

## **Interim Maynard Senior Center - 6 Mill & Main Suite 100**



**An abundance of communal space**

**with room for card tables, a puzzle corner, and lounge furniture for reading and social gatherings.**



**A quiet space for meditation.**



**Group exercise space with room to move!**

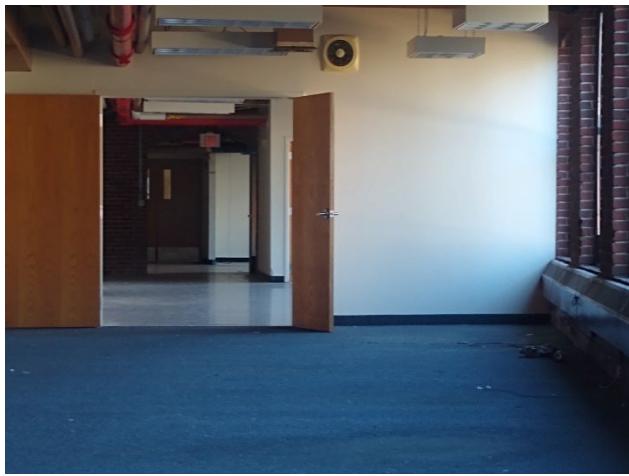


**Open space for activities**



**and space to add more classes!**

**NOTE: The landlord will also provide a “Tenant Improvement” allowance as part of the contract, not to exceed \$35.00 per rentable square foot of the premises. New carpet, new paint, a private bathroom, and a small kitchen.**



**We can expand programming!**



**Amy's office, perhaps?**



**Art classroom with large windows**



**Potential new kitchen and bathroom in this inner bricked space.**



**Only three steps to our direct private entrance. An access ramp access will be added for compliant accessibility. The entrance is accessible by van or car.**



**An additional overflow parking area is located just 90 level yards away from our private entrance. It is close to Main Street businesses and on-street parking, as well.**



**Our Mill & Main space comes includes extra campus amenities such as a fully equipped gym and use of a trainer two days a week. Free! No more paying monthly fees to commercial fitness facilities.**



**Use of outdoor courtyards, gas grills, and tables. Picnic, anyone?**

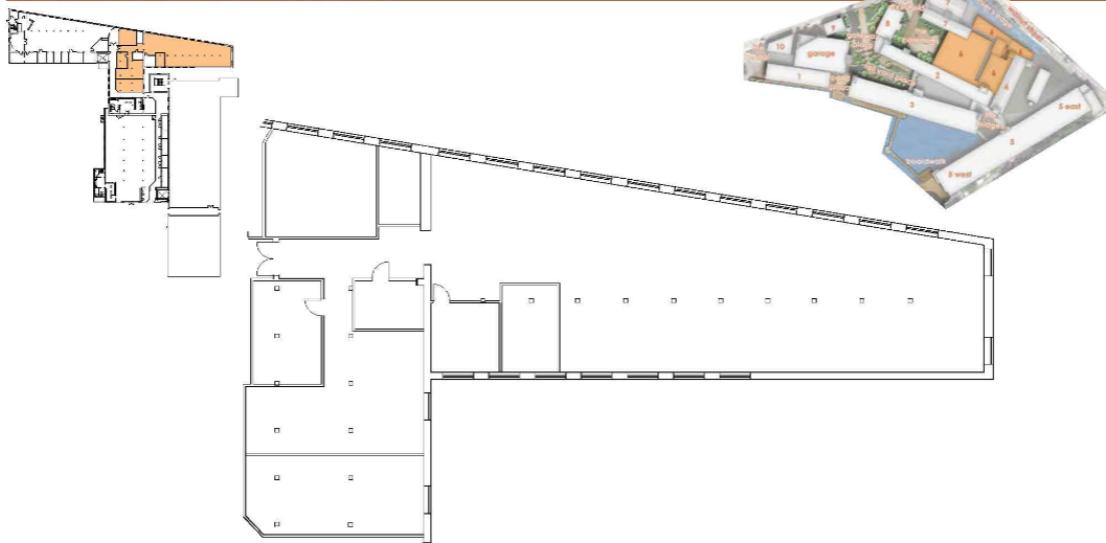


**We have use of the cafeteria for luncheons, the lounge and common areas, the ping pong table, and the table shuffleboard. All just down the hallway from our interim Senior Center.**

# mill&main

50-ACRE CREATIVE OFFICE CAMPUS · MAYNARD, MA

## 6 MILL & MAIN PLACE, FLOOR 1



### A short but important note about pedestrian access to the Mill & Main building –

Measurements and elevation changes were taken at both the current Senior Center and the proposed interim Senior Center. Arbitrarily, the fifth parking space away from the entrance to each building was selected for study. Statistics were gathered for comparison to evaluate the access to both buildings. Contrary to some voiced concerns about the parking at Mill & Main, statistical evidence shows that access to the proposed interim site is a substantial improvement over the current Senior Center location.

Parking at Senior Center Entrance – 5 <sup>th</sup> Space Away from Building	Maynard Golf Club	Mill & Main
Number of Stairs	7	3*
Ramp Available	yes, but not winter accessible in icy conditions	yes
Vertical Elevation Change	12 feet	4 feet*
Steps from Parking Space to Front Door	55	35*

\* easier access

## **MAYNARD SENIOR CENTER FOCUS GROUP - Who Are We?**

The MSCFG (Maynard Senior Center Focus Group), an ad hoc committee formed in April 2022, has been diligently working toward a better location and solution for a viable Senior Center for our citizens, including expanded space for more programming, safer access in the winter months, and a more central location.

### **CURRENT: Maynard Senior Center at Maynard Golf Club - 50 Brown St.**

The existing Senior Center was created in response to an emergency need in 2014. It was temporary fix, but eight years have now passed. The space is no longer adequate in terms of safe access and facility size.

The Senior Center has always been low on the Capital Planning radar. Since being in the Congregational Church basement for senior services from 1975- 2002, numerous other large capital projects have been funded; the needs of the senior population have not been addressed. 47 years later, we have yet to be included on the Capital Planning priority funding list.

The Town of Maynard appropriated funds in 2014 to create its first dedicated Senior Center space. The effort was well received by senior citizens and the COA alike but only provided a temporary solution for the seniors, since the utilized space was not a permissible use of the property, which was purchased with CPA open space money. Almost nine years later, relocation of the Senior Center remains a priority that must be immediately addressed.

The Maynard Country Club was purchased by the town with CPA funds, solely for use as either open space or outdoor recreational purposes. Use of the Maynard Golf Club building to house the COA office and a Senior Center is not an allowable use of the property, as per Community Preservation Act legislation. The building at the golf course *may only be used* to support open space or recreational uses because it was purchased with CPA funds. Massachusetts General Law Chapter 44B clearly states that CPA funds may *only* be used only for historical preservation, affordable housing, or for acquisition of land for open space or outdoor recreation:

The current Maynard Senior Center is too small to meet the needs of our seniors, specifically our elder seniors, nor can the space meet the needs of younger seniors desiring for more active pursuits.

### SENIOR CENTER SPACE REQUIREMENTS:

The Massachusetts Executive Office of Elder Affairs has general standards recommending that a town's senior center be sized **between 4 and 5 square feet** of space per senior. Maynard's Senior Center allocates about .56 square feet per senior, as seen in the following data: Current Maynard Senior Center space is 1,932 sq. ft., minus 360 sq. ft dedicated to administrative uses and storage. Net usable space = **1,570** sq. ft. Quantified at **.56 sq ft.** (1/2 square foot) per senior, based on 2,800 seniors in Maynard.

If our Senior Center were to relocate in Building 6, Suite 100 at Mill & Main, the square footage would be in line with current senior needs. The suite is 5,160 sq. ft, minus 360 sq. ft. for offices and storage. Net usable space = 4,800 sq. ft, calculated at 1.7 sq. ft. per senior, based on 2,800 seniors in town. The Mill & Main space is 3 times larger than our current Senior Center, helping to satisfy our changing needs. Senior center space in adjacent towns are described here:

TOWN	Total Senior Center Square Footage	Square Footage per Person	Senior Population in 2018/19		Town Population
Maynard	<b>1,570</b>	<b>.56</b>	<i>[almost 2,800 by 2023]</i>		10,600
Stow	12,000	7.67	1,563		7,500
Sudbury*	4,750*	1.21	3,917		18,300
Littleton	3,800	1.67	2,263		10,000
Hudson	13,500	2.98	4,521		20,000
Maynard – proposed 6 Mill & Main	<b>4,800</b>	<b>1.7</b>	<i>[almost 2,800 by 2023]</i>		10,667 in 2019 update!

\*Sudbury is currently building a new facility.

## **CURRENT SENIOR CENTER CONSTRAINTS:**

**Parking:** Access to the building is steep. It is extremely icy in the winter months.

Stairs and ramp suffer from icing conditions due to poor roof design and drainage. Access for mobility-impaired seniors is extremely difficult.

**Programming :** The space is limited to small group activities, no more than 25 people for events but often only 10-12 people for art classes, excluding many more seniors who wish to participate. Exercise and dance classes must be held in the Maynard Golf Club public dining room. The Senior Center has only one classroom space; contiguous classes cannot be held, greatly limiting programming. A quiet space for meditation and Yoga classes is not available.

**Facility:** Much of the COA supplies and equipment is stored within the limited floor space of the room. There is no space for exercise equipment or for the furnishing of a lounge area, both of which the Friends of Maynard Seniors wish to provide. Monthly luncheons must be held off-site, leading to the closure of the Senior Center during that activity time.

## **OUR NEXT STEP: Proposed Interim Maynard Senior Center**

6 Mill & Main, Suite 100, provides an affordable option to relocate the Maynard Senior Center with safer access, a desirable downtown location, and plenty of room to nearly triple the number of programs and classes currently offered. The landlord will install a kitchen and a private bathroom in addition to new paint and carpet. Door(s) can be added to close off rooms for meditation classes and private activities. Having an interim Senior Center at Mill & Main also includes free use of other campus facilities such as the cafeteria, communal gaming area and lounge, outdoor courtyards, and a well-equipped gym. The addition of these amenities will make a dramatic difference in the social, mental, and physical health of all age ranges within our senior community, allowing them to age well.

## **THE FUTURE: Funding for a Community Life Center**

The Town of Maynard was built in part by the volunteer efforts and labor of the residents who came before, many whom now make up Maynard's senior population. They contributed to and supported this town before choosing to age in place and remain in town. These very residents are now asking to be recognized and to be provided with an adequate space where they might gather,

continue to learn, socialize, and thrive in a welcoming environment. Our seniors have earned a space for themselves. They deserve it!

In 2013, a Community Life Center Survey was completed and helped summarize the needs of our town's population. Since that survey was published, the work of the Maynard Community Life Center Committee has not been addressed or acted upon. The MCLC committee's work parallels our present situation. Among their conclusions in 2013 were:

1. The current senior center is woefully inadequate and does not meet even the most basic of standards as described in *Design Considerations for Senior Centers* as provided by the Massachusetts Executive Office of Elder Affairs.
2. Multiple demographic studies projects that the currently underserved senior population, defined as those ages 60 or over, will be the fastest growing segment of the population for the next 25 years. For Maynard, this means that seniors will make up over a quarter of the population in the foreseeable future.
3. Local independently and town managed recreation programs have been negatively impacted by the closure and subsequent demolition of Memorial Gym. The Assabet Valley Boys and Girls Club, which provides a private, non-profit recreation department for Maynard, is at maximum capacity in their current aging facility. Their ability to expand program offerings is very limited and may cause them to seek a facility outside town as their charter is broader than just Maynard.
4. Returns from the Community Center survey, mailed to every household in town, were supportive of establishing a Community Center. In addition to the statistical response, over 250 residents offered specific comments. All the above demonstrate support for and an interest in having a Community Center in Maynard.

The Community Life Survey is now 10 years old and needs to be updated. A more relevant and timely survey will better define the present needs of our town's population present needs for all age groups. Specifically, the senior population (60+) has increased to about 30% of the total Maynard population, according to the Maynard Housing Production Plan, 2021. Our senior population by the year 2030 is projected to exceed 30% of the town population. Clearly, a dedicated community facility that addresses and supports this population group is long overdue.

The Maynard Senior Center Focus Group pledges to work in tandem with the Select Board, the Town Administration, the Capital Planning Committee, the Finance Committee, the Planning Board, the Friends of Maynard Seniors, the Council on Aging, the COA board, and the Recreation Department to design, secure funding, and build a new and much needed facility that will provide for the recreation, physical, emotional, and social needs of all age groups in our community. Together, we can achieve great things.