

HINGHAM CENTER FOR ACTIVE LIVING

JOINT MEETING

SEPTEMBER 9, 2025

P³

edm
STUDIO

lifespan
design studio

MEETING AGENDA

1. DEMOGRAPHIC & RESEARCH DATA
2. ARCHITECTURAL PROGRAM DATA
3. EXISTING VS. PROPOSED COMPARISON
4. FLOOR PLAN/BUILDING LAYOUT
5. EXTERIOR & INTERIOR DESIGN RENDERINGS

DEMOGRAPHIC &
RESEARCH DATA

RESEARCH TIMELINE

*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

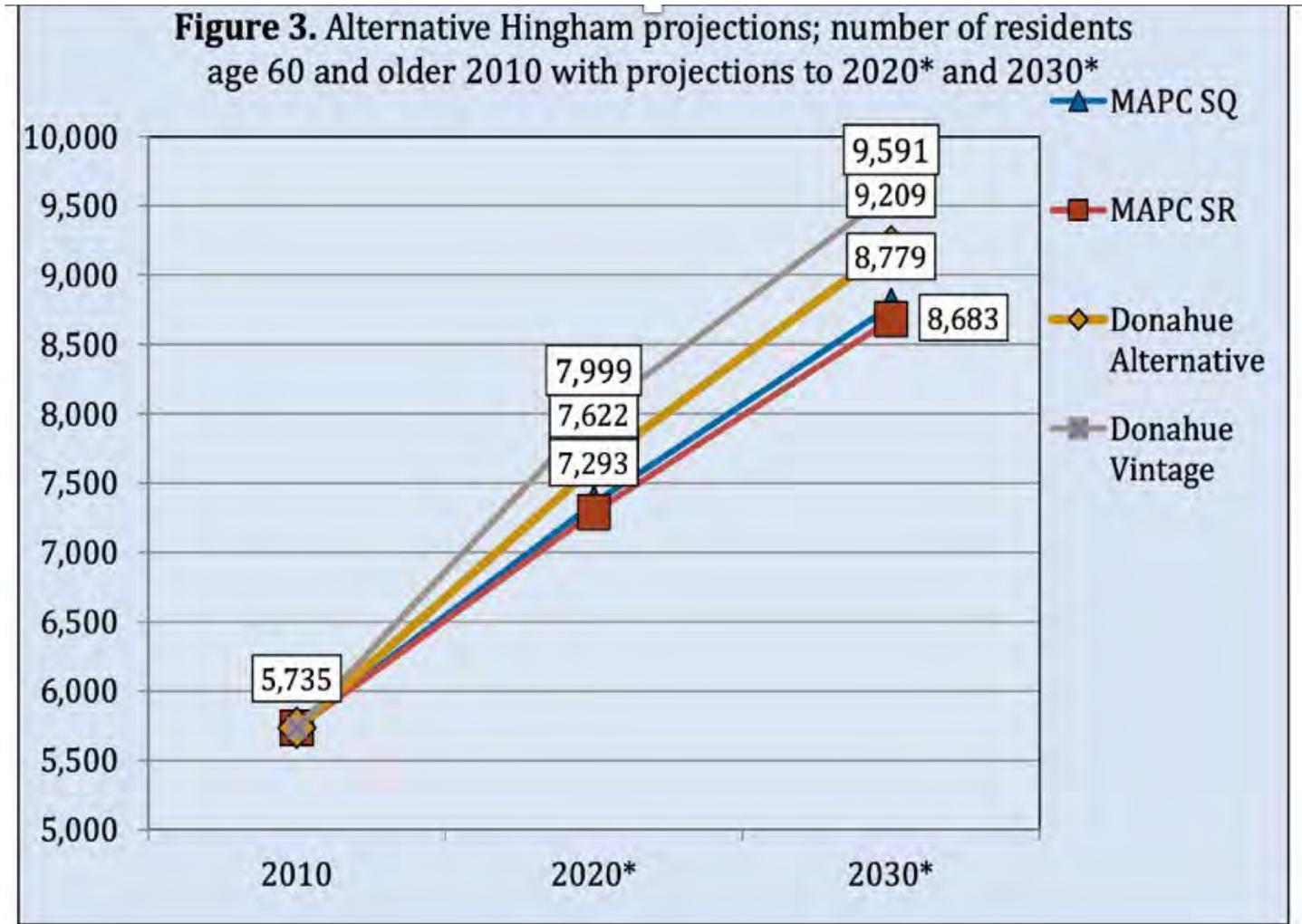
EDM Feasibility
Study

LARGE AND GROWING OLDER POPULATION

Hingham residents

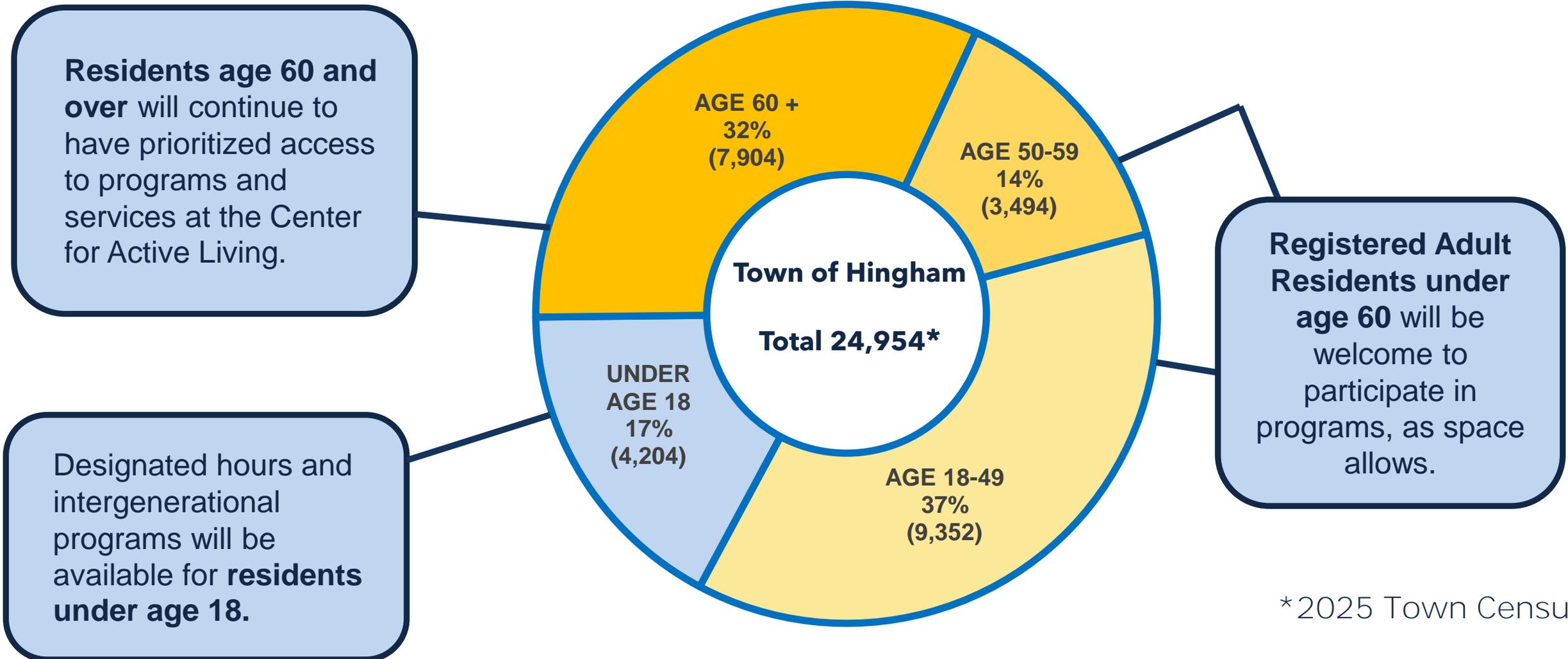
Close to 50% of Hingham's population is over age 50. (2025 Town Census)

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



LARGE AND GROWING OLDER POPULATION

Hingham residents



*2025 Town Census

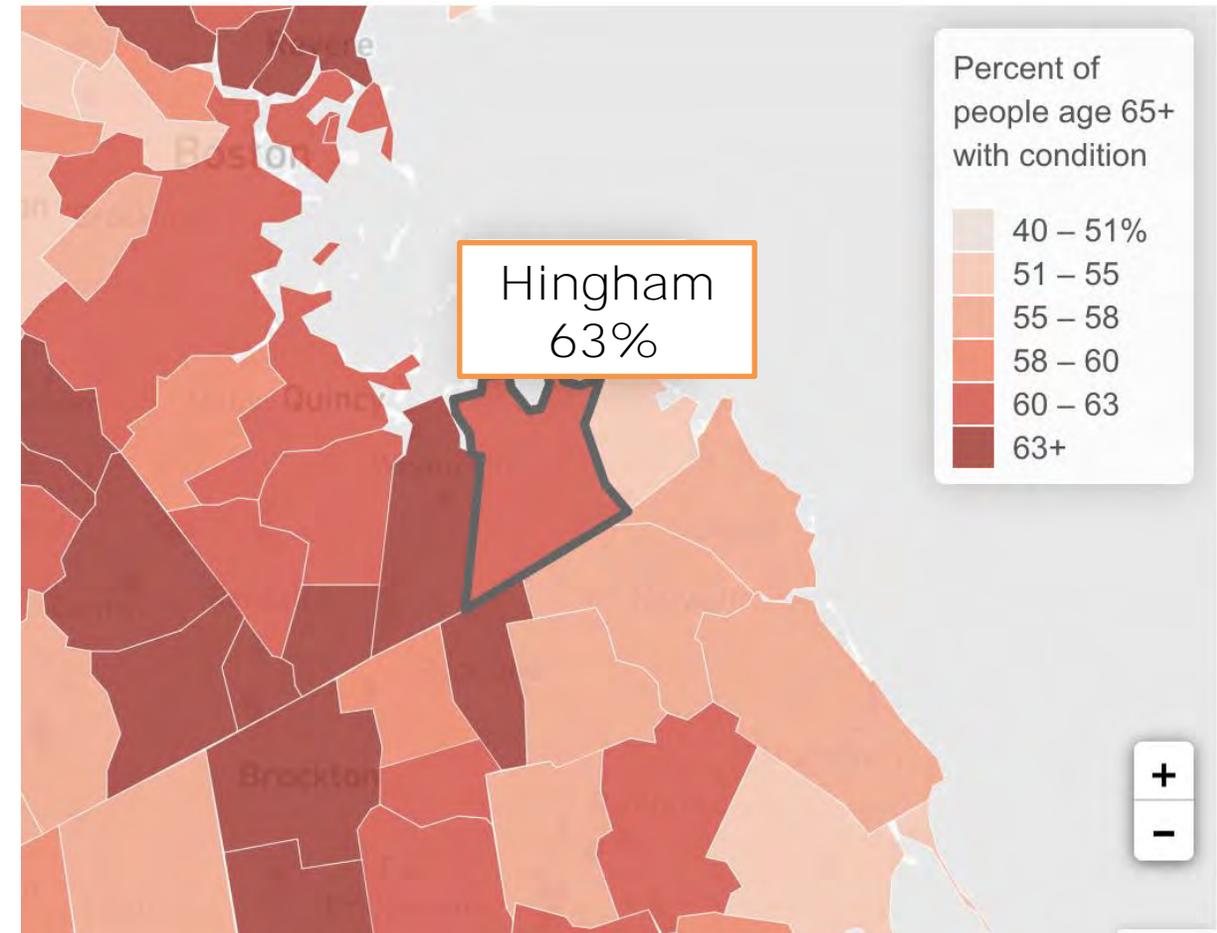
Note: The Commonwealth of MA considers individuals age 60 and over to be a senior for the purpose of calculating the level of funding that will be distributed to COAs in each municipality.

GOALS OF A NEW CENTER

<i>Responding to longtime needs, interests Preparing for future growth...</i>	<i>...a timely and impactful opportunity for the community of Hingham</i>	Hingham's proposed Center for Active Living
<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• Support Needs• Programmatic Interests	<p>Older adults who participate in senior center 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• Research on mechanisms through which social and civic engagement positively impacts affect health outcome²• Research on the mutually rewarding benefits of intergenerational activities and connections across generations <p>¹National Council on Aging ²CDC; Connectedness & Health: The Science of Social Connection, CCARE, Stanford University</p>	<p><i>Programmatic and Design Innovation</i></p> <p><i>A Modernized CAL is a long-awaited opportunity to create a vital resource at a historic time of aging.</i></p> <ul style="list-style-type: none">• Increased square footage and parking capacity• Accessible features and spaces• Indoor and outdoor programs and services that respond to evolving and diverse community needs and interests• An essential destination for Hingham, for the next 50+ years – one that fosters independence, health, wellness, and community wide engagement.

DIVERSE NEED AND INTERESTS

- Large and Growing Older Population
- Desire to Age in the Community
 - The majority (81%) **of Hingham's Households** are owned or rented by residents 45+ ¹
- Solo Aging - Many residents age 65+ live alone (34%) ¹
 - 62% live with others
 - 4% live in group quarters
- Changes in Health Status (% 65+)
 - 63% with 4+ (out of 15) chronic conditions ²
 - **17% with Alzheimer's Disease or another form of dementia** ²



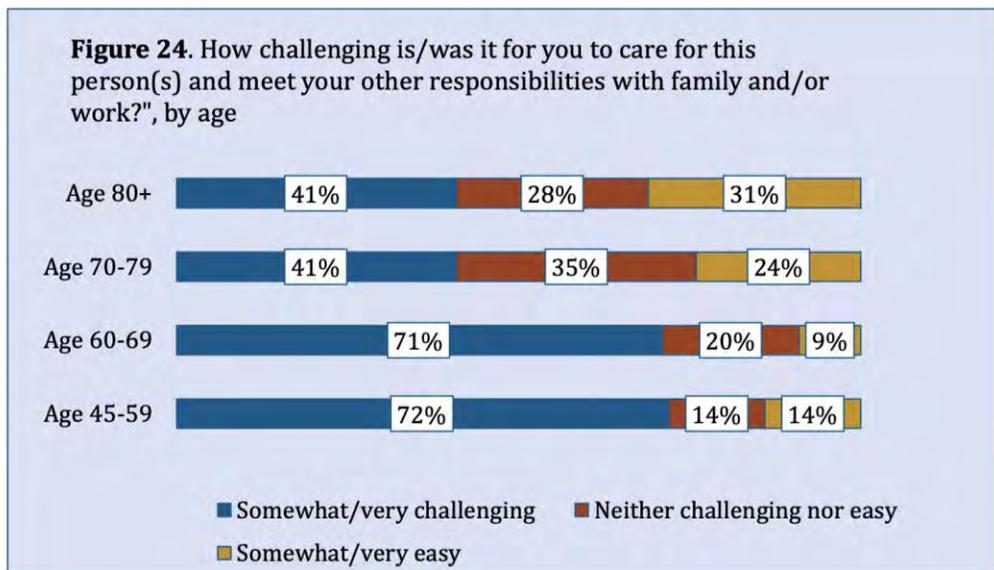
¹ Source, U.S. Census American Community Survey, 2016-2020

² Source MA Healthy Aging Community Profile (2025)

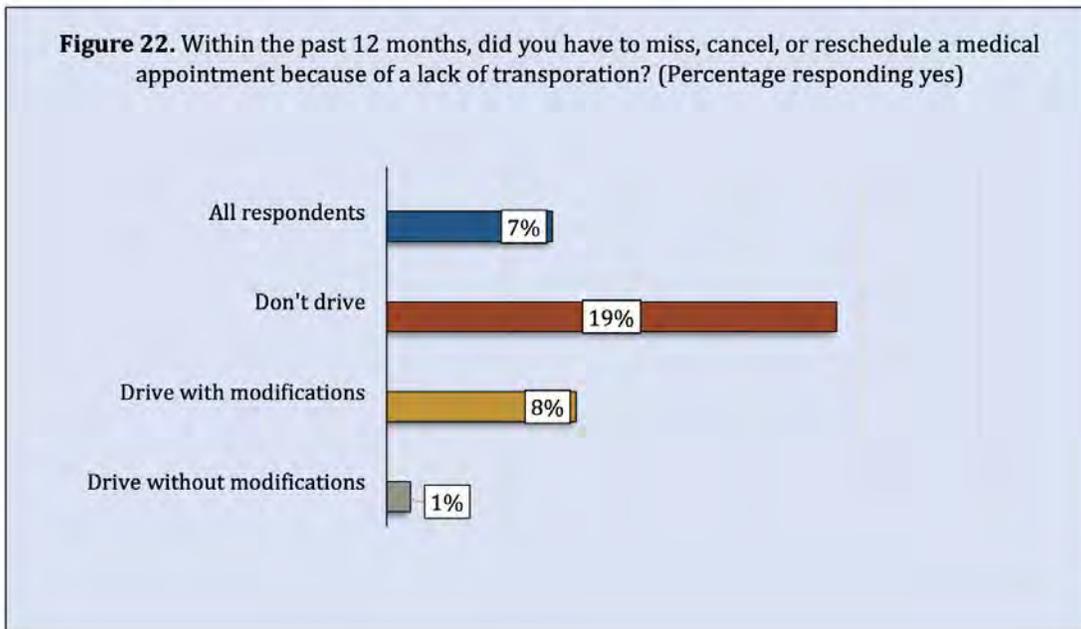
DIVERSE NEED AND INTERESTS

Caregiving is an issue affecting Hingham's older residents

- ▶ 30% of survey respondents have been in the past year, or are currently, a caregiver
- ▶ 31% of caregivers are providing care to a person with dementia



For those who do not drive, lack of transportation options is crucial



ARCHITECTURAL
PROGRAM DATA

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	244	9' x 26'
Café/Main Lounge	1,362	35' x 35'
Den	402	19' x 21'
Kitchen	715	25' x 30'
Multi-Purpose Room	2,359	40' x 60'
Table and Chair Storage	249	14' x 20'
Media Room	1,388	36' x 40'
Classroom	1,319	37' x 29'
Clean Arts / Craft Room	854	32' x 27'
Dirty Arts Room	904	32' x 28'
Games Room	1,257	32' x 39'
Conference Room	362	18' x 20'
Equipped Fitness Room	936	25' x 36'
Exercise Studio	1,433	35' x 35'
Meals on Wheels Prep Room	234	14' x 16.5'
Director's Office	148	10' x 15'
Office Suite	369	30' x 12'
Outreach Coordinator's Office	121	10' x 12'

Room/Space Name	SF	Dimensions
Program Coordinator's Suite	150	10' x 15'
Transportation Suite	148	10' x 15'
Shared Work Room	264	13' x 20'
Copy Area	42	3' x 14'
Staff Break Room	171	14' x 12'
Consult Room	123	11' x 11'
Wellness Room with Companion Restroom/Shower	199	11' x 20'
Reception	217	13' x 16'
Friends' Storage	92	8' x 11'
Kitchen/Nutrition Coordinator	121	9' x 14'
Maintenance Office/Storage	135	10' x 14'
Janitor's Closet	14	5' x 3'
Laundry/Storage Room	108	8' x 14'
General Storage	216	11' x 19'
Staff Restroom	50	7' x 15'
Companion Restrooms (4X)	240	7.5' x 8'

Room/Space Name	SF	Dimensions
Group Restrooms – Men A	260	10' x 28.34'
Group Restrooms – Men B	260	10' x 28.34'
Group Restrooms – Women A	260	10' x 28.34'
Group Restrooms – Women B	260	10' x 28.34'
Mechanical Room	492	26' x 26'
Utility Room	80	10' x 8'
Subtotal All Functions (Net)	18,558	
Efficiency Factor (28%)	7,392	
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
 - Based on Design Team standard: 7 spaces per 1,000SF
 - Hingham Zoning requires 1 space for 3p MAX OCC: ~ 135 spaces
 - Actual parking spots on site plan: 161
- 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
Media	80
MP Room	112
Exercise	20
Fitness	10
Art 1	19
Art 2	19
Conference	14
Classroom	30
Cards	48
Staff/Vol./Instructors	60
TOTAL	412
75%	300
50%	200
33%	100

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

EXISTING VS. PROPOSED
PROGRAM COMPARISON

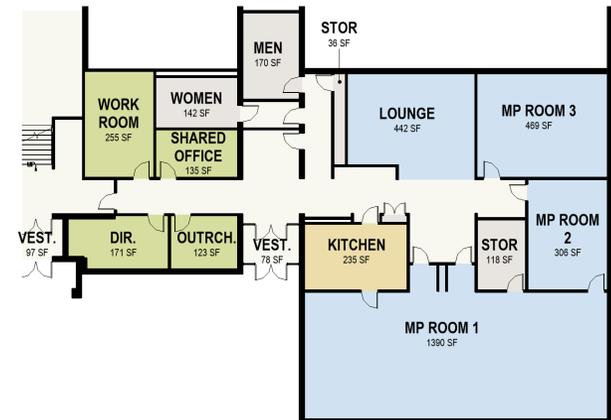
EXISTING VS. PROPOSED



PROPOSED PLAN

version 05

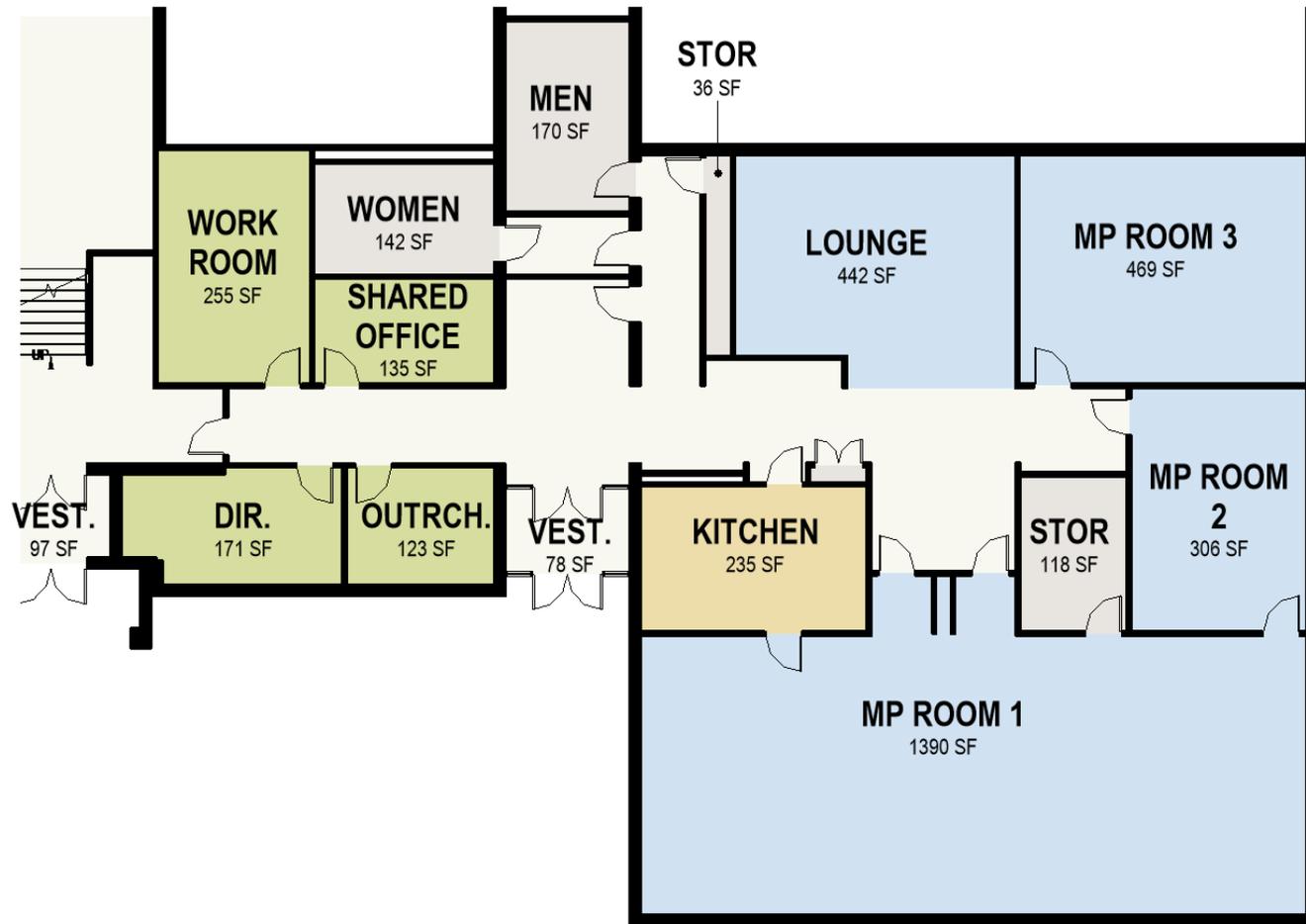
@ bare cove park drive



EXISTING

@ town hall

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

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

Congregate Lunches

Support Groups

Special Events

PROPOSED

Square Footage:
2,359 (not including storage)

Max Participants:
120

Monthly Program Hours:
150

Activity

Dinner Events

Men's Discussion

Lunch & Learns

Book Club

Coffee with a Cop

Congregate Lunches

Support Groups

Special Events

Breakfast

Bingo

Senior Dances

Fundraisers

Ladies' Coffee

Wellness Fair

Health and Safety Fair

Craft Fairs

Art Shows

Resource Fairs

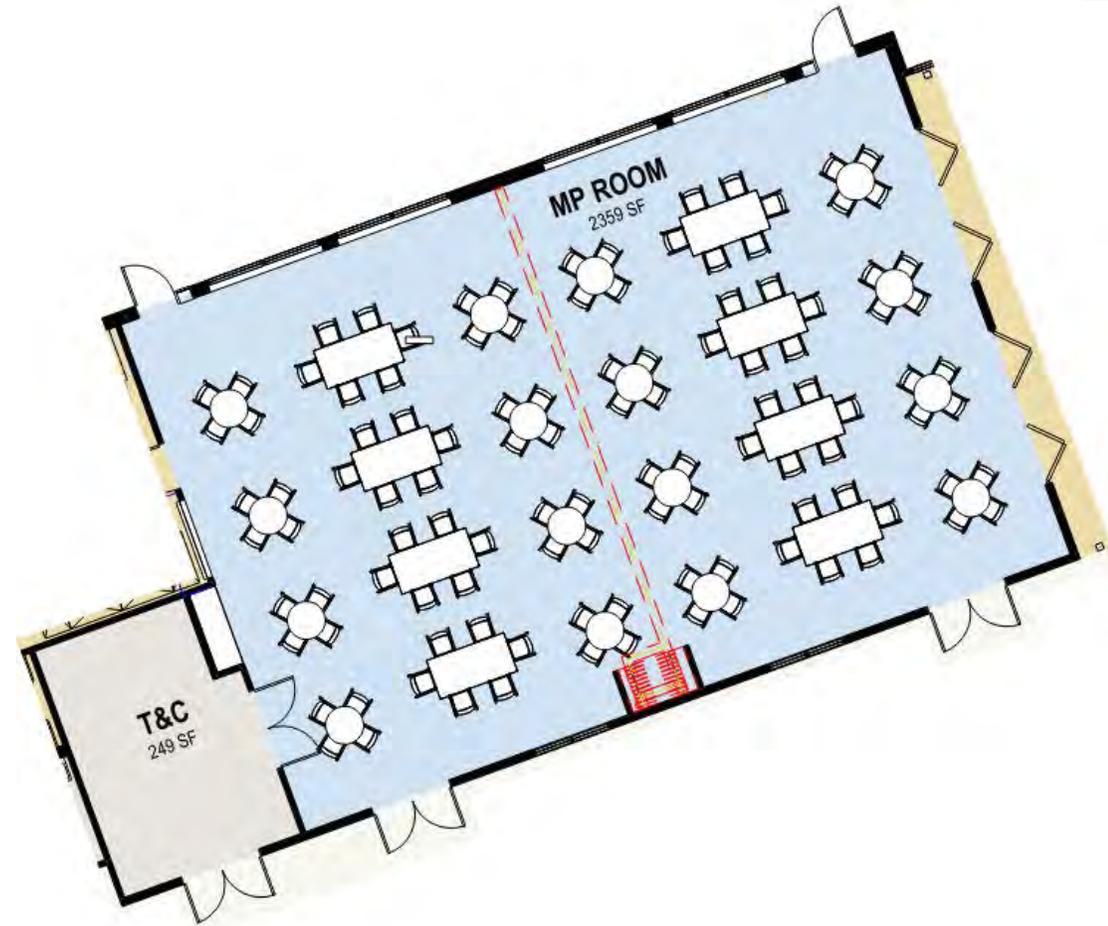
Tag Sales

Blood Drives

Alzheimer's Conferences

Wellness Retreats

Holiday Bazaars



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.

For smaller events, the room has a folding partition that allows for 2 smaller uses at the same time. For larger events, the space can be opened up to the lounge with large folding doors that can accommodate an additional 30 people.

* 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:
826

Max Participants:
NA

Monthly Program Hours:
8 HOURS/DAY

Activity

Basic Kitchen Prep

Emergency and Dry Food Storage

Commercial Equipment

Congregate Meal Prep

Kitchen Staff Space

Café Prep



This is a full commercial kitchen, with a walk-in freezer/cooler, dry storage, warewashing and cooking/prep areas. All storage is included within the main kitchen space for ease of use.

Separate office for the kitchen staff has also been allocated for the main kitchen spaces.

MEALS ON WHEELS

CURRENT

Square Footage:
NONE*

Max Participants:
NA

Monthly Program Hours:
6 HOURS/DAY

Activity
40-60 Meals
Daily, Personal Contact
with Homebound Seniors
10-12 Routes/5 Days a wk

PROPOSED

Square Footage:
234

Max Participants:
NA

Monthly Program Hours:
6 HOURS/DAY

Activity
40-60 Meals
Daily, Personal Contact
with Homebound Seniors
10-12 Routes/5 Days a wk



Separate staging area for prepared, home delivered meals. Meals are assembled (and sometimes reheated) and distributed to homes in the community.

Staff provided by South Shore Elder Services. Fully supported through federal funding.

*Meals on Wheels currently served out of Kitchen.

CAFÉ/MAIN LOUNGE

CURRENT

Square Footage:
NONE

Max Participants:
NONE

Monthly Program Hours:
NONE

Activity

No current capacity

PROPOSED

Square Footage:
1,362

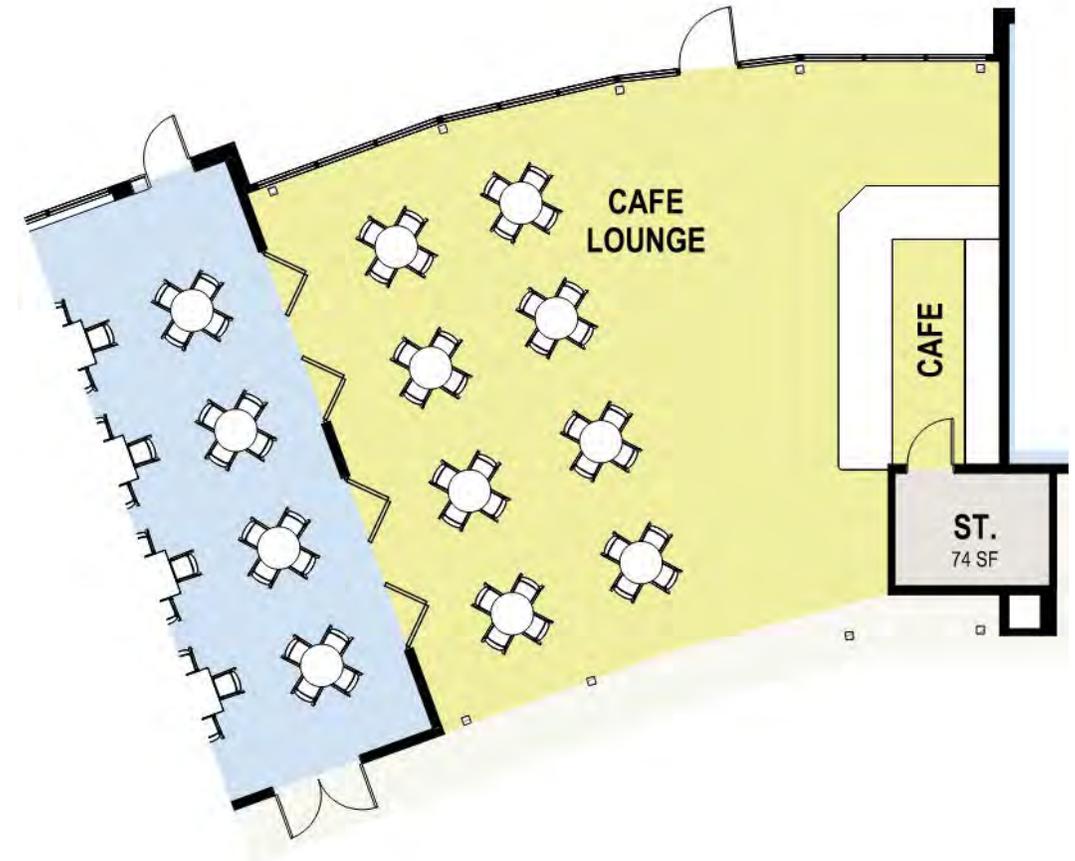
Max Participants:
34

Monthly Program Hours:
8 HOURS/DAY

Activity

No current capacity

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



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.

CLASSROOM

CURRENT

Square Footage:
450*

Max Participants:
16

Monthly Program Hours:
24

Activity

Photography Classes
World Affairs Discussion Group (Monthly)
Bridgewater Senior College (2 per Semester)
Memoir Writing (Monthly)
Life Long Learning Programs (Monthly)

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

PROPOSED

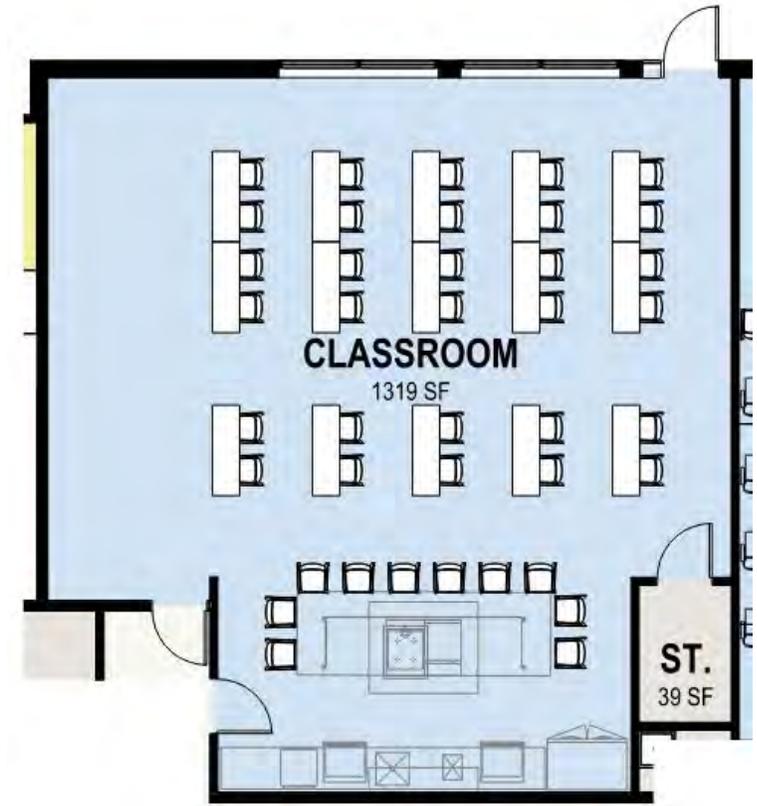
Square Footage:
1,319 (including teaching kitchen)

Max Participants:
30

Monthly Program Hours:
170

Activity

Photography Classes	
World Affairs Discussion Group (Monthly)	Weekly
Bridgewater Senior College (2 per Semester)	4 per Semester
Memoir Writing (Monthly)	Weekly
Life Long Learning Programs (Monthly)	Weekly
Health Classes	
Culture: Language and Poetry	
Cooking Classes and Demonstrations	
- Heart Healthy Meals; Vegetarian, Vegan and Celiacs; Freezer Friendly Meals; Budget Friendly, Cooking for One; Baking and Decorating	
Nutrition Classes and Demonstrations	
- Fighting Cancer with Your Fork; Nutrition for Memory; Eating with Diabetes; Nutrition Labels	
Virtual Classes	
AARP Driver Safety and Education	



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.

A teaching kitchen with a residential style set-up is adjacent to the classroom for expanded nutritional programs. The seminar island can seat 10 people, with room for expansion into the classroom space.

DEN

CURRENT

Square Footage:
450

Max Participants:
20

Monthly Program Hours:
8 HOURS/DAY

Activity

Waiting Area

Socializing

Reading Area

Lounging

Puzzles

Technology

Library/Books

PROPOSED

Square Footage:
401

Max Participants:
20

Monthly Program Hours:
8 HOURS/DAY

Activity

Waiting Area

Socializing

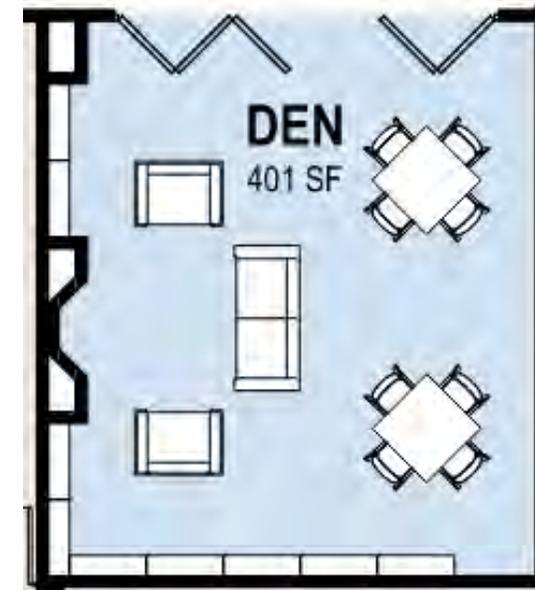
Reading Area

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 Instruction
(Annually)

Bridge

Bridge Instruction (Annually)

Scrabble

Dominos

Whist

Whist Instruction (Annually)

PROPOSED

Square Footage:
1,247

Max Participants:
48

Monthly Program Hours:
144

Activity

Mah Jongg

Mah Jongg Instruction
(Annually)

Bridge

Bridge Instruction (Annually)

Scrabble

Dominos

Whist

Whist Instruction (Annually)

Duplicate Bridge

Cribbage

Canasta

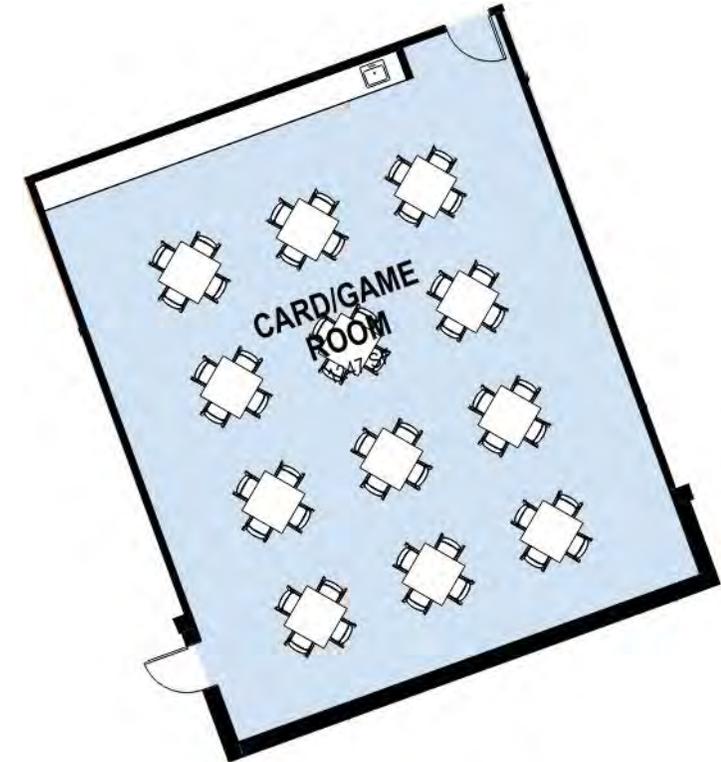
Hand Foot

Mah Jongg Instruction (Weekly)

Bridge Instruction (Weekly)

Whist Instruction (Weekly)

Chess



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.

MEDIA ROOM

CURRENT

Square Footage:
NONE*

Max Participants:
50

Monthly Program Hours:
32

Activity

Life Long Learning
(Education/ Lectures)

Movies

PROPOSED

Square Footage:
1,388

Max Participants:
80

Monthly Program Hours:
166

Activity

Life Long Learning
(Education/ Lectures)

Movies

TED Talks

Virtual Classes

Theatrical or Musical
Performances

Author Series

Streaming Concerts

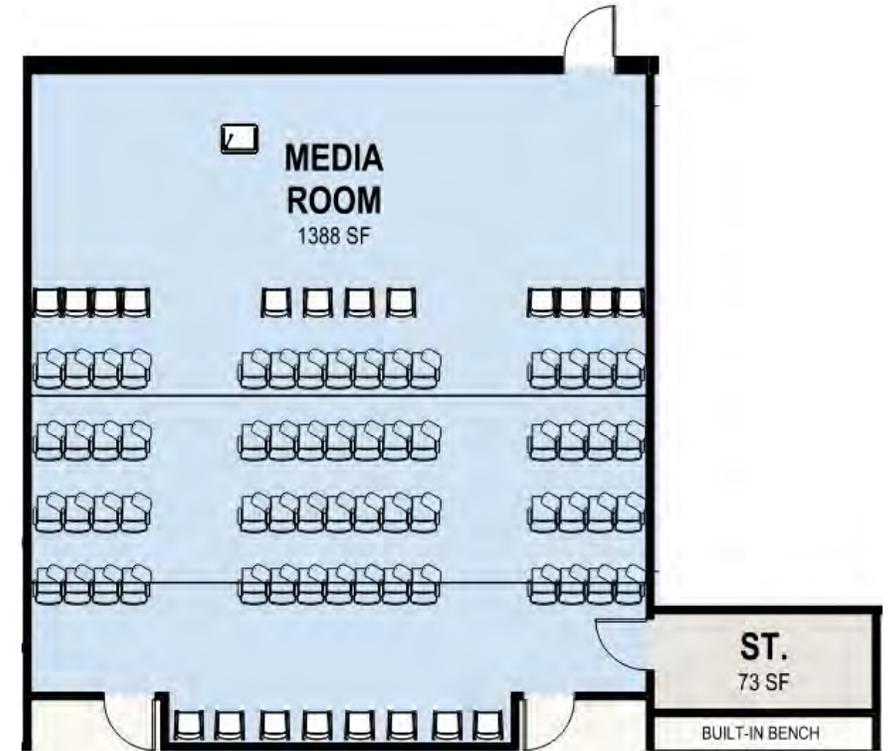
Open Mic Nights

Comedy Event

Book Club/Readings

Documentary Series

Bridgewater Senior College



This room is designed for around 60 people on regular use, with a MAX of about 80 people. Fixed, padded seating allows for a more efficient use of the space for the programs identified.

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 large MP room 1 as its closest related space.

CONFERENCE ROOM

CURRENT

Square Footage:
NONE

Max Participants:
NONE

Monthly Program Hours:
NONE

Activity

No current capacity

PROPOSED

Square Footage:
362

Max Participants:
14

Monthly Program Hours:
8 HOURS/DAY

Activity

No current capacity

Family and Provider
Conferences

Board Meetings

Senior/Caregiver Joint
Activities

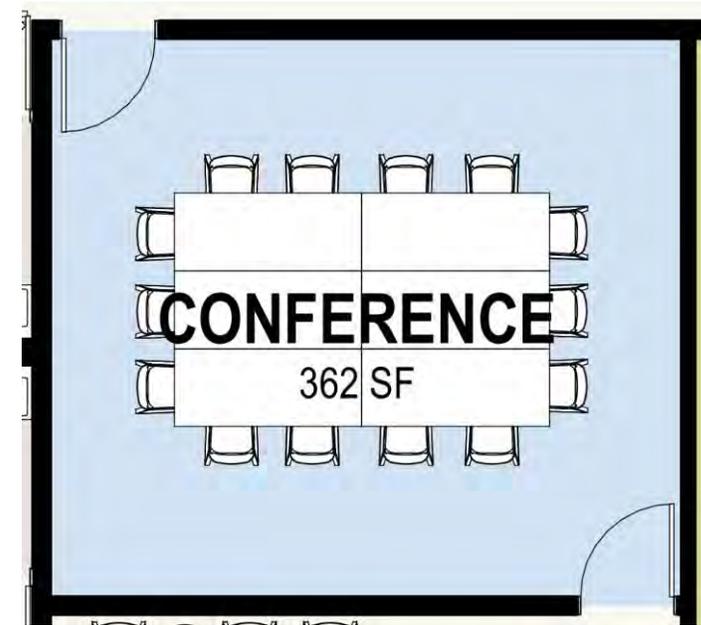
Extensive Support Groups

- i.e. Caregiver, Parkinsons,

Alzheimer's, Low Vision,

Grief, Stroke, Grandparents

Raising Grandchildren



The conference room can have a capacity of MAX 14 people, we have allotted 25SF per person.

SHARED WORK ROOM

CURRENT

Square Footage:
NONE

Max Participants:
NA

Monthly Program Hours:
NA

Activity

1 Volunteer Work Desk
- 89 Volunteers that provide 5,614 hours of service (work equivalent of 3 full time employees)

PROPOSED

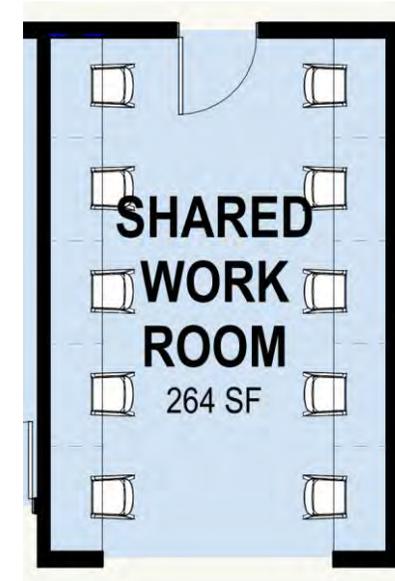
Square Footage:
264

Max Participants:
10

Monthly Program Hours:
8 HOURS/DAY

Activity

1 Volunteer Work Desk
- 89 Volunteers that provide 5,614 hours of service (work equivalent of 3 full time employees)
AARP Tax Assistance Program
- 10 Filers
9 Additional Volunteer Workspaces
- Appointment confirmations; Ride confirmations;
Data Entry; Registration Assistance;
Call Center; Digital Signage; Print Marketing; Electronic Marketing;
Program Assistance; Collating and Printing Assistance; Media Support;
Tax Work Off



This room is designed around a MAX of 10 people, each using approx. 4LF per person as a simple work space for volunteer administrative tasks.

HEALTH/WELLNESS AND CONSULT

CURRENT

Square Footage:
100

Max Participants:
NA

Monthly Program Hours:
8 HOURS/DAY

Activity

SHINE
Tech Support
Financial Advisor
Hearing Screenings
Hearing Aid Cleanings
Reflexology
Blood Pressure
Attorney

PROPOSED

Square Footage:
320

Max Participants:
NA

Monthly Program Hours:
8 HOURS/DAY

Activity

SHINE
Tech Support
Financial Advisor
Hearing Screenings
Hearing Aid Cleanings
Reflexology
Blood Pressure
Attorney
Diabetic Footcare
Nurse
Wholistic Health
Flu, COVID and Shingrix Shot Clinics
Open Office Hours with Government Officials
Skin Screenings
Consults with Care Providers (ASAP)



Office space sized rooms that provide infrastructure needs to support a variety of professional services. Each room has a sink for flexibility in its use.

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

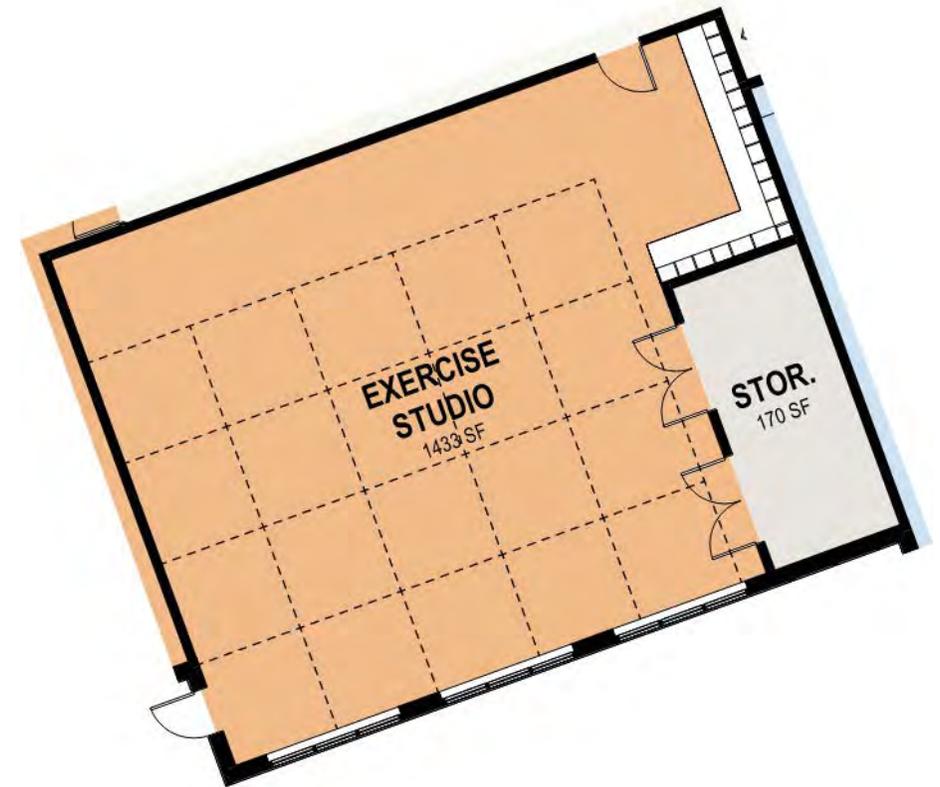
PROPOSED

Square Footage:
1,433

Max Participants:
20

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
Chair Yoga
Heart & Hand
Fit over 50
Essentrics
Hip Hop
Cardio Dance
Chair Zumba
Tap
Chi
Total Body Conditioning



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:
935

Max Participants:
14

Monthly Program Hours:
8 HOURS/DAY

Activity

No current capacity

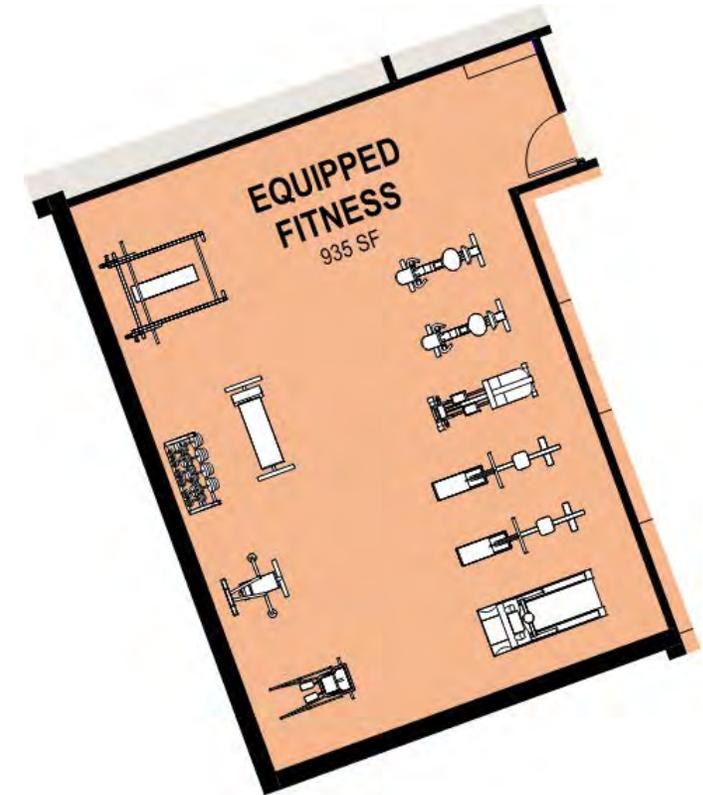
Treadmills

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.

Low impact exercise equipment will be designed specifically for older adults.

DIRTY ART STUDIO

CURRENT

Square Footage:
NONE*

Max Participants:
20

Monthly Program Hours:
18

Activity

Drawing with Watercolor
Drawing with Colored Pencils

PROPOSED

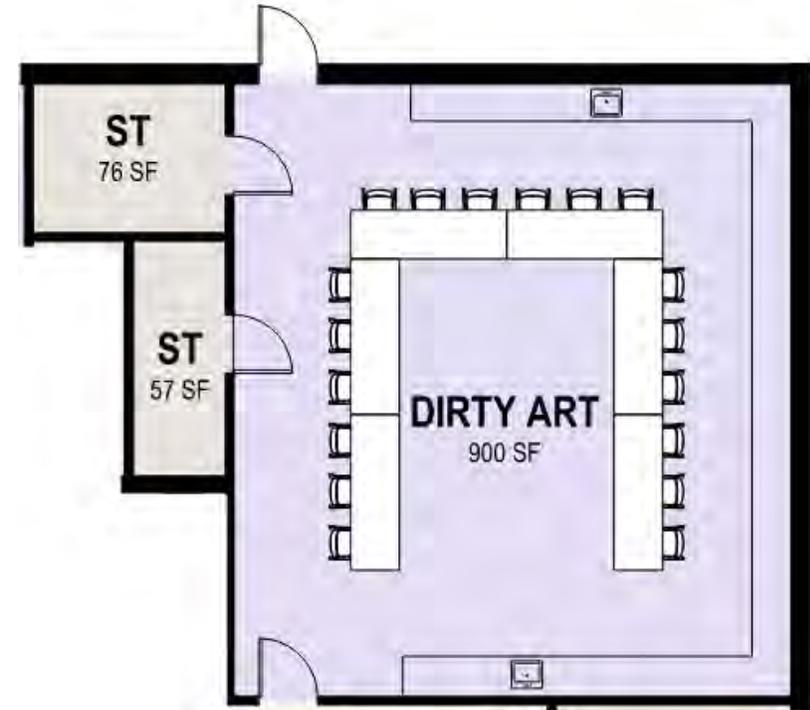
Square Footage:
900 (not including storage)

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
Repair
Woodworking
Planting Classes
Potting Classes
3D Printing
Robotics
Floral Arrangements
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.

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

CLEAN ART STUDIO

CURRENT

Square Footage:
NONE*

Max Participants:
20

Monthly Program Hours:
30

Activity

Knitting

Quilting

Oriental Rug Making

PROPOSED

Square Footage:
851 (not including
storage)

Max Participants:
24

Monthly Program Hours:
128

Activity

Knitting

Quilting

Oriental Rug Making

Jewelry Making

Crochet

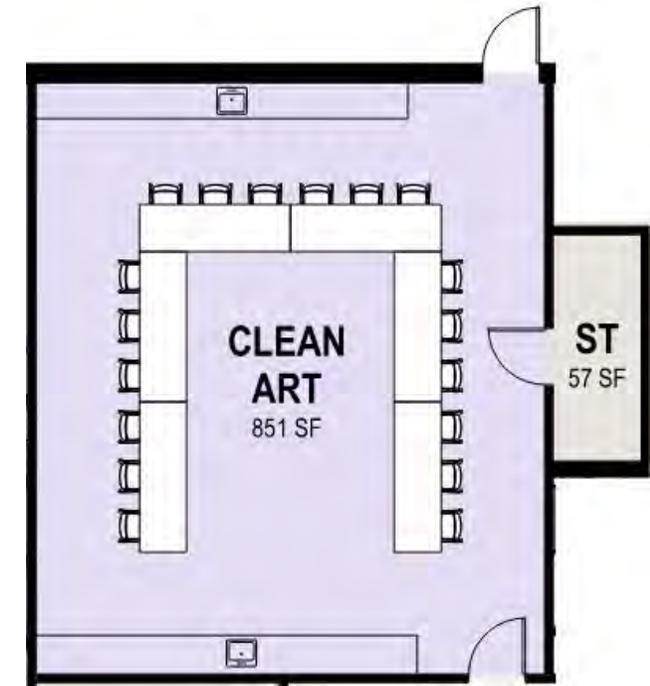
Sewing

Felting/ Special MIY Classes

Cricut Maker Classes

Musical Classes

Open Studio



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OUTDOOR SPACES

CURRENT

Activity

En Plein Air Art

Outdoor Walks

PROPOSED

Activity

En Plein Air Art

Outdoor Walks

Greenhouse and Outdoor Gardening

Horticulture Classes:
Potting, Planting from
Seeds, Plant Care, etc.

Outdoor Concerts

Patio Seating

Bocci

Sunrise Yoga at HCAL

Back River Morning Yoga

Running Groups

Cycling Groups

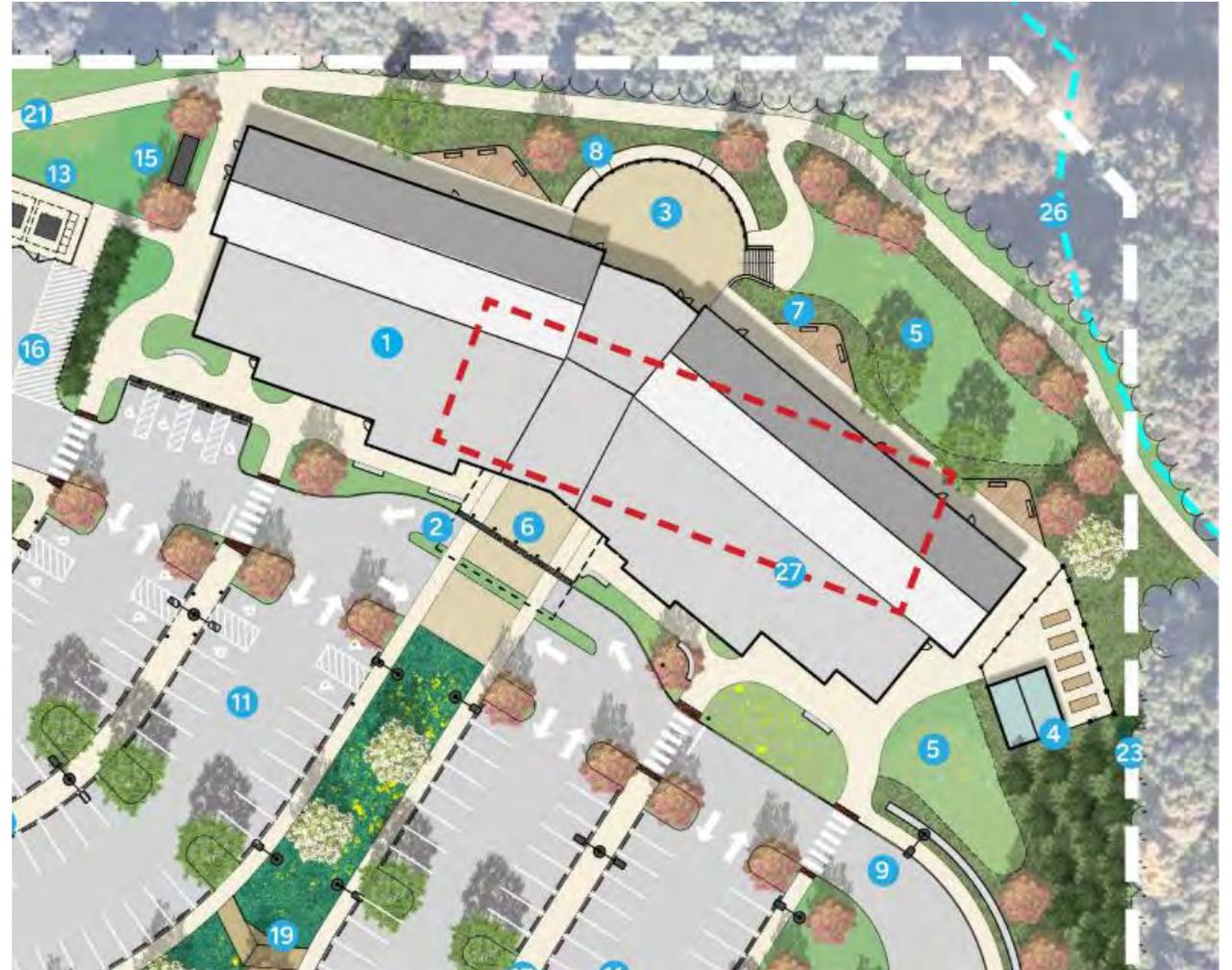
Birding 101

Entomology

Orienteering

Story Book Walks

Trail Maintenance/
Community Projects



HICAL ESSENTIAL SERVICES

Health & Wellness Services

- SHINE Counseling (Serving the Health Insurance Needs of Everyone)
- Health Screenings
- Blood Pressure and Flu Shot Clinics
- Health and Safety Classes & Services
- Wellness Fairs
- Support Groups

Transportation Services

- Transportation to local medical appointments, essential shopping, local errands, and CAL Programs
- Local Day Trips
- Big Day Trips

Outreach Services

- Consults with older adults, caregivers, and family members
- Information and referrals related to housing, in home services, and caregiver supports
- Safety Assurance Program (through Plymouth **County Sheriff's Office**)
- Assistance applying for subsidized programs; Fuel, Housing, Supplemental Nutritional Assistance Program (SNAP), Mass Health and **SCO's, Social Security/ Disability**
- Information and referrals for minor home repair, seasonal assistance, friendly visitor programs
- Assistance applying for real estate tax exemption and relief programs
- Information and referrals for community support services, support groups

Financial and Legal

- Elder Law Education
- Financial Advisor Consults
- AARP Tax Assistance Program
- Fuel Assistance
- Tax Work Off
- Senior Circuit Breaker Tax Credit Information

Nutrition Services

- Congregate Meals
- Meals on Wheels (Home Delivered Meals)
- Emergency Food Storage
- Nutrition Workshops and Educational Tools

Volunteer Opportunities

- Meals on Wheels Delivery (South Shore Elder Car)
- Program Instructions & Assistants
- Shuttle Van Drivers
- Marketing; digital and print
- Electronic Communication
- Community Education (Ambassadors)
- Special Events Help

ROOM ACTIVITY 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"> • Dinner Events • Men's Discussion • Lunch & Learns • Book Club • Coffee with a Cop • Congregate Lunches • Support Groups • Special Events • Breakfast • Bingo • Senior Dances • Fundraisers • Ladies' Coffee • Wellness Fair • Health and Safety Fair • Craft Fairs • Art Shows • Resource Fairs • Tag Sales • Blood Drives • Alzheimer's Conferences • Wellness Retreats • Holiday Bazaars 	<ul style="list-style-type: none"> • Life Long Learning (Education/ Lectures) • Movies • TED Talks • Virtual Classes • Theatrical or Musical Performances • Author Series • Streaming Concerts • Open Mic Nights • Comedy Event • Book Club/Readings • Documentary Series • Bridgewater Senior College 	<ul style="list-style-type: none"> • Mah Jongg • Mah Jongg Instruction (Annually) • Bridge • Bridge Instruction (Annually) • Scrabble • Dominos • Whist • Whist Instruction (Annually) • Duplicate Bridge • Cribbage • Canasta • Hand Foot • Mah Jongg Instruction (Weekly) • Bridge Instruction (Weekly) • Whist Instruction (Weekly) • Chess 	<ul style="list-style-type: none"> • Photography Classes • World Affairs Discussion Group (Monthly) • Bridgewater Senior College (2 per Semester) • Memoir Writing (Monthly) • Life Long Learning Programs (Monthly) • Health Classes • Culture: Language and Poetry • Cooking Classes and Demonstrations • Heart Healthy Meals; Vegetarian, Vegan and Celiacs; Freezer Friendly Meals; Budget Friendly, Cooking for One; Baking and Decorating • Nutrition Classes and Demonstrations • Fighting Cancer with Your Fork; Nutrition for Memory; Eating with Diabetes; Nutrition Labels • Virtual Classes • AARP Driver Safety and Education

ROOM ACTIVITY LIST

<u>Clean Arts</u>	<u>Dirty Arts</u>	<u>Exercise Studio</u>	<u>Equipped Fitness</u>	<u>Cafe</u>	<u>Consult & Health/Wellness</u>
<ul style="list-style-type: none"> • Knitting • Quilting • Oriental Rug Making • Jewelry Making • Crochet • Sewing • Felting/ Special MIY Classes • Cricut Maker Classes • Musical 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 • Repair • Woodworking • Planting Classes • Potting Classes • 3D Printing • Robotics • Floral Arrangements • 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 • Chair Yoga • Heart & Hand • Fit over 50 • Essentrics • Hip Hop • Cardio Dance • Chair Zumba • Tap • Chi • Total Body Conditioning 	<ul style="list-style-type: none"> • Treadmills • Ellipticals • Rowing Machine • Free Weights • Recumbent Bikes • Pull Down Machines 	<ul style="list-style-type: none"> • Smoothies • Course Check-in • Registration • Coffee/Drinks • Enjoying Food from Cafe • Sandwiches • Soups • Salads • Waiting Area • Socializing • Lounging 	<ul style="list-style-type: none"> • SHINE • Tech Support • Financial Advisor • Hearing Screenings • Hearing Aid Cleanings • Reflexology • Blood Pressure • Attorney • Diabetic Footcare • Nurse • Wholistic Health • Flu, COVID and Shingrix Shot Clinics • Open Office Hours with Government Officials • Skin Screenings • Consults with Care Providers (ASAP)

EXISTING VS. PROPOSED HCAL

programming space – 40 hours per week

<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>	2,388 (DIVIDES)	Multipurpose	Multipurpose	118 hours & intermittent uses	150 hours & intermittent uses	54 (table seating)	120 (table seating)
Classroom	450 <i>(SHARED)*</i>	1,046	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>	8 hours/day	<i>NA</i>	14
Exercise Studio	<i>NA</i>	1,433	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>	401	Open Retreat Social Space and Tech/Work-Space during operating hours				20	20
Café	<i>NA</i>	1,362	<i>NA</i>	Nutrition and Open Social Space during operating hours				
Total	2,550SF	12,224SF	32	80			106	380

FLOOR PLAN/
BUILDING LAYOUT

FLOOR PLAN

version 05



SQUARE FOOTAGE:
25,950SF

FUNCTION SPACES	18,558
WALLS, CORRIDORS, CHASES	7,392

FLOOR PLAN - EAST

version 05



FLOOR PLAN - WEST

version 05



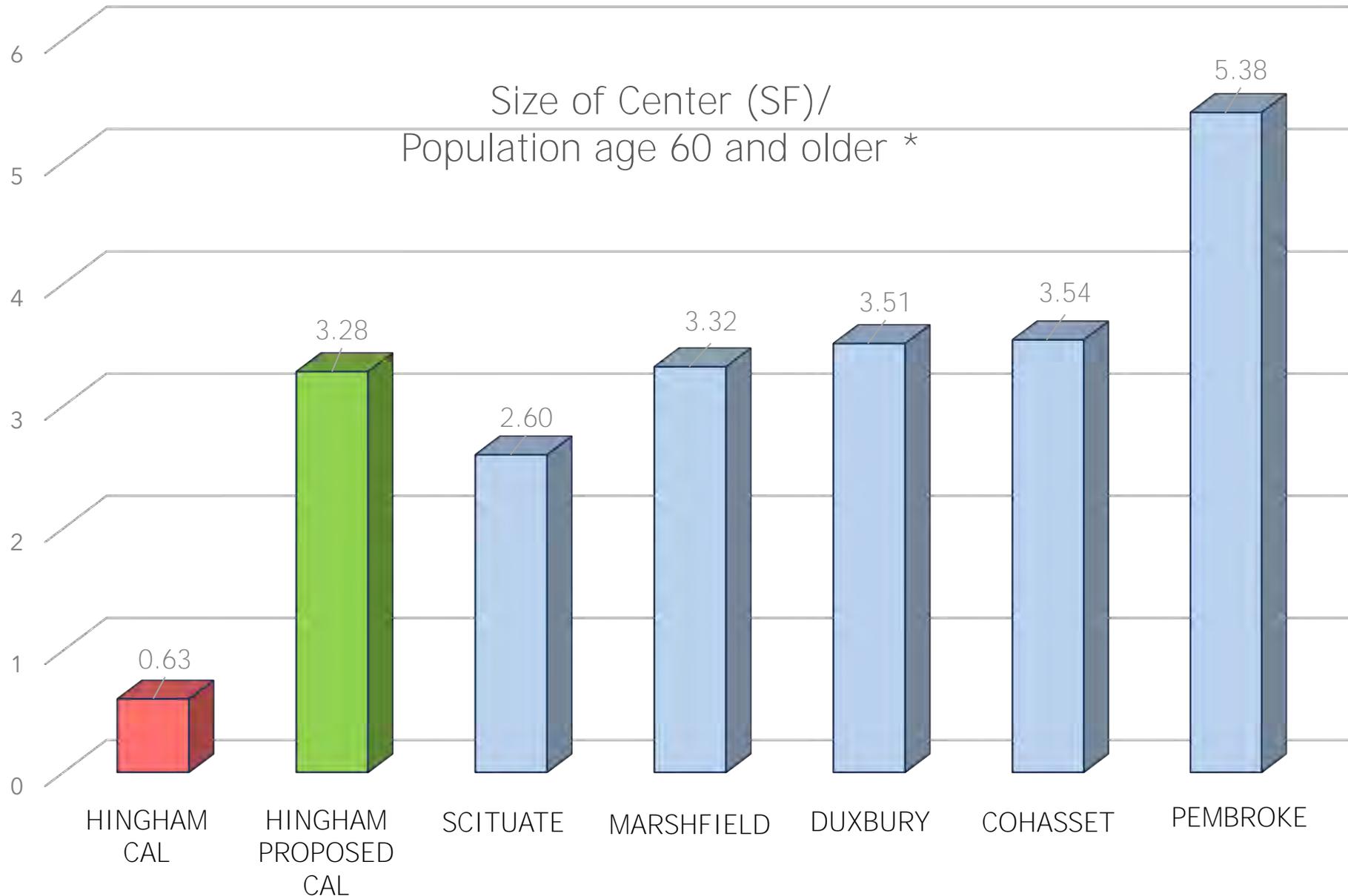
HICAL PEER COMPARISONS

TOWN NAME	POPULATION ¹	POPULATION 60+ ¹	POPULATION %60+	CENTER SIZE (SF)	SF/resident 60+	YEAR BUILT
COHASSET	8,358	2,257	27%	8,000	3.54	2014
DUXBURY	16,110	4,745	29%	16,660	3.51	2019
MARSHFIELD	25,795	7,232	28%	24,000	3.32	2022
PEMBROKE (Intergenerational)	18,335	5,205	28%	28,000	5.38	2024
SCITUATE	19,145	6,015	31%	15,640	2.60	2021
HINGHAM ² Current CAL	24,954	7,904	32%	5,000	0.63	1995
HINGHAM Proposed CAL	24,954	7,904	32%	25,950	3.28	TBD

¹Source, U.S. Census American Community Survey, 2019-2023

²Town of Hingham Census Data

HCAL PEER COMPARISONS



*Through the Older Americans Act communities receive funding for services and programs in support of residents age 60 and older.

EXTERIOR & INTERIOR
DESIGN RENDERINGS

THE DESIGN OF THE HCAL WILL:



- appreciate it's location adjacent to bare cove park while strengthening the park's role as a community asset

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- create a welcoming and accessible environment for all users

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- support the center's purpose of promoting the health and wellbeing of all users

THE DESIGN OF THE HCAL WILL:



appreciate it's location adjacent to bare cove park while strengthening the park's role as a community asset

create a welcoming and accessible environment for all users

support the center's purpose of promoting the health and wellbeing of all users

- incorporate a sustainable approach to design and overall maintenance

THE DESIGN OF THE HCAL WILL:



appreciate it's location adjacent to bare cove park while strengthening the park's role as a community asset

create a welcoming and accessible environment for all users

support the center's purpose of promoting the health and wellbeing of all users

incorporate a sustainable approach to design and overall maintenance

- engage a variety of programs with **flexible space**

nature

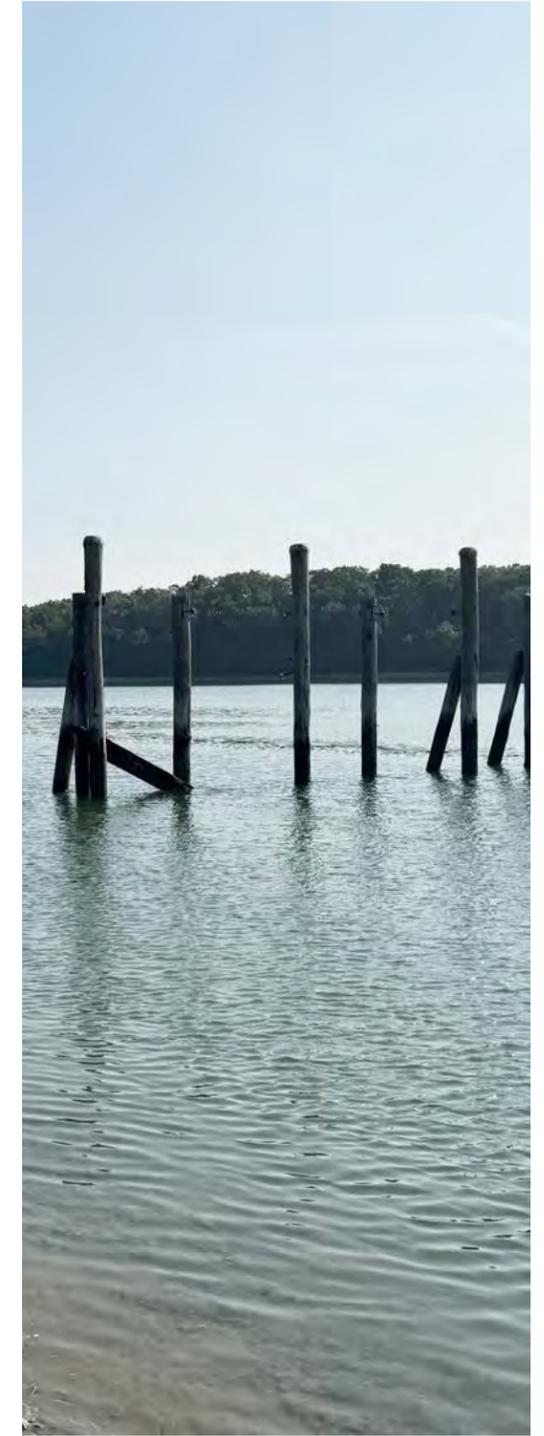
at bare cove park

history

of military use

functionality

of the program



Bare Cove Park was a military base for much of the 20th century. With the exception of the marsh and river, vegetation here is relatively young — some pine, oak, beech, birch, maple, cherry, sumac and cedar are present along the edges of the roadways and paths, which mostly follow historical military railways and paths.



BALANCED SITE



PERVIOUS ASPHALT



RAINWATER FOR GARDEN



FULLY ELECTRIC



BIRD FRIENDLY GLAZING



RAIN GARDENS



VEGETABLE GARDEN



HIGH PERFORMANCE ENVELOPE



ELECTRIC VEHICLE CHARGING

nature HEALTH AND WELLBEING



OUTDOOR PHYSICAL ACTIVITY



SCENIC TRAILS



NATURAL LIGHT



FOSTER SOCIAL CONNECTION



SITE SAFETY AND WAYFINDING



ACCESS TO NATURE



BIOPHILIA
nature-evoking design



GREENHOUSE

history NAVAL INFLUENCE

aerial image circa 1940

At peak capacity in 1945, over 2,400 civilians and military personnel worked there. In the mid 1950s, the site contained over 90 buildings, its own telephone exchange, and 15 cranes.

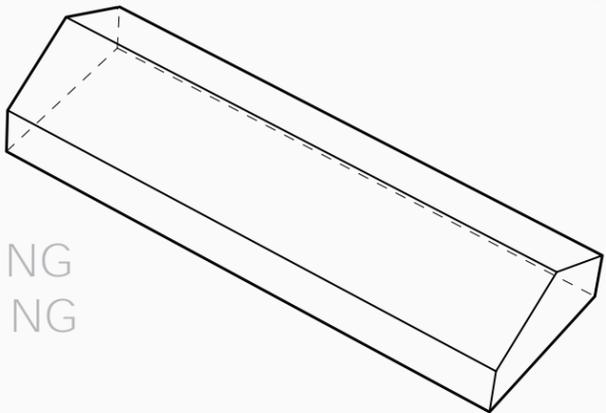


history EXISTING BUILDING



functionality DESIGN PROGRESSION

EXISTING
BUILDING

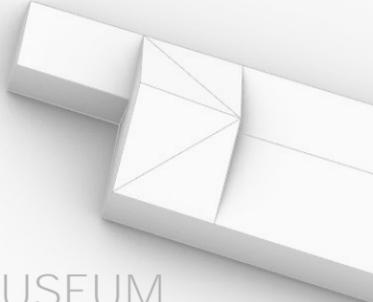


WETLANDS

BARE COVE
ENTRY GATE

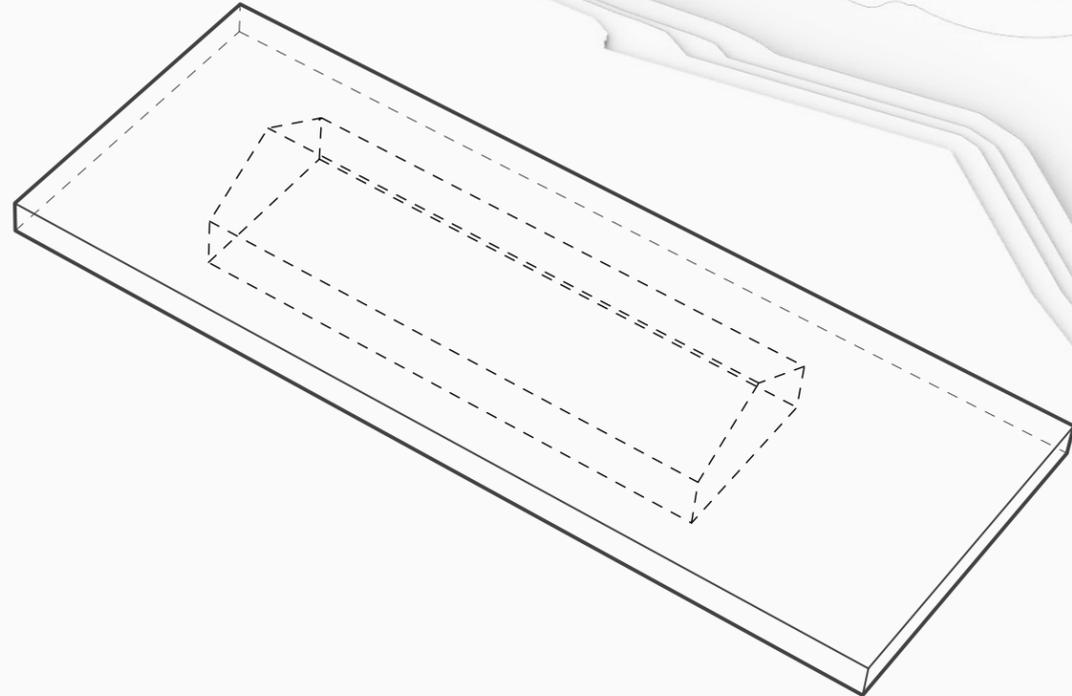
EXISTING
PARKING LOT

FIRE MUSEUM



functionality DESIGN PROGRESSION

25,950 SF
one story building

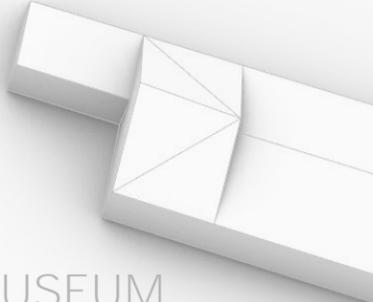


WETLANDS

BARE COVE
ENTRY GATE

EXISTING
PARKING LOT

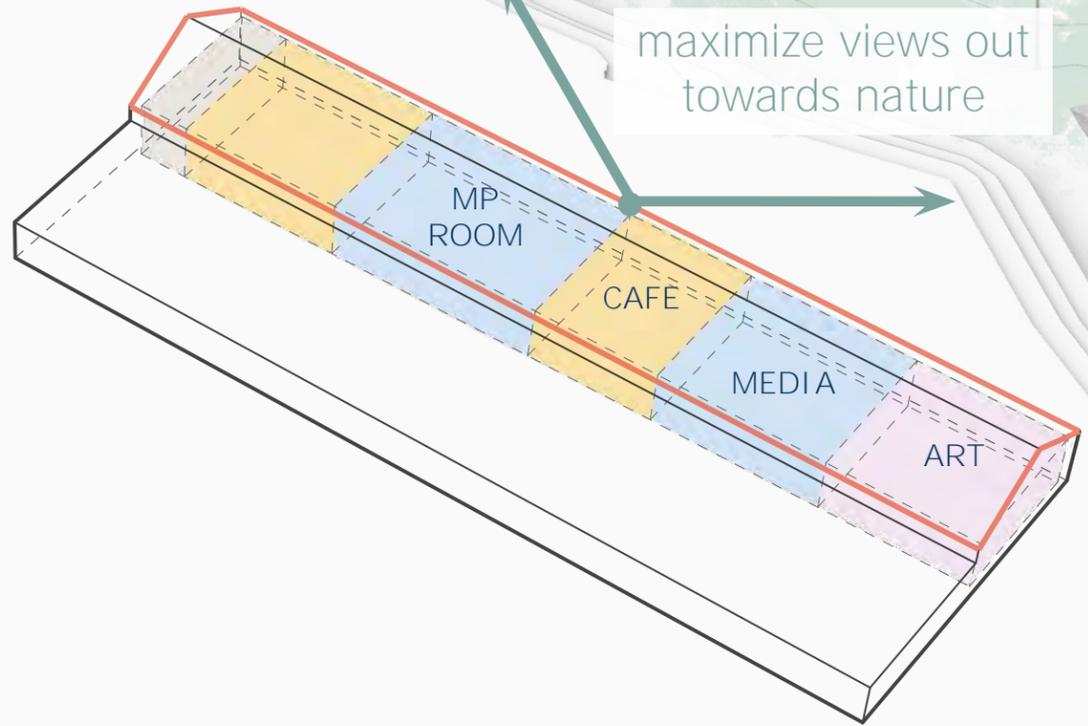
FIRE MUSEUM



functionality DESIGN PROGRESSION

BACK IS RAISED
gables recall existing
depot building

maximize views out
towards nature



WETLANDS

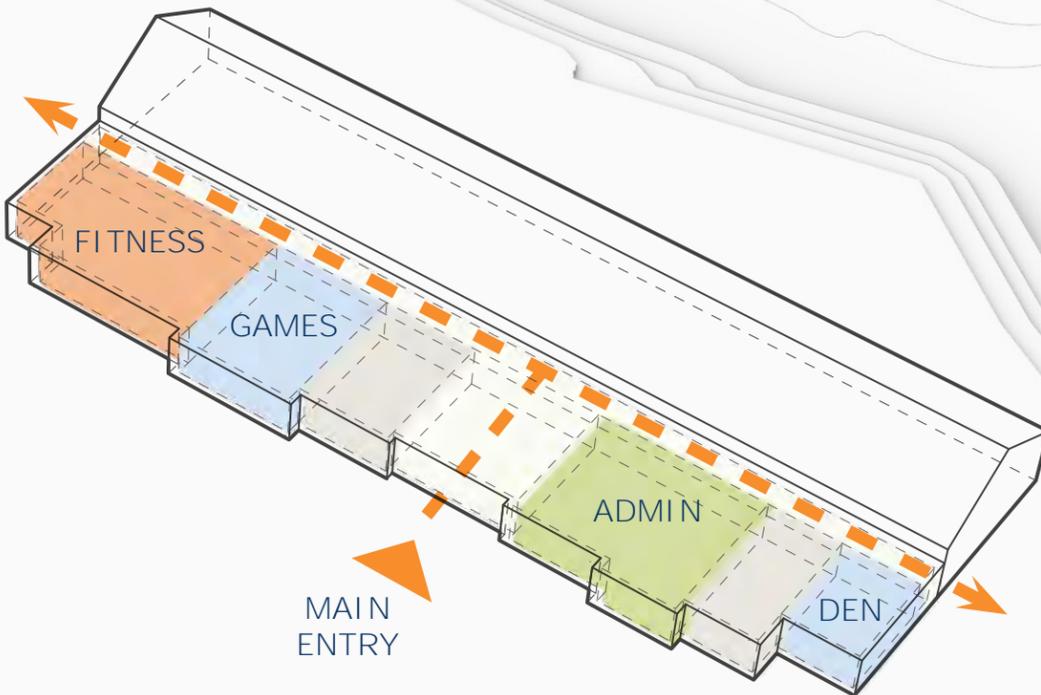
BARE COVE
ENTRY GATE

EXISTING
PARKING LOT

FIRE MUSEUM

functionality DESIGN PROGRESSION

FRONT IS PUSHED
building moves based on
program requirements

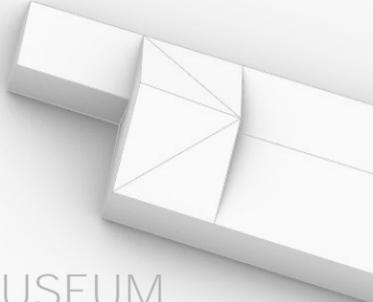


WETLANDS

BARE COVE
ENTRY GATE

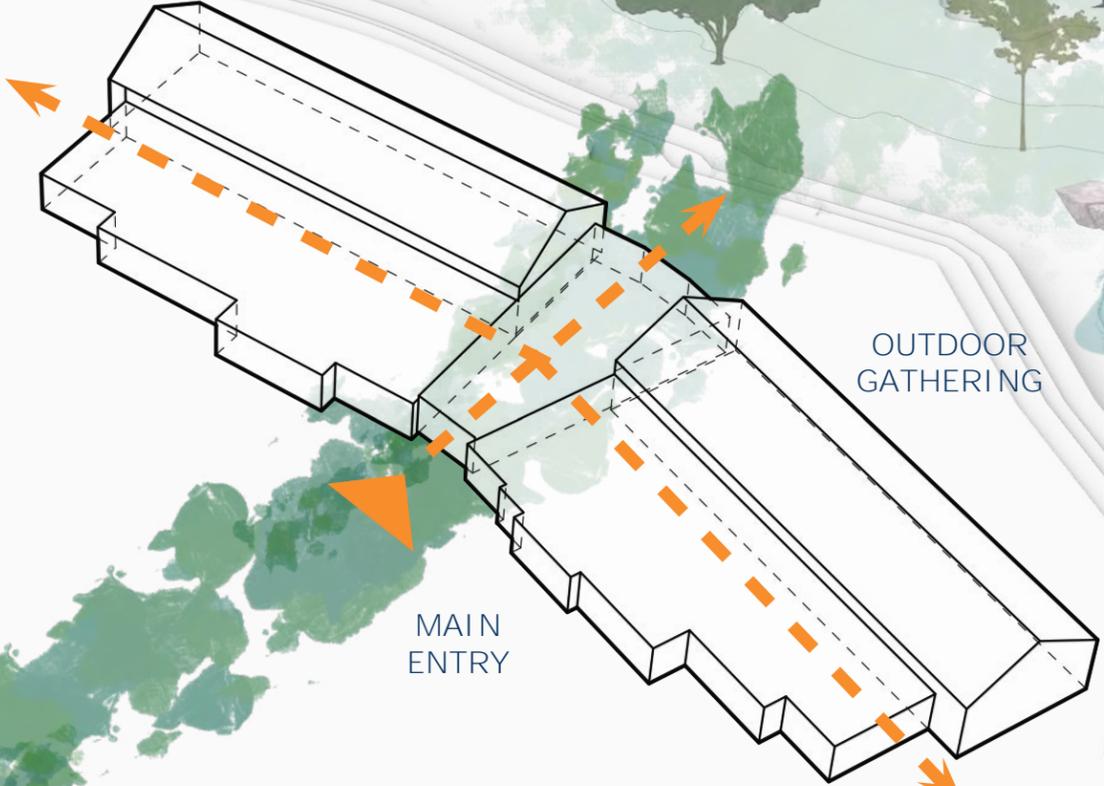
EXISTING
PARKING LOT

FIRE MUSEUM



functionality DESIGN PROGRESSION

NATURE DICTATES
building splits and bends
based on green corridor and
site conditions



WETLANDS

OUTDOOR
GATHERING

MAIN
ENTRY

GREENHOUSE

BARE COVE
ENTRY GATE

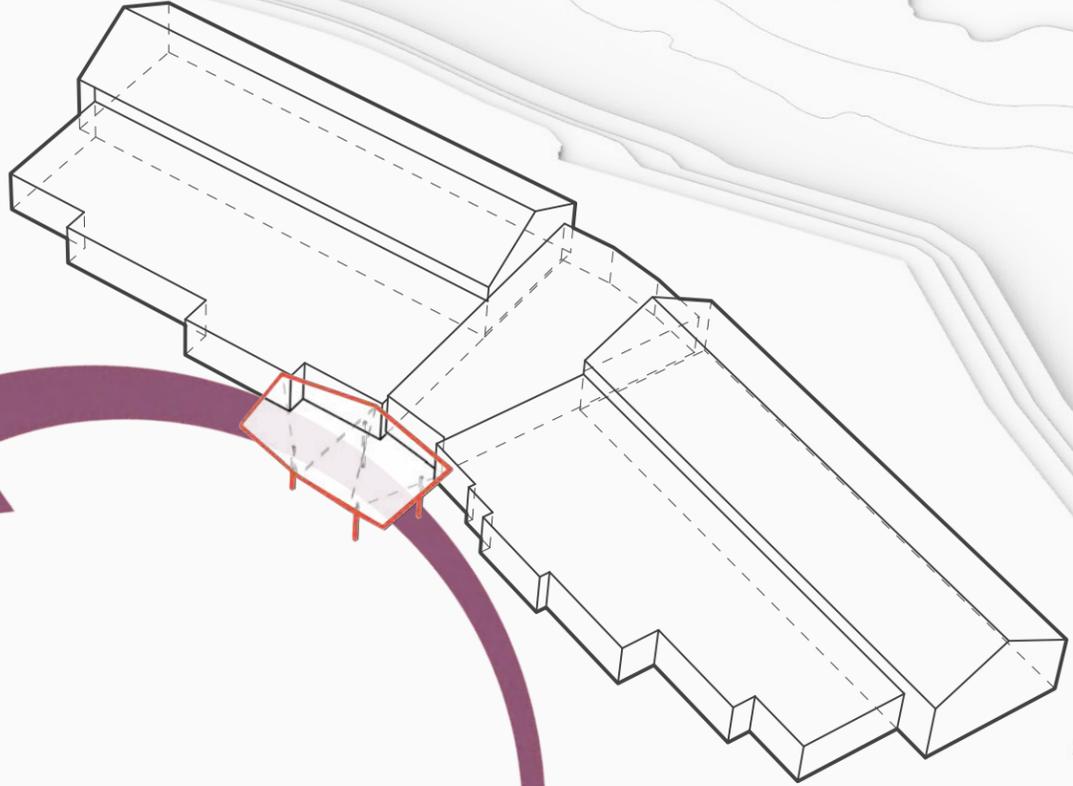
EXISTING
PARKING LOT

FIRE MUSEUM



functionality DESIGN PROGRESSION

ADDITION OF CANOPY
canopy creates an attractive
entry and provides weather
protection at drop off



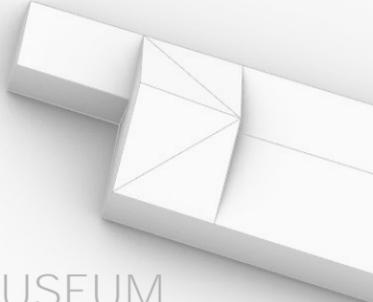
WETLANDS

drop off path

BARE COVE
ENTRY GATE

EXISTING
PARKING LOT

FIRE MUSEUM



functionality DESIGN PROGRESSION

CONNECTION TO TRAILS
new accessible walking paths
connect the site with the
scenic trails of bare cove park
and ball fields

NEW TRAIL

WETLANDS

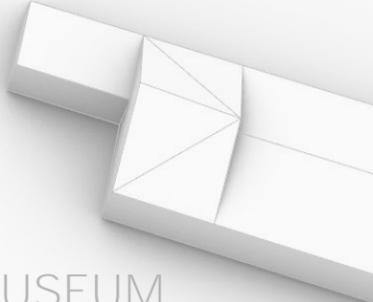
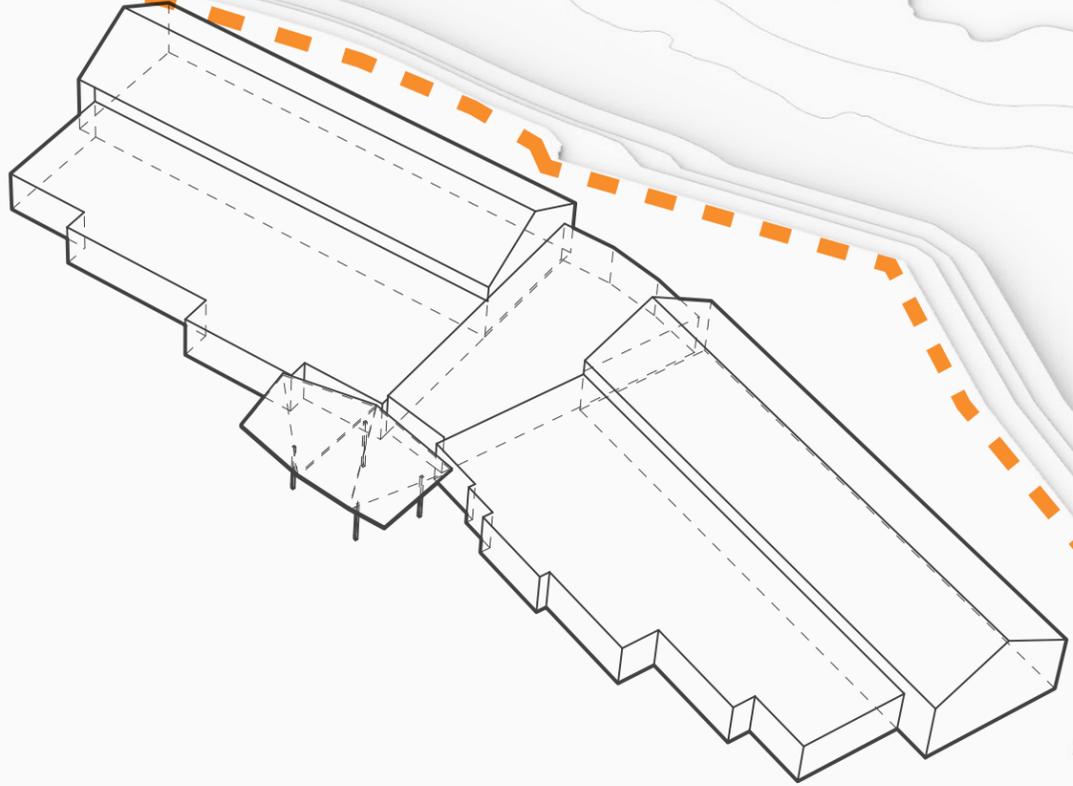
TO BALL FIELDS

TO EXISTING TRAIL

BARE COVE ENTRY GATE

EXISTING PARKING LOT

FIRE MUSEUM



functionality DESIGN PROGRESSION



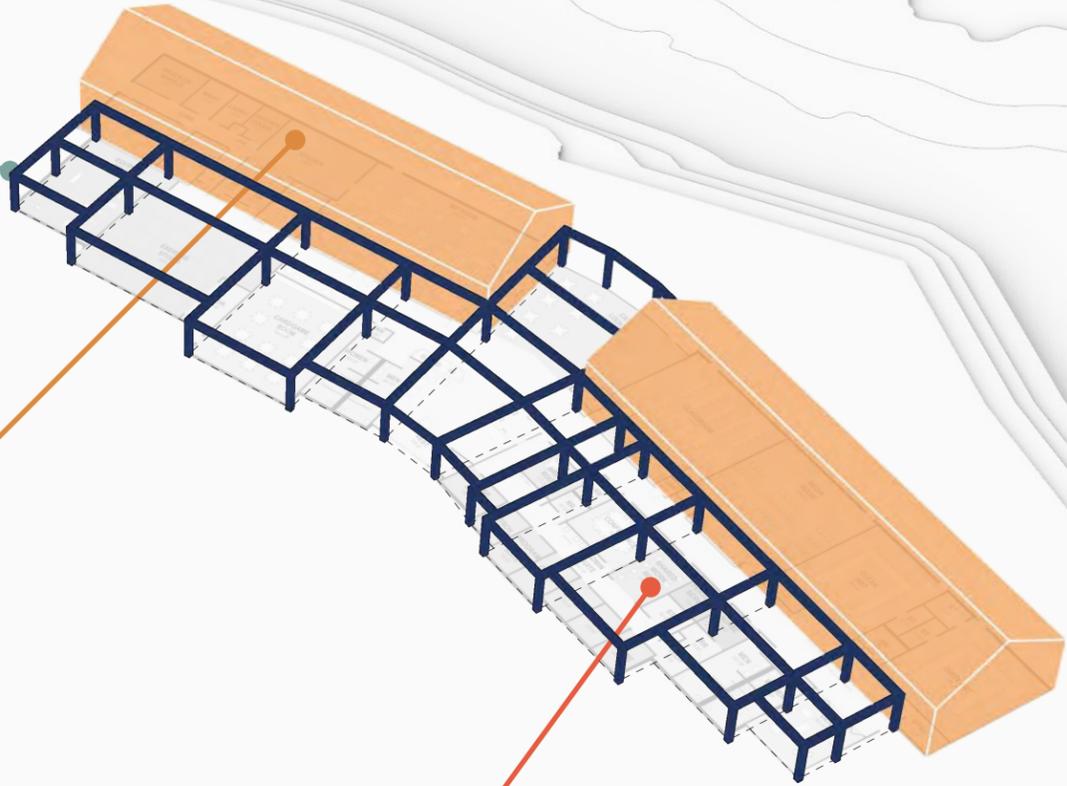
NATURE



HISTORY



FUNCTIONALITY

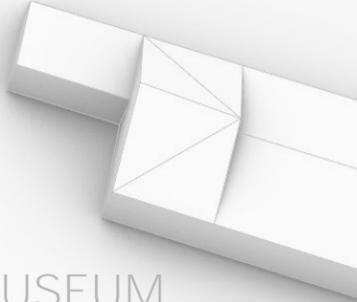


WETLANDS

BARE COVE
ENTRY GATE

EXISTING
PARKING LOT

FIRE MUSEUM



SITE PLAN

- 1 MAIN BUILDING - HINGHAM CENTER FOR ACTIVE LIVING
- 2 COVERED ENTRY CANOPY (POTENTIAL GREEN ROOF)
- 3 PATIO
- 4 GREENHOUSE & GARDEN
- 5 LAWN
- 6 DROP-OFF AREA
- 7 WOOD OVERLOOK DECKS
- 8 PATIO ACCESS RAMP
- 9 STONE WALL
- 10 ENTRANCE SIGN
- 11 MAIN PARKING (158 SPACES INCLUDING 12 HANDICAPPED SPACES)
- 12 3 BUS PARKING SPACES
- 13 TRASH ENCLOSURE
- 14 GENERATOR & TRANSFORMER
- 15 CHILLER
- 16 SERVICE AREA
- 17 PEDESTRIAN WALKWAY
- 18 NATURAL GREENWAY CORRIDOR CONNECTED TO PARK
- 19 BOARDWALK AND BENCH OVER GREENWAY
- 20 RAIN GARDEN
- 21 WALKING FITNESS LOOP
- 22 BUTTERFLY GARDEN WALKING PATH
- 23 5.4 ACRE PROJECT SITE
- 24 300 FOOT RADIUS FROM FRONT ENTRANCE OF MAIN BUILDING
- 25 WETLAND BOUNDARY
- 26 WETLAND BUFFER ZONE BOUNDARY
- 27 EXISTING BUILDING TO BE DEMOLISHED
- 28 EXISTING FIRE MUSEUM
- 29 EXISTING PARKING FOR BARE COVE PARK
- 30 EXISTING MODEL TRAIN MUSEUM PARKING
- 31 ENTRANCE TO BARE COVE PARK





HINGHAM CENTER FOR ACTIVE LIVING

BARE COVE PARK DRIVE

EXTERIOR RENDERING



EXTERIOR RENDERING



EXTERIOR RENDERING





HINGHAM
CENTER FOR
ACTIVE LIVING

EXTERIOR RENDERING



EXTERIOR RENDERING



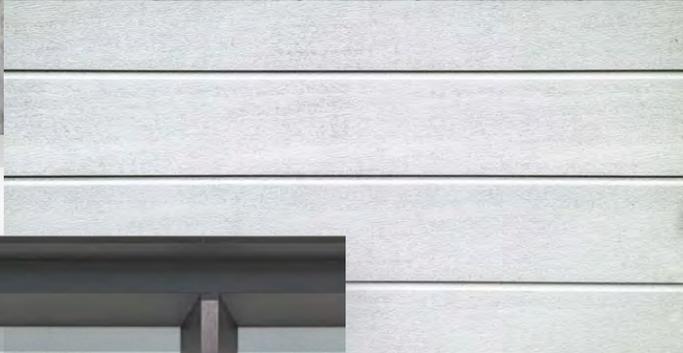
EXTERIOR RENDERING



EXTERIOR RENDERING



EXTERIOR MATERIALS



INTERIOR RENDERING



CENTER F
ACTIVE LIV



INTERIOR RENDERING



INTERIOR RENDERING



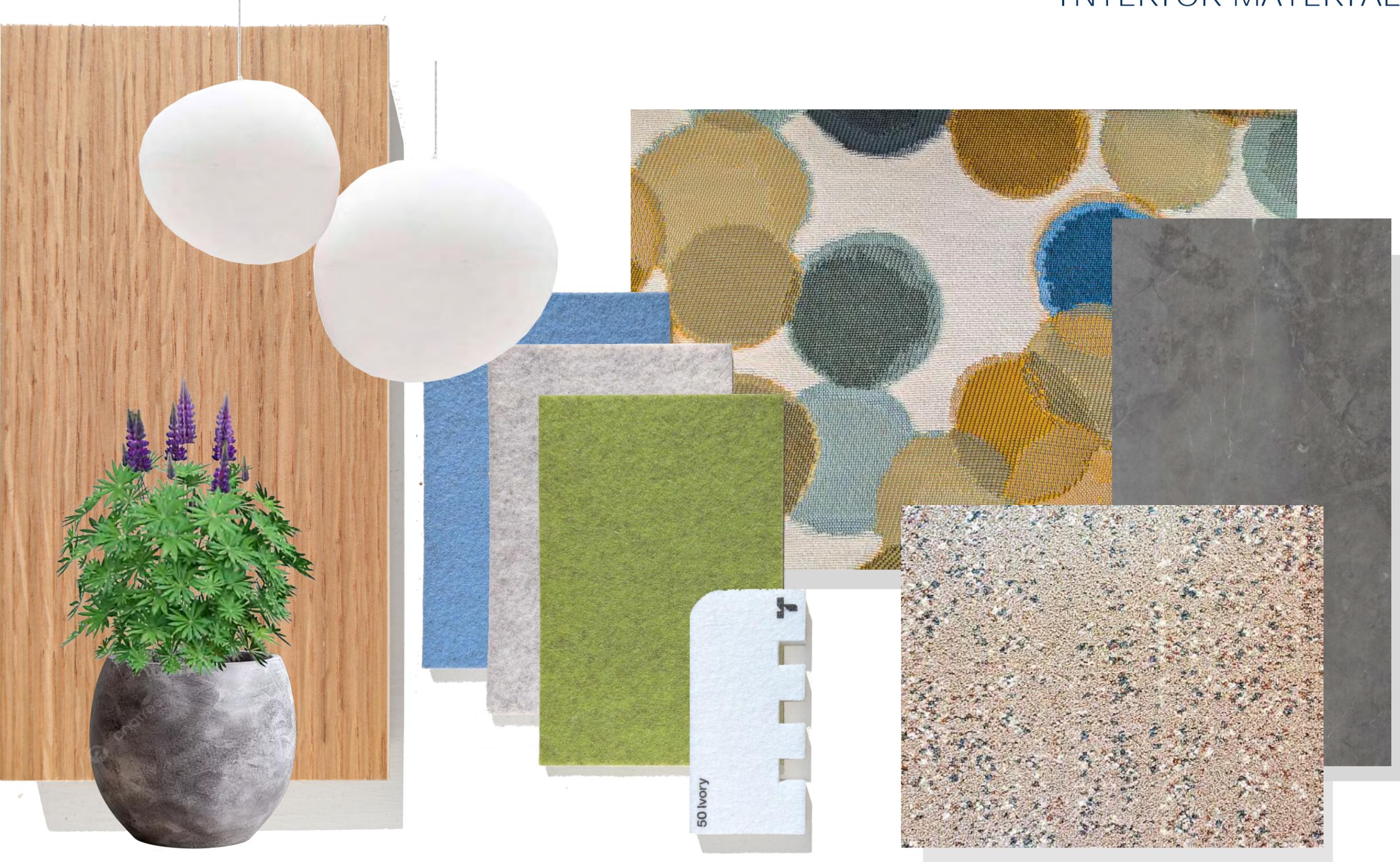
INTERIOR RENDERING



INTERIOR RENDERING



INTERIOR MATERIALS



COMMENTS | QUESTIONS

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

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

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

WILBRAHAM, MA

Population: 14,550
65+ Population: 30%

2020-2021

ANNUAL DUPLICATED

9,323



2024-2025

ANNUAL DUPLICATED

30,789