

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
QUESTIONNAIRE No.1 - Opened Oct 24, 2018						
1	1	Online Questionnaire 1	Not Asked	<p>Zumba Gold, Nia, Muscle Conditioning, or various other exercise classes for Seniors; also theatre workshop for Seniors. Current Sr. Center's Multipurpose Room is used for all exercise classes; basement's small library room is used for theatre workshop. Exercise classes could use a room 25-50% larger. [Also, given low cost of technology today, a video camera on the upper rear wall transmitting to a large flat screen tv on the wall over where an instructor typically stands would enable participants whose direct view of the instructor's "moves" are blocked at some points by the bodies or heads of other participants, to then follow on overhead screen.] Theatre workshop which meets in the small library and typically draws approx. 2 dozen+ people could use a larger space and one that had a stage area and curtain.</p> <p>NewCAL should have at least two large multipurpose rooms, several other decent sized rooms, administrative offices, a lounge/library space, warm smaller spaces for informal gathering and chatting, a modern kitchen and eating space, game rooms, fully equipped arts and crafts spaces with ample storage, and a large "auditorium" style room for presentations, performances and the like. Of possible interest, Belmont Sr. Center has an extremely large multipurpose room and a wall recessed in the ceiling which can drop down, breaking the space into 1/3 and 2/3 of the space. [They would have been smarter to put in two of these drop-down walls so that it could be broken into 3 smaller but significant spaces, given that they serve their lunches in the part that cannot be properly walled off.]</p>	31-40	<p>Specialized Storage: some for weights, etc. for muscle conditioning; and some chairs required for some muscle conditioning activities and some other exercise classes (and they will need to be stored for classes that don't want them). 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.</p> <p>Special Considerations age/ability/mobility: All the usual building features for seniors, some of whom will have mobility issues, will be required.</p> <p>Also, the current senior center has multiple individual use bathrooms; this is an excellent and underappreciated feature. Most new centers have typical bathrooms because the planners have not actually experienced old age. Given the realities of senior life, the four individual bathrooms on the main floor level (plus the two in the basement) are an excellent feature that should be retained in any new or rehabilitated structure. Indeed since after exercise classes, all are sometimes occupied at once, having at least two more gender neutral ones on the main floor level would be desirable. Other Comments: [For future reference, I note that this survey fails to provide for people engaging in more than one type of activity.]</p> <p>Exercise classes of one kind or another happen every day. Theatre workshop normally meets once a week for several hours but more frequently if a public performance is planned.</p>

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
						<p>The great preponderance of people will come by car and will need to park. Very ample parking will be required in any new or rehabbed facility. NewCAL should be a Seniors-Only facility between 8am and 4pm on weekdays. After 4, and on weekends, it can be available for other Newton community groups/activities involving other age groups, as is actually the case with the current Sr. Center building to some extent.</p> <p>Seniors who come and participate feel comfortable in the non-judgmental atmosphere of seniors-only programs in a seniors-only facility. Many come for the camaraderie and friendship that develops -- and many feel very strongly about this. (That does not mean they won't welcome the occasional, unique, event that crosses generational lines like the Newton South crossing-generations club visits).</p> <p>If Newton wants to also have a central recreation facility then it should build two facilities as Wellesley has done. Or it could build a very large facility with two separate wings: one for seniors and another for the general community. The difficulty with the latter idea is that it would require an extremely large plot of land which would likely require it ending up on the far periphery of Newton making it hard to reach for most people. And of course, if done right it would be very costly.</p>
2	2	Online Questionnaire 1	Not Asked	pool tables, photography	1-10	Tables and some photo equipment
3	3	Online Questionnaire 1	Not Asked	All of the current senior center activities. Plus expanded activities for seniors .	21-30	Provide storage for medical equipment, diverse equipment needed depending on the activity, must accommodate all physical abilities; hearing and vision impaired. Need to focus on the needs and wishes of newton's aging population. I am not sure who this questionnaire is for. Vendors? Will there be a questionnaire for seniors? Would anticipated commercial kitchen to be used for nutritional education and food service or community dining
4	4	Online Questionnaire 1	Not Asked	Case Management	1-10	Only chairs needed
	5	Online Questionnaire 1	Not Asked	HHS Education programs	101-200	Catering Kitchen - no food production would be needed
5	6	Online Questionnaire 1	Not Asked	Integrated exercise programs for all such as jazzercise, yoga etc.	Unknown	Small, if any storage needed for music to be played, need floor mats

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - *DRAFT*

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
6	7	Online Questionnaire 1	Not Asked	Talk of the Town Toastmasters	21-30	If Newton wants to also have a central recreation facility then it should build two facilities as Wellesley has done. Or it could build a very large facility with two separate wings: one for seniors and another for the general community. The difficulty with the latter idea is that it would require an extremely large plot of land which would likely require it ending up on the far periphery of Newton making it hard to reach for most people. And of course, if done right it would be very costly.
7	8	Online Questionnaire 1	Not Asked	Library book return/pickup, spreading access to library services across the city, particularly for pickup of reserves, returns drop-off and casual browsing, could greatly benefit many populations, particularly seniors,	1-10	Yes, this could range from a fully automated 24-hour library unit (see https://www.envisionware.com/24-hour-library/) to a browsing shelf and manual return bin. Both would be serviced by library staff visiting daily for about an hour. Optimal design would allow for 24 hour access, not just inside a facility with limited operating hours. food - vending

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	9	Online Questionnaire 1	Not Asked	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). Mix of furnishings for group activity and individual work. Food is always an attraction for folks to use a space. Certainly an integral part of local Innovation centers and co-working spaces. Cafe or Kiosk
	10	Online Questionnaire 1	Not Asked	Meeting space to do occasional library programs in an alternate setting	11-20	Conference room, café/kiosk for food services
8	11	Online Questionnaire 1	Not Asked	TBD	101-200	Tables and chairs
9	12	Online Questionnaire 1	Not Asked	Talks, Trips and tours, workshops and demonstrations	Unknown	Tables and chairs, storage for art and other equipment, a kitchen or cooking equipment may sometimes be required. People might need to be happy using dyes, paints and other coloring materials, would need commercial kitchen for food production and nutritional/teaching. Community dining for 51-100 people
10	13	Online Questionnaire 1	Not Asked	Bocce	1-10	Chairs only, need small bin for the bocce balls and a rake, vending

QUESTIONNAIRE No.2 - Opened Oct 10, 2018

11	14	Online Questionnaire 2	51-70	Socializing & making new friends	0-9	Natural light, comfortable chairs, café
12	15	Online Questionnaire 2	51-70	Computer/Technology Help	30-49	Wi-Fi Service / Good Lighting
	16	Online Questionnaire 2	51-70	Lecture / Learning Programs	30-49	Chairs with desk attached for writing and taking notes, vending

QUESTIONNAIRE No. 3 - Opened October 15, 2018

13	17	Online Questionnaire 3	71+	Space for performing arts - theatre, music, dance	Varied but could be from 10 (as a class) - 250+ (as a performance or event)	Supporting structures such as backstage areas, lighting, microphone, storage for equipment, appropriate seating options such as risers
	18	Online Questionnaire 3	71+	Space for art and craft activities such as pottery, woodworking, painting, etc.	12 - 20 per class	Appropriate equipment such as kiln, sink, tables storage
14	19	Online Questionnaire 3	51-70	More exercise classes and better teachers-e.g. yoga, chair yoga, Zumba, Zumba Gold, Ageless Grace	7-25	good teacher for yoga...not familiar with chair yoga teacher; chairs, space

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	20	Online Questionnaire 3	51-70	Have others but can't think of at the moment except more things appropriate for the "younger" crowd.		
15	21	Online Questionnaire 3	71+	A game area (mahjong or bridge)	multiples of 4	card tables
	22	Online Questionnaire 3	71+	Yoga area	20	a quiet area
16	23	Online Questionnaire 3	51-70	Fitness and exercise room	25	Fitness equipment and trainer
	24	Online Questionnaire 3	51-70	Group exercise activities	30	Large room and qualified teachers
	25	Online Questionnaire 3	51-70	Ongoing classes on various subjects	25	Room and qualified teachers
17	26	Online Questionnaire 3	71+	Physical fitness center	I have no idea	A number of exercise machines (ellipticals, stationary bicycles, treadmills, etc.), TV's to watch while exercising.
	27	Online Questionnaire 3	71+	French conversation group	7-10	Comfortable chairs, tables, coffee
18	28	Online Questionnaire 3	51-70	a large room for an orchestra or band to rehearse and perform	15-25 people to rehearse; 20-30 audience members for performance	chairs without arms for musicians, good lighting
19	29	Online Questionnaire 3	71+	Exercise & yoga &/or Tai Chi classes	20	large room, floor mats, chairs, sound system
	30	Online Questionnaire 3	71+	space with chairs and tables for informal, ad hoc conversations among people	varies by time of day; could be 40 peer day, not all at the same time	Coffee & disposable coffee service
	31	Online Questionnaire 3	71+	talks/lectures on health topics	35	seating, sound system, projector, quiet room away from noise and kids
20	32	Online Questionnaire 3	51-70	Physical fitness led classes	15	Ample sized room with light and ventilation.
	33	Online Questionnaire 3	51-70	Group discussion meetings to talk about books or current issues	8 to 10	Quiet space
	34	Online Questionnaire 3	51-70	Classes to learn or try a new skill or activity such as cooking/baking/language/art	8	Space and equipment



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - *DRAFT*

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
21	35	Online Questionnaire 3	71+	Ping pong	No idea	Ping pong table
	36	Online Questionnaire 3	71+	Pool (billiards)	No idea	Pool table
	37	Online Questionnaire 3	71+	Regular group walks/hikes	No idea	No

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
22	38	Online Questionnaire 3	51-70	Studio space for yoga, Pilates, meditation and other group focused wellness activities.	8-15	Yoga mats, free weights, foam rollers, meditation cushions and chairs, Pilates towers, sound system, at least one wall that is all mirrors, ballet type bars on the wall with mirrors, soft balls (kickball size) and large exercise balls (the kind you sit on), Thera bands...
	39	Online Questionnaire 3	51-70	Studio space for art classes (drawing, painting, sculpting/ceramics work, printmaking...), creative activities such as jewelry making, beading, sewing/quilting, hand-crafting, working with recycled/reusable materials to create art or new and useful things (Maker type activities).	Up to 20	Art supplies such as watercolor, acrylic and oil paints, brushes, stretched canvass, watercolor paper, brushes (good quality, many sizes), faucet at a large sink, clay, kiln, glazes for ceramics, femo or sculpy clay, chairs, smocks, tripods for painting, sewing machines, yardage of fabrics and scraps, sewing needles for the machines and for hand sewing, yard sticks and soft measuring tapes, many colors of thread, sewing findings like hooks, zippers, snaps, good quality scissors for cutting fabrics, med-quality scissors for cutting paper, construction paper, various types of glue, foam core (large), large-scale paper cutter capable of cutting foam core, beads (many types) for jewelry making, jewelry making findings like hooks for earrings, string, ribbon and the like for making necklaces, storage closets, space allotted for showing works created (i.e. a Gallery with a suitable hanging system like Walker Rods)...
	40	Online Questionnaire 3	51-70	Green house for year-round gardening, out door gardens with some raised beds, good sun exposure for growing vegetables and flowers. Great for inter-generational activities!	Unlimited as people could work in the green house or gardens in shifts.	Kits for making raised beds, whatever it takes to build a green house (location vis-a-vis sun exposure must be taken into consideration), must have a source of water indoors at a sink and outdoors for several hoses and/or an irrigation system, gardening tools such as appropriate style shovels, rakes, hoes, hand tools (trowels, hand-held rake type...), reference books (for all of my suggestions on this form), flower pots (some decorative), growing lights in the green house as need be, cold frames outside, good quality soils, organic fertilizers. Work with the folks at Newton Community Farm.
23	41	Online Questionnaire 3	51-70	Informative Presentations	8-12 or more	Changes in taxation, uses of technology to assist in exploration
24	42	Online Questionnaire 3	71+	Workouts for seniors	10-15	full service gym equipment, a fitness instructor,
	43	Online Questionnaire 3	71+	Lectures on various topics	25-200	Modular room easily assembled by seniors, folding chairs, possibly some folding tables, access to a place to make coffee and serve light snacks, media equipment and hookups
	44	Online Questionnaire 3	71+	game rooms	4-12	folding tables and chairs, access to space to make coffee and serve light snacks
	45	Online Questionnaire 3	71+	small group activities like book clubs or other types of interest clubs		comfortable chairs, access to area to have coffee and light snacks, hookups for media presentations
	46	Online Questionnaire 3	71+	small rooms to meet with tax helpers or other people brought in to help with elder services	2	table, chairs computer hookup

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	47	Online Questionnaire 3	71+	space to receive flu shots and other simple medical services	2-4	whatever medical people suggest
25	48	Online Questionnaire 3	51-70	I guess I don't really know. I like things local -so if it's in Newton Lower Falls - it would be to continue to have the 55+ exercise classes and maybe others about finances, etc.	15-20 people	
26	49	Online Questionnaire 3	51-70	yoga, tai chi, and/or similar exercise/meditation classes	15-25 people per session	large, uncluttered room with good lighting (for yoga)
	50	Online Questionnaire 3	51-70	classes, workshops, lectures	20-30 people per session	large meeting room with A/V equipment, small stage, screen, etc.
	51	Online Questionnaire 3	51-70	field trips to nearby historical, cultural, environmental destinations	25-50 people per trip	coach, bus, van or something similar
27	52	Online Questionnaire 3	51-70	Social activities like art, games, wellness	15-20	Instructors, tables, materials
28	53	Online Questionnaire 3	51-70	exercise/movement/mind-body (meditation) classes	8-20	flexible space that can be cleared or have chairs and other equipment in it.
	54	Online Questionnaire 3	51-70	place for people to congregate, talk, have coffee	2-20	comfortable chairs, tables
29	55	Online Questionnaire 3	51-70	Senior Services	30	No
30	56	Online Questionnaire 3	71+	<p>Please download the past 2 years of the senior center bulletin. Most of the kinds of activities I want have been included there. It would be much more effective and efficient for data gathering if you could sort those activities, and then ask seniors to indicate if they had attended activity in past 2 years - on occasion or often - or if they would like to attend in next 5.</p> <p>Then leave a number of unformatted boxes for additional ideas - many of which will be inspired by activities that have already occurred.</p> <p>That would give a uniform starting point from which to gather data. Otherwise you will get an infinite number of responses and have no way to gauge the popularity of each.</p> <p>I would like to see a small, comfortable center better laid out and just 2 or 3 times the size of the current one. I am not interested in having Newton spend money for a multigenerational space unless somebody can show that there is not already enough space in newton schools, community centers (like Hyde or others in which Newhall meetings have been held), churches, and public and private centers (like vets, JCC or Y) which could be borrowed or even rented much more quickly and less expensively than putting up a new building and then programming.</p> <p>Seniors are 25% of the Newton population and the only group that does not have its own reasonably sized space.</p>		



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - *DRAFT*

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
31	57	Online Questionnaire 3	71+	No Response		
32	58	Online Questionnaire 3	51-70	No Response		
33	59	Online Questionnaire 3	51-70	Sports fitness information	Many	

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - DRAFT

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
34	60	Online Questionnaire 3	51-70	Yoga Tai chi meditation		No
35	61	Online Questionnaire 3	71+	ARTS AND CRAFTS	8 to 12	TABLES FOR PAINTING, A POTTING WHEEL FOR CLAY,
36	62	Online Questionnaire 3	71+	computer instruction	one on one	No
37	63	Online Questionnaire 3	51-70	Writers' group	8 to 10	No
38	64	Online Questionnaire 3	71+	Senior Housing		
39	65	Online Questionnaire 3	51-70	Swimming	8	A Pool
	66	Online Questionnaire 3	51-70	Yoga and Meditation classes	10 to 12	No
	67	Online Questionnaire 3	51-70	planting and gardening	variable	a greenhouse
40	68	Online Questionnaire 3	71+	Peer to peer classroom learning	4 to 20	PowerPoint projector, access to internet
	69	Online Questionnaire 3	71+	Quiet library area with lounge chairs and also two-armed straight back chairs and good lighting	circa 30	quiet, chairs, tables, good lighting, cozy and comfortable furniture and rugs
	70	Online Questionnaire 3	71+	dedicated fitness and dance classroom space	4 to 20	hardwood floor, barre to hold on to, mirror, good lighting
	71	Online Questionnaire 3	71+	Small Auditorium for lectures, performances, films but NOT for activities on health, wills, financial planning, estates	100	Hold activities for health and death and taxes at city hall or Newton library, not at the NewCAL!
41	72	Online Questionnaire 3	71+	Chair exercise	8 to 10	Qualified instructor, chairs
42	73	Online Questionnaire 3	51-70	Group exercise classes	5 to 25	Space, sound system, instructors
	74	Online Questionnaire 3	51-70	Group trips	5 to 20	Car and driver; coordinator
43	75	Online Questionnaire 3	51-70	This is a kind of ridiculous question. We don't know what hours it would be open for seniors only and what hours it would be open for under-senior (HS, etc.). Certainly we would not want it to duplicate things that, e.g. the YMCA has, such as a full-bodied gym. There is nothing online right now that shows what your recommendations are, or how you physically would envision the center - eg how much more sq footage, etc. Are you modifying the building by adding glass annexes and put the stairs, etc., in the glass annex, allowing more floor space for actual activity space? This question is kind of meaningless.		
44	76	Online Questionnaire 3	71+	Defined Meet-ups for people to share hobbies/interests/talents	6 to 10	Tables and chairs, accessible entrance, bathrooms etc
	77	Online Questionnaire 3	71+	Continuation of range of classes and activities that are currently offered at Senior Center	8 to 12	

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	78	Online Questionnaire 3	71+	Intragenerational activities	10 to 12	Tables, chairs material to depend on activity
45	79	Online Questionnaire 3	51-70	Ping Pong tables	2 to 4	ping pong tables and balls and racquets
	80	Online Questionnaire 3	51-70	a place to play cards	4 to 12	tables, chairs, cards/mah jong sets
	81	Online Questionnaire 3	51-70	space for tai chi classes	4 to 12	a teacher
46	82	Online Questionnaire 3	71+	meals, Tai Chi/Tong Ren types of activities, community organizing events, assistance with public services, e.g. transportation, voting, various civic engagements, bridge events,	20 to 50	just the space and seating
47	83	Online Questionnaire 3	71+	an indoor swimming pool. Right now there is only limited indoor swimming in this community for residents who can't or don't join a y or health club. It is great exercise and would be a wonderful community asset. Right now only Newton North has indoor pool and it has limited hours for residents.	10-30 every hour it would be open	No I know how to swim. But if it were available, they could have swimming classes for all ages, and a family swim hour, it would be just great
	84	Online Questionnaire 3	71+	A room for quiet reading, sort of a library type setting.	5-10 at a time.	No. But right now there is only one library in this city (terrible decision to close branches) and it is often very busy and hectic.
	85	Online Questionnaire 3	71+	A large community room with a kitchen set up attached	10-100	No, it would just provide another place for the community to meet, and perhaps have a snack together. Sort of like the room the Scandinavian Living Center has.
48	86	Online Questionnaire 3	51-70	Lectures & Discussions	10-100 people	Meeting rooms, table, chairs
49	87	Online Questionnaire 3	51-70	all around services such as yoga, exercise programs, workshops on laws, medicare, etc.	50 - 100 if not more	
50	88	Online Questionnaire 3	51-70	A place to learn to play ukulele.	5-8 people	A teacher and everyone to bring a ukulele. Teacher would supply materials.
51	89	Online Questionnaire 3	71+	a place to sit and have tea or coffee with friends	2 to 4	food service
52	90	Online Questionnaire 3	51-70	work out equipment; aerobic machines	1 to 1	stationary bikes, elliptical
	91	Online Questionnaire 3	51-70	yoga classes	10 to 15	open space for yoga mats

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
53	92	Online Questionnaire 3	51-70	Pickle ball!	A huge crowd.	Lines placed on the floor, pickle ball nets which are inexpensive (about \$150 on Amazon) Right now indoor pickle ball is only one court at the Lower Falls Community Center. It is not nearly enough for the large number of people who play, so players go to other towns with bigger facilities (Belmont, Burlington...) In the summer, the 4 courts at The Cove in Auburndale are FULL every session. And when the weather changes we are down to one court.
54	93	Online Questionnaire 3	51-70	pickle ball	at least 4+ but could be any number depending on number of courts	gym type space with standard size pickle ball court with lines and net; supply balls and racquets or people can bring their own; good lighting
55	94	Online Questionnaire 3	51-70	A place to play pickleball	50-60 or more	Nothing special, just pickleball courts and portable nets
56	95	Online Questionnaire 3	51-70	Pickleball courts with organized meeting times	30	
57	96	Online Questionnaire 3	71+	Card playing....meeting room...snacks....movies....1/2 basketball court and pickleball court (s)	8	
58	97	Online Questionnaire 3	71+	Pickleball, (particularly in winter) where inside courts are scarce, bus trips to interesting events, New York, Red Sox away games	30-40	Court (net, lines) in gym area
59	98	Online Questionnaire 3	51-70	Pickleball	4 per court x number of courts	Court (net, lines) in gym area
60	99	Online Questionnaire 3	51-70	Ping Pong	10	Ping Pong tables and space
61	100	Online Questionnaire 3	51-70	Pickle Ball	12	Pickle Ball Courts - Indoors and Outdoors
62	101	Online Questionnaire 3	71+	pickleball	30	pickleball courts, nets, balls
63	102	Online Questionnaire 3	71+	ping pong	2 to 4	ping pong table, net, rackets and balls

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
64	103	Online Questionnaire 3	51-70	Indoor tennis/pickle ball courts	2-100	Courts balls rackets
65	104	Online Questionnaire 3	51-70	Indoor turf field	100's	Yes indoor turf field
66	105	Online Questionnaire 3	51-70	Indoor golf simulator	100's	
67	106	Online Questionnaire 3	51-70	exercise (stretching, weight lifting, aerobics, yoga, pilates) to keep moving well	15-20 per class	weights, exercise mats
68	107	Online Questionnaire 3	51-70	lectures on health, politics, books, movies, local speakers	30-40	people to come to speak
69	108	Online Questionnaire 3	51-70	art activities - watercolor, printmaking, collage/mixed media classes,.....	15-20	room and teacher
70	109	Online Questionnaire 3	51-70	large exercise space: dance, yoga, zumba	20-30	wood floor, good lighting, good ventilation
71	110	Online Questionnaire 3	51-70	Exercise classes and gym equipment	Classes less than 20.	Equipment area is separate and large enough for several users at a time. "Classes. Mats, hand weights, steps etc depending on kind of class including chairs for those who might need them Exercise equipment treadmill bike universal "
72	111	Online Questionnaire 3	51-70	Small meeting rms and lg rms	10 - 100	Adjusting lights,heating, and good hearing
73	112	Online Questionnaire 3	71+	Gym for basketball and Pickleball	10 for basketball 10 Pickleball	Hoops and Pickleball nets
74	113	Online Questionnaire 3	51-70	pickle ball	4 on each pickle ball court so 8	pickle ball court with net and lines marked
	114	Online Questionnaire 3	71+	Concerts	100	stage , seating, audio visual, projector



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - *DRAFT*

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
75	115	Online Questionnaire 3	71+	Intergenerational Activity - creative problem solving competition w prizes	seven - three seniors, three teens, one facilitator	a creative leader who would develop the program and prizes such as movie tickets

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	116	Online Questionnaire 3	71+	Alternate Gift Fair	200	tables, large gathering space, refreshments, live music, organizer for inviting nonprofits to provide cards for donors to give instead of "stuff" and who would promote event
76	117	Online Questionnaire 3	51-70	Pickleball	30-50	small courts - 20x30
77	118	Online Questionnaire 3	51-70	completing a puzzle	1 to 3	a large table and a few chairs
	119	Online Questionnaire 3	51-70	card/bridge playing	4	a table and four chairs; cards
	120	Online Questionnaire 3	51-70	weight training class		space; weights; instructor; possibly flooring with a little give
78	121	Online Questionnaire 3	51-70	A place to gather with excellent lighting andWiFi. Purpose being to practice comfortable balanced walking movements that are like actual walking but do require lifting the feet or moving about.	50-100	Media presentation - audio/visual equipment.
79	122	Online Questionnaire 3	51-70	Senior Tennis/Pop Tennis/Pickleball	Dozens per day	One or two outdoor courts; one large indoor gym space
80	123	Online Questionnaire 3	31-50	A gym	unknown	Gym equipment
	124	Online Questionnaire 3	31-50	Cafe	Seat up to 30 people	A ambience where you can hear each other
81	125	Online Questionnaire 3	51-70	Meal services for people with limited income or disabilities and their caregivers	You know better than i do	You know better than i do
	126	Online Questionnaire 3	51-70	Transportation for people in financial need or with disabilities	You know better than i do	You know better than i do
	127	Online Questionnaire 3	51-70	Health care advocacy services	Hundreds	Social worker with knowledge of the health care system and Medicare
82	128	Online Questionnaire 3	71+	Talks; Lectures	10	

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
83	129	Online Questionnaire 3	71+	art workroom/studio	eight to ten (as is now)	tables chairs easels kiln
	130	Online Questionnaire 3	71+	tai chi	20 plus	Adequate space for exercise
84	131	Online Questionnaire 3	71+	Life Long Learning--art classes		
85	132	Online Questionnaire 3	71+	I might want to lead a group that reads short stories	6 to 10	A conference table, chairs
86	133	Online Questionnaire 3	51-70	Pilates, exercise bikes		Equipment
	134	Online Questionnaire 3	51-70	Book lcub	4 to 10	
87	135	Online Questionnaire 3	71+	A place to play cards and games	4 to 6	Table and chairs (card tables). Drinks
	136	Online Questionnaire 3	71+	Mahjong, canasta, bridge speakers on current events, history	4-6 per table for a game, 18-30 depending on discussion	
	137	Online Questionnaire 3	71+	Water aerobics	18-20 per session and depending on size	
88	138	Online Questionnaire 3	71+	NONE	NONE	
89	139	Online Questionnaire 3	71+	I rehearse with the senior swing band-15 to 20 people	15-20	piano electronics
90	140	Online Questionnaire 3	51-70	Intergenerational Activities	up to 30	room to create, move, sitting and stage kind of space
	141	Online Questionnaire 3	51-70	Bereavement group	2 to 10	cozy room



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	142	Online Questionnaire 3	51-70	Meditation group	up to 20	
91	143	Online Questionnaire 3	51-70	Fitness area with classes and equipment	Not qualified to ar	Space, equipment, instructors
	144	Online Questionnaire 3	51-70	Auditorium for lectures, guest speakers, cultural events etc		
	145	Online Questionnaire 3	51-70	Technology center with a specific focus on educating/informing seniors on tech to assist seniors in staying in their homes, helping with mobility, ways to communicate, advances in health technology etc		
92	146	Online Questionnaire 3	71+	exercise, games, meeting rooms	8 to 30	wooden floors for exercise, furniture
93	147	Online Questionnaire 3	71+	Same as current senior cener		
94	148	Online Questionnaire 3	71+	No Response		
95	149	Online Questionnaire 3	51-70	Some workshops on birding, nature, PBS and Nova inspired learning opportunities. Serve a new era of seniors-those who grew up in the 60's and don't care for swing band music and bingo! A little folk music please! I would welcome some oportunities for social activism " light" and some charity volunteer opportunities.	Immaterial	Some new forward thinking leaders and input from some community organizations.
	150	Online Questionnaire 3	51-70	More oppotunities for small van trips into Boston and the surrounding communities. I drive but don't feel up to the metro traffic.	I like 10-15, but th	Small van availability
	151	Online Questionnaire 3	51-70	Just a note that I live in Auburndale and would like either van trips stopping here for pick ups or some activities to be held at the Cove park or perhaps the Auburndale Library. I would be willing to volunteer time toallow this to happen.		
96	152	Online Questionnaire 3	71+	Indoor Walking Track	2 to 12	Lighting and railings
97	153	Online Questionnaire 3	71+	Ping pong	2 to 4	Ping pong table, paddles, balls

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
97	154	Online Questionnaire 3	71+	Walking/hiking club		
98	155	Online Questionnaire 3	51-70	Education programs of interest to seniors	20-40 people	Chairs, lectern, projector, screen
99	156	Online Questionnaire 3	71+	A comfortable accessible, well lighted, well furnished room with good acoustics and large enough to accommodate 15 tables of Bridge. Assume and provide for up to 20 wheelchair bound players contesting for with 40 ambulatory players The room should be program end for five 3-hour Bridge sessions each week and open for other activities rest of week. A professional Director should be provided For each session of Bridge.	60	
100	157	Online Questionnaire 3	51-70	Meeting space for local non-profit groups. By way of background, I want to explain that there are many small charitable organizations and foundations in Newton, which make a mighty contribution to the well-being of Newton and its residents. Yet, many of these groups have no space of their own and it is difficult to find meeting space.		tables and chairs
	158	Online Questionnaire 3	51-70	art studio space	10 at the same time. By sharing spaces, as many as 200 or more could be accommodated.	
101	159	Online Questionnaire 3	71+	Play scrabble	2 to 4	
	160	Online Questionnaire 3	71+	Lectures	30	
102	161	Online Questionnaire 3	71+	Life long learning classes	15 or more	Chairs, lighting
	162	Online Questionnaire 3	71+	Assistance with technology, e.g., iPads, iPhones, laptops, etc.	6 to 8	Chairs, desks, access to plug in equipment, if needed
	163	Online Questionnaire 3	71+	Musical performance or movies	15 or more	Chairs, lighting

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
103	164	Online Questionnaire 3	71+	bridge	4 to 5	cards...tables and chairs...paper
104	165	Online Questionnaire 3	71+	Help with filing for state/national benefits	2	
105	166	Online Questionnaire 3	51-70	CERAMICS STUDIO	4 to12	KILN, TABLE , CHAIRS, GOOD LIGHTING, THROWING WHEELS
	167	Online Questionnaire 3	51-70	LUNCH AREA	25+	TABLE, CHAIRS, KITCHEN FACILITY
106	168	Online Questionnaire 3	51-70	Lunch meals	20	Attention to food allergies
107	169	Online Questionnaire 3	71+	Advice on health practices and Medicare	20	Experts in health services available
108	170	Online Questionnaire 3	71+	COMPLETE TECHNICAL SERVICES	2 to 10	HARDWARE AND SOFTWARE
109	171	Online Questionnaire 3	71+	Conference room for Spanish classed	20-25	Table chairs
	172	Online Questionnaire 3	71+	Small meeting room for The Spanish conversation group	8 to 10	Table and sufficient chairs
	173	Online Questionnaire 3	71+	I ask that you should rethink the whole concept of an intergenerational facility. There are numerous after school programs for teens but Newton has only one facility dedicated to the activities and interests of seniors. I don't understand how Needham and Wellesley were able to build incredible facilities dedicated strictly to seniors and how Newton does not want to have 1 facility that addresses this population group. If you think that rowdy adolescents are not going to take over the place, be disrespectful to some seniors with impediments, and have a negative attitude about having to share with old people, then you haven't been mindful of what's been happening in society. Terrible idea. Horrendous step back for Newton's seniors.		
110	174	Online Questionnaire 3	71+	pottery facilities		wheels, kilns, supplies

12



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
111	175	Online Questionnaire 3	51-70	fitness classes (tai chi. e.g.)	25-30	large carpeted space with high ceilings
	176	Online Questionnaire 3	51-70	movies/ theatre	25-50	large screen, comfortable tiered seating or screen up high enough so all can see.
	177	Online Questionnaire 3	51-70	book groups/conversation groups	10 to 15	table and comfortable chairs. sunlit - not in a basement!
112	178	Online Questionnaire 3	71+	n/a		
113	179	Online Questionnaire 3	71+	Support for Intergenerational Families living in their own homes.		Since this would be an additional consultatioh and support for fMILIES WHO CHOOSE TO LIVE INTERGENERATIONALLY AND IS NOW, NOT A SERVICE AVAILABLE IT IS NOT KNOWN HOW MANY FAMILIES LIVE INTERGENERATIONALLY AND WOULD LIVE IN THIS FASHION IF SUPPORT FROM THE CITY WERE TO BE AVAzILABLE. i PERSONaLLY WAS LOOKING FOR SUCH A SERVICE!
	180	Online Questionnaire 3	71+	A GAME LENDING LIBRARY		
	181	Online Questionnaire 3	71+	A problem solving corner		
114	182	Online Questionnaire 3	71+	Social activities, play cards. Drink coffee, light exercise	4 to 10	
115	183	Online Questionnaire 3	71+	Book Club	15-20	A table/workspace in front of each person to set our book and papers on as we discuss the month's selection and a chair for each person to sit on. The book club members need to be able to face each other, so a long table/s is/are needed vs. rows of tables. It also needs to be a quiet space so that people who are hard of
116	184	Online Questionnaire 3	71+	exercise classes	20-30	good lighting large floor gym type space
	185	Online Questionnaire 3	71+	art classes	10 to 15	tables, chairs, art supplies
	186	Online Questionnaire 3	71+	book club or discussion groups	10 to 15	comfortable chairs , tables

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
117	187	Online Questionnaire 3	71+	Art room	10+	Safe storage, sink, good lighting
118	188	Online Questionnaire 3	71+	Physical activities like Zumba, tai chi, tap dance....	15	Good wooden flooring
119	189	Online Questionnaire 3	71+	n/a		
120	190	Online Questionnaire 3	71+	Café for meeting people	10	Light refreshments counter, table, chairs, newspapers/magazines, book shelves
121	191	Online Questionnaire 3	71+	n/a		
122	192	Online Questionnaire 3	51-70	Swing Band	12 to 20	A large, open room capable of holding 20+ chairs in a semi-circle, piano (thecenter should have at least one grand piano and/or a very goodm electric kedyboard).
	193	Online Questionnaire 3	51-70	several rooms suitable for group meetings (facilatate) a monthly suipport group	6 to 12	A relatively quiet comforrtable room with room for dozen chairs in a circle (a large central table is nice,but optional).
123	194	Online Questionnaire 3	71+	Low impact exercise classes, including Thai chi	16-20	an instructor
	195	Online Questionnaire 3	71+	computer/technology classes	12	computer lab and instructors
	196	Online Questionnaire 3	71+	Health clinic that provides flu shots, blood pressure, weight consultation, toe nail clipping...	dozens throughout the day	Health care professionals and equipment
124	197	Online Questionnaire 3	71+	n/a		
125	198	Online Questionnaire 3	71+	Lectures & Classes	20-150 people	Sound system; plenty of seating
	199	Online Questionnaire 3	71+	Senior fitness—chair yoga,stretching, and more	8 to20	Chairs, clean floor soace, yoga mats

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	200	Online Questionnaire 3	71+	Coffee space	10 to 50	Coffee, pastries, other foods, tables & chairs
126	201	Online Questionnaire 3	51-70	Exercise, gym, meals, exercise classes, info for seniors	2 to 30	I would like this space to be for seniors only. There are many places for younger people. We do not need to navigate a space where kids are running around or people are impatient with our slower mobility.
127	202	Online Questionnaire 3	51-70	n/a		
128	203	Online Questionnaire 3	71+	duplicate bridge	24	6 card tables, cards, duplicate boards
127	204	Online Questionnaire 3	51-70	A place for social interaction and organizations such as book groups and art classes to meet.	10 to 15	volunteer teachers, tables/chairs, lighting, drinks/coffee
128	205	Online Questionnaire 3	71+	Art studio space, larger and improved with storage. The more class offerings the better. We socialize in the studio. Friendships and support systems are forged.	Lots of interest in art classes! For ceramics, we have 20 enrolled each Thurs, with a full house for open studio on Tuesdays.	Storage. Shelving. Counter space. Another sink, or at least one double-wide.
129	206	Online Questionnaire 3	31-50	Athletics. Gardening		
130	207	Online Questionnaire 3	71+	Posture exercises	5 or 6	Only a qualified instructor
131	208	Online Questionnaire 3	51-70	mah jongg playing area	I think many would come if it is organized	the center should have 4 mah jongg sets. If there was coffee and tea available that would be a plus
	209	Online Questionnaire 3	51-70	daily group Zumba classes for 60 year olds	no idea	teacher and sound system and appropriate space
132	210	Online Questionnaire 3	71+	n/a		

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
133	211	Online Questionnaire 3	71+	Swimming	10 or more	A pool
	212	Online Questionnaire 3	71+	Tai chi and dance arobics	10 to 25 depending on location. Start thinking of more activities in Lower Falls!	Instructor
134	213	Online Questionnaire 3	51-70	workout room	over 12	workout equipment
	214	Online Questionnaire 3	51-70	swimming pool	over 12	
135	215	Online Questionnaire 3	71+	Play cards	4 to 6	
136	216	Online Questionnaire 3	51-70	Exercise classes geared for seniors	Not sure, I do think it would be popular	An instructor, a large room with music
	217	Online Questionnaire 3	51-70	Physical therapy pool with a treadmill in the pool	Not sure	Small exercise pool maybe 2
137	218	Online Questionnaire 3	71+	Social activities	20	Pools with a treadmill in the pool
138	219	Online Questionnaire 3	71+	Ping pong table	2 to 4	Room enough for a ping pong table
139	220	Online Questionnaire 3	51-70	An art activity room with large industrial sink, long tables, stools, cabinets/shelving, good natural lighting, maybe easels and lockers.	4 to 10	Person/teacher in charge, but may not be necessary for experienced artists; so maybe just a few times during the week. See above for other needs.
	221	Online Questionnaire 3	51-70	Very large workout room for Zumba, dance, and similar classes. Room at current Sr Ctr is much too small and cramped. This room could also be used for other large group activities or meetings, movie showings, etc.	5 - 100	Mirrors on walls, maybe barres for dance classes. Maybe sliding panels could cover the mirrors when not in use, if money permits. Also need good flexible lighting and lots of outlets for electrical, microphones, music.

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
	222	Online Questionnaire 3	51-70	Nice open, inviting common area (like in the Needham Sr Ctr), with medium-sized ROUND tables and chairs, couches, maybe a TV, movie-showing equipment, a computer or two (or more), or at least desks for laptop use, a book shelf for book exchanges, a food purchase area to one side as in Needham (a cafe). Natural light with soft curtains at sides of windows for coziness.	5 to 20	5-20 (4 tables, 2 couches, a few armchairs) Personnel to run cafe if included. Game boards/ equipment like chess and checkers, a few starter books, coffee maker (keurig) if possible, newspaper and magazine racks. Side tables by couches. Coffee maker not necessary if coffee shop located nearby. Dimmable lighting. Media charging outlets.
140	223	Online Questionnaire 3	71+	Lectures of interest. Exercise	Lectures. 20. Exercise 12	Instructors
141	224	Online Questionnaire 3	71+	Learn a language	10	
142	225	Online Questionnaire 3	51-70	Dancing Art student league classes Aerobics, walking, stretching classes		
	226	Online Questionnaire 3	51-70	Personal Care Classes + Book Club		
143	227	Online Questionnaire 3	71+	I would like to art workshops	4 to 6	tables, storage area and closets or bins to hold art materials
	228	Online Questionnaire 3	71+	ensemble playing area, including piano in good working condition with space for audience of 15-25 people	2 to 25	piano in good musical shape
144	229	Online Questionnaire 3	51-70	Exercise, classes, Computers etc	any number	Transportation
145	230	Online Questionnaire 3	51-70	A comfortable space to sit and read or converse with new friends, when you might want a change from home and a chance to meet others.		
	231	Online Questionnaire 3	51-70	some sort of exercise venue, maybe a track of sorts for winter or inclement weather walking or a few tread mills or stationery bikes		
	232	Online Questionnaire 3	51-70	craft space, I do a lot, I help others with new skills, a place where one could do their own thing and share with others who might be interested on an informal basis		

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
146	233	Online Questionnaire 3	71+	Artists permanent work space for everyday the building is available. Separate permanent everyday work space for ceramics arts. Separate permanent everyday work space for painting. Separate permanent everyday work space for music. Separate permanent everyday work space for dance and exercise. Separate permanent work space for weekly meetings and discussion groups. A common auditorium for presentations for large groups. Contact me if you need more information or details on these issues. Permanent everyday class room(s) environment for interactive teaching - Works pace. (some rooms should have advanced technology for presentations and for activities.).		This depends on the space allocated for these separate work-spaces. For everyday work spaces listed above - I would estimate 20 but suitable for larger groups [50-100]. The auditorium should be suitable for 100, but best if designed for much larger groups. Contact me if you need more information or details on these issues. Yes . These are dependent on the activity of these spaces. A good design is required to provide these necessary services. Contact me if you need more information or details on these issues.
147	234	Online Questionnaire 3	71+	Tai Chi,	20 to 25	space to move
	235	Online Questionnaire 3	71+	Card games	12 to 16	card tables and chairs
	236	Online Questionnaire 3	71+	Meeting rooms	20-30	Chairs, AV equipment
148	237	Online Questionnaire 3	51-70	Puzzles	2	puzzles
149	238	Online Questionnaire 3	71+	More educational and informational activities	20	chairs, microphone
	239	Online Questionnaire 3	71+	More inexpensive day trips, like they have now with the \$10 van. Many of the trips are out of my budget	20	the van and a destination
	240	Online Questionnaire 3	71+	Exercise programs offered more often. Water aerobics at a nearby pool.	20	pool and a lifeguard
150	241	Online Questionnaire 3	71+	Good mat yoga classes intermediate level	30	Space
	242	Online Questionnaire 3	71+	Zumba 3 x a week with kettle at the center	40+	Space
	243	Online Questionnaire 3	71+	Tai chi classes each level 3x a week	40+	Space

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
151	244	Online Questionnaire 3	71+	Academic courses of college level eg history of America, World War II, etc	8 to 10	Good teachers
152	245	Online Questionnaire 3	71+	Yoga. Art,groups		
153	246	Online Questionnaire 3	71+	Choral group low impact chair tap	20	Mirrors and a bar
	247	Online Questionnaire 3	71+	Beginner Spanish20	20	Teacher
	248	Online Questionnaire 3	71+	Lectures	100	Fee for good lecturers
154	249	Online Questionnaire 3	31-50	Health and Wellness activities, support groups, informational presentations and meetings, low-cost lunch options	5 to 40	instructors, group leaders (clinicians, trained staff), presenters, kitchen space
155	250	Online Questionnaire 3	51-70	Exercise classes	15	Dumbbells, balls ropes
156	251	Online Questionnaire 3	71+	Exercise classes for seniors OVER 70, not dancing.	20, and encourage couples	chairs if nec., a leader for slower, easier exercises for aging, separate for 55-65
157	252	Online Questionnaire 3	51-70	Photo op booths for memory making. With themes to reflect special seasons of the year!!	2-4-6 at a time or	A booth, assorted props. personally owned phone/cameras (family members of senior loved ones).
	253	Online Questionnaire 3	51-70	Short story/poetry reading	2 or more	Chairs, listening ears :)
158	254	Online Questionnaire 3	71+	chair yoga	10	
	255	Online Questionnaire 3	71+	adequate parking		
159	256	Online Questionnaire 3	51-70	Discussion on values in society	10 to 15	

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
159	257	Online Questionnaire 3	51-70	Yoga &Pranayam	any number	A small room depending on the number of participants & mata to sit.
160	258	Online Questionnaire 3	71+	Place for lectures and programs; place for cards or marjon; place for lunch; place to socialize, rooms for teaching i.e.: computers, cards; library space	Numbers vary with activity	A guest singer, lecturer, teacher etc.
161	259	Online Questionnaire 3	51-70	n/a		
162	260	Online Questionnaire 3	51-70	Fitness center, group exercise, lunches	10 to 30	Fitness equipment, instructors
	261	Online Questionnaire 3	51-70	educational seminars of interest to seniors	10 to 20	instructors
163	262	Online Questionnaire 3	51-70	pool tables		no idea, just think it would be fun to learn how to shoot pool and have a place where seniors can do play. pool table and goodlighting
	263	Online Questionnaire 3	51-70	A comfortable bright space for seniors only to read or meet friends, with access to the outside and big windows with natural light.		
	264	Online Questionnaire 3	51-70	various movement classes for seniors only in the later afternoon/early evening	10	dedicated movement class rooms for seniors
164	265	Online Questionnaire 3	51-70	Basketball; Board games, especially chess. Language labs.	20	basketball court and/or room with tables.
165	266	Online Questionnaire 3	71+	Pickle Ball Courts	4 to 8	Four people can play at a time. A minimum of 2 courts. Games are short and people can rotate playing time. A turnout of 16-20 people is not inconceivable. Pickle Ball Sets for each court includes net and balls.
	267	Online Questionnaire 3	71+	Movie or theater arts space which could be used for performances, movies or lectures.	25-50	Perhaps 25-50? Really have no idea as turnout would depend on the event and time of day. Would hope for both day and evening options. Screen and Movie projector. Stage?
	268	Online Questionnaire 3	71+	I like that the center currently offers card and game classes.		
166	269	Online Questionnaire 3	71+	Mah Jongg classes		Change title of your bulletin because most were in the trash because no one knew what the title was for I live in a senior building

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - DRAFT

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
167	270	Online Questionnaire 3	71+	Strength/balance/mild aerobic classes aimed at older bodies	15 to 20	include some chairs for those who need to sit during some or all of the class
	271	Online Questionnaire 3	71+	Discussion groups on any kind of topic. Topics might be "expert-led" and/or ;ed by a senior citizen who offers to lead a group.		Might be best to limit size of each group to 15 or so. But there could be different groups all day/evening long. So, this activity could potentially serve more than 100 people each week. Discussion rooms should be designed and outfitted for older people. This includes chairs/couches with arms, and not low, so people can easily sit and stand up. To not shut out people with low hearing capacity, room should be in a quiet location (away from noisy activities or building machinery/air blowers) and have earphones available, as theaters do.
	272	Online Questionnaire 3	71+	Art/arts and crafts/sculpture. People like to make things, draw, paint.	Probably many pe	A room with very good lighting. Natural light, if possible. Easels, kiln, some kind of strapping on the walls to hang drawings/paintings, etc. Comfortable chairs with good ergonomic support and arms for people to use to stand up.
168	273	Online Questionnaire 3	71+	Adult classes	10 to 20	good lighting and good chair
169	274	Online Questionnaire 3	71+	n/a		
170	275	Online Questionnaire 3	51-70	Services for people needing housing with people who own large homes that may be open to assisting and making use of the space they don't need.	2 to 3	coordinators with a solid program in place
171	276	Online Questionnaire 3	51-70	Lectures, exhibitions , games medical screenings, computer training, education classes	5 to 45	
172	277	Online Questionnaire 3	71+	swimming pool - gym, exercise room		pool - equipment
173	278	Online Questionnaire 3	71+	Exercise classes: Zumba and muscle conditioning	25 to 30	Space, good ventillation
174	279	Online Questionnaire 3	71+	Yoga	Any amount that will occupy the space allotted	A pad of some type between the person and the floor
175	280	Online Questionnaire 3	71+	The counseling services so valued by seniors from the Newton senior Center	One on one meeting	A certified, qualified counselor
	281	Online Questionnaire 3	71+	Education for seniors on how to deal with the government bureaucracies in dealing with aging	As many as required	
176	282	Online Questionnaire 3	71+	pickleball, pingpong	7 to 9	large table, adequate lighting

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
177	283	Online Questionnaire 3	71+	Tai chi24-	24 to 40	Just space to move without hitting one another
178	284	Online Questionnaire 3	71+	n/a		
179	285	Online Questionnaire 3	71+	Fitness classes including those that can be done on the floor	20 to 25	Clean floor, mats, weights, railings and space for 20-25 people
180	286	Online Questionnaire 3	71+	Wed. duplicate bridge,	20	director
181	287	Online Questionnaire 3	71+	Language classes	12 to 16	Flat screen TV with connecting cables, white board
182	288	Online Questionnaire 3	71+	Space for local government councilor's office hours	2 to 5	
183	289	Online Questionnaire 3	71+	Exercise room	3 to 6	Looking for space, but not a full gym with equipment
184	290	Online Questionnaire 3	51-70	space for low vision users to access devices like magnification devices/reading machines	1 to 3 daily	desktop video magnifiers; portable magnifiers, lighting, chairs for reading, a library like space
	291	Online Questionnaire 3	51-70	Computer instruction	10 -30 weekly	computer lab with desktop and ipads
185	292	Online Questionnaire 3	71+	Tai Chi,	15 to 25	
	293	Online Questionnaire 3	71+	Other group exercises	25-50	
	294	Online Questionnaire 3	71+	movies	15-50	room with movie projection equipment
186	295	Online Questionnaire 3	51-70	A room for presentations	20 +	Overhead monitor



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
180	296	Online Questionnaire 3	51-70	Conference room	4 to 6	Display monitor
187	297	Online Questionnaire 3	51-70	lectures/music presentations	25-50	good sound system and comfortable chairs
188	298	Online Questionnaire 3	51-70	Adult Day Care center	20 to 30	staff
	299	Online Questionnaire 3	51-70	Meal space - to provide seniors a robust lunch program - including weekends	50 - 80	tables, chairs, full service kitchen
	300	Online Questionnaire 3	51-70	Exercise Room	20-30	Treadmills, weights, stationary bikes, staff/trainers
189	301	Online Questionnaire 3	71+	a couple of computers with someone available for IT help.	3	computers, someone who can give IT help. Possibly high school students, giving them some sort of high school credit?
190	302	Online Questionnaire 3	71+	Cooking demonstrations	8 to 10	Food and teacher
	303	Online Questionnaire 3	71+	Lectures	As many as 25	
191	304	Online Questionnaire 3	51-70	good exercise classes of many types	5 to 15	teacher
	305	Online Questionnaire 3	51-70	a place to get help with technology or forms that are complicated	1 to 10	instructor
	306	Online Questionnaire 3	51-70	lectures/ music	10 to 50	lecturer or film shown with discussion
192	307	Online Questionnaire 3	51-70	Fitness center with trainer More discussion groups based on interests of seniors Outdoor area for sitting, sunning and game playing	Fitness- 3 Small group discussions- 10 Outside- 20	Fitness- equipment , water Shower/ changing area Small group discussion- room set up with chairs in a circle and refreshments Outside- gardening tools, equipment for games - pickle ball, shuffleboard, chairs
	308	Online Questionnaire 3	51-70	Theater area	35	Stage and chairs

Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
193	309	Online Questionnaire 3	51-70	dance lessons	10 to12	
	310	Online Questionnaire 3	51-70	a place for cards,dominoes,rumikube	4 to 6	space
194	311	Online Questionnaire 3	51-70	A place to talk to someone about all the things to consider when aging: medicare, soc security, getting help in your home, transport, death cleaning - maybe not in detail but to touch on all things to consider and who to go to for more help/information. Could be scheduled once a week or once a month or by appointment	2 to 20	Materials describing topics - a handout
	312	Online Questionnaire 3	51-70	tai chi or senior exercise after 5 pm.	10	10. Would help seniors who are still working
195	313	Online Questionnaire 3	71+	Men's book discussion group	4 to 6	Quiet area (especially for hard of hearing folks)
196	314	Online Questionnaire 3	71+	A place for adult learning programs for different age groups within the senior community.	10	
197	315	Online Questionnaire 3	71+	All types		Depends on program exercise or card game, Depends on the activities
198	316	Online Questionnaire 3	51-70	Tai chi, yoga, billiards, cards, meeting w our ward counselors... I'm sure the older I get the more I'll think of.	15	A pool table; mats and blocks
	317	Online Questionnaire 3	51-70	Reading groups	5 and up	Chairs
199	318	Online Questionnaire 3	71+	n/a		



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
200	319	Online Questionnaire 3	71+	n/a		
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				
		Online Questionnaire 3				

QUESTIONNAIRES DROPPED OFF AT THE SENIOR CENTER

1	1	Dropped Off Snr Center	71+	Please leave the senior center for seniors only!		
---	---	---------------------------	-----	--	--	--



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
2	2	Dropped Off Snr Center	51-70	A place to eat lunch, coloring classes for the adults, computer room to use the computers	that's open	Coloring Books, Colored pencils and markers
3	3	Dropped Off Snr Center	51-70	Computer Room	Open	Multiple computers so several people can use them, good lighting, good desks & chairs, printer
4	4	Dropped Off Snr Center	51-70	Lunch	Many	Cafeteria or Lunch Room
5	5	Dropped Off Snr Center	71+	As we have now	question for instructor	As we have now
	6	Dropped Off Snr Center	71+	Dancing, Yoga, Exercises, Parties for Holidays, Lunches, Arts, Reading, Computer Access, Games, etc.	Ask instructors, or service people in kitchen	No
	7	Dropped Off Snr Center	71+	Just like in service example	Ask instructors, or Management	<u>Compassion</u> . We are generation of last stage of life, we've seen things we helped for others, <u>now is the time for us.</u>
6	8	Dropped Off Snr Center	71+	Performance of plays - multipurpose auditorium	20-25 rehearsals, 100 performances	sound equipment, good lighting, chairs
7	9	Dropped Off Snr Center	51-70	Adult coloroing classes	4 plus	colored markers, pencils, coloring books
		Dropped Off Snr Center				



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
-----------------------	----------------	----------------------	---	---	-----------------------------	-------------------------

SUBMITTED WRITTEN RESPONSES - LISTENING SESSIONS & NARRATIVES,

1	3	Narrative		Zumba Gold, classel wanted to convey that the ZUMBA GOLD classes are very popular and often crowded		I suggest a space about 50% larger than the current all purpose exercise room would be helpful
2	4	Narrative		noted questionnaire does not appear to apply to seniors		
3	5	Narrative		Exhibit space / gallery space.	daily - 15, evening recept once a month over 50	Gallery space with somewhat more wall space than the Library's, can be used for other activities; white walls; ceilings over 8'; hanging system; adjustable track lighting; window treatments to control light; 5 lockable display cases for smaller items.
	6	Narrative		Office space for the three arts organization	5 to 10	Small, shared office area; shared conference room for 8 to 10; separate storage space for each organization's archives.
4	7	Narrative		Spanish Conversation Group	4 to 8	Chairs, Table
	8	Narrative		Book Club #1	12 to 15	Chairs, Table
	9	Narrative		Book Club #2	10	Chairs, Table
	10	Narrative		Dining Club	20	Local Restaurants
	11	Narrative		Reading Out Loud	4 to 6	Chairs, Table
	12	Narrative		Knitting Club	8 to 10	Sitting area (soft chairs, sofas)
	13	Narrative		Health and Wellness Panels, Discussions	25	Large hall-chairs only
	14	Narrative		Group games (scrabble, Rummikub)	6 to 8	Library (card tables and chairs)
	15	Narrative		Writing classes (multi-week series)	6 to 8	chairs, table
5	16	Narrative		Space for volunteers and meeting rooms	usually no more than 6	



Newton Center for Active Living (NewCAL) Questionnaire/Narrative Responses - **DRAFT**

Respo ndent No.	Request No.	Source of Request	What Age Group do you belong to?	Activity/Service Request: Type of Space	Typical Number of people	Special Needs for Space
<p>205 <u>Total Number of People who Responded - All</u></p>				<p>TOTALS</p>		

335 Total number of Individual **701** Total Number of Activities Requested - within each Individual request people often asked for more than one