

Newton Center for Active Living



Site Tours August 17, 2018

Tolles Parsons Center Wellesley Council on Aging
Needham Center at the Heights & Council on Aging
Marlborough Council on Aging and Senior Center

SBA Job No. 3504.000

USA. UK. China. Canada.

Attendees:

City of Newton:

Mayor Ruthanne Fuller
Jonathan Yeo

Newton Senior Center:
Jayne Colino

Newton Public Buildings:
Alex Valcarce
Josh Morse
Thomas Rooney

Parks & Recreation:
Bob DeRubeis

Planning & Development:
Amanda Berman

City IT:
Rachel Sherman

NV5:
Italo Visco
Melissa Gagnon

Steffian Bradley Architects
Teresa Wilson

Steffian Bradley Architects



Data Comparison



Newton Council on Aging – The Senior Center 345 Walnut Street, Newton, MA

Wellesley – Tolles Parson Center: Wellesley Counsel on Aging 2017 500 Washington Street, Wellesley, MA

Needham Center At The Heights & Council on Aging 2013? 300 Hillside Avenue, Needham, MA

Marlborough Council on Aging and Senior Center 2015 40 New Street, Marlborough MA

- ~ 11,298 sf (2 1/2 flrs.)
- Current Population 2010 Census: 85,146 (87,018**)
- Age 60+ population 2010 Census: 18,636 (19,230**) 21.8% of Total Population (22.1%**)
- SF per Senior over 60 = .6 (2010 Census) (.58**)
- Projected Population Change over 65 years old from 2010 to 2030: 61% to 63% *
- ~ 13,096 sf (2 floors + attic) \$7.2 M project costs (\$9.7M total)
- Current Population 2010 Census: 27,982
- Age 60+ population 2010 Census: 5,429 19.4% of Total Population
- SF per Senior over 60 = 2.4 (2010 Census)
- Projected Population Change over 65 years old from 2010 to 2030: 46% to 48% *
- ~ 20,000 sf (2 flrs + partial base.) \$ cost tbd
- Current Population 2010 Census: 28,886
- Age 60+ population 2010 Census: 6,498 22.5% of Total Population
- SF per Senior over 60 = 3.1 (2010 Census)
- Projected Population Change over 65 years old from 2010 to 2030: 57% to 59% *
- ~ 23,000 sf (2 floors) \$6.5 M construct.cost (tbd)
- Current Population 2010 Census: 38,499
- Age 60+ population 2010 Census: 6,703 17.4% of Total Population
- SF per Senior over 60 = 3.5 (2010 census)
- Projected Population Change over 65 years old from 2010 to 2030: 85% to 88% *

Tolles Parson Center Wellesley Council on Aging – Site Visit Notes

Hours	Monday - Friday 9:00 am to 4:00 pm
Number of people per day	60+ need to confirm (63% increase since opening)
Senior Center Only	Yes
Welcome Desk Visible as enter	No - around corner, no remote view/cameras
Administrative Suite	Yes, 2 offices behind Welcome Desk
Stairs	Switchback stair with window seat at intermediate landing, shallow risers for comfort
wall - protection, handrails/lean rails	Wood wainscot, no corner guards, lean rail
Seating Alcoves	on stair landing
Fitness Center - Exercise Machines/Weights	Yes, 2nd floor, 8 stations, overlooks multipurpose/dining room,
Dance Floor	Yes, adjacent to machines - too small
Exercise Room / Yoga, Zumba, etc.	Occurs in Multi-purpose rooms throughout
Pool Tables - Size/Number	Yes, 2 pool tables. In game room with card tables
Ping Pong Tables - Size/Number	No, but receives a lot of inquiries
Convenience Shower/Toilet Room	yes, near fitness machines
Dining Room	Occurs in large MP room - see below
Meals per day	can serve 30, typically 18 to 20 around 5 person round tables
Commercial Kitchen	
Warming Kitchen	
Catering Kitchen	yes, need enhanced storage and refrigeration to be commercial
Teaching Kitchen	
Café	yes, coffee bar, informal seating, fireplace
Rental Facilities	no
Multipurpose Rooms	all mp rooms have sinks and coat alcoves, good storage adjacent
Number of MP rooms	1st floor -large dividable space (2), 2nd floor 1 dividable room (2) + 2 rms
Largest Size/Capacity/dividable)	approx. 1,200 (800sf + 400sf) dividable, when fully open 100 for fitness, 80 for dining
Stage	no
Art Rooms - Specific Equipment	Craft room has large storage closet
Dedicated Rooms	Card/Game Room (where pool tables located)
Store/Resale Shop	no
Drop in Space - Unprogrammed	yes, outdoor patio, café/fireplace
Dedicated Volunteer Space	work at front desk
Storage Rooms Adequate	Yes - very well designed and near rooms where needed
Offices	1st floor behind welcome desk
Counseling Social Service Spaces	1 social service room on 2nd floor for privacy
Medical Exam Rooms	no
Medical Equipment Storage	
Exterior Program Spaces	outside patio, limited space for activates - use nearby park
Other Spaces of Note:	
Serves as Emergency Shelter with generator	No, no emergency generator
Used for Other Purposes	Some community meetings with cable access, polling station
Security	
Other Features	



Overall Impression – a very well crafted center with attention paid to details and high-end woodworking. Great storage placed in logical locations for each type of space.

Footprint smaller than other centers and they use other resources in the community to support their program needs, including the nearby park for outdoor activities

Tolles Parson Center Wellesley Council on Aging - Floor Plans

First Floor



Second Floor



Tolles Parson Center Wellesley Council on Aging - Notable Features



Welcoming Front Desk with Admin nearby, limited view of entrance - a lot of circulation behind desk



Easy Access to Patio, Limited outdoor activity space



Welcoming Café, Drop-in Space, storage built into dividing partition



Kitchen can be converted to commercial use . Raised Ceiling in Dining/MP room makes space feel more open, sonotubes in ceiling bringing indirect sunlight



Tolles Parson Center Wellesley Council on Aging - Notable Features



Comfortable stair to use, low riser height and visible tread definition. Window seat welcoming for chatting or resting while using the stairs



Game room with card tables and 2 pool tables for competitions



Fitness and dance room overlooks lower level Multi-purpose room. Some equipment able to be used by those in wheelchairs. Dance floor limited by size



Coat Alcoves and counters with sink in each multipurpose room allow room flexibility and people feel comfortable when they can see their coats and belongings



Event in 2nd floor MP room. Wide glass doors create easy access for different ranges of mobility and provides good visibility into the room



Lean Rail used throughout the center

Needham Center at the Heights & Council on Aging – Site Visit Notes

Hours	Monday - Friday Programs 9:00 am to 4:00 pm, confirm 7:00pm m/w and weekend hours
Number of people per day	125-150
Senior Center Only	Yes
Welcome Desk Visible as enter	Yes
Administrative Suite	Yes, on 2nd floor
Stairs	Yes, one run with intermed landing - could be daunting if mobility issues
wall - protection, handrails/lean rails	no corner guard, some dings in GWB, True grab rail - oak
Seating Alcoves	2nd floor corridor
Fitness Center - Exercise Machines/Weights	Yes, 1st floor, \$25/month, approx 14/15 stations
Dance Floor	no
Exercise Room / Yoga, Zumba, etc.	Occurs in Multi-purpose rooms throughout
Pool Tables - Size/Number	2 pool tables
Ping Pong Tables - Size/Number	1 table (another stored in basement)
Convenience Shower/Toilet Room	yes, 2nd floor
Dining Room	Occurs in large MP room - see below
Meals per day	brought in by Springwell, 9 round 5 person tables 45 for lunch, fully opened 150
Commercial Kitchen	Yes
Warming Kitchen	
Catering Kitchen	
Teaching Kitchen	Yes, mostly demonstrations in kitchen around large island table
Café	counter in front of kitchen can be used for coffee, etc.
Rental Facilities	yes, kitchen large room
Multipurpose Rooms	storage closets in room or near in corridor, coat alcoves in corridor
Number of MP rooms	1st floor - large dividable space (2), 2nd floor 5 + art room, conf room
Largest Size/Capacity/dividable)	3,000 sf, seats 250. Divides into smaller side near kitchen and large side near entrance
Stage	no
Art Rooms - Specific Equipment	Yes, with sink
Dedicated Rooms	pool/ping pong/computers/game room + computer room 2nd floor
Store/Resale Shop	Yes, visible from entrance
Drop in Space - Unprogrammed	yes, 2nd floor reading/fireplace & jigsaw/game area near deck entrance
Dedicated Volunteer Space	room behind desk
Storage Rooms Adequate	appears to be
Offices	Volunteer/Shine Dir./Assoc Dir Transport offices behind welcome desk, Exec dir upstairs.
Counseling Social Service Spaces	Social Worker & Supervisor upstairs for privacy
Medical Exam Rooms	yes, blood pressure/vision testing 2nd floor near exec. Dir
Medical Equipment Storage	in basement
Exterior Program Spaces	Yes, large deck on 2nd floor with raised accessible garden beds, bbq's and concerts
Other Spaces of Note:	
Serves as Emergency Shelter with generator	Emergency Generator, not emerg shelter but dpw workers spend night during storms
Used for Other Purposes	rental space, other to be confirmed
Security	
Other Features	



Overall Impression – a large center with high use activities on the first floor. Welcoming Desk and Store visible when entering the center. Two story spaces allow you to have easy orientation to your location in the building on the first and second floors.

A very active center with limited exterior space, with the exception of a very large 2nd floor outdoor deck – a great feature. A lot of spots in the center for unprogrammed use on the second floor

Steffian Bradley Architects



Needham Center at the Heights & Council on Aging – Notable Features



Welcoming Front Desk as you walk in the door



Store visible from entrance



Large commercial kitchen with teaching island in the middle



Lunch time dining on smaller side of dividable room, leaving larger room available for use



Seating Alcoves throughout



Automatic roll down dividing wall, more expensive but easier to use and takes up less floor space, needs space above ceiling when fully opened



First Floor Activity Spaces



Basement Storage

Needham Center at the Heights & Council on Aging – Notable Features



Large stair near elevator to encourage use, may be daunting to those with mobility issues. Gate closes at top landing to limit access to 2nd floor when not needed



Dedicated Computer room for classes and drop-in use



Different types of Multipurpose rooms



Drop in space and built in benches



Large Outdoor deck with raised gardening beds, bbq and concerts



True handrail used throughout



Companion Bathroom



Room for nurses

Marlborough Council on Aging and Senior Center – Site Visit Notes

Hours	Monday - Friday 8:00 am to 4:00 pm, Tuesday to 7:00 pm
Number of people per day	200 (will open to 50 year olds in the fall)
Senior Center Only	Yes, built on municipal land so did not included in project costs
Welcome Desk Visible as enter	Yes
Administrative Suite	Yes, 5 offices, copy area and Staff Toilet behind Welcome Desk
Stairs	Yes, one run with intermed landing - could be daunting if mobility issues
wall - protection, handrails/lean rails	wood chair rail, no hand or lean rail, no corner guards
Seating Alcoves	yes, 1st floor
Fitness Center - Exercise Machines/Weights	Yes, approx 8 machines
Dance Floor	no
Exercise Room / Yoga, Zumba, etc.	Occurs in Multi-purpose rooms throughout
Pool Tables - Size/Number	2 pool tables in room with glass front wall (orig designed as fitness center but considered too visible
Ping Pong Tables - Size/Number	no
Convenience Shower/Toilet Room	yes, 1st floor
Dining Room	yes, large room, need more info
Meals per day	yes, local restaurant comes in 3 times week, can serve 150 at 8 person round tables, lunch for 20-48 people per day
Commercial Kitchen	Yes,
Warming Kitchen	
Catering Kitchen	
Teaching Kitchen	
Café	?
Rental Facilities	yes, large room but cannot rent kitchen
Multipurpose Rooms	storage closets in room or near in corridor, coat alcoves in corridor
Number of MP rooms	1st floor large dividable room (arts/crafts & Exercise) (2) , 1 very large mp room for dining, large open space on 2nd floor will be subdividing into rooms in fall
Largest Size/Capacity/dividable)	size tbd,
Stage	yes, built in - lesson learned: should be on opposite side of kitchen
Art Rooms - Specific Equipment	Yes, first floor
Dedicated Rooms	computer lab first floor
Store/Resale Shop	yes - close to entrance
Drop in Space - Unprogrammed	yes, 1st floor reading/fireplace
Dedicated Volunteer Space	?
Storage Rooms Adequate	yes
Offices	Veteran's office & conf room first floor
Counseling Social Service Spaces	1 st floor?,
Medical Exam Rooms	Yes, Wellness room
Medical Equipment Storage	Yes, separate closet
Exterior Program Spaces	Large patio with BBQ and covered table area, adjacent to public park to share services, bocce and horse shoe, greenhouse to be build on property
Other Spaces of Note:	
Serves as Emergency Shelter with generator	Yes, large emergency generator(s)
Used for Other Purposes	day program - memory/dementia patients 4 hours/1 day per week
Security	cameras with monitoring at police station
Other Features	Staff break room 1st floor

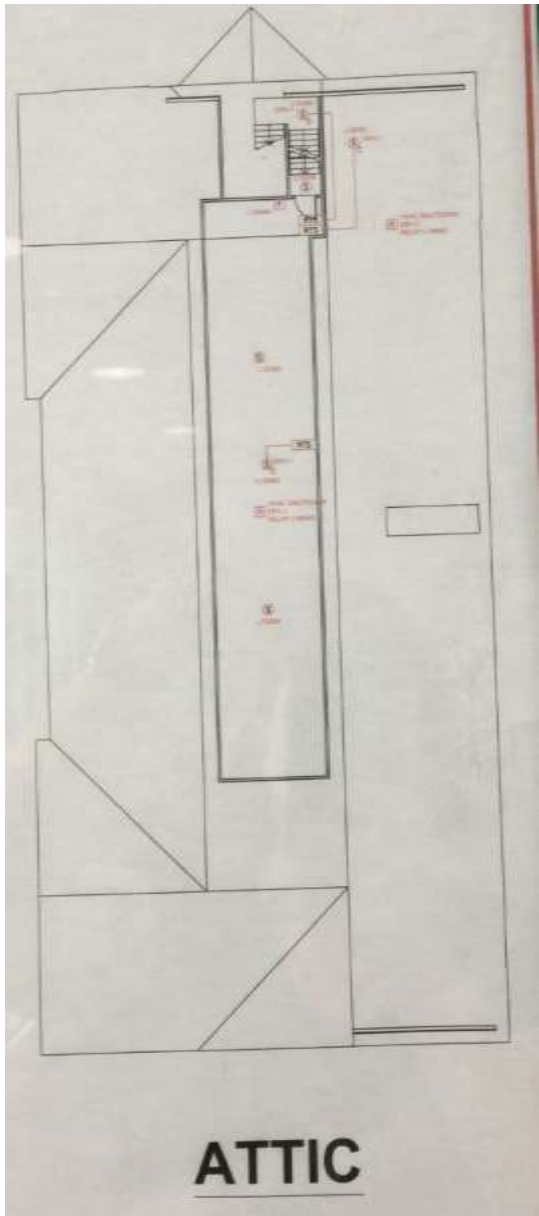
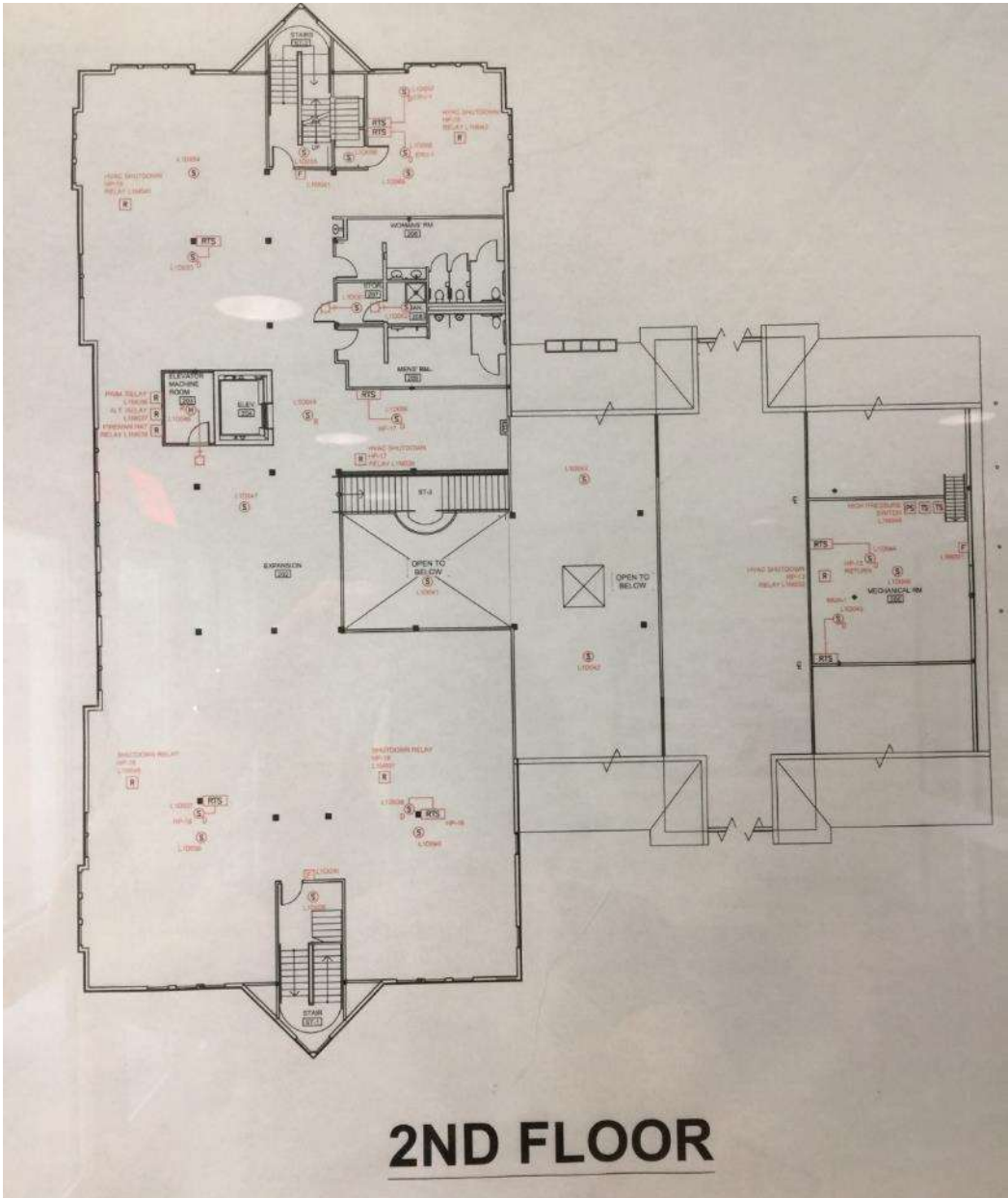


Overall Impression – a large center adjacent to public park land to share amenity spaces. Welcoming spaces on first floor with view of outdoor patio and park as you enter the building.

Took time to understand community needs and budget before building out second floor.

Lessons learned – permanent stage may limit flexibility in large multipurpose room and do not locate kitchen on same side as stage/performance area to avoid cross traffic in busy areas

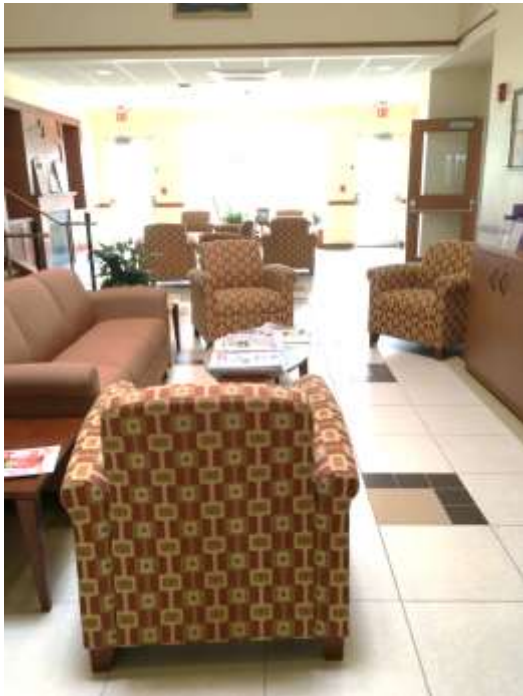
Marlborough Council on Aging and Senior Center – Floor Plans



Marlborough Council on Aging and Senior Center - Notable Features



Welcoming Front Desk as you walk in the door



Pool table in former Fitness room – use changed when seniors felt too visible while exercising



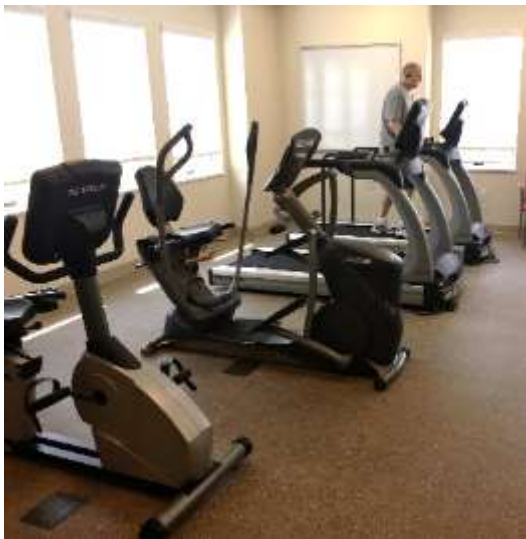
Stage located near kitchen entry



Donor Tree



Covered Patio facing park



Fitness Room



Kitchen access from dining area and exterior

Marlborough Council on Aging and Senior Center - Notable Features



Large stair near elevator to encourage use, may be daunting to those with mobility issues.



Overlook landing on stair. A lot of space behind reception desk



Coat Alcoves in Corridors



First floor Store, simple chair rail trim – no grab bars



Open area on second floor to have walls built soon



Medical Equipment Storage



First Floor Wellness Room