, John Thompson, Nance Vigneau

ABSENT:

Martha Aasen, Mildred Bunche, Jo Fuchs Luscombe, Jennifer Fava.

GUESTS:

Board of Finance member John Hartwell, Cheryl McKenna, Don Bergman.

STAFF:

Barbara Butler, Sue Pfister, Holly Betts, Steve Smith.

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of Nov. 5 meeting minutes: motioned by John Thompson, seconded by Holly Betts.
2. Date set for research group working sessions: Thursday, Dec. 3, 9:00 a.m. at the WCSA
3. It was determined that the needs analysis underway now by the research groups is Phase I of the enhancement committee's work. Phase II will involve looking at actual costs and space needs.
4. The PR/Community Relations research group suggested hosting an open house to invite members of the local community and leaders of organizations in town to visit the Center and learn about its current programs and plans for the future. A survey would be offered to solicit input.
5. The Outdoor Activities/Enhancement research group suggested looking into some of the following possibilities: creating walking paths for various physical needs with benches for resting; outdoor exercise equipment and an outdoor area for group activities like yoga; space for games like bocce, croquette, pickle ball, and mini golf; and a flower/butterfly garden.
6. Members of the Art Room/Space research group determined the following needs after visiting a class and talking with instructor Jean Handily(?): more storage space; a CD player for music; a mirror; round tables; and the availability of coffee, tea, or water during classes. Woodworking equipment would be welcome along with better painting facilities. They also visited the Silvermine Arts School and toured the facility with School Director Anne Connell. Notes were taken on equipment that would be useful for the Senior Center's art room as well, including wall space for displaying art work, a dividing wall to separate two art classes working simultaneously, a large slop sink with spray hose for cleaning brushes, a large drying rack for wet oil/acrylic paintings, rectangular working tables that fold up, locked cabinets for supplies, etc.

7. The Social Space/Cafe/Reception Area research group presented their findings after visiting the cafe at the Westport Public Library. A menu is being obtained from the caterer "Simply Delicious."

8. The Fitness Room/Aquatics research group presented their findings after surveying the classes and equipment currently available. After taking photographs and talking with a fitness instructor, the following needs were determined: more open floor space for classes; more storage for bulky weights and other equipment; more treadmills and weight benches; additional weight machines; a water fountain close to fitness room; audio speakers and a way to play music for classes; lockers for storing coats, bags, and outdoor shoes; changing rooms with sinks, toilets, and showers - both for people who use the gym in the morning and also for use of the Center as an emergency shelter. Re. aquatics: discussions are underway for possible collaborations with Swim 70, an aquatics center that has a warm pool and is located at 8 Willard Road, Norwalk. The fitness and aquatics facilities at the Westport/Weston YMCA are also being explored.

9. The next meeting will be a working session to have each group complete a template to provide cohesive research in Phase I of the enhancement committee's work.

The meeting adjourned at 10:30 a.m.

Submitted by: Carolyn Malkin

November 30, 2015

WCSA Enhancement Committee

MINUTES

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 a.m. ON THURSDAY, JAN. 21, 2016.

MEMBERS PRESENT:

Co-chair Lynn Goldberg, Vice chair Leslie Wolf, Martha Aasen, Mildred Bunche, Carol Gluckman, Carolyn Malkin, Lisa Mockler Taylor

ABSENT:

Second Selectman Avi Kaner, Co-chair Stan Nayer,, Jo Fuchs Luscombe, Jennifer Fava, Jack Klinge, Marion Leaman, Gloria Stashower, John Thompson, Nance Vigneau

GUESTS:

Don Bergmann

STAFF:

Barbara Butler, Jennifer Fava, Sue Pfister

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of Nov. 19 meeting minutes: motioned by Leslie Wolf, seconded by Sue Pfister.
2. The group reviewed an initial draft of research group recommendations. Based on the discussion, the draft will be revised and reviewed again at the next committee meeting.
3. A "meet and greet" open house at the Senior Center, bringing community leaders in to tour the facility, is planned for March 20, 2016. A video is being produced

to give an overview of the programs that take place at the Center for Senior Activities.

4. A work plan for Phase II of the committee's work is being developed by committee co-chair Lynn Goldberg and vice chair Leslie Wolf.

5. The next committee meeting will be held at 9 a.m. on Thursday, Feb. 4.

The meeting adjourned at 10:30 a.m.

Submitted by: Carolyn Malkin

Jan. 23, 2016

WCSA Enhancement Committee

MINUTES

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 a.m. ON THURSDAY, FEB. 4, 2016.

MEMBERS PRESENT:

Second Selectman Avi Kaner, Co-chair Stan Nayer, Co-chair Lynn Goldberg, Vice chair Leslie Wolf, Carolyn Malkin, Nance Vigneau and Martha Aasen

ABSENT:

Mildred Bunche, Carol Gluckman, Jack Klinge, Marion Leaman, Jo Fuchs Luscombe, Gloria Stashower, Lisa Mockler Taylor, John Thompson, Barbara Butler, Holly Betts, Jennifer Fava

GUESTS:

Cathy Walsh (Planning & Zoning), Jorgen Jensen

STAFF:

Sue Pfister, Steve Smith

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of Nov. 19 meeting minutes: motioned by Leslie Wolf, seconded by Lynn Goldberg.
2. A calendar of future committee meetings was distributed, with meetings scheduled every other Thursday from now through Jan. 2017.
3. The committee reviewed the draft of Research Group Recommendations, which identifies solutions to problems of space at the existing facility. The draft contains abbreviated recommendations that are described in more detail in individual research group reports. The draft will serve as a guideline for the committee's work

going forward and also for generating cost estimates. With minor revisions, the draft was approved unanimously by the committee in a vote motioned by Leslie Wolf and seconded by Martha Aasen.

4. Possible solutions to make the parking lot more senior friendly were discussed with Second Selectman Avi Kaner and Planning & Zoning Board member Cathy Walsh.

5. The Communications/PR research group announced that the Enhancement Committee will invite community leaders to a Meet & Greet event on Sunday, March 20. A video about the Center and its activities will be shown and tours will be offered to community leaders, many of whom are new in their leadership roles and may not be aware of the senior facility, its programs, and its role in Westport. The Communications/PR committee will be meeting at 10:30 a.m. on Feb. 11 at the Center to discuss plans for this event.

6. The next committee meeting is scheduled for Thursday, Feb. 18, at 9 a.m.

The meeting adjourned at 10:15 a.m.

Submitted by: Carolyn Malkin

February 11, 2016

WCSA Enhancement Committee

MINUTES

TO: Patricia H. Strauss, Town Clerk
Westport, CT 06880

THE WCSA ENHANCEMENT COMMITTEE MET AT THE WESTPORT CENTER FOR SENIOR ACTIVITIES AT 9:00 A.M. ON THURSDAY, FEB. 18, 2015.

MEMBERS PRESENT:

Co-chair Lynn Goldberg, Vice-chair Leslie Wolf, Nance Vigneau, Jack Klinge, Carol Gluckman, Martha Aasen,

ABSENT:

Second Selectman Avi Kaner, Co-chair Stan Nayer, Carolyn Malkin, Mildred Bunche, Marion Leaman, Jo Fuchs Luscombe, Gloria Stashower, Lisa Mockler Taylor, John Thompson, Jennifer Fava.

STAFF:

Sue Pfister, Barbara Butler, Steve Smith.

THE COMMITTEE DISCUSSED THE FOLLOWING:

1. Approval of February 4th minutes: motioned by Nance Vigneau, seconded by Steve Smith.
2. Phase One Recommendations were reviewed/discussed and the final report is in the process of being prepared and submitted to Second Selectman, Avi Kaner for his review. The final report will have back-up information including the summaries from each research group, demographic and usage charts, etc. The group feels pretty comfortable with the perimeters currently being discussed by P&Z ("...not to exceed 50%) but will stay on top of the discussions related to Text Amendment #704.

First Selectman, Jim Marpe will be asking the Public Site & Building Committee (PSBC) to appoint a couple of members from that committee to become involved along with members of the Enhancement Committee and staff to take the project to the next phase following the results from the RFP for design and schematic drawings.

3. The Meet and Greet was discussed in great detail with regards to its purpose, mission and expectations. The list of invitees was reviewed as well as a draft of the invitation. The format of the afternoon was planned and then there was a discussion on the date. Due to a variety of reasons, the committee is going to try to change the date from March 20 to April 10. Confirmation will be sent out to group once we hear back from Jim.

There was talk as to what was the best way to publicize this project so that there is a unified message to the community. Nance shared her experience with other non-profit boards as it relates to public relations.

4. Time Line:

The proposed time line is to have the committees' recommendations and report to Second Selectman, Avi Kaner by March 3 with a goal of this becoming an agenda item on the BOS agenda at their second meeting in March. This would all fall into place nicely for the proposed April 10th Meet and Greet date.

5. The next committee meeting is scheduled for Thursday, March 17th at 9 am.

The meeting adjourned at 10:15 am.

Submitted by: Susan Pfister

February 27, 2016



Westport Center for
Senior Activities

21 Imperial Avenue • Westport, CT 06880-4302 • 203.341.5099 • 203.341.1187 fax

You're Invited to Visit

The Westport Center for Senior Activities

Did you know.....

- The Center is located in downtown Westport and is open to anyone who is 60 years of age and older?
- The Center offers classes in exercise & fitness, crafts, the arts, computers & technology, foreign languages, bridge & games, culinary & nutrition, current event discussions and more?
- The Center hosts lectures and discussion groups on history, art, music, Mindfulness, financial & retirement seminars, income tax support, caregiver support, woman's issues and support groups to name a few?
- The Center hosts many special social events including weekend socials, lobster clambake, golf outing, BBQ's, holiday parties, photographic exhibit, intergenerational programs, movies and documentaries?
- The Center serves a four course hot lunch Monday through Friday prepared by a chef on site for a suggested donation of \$4.00 to \$6.00?
- The Center is grateful for its numerous and dedicated volunteers. We have volunteer opportunities that include: Gardening, Home Delivered Meals, One-on-one Computer Training, Congregate Lunch Service and Guest Lecturing?

So..... we'd love to see you!

Come visit us or get to know more about us by viewing our website at www.westportct.gov/seniorcenter.

If you would like to receive our weekly newsletter with up-to-date happenings, please email or call Program Manager, Holly Betts at hbetts@westportct.gov / 203-341-5096.

Like us on Facebook: www.facebook.com/WestportSeniorCenter.

WCSA Enhancement Committee – 10/22/2015

Research Groups:

1. Demographics – Barbara, Sue
2. Computer/Lecture/Media – Gloria, John, *Holly/staff liaison*
3. Arts- Carol, Nance, Mildred, *Holly/staff liaison*
4. Fitness/Locker Rooms/Showers/Aquatics – Carol, Martha, Carolyn, Iain, *Jen/staff liaison*
5. Outdoor Programming/Enhancements – Leslie, Jack, Iain, *Jen/staff liaison*
6. Social/Café/Reception – Martha, Jo, Nance, *Sue & Ben/staff liaison*
7. Game Room/Indoor Recreation – Jack, Marion, *Holly/staff liaison*
8. Land Use – P&Z Issues/Parking – Steve, Lisa, *Sue/staff liaison* (Cathy Walsh, P&Z, advisory)
9. Storage Space/Needs – Tom, *Holly & Sue/staff liaison*
10. Finance/Budget – John, Jac, Iain, *Barbara/staff liaison*
11. Community/Public Relations – Gloria, Martha, John, Jo, Caroline, Iain, *Sue & Barbara/staff liaison*
12. Technical/Mechanical – *Steve/staff liaison*

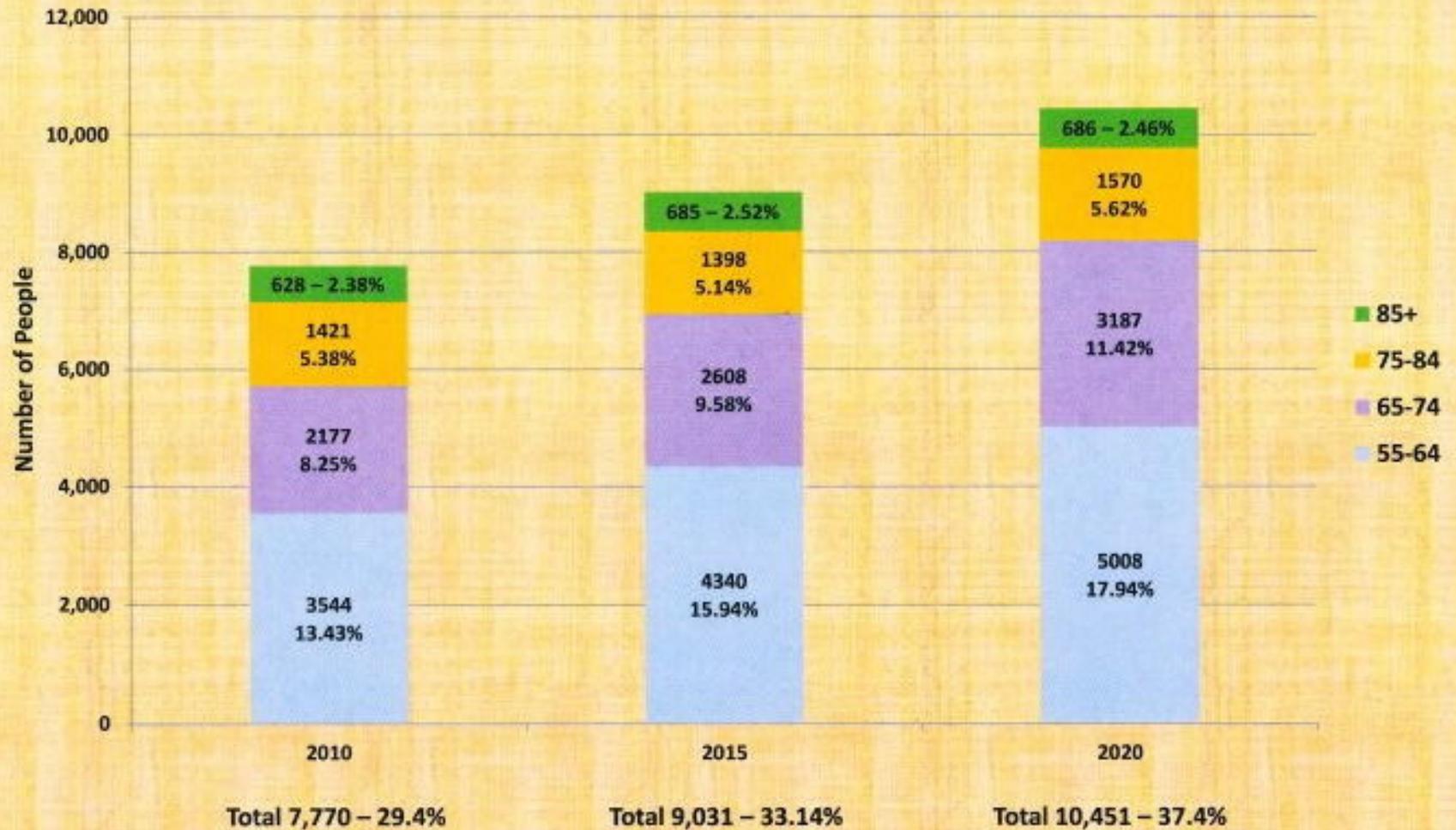
Template:

Each research group should use this as a template to help them gather and organize their information and findings to bring back to the full WCSA committee:

- Anticipate future programmatic developments and needs
- Identify the current constraints
- Suggest possibilities for solutions/outcomes. Please consider community collaborations (e.g. Library, Y, Art Center, P&R, etc.) as a part of the equation.

DEMOGRAPHICS

Senior Population (55+) of Westport (2010-2020)



Source: Nielsen Company

Pick the Town



Town	Minority Age 60+ as % of Town Population Age 60+	Rank %	Minority Population 65+	Minority Age 65+ as % of Town Population Age 65+	Rank %	Minority Population 85+	Minority Population 60+ in Poverty	% of Age 60+ that is Minority and in Poverty	Rank %	60+ in Poverty	Age 60+ in Poverty as % of Town Age 60+
State of Connecticut	15.77%		87,915	17.24%		4,215	16,820	2.35%		46,990	6.57%
Fairfield County	15.39%		19,075	10.91%		1,325	5,035	2.97%		11,160	6.59%
Bridgeport	55.74%	1	8,945	62.60%	2	370	2,670	12.85%	1	3,450	16.61%
Darien	2.05%	14	65	2.56%	14	0	0	0.00%	11	130	3.80%
Easton	7.29%	7	120	10.48%	5	0	0	0.00%	11	25	1.52%
Fairfield	5.00%	10	455	5.07%	11	4	0	0.00%	11	355	2.98%
Greenwich	8.41%	5	915	9.30%	7	65	55	0.41%	8	435	3.22%
Monroe	2.51%	13	95	3.70%	13	0	4	0.10%	9	219	5.50%
New Canaan	3.39%	12	115	4.08%	12	0	4	0.10%	9	109	2.74%
Norwalk	23.03%	3	2,950	24.63%	4	170	619	3.54%	3	1,384	7.92%
Stamford	27.67%	2	4,435	28.95%	3	355	890	4.35%	2	1,695	8.28%
Stratford	16.28%	4	1,530	164.52%	1	90	380	3.16%	4	780	6.48%
Trumbull	7.20%	8	475	7.12%	8	55	0	0.00%	11	240	2.79%
Weston	4.05%	11	60	5.31%	10	0	14	0.87%	5	24	1.50%
Westport	5.36%	9	240	5.55%	9	20	35	0.59%	7	220	3.69%
Wilton	8.30%	6	235	9.67%	6	25	25	0.69%	6	134	3.71%

Source: American Community Survey. Data can be used to view trends over time and compare versus other towns.

Pick the Town



Town	Total Population	Total Population 60+	60+ as a % of Town Population	Rank %	Total Population 65+	65+ as a % of Town Population	Rank %	Total Population 85+	85+ as a % of Town Population	Rank %	Minority Population 60+
State of Connecticut	3,572,215	715,460	20.03%		509,820	14.27%		84,805	2.37%		112,795
Fairfield County	918,890	169,400	18.44%		174,805	19.02%		20,085	2.19%		26,075
Bridgeport	144,445	20,775	14.38%	14	14,290	9.89%	13	2,490	1.72%	10	11,580
Darien	20,760	3,420	16.47%	12	2,535	12.21%	11	330	1.59%	11	70
Easton	7,500	1,645	21.93%	5	1,145	15.27%	4	115	1.53%	12	120
Fairfield	59,560	11,895	19.97%	9	8,970	15.06%	5	1,750	2.94%	2	595
Greenwich	61,430	13,500	21.98%	4	9,840	16.02%	3	1,520	2.47%	5	1,135
Monroe	19,530	3,980	20.38%	6	2,570	13.16%	9	295	1.51%	13	100
New Canaan	19,795	3,980	20.11%	8	2,820	14.25%	6	580	2.93%	3	135
Norwalk	85,855	17,475	20.35%	7	11,975	13.95%	7	1,705	1.99%	9	4,025
Stamford	122,880	20,475	16.66%	11	15,320	12.47%	10	2,630	2.14%	8	5,665
Stratford	51,440	12,040	23.41%	2	930	1.81%	14	1,500	2.92%	4	1,960
Trumbull	36,010	8,610	23.91%	1	6,675	18.54%	1	1,225	3.40%	1	620
Weston	10,205	1,605	15.73%	13	1,130	11.07%	12	125	1.22%	14	65
Westport	26,515	5,965	22.50%	3	4,325	16.31%	2	590	2.23%	7	320
Wilton	18,200	3,615	19.86%	10	2,430	13.35%	8	450	2.47%	6	300

Source: American Community Survey 2014 Aging Integrated Database Special Tabulation. Population estimates based on a statistical sample. This is not a count but shc

Pop-Facts: Demographic Trend 2015

Westport, CT

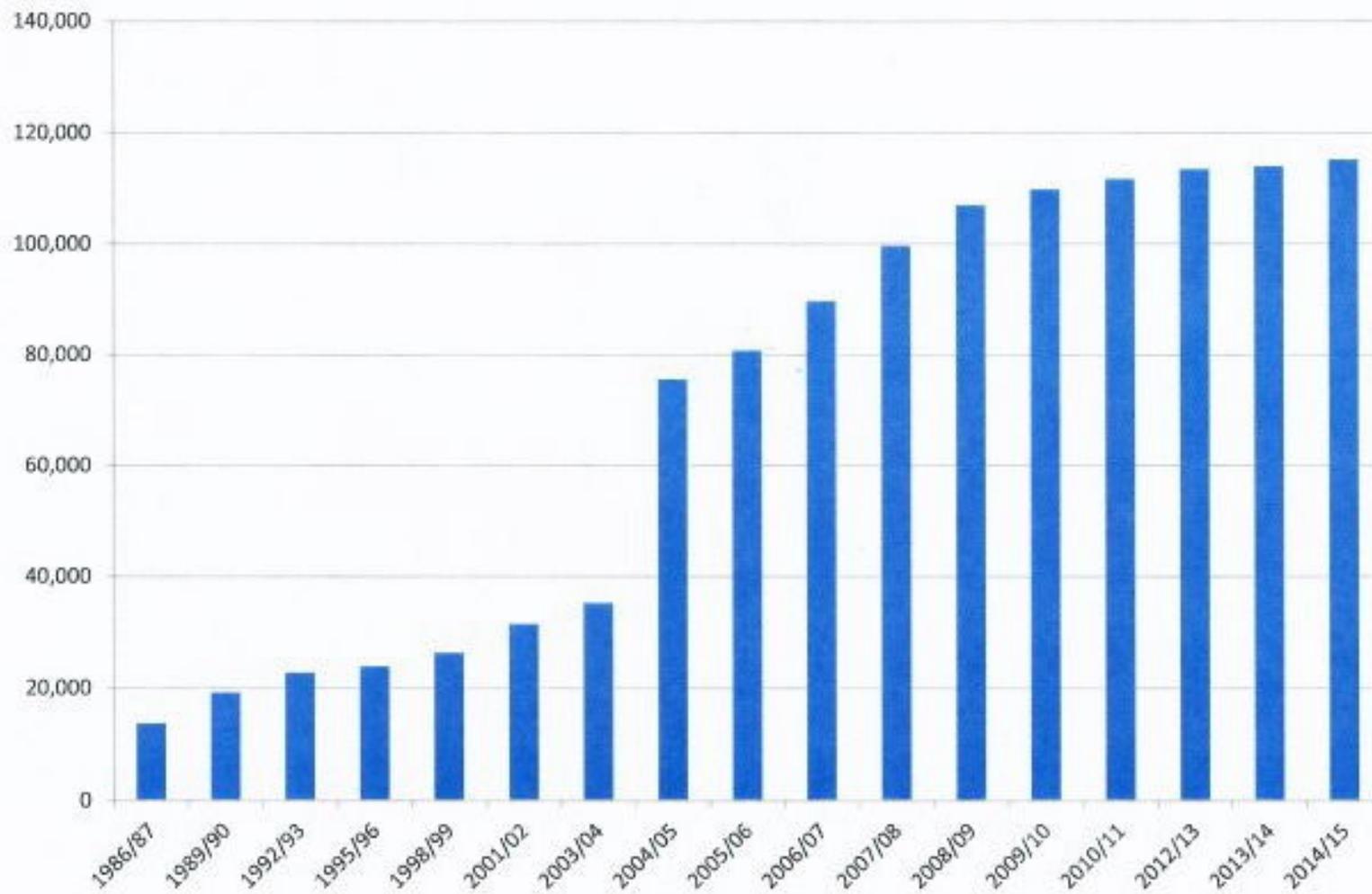
MCD (see appendix for geographies), Total

Description	2010 Census	%	2015 Estimate	%	2020 Projection	%
Population by Age	26,391		27,223		27,918	
Age 0 - 4	1,448	5.49%	1,484	5.45%	1,625	5.82%
Age 5 - 9	2,335	8.85%	1,649	6.06%	1,516	5.43%
Age 10 - 14	2,529	9.58%	2,502	9.19%	1,770	6.34%
Age 15 - 17	1,555	5.89%	1,515	5.57%	1,575	5.64%
Age 18 - 20	474	1.80%	1,268	4.66%	1,454	5.21%
Age 21 - 24	495	1.88%	1,424	5.23%	1,970	7.06%
Age 25 - 34	962	3.65%	1,048	3.85%	2,350	8.42%
Age 35 - 44	3,568	13.52%	2,242	8.24%	1,215	4.35%
Age 45 - 54	5,255	19.91%	5,060	18.59%	3,992	14.30%
Age 55 - 64	3,544	13.43%	4,340	15.94%	5,008	17.94%
Age 65 - 74	2,177	8.25%	2,608	9.58%	3,187	11.42%
Age 75 - 84	1,421	5.38%	1,398	5.14%	1,570	5.62%
Age 85 and over	628	2.38%	685	2.52%	686	2.46%
Age 16 and over	19,570	74.15%	21,089	77.47%	22,487	80.55%
Age 18 and over	18,524	70.19%	20,073	73.74%	21,432	76.77%
Age 21 and over	18,050	68.39%	18,805	69.08%	19,978	71.56%
Age 65 and over	4,226	16.01%	4,691	17.23%	5,443	19.50%
Median Age	44.5		45.9		46.2	
Population by Sex	26,391		27,223		27,918	
Male	12,713	48.17%	13,142	48.28%	13,477	48.27%
Female	13,678	51.83%	14,081	51.72%	14,441	51.73%

Statistics of Interest...

- Average number of programs offered per day at the WCSA = 22.
- Average number of participants per day = 325 – 350 (depending on programs/schedule.)
- Total number of registered participants in Client Track data system = 2,321.
- Total number of registered email recipients in Constant Client system = 1,218.

WCSA: Participation by Fiscal Year

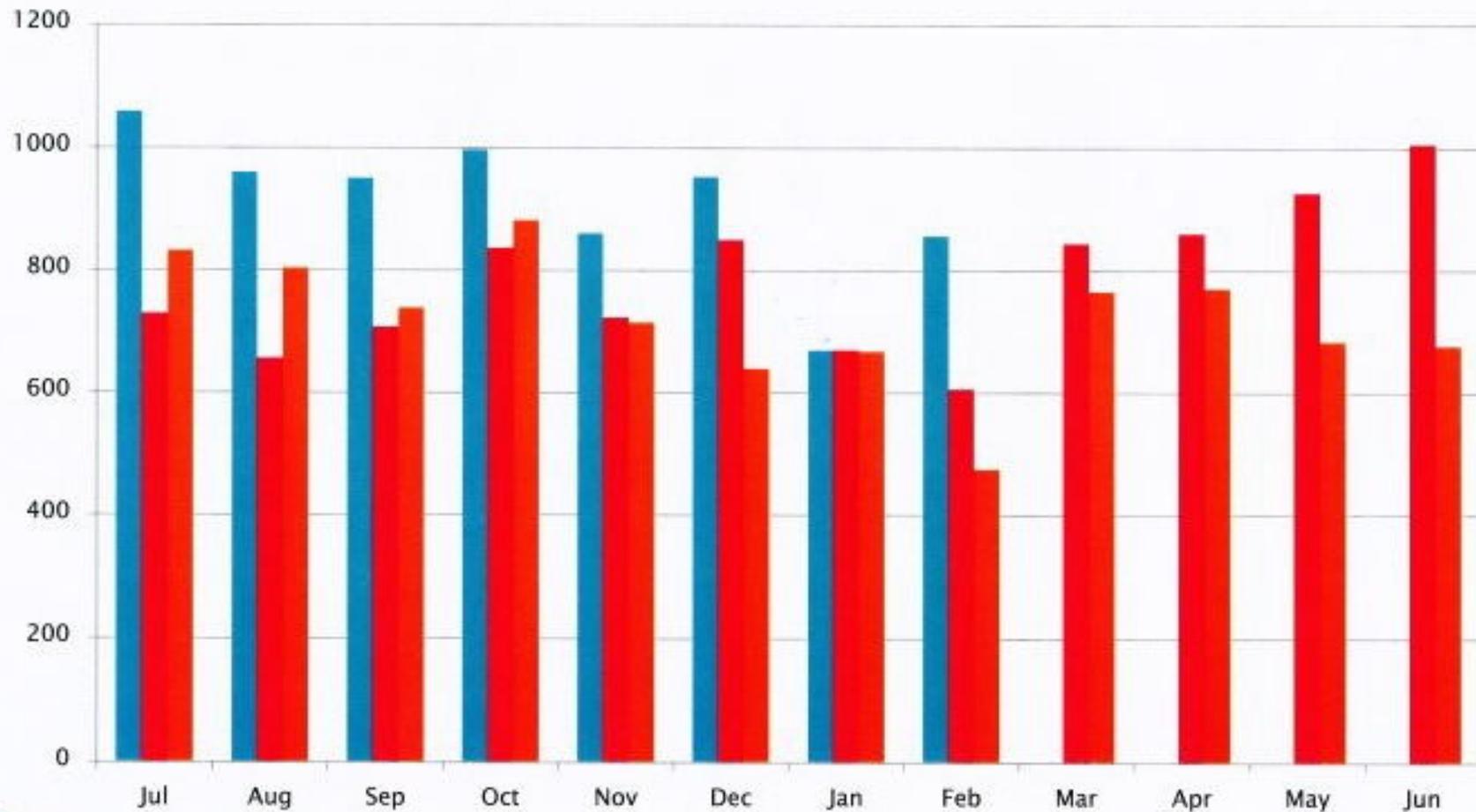


Total Congregate Meals Served Per Month

2015-16

2014-15

2013-14



**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Computer/Lecture/Media
Gloria Stashower, John Thompson, Holly Betts

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

The computer lab as it is now is becoming obsolete. People are not using desk top computers but relying on laptops and tablets and smaller devices. We have begun offering more programming for one on one computer/tech device training and help than actual how to use software classes like word or publisher. The trend in the past two years is having classes on the internet and eBay.

The media bay is used for showing documentaries and recently the art instructors are asking to show short videos on the internet about artists to show the students a particular style of painting. The language classes are also showing videos and want a video designated space

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

For the media space, we are challenged by having to show a video and then we will have 15 minutes to take the chairs down and set the room up for an exercise class. This can happen several times a day. . The seniors who come to the Center are highly educated and we have seen an increase in the desire for world and U.S. history, art history and music history classes. These classes have 20 to 40 people attend. Thus, we need a designated lecture room.

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

The designated media bay could be a smart classroom that the colleges have now. The room has permanent seats. There is a projector on the ceiling that can be turned on through a desk top computer. It can show dvd's and downstream from the net. It can also be used to show PowerPoints for lectures.

LIST SOURCES (EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, AND NEWSMEDIA):

Please attach any photos, brochures, pamphlets or back-up documents they may have accumulated during this process.

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Art Research Groups
Carol Gluckman, Mildred Bunche, Holly Belts

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

For the Fall 2015 quarter, the art classes are 76% filled. The week day classes that meet in the mornings and after lunch (generally from 10am to noon and 1pm to 3pm) are 88% filled based on a max of 15 participants. However, 15 participants is very crowded. The room is scheduled as a class or open art studio all day, 6 days a week. The only time I have available to add another art class is from 8:30am-9:45 am. and 3:15pm to 4:15pm. An hour is not enough time for an art class. We visited Silvermine art guild and they suggested we might like to try a class in print making. A small printing press would have to be purchased.

We expect an increase in participation at the center in the future with the increase in baby boomers becoming seniors.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

Description of Space The art room has a large room with 8 long tables and seats sixteen. It has a small storage room with open shelves for art instructors to keep their supplies and students works in progress.

Constraints:

Lack of Storage space for teacher's supplies.
Lack of storage for students to store their art and supplies
Lack of space to hang student's art work in the art room as well as in the hallways and public spaces. (we have the display cases for Jewelry, Sculpture but not for paintings)
Art instructors would like a projector in the art room so they can show short videos on artists and techniques.
The tables we have are heavy and it is difficult to move them when the instructor wants a different room configuration
Lack of proper storage space for easels
Craft and Jewelry classes would like a mirror so they can see their work on someone.
Better and permanent lighting for portrait painting and still life classes

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

Create a larger store room to include: small lockers for students and more locked cabinets for the teachers to store their teaching supplies.
Have a permanent computer and projector to show videos on artists and techniques. *(They use the computer lab now)*.
Purchase lightweight tables that can be folded and store so we can have an art room with easels.
We need easel storage
Better permanent lighting that is adjustable for the subject matter.
Have more space to dry student's art work.
Purchase a mirror
Lighter tables with storage area so we can change the room configuration more easily.
Slop sinks should have a spray nozzle to help with cleaning brushes.

LIST SOURCES (EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, AND NEWSMEDIA):

We spoke to all the art instructors
We visited the Silvermine Arts Guild
We talked to students taking art classes here at the Center.

Please attach any photos, brochures, pamphlets or back-up documents they may have accumulated during this process.







**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

FITNESS/LOCKER ROOMS/SHOWERS

Carolyn Malkin, Carol Gluckman, Martha Aasen, staff: Sue P., Holly B., Jennifer Fava

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

Classes in fitness room are currently limited to 8 participants due to space constraints. It would be ideal to have space for 12-15 participants. Currently there are 5 classes offered: Beginner Strength Training, Beyond the Basics, Balance Class, Beginner Core Strength, Advanced Core Strength. All other exercise and dance classes are held in the expandable meetings rooms, but the floor there is carpeted (not ideal for zumba, ballroom dance, etc.)

Fitness room schedule: open daily 7:30 am - 4:30 pm, and until 6:30 pm on Thursdays. Open gym is limited to 7:30 - 9:30 a.m. because classes are held in the fitness room the rest of the day. If the room were bigger, open gym could happen at same time as classes.

Exercise machines in the fitness room now: 5 treadmills, 2 bikes, 1 elliptical.

NEEDS:

- More treadmills and more weight machines that target specific muscle groups for strength training.
- More weight benches.
- More open floor space for classes.
- More equipment storage space for weights, bars, steps, etc.
- Lockers to store coats, bags, and personal items
- Changing rooms with sinks, toilets, and showers - both for people who use the gym and also for use of the Center as an emergency shelter.
- A water fountain close to or in fitness room
- Audio speakers and a way to play music for classes
- Mirrors that are not blocked by exercise equipment

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

The fitness room is very small and crowded with equipment. During classes some activities must take place in the hallway due to lack of movement in the fitness room.

Classes held in the fitness room all use weight equipment. There is not enough space in the room to store the equipment used during classes so weights, bars, etc. are currently out in the hallway leaning against the wall.

There is no storage for personal items in the fitness room - only hooks for coats that are blocked by a piece of exercise equipment.

The mirrors are blocked by treadmills so class participants can't see themselves.

There are no changing rooms or lockers.

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

Expanding the fitness room would accommodate more people for classes and give adequate space for storage and additional exercise equipment needed. Exercise machines can be leased — the brand used by the Y is Life Fitness. The two exercise studios at the Y can accommodate up to 30 people. They are 850 square feet and 1,400 square feet in size. The larger studio has a sliding wall to create two studios for simultaneous classes.

It is possible to collaborate with the Westport YMCA in the classes they offer for mature adults, but transportation may need to be provided and a daily use fee must be paid or a membership purchased (monthly cost for seniors 65+ = \$57). Classes at the Y include yoga, "light and low," pilates, zumba, dance fusion, and more.

LIST SOURCES (EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, AND NEWSMEDIA:

MET W/ INSTRUCTOR BRENDA WALDRON, WHO LEADS CLASSES IN THE FITNESS ROOM AT THE CENTER.

MET WITH SHELLY GOLDMAN, GROUP FITNESS COORDINATOR AT THE WESTPORT YMCA, AND TOURED THE FACILITIES. SPOKE WITH CLASS PARTICIPANTS.

Please attach any photos, brochures, pamphlets or back-up documents they may have accumulated during this process.

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

AQUATICS

Carolyn Malkin, Carol Gluckman, Catherine Walsh, Sue Pfister

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

A therapeutic, warm-water aquatics program would be an added fitness benefit for users of the Senior Center.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

Currently there is no pool at the Center.

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

An indoor pool could be built at the Center - utilizing the same locker rooms designed for the new and improved fitness room. An estimate for the cost of this comes from Swim 70 in Norwalk: Building a 28 X 60 4ft-deep 85-degree therapeutic pool cost slightly more than \$1 million. The yearly budget to maintain this pool is \$400,000. Swim 70 is a new facility and they are open to discussing collaborative programming with the Westport Senior Center: aqua fit, free swim, etc. Phone 203-202-8081

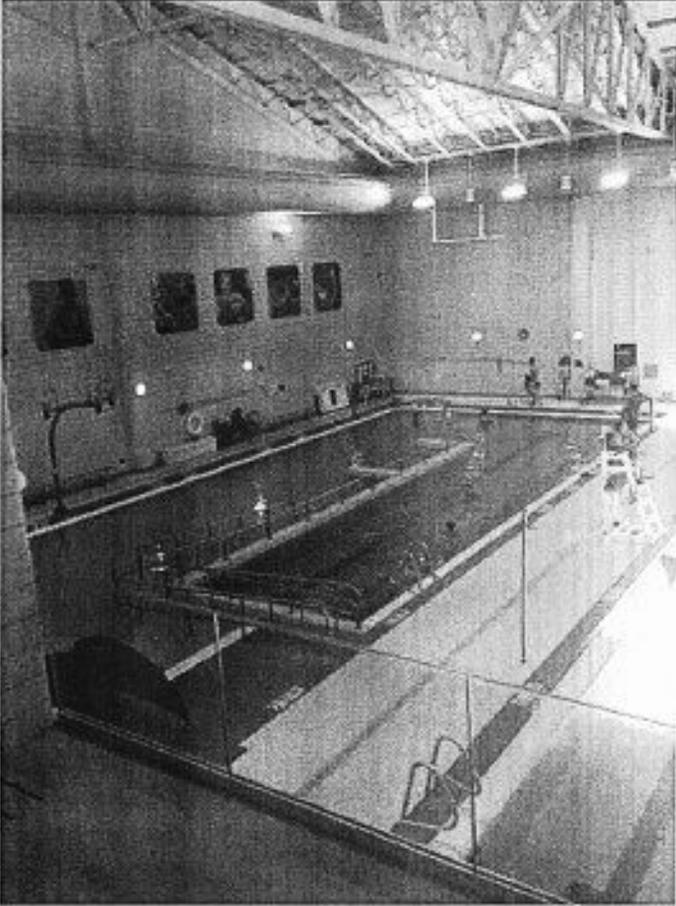
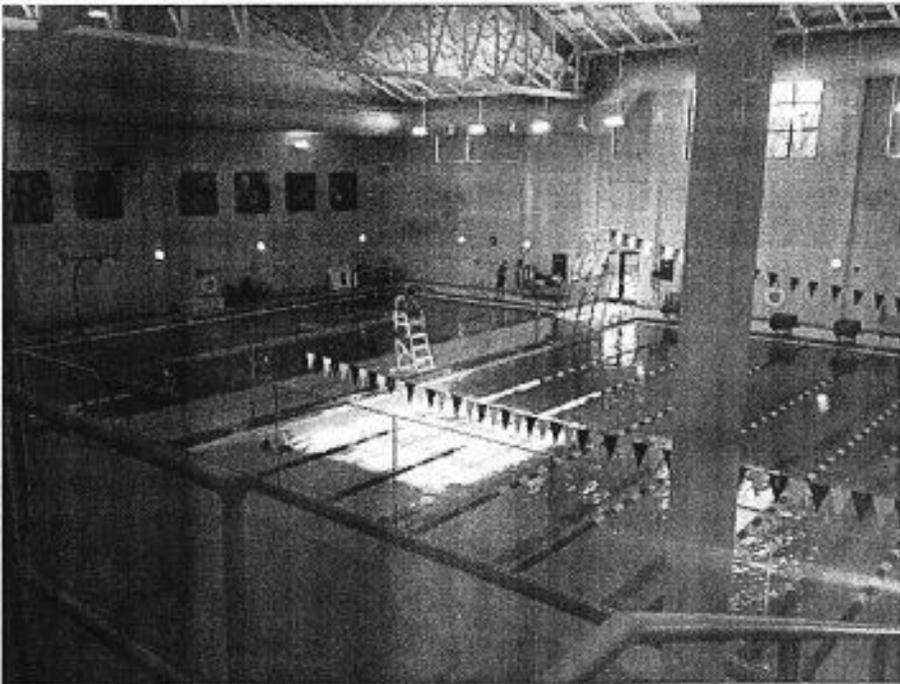
The Westport Y has an Olympic-size lap pool (10 lanes, 80 degrees) and also a smaller, warm pool for classes and therapeutic use (90 degrees). The smaller pool has zero entry (depth is 0 - 5 feet) and wheelchairs. It has a full-time maintenance person. A wall separates children's classes from therapeutic area for seniors. Arthritis classes are held in the bigger pool every Tues and Thurs from 10:15-11 as the cooler water is beneficial. Seniors use the family locker room as there are private changing areas with benches.

LIST SOURCES (EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, AND NEWSMEDIA):

SPOKE WITH TONI PHILLIPS, CO-OWNER OF SWIM 70.

VISITED THE WESTPORT Y POOL FACILITIES AND SPOKE WITH SHELLY GOLDMAN, GROUP FITNESS COORDINATOR.

Please attach any photos, brochures, pamphlets or back-up documents they may have accumulated during this process.





—
Carolyn Arden Malkin
www.ardenmalkin.com
Twitter: @CarolynAMalkin

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Outdoor Programming

Members:

Leslie Wolf, Jack Klinge, Jen Fava

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

Outdoor games like: Bocce, horse shoes, croquette, mini-golf, pickleball.
Walking trails marked with benches for rest; varying abilities.
User friendly kids play area to attract younger segment of population; seniors would enjoy the interaction/observation aspect.
Outdoor exercise area – yoga, pilates, Zumba, snow shoeing, etc.
Outdoor music concerts.
Increase use of patio at Center including use of grill.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

P&Z land use policies (Text Amendment #704) restrictions?
Budget: What will this cost? Whose budget? Possible grant money? Maintenance? Liability?

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

Outdoor enhancements should be a collaborative effort with the Parks & Recreation Department.
Goal: to make the Baron's property safe and more user-friendly for all Westport residents.

LIST SOURCES, EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, NEWSMEDIA ETC:

Subj: **WCSA Enhancement**
Date: 11/28/2015 4:56:18 P.M. Eastern Standard Time
From: JGKlinge@aol.com
To: leslie2of8@gmail.com, jgklinge@aol.com, jfava@westportct.gov

Sub Committee - Since I have no clue as to when we are getting together, here a few thoughts to ruminate on:

Like my concept for indoor activities, I believe that the outdoor ones should feature interactive programs designed to provide both physical and mental acuity. To those ends; my desires.

1. Outdoor GAMES like bocce, horse shoes, croquet and a 3-4 hole mini golf course
2. Participative flower and vegetable gardens, maintained by seniors and accompanied by lectures and help from local garden shops and nurseries.
3. A gazebo for sitting, talking and reading
4. Walking trails properly marked with benches for rest, informative signs etc
5. Upgraded patio furniture as needed plus more use of our large grill. Ability of seniors to enjoy BBQ lunches using grill and using their own foods.
6. User friendly mini kids play area to attract young mothers with kids (seniors love them) and grandkids etc
7. Outdoor speaker system, WIFI, and ability to project music, use computers/i-phones et al
8. Shower facility in conjunction with expanded fitness capacity - accessible from outside as well as inside.

Some obstacles would be :

1. P & Z land use policies (depends on new P&Z)
2. Facility maintenance (who responsible and budget). Also liability insurance (town policy)
3. Health District re seniors bringing own food to cook & serve themselves
4. Impact of any Center footprint expansion on land availability (Lots of square feet available on 2nd floor)
5. Capital costs and operating budget - Friends of Center could be of help

That's all for now - love your thoughts - Do we have meeting planned this week? Thursday AM?

Jack Klinge

Pfister, Susan

From: Fava, Jennifer
Sent: Thursday, November 12, 2015 12:02 PM
To: Pfister, Susan
Subject: Outdoor Recreation Ideas

Sue:

As we discussed, here are a few items that I have come up with off the top of my head for things to include as part of the outdoor recreation aspect for the center enhancement:

Flower/butterfly garden

Mini golf

Croquette

Pickleball

Music/concerts

Walking paths for varying abilities (stable surfaces & benches along the way – especially for the paths for those of lesser ability)

Outdoor exercise equipment

Outdoor exercise area – yoga, pilates, zumba etc.

Bocce

Many of these can be accomplished more through a programming aspect as long as we are able to provide a multi-use outdoor area (for example the croquette, outdoor exercise, music/concerts can utilize the same space perhaps)

Hopefully we will have a chance to steal away during training and check this out next week.

As I come up with additional thoughts I'll pass them along.

Jen

Jennifer A. Fava
Director of Parks and Recreation
Town of Westport
260 Compo Road South
Westport, CT 06880

jfava@westportct.gov

(p) 203-341-5090

WCSA ENHANCEMENT COMMITTEE RESEARCH TEMPLATE

CAFÉ/SOCIAL/RECEPTION GROUP

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Martha Aasen, Jo Fuchs Luscombe, Nance Vigneau, Holly Betts, Sue Pfister

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

General:

- By 2020 37% of the population will be 55 or younger; i.e.: "Boomers."
- Future Needs of Boomers: High quality, healthy meals & snacks, gourmet coffee, high quality customer service, furniture & equipment, pleasant & inviting surrounding, "one-stop" shopping. (See "The Boomers are Coming!" by Mary Staackmann, North Shore Senior Center.)

Café

- Currently: This function does not exist. The food offerings are as follows: free cookies from Stew Leonard's & coffee on a counter adjacent to the kitchen. These are available in the afternoon. The kitchen provides a breakfast from 7:30-10:00am (not well attended) and a "Title 3" lunch from noon -1:15. Set-up starts at 11:30. (Well attended). There is no option to purchase a sandwich or snack in the afternoon.
- Future Needs: gourmet coffee and a healthy "grab & go" breakfast or snack to accommodate people using the fitness center in the am. Consider a menu of sandwiches, salads, soups, snacks and hot & cold drinks to be purchased in the afternoon similar to the Westport Library Café and the "Y". (see sample menus & photographs)

Social

- Currently: drop-in activities such as bridge, poker, mahjong, pickle ball, ping pong, pool, scrabble, etc. take place in the game room opposite the fireplace, the library (not it's intended use) or one of the four bays of the multi-purpose room (not intended use).
- Future Needs: significantly more drop-in space, particularly card tables. There should be separate spaces for noisy activities (pool, ping-pong, etc.) and quiet activities (card games). The Library or multi-purpose room bays should remain available for their intended functions.

Reception:

- Currently: consists of a reception desk for one person, a seating area for pick-ups, multiple displays for flyers, entrance vestibule and a large coat closet.
- Future Needs: larger reception area to accommodate two receptionists, enlarged seating area (at least four more seats), better & more attractive way to display flyers. As more "Boomers" who are tech savvy, start utilizing the Center, less display area may be required.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

Café:

- There is a counter adjacent to the kitchen large enough for self-serve coffee and a few snacks. The existing counter is approximately 2'-0" x 8'-0".

Social:

- The space opposite the fireplace has a pool table and two 36" square game tables & chairs. This space is inadequate for the amount of "non-programed/drop-in" space. As a result the Library & some of the multi-purpose rooms' bays are being used for card games etc. When the Library is taken over by card players it is unavailable for those wanting to use it as a quiet reading area or to use the magnifying reader for those who have macular degeneration. In addition, noisy activities (pool, ping pong, etc.) are adjacent to game tables (bridge, scrabble, poker) which are quieter activities. The current game room is 546 sq. ft. The Library is approximately 290 sq. ft. A multi-purpose room bay is: 732 sq. ft. Frequently "drop-in" patrons set up a card game in one of the multi-purpose room bays and then are ask to leave due to a previously scheduled activity for that space.

Reception:

Currently consists of:

- Entrance Vestibule: two pairs of double doors that can be opened manually or activated by the "handicapped button". The doors are very heavy and due to the timing both doors are open at once allowing cold air to flood the reception area making it very uncomfortable for those in the seating area and for the receptionist.
- Reception desk for one person (Ben). The receptionists answers the phone, takes lunch reservations, directs people to functions, greets newcomers and assists in class sign-ups. At busy times he cannot accommodate everyone. People approach the desk to ask questions while he is on the phone. Denise (work area behind Ben's) helps at busy times however there is physically is not enough space.
- Waiting area for pick-ups (4 chairs, 1 loveseat, 2 side tables & lamps)

- **Flyer display:** five displays consisting of: Info Display (20" x70"); Flyer Display (20" x70"ht); "Friends Events" Display (small table 29" square with brochure stand); Health Care Agencies Display (26"w x 40 ½" ht x 16" d); Transit Kiosk (24" x 72" x 19")
- **Coat Closet:** currently one closet 11'-0" long. Closet space will need to be enlarged as the overall area of the Center increases. Closets could be located in multiple areas depending on the need.)

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

- **Café:** Initially set up a Keurig machine and supply some healthy snacks from local vendors. A café similar to the Library or "Y" would require additional space and equipment and would need to be staffed. (See attached summary of the Library Café by Marth Aasen and sample menus from the Y's caterer Simply Delicious.)
- **Social:** more square footage for non-programed space.
- **Reception:** larger reception desk to accommodate at least two people and perhaps an adjacent desk area for people to fill out forms. Larger seating area.

LIST SOURCES, EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, NEWSMEDIA ETC:

- We interviewed the Westport Library's Café manager and the executive director of the Westport-Weston Y.
- Photos of existing spaces at Senior Center.
- Photos of Library Café.
- Photos of Westport Y Café, Sample menu & Caterer's Contact Info.
- Martha Aasen's Report on the Library Cafe
- Email from Jo Fuchs Luscombe re: Westport Y Cafe

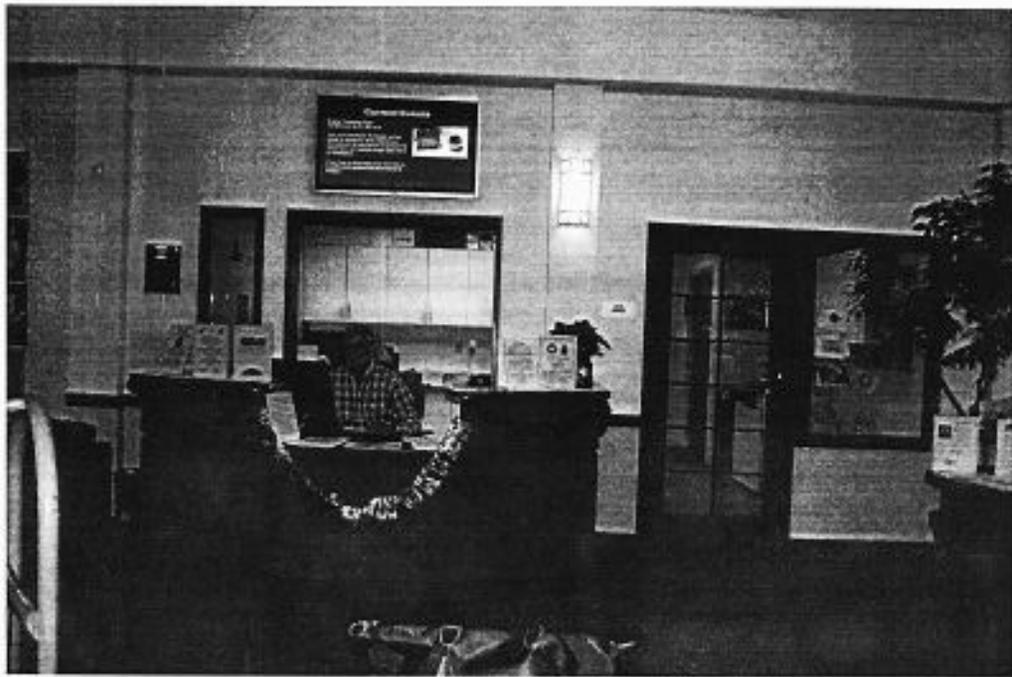
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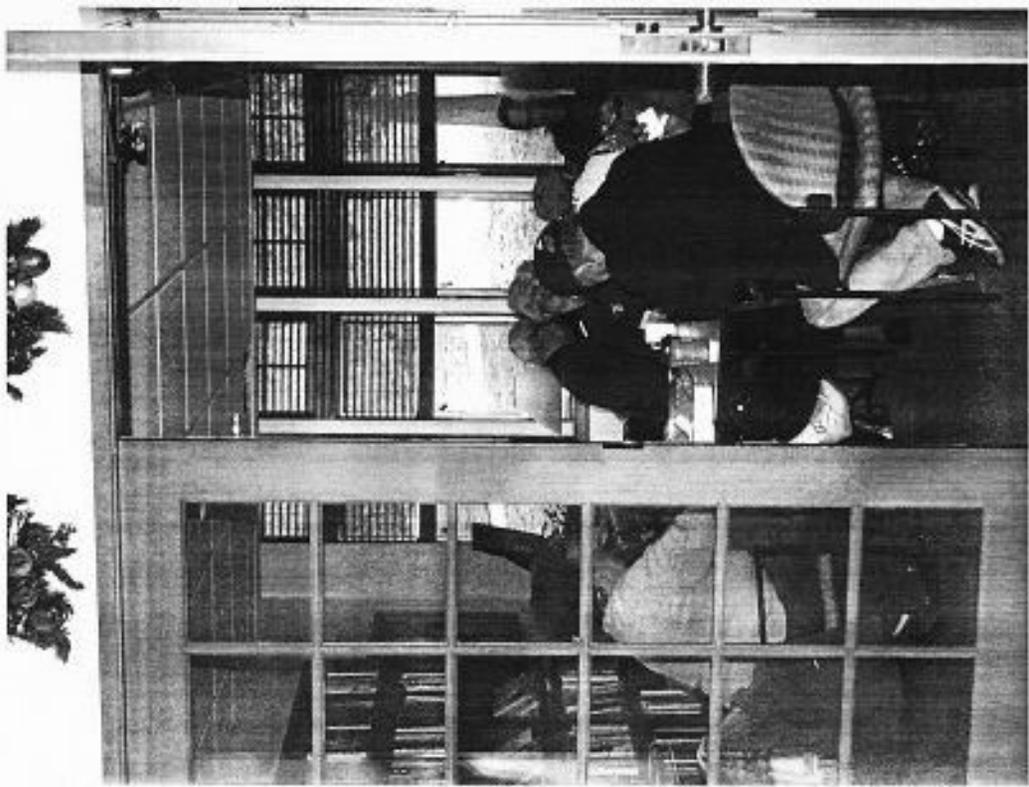


WESTPORT CENTER FOR SENIOR ACTIVITIES
PHOTOS OF EXISTING RECEPTION AREA, GAME ROOM & ENTRANCE
VESTIBULE.









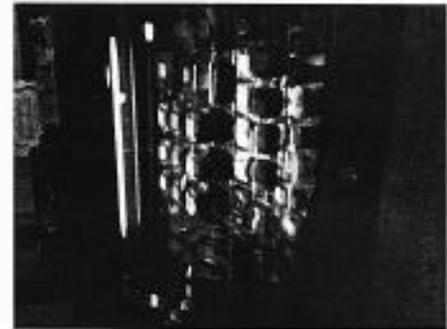
WESTPORT CENTER FOR SENIOR ACTIVITIES
PHOTOS OF WESTPORT LIBRARY CAFE





WESTPORT CENTER FOR SENIOR ACTIVITIES
PHOTOS BY WESTPORT-WESTON Y
SAMPLE MENU
CATERER'S CONTACT INFO





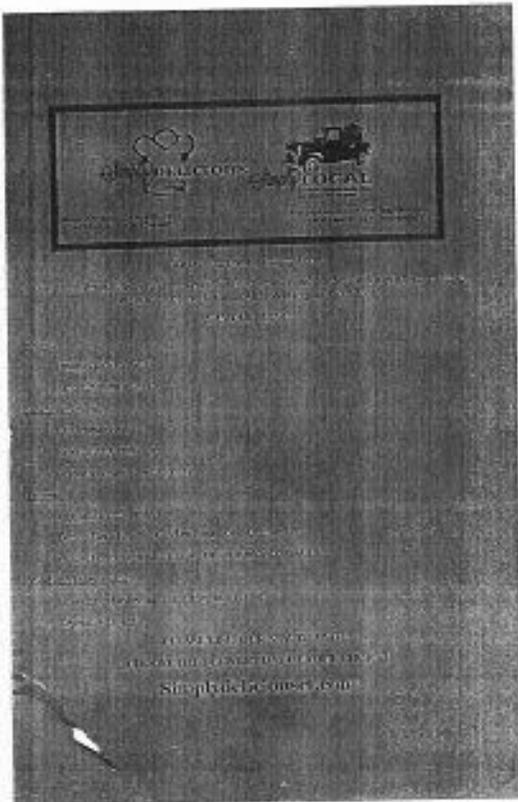


203-831-0371
simplydeliciousct.com 203-831-0371



Lauren Peden
Chef

203-831-0371 138 Village Street
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WESTPORT CENTER FOR SENIOR ACTIVITIES
MARTHA AASEN'S REPORT ON THE LIBRARY CAFE
EMAIL: JO.FUCHS@LUSCOMBE.RE WESTPORT.Y.CAFE

The Westport Library Café opened approximately 17 years ago and is now open seven days a week: Monday-Thursday-9 am to 6 pm; Friday-9 am to 5:30 pm; Saturday-9 am to 4:30 pm and Sunday-1 pm to 4:30 pm. The Café is staffed by Library employees.

The Library's web site for the Café says:

"Enjoy a cup of coffee while you work, study, or chat with friends in the Library. The Library Café offers hot and cold beverages, sandwiches, snacks, wholesome snacks, and sweet and savory treats. Lots of items in the Café are either produced locally or provided by local vendors. You can take your treats with you almost anywhere in the Library."

I spoke on December 1 to Hel Stagg, the Library's Retail Manager, who is the Café Manager. She provided information about menus, vendors, costs, financial arrangements. She said the most important advice she could give us was our being in touch at the beginning of our planning with the Health District in regard to code rules for health and sanitation for any facility selling food and drink to the public. She said that not only our facilities must be approved, but that also each and every one of our vendors must be approved.

The Library's menu is fairly extensive: hot and cold drinks, juices and sodas, tea, coffee, espresso, the hot drinks made at the café. They have a large expensive machine for making espresso and other coffee based drinks. Hel suggested that the Senior Center might want to have a Keurig machine, which is cheaper, and provides one cup at a time. The sandwiches, salads, cookies, and breakfast goodies are bought from local and close-by vendors. Hel says this is a continuing problem in a few cases. Some vendors provide free delivery (Oscar's, Organic Market, Sono Bakery.) Others would charge a large delivery fee (Garelick & Herbs \$25 each daily for cookies) and Library Staff picks up these items. The Library tries to keep menu costs reasonable. Generous 1/2 sandwiches are \$3.75 and salads (from Naked Greens in Wilton) are from \$5.25 to \$8.99.

The café is not a profit making venture. Hel says its aims are to "work for our patrons, for them to benefit most from the café. Café costs are for staff, menu choices, inventory and equipment. Even though the Library is a non-profit institution, sales tax must be charged by the Café as well as the Library's Store. The Café's website carries the sentence "Proceeds from all sales benefit the Library."

On Nov 20, 2015, at 1:52 PM, John Luscombe <JLuscombe@westportwa.gov>

Hi Nancy

I have not heard back from Les Wolf, so this afternoon I paid the Westport-Weston Y a visit and met with Pat, the Executive Director. She gave me a copy of the contract with the caterer which spells out how the Café operates. I also secured a menu and had my husband take several photos of the café which is operational beginning at 8:00 a.m. Monday to Friday. The Saturday hours are more limited. Cooking is not permitted at the café which complies with Health District regulations. The caterer delivers all the items available for sale already prepared. (Coffee, soups, salads, sandwiches, desserts).

All the equipment at the café is owned by the Y, but the caterer operates other cafes where they own the equipment.

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Game Room Recreation

Jack Klinge, Marion Lehman , Holly Betts

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

Current Program: At the present time (Fall 2015) we have: recreational bridge every Monday in the café from 10 am. to 11:30 am. and from 1:15 pm. to 4:15pm . As many as 20 seniors will be playing at a time. We have bridge instruction on Monday in bay 3 from 10 am. to 11:45 am. and 1pm to 3 pm. We have 30 registered for the morning class (filled to max) and 13 for the afternoon class. We have table tennis in bay 3 on Tuesdays from 2pm to 3:45pm. We do not have room space to schedule more table tennis time. Poker meets every Tuesday and Thursday from 9:30 am. To noon and 1pm to 2:30pm. We have 6 to 8 seniors that come on a regular basis. The morning session is booked in the library. Bingo is in the café every Thursday from 1:15pm. To 2:30 pm. We have 20 to 30 people for bingo each week. We offer Mah-jongg and Backgammon instruction with about 5 or six people registered. These are 5 week courses. The Y's men use bay 3 Friday afternoons from 11:15am to 4:15 pm with at least 24 bridge players. Every afternoon we have bridge or mah-jongg players in the café. The game room has 2 game tables and during the day from 10am to 4 pm. they are filled. Sometimes we will have make room and add a card table for a third game.

Future Developments & Needs: In the past 2 years, we have seen an increase in the need for non-programmed space for drop in game time. Mah-Jongg, bridge and poker have become increasingly more popular. Seniors no longer play at their own homes but would prefer to meet at the Center for a regular game. We expect an increase in participation at the center in the future with the increase in baby boomers becoming seniors. In conclusion, we need more space for drop in games.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

We use Sue's café, the game room , library and primarily bay 3 for games. The game room has 2 tables with 4 chairs each. We can squeeze in a third card table if need be but it is a tight fit. Bay 3 is scheduled for cards during the week; however, it is mostly used for exercise classes and lectures. The Mah-jongg players and bridge players do not like to use the same room at the same time as the clicking of the mah-jongg tiles bothers the bridge players.

We have had to use the library for game room space. We can accommodate 2 tables of 5 chairs each. It is also a tight fit. The library is also scheduled for knitting one day a week and a writing class. By using the library for games, knitting and writing, we are sacrificing our quite space. The library has the wi-fi access computer and the reader for the visually impaired. It is also a nice cozy spot to read when it is not used for programmed space.

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

We envision a sizeable portion of second floor becoming a "formal" interactive GAME ROOM.

Featuring:

1-2 billiard tables; 1 ping pong table; 1 shuffleboard; 1-2 pin ball machines; 4 to 6 card tables for poker, backgammon, gin rummy etc. 2 dedicated chess/checkers and backgammon tables + cribbage, mahjong etc.

A video center in one corner with couches and chairs to watch events, news, sports etc.;

A bathroom on second floor (unisex) plus place to purchase sodas and snacks with tables for people to use to sit and visit.

The floor should be easy to clean. Lighting would resemble a club house with lights over the tables and indirect where appropriate.

The space needs to accommodate people with disabilities with enough space between tables.

Billiard tables, pin ball and shuffle board need to be segregated from game tables to reduce ambient noise.

Alcoves for cards and mah-jongg may be beneficial to reduce noise issues.

In essence, a DESTINATION for active seniors who want to use brain power plus physical talents (a getaway from their normal existence). It should NOT be an exercise room or reading room.

LIST SOURCES (EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, AND NEWSMEDIA:

Please attach any photos, brochures, pamphlets or back-up documents they may have accumulated during this process.

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Land Use/P&Z/Parking

Members:

Steve Smith
Lisa Mockler
Sue Pfister
Cathy Walsh (P&Z, Advisory)

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

Depending upon restrictions imposed by Text Amendment #704 (DOSRD), the Center may need to expand footprint and increase parking. Future program looking to include outdoor recreation i.e. yoga, tai chi, fitness trails, snow shoeing, bocce, etc. It should be noted that these outdoor enhancements would benefit the entire community. The Parks & Recreation Department could become a nice partner in this project. Preliminary discussions have occurred with Parks & Recreation Director, Jennifer Fava.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

Group is monitoring Text Amendment #704 (DOSRD). P&Z scheduled to discuss/vote at its December 10th meeting. Limited parking in close proximity to entrance current largest challenge. Safety issues in parking lot raise concern i.e. curbs, steps, uphill, distance, etc. The number of spaces will be directly related to the increase in programmable square footage.

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

Please see attached map as possible solution for adding 20 additional parking spaces in close proximity to entrance of Center. Perhaps establish a valet system during peak hours or for special events. Would have to consult with town attorney re: liability issues.

**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Storage/Space Needs/Library

Members:

Tom Bloch (resigned)

Sue Pfister

Holly Betts

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

Library – This space should be dedicated to a library room/quiet room with a computer available for folks who don't have one at home as well as the magnifier machine to assist the visually impaired. The books could perhaps be upgraded to a lending library with collaboration from the Westport Public Library whereby fiction, non-fiction, large print and even DVD's can be loaned out. This would greatly assist those folks who take a bus or ITN to the Center and don't drive. One stop shopping!

The library should never be programmed for a scheduled anything unless it is a last resort for space.

Storage – See attached report.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

The present library room is being used for other purposes – knit one nibble one, tax preparation, mah-jongg and bridge games. People often can't use the computer in the library or look at books because there is a program or class going on in there. This should be unprogrammed space available for folks who want a quiet place to sit. This room currently has a pleasant view looking out into the park which is often enjoyed by many,

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

Possible collaboration with the Westport Public Library to have a rotating or in-house book/tape

lending area. Perhaps the Westport Historical Society, Art Center, Westport Country Playhouse, etc. could display brochures, calendars and programs in designated area in this space. Nice way to have all work together.

LIST SOURCES, EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, NEWSMEDIA ETC:

Please attach any photos, brochures, pamphlets or back-up documents gathered during this process.

**WCSA Enhancement Committee
Storage Space and Needs
October 29, 2015**

ANTICIPATE FUTURE PROGRAMMATIC DEVELOPMENTS AND NEEDS

> Future needs for storage will correlate with the number of activities that are planned for the facility. Future storage will have to be categorized by the need for storage capacity for each function. High priority storage will have to be easily accessible for the function that it services. Medium priority storage can be located further away from the function it services. Low priority storage can be located outside of the building but accessible on an as needed basis.

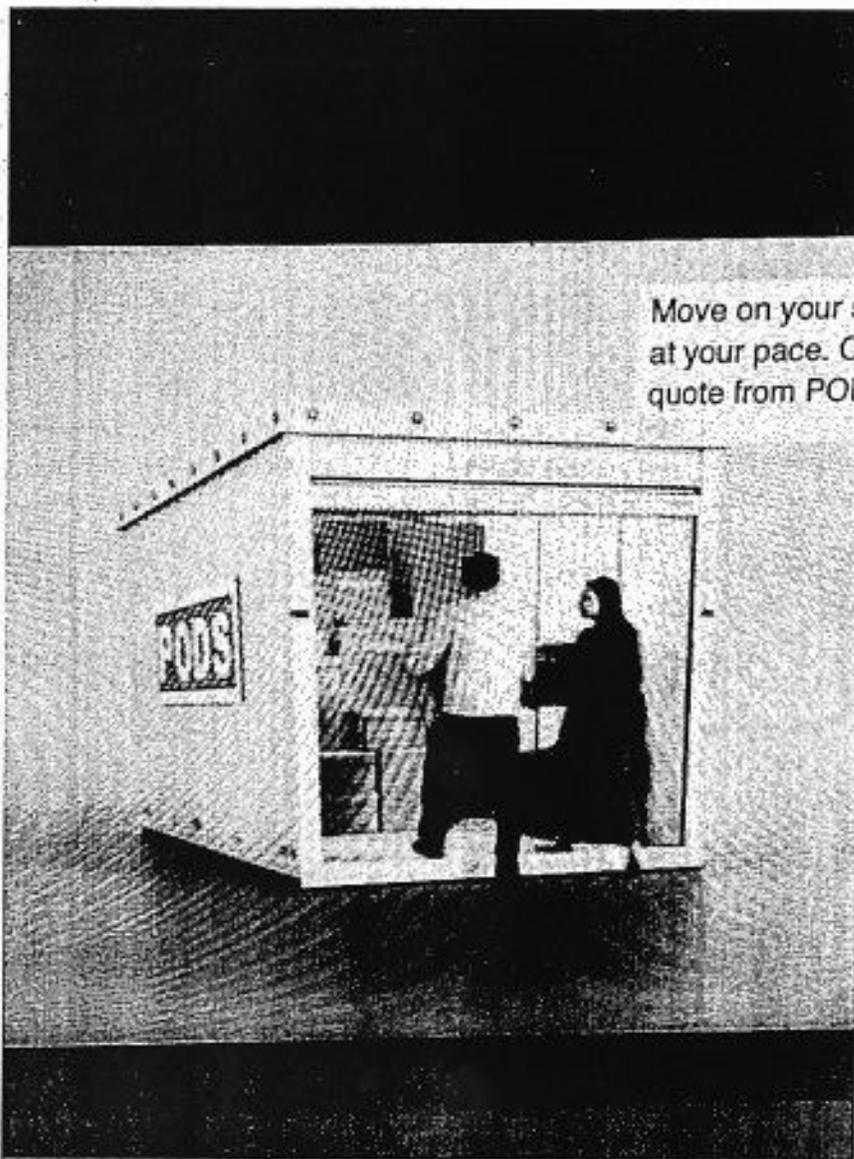
IDENTIFY THE CURRENT CONSTRAINTS

> The constraints on existing storage is the amount of square footage allocated to storage and its proximity to the function it serves. The amount of existing storage capacity on hand can be optimized to gain more capacity. Clearly the Senior Center has outgrown the amount of storage that is currently available. Total storage space on the entry level floor is estimated at no more than 900 sq. feet.

SUGGEST POSSIBILITIES FOR SOLUTIONS AND OUTCOMES

> Space dedicated to storage is a zero sum game. More storage space could mean less space dedicated to other functions. Functions have a higher priority than storage space therefore better utilization of existing storage must take place. This means better organization within the storage space and more shelving installed in the storage space. Shelving should go from floor to ceiling. All low priority storage should be stored outside the building in a container such as a Pod. See attached picture of a Pod. This type of storage is used quite often by many different organizations that are facing the same challenges as the Senior Center.

Move on your s
at your pace. C
quote from POE



**WCSA ENHANCEMENT COMMITTEE
RESEARCH TEMPLATE**

DUE: DECEMBER 3, 2015

NAME OF RESEARCH GROUP & MEMBERS:

Community/Public Relations

Members:

Gloria Stashower
Martha Aasen
Jo Fuchs Luscombe
John Thompson
Caroline Malkin
Sue Pfister
Barbara Butler

CURRENT AND FUTURE PROGRAMATIC DEVELOPMENTS AND NEEDS:

See attached report for details.

Open/house – social hour with folks being invited personally so that they feel important. I.e. Library, YMCA, RTM, BOF, Art Center, etc.

Develop video that can be continuously viewed on monitor as well as displayed for various upcoming community meetings.

IDENTIFY THE CURRENT CONSTRAINTS WITH A DESCRIPTION OF THE SPACE:

SUGGESTIONS FOR POSSIBLE SOLUTIONS AND OUTCOMES CONSIDERING COMMUNITY COLLABORATIONS IN THE SOLUTIONS:

It is important to involve and get the community at-large on board early on in this process so that any early concerns or issues can be addressed accordingly. It is also important to gain community support, similar to how the Center was built with such success. Pieces of this project can benefit all segments of the community and it is important that we spread that message.

LIST SOURCES, EG. INSTRUCTORS, PROGRAM PARTICIPANTS, ACADEMIC RESEARCH, NEWSMEDIA ETC:

Proposals for Community Involvement and Support Senior Center Enhancement

We need to tell our story, sell our story to Westport as soon and as clearly as we can. We need to reach out to the town leadership and the public at large with carefully explained facts and statistics to back up the need for enhancement and improvement for our already exceptional but also outgrown Center for Senior Activities.

Here are several proposals for beginning this work to secure the understanding and support of the community.

1. Invite the elected officials of our town government, the leadership of our religious communities, our volunteer organizations (tentative list attached) to come to the Senior Center to learn about our needs and our plans. We would offer tours of the Center both before and after a Power Point presentation and/or a Video. We will need to make decisions on how soon we will be ready to do this. Our committee must identify and clarify our needs to the extent possible for a valid presentation. However, we must not wait so long, that rumors and false information begins to circulate around town about the planned Enhancement.
2. Following on the above, we need to seek collaborative opportunities with other organizations in town. Many of these have new leadership in the last several years, among them are the Y, the Library, Art Center, Earth Place, Saugatuck Church, Christ and Holy Trinity, Temple Israel. We are already working together with some of them but opportunities abound for increasing collaboration and building support for the Senior Center Enhancement.
3. Reach out to our neighbors on near-by and surrounding streets. Bring them into the fold before they start building opposition to our proposed plans. Here again, we have to decide when is the "right" time. As with the proposed presentation, we need to have progressed far enough to have something to say, but we mustn't wait too long for opposition to crystallize.
4. Another important constituency we must reach is the Open Space/Environmental group. Our new Parks and Rec Director can be of assistance in this regard as can the P & Z members who named all of Baron's South Open Space.

Senior Center Video – Audio Only

Hi, welcome to the Westport Center for Senior Activities. I'm Sue Pfister, the Director, and I'm Leslie Wolf of the Friends. Come on in, we'd love to show you around.

Every day hundreds of people come here to stay fit and active, have a healthy lunch, explore new interests, see their friends, play games, take up a foreign language, stimulate their brains with new challenges, watch movies and documentaries and learn about valuable information and referrals.

Our Fitness Center and fitness programs are very popular. All classes are supervised by a certified trainer who will instruct you through a safe and challenging workout. It's so nice to watch so many seniors make so much progress over time.

We also have lots of classes like aerobics...yoga...Tai Chi...balance, all tailored to meet the seniors' wide array of interests and desires.

One of our most popular programs is our congregate luncheon which takes place at Noon M-F. This meal meets is prepared fresh, daily by a chef on site. The meals are served with love by one of our many fabulous volunteers.

And if you can't join us for lunch, we can bring it to you. Our home delivered meal program serves those Westport residents who are homebound and thus, unable to attend the Center. These meals are delivered M-F by devoted and very caring volunteers.

We also have Mentally challenging and stimulating nourishment for the brain.

Our lectures are facilitated by experts in the field, professors or well-respected community agency representatives, all who care about the seniors in our community.

Music performances are very popular, particularly on Sundays where we are fortunate enough to have the Friends of the Center sponsor these special events through a generous gift from the Levitt Foundation.

Arts and crafts programs have become very popular over the years and we are proud of the vast variety of programs the Center offers.

But you don't have to restrict yourself to an organized class or program. Many of our participants simply come to hang out with friends and socialize. For many, it is their home away from home.

And others come by appointment to access town services, like counseling or help with tax preparation

The Westport Center for Senior Activities has been a vital part of our town. Those that shaped the Westport that we all love are here enjoying old friends and making new. If you need us, we're here for you. We hope to see you soon