

New CAL – Newton Center for Active Living

Community Update Meeting

Thursday, March 14, 2019

- Additional Information -

NIV 5 NV5 –
Owner's PM



Steffian Bradley
Architects

Newton Senior Center – Current Programs

Sample list of current activities provided at the Newton Senior Center:

- AARP Tax Support, Social Services
- Caregiving Support Group
- Workshops and Lectures
- Intermediate Spanish
- The SHINE Program
- Vigorous Minds
- LGBTQ Cafe
- Mindful Meditation
- Water Colors
- Theater Club
- Chess Club
- Mah Jong
- Ceramics
- Tai Chi
- Zumba Gold
- Men's Club
- Chair Yoga
- Pool Cues
- Coloring
- Lunch
- Store

All current activities and services provided at the Newton Senior Center will also be included in the NewCAL program.

Parks and Recreation Dept. – Current Programs

- Locations for over 55 Programming are located at:
 - LFCC – Lower Falls Community Center
 - Hut – Jeannette West Recreation Center
 - ALB – Albemarle Field House
 - Hawthorne
 - Emerson

Parks and Recreation Dept.– Current Programs

Sample list of current over 55 activities provided through Parks and Recreation:

- Volleyball
- Pickleball
- Line Dancing
- Zumba
- Bridge Group
- TiaYo Ba
- Basketball
- Bingo
- Music
- Art/Painting

NewCAL Potential Programs

In addition to your current programs at the Senior Center and Parks and Recreation venues, there is the potential to add or improve space for popular activities. A sample of activities that could be increased or added:

- Ping Pong/Billiards Tournaments
- Fitness Rm & Exercise Equip. Rm
- Library/Reading Room
- Demonstration/Teaching Kitchen,
- Outdoor Gardening & Activity Space
- Recording/Video Studio
- Computer Room
- Stage
- Health Room
- Café
- Gymnasium
- Swimming Pool
- Basketball
- Pickleball
- Indoor Walk. Track
- Lounge Space
- Bocce
- Fix-It/Workshop

NewCAL Program Proposed Rooms/Spaces	Net SF (useable space within a room or area)	Examples Uses
Multi-Purpose Activity Spaces		
Fitness/Exercise Room with bench/coat hooks	1,500	
Activity Room	400	
Ping Pong Room with coat alcove	600	
Billiards & Game Room	600	2 competition billiard tables & game
Computer Lab Room / Meeting Use with coat alcove	160	Tutorials, Vigorous Mind
Art Room 1 with coat alcove (shared moveable wall with Art Room 2)	300	Water Color, Drawing, Ceramics
Art Room 2 with coat alcove (shared moveable wall with Art Room 1)	400	Water Color, Drawing, Ceramics
Art Storage Room	70	shared by both rooms
Dining with coat alcove (shared moveable wall with Activity Room)	1,500	lunch program
Activity Room with coat alcove (shared moveable wall with Dining)	1,500	Clubs/Movies/Stage
Chair Table Storage	120	shared by both rooms
Classroom/Meeting Room small	150	tables and chairs
Classroom/Meeting Room med	450	tables and chairs
Conference Room / Meeting Room	180	Conf table and chairs
Library/Reading Room	400	Comfortable Chairs & Tables
General MP Storage	70	Supplies
Subtotal	8,400 NSF	
Gymnasium		
Gym (may be used for more than one activity at a time)	9,800	114' x 86' includes retractable bleachers
Gym Walking Track (second Floor)	3,700	114' x 86' gym below w/10' perim. Walk above
Gym Storage	300	
Subtotal	13,800 NSF	
Common Space		
Lobby /Lounge /Art & Cultural Displays	600	Lobby/Lounge Area - Visit/Read
Library Pick Up/Drop Off Area (sim size to conf table)	50	
Store	100	Store
Subtotal	750 NSF	
Admin. / Support Services		
Recept/Sign In (also for volunteer Staff & Customer Service)		
Dir Office with Conf./Meeting Area		
Shared Work (Exec. Admin., Admin Asst., Admin Volunteers)		
Parks & Recreation Coordinator		
Department of Senior Services Program Coordinator		
Department of Senior Services Asst Program Coordinator		
Outreach & Engagement Coordinator		
Social Work		
Support Services: Shine, AARP Tax, Parking Stick., Art Community, etc.)		
Vol Coordinator + Visiting Staff		
Family Conference Room		
Health Room		
Durable Medical Equipment (DME)		
Copy Work Room		
Coat Closet		
Staff Lounge		
Subtotal	2,100 NSF	
Kitchen & Café		
Juice Bar/Café	200	
Vending	60	
Kitchen (commercial / teaching)	500	Kitchen/Serving Counter
Pantry	200	
Receiving	80	
Subtotal	1,040 NSF	
Support		
Toilet Rms - Accessible (2 per floor)	100	Public/staff use
Family Toilet with Shower	85	Public/staff use
Women's Room (2 stalls each floor)	240	first floor
Women's Shower/Dressing Room adj (near gym)	110	first floor locate next to gym
Men's Room (2 stalls + Urinal first floor)	240	first floor
Men's Shower Room adj (near gym)	110	first floor locate next to gym
Mech/Elec/Tel-Data/Sprinkler	800	
Custodial Space	100	
General Storage	500	Storage
Subtotal	2,285 NSF	
TOTAL NET SQUARE FOOTAGE	28,375 NSF	
	8,513	30 % Estimated Gross. Factor for Int/Ext Walls Thick., Stairs, Elevators, Corridors, Etc.)
TOTAL BUILDING GROSS SQUARE FOOTAGE	36,888 BGSF	