

HINGHAM CENTER FOR ACTIVE LIVING

BUILDING COMMITTEE MEETING

AUGUST 12, 2025



RESEARCH AND DATA

*Research and Data Supporting the Development of a
Modernized Center for Active Living in Hingham*

15+ Years
Community
Engagement and
Longtime
Advocacy (Senior
Center Staff,
Council on
Aging, Friends of
the COA,
Residents)

-Needs
Assessments
Gerontology
Institute (2013
and 2022)
-Town Parking
Studies
-CAL reports

Demographic
Profile

Peer
Comparisons

Programmatic
and Design
Innovation

EDM Feasibility
Study

GOALS OF A NEW CENTER

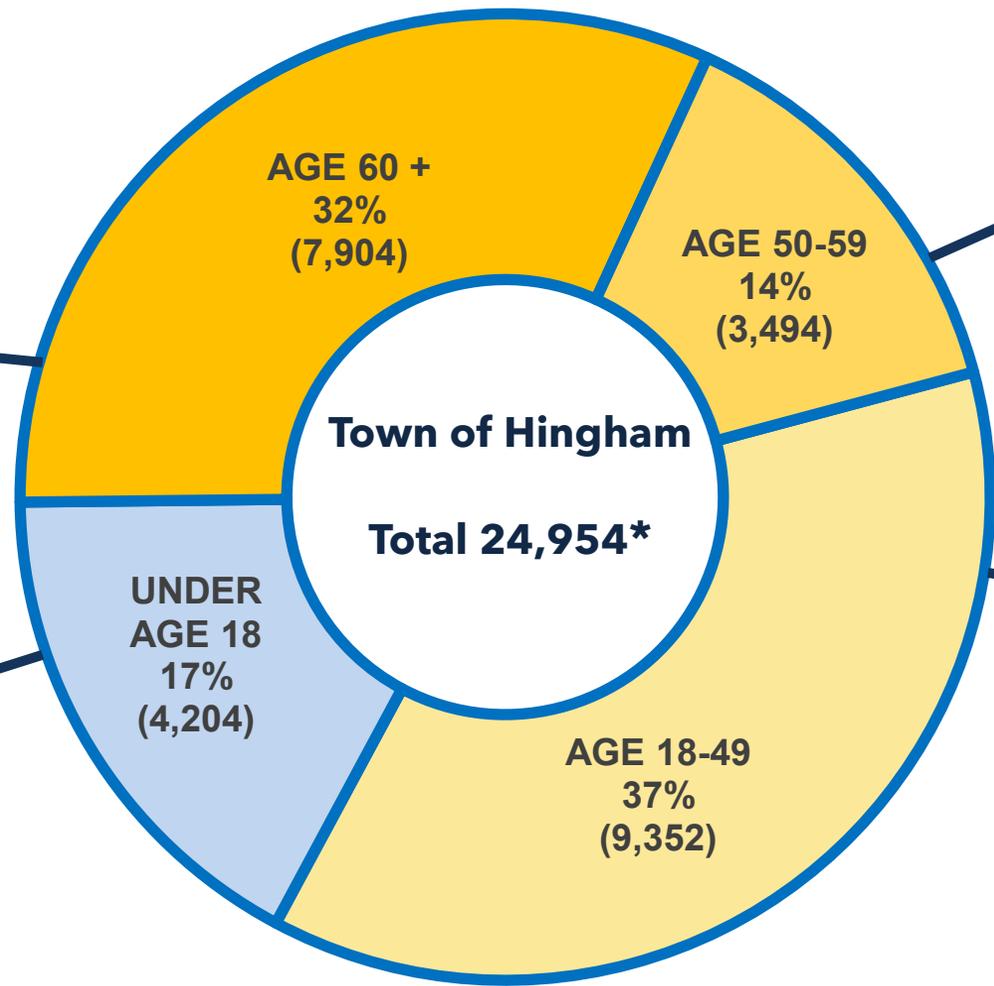
<p><i>Responding to longtime needs, Preparing for future growth...</i></p>	<p>Hingham's proposed Center for Active Living</p>	<p><i>...a timely and impactful opportunity for the community of Hingham</i></p>
<p><i>Drivers influencing modernization, nationally, and in Hingham</i></p> <ul style="list-style-type: none"> • Large and Growing Older Population • Longevity • Desire to Age in the Community • Solo Aging - Individuals Living alone • Changes in Health Status • Evolving and Diverse Needs/ Interests • Impact of social engagement, civic engagement, and fitness on health outcome • Impact of intergenerational engagement on wellness • Development of mixed-use resources 	<p>With Senior Services at its heart, the proposed Center for Active Living (CAL) will be a mixed-use center that reflects innovation in the field of aging and CAL's mission <i>to support the independence and ongoing personal development of Hingham's population age 60 and older, advocate for their needs, and work to enhance the quality of their lives.</i></p> <p>As a Center for Active Living, the modernized center also reflects the value of fostering mutually rewarding connections and collaboration across generations. The CAL will simultaneously foster opportunities for intergenerational engagement.</p>	<p>Older adults who participate in Center for Active Living programs experience well-being across several measures compared to non-participants, including:</p> <ul style="list-style-type: none"> • Management and delay of the onset of chronic disease • Measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. ¹ • Growing research on mechanisms through which social engagement positively impacts affect health outcome² • Opportunities abound for the development of a range of programs and events that foster active aging in the community, mutually rewarding experiences for residents, and connections across generations in the Town of Hingham. <p>¹National Council on Aging ²CDC; Connectedness & Health: The Science of Social Connection. CCARE. Stanford University</p>

LARGE AND GROWING OLDER POPULATION

Hingham residents

Residents age 60 and over will continue to have prioritized access to programs and services at the Center for Active Living.

Designated hours and intergenerational programs will be available for residents under age 18.



Registered Adult Residents under age 60 will be welcome to participate in programs, as space allows.

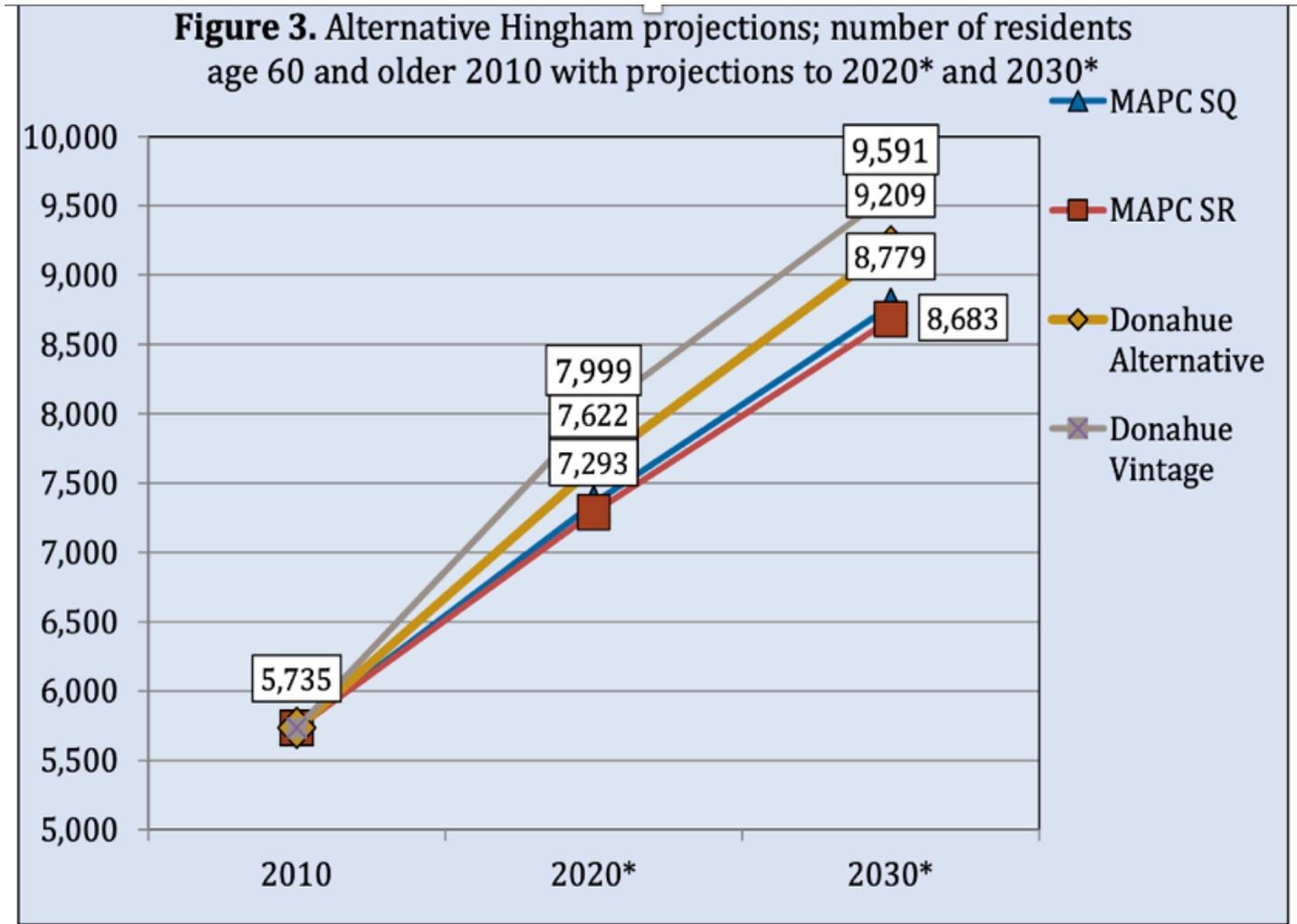
***2025 Town Census**

LARGE AND GROWING OLDER POPULATION

Hingham residents

Close to 50% of Hingham's population is over age 50. (2025 Town Census)

The share of Hingham residents over age 60 is projected to grow to 39% by 2035*



PUBLIC OUTREACH

THREE STEP PROCESS



PUBLIC OUTREACH

summary

Everybody agrees...

Location is important, because it influences the types of activities and layout of the amenities.

- We heard a lot that the **current parking situation is woefully insufficient**. A new facility that has ample parking with safe pedestrian access was at the very top of everyone's list.
- Safe drop-off and entry to the building.
- **Accessibility** with simple navigation to all spaces for older adults.
- An area that feels safe and secure.
- An **outdoor area** with a relaxed environment.
- Interior spaces with **connections to nature** through natural daylighting and views of outdoors.
- **Expanded programs** such as games, exercise, art, cooking, class-type cultural sessions, and outdoor activities like gardening were the most requested.

ARCHITECTURAL PROGRAM

With the findings of the public input effort in hand, additional information was gathered through interviews with Center for Active Living staff.

Because form follows **FUNCTION**:

We focused first on the activities the new Center will accommodate:

- Scheduled activities
- Drop-in activities
- Personal services and counseling
- Outdoor activities



ARCHITECTURAL PROGRAM

for the center for active living

Developed a detailed list of **dedicated-use** and **flexible-use** rooms and spaces to accommodate the desired activities and services, with consideration given to:

1. Target group sizes
2. Associated infrastructure, furniture, equipment, and storage needs

The program also addresses:

1. Staff needs
2. Restrooms
3. Building systems, corridors, wall thicknesses, and everything else not included above

It's important to plan ahead for **Today, Tomorrow, and the Next Generation of Seniors**



ARCHITECTURAL PROGRAM

detailed space needs spreadsheet

Room/Space Name	SF	Dimensions
Vestibule	253	9' x 26'
Café/Main Lounge	1,187	35' x 35'
Den	413	19' x 21'
Kitchen	699	25' x 30'
Multi-Purpose Room	2,382	40' x 60'
Table and Chair Storage	252	14' x 20'
Teaching Kitchen	273	12' x 22'
Media Room	1,388	36' x 40'
Classroom	1,462	37' x 29'
Clean Arts Room	851	32' x 27'
Dirty Arts Room	900	32' x 28'
Games Room	1,247	32' x 39'
Conference Room	363	18' x 20'
Equipped Fitness Room	935	25' x 36'
Exercise Studio with Storage	1,605	35' x 46'
Meals on Wheels Prep Room	231	14' x 16.5'
Director's Office	150	10' x 15'
Assistant Director's Office	120	10' x 12'
Administrative Assistant Office	120	10' x 12'
Outreach Coordinator's Office	120	10' x 12'

Room/Space Name	SF	Dimensions
Program Coordinator's Office	150	10' x 15'
Transportation Coordinator's Office	150	10' x 15'
Shared Work Room	262	13' x 20'
Future Office	120	10' x 12'
Copy Room	42	3' x 14'
Staff Break Room	171	14' x 12'
Personal Services Room	123	11' x 11'
Nurses/Personal Services Room with Companion Restroom w/ a shower	123	11' x 11'
Reception	218	13' x 16'
Friends' Storage	93	8' x 11'
Kitchen/Nutrition Coordinator	119	9' x 14'
Maintenance Office/Storage	134	10' x 14'
Janitor's Closet	28	5' x 6'
Laundry Room	108	8' x 14'
General Storage	214	11' x 19'
Staff Restrooms	106	7' x 15'
Companion Restrooms	240	7.5' x 8'

Room/Space Name	SF	Dimensions
Group Restrooms – Men A	266	10' x 28.34'
Group Restrooms – Men B	266	10' x 28.34'
Group Restrooms – Women A	266	10' x 28.34'
Group Restrooms – Women B	266	10' x 28.34'
Mechanical Room(s)	493	26' x 26'
Subtotal All Functions (Net)	18,909	
Efficiency Factor (27%)	7,041	
Total Proposed Gross Sq. Feet	25,950	

ARCHITECTURAL PROGRAM

site needs for the center for active living

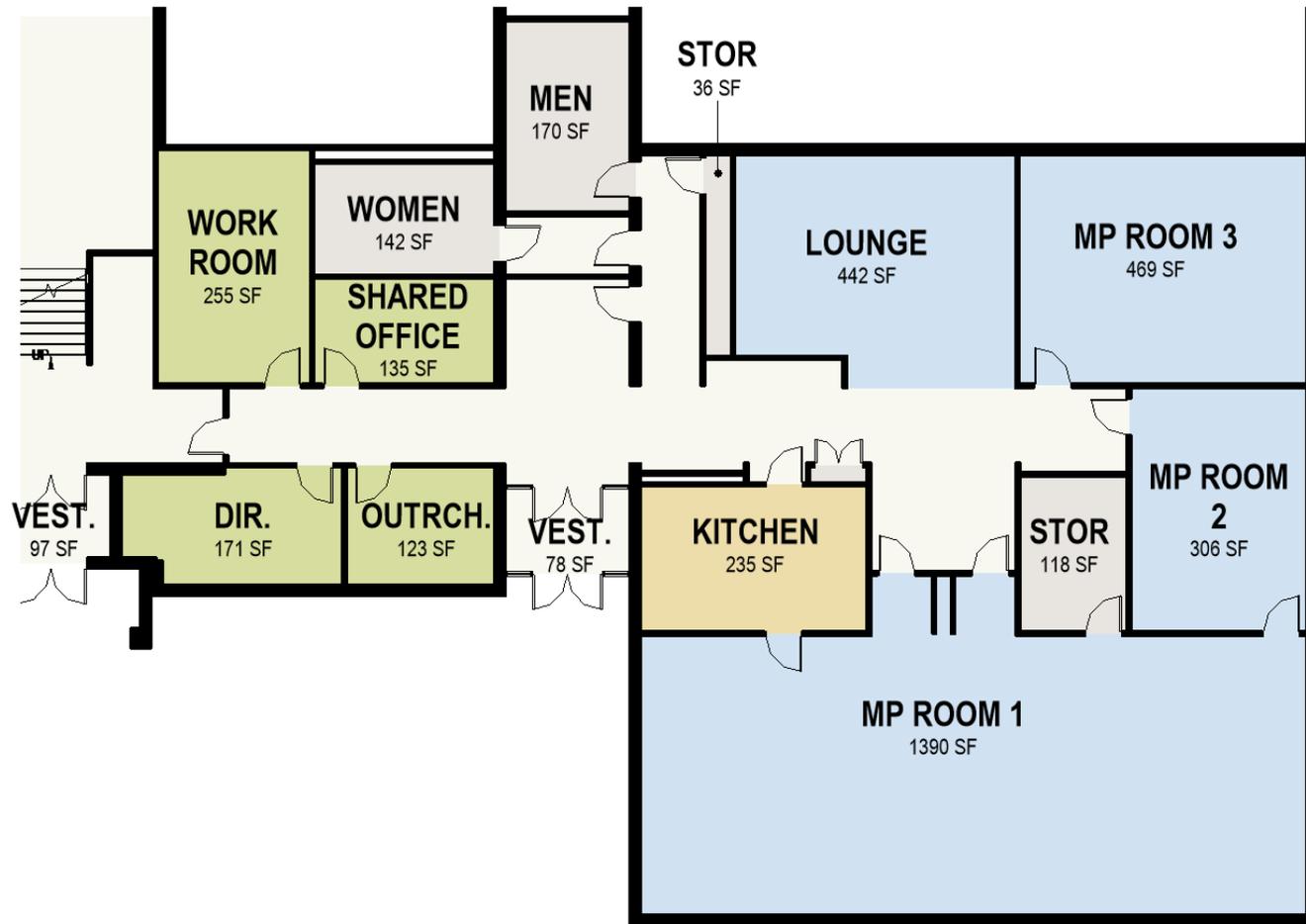
- Parking needs for Center for Active Living patrons are projected at **~180 spaces**
 - **Design Team standard is 7 spaces per 1,000SF**
 - For reference: Hingham Zoning requires 1 space for 3p MAX OCC = ~ 133 spaces
- Parking lots configured to optimize safety and ease of use for drivers and pedestrians
- Passenger drop-off zone with protection from the elements at the main entrance
- Site amenities of high interest include:
 - Patios for outdoor activities/informal use
 - On-site walking trail
 - Lawn areas
 - For games and activities
 - Gardens & Greenhouse

ROOM	PEOPLE
Auditorium	80
MP Room	112
Exercise	20
Fitness	10
Art 1	19
Art 2	19
Classroom	30
Cards	48
Staff/Vol./Instructors	60
TOTAL	398
75%	300
50%	200
33%	100

Anticipated Room Occupancies:
(Note: this does not include the Lounge spaces and the Greenhouse)

ARCHITECTURAL PROGRAM

existing floor plan



- Existing activity rooms have **no dedicated functions**, as the daily use of rooms is heavily dependent on what spaces are available and how many people can fit in a particular room
- This limits participation and the use efficiency of each space

EXISTING VS. PROPOSED HCAL

programming space

<u>Designated Space</u>	<u>Current CAL (SF)</u>	<u>Proposed CAL (SF)</u>	<u>Current Programs #</u>	<u>Proposed Programs # - total</u>	<u>Current Monthly Programming Hours</u>	<u>Proposed Monthly Programming Hours</u>	<u>Current Participant Capacity</u>	<u>Proposed Participant Capacity</u>
Large Multipurpose	1,350 <i>(SHARED)*</i>	2,380 (DIVIDES)	Multipurpose	Multipurpose	118 hours & intermittent uses	150 hours & intermittent uses	54 (table seating)	120 (table seating)
Classroom	450 <i>(SHARED)*</i>	1,462	4	5 and support groups (@10)	24 (Large classes in MP)	170	16	30
Teaching Kitchen	<i>NA</i>	273	<i>NA</i>	Cooking & Nutrition Classes	<i>NA</i>	<i>78 hours are included in total for classroom</i>	<i>NA</i>	20 (classes) 30 (support groups)
Media Room	<i>NA</i>	1,388	5	10	(32 hours currently in Large MP)	166 hours	<i>50</i>	80
Equipped Fitness	<i>NA</i>	935	<i>NA</i>	Drop-in fitness and Instructor led training sessions	<i>NA</i>	Open operating hours	<i>NA</i>	14
Exercise Studio	<i>NA</i>	1,605	8	18	40 hours (currently in Large Multipurpose)	132 hours	<i>15</i>	20
Games Room	300 <i>(SHARED)*</i>	1,247	8	13	136 (currently includes Clean Arts and Social Groups)	144	16	48
Clean Arts	<i>NA</i>	851	4	9	30 hours (currently in Gams/Rec Room)	128	<i>8</i>	24
Dirty Arts/Maker's Space	<i>NA</i>	900	3	14 and open studio	18 hours (currently in Classroom)	152 + open studio	<i>8</i>	24
Den/Living Room	450 <i>(SHARED)*</i>	430	Open Retreat Social Space and Tech/Work-Space during operating hours				20	20
Café	<i>NA</i>	1,187	<i>NA</i>	Nutrition and Open Social Space during operating hours				
Total	2,550SF	12,160SF	32	80			106	380

BARE COVE PARK DRIVE

current proposed floor plan – room activities list

<u>Multi-Purpose (MP) Room</u> <i>Dining, Events, Fairs, Fundraisers, Support Groups, Social Groups</i>	<u>Media Room</u> <i>Education and Arts</i>	<u>Games Room</u> <i>Cards and Games</i>	<u>Classroom</u> <i>Education and Meetings</i>
<ul style="list-style-type: none"> • Community Meals • Dinner Events • Luncheons • Lunch and Learns • Multiple Support Groups (including Caregivers and Memory Café) • Coffee with a Cop • Social Groups • Ladies' Coffee • Men's Discussion Group • Wellness Fair • Health and Safety Fair • Volunteer Fair • Community Fundraisers 	<ul style="list-style-type: none"> • Lifelong Learning • Bridgewater Senior College • Lectures • Virtual Classes • TED Talks • Documentaries/series • Author series • Movies • Small scale Theater • Musical performances • Open Mic and Comedy Events • Ukulele Classes 	<ul style="list-style-type: none"> • Bridge • Duplicate Bridge • Mah Jongg • Bingo • Scrabble • Dominos • Whist • Cribbage • Hand & Foot • Canasta • Puzzles 	<ul style="list-style-type: none"> • Health and Wellness Classes • Nutrition Classes • Cooking Classes and Demonstrations • Technology Classes • Lifelong Learning • Bridgewater Senior College • Photography Classes • World Affairs Discussion Groups • Book Clubs • Language Classes

BARE COVE PARK DRIVE

current proposed floor plan – room activities list

<u>Clean Arts</u>	<u>Messy Arts</u>	<u>Exercise Studio</u>	<u>Equipped Fitness</u>	<u>Cafe</u>	<u>Personal Services</u>	<u>Nurse/Wellness</u>
<ul style="list-style-type: none"> • Knitting • Quilting • Oriental Rug Making • Jewelry Making • Crochet • Sewing • Felting/ Special MIY Classes • Open Studio 	<ul style="list-style-type: none"> • Drawing with Watercolor • Drawing with Colored Pencils • Acrylic Painting • Charcoal • Botanical Drawing • Watercolors • Clay • Open Studio • Woodworking/Repair • 3D Printing • Robotics • Open Shop 	<ul style="list-style-type: none"> • Pilates • Yoga • Barre • Pound • Aerobics • Strength • Balance • Tai Ji • Line Dancing • Meditation/ Mindfulness • Zumba • Karate/Self Defense • Tai Chi • Boxing 	<ul style="list-style-type: none"> • Treadmills • Ellipticals • Rowing Machine • Free Weights • Recumbent Bikes • Pull Down Machines 	<ul style="list-style-type: none"> • Sandwiches • Baked Goods • Smoothies • Coffee • Beverages 	<ul style="list-style-type: none"> • Elder Law Attorney • SHINE Counselor • Financial Advisor • Office Hours/Town Depts • District Representatives • ASAP SSES • Office Hours/Town Depts 	<ul style="list-style-type: none"> • Ask a Nurse • Blood Pressure Screenings • Diabetic Foot Care • Barber/Beauty • Pedicure • Brown Bag Pharmacy

**ROOM BY ROOM
PROGRAM COMPARISON
EXISTING VS PROPOSED**

MULTI-PURPOSE ROOM

CURRENT

Square Footage:
1,350*

Max Participants:
54*

Monthly Program Hours:
118

Activity

Dinner Events
Men's Discussion
Lunch & Learns
Book Club
Coffee with a Cop
Support Groups
<u>Luncheons/Special Events</u>

PROPOSED

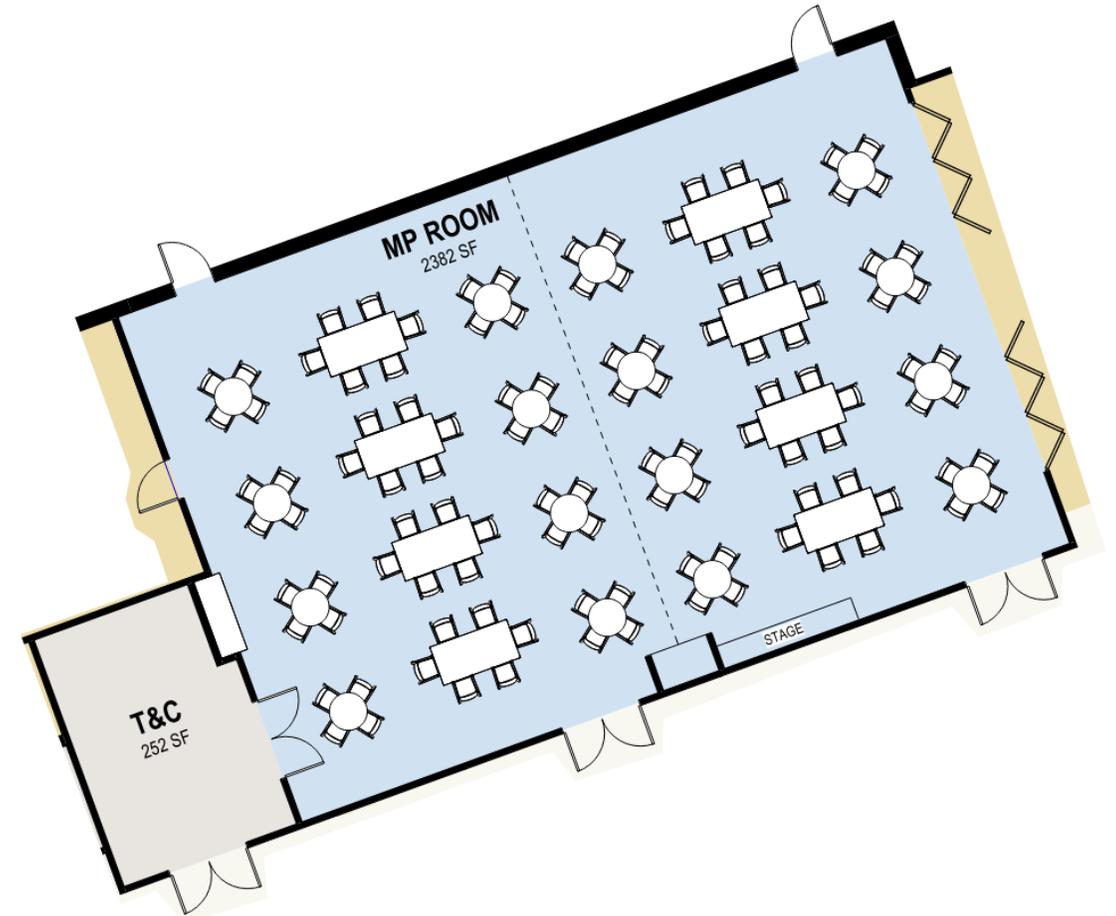
Square Footage:
2,380 (not including storage)

Max Participants:
120

Monthly Program Hours:
150

Activity

Dinner Events
Men's Discussion
Lunch & Learns
Book Club
Coffee with a Cop
Support Groups
Luncheons/Special Events
Breakfast
Bingo
Fundraisers
Ladies' Coffee
Wellness Fair
Health and Safety Fair



This room is designed around a **MAX of 120 people**, each using approx. **20SF per person** for activities that use tables and chairs.

Having a storage room dedicated for table and chair storage allows for full use of the space.

*** All current activities happen in all 4 existing activity spaces. This comparison uses the existing large MP room 1 as its closest related space.**

MAIN KITCHEN

CURRENT

Square Footage:
250

Max Participants:
NA

Monthly Program Hours:
NA

Activity

Basic Kitchen Prep

PROPOSED

Square Footage:
820

Max Participants:
NA

Monthly Program Hours:
Operating Hours

Activity

Basic Kitchen Prep

Emergency and Dry Food Storage

Walk-in Refrigerator

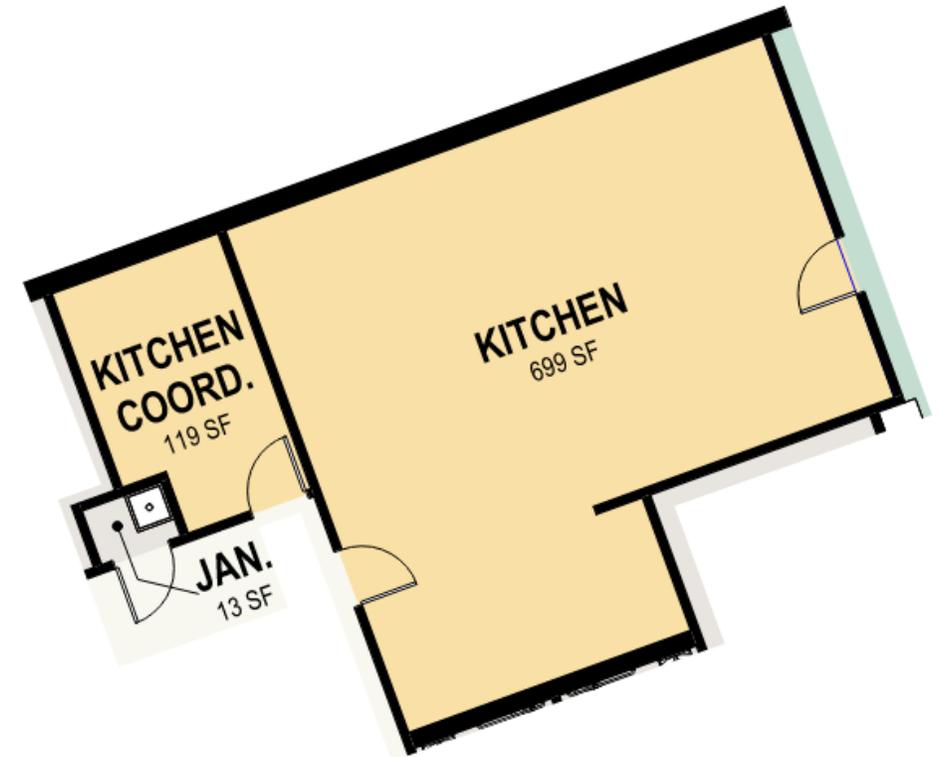
Walk-in Freezer

Commercial Equipment

Congregate Meal Prep

Kitchen Staff Space

Café Prep



Separate office for the kitchen staff has also been allocated for the main kitchen spaces. The offices do not need public access, so they can be smaller than normal offices and shared.

CAFÉ/MAIN LOUNGE

CURRENT

Square Footage:
NONE

Max Participants:
NONE

Monthly Program Hours:
NONE

Activity

No current capacity

PROPOSED

Square Footage:
1,200 SF

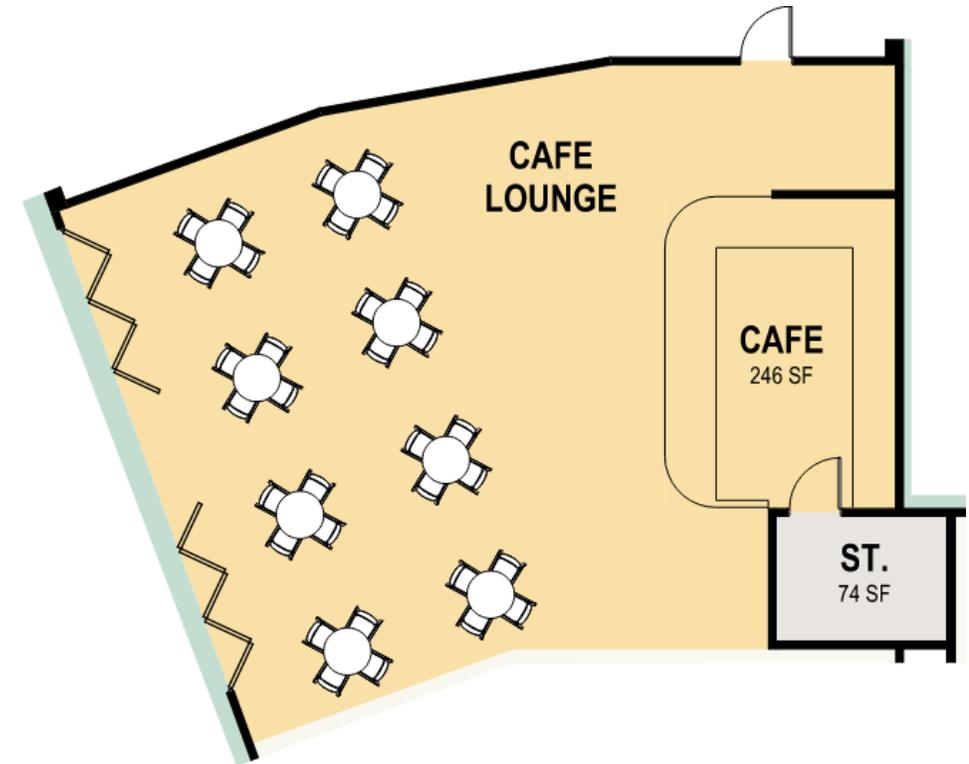
Max Participants:
34

Monthly Program Hours:
Operating Hours

Activity

No current capacity

- Smoothies
- Course Check-in
- Registration
- Coffee/Drinks
- Enjoying Food from Cafe
- Sandwiches
- Soups
- Salads
- Waiting Area
- Socializing
- Reading Area
- Lounging
- Puzzles



The café/lounge is designed as a welcome hub where members can gather for coffee, light meals, and conversation, with comfortable seating arranged to encourage both small-group chats and quiet relaxation. Flexible furniture and clear circulation make the space adaptable for events, casual programs, or simply enjoying a cup of tea with friends.

DEN

CURRENT

Square Footage:
450

Max Participants:
20

Monthly Program Hours:
Operating Hours

Activity

Waiting Area
Socializing
Reading Area
Lounging
Puzzles
Technology
Library/Books

PROPOSED

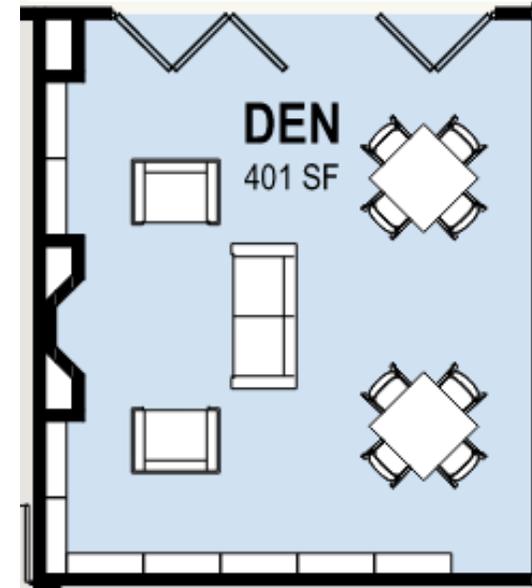
Square Footage:
430

Max Participants:
20

Monthly Program Hours:
Operating Hours

Activity

Waiting Area
Socializing
Reading Area
Lounging
Puzzles
Technology
Library/Books



This den space allows for members to find a quiet space more remote within the building. It also provides members a place to wait for their next class/event.

This space is sized based on a basic furniture layout of approx. 12 people, but can accommodate up to **20 people MAX.**

GAMES ROOM

CURRENT

Square Footage:
300*

Max Participants:
16

Monthly Program Hours:
136*

Activity

Mah Jongg
Mah Jongg Class (Seasonal)
Bridge
Scrabble
Dominos
Whist
Whist Class (Seasonal)

PROPOSED

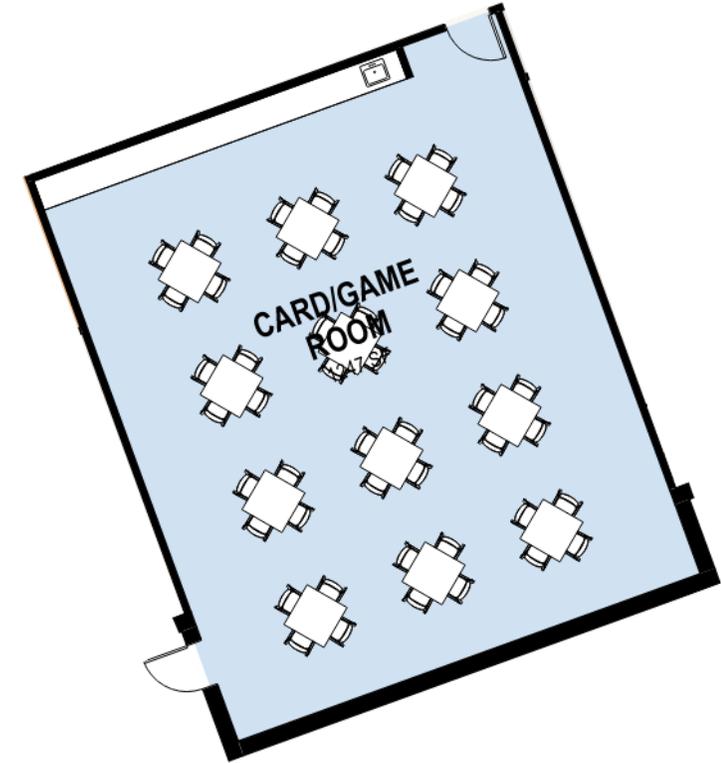
Square Footage:
1,250

Max Participants:
48

Monthly Program Hours:
144

Activity

Mah Jongg
Mah Jongg Class (Seasonal)
Bridge
Scrabble
Dominos
Whist
Whist Class (Seasonal)
Duplicate Bridge
Cribbage
Hand Foot
Canasta



This room is designed around **48 people**, each using approx. **25SF per person** for activities that use tables and chairs.

* All current activities happen in all 4 existing activity spaces. This comparison uses the existing MP room 2 as its closest related space.

CLASSROOM

CURRENT

Square Footage:
450*

Max Participants:
16

Monthly Program Hours:
24*

Activity

World Affairs Discussion
Group
Bridgewater Senior College
Photography Classes
Life Long Learning
Programs

PROPOSED

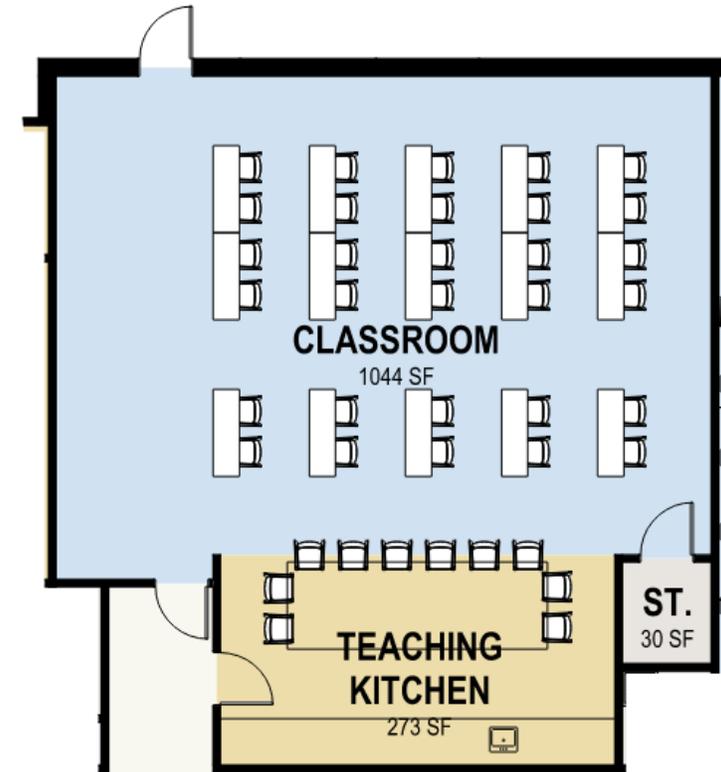
Square Footage:
1,050

Max Participants:
30

Monthly Program Hours:
170

Activity

World Affairs Discussion
Group
Bridgewater Senior College
Photography Classes
Life Long Learning
Programs
Health Classes
Culture: Language
Virtual Classes



This room is designed around a **MAX of 30 people**, each using approx. **20SF per person** for activities that use tables and chairs.

Having a storage room dedicated for storage allows for full use of the space.

* All current activities happen in all 4 existing activity spaces. This comparison uses the existing MP room 3 as its closest related space.

TEACHING KITCHEN

CURRENT

Square Footage:
HELD IN MAIN
KITCHEN

Max Participants:
8

Monthly Program Hours:
3

Activity

Cooking Classes and
demonstrations

PROPOSED

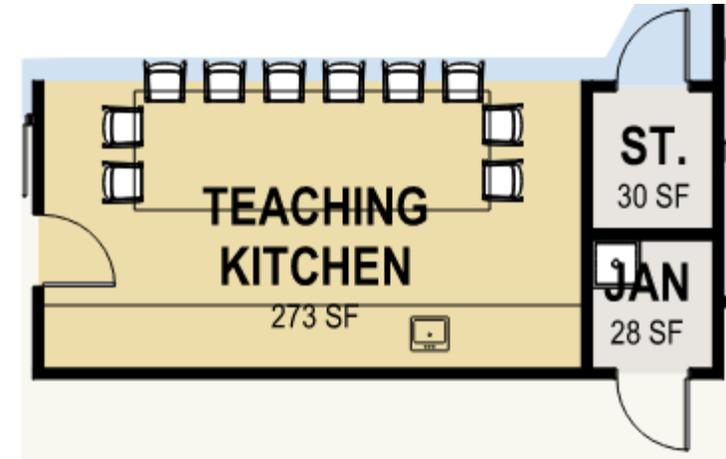
Square Footage:
270

Max Participants:
20

Monthly Program Hours:
78

Activity

Cooking Classes and
demonstrations
Nutrition Classes and
demonstrations



This space has more residential grade appliances to assist with making the cooking lessons more applicable to the members of the classes.

Overhead camera for instructional demonstration. The room can be opened to the adjacent classroom space for a seated class.

CONFERENCE ROOM

CURRENT

Square Footage:
NONE

Max Participants:
NONE

Monthly Program Hours:
NONE

Activity

No current capacity

PROPOSED

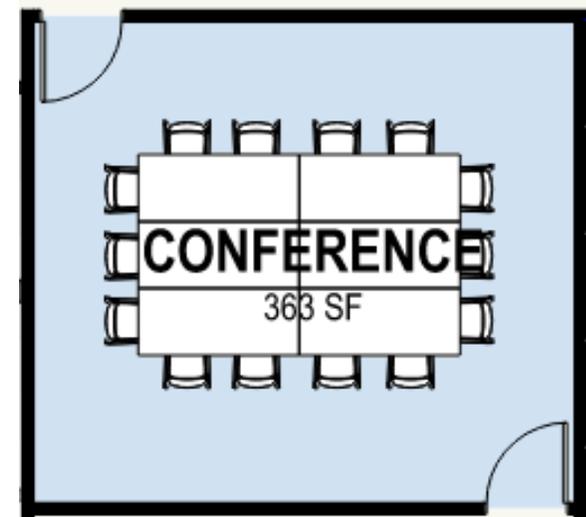
Square Footage:
360 SF

Max Participants:
12

Monthly Program Hours:
Operating Hours

Activity

No current capacity
Conference room



The conference room can have a capacity of **MAX 12 people**, we have allotted **30SF per person**.

MEDIA ROOM

CURRENT

Square Footage:
NONE

Max Participants:
50

Monthly Program Hours:
32*

Activity

Life Long Learning
(Education/ Lectures)
Movies

PROPOSED

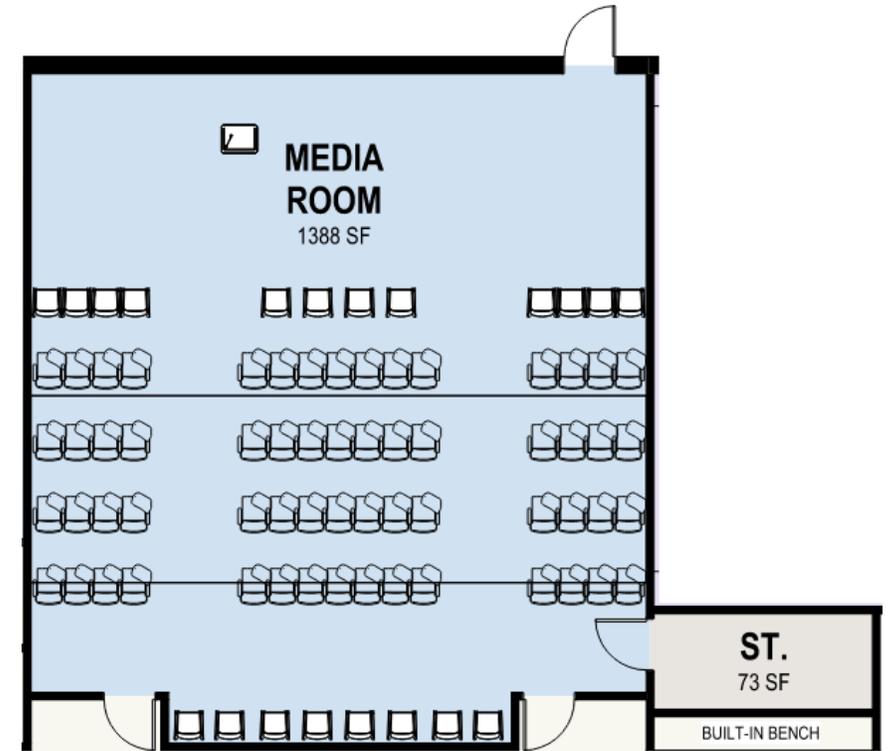
Square Footage:
1,380

Max Participants:
80

Monthly Program Hours:
166

Activity

Life Long Learning
(Education/ Lectures)
Movies
TED Talks
Virtual Classes
Theatrical or Musical
Performances
Open Mic Nights
Book Club/Readings
Documentary Series
Bridgewater Senior College



This room is designed around a **MAX of 80 people**, each using approx. **20SF per person** for lecture/performance type set up (more space than seminar set up with tables and chairs)

Having a storage room dedicated for storage allows for full use of the space.

EXERCISE DANCE STUDIO

CURRENT

Square Footage:
NONE

Max Participants:
15

Monthly Program Hours:
40*

Activity

Pilates
Yoga
Barre
Pound
Aerobics
Strength
Balance
Tai Ji
Line Dancing

PROPOSED

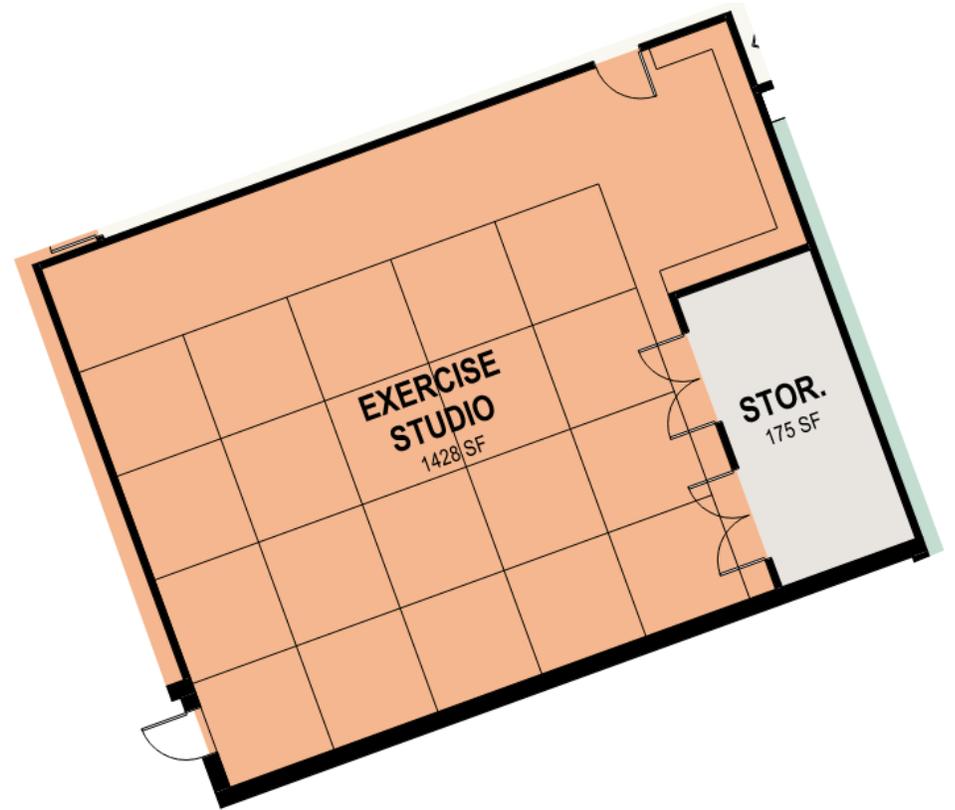
Square Footage:
1,430

Max Participants:
25

Monthly Program Hours:
132

Activity

Pilates
Yoga
Barre
Pound
Aerobics
Strength
Balance
Tai Ji
Line Dancing
Meditation/Mindfulness
Zumba
Karate/Self Defense
Tai Chi
Boxing



This room is designed around **20 people**, each using approx. **49SF per person** for full range of motion exercise activities, space at the front for the instructor, storage for the different exercise equipment and cubbies/benches for people's personal items.

*Fitness activities are currently held in large MP room 1.

EQUIPPED FITNESS STUDIO

CURRENT

Square Footage:
NONE

Max Participants:
NONE

Monthly Program Hours:
NONE

Activity

No current capacity

PROPOSED

Square Footage:
930

Max Participants:
14

Monthly Program Hours:
Operating Hours

Activity

No current capacity

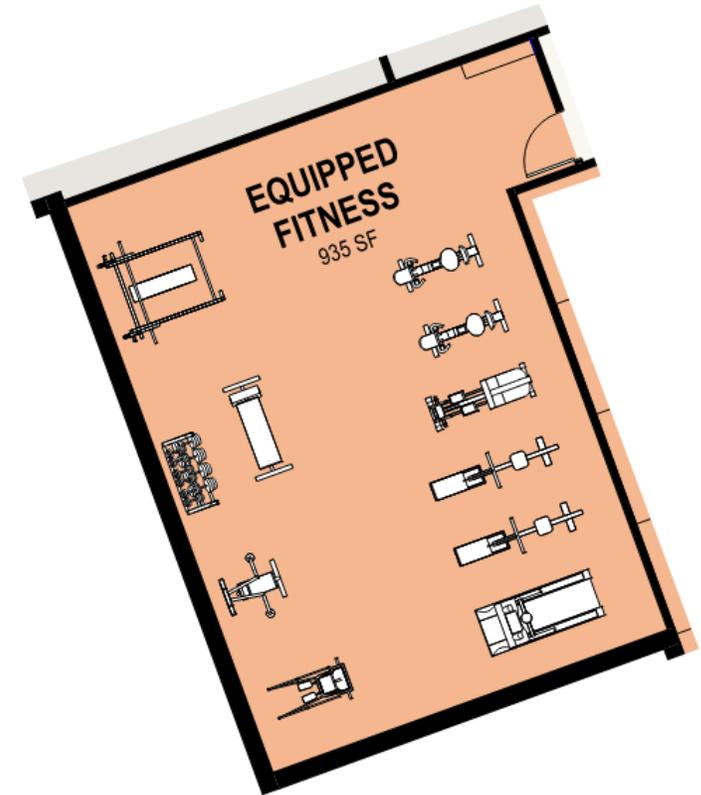
Treadmills

Ellipticals

Rowing Machine

Free Weights

Recumbent Bikes



This room is designed for **approximately 14 pieces of equipment**, a free weight/stretching area and a small bench/cubby area for personal items.

DIRTY ART STUDIO

CURRENT

Square Footage:
NONE

Max Participants:
20

Monthly Program Hours:
18

Activity

Drawing with Watercolor
Drawing with Colored
Pencils

PROPOSED

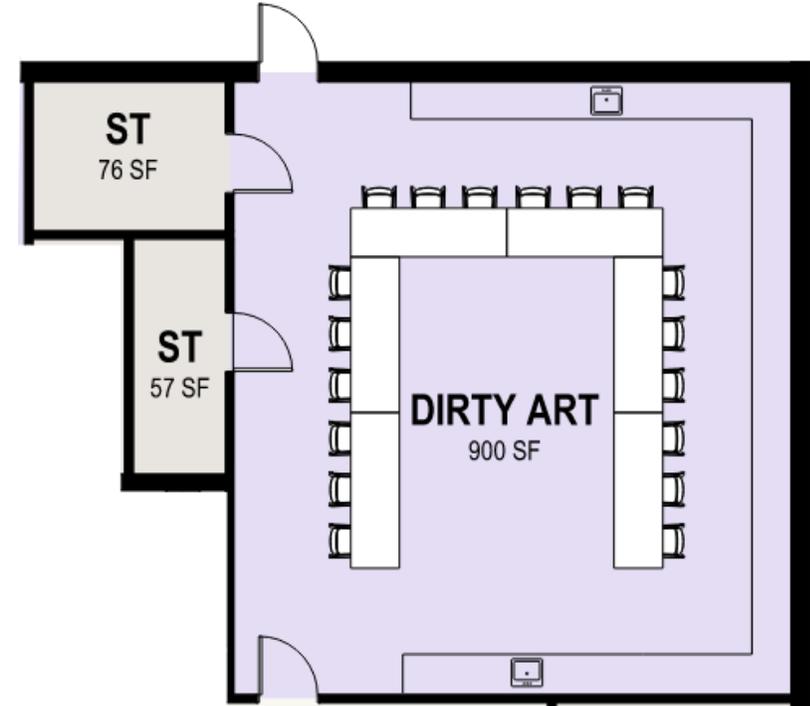
Square Footage:
900 (not including
storage)

Max Participants:
24

Monthly Program Hours:
152 + open studio
(includes Maker Space)

Activity

Drawing with Watercolor
Drawing with Colored
Pencils
Acrylic Painting
Charcoal
Botanical Drawing
Watercolors
Clay
Open Studio
Woodworking/Repair
3D Printing
Robotics
Open Shop



This room is designed around a **MAX of 24 people**, each using approx. **40SF per person** for activities that use tables and chairs for art type activities (more space than seminar set up with tables and chairs)

Having a storage room dedicated for storage allows for full use of the space.

CLEAN ART STUDIO

CURRENT

Square Footage:
NONE

Max Participants:
20

Monthly Program Hours:
30

Activity

Knitting
Quilting
Oriental Rug Making

PROPOSED

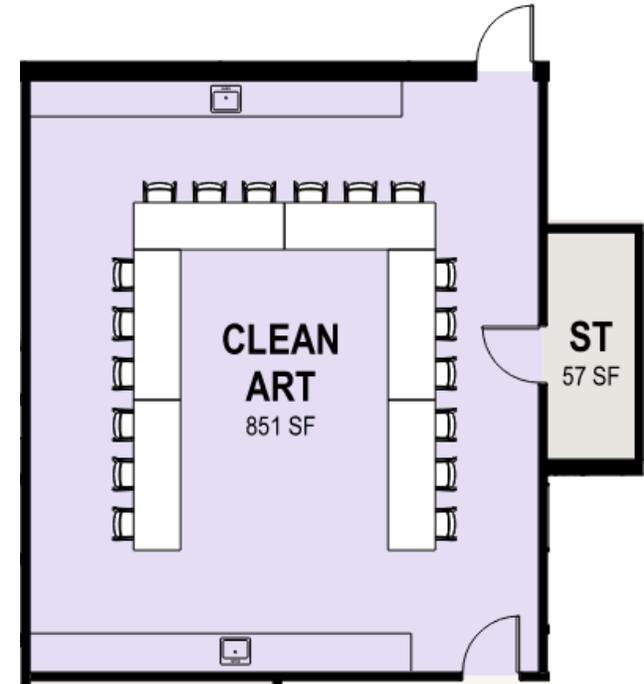
Square Footage:
850 (not including
storage)

Max Participants:
24

Monthly Program Hours:
128

Activity

Knitting
Quilting
Oriental Rug Making
Jewelry Making
Crochet
Sewing
Felting/ Special MIY Classes
Open Studio



This room is designed around a **MAX of 24 people**, each using approx. **40SF per person** for activities that use tables and chairs for art type activities (more space than seminar set up with tables and chairs)

Having a storage room dedicated for storage allows for full use of the space.

OVERALL FLOOR PLAN



SQUARE FOOTAGE:
25,950SF

OVERALL FLOOR PLAN - EAST



OVERALL FLOOR PLAN - WEST



If you build it, they will come...

Time and time again, we see new centers membership explodes. Here are a few examples of centers that have seen large increases in membership once a new center opens its doors.

example communities

HADLEY, MA
S. HADLEY, MA
LUDLOW, MA
WILBRAHAM, MA
WILMINGTON, MA
MARSHFIELD, MA
WESTLAKE, OH
SPRINGFIELD, OH

HADLEY, MA

Population: **5,300**

60+ Population: **32%**

2019-2020

ANNUAL DUPLICATED

12,216



2024-2025

ANNUAL DUPLICATED

26,404

SO. HADLEY, MA

Population: **17,800**

60+ Population: **25%**

2018-2019

ANNUAL DUPLICATED

22,488



2024-2025

ANNUAL DUPLICATED

46,068

LUDLOW, MA

Population: **21,002**
65+ Population: **29%**

2020-2021

DAILY AVERAGE

190



2024-2025

DAILY AVERAGE

450

WILBRAHAM, MA

Population: **14,550**
65+ Population: **30%**

2020-2021

ANNUAL DUPLICATED

9,323



2024-2025

ANNUAL DUPLICATED

30,789

WILMINGTON, MA

Population: **23,191**
60+ Population: **23%**

2022-2023

DAILY AVERAGE

98

2024-2025

DAILY AVERAGE

205



MARSHFIELD, MA

Population: **25,825**
60+ Population: **28%**

2021-2022

ANNUAL DUPLICATED

25,250

2024-2025

ANNUAL DUPLICATED

54,906



WESTLAKE, OH

Population: **34,228**
60+ Population: **33%**

2020-2021

ANNUAL DUPLICATED

20,000



2024-2025

ANNUAL DUPLICATED

67,000

SPRINGFIELD, OH

Population: **58,662**
60+ Population: **25%**

2018-2019

ANNUAL DUPLICATED

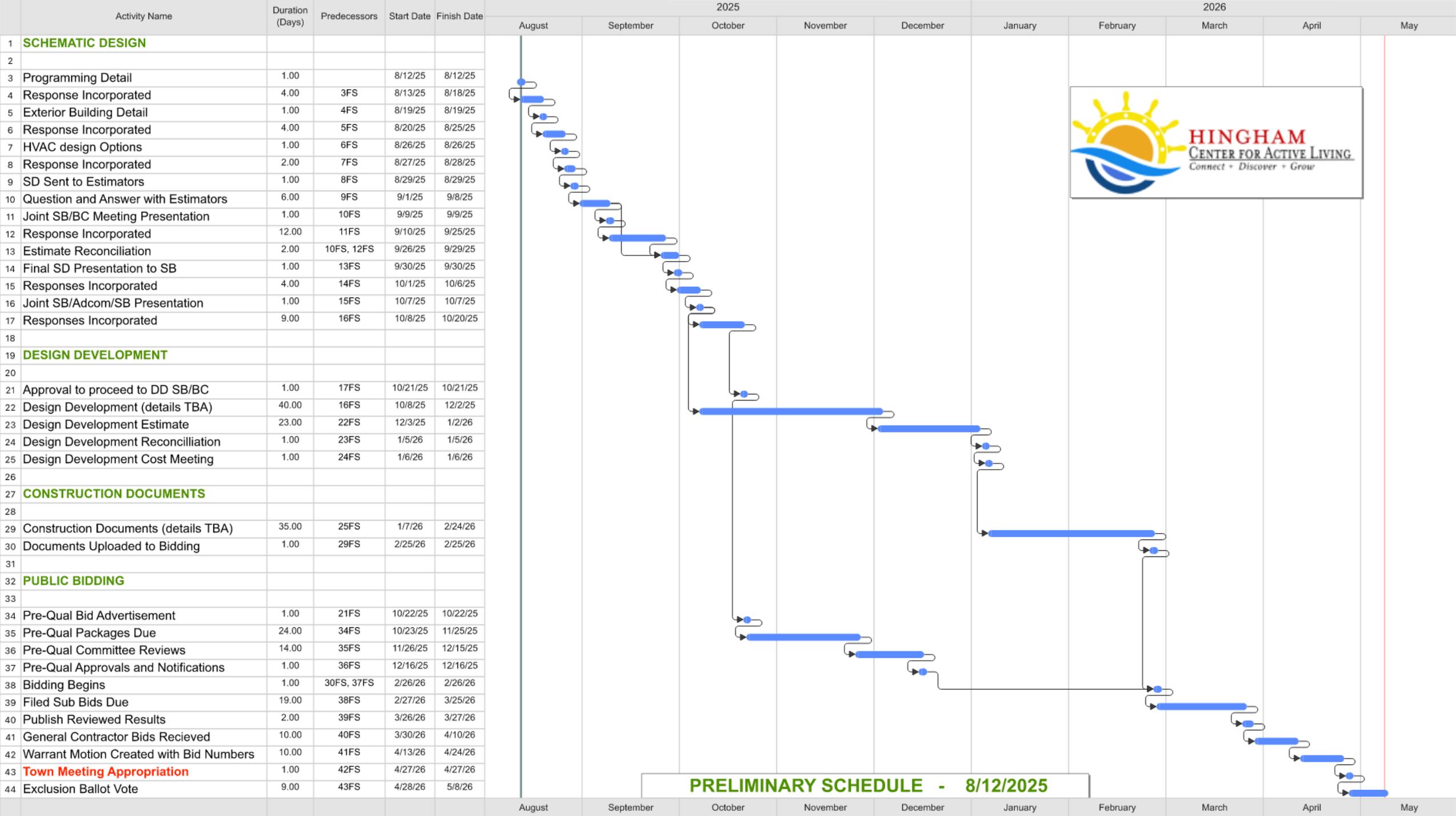
1,500



2024-2025

ANNUAL DUPLICATED

5,400



COMMENTS | QUESTIONS