

# New CAL

## Newton Center for Active Living

### Executive Building Committee & Advisory Building Committee Joint Meeting

October 23, 2018



Steffian Bradley  
Architects

# Draft Vision Statement

The City of Newton's goal is to build a large, well-equipped, comfortable Center to meet the unique needs of our seniors, a Center that fosters a special sense of community and belonging for this growing age group.

Like our current Senior Center, we expect from Monday to Friday during the day, the building will almost exclusively be used by Newton's seniors, and it will be designed accordingly.

Our goal is also to welcome people of all ages to the Center, especially in the late afternoon, evenings, and weekends.

# Floor Plates Scaled For Comparison:



**Newton SC**  
~ 10,000 sf



**Wellesley Tolles  
Parson SC**  
~ 13,000 sf



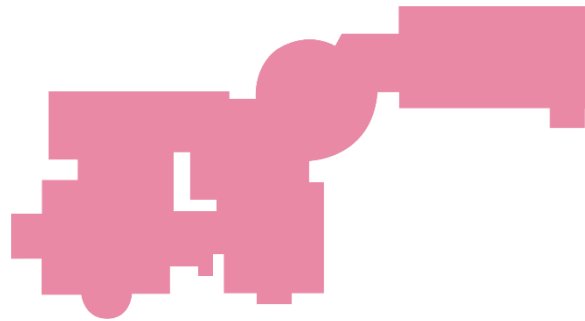
**Needham Center  
at the Heights - SC**  
~ 20,000 sf



**Marlborough Council on  
Aging & SC**  
~ 20,000 sf



**Natick Community & SC**  
~ 26,000 sf



**Lexington Community Center**  
~ 34,000



**Randolph Intergenerational Center**  
~ 34,000

# Agenda

1. Design of Community Spaces
2. Culture of Healthy Living
3. What are Guiding Principles

# Design of Community Spaces

## Universal Design

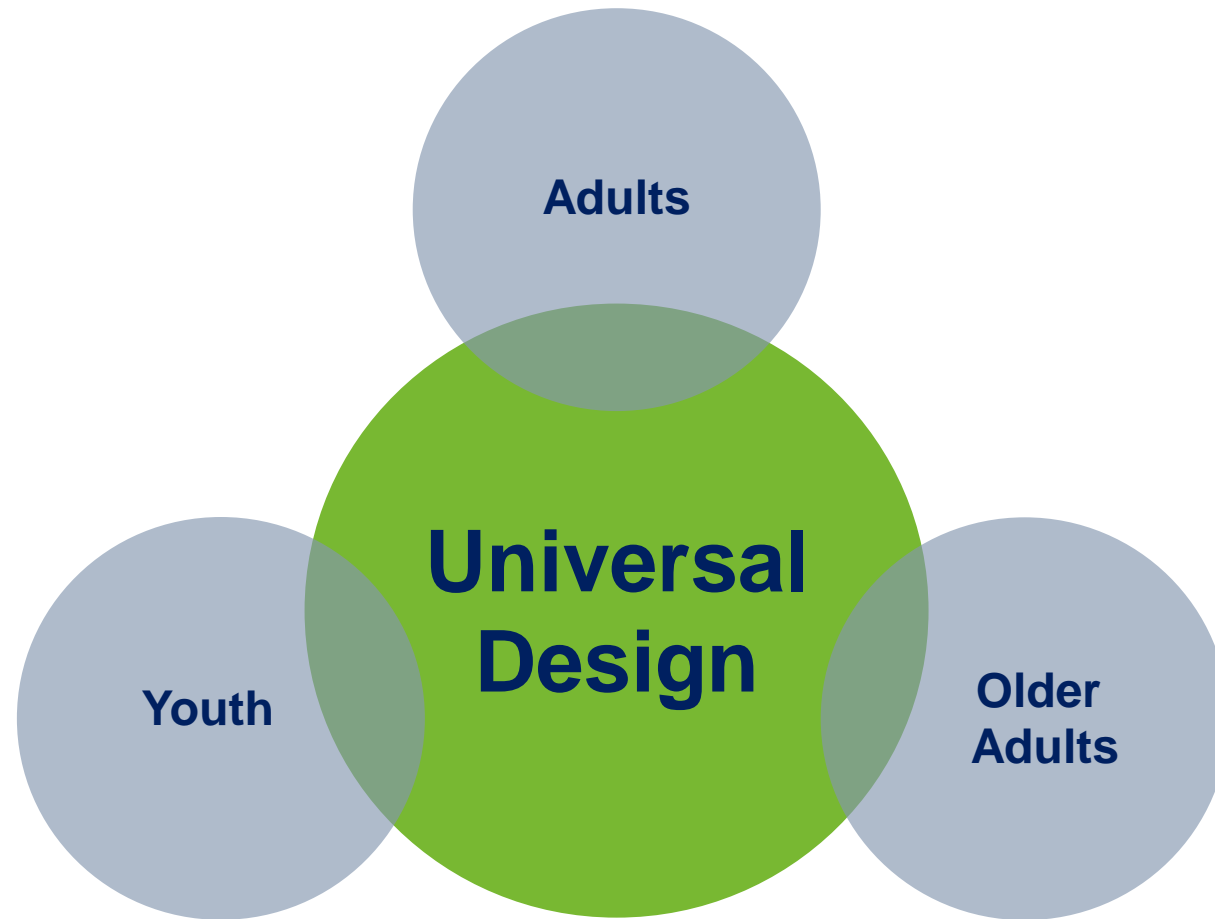
Focus is creating an environment that can be accessed, understood and used to the greatest extent possible by all people, regardless of their age, size, ability or disability

# Design of Community Spaces

## Universal Design Examples

- Wide spaces that are easy to navigate
- Clear line of sight to important elements
- Simple and intuitive to navigate spaces
- Information provided in a wide variety of formats
- Ample/adaptable lighting
- Signs with large text and good visible contrast

**Universal Design Concepts are used in the design of all types of community spaces and allow flexibility of use and accessibility for all**



# What is a “Culture of Healthy Living”?



We describe a  
**“Culture of Healthy Living”** to include qualities that define positive interactions with each other, our environment and satisfy our need for:

1. Social Spaces
2. Piquing our Curiosity
3. Exposure to Nature
4. Outlets for Creativity
5. Physical Activity
6. Nourishment
7. Accessibility to Services

# Social Spaces

Active  
Quiet  
Serendipitous



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# Piquing Our Curiosity

Speakers  
Education  
Lifelong Learning



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# Exposure To Nature

Gardening  
Terraces  
Roof Gardens  
Views  
Natural Light





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# Outlets for Creativity

Art Classes  
Workshops  
Gallery Shows  
Music  
Theater





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# Physical Activities

Fitness Classes  
Fitness Equipment  
Walking  
Tournaments  
Integrated Fitness





# Physical Activities

Fitness Classes

Fitness Equipment

Walking

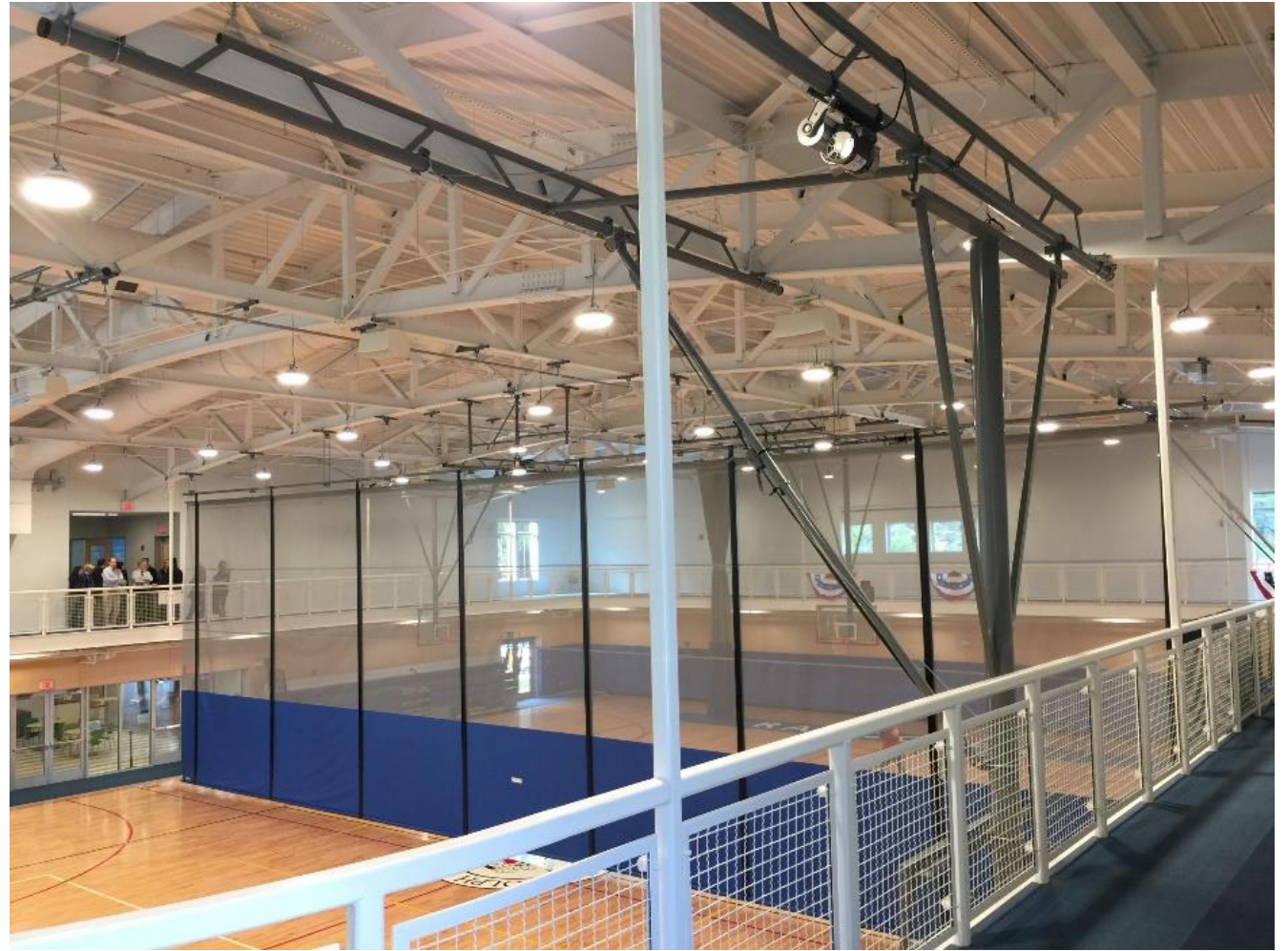
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# Nourishment

Dining  
Providing a Food Pantry  
Teaching Kitchens  
Space for a Farmer's Market





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# Accessibility To Services

SHINE

Veterans

Health

Finance & Tax Guidance

Volunteer Matching





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# What are Guiding Principles?

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*Future aspirations for how the Center will support a culture of healthy living are articulated in concise statements called Guiding Principles.*

*Guiding Principles are held constant and become the criteria for evaluation against which all decisions are weighed.*

# Guiding Principle *Example*

- Intergenerational
- Dedicated Senior/Teen Spaces
- Multicultural
- Diverse Programming
- Vibrant, Caring & Inclusive
- Supports Wellness and needs of the community
- Hub for Community Information
- Flexible Space to accommodate future needs

# How will we define Newton's Guiding Principles?



# **Guiding Principle Questions to Consider:**

- 1. What are your expectations for this center to contribute to the community as a whole?**
- 2. What spaces or qualities do you think are needed to support this center?**
- 3. What services and design considerations are most important to the seniors served by the Center?**

# Next Steps

- 1. Think about Guiding Principles that are important to you**
- 2. Share and fill out the questionnaire with your community groups and individuals (electronically or on paper)**
- 3. Continue to attend listening sessions**
- 4. Attend next EBC/ABC meeting on November 20 to develop Guiding Principles.**

# Questionnaire 1 & 2 Responses – Now Closed

Activity/Service Request : Type of Space	Activity / Service Request : Typ # of people	Activity/Service Request : Special Needs for Space
Zumba Gold, Nia, Muscle Conditioning, or various other exercise classes for Seniors; also theatre workshop for Seniors.	31-40	Any new or rehabbed facility should have up to date technology throughout to facilitate all sorts of established and potentially new activities.  Also, heating and air conditioning should be controlled from within the building, not elsewhere as some neighboring towns have done with their new facilities. Such arrangements may sound appealing to planners but those who actually function within them consistently complain that it does not work well in practice.
pool tables, photography	1-10	tables and some photo equipment
All of the current senior center activities. Plus expanded activities for seniors .	21-30	Diverse equipment depending on the activity.
Case Management	1-10	No
HHS Education programs	101-200	0
Intergrated exerise programs for all such as jazzercise, yoga etc	Unknown	floor mats
Talk of the Town Toastmasters	21-30	Lectern and A/V equipment
Library book return/pickup	1-10	Yes, this could range from a fully automated 24-hour library unit (see <a href="https://www.envisionware.com/24-hour-library/">https://www.envisionware.com/24-hour-library/</a> ) to a browsing shelf and manual return bin. Both would be serviced by library staff visiting daily for about an hour.
Ability of public to use space for drop in work, small meetings	1-10	IT closet for wireless equipment. Possibly public room booking software for public meetings (Library has this)
Meeting space to do occasional library programs in an alternate setting	11-20	0
TBD	101-200	Tables and Chairs
Talks, Trips and tours, workshops and demonstrations	Unknown	A kitchen or cooking equipment may sometimes be required
Bocce	1-10	Small bin for the bocce balls and a rake
Socializing & making new friends	0-9	Natural Light, Comfortable Chairs
Computer/Technology Help	30-49	WiFi Service / Good Lightitng
Lecture / Learning Programs	30-49	Chairs with desk attached for writing/taking notes

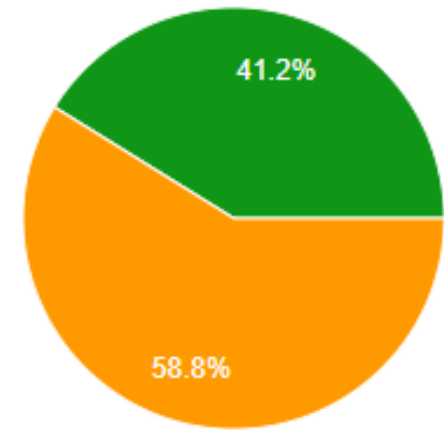
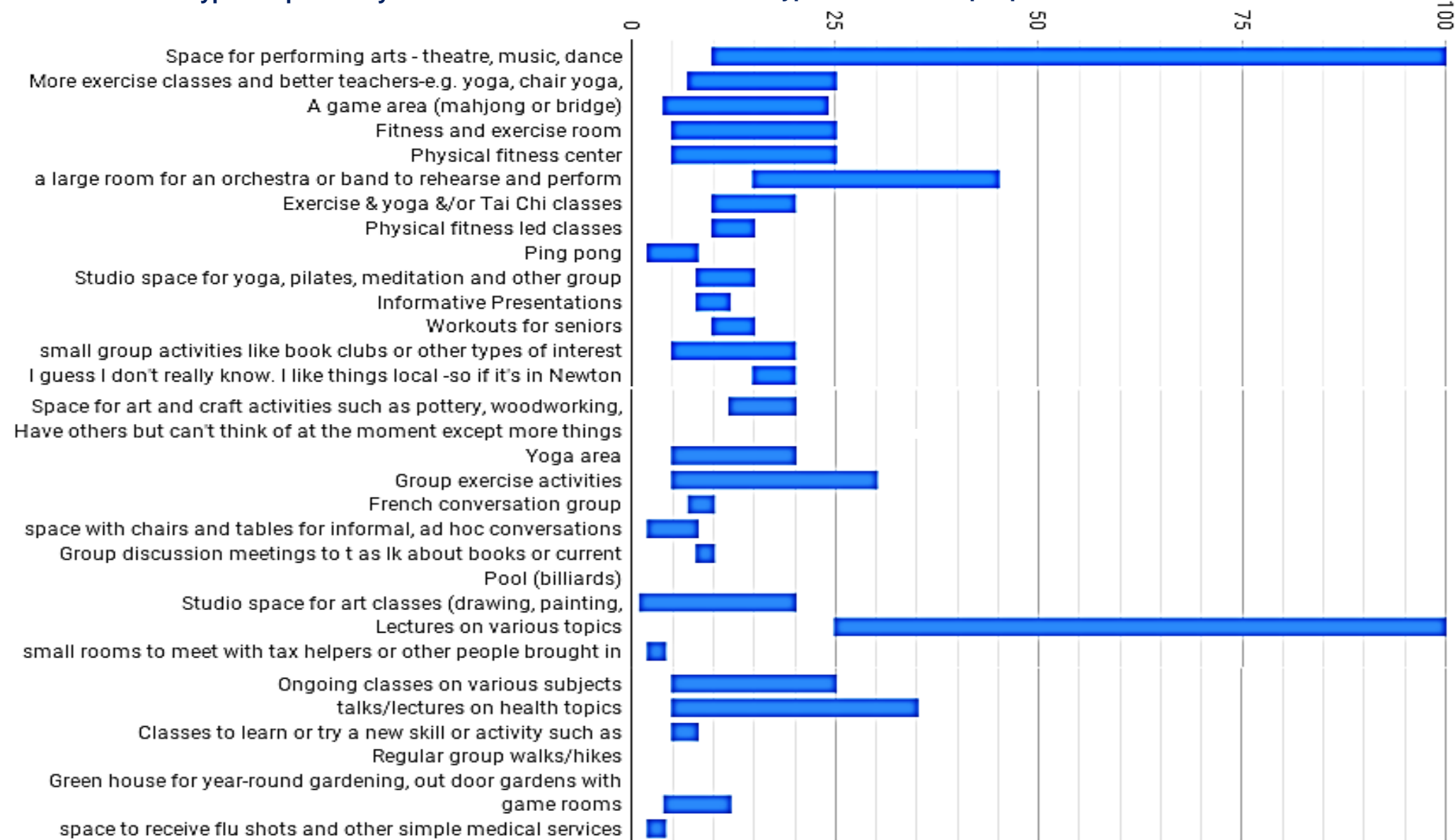
# Questionnaire 3 Responses – Active on Line, Responses to Date:

What type of space do you want?

What is the typical number of people it would serve?

What age group do you belong to?

- Under 30
- 31-50
- 51-70
- 71+



# Thank you!

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**Web Address:** <https://newcal.projects.nv5.com/>  
**Email:** [newcal@newtonma.org](mailto:newcal@newtonma.org)