



FINAL REPORT

PROJECT TITLE

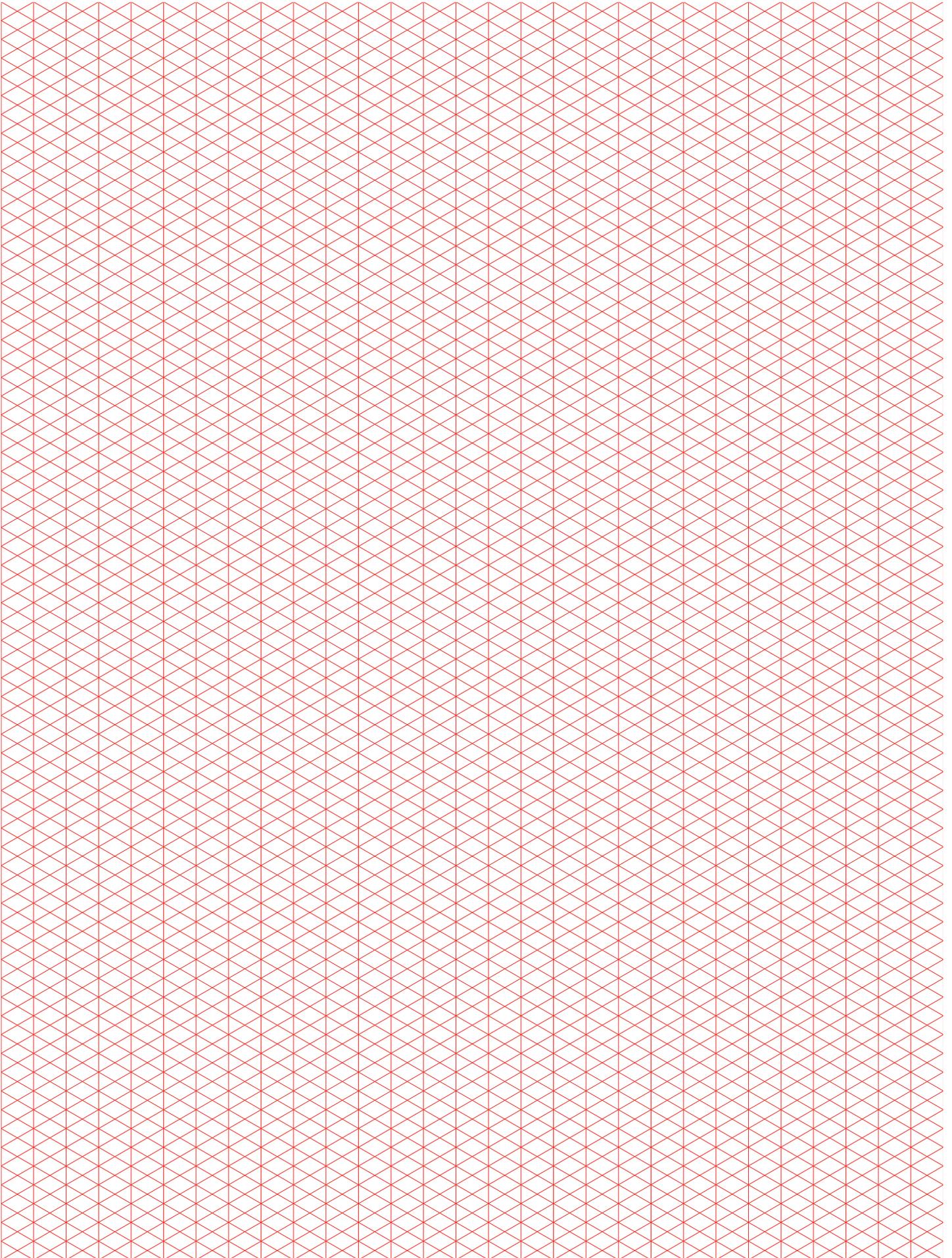
City of Port Moody
Age-Friendly Recreation Centre Study
Fall 2022

Fall 2022

PRESENTED TO

City of Port Moody
100 Newport Drive
Port Moody, B.C. V3H 5C3

Angela Blackall, RECREATION COORDINATOR





October, 2022

City of Port Moody
100 Newport Drive
Port Moody, B.C. V3H 5C3

Attn: Angela Blackall, RECREATION COORDINATOR

Dear Angela,

Re: **City of Port Moody – Age Friendly Recreation Centre**

Please find enclosed our Age Friendly Recreation Centre Study for your use.

The consultant team would like to thank you for your direction and comments throughout the process of preparing the report. We are pleased to have had the opportunity to work with you.

Yours truly,

Glen Stokes PARTNER ARCHITECT AIBC

Contents

Executive Summary	5
Introduction	10
Information Gathering & Review	13
Needs Assessment & Programming	19
Concept Options + Budgets	32
Conclusions & Recommendations	45
Appendices	49

EXECUTIVE SUMMARY

In the fall of 2021, the City of Port Moody retained Carscadden Stokes McDonald Architects and LEES+Associates to explore the potential for an age-friendly recreation centre in Port Moody. This Age-Friendly Recreation Centre Study included an engagement process of public workshops, interviews, and survey which then informed the subsequent phases of identifying needs and gaps, opportunities for siting, programming, as well as exploring conceptual designs for a future facility. These make up the three phases of the study: Information Gathering & Review, Needs Assessment & Programming, and Concept Options & Budgets.

Information Gathering & Review

In the first phase, the public was engaged up front through a series of workshops, interviews, and survey to generate an overall vision for a future facility. Participation was voluntary and the survey was advertised through Engage Port Moody, Tri-City News, and at the Recreation Complex and Port Moody Library via posters that included QR codes for direct link to the survey. Information gathering through these engagement activities also included involvement from stakeholder such as the Senior's Focus Committee and other community organizations, who voiced their concerns regarding what was working in current facilities and areas for improvement in a future facility. While the main focus of the study was to determine a future facilities' needs, the engagement process also explored programming gaps and needs noted by the community, as these two elements are closely linked.

Needs Assessment & Programming

In response to the first phase of the study, the second phase synthesized the input and observations provided by the workshops, interviews, and survey results to generate a Preferred Program. The Preferred Program is a list of spaces, functions, and areas (in square feet) for a future facility from the Information Gathering & Review phase. Rather than programming, the Preferred Program not only captures the spaces and areas identified as priorities from the engagement results, but also informs functional requirements and design opportunities of the future space.

Concept Options + Budgets

Building on the program and vision for the age-friendly recreation centre established in the Needs Assessment and Programming phase, preliminary program area concepts and test fit diagrams were developed with estimated budgets to illustrate the Preferred Program to generate Concept Options. The Concept Options developed include a room list, area and space requirements (net SF with storage) as summarized below:

Option 1: Stand-alone Facility:

- Gymnasium at 9,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Fitness Room at 2,000 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 800 SF
+ 10% storage
- Kitchen suitable for community events and classes at 500 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Lobby at 500 SF
- Support spaces including reception, office, programmer office, storage, and washrooms, and service rooms.
- Outdoor spaces for gathering, gardening, play and walking (walking loop)

The total space requirement for this recommended program is **18,600 SF Net Area** and **26,000 SF Gross Floor Area** (including a Gross Up Factor of 40%). The Net Area is defined as the area of useable programmable space, as noted above in Option 1. A Gross Up Factor includes general circulation spaces (corridors, vestibules, queuing areas, elevations, and stairs), support spaces (lobbies, storage, service rooms, mechanical/ electrical, elevator machine rooms etc.), and wall thicknesses.

Option 2: Addition to Recreation Complex:

- Gymnasium at 8,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 1,600 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Support spaces including storage, and washrooms, and service rooms

The total space requirement for this recommended program is **13,800 SF Net Area and 18,600 SF Gross Floor Area** (including a Gross Up Factor of 35%). A Gross Up Factor of 35% is considered for Option 2 as the addition to the Recreation Complex will tie into existing circulation and support spaces already established in the existing facility, this includes lobbies, vestibules, elevators, stairs, and elevators. A Gross Up Factor of 35% accounts for the additional mechanical/ electrical rooms, storage, service rooms, corridors, and wall thicknesses that may be required for the design of this option.

For Construction Costs, the following assumptions can be made based on 2022 dollars:

- Construction Cost is approximately \$750 to \$900 per square foot
- Permits and Miscellaneous is an additional 2.5% allowance
- Market Fluctuation is an additional 7% allowance

Based on the above, the Total Construction Costs for Option 1: Stand-alone Facility is approximately \$19.5M to \$23.4M, and for Option 2: Addition to Rec Complex is approximately \$13.9M to \$16.7M. This estimate does not include soft costs such as consultant fees, change orders, project contingency, Project Management (PM) fees, taxes, or escalation.

Through this study, the need for a future Age-Friendly Recreation Centre in Port Moody is reaffirmed by the public workshops, interviews, and survey results. This study intends to highlight the needs and gaps in existing Port Moody facilities and provide concept options informed by the engagement results.

The recommendation of this report is to proceed with a schematic master planning of the Concept Options. This analysis will provide further recommendations on future growth and development of the chosen site regarding transportation, site services, accessibility, and demand. By completing a comprehensive planning analysis of the chosen site, design opportunities for a future facility will be informed. Furthermore, this report recommends a funding and cost analysis to be completed along side a community centre feasibility study. Together, these further studies will ultimately lead towards the design and construction of a new Age-Friendly Recreation Centre for Port Moody.



INTRODUCTION

INTRODUCTION

The Port Moody Age-Friendly Recreation Centre Study represents a substantial effort on part of the City of Port Moody and community to review current and future needs and desires of the local community and assess the feasibility for an age-friendly recreation centre to serve the City of Port Moody neighbourhood.

Project Team

Architecture & Planning Carscadden Stokes McDonald Architects Inc.

Glen Stokes, PARTNER ARCHITECT AIBC

Shirley Duong, INTERN ARCHITECT AIBC

Engagement Consultants LEES+Associates

Megan Turnock, PRINCIPAL

The consulting team was assisted by the contributions of staff who gave their time, energy, and guidance in this process and in the preparation of this report. Key participants include:

City of Port Moody Staff

Angela Blackall, Recreation Coordinator

Liam McLellan, Social Planner

Natasha Vander Wal, Communications Specialist

DESIGN STANDARDS

The project will comply to several regulatory design standards as follows. It is recommended to review these standards in the next steps to evaluate their potential and ensure that the steps required to achieve the standards are implemented.

Code Standards

The project will be designed to meet or exceed the standards found in the Building Codes applicable to the jurisdiction of Port Moody. These standards are applicable to all new projects within the Province of British Columbia excluding Vancouver, Federal Lands and First Nations Lands.

- The current version of the BC Building Code 2018
- The current version of the National Building Code of Canada 2015.

Sustainability Standards

The project will be designed to meet or exceed the sustainability and energy requirements for new projects in British Columbia including.

- The current version of the BC Building Code Part 10 – Energy Efficiency
- The applicable version of ASHRAE 90.1
- Step 1 of the Step Code, and Part 8 of the NECB as per table 10.2.3.3.-B of BC Building Code.

Accessibility Standards

The project will be designed to meet the following standards and will be accessible and inclusive for all abilities and genders.

- The current version of the BC Building Code Part 3.8 – Accessibility

INFORMATION GATHERING & REVIEW

INFORMATION GATHERING & REVIEW

A stakeholder and public engagement process was conducted by experienced planning consultants LEES+Associates in order to assess and understand the range of current and future needs and desires of the age-friendly recreation centre in Port Moody.

An Engagement Summary (see attached *Appendix*, Final Engagement Summary, by LEES+Associates) presents the complete findings and recommendations from stakeholder and community engagement, research, and analysis conducted in October and November 2021 to determine activities, programs, and facilities needed in Port Moody, particularly for the community. A summary of the engagement activities is outlined in this section of the study, as well as the primary findings from the Final Engagement Summary report.

Community Overview

Port Moody is a thriving coastal community with an aging yet active population. In the fall of 2020, the City of Port Moody adopted the City's Age Friendly Assessment & Action Plan and declared the City an age-friendly community. With this comes a commitment to engaging Port Moody's seniors and community by fostering and supporting age-friendly facilities and programs.

The seniors population in Port Moody is diverse, comprising a wide range of ages, interests, abilities, cultures, and languages; making it a challenge for seniors centres to effectively meet the needs of the entire seniors population.

The Port Moody Recreation Complex and Kyle Centre, and several other public and non-profit facilities provide programs and services for seniors in Port Moody and adjacent neighbourhoods. Stakeholders and staff consistently expressed their sense that existing services for seniors in Port Moody have increasing demand to meet the needs of the current seniors population, as well as the expected increase in the seniors population.

Review of Related Documents

The following are key documents that were reviewed to provide context for this feasibility study:

- City of Port Moody Parks and Recreation Master Plan, 2015
- Age-Friendly Assessment and Action Plan, 2020

Methodology of Engagement Activities

A majority of the engagement activities in the Information Gathering phase was through the participation of identified internal and external stakeholders in workshops and interviews. The findings from this process were then reaffirmed by the public engagement survey. Details regarding the engagement activities are provided in the attached *Appendix, Final Engagement Summary*, by LEES+Associates. This *Appendix* provides further information on the purpose of the engagement, engagement activities, key themes from the conducted interviews and workshops, and key findings from the online survey. In addition, *Appendix A* includes the documented process from the workshops, and *Appendix B* provides a report of the survey responses.



The following is a list of the engagement activities and events that were held as part of this feasibility study, the results of which is presented in detail in the Final Engagement Summary (*Appendix A*).

Engagement Activities:

- Workshops:
 - Staff Workshop – November 8, 2021
 - Seniors Focus Committee – October 7, 2021
 - Community & Senior-Servicing Organizations Workshop – November 16, 2021
- Interviews:
 - Representative from Tri-Cities Seniors Action Society – November 29, 2021
 - Supervisor of Poirier Recreation Complex and Dogwood – November 30, 2021
 - Representatives from The Club – November 30, 2021
- Public Survey:
 - April – May 2022
- Draft Report Key Findings – Presentation
 - Seniors Focus Committee – July 7, 2022

In addition to public outreach and engagement, a range of organization and groups that work most closely with the seniors in the area were identified and consulted to best understand the current activities, needs, and desires of the community.

Stakeholder organizations consulted:

- Tri-Cities Seniors Action Society
- Dogwood
- The Club
- Port Moody Library

Stakeholder Meeting Summary

Three Stakeholder workshops and six interviews were held during the engagement process in order to ensure an in-depth consultation with special interest groups and key organizations that work directly with the senior's population in Port Moody. These included the stakeholder organizations listed above, as well as the Port Moody Recreational staff. These sessions were facilitated and recorded for review and analysis by LEES+Associates in order to focus the discussion on the goals of the study.

Through the engagement process, the following statements were developed to reflect the overall values expressed by stakeholders and the public (see *Appendix A*):

- Welcoming, inviting, and social – a place that offers a “sense of home”
- Multi-generational – a hub for bringing people together
- A place that is committed to inclusion for different cultures and ethnicities
- A place that is flexible, adaptable, and sustainable
- A place that fosters a sense of ownership and pride for seniors
- A place that supports healthy aging and independence
- A place that is vibrant, colourful, and varied
- A place that is barrier-free, affordable, accessible
- A place that is innovative, an example for other communities

Many stakeholders and community members felt that an intergenerational facility that was comfortable for all ages but included some elements specifically for older adults would be best to ensure that much-needed community spaces are used.

Demand for social opportunity and places to drop-in for casual interaction was voiced in the engagement process. Where opportunities to socialize and come together for music, food, learning, and casual socializing was noted as a high priority.

Stakeholders and community members also communicated a demand for programs geared toward ability levels (i.e. beginner, intermediate) would be beneficial instead of focusing on age restrictions.

Feedback from the engagement process generated the demand for the following types of spaces (see *Appendix A*):

1. **Fitness spaces** – Welcoming and inclusive fitness and activity rooms (usable for people with varying levels of ability including dementia, stroke, mobility issues.), gymnasium, pickleball courts. Consideration for indoor pool, inclusive and welcoming fitness centre, curling rink.
2. **Outdoor spaces** – Community garden, patio space places to sit and gather, covered space for programmed or non-programmed activities, walking loop.
3. **Social spaces** – Cribbage tourneys, bridge group, movies, snooker, board games, ping pong, spaces to gather informally.
4. **Social spaces with eating** – Space for coffee clubs, place for affordable meals together (lunch is most popular)
5. **Event spaces with kitchen** – Adaptable spaces to host larger dinners, dances, music, gatherings, events, lectures, etc.
6. **Spaces for learning and sharing** – Full library or library room, spaces for language classes, technology seminars, and sharing hobbies and knowledge.
7. **Flexible spaces** – Where seniors feel comfortable (welcoming, with limited noise and hubbub) but where they can make connections with people of other age groups as well.
8. **Spaces for making things** – Arts and maker space for creative programming

Although this study was intended to assess the needs for a seniors centre, opportunities for intergenerational programming were also reviewed. Many stakeholders and community members expressed interest and openness to intergenerational programming, communicating that an Age-Friendly future facility may be beneficial to meet the needs of the Port Moody community.

Intergenerational programming could be offered through a variety of flexible multipurpose rooms to allow staff to offer different programs that meet these needs. These spaces would help meet the demands and gaps expressed in the engagement process.



PROGRAM DEFINITIONS & SAPCE REQUIREMENTS

NEEDS ASSESSMENT & PROGRAMMING

Subsequent to the Needs Assessment, a proposed facility program was reviewed and refined to result in a Preferred Program as follows. The chart below illustrates how the Preferred Program meets the needs and gaps for types of spaces highlighted in the engagement process.

The Preferred Program diagram is divided into three categories according to prioritization: Core, Plus, and Not Recommended (Not Rec.). Core programs are identified as the most important spaces required in the proposed facility. Plus programs are considered as peripheral spaces that may enhance the proposed facility. Not Recommended (Not Rec.) programs include specialty rooms that provide a single use or dedicated space.

Priorities

		1	2	3	4	5	6	7	8
	Preferred Program	Fitness Spaces	Outdoor Spaces	Social Spaces	Social Spaces w Eating	Event Spaces w Kitchen	Spaces for Learning & Sharing	Flexible Spaces	Spaces for Making Things
CORE	Gymnasium	✓		✓				✓	
	Art & Maker Multipurpose			✓			✓	✓	✓
	Age-Friendly Multipurpose (AV, group activities, with access to kitchen)			✓	✓	✓	✓	✓	
	Activity Multipurpose	✓		✓				✓	
	Fitness (adaptive fitness classes & activities)	✓		✓				✓	
	Medium Multipurpose (classes etc.)			✓			✓	✓	✓
	Kitchen					✓			✓
	Lounge /Café/ Living Room			✓	✓	✓		✓	
Lobby			✓						
PLUS	Covered exterior area/ patio	✓	✓	✓	✓			✓	
	Walking Loop	✓		✓					
	Community Garden		✓	✓			✓		✓
	Child Care			✓	✓		✓		
NOT REC.	*Specialty single use rooms								

Preferred Program Definition and Requirements

The Preferred Program is generated from the engagement process to create a list of spaces, functions, and areas (in square feet) for a future facility. This section summarizes all the spaces and areas, including recommended sizes and defining characteristics or functions, identified as priorities in the Preferred Program.

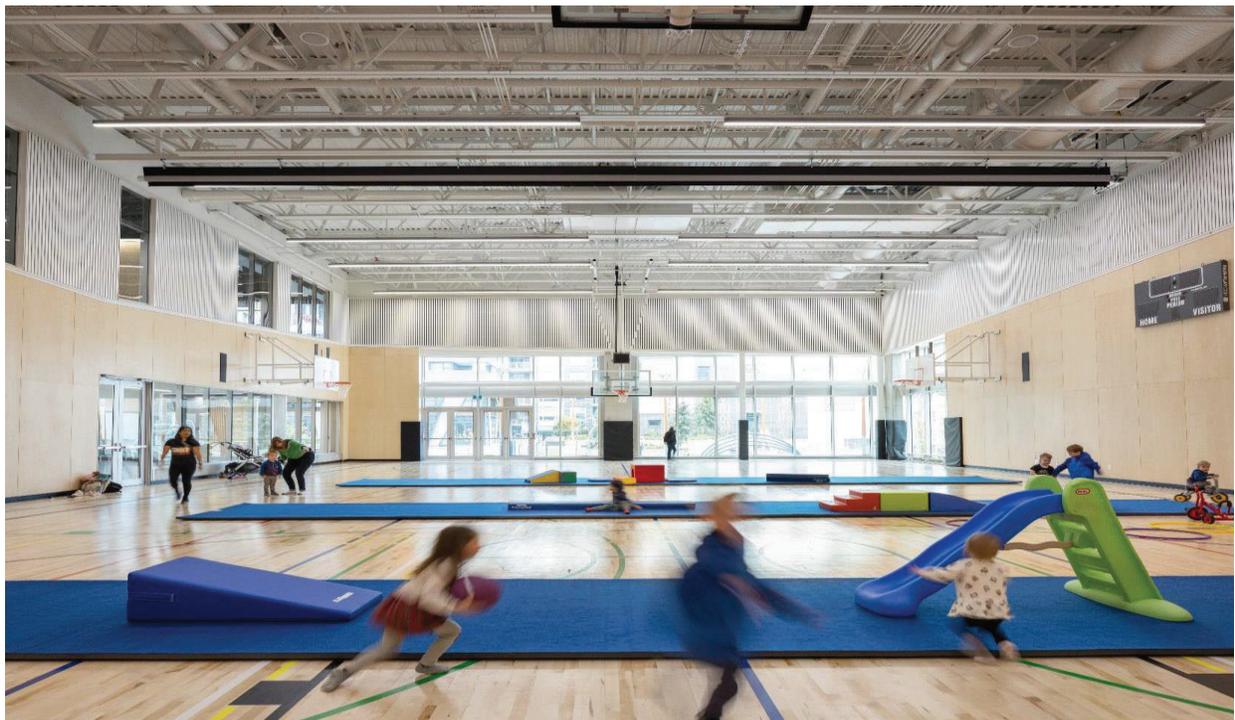
Gymnasium

Recommendation: 8,000 – 9,000 square feet plus storage

A large court-sized gymnasium is recommended for the new Age-Friendly Recreation Centre. The gym would provide space for sport programming, drop-in events and team fitness, activities, and events. The space should be supported with 10' clear storage and multiple curtain partitions to subdivide the space. This would provide a dividable 70' x 110' gym, 2 cross court basketball courts, 2 volleyball courts, and 4 badminton/ pickleball courts.

Visual and physical connection between the gymnasium, the rest of the community centre, and the outdoors is suggested. It would be ideal for universal changerooms to be nearby and be gender neutral.

Reinforced walls, 24' clear height, resilient sports flooring, folding basketball nets, acoustic wall treatment, operable fabric partitions, and a wood sports floor are required.

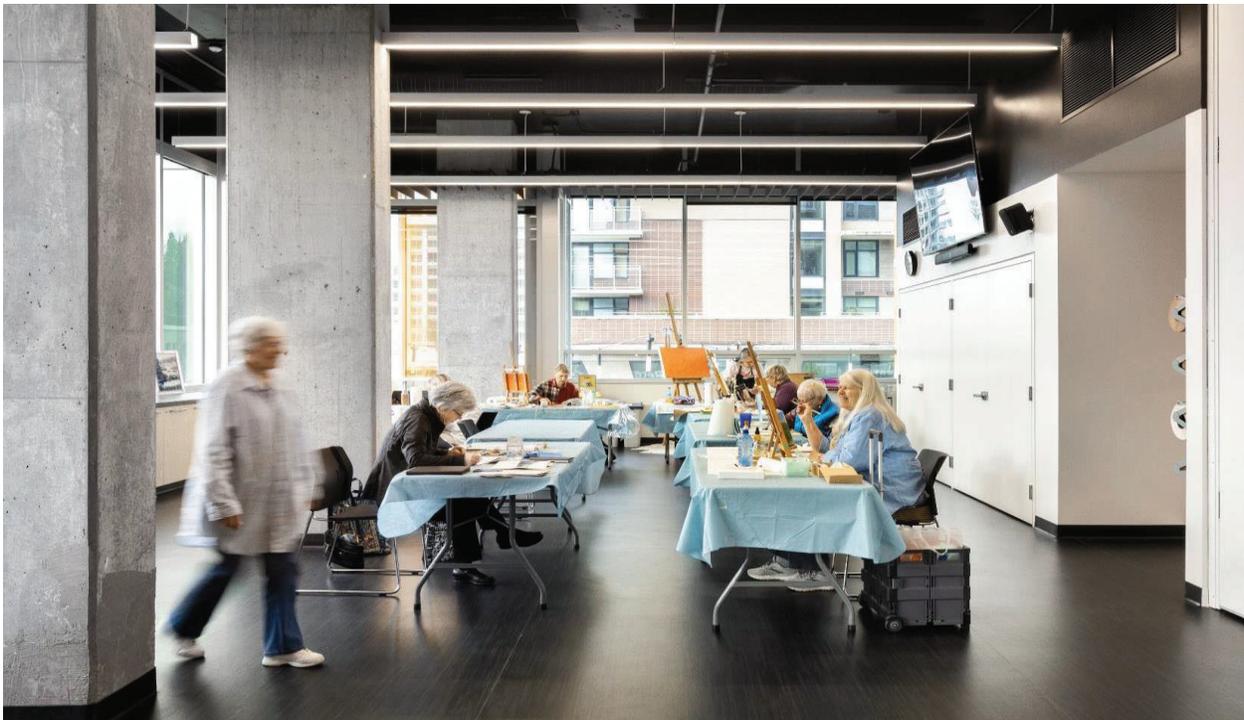


Art & Maker Multipurpose Room

Recommendation: 1,300 – 1,600 square feet plus storage

A multipurpose room oriented to host arts and crafts programs, meetings, and classes is recommended. The room may be used for other community centre classes and programs but should be fitted to include slip resistant flooring, art sinks with clay/sediment traps, ample storage, drying racks, and display areas to encourage arts focus in programming.

It is suggested that the room have moveable partitions so that the space may be divisible to accommodate multiple classes and class sizes.



Age -Friendly Multipurpose Room

Recommendation: 1,500 – 1,600 square feet plus storage

An Age-Friendly Multipurpose Room is recommended to provide flexible space for a variety of uses and users at all times of the day. This room would accommodate various community functions as well as facilitate youth or senior oriented programs as these programs often have varied peak times.

Key to the success of multipurpose spaces in community facilities is their ability to accommodate a variety of uses and users at all times, and allow for the potential for inter-generational connections, proximity, and activities. For this reason, it is recommended that this room might be equipped with movable room dividers to provide flexible space during all times of the day. The room can also facilitate shared activity spaces that can be used during non-concurrent peak times and accommodate intergenerational overlap when programming allows.

This room may include movable partitions to provide flexible areas for programming and is recommended to have audio-visual capabilities appropriate for movies, games, afterschool entertainment, lectures, dedicated lectures, and other multimedia events and programs. The room may also be equipped with a sink and /or kitchenette for food services. Ample storage will allow age-specific supplies to be stored conveniently and out of the way when alternate programming is taking place in off peak hours.

If the kitchen is located nearby, food preparation and lunch service might be accommodated in the kitchen for consumption in the multipurpose room.

Connection to exterior space is beneficial. The exterior space need not be exclusive but may be designed to allow for age-friendly programming, events, or drop-in activities associated with the room.



Activity Multipurpose Room

Recommendation: 900 – 1,600 square feet plus storage

This activity space offers a variety of uses for the facility and is recommended to be appropriate for louder and more active community programs. This room would be suitable for stretch and fitness studio for dance, martial arts, yoga and pilates.

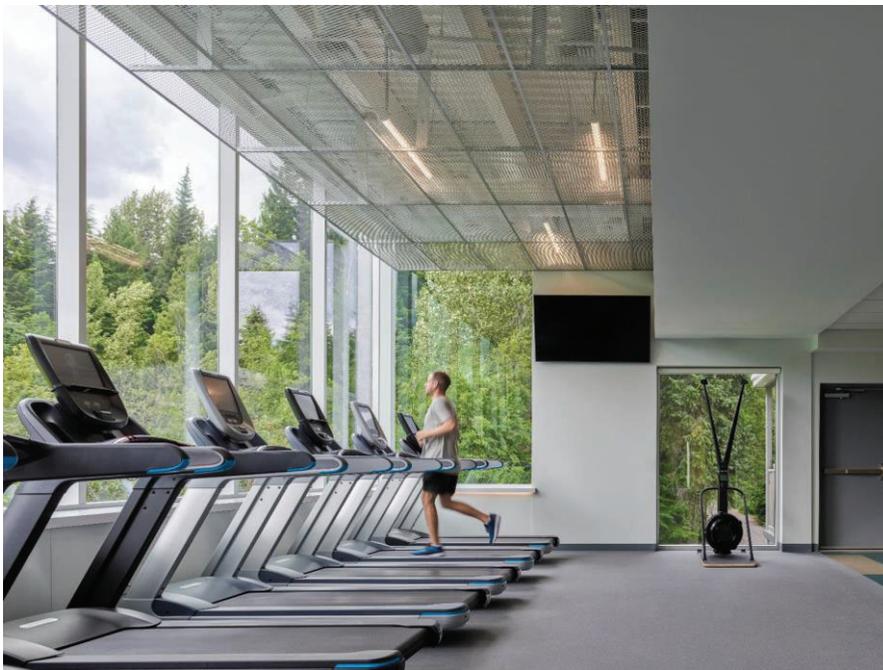
The room may be equipped to include wood sports flooring or resilient sports flooring, soundproofing, mirrors, barre, equipment storage, and 12' clear ceilings for activity and fitness, as well as audio capabilities. Movable partitions may be added to divide the room to accommodate two programs to run concurrently.



Fitness Room

Recommendation: 600 – 2,000 square feet plus storage

The Fitness Room is recommended to service the community's need for healthy and active lifestyle amenities. This space is suggested as a dedicated fitness area and would accommodate individual fitness equipment such as weight machines, free weights, treadmills, ellipticals and stationary bikes. Ideally, this space would have 12' clear ceilings, resilient sports flooring, acoustic treatment, and audio capabilities. Dedicated areas for active and passive stretching would be beneficial, with direct access to universal change rooms.



Medium Multipurpose Room

Recommendation: 600 – 2,000 square feet plus storage

A flexible, medium-sized multipurpose room for general use is recommended. This room might host programs, meetings, and classes and is recommended to be equipped with audio-visual capabilities appropriate for movies, entertainment, and karaoke. Wood sport flooring or resilient sport flooring is recommended.



Kitchen

Recommendation: 500 – 600 square feet including storage

It is recommended to provide a kitchen to accommodate on-site food preparation for social gatherings, food-based programs, and community events. Uses may include daily or weekly seniors or community-wide lunch programs, and catering for events.

The kitchen may be equipped with institutional appliances for food services and banquet catering, complete with separate fridge and freezer appliances.

It is recommended that the kitchen have direct connection to the multipurpose rooms and located on the ground floor with convenient access to loading.



Lounge/ Café/ Living Room

Recommendation: 900– 1,000 square feet

It is recommended to provide a dedicated lounge environment for informal gathering before and after programmed events, or as a comfortable social gathering space. Non-programmed social spaces are a growing trend and critical to the “community” component of the centre.

This area would be equipped with comfortable seating, outlets, and a display case and bulletin board to contribute to community place-making. Consideration should be made for art display.



Lobby

Recommendation: 400 – 500 square feet

The lobby would be located at the main entry, establishing a sense of arrival. The lobby may be the access control point for the fitness room. This space would be adjacent to the community lounge/ café/ living room area.



WC and CH: Washrooms and Change Rooms

It is recommended that all washrooms and change rooms in the Age-Friendly Recreation Centre promote equitable access. Washrooms and change rooms shall be fully accessible and gender neutral.

Change rooms are recommended to serve the Gymnasium, Activity Multipurpose Room, and the Fitness Room. Change rooms may be accessed from the front desk/lobby area and may have direct access into the Fitness Room. Washrooms are recommended to be appropriately distributed throughout the community centre and suggested to include an accessible wayfinding strategy.



Circulation

For the purposes of this report, general circulation (corridors, vestibules, queuing areas, elevators, and stairs) have been included in a "gross up factor" of approximately 40% for Option 1: Stand-alone Facility, and 35% for Option 2: Recreation Centre Addition for the whole proposed building. Typically, corridors should be designed to accommodate social encounters as well as accessories such as bulletin boards, lockers, garbage and recycling, water fountains and bottle filling stations, and AED units. A minimum width of 6' and an optimal width of 8'-10' is recommended.

Elevators must meet current code for firefighting access and user accessibility, and should be able to accommodate wheelchairs and gurneys. Minimum elevator sizes are 2,000 lbs and 5'-8" x 4'-3" interior dimensions. An increased passenger elevator size of 3,500 lbs (6'-8" x 5'-5") or service elevator of 4,500 lbs (5'-8" x 7'-11") should be considered and reviewed if transportation of tables and chairs between floors is required.

Administration and Support

Support spaces including reception, office, programmer office, storage, washrooms, and service rooms are included. These spaces are required for a stand alone building, however, may not all be required for an addition project. An addition to existing facility may only need modest additions or renovations to existing areas instead of extensive new administration and support spaces.

Outdoor Area

It was confirmed during engagement the importance of outdoor area and spaces. Physical and visual connection to the outdoors is recommended in the design and orientation of the facility.

Outdoor spaces may include outdoor theatre, community plaza and patio, community gardens, and covered space for programmed or non-programmed activities. It may also offer a space to sit and gather or host outdoor performances and community events. This space would benefit by being near the multipurpose rooms and washrooms.



To maximize immediate and long-term use, the spaces are recommended to be flexible and regular in shape. These types of spaces can accommodate multiple programs throughout the week, intergenerational opportunities, and creative new programs and events generated by the staff.

In addition, “loose fit” is recommended. Loose fit is the design principle that anticipates future, unknown building modifications. Examples includes separation of building superstructure from interior walls and proximate location of similar spaces without intermediate structures or difficult to renovate spaces. These building principles help create buildings with longevity that can be modified easily to facilitate the community spaces of the future.

CONCEPT OPTIONS + BUDGETS

CONCEPT OPTIONS + BUDGETS

Concept Options were developed that targeted the intersection of need and cost implications to result in a practical and impactful facility that can offer the spaces and programs to address the identified gaps from the engagement process. The Concept Options developed include a room list, area, and space requirements. Building on the program and vision for the future facility established in the Needs Assessment and Programming, Concept Options and test fit diagrams were developed with estimated budgets.

Site Analysis + Identification

As a part of the Information Gathering & Review process, it was identified that two Concept Options would be tested: Concept Option 1, a stand-alone facility, and Concept Option 2, an addition to the existing Port Moody facility. Possible building locations and orientations were tested for both Concept Options for fit opportunities.

Option 1: Stand-Alone Facility

A sample stand alone site was selected to illustrate a stand-alone facility in Port Moody. For the purpose of illustration, Kyle Centre was selected for this study as a comparison to the proposed future facility in terms of footprint and Preferred Program.

Option 2: Addition to Port Moody Recreation Complex

The Port Moody Recreation Complex was selected as a test fit site based on the array of social, environmental, and financial benefits. Two possible addition locations were tested in this study. Despite some challenges in available space for the facility and parking, the concept options illustrate potential opportunities to co-locate a new Age-Friendly Recreation Centre at Port Moody Recreation Complex.

Spaces from the Preferred Program were selected to augment gaps at the existing Kyle Centre and Recreation Complex and avoid redundant duplicate spaces. Concept Options developed include a room list, area, and space requirements (net SF with storage) is summarized below:

CONCEPT OPTION 1: Stand-alone Facility

Prioritization of Spaces for Stand-alone Facility:

Priorities

			1	2	3	4	5	6	7	8	
Preferred Program	Area (sf)	Preferred (sf)	Fitness Spaces	Outdoor Spaces	Social Spaces	Social Spaces w Eating	Event Spaces w Kitchen	Spaces for Learning & Sharing	Flexible Spaces	Spaces for Making Things	
CORE	Gymnasium (3-4 pickle ball courts)	7,500-11,500	9,000	✓		✓				✓	
	Art & Maker Multi Purpose	1,300-1,600	1,600			✓		✓	✓	✓	
	Age-Friendly Multi Purpose (AV, group activities, with access to kitchen)	1,500 (75 people)	1,600			✓	✓	✓	✓		
	Activity Multi Purpose	900-1,600	1,600	✓		✓				✓	
	Fitness (adaptive fitness classes & activities)	600-2,000	2,000	✓		✓				✓	
	Medium Multi Purpose (classes etc.)	300-900	800			✓		✓	✓	✓	
	Kitchen	500-600	500					✓			✓
	Lounge /Café/ Living Room	900-1,000	1,000			✓	✓	✓		✓	
	Lobby	400-500	500			✓					
PLUS	Covered exterior area/ patio			✓	✓	✓	✓			✓	
	Walking Loop			✓		✓					
	Community Garden				✓	✓		✓		✓	
	Child Care	8,500				✓	✓	✓			
NOT REC.	Specialty rooms										
	Pools										

Concept Option 1

Option 1 is a new stand-alone facility in Port Moody. The illustration below illustrates the stand-alone facility in comparison to the existing Kyle Centre. Future study of this Concept Option is recommended to include a site analysis or master plan to determine a suitable site for this future facility. The stand-alone facility is recommended to be 1.5 storeys with a new gymnasium and two storey volume housing the proposed multipurpose rooms and activity rooms. This option has the following attributes:

Opportunities:

- Stand-alone facility would provide maximum flexibility in design and planning
- Potential for environmental strategies to be implemented in design
- Opportunities for more diverse programming and spaces
- Less maintenance costs for new build

Challenges:

- Limited sites in Port Moody that can situate the proposed facility of this scale
- Potential rezoning and longer permitting process
- Cost of demolition and increasing construction costs
- Reduced mature landscaping due to new construction

The Concept Option developed includes a proposed room list, area and space requirements (net SF with storage) as summarized below:

Option 1: Stand-alone Facility:

- Gymnasium at 9,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Fitness Room at 2,000 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 800 SF
+ 10% storage
- Kitchen suitable for community events and classes at 500 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Lobby at 500 SF

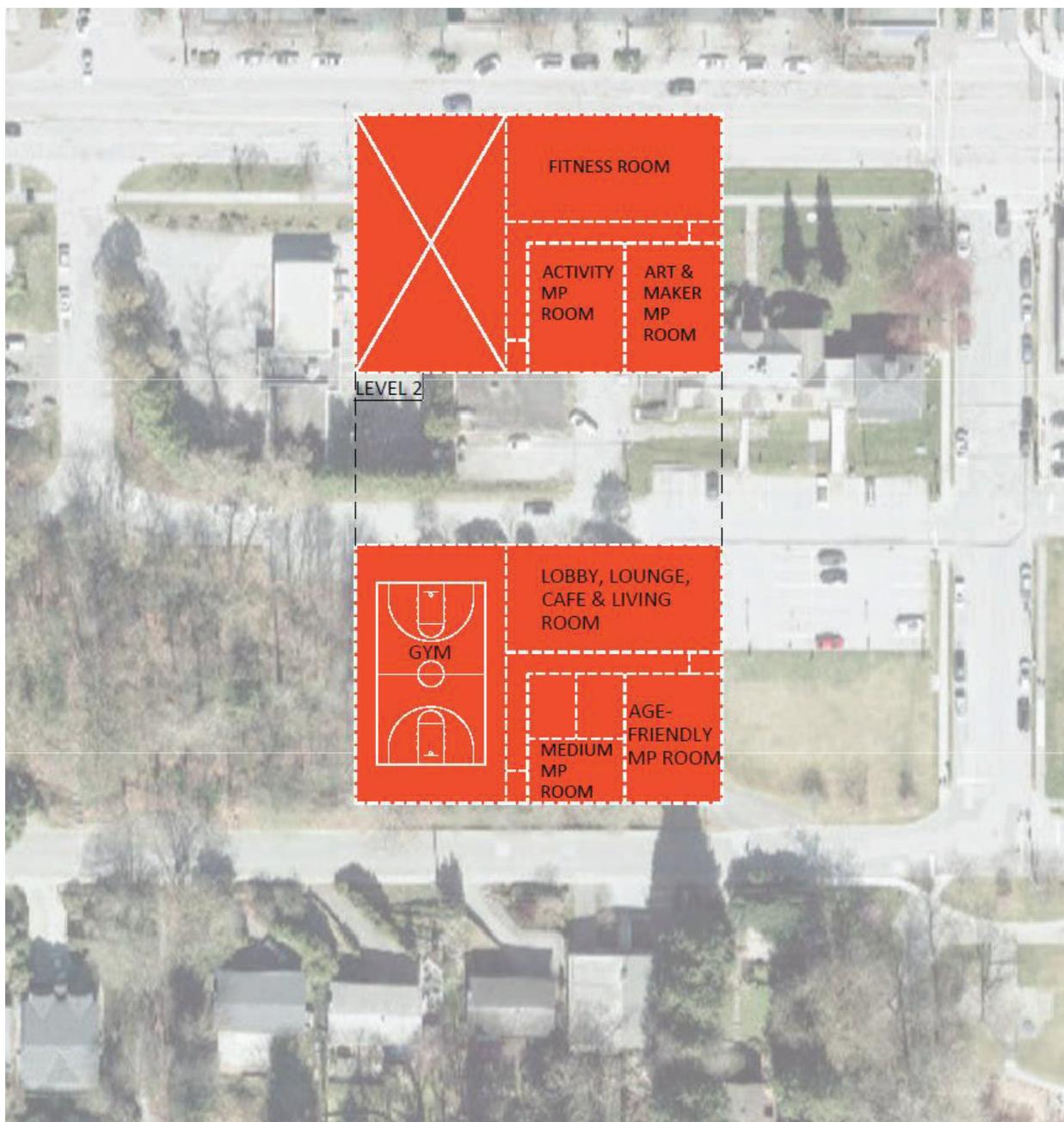
- Support spaces including reception, office, programmer office, storage, and washrooms, and service rooms.
- Outdoor spaces for gathering, gardening, play and walking (walking loop)

The total space requirement for this recommended program is **18,600 SF Net Area and 26,000 SF Gross Floor Area** (including a Gross Up Factor of 40%). The Net Area is defined as the area of useable programmable space, as noted above in Option 1. A Gross Up Factor includes general circulation spaces (corridors, vestibules, queuing areas, elevations, and stairs), support spaces (lobbies, storage, service rooms, mechanical/ electrical, elevator machine rooms etc.), and wall thicknesses.

Concept Option 1 – Stand-Alone Facility



Concept Option 1 – Stand-Alone Facility



This test fit diagram illustrates how the proposed Stand-Alone facility fits into a site using the Kyle Centre location as a reference for size and orientation of a new facility. Potential sites for the Concept Option can be further considered in a Master Planning Study.

CONCEPT OPTION 2: Addition

Prioritization of Spaces for Addition to Rec Complex

Priorities

			1	2	3	4	5	6	7	8
Preferred Program	Area (sf)	Preferred (sf)	Fitness Spaces	Outdoor Spaces	Social Spaces	Social Spaces w Eating	Event Spaces w Kitchen	Spaces for Learning & Sharing	Flexible Spaces	Spaces for Making Things
Existing at Rec Complex										
Gym 1A	6,220		✓		✓			✓	✓	
Gym 2A	5,730		✓		✓			✓	✓	
Aerobics	2,290		✓		✓			✓		
Fitness	5,070		✓		✓			✓		
Spa	850				✓					
Spin Room	780		✓		✓			✓		
Wellness Room	3,150				✓	✓	✓	✓	✓	
Kitchen	360									✓
Youth Lounge	420				✓			✓		
MP 3	420				✓			✓	✓	✓
Child Care	960				✓			✓		
MP 2	940				✓			✓	✓	✓
MP 1	470				✓			✓	✓	✓
Café	350				✓	✓				
Physio	900									
Curling	13,650		✓		✓					
Arena 1	15,670		✓		✓			✓		
Arena 2	19,010		✓		✓			✓		
Walking loop			✓		✓					
Covered exterior area/ patio				✓	✓	✓				
Community Garden				✓	✓			✓		
Additional										
Gymnasium (3-4 pickle ball courts)	7,500-11,500	8,000	✓		✓				✓	
Art & Maker Multi Purpose	1,300-1,600	1,600			✓			✓	✓	✓
Age-Friendly Multi Purpose (AV, group activities, with access to kitchen)	1,500 (75 people)	1,600			✓	✓	✓	✓	✓	
Medium Multi Purpose (classes etc.)	300-900	1600			✓			✓	✓	✓
Lounge /Café/ Living Room	900-1,000	1,000			✓	✓	✓		✓	

NOT REQ.	Activity Multi Purpose
	Fitness Room
	Kitchen
NOT REC.	Specialty rooms
	Pools

Concept Option 2 – Recreation Complex Addition

Option 2 is a proposed new addition to the Recreation Complex. The addition is two volumes, one of which would include a new gymnasium with 24’ clear height and a secondary volume being two storeys housing the new multipurpose rooms and activity rooms. This option has the following attributes:

Opportunities:

- There is enough space on site to accommodate this 18,600 SF, two story option
- The existing circulation system should be able to accommodate the addition with possible elevator access from existing elevator
- The building form could likely be sympathetic to the existing building form
- There appears to be little conflict with spaces used for exterior activities
- Some space savings might be attained with the existing washrooms and administration

Challenges:

- Existing parking would be reduced*
- Exterior space for events would be reduced
- The existing site topography would require regrading
- Likely requires a sanitary and storm line extension

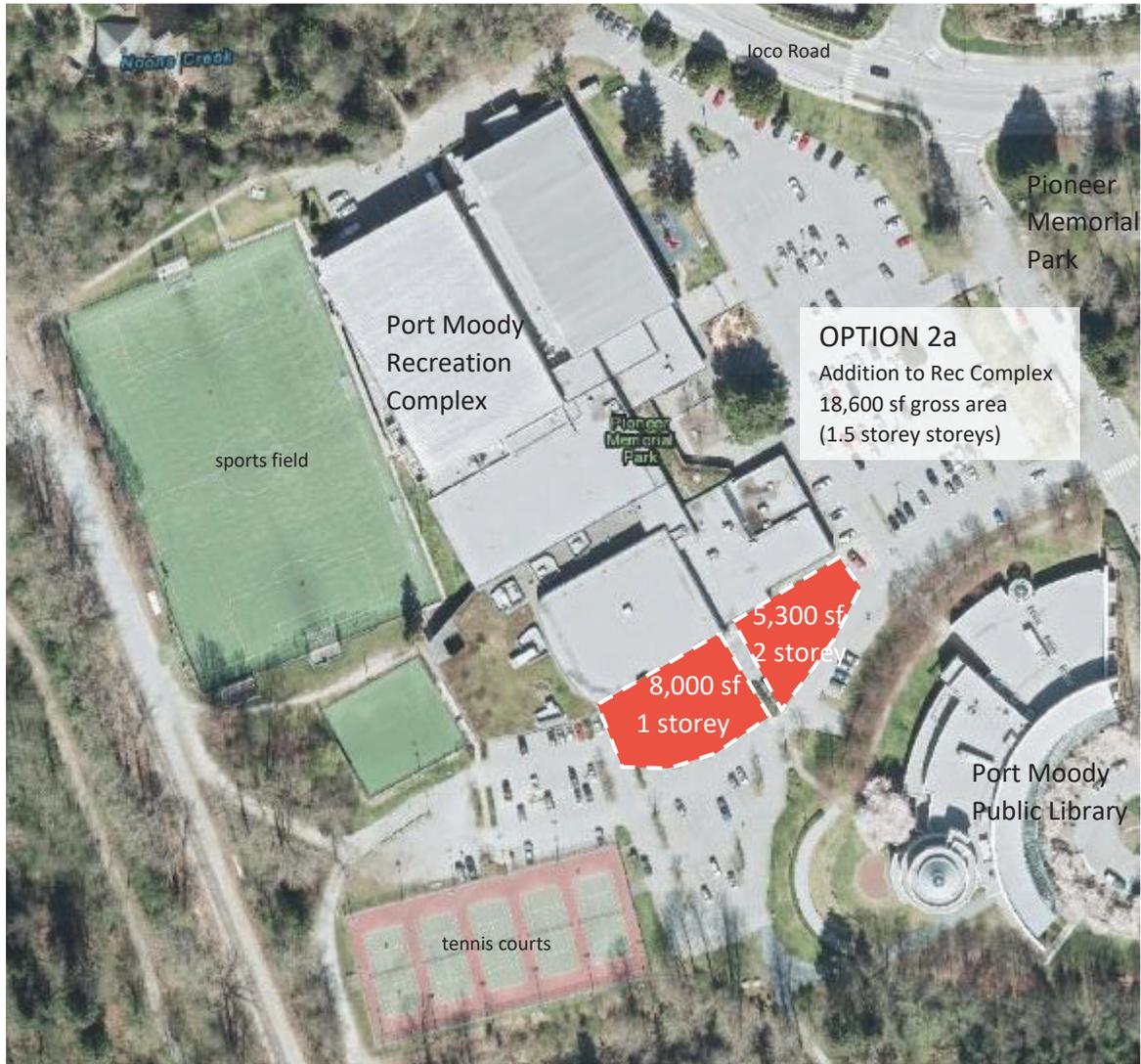
**It is observed that a change of building design and demand affect the required parking. This study does not account for a Parking Analysis. It is recommended that a detailed parking study is completed to test current use and capacity against expected use.*

Option 2: Addition to Rec Complex:

- Gymnasium at 8,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 1,600 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Support spaces including storage, and washrooms, and service rooms

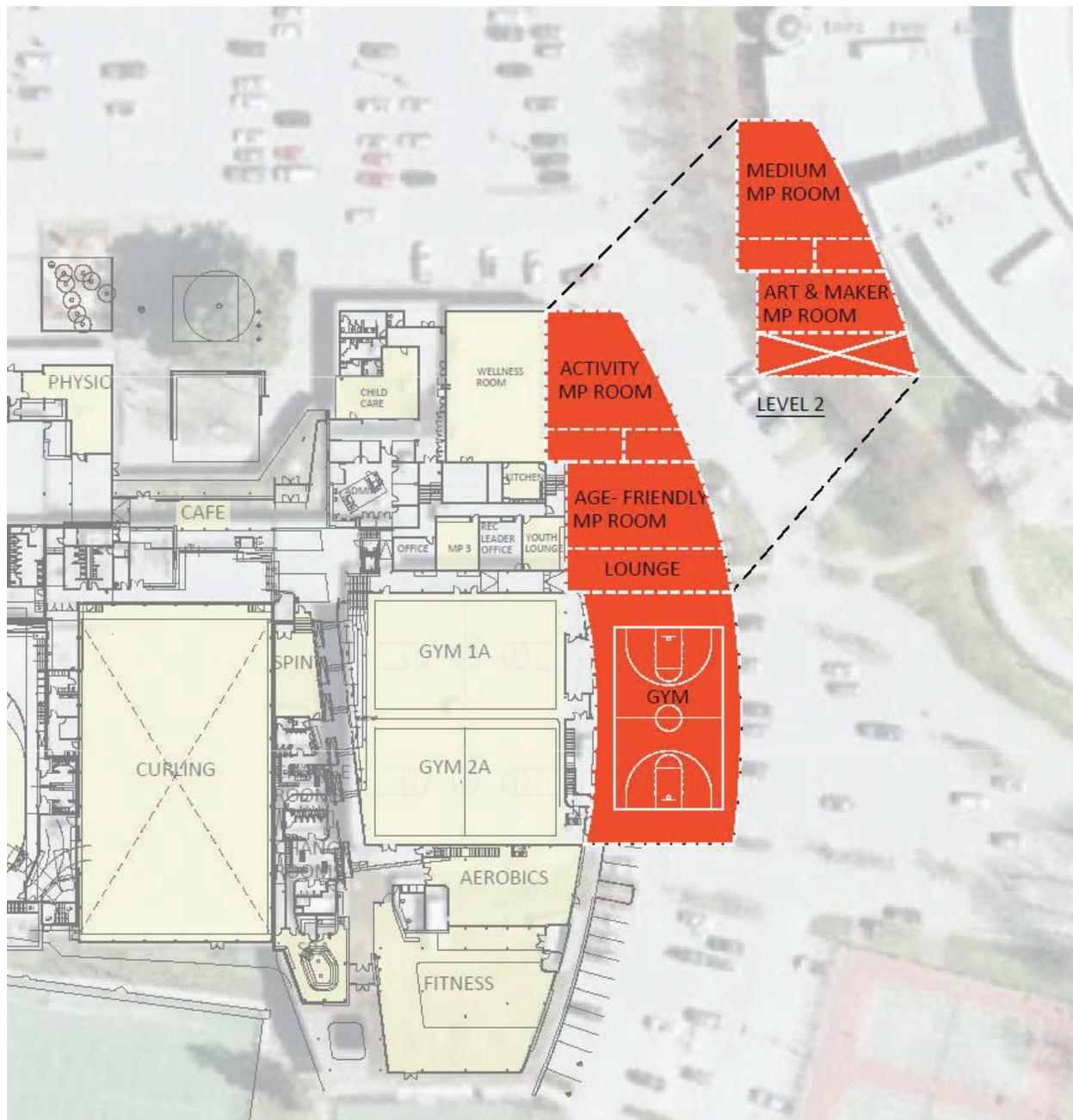
The total space requirement for this recommended program is **13,800 SF Net Area and 18,600 SF Gross Floor Area** (including a Gross Up Factor of 35%). A Gross Up Factor of 35% is considered for Option 2 as the addition to the Recreation Complex will tie into existing circulation and support spaces already established in the existing facility, this includes lobbies, vestibules, elevators, stairs, and elevators. A Gross Up Factor of 35% accounts for the additional mechanical/ electrical rooms, storage, service rooms, corridors, and wall thicknesses that may be required for the design of this option.

Concept Option 2a – Possible Concept Option Locations



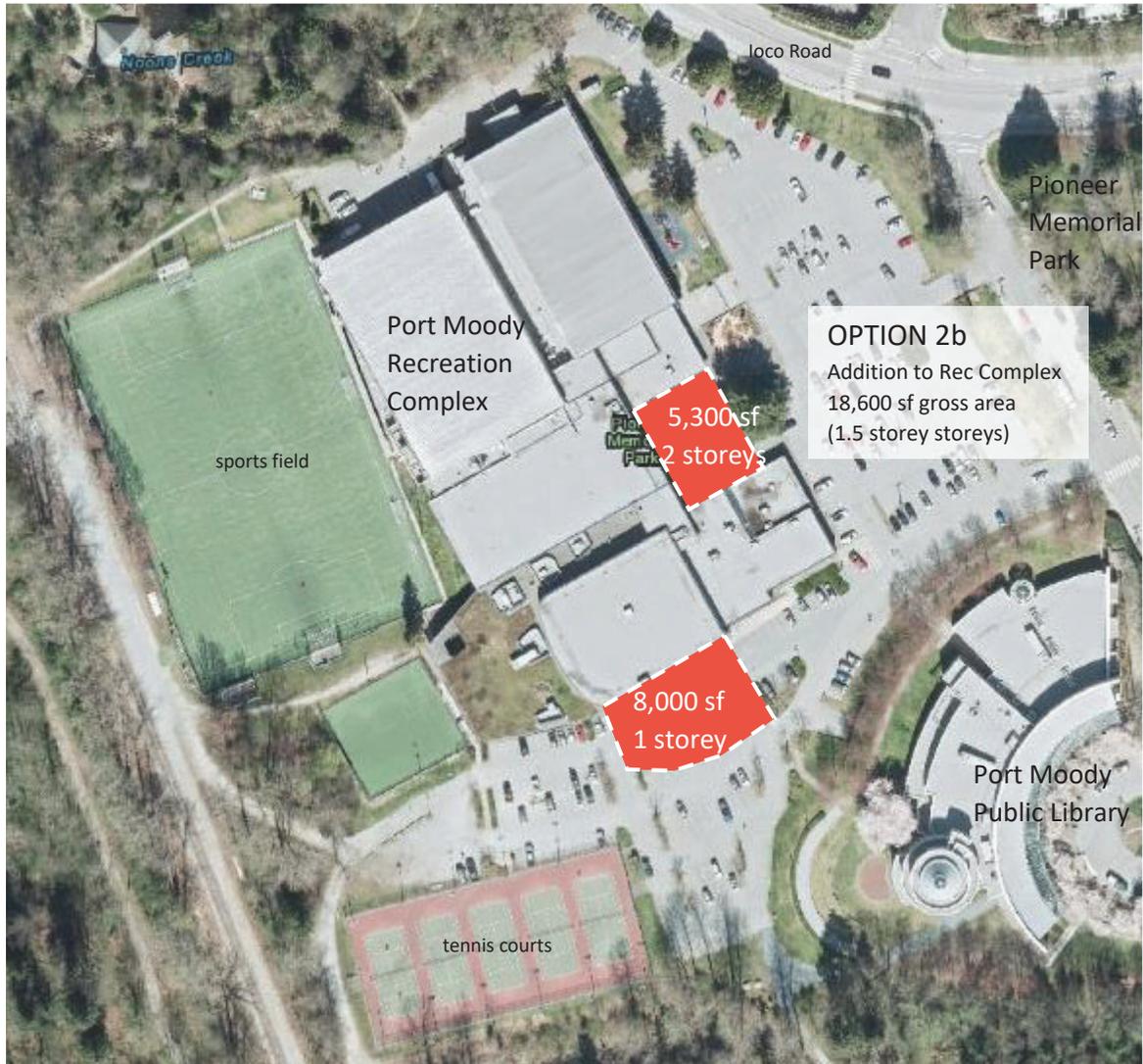
Option 2a illustrates the addition to the existing Recreation Complex, shown in red.

Concept Option 2a – Test Fit Diagram



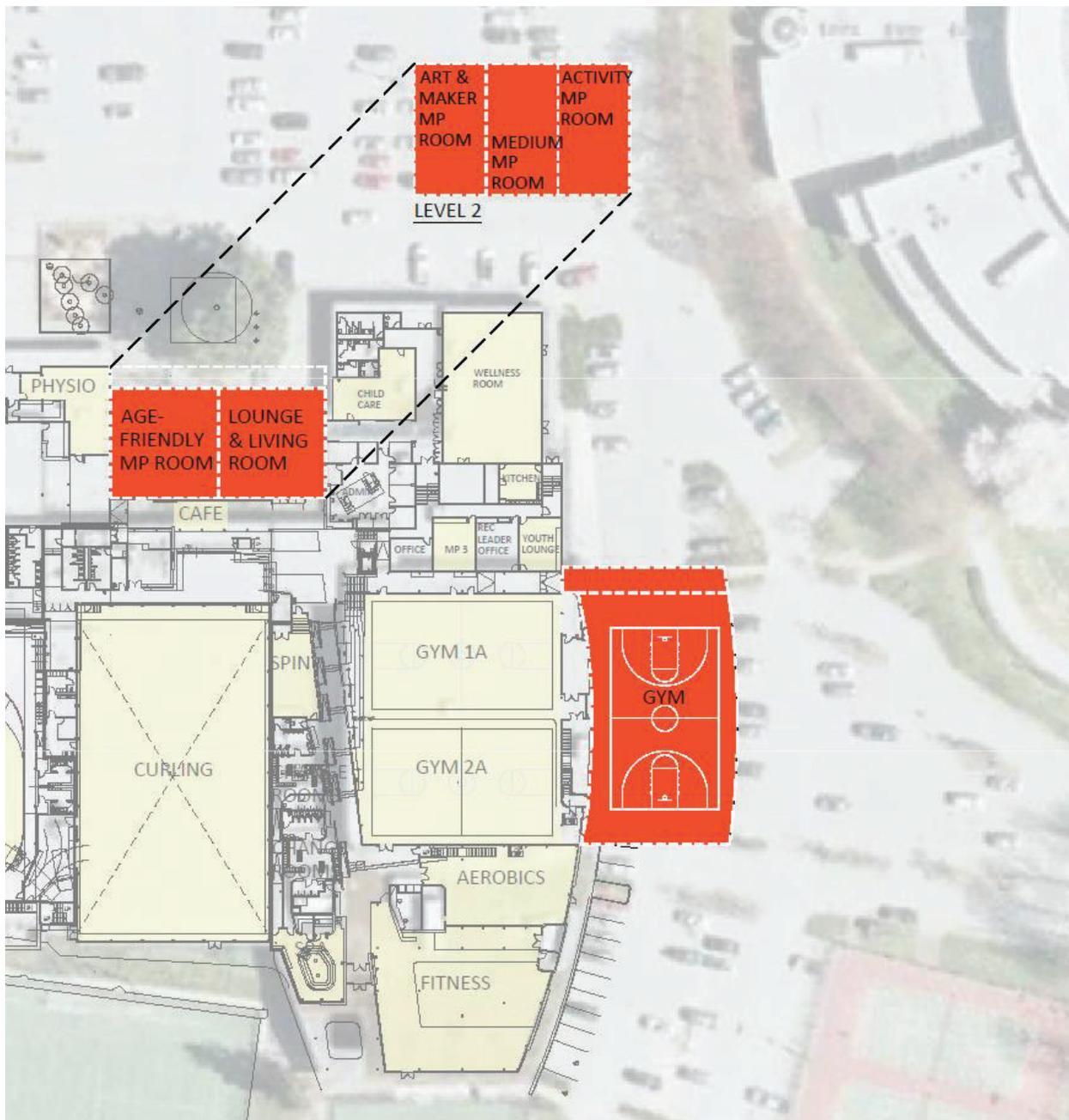
This test fit diagram illustrates how the new addition fits into the existing Recreation Complex facility.

Concept Option 2b – Possible Concept Option Locations



Option 2b illustrates the addition to the existing Recreation Complex, shown in red.

Concept Option 2b – Test Fit Diagram



This test fit diagram illustrates how the new addition fits into the existing Recreation Complex facility.

CONCLUSIONS

CONCLUSIONS & RECOMMENDATIONS

The community engagement process resulted in the clear and consistent message that the current Port Moody Recreation Complex and Kyle Centre are not meeting the needs of the community and that a new stand-alone facility, or addition to the Recreation Complex is necessary.

A Recommended Program and Size Range was developed for these two options to include the following spaces. Areas are indicated in net square feet with storage:

Option 1: Stand-alone Facility:

- Gymnasium at 9,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Fitness Room at 2,000 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 800 SF
+ 10% storage
- Kitchen suitable for community events and classes at 500 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Lobby at 500 SF
- Support spaces including reception, office, programmer office, storage, and washrooms, and service rooms.
- Outdoor spaces for gathering, gardening, play and walking (walking loop)

The total space requirement for this recommended program is **18,600 SF Net Area and 26,000 SF Gross Floor Area** (including a Gross Up Factor of 40%).

Option 2: Addition to Rec Complex:

- Gymnasium at 8,000 SF
+ 10% storage
- Arts & Maker Multipurpose Room (MP1) at 1,600 SF
+ 10% storage
- Age-Friendly Multipurpose Room (MP2) at 1,600 SF
+ 10% storage
- Activity Multipurpose Room (MP3) at 1,600 SF
+ 10% storage
- Medium Multipurpose Room (MP4) at 1,600 SF
+ 10% storage
- Lounge/ Café/ Living Room at 1,000 SF
- Support spaces including storage, and washrooms, and service rooms

The total space requirement for this recommended program is **13,800 SF Net Area and 18,600 SF Gross Floor Area** (including a Gross Up Factor of 35%).

With a documented need for more space in Port Moody for seniors and intergenerational programming, and site analysis supporting an addition of about 18,600 square feet at Recreation Complex or 26,000 square feet stand-alone facility to accommodate the needs gap; the recommendation is to proceed with funding and cost analysis, and a detailed feasibility study which would ultimately lead towards design and construction of a new stand-alone facility or facility addition.

Both Concept Options will address the needs of the seniors in the neighbourhood by adding needed, flexible spaces to the community of Port Moody. Option 1 would provide a new stand-alone facility that is Age-Friendly and catered to the changing needs of the community. The Option 2 addition to Recreation Complex would also augment adult, youth, and intergenerational programming by easing the pressure on existing spaces at the community centre and accommodating these uses in the addition as is available. Ideally, the larger Recreation Complex will be designed and programmed holistically to augment options and experiences for all the residents and users – seniors and youth alike.

The addition Concept Option is proposed to be about 18,600 square feet Gross Floor Area, and could be located at a few possible locations at the Port Moody Recreation Complex. Two possible conception option locations are included in the report for consideration. Construction costs (cost of competitive bid excluding soft costs) for these types of facilities are typically about \$750 to \$900 per square foot for a total construction allowance of \$13.9M to \$16.7M excluding escalation, taxes, soft costs, and construction contingencies. Permit and miscellaneous costs is an addition 2.5% allowance, and market fluctuation is an additional 7% allowance.

In addition, it is recommended to allocate an allowance for a structured parking area for the recommended number of stalls from the Parking Analysis. It is expected that this may be adjusted or eliminated with a detailed parking study supporting a reduction or elimination of additional stalls. Alternately, a nearby site might be purchased and allocated for required additional parking.

The recommended next step is a Feasibility Study for the two options of an Age-Friendly Recreation Centre. It is recommended that the Feasibility Study should include:

1. Program Verification Process. Include review with stakeholders, operator, and user groups, to review, test, revise and ratify the preferred program. Generating a sample programming schedule for the entire centre (existing and addition) would be beneficial in this process to identify existing inadequacies and discover synergies with the existing centre. The deliverables might include a ratified program and Room Data Sheets.
2. Complete a Parking Analysis of the recommended site to test current use and capacity against expected use. This Parking Study could be used as a basis for possible reduced parking requirements as part of the ultimate Development Permit Application. It is recommended to review existing onsite parking for the community centre and arena as well as on street parking over several sample days including weekends and weekdays with typical program activities underway. The deliverables might include a parking report including parking counts for the existing and expected increase for the new facility.
3. Kitchen Study. Consult with a Kitchen Consultant to review expected operation models and uses of the kitchen to confirm size, location, adjacencies, and equipment list. The deliverables might include an operational statement, kitchen size and adjacencies equipment list, and proposed layout.
4. Indicative Design. Complete several design options to a schematic level and select a preferred option that considers location, adjacencies, Zoning and Building Code issues, materials, systems, structure, and civil connections. The Indicative Design should consider alterations or upgrades to the existing community centre as required to facilitate the addition.
5. Engineering Reports. Include a detailed review and analysis of the recommended options for Structural, Mechanical, Electrical, Civil, Sustainability and Landscape issues.
6. Class C or D Cost Estimate of the preferred Concept Option.

APPENDICES

APPENDICES

The following appendices provide supplementary information and record documents for the project.

<i>Appendix</i>	Final Engagement Summary, by LEES+Associates, dated September 14, 2022
<i>Appendix A</i>	Workshop Mural Boards
<i>Appendix B</i>	Online Survey Results

City of Port Moody

Age-Friendly Recreation Centre Study

LEFS
ASSOCIATES

Final Engagement Summary

September 14, 2022

LEFS
ASSOCIATES

VANCOUVER
TORONTO
WHITEHORSE

TOLL FREE 1 855 895 3826
EMAIL info@elac.ca
ELAC.CA

CONTENTS

Executive Summary	1
1 Introduction.....	4
1.1 Purpose of Engagement	4
1.2 Engagement Activities	4
2 Key Themes from Interviews and Workshops	5
3 Key Findings from the Online Survey	7
3.1 Online Survey Results: Demographics	8
3.2 Online Survey Results	10
3.3 Areas of Agreement and Mixed Opinion.....	31

Appendix A	Workshop Mural Boards
Appendix B	Online Survey Results

EXECUTIVE SUMMARY

Stakeholder and public engagement was completed to support the Age-Friendly Recreation Centre Study. Engagement activities focused on working with stakeholders including the Seniors' Focus Committee and community organizations to understand what's working well, what needs improvement, and to create an overall vision for the future of age-friendly recreation in Port Moody. While the main focus of the project is to determine facility needs, the engagement process also explored programming gaps and needs, as these two elements are closely linked.

The input and direction provided by stakeholders through the workshops and interviews was then tested with the general public through an online survey. The survey tested the vision and key directions and to identify areas of agreement, but also where there are differing views. The engagement activities are summarized below.

Workshops

- Staff Workshop – November 8, 2021
- Seniors Focus Committee – October 7, 2021
- Community & Senior-Servicing Organizations Workshop – November 16, 2021

Interviews

- Representative from Tri-Cities Seniors Action Society – November 29, 2021
- Supervisor of Poirier Recreation Complex and Dogwood – November 30, 2021
- Representatives from The Club – November 30, 2021

Public Online Survey

- April – May 2022

Draft Report Key Findings - Presentation

- Seniors Focus Committee – July 7, 2022

KEY FINDINGS

Programs

- There is a demand for more programming and improved scheduling of opportunities for seniors in Port Moody, especially given the growing population. There is also a need for improved communication on the programs and services currently offered. Public survey responses highlighted a need to increase the

variety of programming and activities offered. Enhancing and expanding education and learning, and health and wellbeing programs were the top priorities.

- The deficit in recreation program space was highlighted as one of the primary limiting factors for meeting overall demand for programs. Lack of space has also resulted in seniors' programs being primarily during the day, although there is growing demand for programs during evenings and weekends. This is especially true for younger seniors who are still working.
- There is demand for programs geared toward ability levels (i.e. beginner, intermediate) instead of focusing on age restrictions. However, there is also a desire for seniors-focused programs.
- There is demand for social opportunities and places to drop-in for casual interactions. Opportunities to socialize and come together for music, food, learning and casual socializing is a high priority. Social isolation is a serious issue facing older adults, but it is also a good way to increase inclusion for people who don't want to do fitness and active recreation.

Dedicated space for seniors vs. intergenerational space:

- Many felt that an intergenerational facility that was comfortable for all ages but included some elements specifically for older adults would be best to combat social isolation and ensure that much-needed community spaces are used.
- Some felt that dedicated seniors spaces are needed to ensure seniors needs are prioritized, seniors can meet with peers, and seniors can take the lead in the spaces and programs. There was concern that a fully intergenerational space would lead to limitations such as senior's programs only during daytime hours. Survey respondents highlighted "schedule conflicts" as the largest barrier to participation.

Dedicated rooms vs. multi-purpose rooms

- The predominant view was that flexible rooms that serve multiple purposes and change over time would better serve diverse seniors and community members, allow for new recreation trends, and be a more efficient use of limited public resources. Multi-use rooms get far more use than single use rooms. Adequate storage space is needed for multipurpose rooms to function well.
- There was concern about some long-standing users losing their dedicated spaces and feeling "kicked out", as well as comments that some activities don't lend themselves to multi-use spaces (i.e. those that require equipment that isn't easily moved or stored).

Types of spaces

- Accessibility - Having an accessible and barrier-free facility was of importance to the community. Including, accessible workout equipment, washrooms, and parking. The importance of equitable access to services was also frequently mentioned.
- Flexible spaces – Where seniors feel comfortable (welcoming, with limited noise and hubbub) but where they can make connections with people of other age groups as well.
- Fitness spaces – Welcoming and inclusive fitness and activity rooms (usable for people with varying levels of ability including dementia, stroke, mobility issues.), gymnasium, pickleball courts were brought forward by stakeholders. Most survey respondents would like to see dedicated indoor fitness equipment (33.5%), 32% would like dedicated indoor stretching and exercise areas. Most survey

respondents (71%) indicated that they think a multi-use gymnasium would best compliment programs and activities tailored to the needs of older adults.

- Social spaces – Cribbage tourneys, bridge group, movies, snooker, board games, ping pong, spaces to gather informally.
- Social spaces with eating – Space for coffee clubs, place for affordable meals together (lunch is most popular)
- Event spaces with kitchen – Adaptable spaces to host larger dinners, dances, music, gatherings, events, lectures, etc.
- Spaces for learning and sharing – Full library or library room, spaces for language classes, technology seminars, and sharing hobbies and knowledge.
- Outdoor spaces – Community garden, patio space places to sit and gather, covered space for programmed or non-programmed activities, walking loop. Survey respondents indicated that access to natural green space was currently lacking, and accessibility improvements should be made to parks and trails to increase usage.

Vision for an age-friendly recreation facility

Through the engagement process, the following statements were developed to reflect the overall values expressed by stakeholders and the public:

- Welcoming, inviting, and social – a place that offers a “sense of home”
- Multi-generational – a hub for bringing people together
- A place that is committed to inclusion for different cultures and ethnicities
- A place that is flexible, adaptable, and sustainable
- A place that fosters a sense of ownership and pride for seniors
- A place that supports healthy aging and independence
- A place that is vibrant, colourful, and varied
- A place that is barrier-free, affordable, accessible
- A place that is innovative, an example for other communities

1 INTRODUCTION

1.1 PURPOSE OF ENGAGEMENT

Engagement with stakeholders and the public will inform a community-supported vision and goals for age-friendly recreation by exploring community needs and clarifying people’s values and priorities. The engagement results will support the development of a preliminary program, conceptual design, and preferred location for recreation facilities.

During the development of the study, seniors, residents, and stakeholders can provide input on:

- The community’s needs and barriers around age-friendly programs and facilities;
- The community’s vision for the project;
- Partnership opportunities within the community and stakeholders; and
- Potential synergies with existing facilities.

The results of the project overall will help future planning by staff and decision-making by Council regarding investments in age-friendly recreation.

1.2 ENGAGEMENT ACTIVITIES

The engagement activities focused on working with stakeholders including the Seniors’ Focus Committee and community organizations to understand what’s working well, what needs improvement, and to create an overall vision for the future of age-friendly recreation in Port Moody. Following workshops and interviews, a public survey was created to test the vision and key directions and to ensure broad support. The engagement activities are summarized below.

Workshops

- Staff Workshop – November 8, 2021
- Seniors Focus Committee – October 7, 2021
- Community & Senior-Servicing Organizations Workshop – November 16, 2021

Interviews

- Representative from Tri-Cities Seniors Action Society – November 29, 2021
- Supervisor of Poirier Recreation Complex and Dogwood – November 30, 2021
- Representatives from The Club – November 30, 2021

Public Online Survey

- April – May 2022

2 KEY THEMES FROM INTERVIEWS AND WORKSHOPS

Vision:

- Welcoming, inviting, and social – a place that offers a “sense of home”
- Multi-generational – a hub for bringing people together
- A place that is committed to inclusion for different cultures and ethnicities
- A place that is flexible, adaptable, and sustainable
- A place that fosters a sense of ownership and pride for seniors
- A place that supports healthy aging and independence
- A place that is vibrant, colourful, and varied
- A place that is barrier-free, affordable, accessible
- A place that is innovative, an example for other communities

Needs:

- Most stakeholders noted that despite a growing population of seniors in Port Moody, there is a severe lack of amenities and spaces for seniors, particularly for the social side of things.
- Other stakeholders noted the needs include childcare spaces and a community gymnasium.
- There is a demand for more programming and improved scheduling of opportunities.
- There is demand for programs geared toward ability levels (i.e. beginner, intermediate) instead of focusing on age restrictions.

Dedicated space for seniors vs. intergenerational space:

- Many felt that an intergenerational facility that was comfortable for all ages but included some elements for older adults specifically would be best to combat social isolation and ensure that much-needed community spaces are used.
- Some felt that dedicated seniors spaces are needed to ensure seniors needs are prioritized, seniors can meet with peers, and seniors can take ownership of spaces and programs.

Dedicated rooms vs. Multi-purpose rooms

- Some felt that single-purpose rooms where a particular use or user group could have a dedicated space for their exclusive use would best serve seniors by providing a sense of ownership and minimizing the need for secure storage of materials.
- Many felt that flexible rooms that serve multiple purposes and change over time would better serve diverse seniors and community members, allow for new recreation trends, and be a more efficient use of limited public resources. Multi-use rooms get far more use than single use rooms.

Other notes

- “Dedicated programming not dedicated spaces”

- Music and food are the touchstones for programming – and great opportunities to improve inclusiveness – but spaces are needed

Please see appended interview and workshop notes for further details.

TYPES OF SPACES:

- **Fitness spaces** – Welcoming and inclusive fitness and activity rooms (usable for people with varying levels of ability including dementia, stroke, mobility issues.), gymnasium, pickleball courts. Consideration for indoor pool, inclusive and welcoming fitness centre, curling rink.
- **Outdoor spaces** – Community garden, patio space places to sit and gather, covered space for programmed or non-programmed activities, walking loop.
- **Social spaces** – Cribbage tourneys, bridge group, movies, snooker, board games, ping pong, spaces to gather informally.
- **Social spaces with eating** – Space for coffee clubs, place for affordable meals together (lunch is most popular)
- **Event spaces with kitchen** – Adaptable spaces to host larger dinners, dances, music, gatherings, events, lectures, etc.
- **Spaces for learning and sharing** – Full library or library room, spaces for language classes, technology seminars, and sharing hobbies and knowledge.
- **Flexible spaces** – Where seniors feel comfortable (welcoming, with limited noise and hubbub) but where they can make connections with people of other age groups as well.

3 KEY FINDINGS FROM THE ONLINE SURVEY

Programming

- Respondents indicated a need to increase the variety of programming and activities offered. Enhancing and expanding education and learning, and health and wellbeing programs were the top priorities.
- Health, sports and fitness, technology lessons (computers, and cellphones), and talks on history (with an emphasis on local Port Moody history) were the top topics of interest related to education and learning.
- Fitness and physical activities, nutrition and cooking classes, and health classes (including illness and disease prevention) were the top topics of interest related to health and wellbeing.
- Walking clubs were indicated as missing from the current programming offerings, and the most popular selection by a wide margin. Fitness classes, yoga and pickleball were also commonly mentioned activities of interest.
- Respondents suggested that better communication and information on the types of programming available and having multiple ways to register for classes would be beneficial.
- Most respondents do not participate in programs or activities specifically for people aged 50 years and over. However, most are participating in recreation programs weekly. Numerous respondents indicated that they would like to see programming organized by fitness level (for more active seniors), and spaces and programming for all ages.
- Respondents indicated that they would like to see a welcoming and inclusive facility that offers a variety of programs and classes for all ages and encourages social interaction. Creating gathering spaces that would encourage socialization was very important to respondents.
- Most respondents indicated that they are satisfied with the programming offered at both the Kyle Centre and Port Moody Recreation Complex, and programs at both facilities are nearly equally attended.
- Scheduling conflicts were indicated as being the largest barrier to participation, and several respondents indicated that a greater variety of class and programming times would better support their participation.

Facilities and Amenities

- Most survey respondents would like to see dedicated indoor fitness equipment (33.5%), 32% would like dedicated indoor stretching and exercise areas, and 31.5% would like more natural or green space to spend time in.
- Numerous respondents indicated that they would like to see the facilities at Kyle Centre improved.
- Respondents indicated that indoor fitness equipment, and dedicated exercise areas were currently needed or missing. Most survey respondents (71%) indicated that they think a multi-use gymnasium would best compliment programs and activities tailored to the needs of older adults.
- An indoor swimming pool, and pickleball courts were commonly mentioned amenities of interest.
- Most respondents do not travel outside of Port Moody to participate in recreation programs. But those that do travel attend programs and facility features not currently offered in Port Moody.

- Having an accessible and barrier-free facility was of importance to the community. Including, accessible workout equipment, washrooms, and parking. The importance of equitable access to services was also frequently mentioned.
- Respondents indicated that access to natural green space was currently lacking, and accessibility improvements should be made to parks and trails to increase usage.

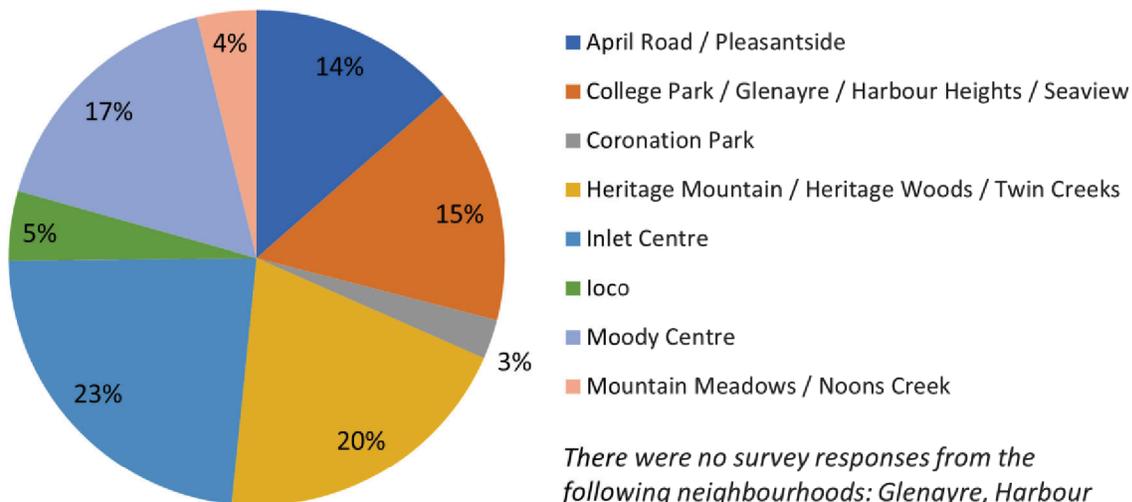
3.1 ONLINE SURVEY RESULTS: DEMOGRAPHICS

From April 6, 2022, to May 2, 2022, the Port Moody community was invited to participate in an online survey via the City’s public engagement hub, Engage Port Moody (engage.portmoody.ca). Survey respondents were asked where in Port Moody they live and what year they were born.

Which Port Moody neighbourhood do you live in?

Survey respondents live in a variety of Port Moody neighbourhoods. A few neighbourhoods did not have representation.

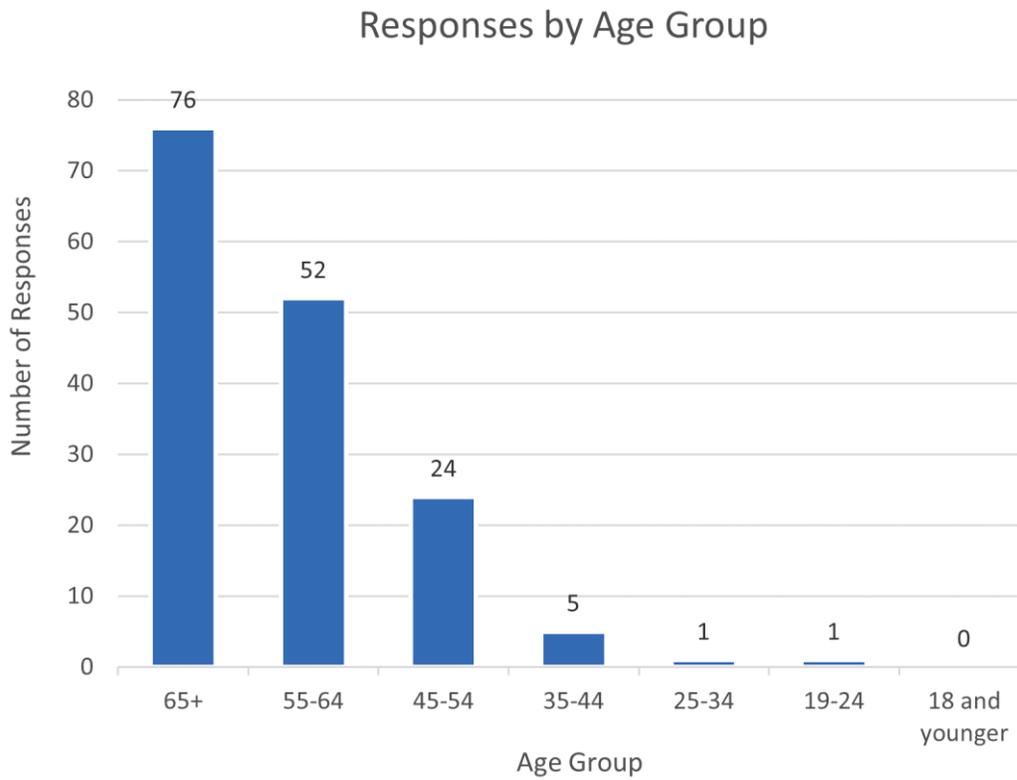
Responses by Neighbourhood



There were no survey responses from the following neighbourhoods: Glenayre, Harbour Heights, Heritage Woods, Noons Creek, Pleasantside, Seaview, Twin Creeks

What is your year of birth?

Survey respondents were predominately in the 55-64 and 65+ age demographics. Few survey respondents were in the 18-44 age range.

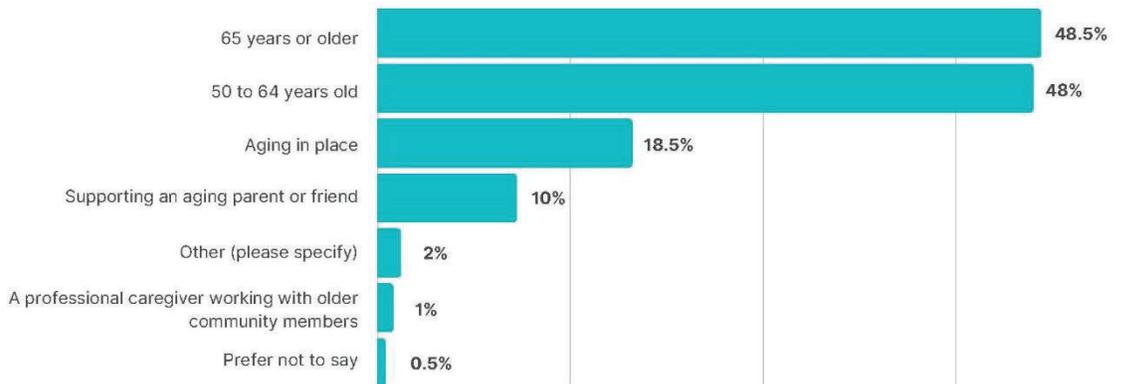


3.2 ONLINE SURVEY RESULTS

The following is a summary of the input received through the online survey that was available via the City's public engagement hub, Engage Port Moody (engage.portmoody.ca), From April 6, 2022, to May 2, 2022.

Question 1: Would you describe yourself as someone who is: (Select all that apply.)

Most survey respondents (48.5%) were between 65 years or older, or between 50 and 64 years of age (48%). 18.5% of respondents indicated that they were aging in place. There were 178 responses to this question.



There were 178 responses to this question. Some respondents selected multiple answers.

Question 2: When supporting an aging parent, what programs/services/spaces are needed that you currently do not have access to?

Respondents suggested:

- Affordable home care (medical services, meal delivery) – 4
- Accessibility improvements (accessible parking, trails and cycling infrastructure) – 4
- Social activities (cooking, knitting, potlucks) – 3
- Fitness and exercise programs – 2
- English language programs – 2
- Classes on technology – 1
- Arts programs – 1
- Independent living housing – 1

There were 15 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “supporting an aging parent or friend” in Question 1.

Question 3: What programs/services/spaces do you feel need to be enhanced, expanded, or added to help you age in place in Port Moody?

Respondents suggested:

- Fitness classes, and fitness amenities – 6
- Active programming (hiking, walking groups, tennis, tai chi, and dragon boating) – 6
- Accessibility improvements to parks (lighting, more seating, accessible parking, washrooms, accessible walkways, trail maintenance) – 5
- Kyle Centre needs to be rebuilt / replaced with improved programming – 4
- Parking challenges at parks and trails (could have a shuttle) – 3
- Current facilities and programming is adequate – 3
- Social programming (movie nights) – 3
- Home care for seniors (cooking and cleaning) – 2
- More opportunities for seniors' recreation – 2
- Outdoor recreation equipment – 1
- Mixed age programming – 1
- Evening and weekend programming – 1
- Rent subsidies - 1

There were 29 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “aging in place” in Question 1.

Question 4: As a professional caregiver, what programs/services/spaces are needed that you currently do not have access to?

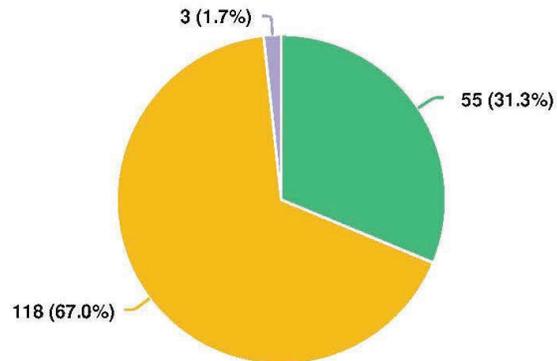
Respondents suggested:

- More accessible programming, and accessibility improvements to parks (parking areas, trails)
- Each side of Port Moody should have a recreation centre. Port Moody Recreation Complex is too far for people living on the South Side if they don't drive.

There were 2 responses to this question. This question was only posed to respondents who selected “a professional caregiver working with older community members” in Question 1.

Question 5: Do you participate in any recreation programs or activities that are specifically for people aged 50 years or older in Port Moody?

- 67% of respondents do not participate
- 31% of respondents do participate



Question options

Yes no Not sure

There were 176 responses to this question.

Question 6: Where do you currently attend City-run recreation programs in Port Moody? (Select all that apply.)

Most respondents (64%) attend programs at the Recreation Complex, and 51% attend programs at the Kyle Centre.

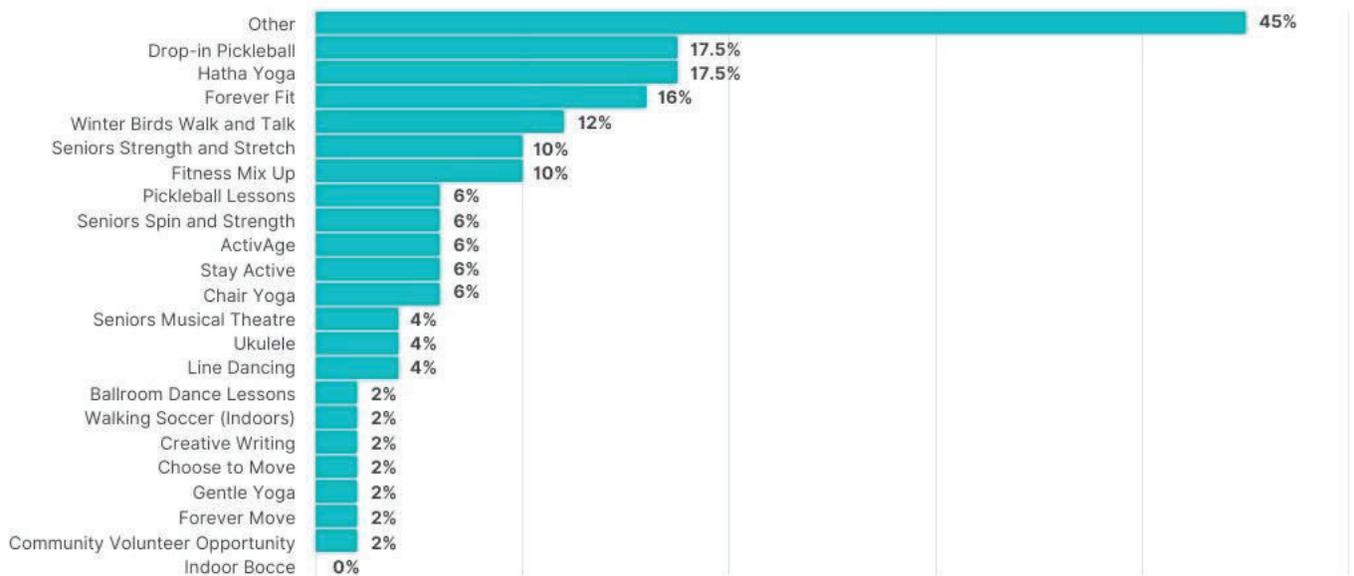


There were 53 responses to this question. This question was only posed to respondents who selected “yes” in Question 5.

Question 7: Which City-run recreation programs are you currently registered for and/or participating in?

Respondents indicated that the most popular recreation programs are:

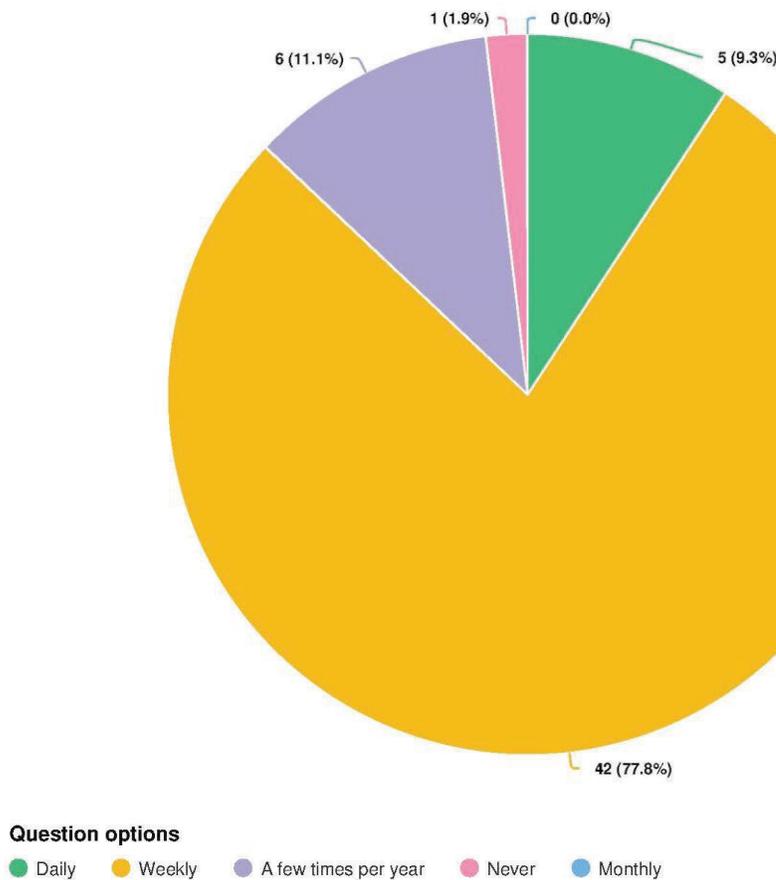
1. Drop-in Pickleball
2. Hatha Yoga
3. Forever Fit
4. Winter Birds Walk and Talk
5. Seniors Strength and Stretch



There were 51 responses to this question. Some respondents selected multiple answers. This question was only posed to respondents who selected “yes” in Question 5.

Question 8: On average, how often do you participate in City-run recreation programs?

Most respondents indicated that they participate in City-run recreation programs **weekly (78%)**, 11% participate a few times a year, and 9% participate daily.



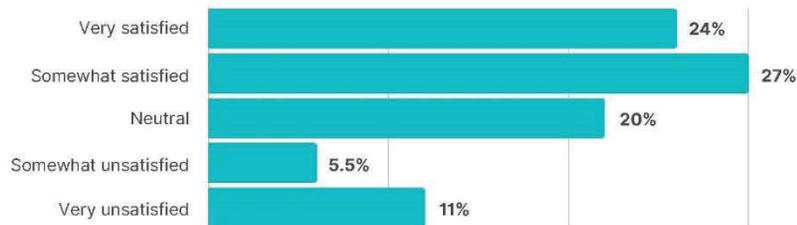
There were 54 responses to this question. This question was only posed to respondents who selected “yes” in Question 5.

Question 9: Overall, please indicate your level of satisfaction with the quality of City of Port Moody recreation programming for people aged 50 and over?

Most survey respondents (33%) indicated that they are “very satisfied” with the quality of recreation programming at Kyle Centre, and 30% are “neutral”.



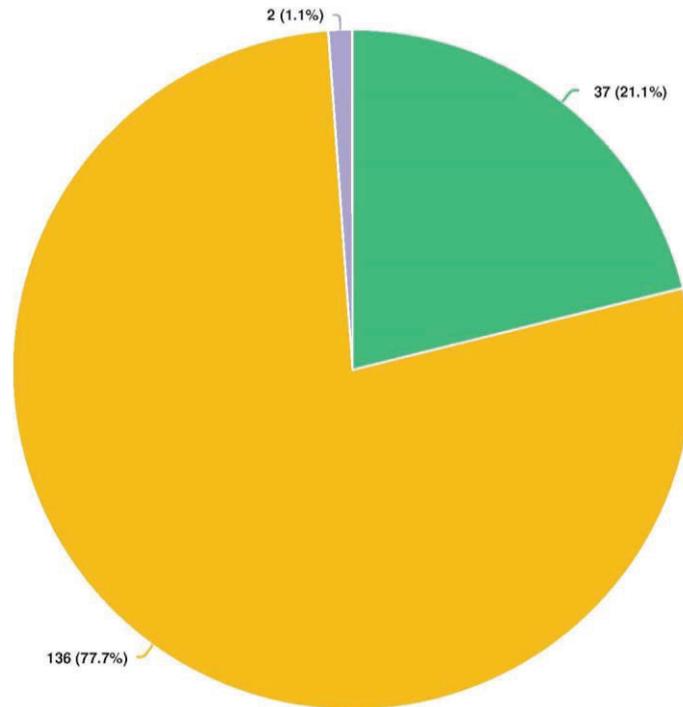
Most survey respondents (27%) indicated that they are “somewhat satisfied” with the quality of recreation programming at Port Moody Recreation Complex, and 24% are “very satisfied”.



There were 55 responses to this question. This question was only posed to respondents who selected “yes” in Question 5.

Question 10: Do you participate in any recreation programs or activities that are specifically for people aged 50 years and older elsewhere in the Tri-Cities? (Coquitlam, Port Coquitlam, Anmore, or Belcarra)

Most respondents (77%) indicated that they do not participate in any recreation programs or activities that are specifically for people aged 50 years outside of Port Moody, while 21% do.



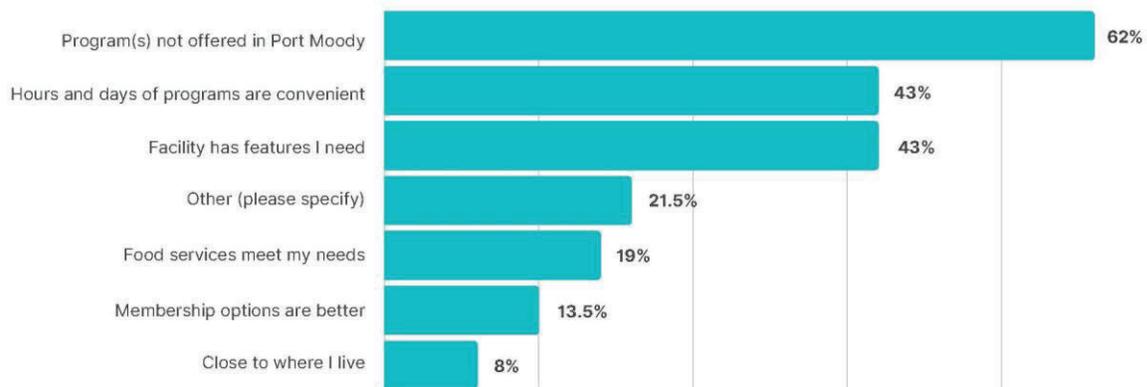
Question options

Not sure No Yes

There were 175 responses to this question.

Question 11: Why do you attend recreation programs outside of Port Moody? (Select all that apply.)

Most survey respondents indicated that they attend recreation programs outside of Port Moody because there are programs not offered in Port Moody (62%). 43% indicated that the hours and days or programs are more convenient for them, and 43% indicated that other facilities outside of Port Moody have the features that they need.



There were 37 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “yes” in Question 10.

Question 12: Please tell us more about why you attend programs outside of Port Moody. (optional)

Main themes from respondents included:

Programming and Activities

- More programming, and classes – 10
- Less expensive programming – 3
- Walking and hiking groups – 2
- Golf - 2
- Better dance classes – 1
- Bus trips – 1
- Cards and games – 1
- Craft groups – 1
- Seniors slow pitch – 1
- Singing groups – 1
- Some programming is full in Port Moody (pickleball) – 1

Amenities

- Indoor pool (hot tub, aquafit classes) – 4
- Dedicated pickleball courts – 2
- Better food, and lunches – 2

- Better facilities - 1
- “Men’s shed” - 1

Other

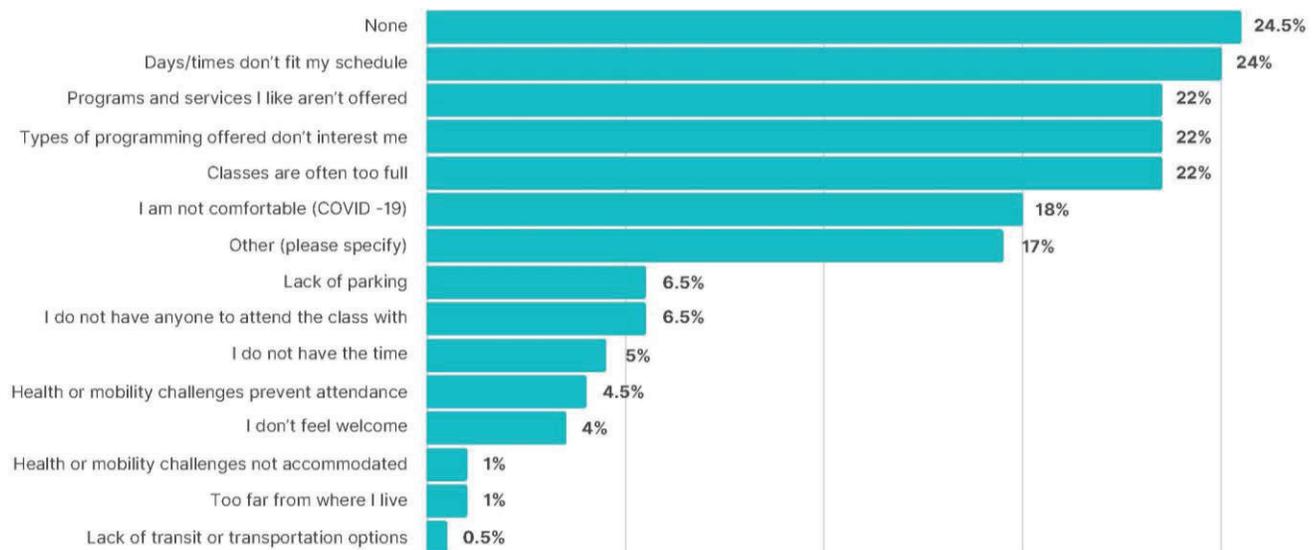
- Meeting friends / family at other recreation centres – 3
- More convenient times and schedule – 3
- More entertainment options (theatre, and movie nights) – 2
- More accessible parking and transit options – 1
- Closer to work – 1

There were 33 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “yes” in Question 10.

Question 13: What barriers to participation are you currently experiencing, if any? (Select all that apply.)

The top responses for barriers to participation are:

1. None
2. Days and times don’t fit my schedule
3. Programs and services I like aren’t offered
4. Types of programming offered don’t interest me
5. Classes are often full



There were 168 responses to this question. Some respondents selected multiple answers.

Question 14: How can we create a more welcoming environment for you?

Respondents suggested:

- Programming that better reflects the needs of active and mobile seniors
- More opportunities to socialize and meet new people in classes
- Better communication of events (emails)
- Encourage mixing different levels of play (pickleball)

There were 4 responses to this question. This question was only posed to respondents who selected “I don’t feel welcome” in Question 13.

Question 15: How can we better support your participation in age-friendly programs or activities?

Main themes from respondents included:

Programming and Activities

- Additional programming and activities – 29
- Programming to reflect seniors that are still youthful, active, and fit – 7
- Pleased with what is currently offered – 5
- Consider a different way of categorizing classes (focus less on age-segregation) – 3
- Increase class capacity - 3

Amenities

- Improvements to Kyle Centre (facility improvements, more programming, and more parking) – 5
- Coffee or lunch options – 4
- Indoor swimming pool – 2
- Better parking and traffic management – 2
- Improvements to trails (walking and cycling) – 2

Administration and Organization

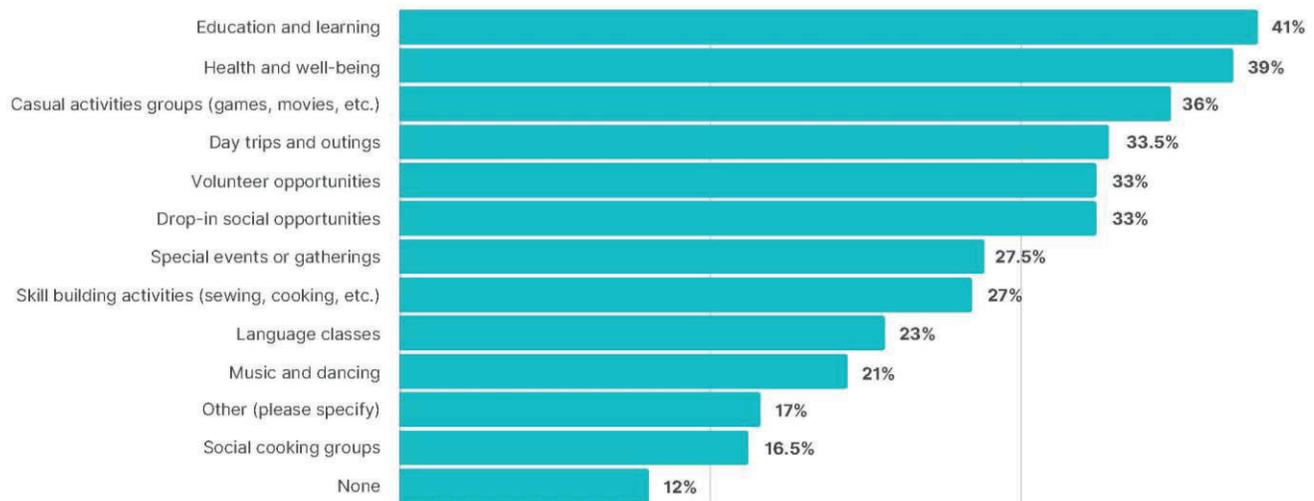
- More variety in class times and scheduling – 16
- Better communication of available programming (program guide, emails, social media) – 14
- More affordable pricing (off peak hours discount) – 9
- Covid challenges (safety) – 7
- Better / additional registration processes (ability to see which classes are full online) – 3

There were 112 responses to this question. Some responses included multiple suggestions.

Question 16: Which types of recreation programs or activities for older adults do you think need to be enhanced or expanded in Port Moody? Select your top five (5) choices from the list below or select “none”.

The top priorities for enhanced or expanded programs or activities are:

1. Education and learning
2. Health and well-being
3. Casual activities groups
4. Day trips and outings
5. Volunteer opportunities, and drop-in social gatherings



There were 170 responses to this question. Some respondents selected multiple answers.

Question 17: Please list topics or activities that would be of interest to you related to education and learning.

Respondents indicated that they would like to see more classes and lectures on the following topics:

- Health, sports, and fitness – 14
- Technology (smart phones, computers, social media) – 12
- History, and archeology – 12
- Art (painting, pottery etc.) – 11
- Finance, business, and economics – 8
- Travel – 7
- Languages – 6
- Photography, and film - 6
- Gardening – 6

- Cards, and games – 5
- Cooking and nutrition – 5
- Music – 4
- Psychology, and self-help – 3
- Genealogy – 3
- Religion, and culture – 3
- Current world events – 2
- Volunteer opportunities – 2
- First Nations, and indigenous studies – 2
- Environment, and science – 2
- Writing, and literature – 2
- Philosophy – 1
- Firearm safety – 1

There were 59 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “education and learning” in Question 16.

Question 18: Please list topics or activities that would be of interest to you related to music and dancing.

Respondents indicated an interest in the following activities:

Dance

- Latin dance (salsa, tango) – 5
- General dance classes – 4
- Unstructured (improvised) – 3
- Ballroom – 2
- Country (line dancing) – 2
- Modern – 2
- Fitness (zumba) – 2
- Hula – 1
- Classical – 1
- Ballet – 1
- Jazz – 1
- Belly dancing – 1
- Bollywood – 1

Music

- Group singing, choir – 3
- General music lessons – 2
- Piano lessons – 1
- Guitar lessons – 1

- Ukulele lessons – 1
- Music appreciation – 1

Events

- Social dance nights – 2
- Theatre (watch ballet, symphonies) – 2
- Theatre group – 1
- Roller skating night – 1
- Karaoke, and open mic night – 1

There were 32 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “music and dancing” in Question 10.

Question 19: Please list topics or activities that would be of interest to you related to health and wellbeing.

Respondents indicated an interest in the following topics and activities:

Nutrition and Health

- Nutrition, and cooking classes – 18
- Health issues, managing and identifying illness and disease – 13
- Alternative medicine – 1
- Advance care planning – 1

Fitness and Exercise

- Fitness classes – 9
- Yoga – 6
- Pickleball – 4
- Hiking, and walking groups – 3
- Pilates – 3
- Cycling – 2
- Swimming – 1
- Basketball – 1
- Tennis – 1
- Running clubs – 1
- Badminton – 1
- Tai chi - 1
- Personal training – 1

Mental Health and Wellness

- Mental health, and meditation – 6
- Nature appreciation (forest bathing) – 2

- Family counselling – 1
- Drugs and alcohol information – 1
- Social gatherings – 1

Arts

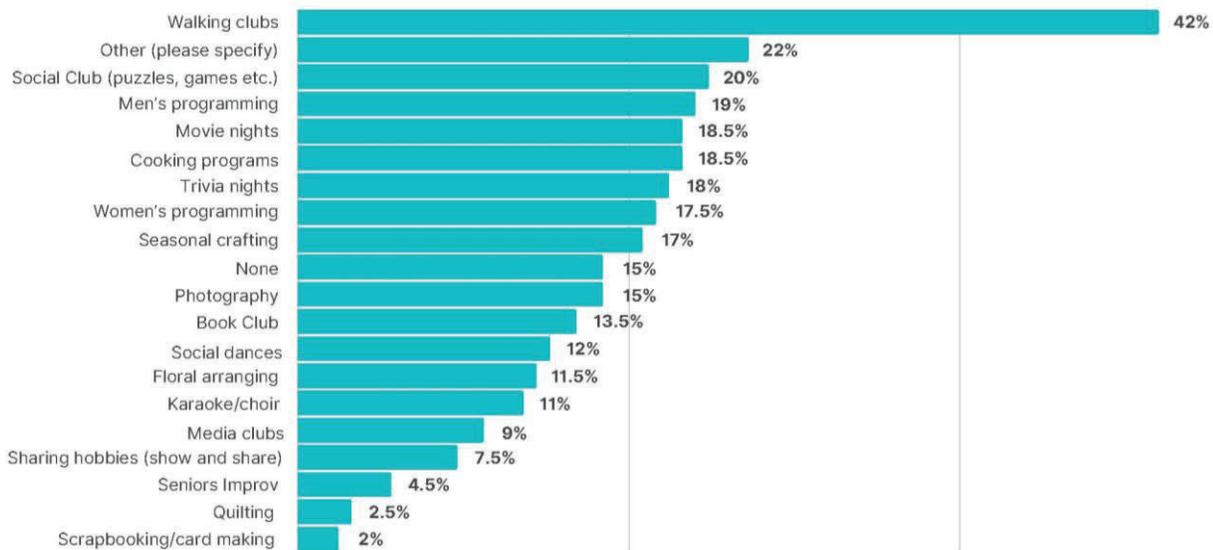
- Jewellery making – 1
- Painting – 1
- Writing, and reading groups – 1

There were 53 responses to this question. Some responses included multiple suggestions. This question was only posed to respondents who selected “health and wellbeing” in Question 10.

Question 20: Which types of recreation programs or activities for older adults do you think are missing in Port Moody? Select your top five (5) choices from the list below or select “none” if you don’t think any programs/activities are missing.

Most survey respondents (42%) indicated walking clubs are missing from the current programming offered in Port Moody. The top five missing activities included:

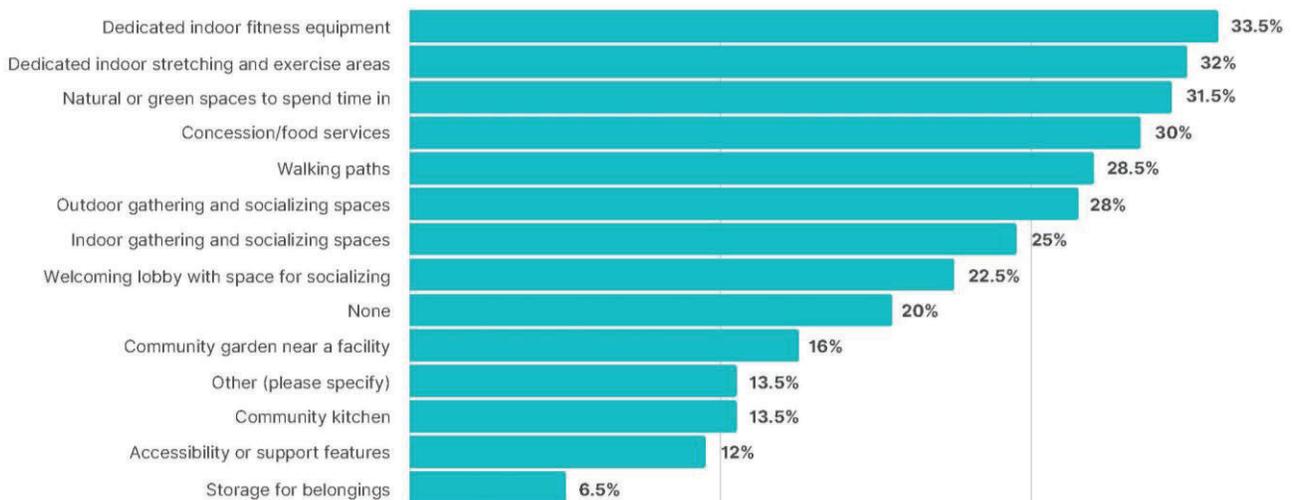
1. Walking clubs
2. Other
3. Social clubs
4. Men’s programming
5. Movie nights



There were 155 responses to this question. Some respondents selected multiple answers.

Question 21: When thinking about the facilities you or the person you support attends, what types of facility features are needed or are missing? Select all that apply.

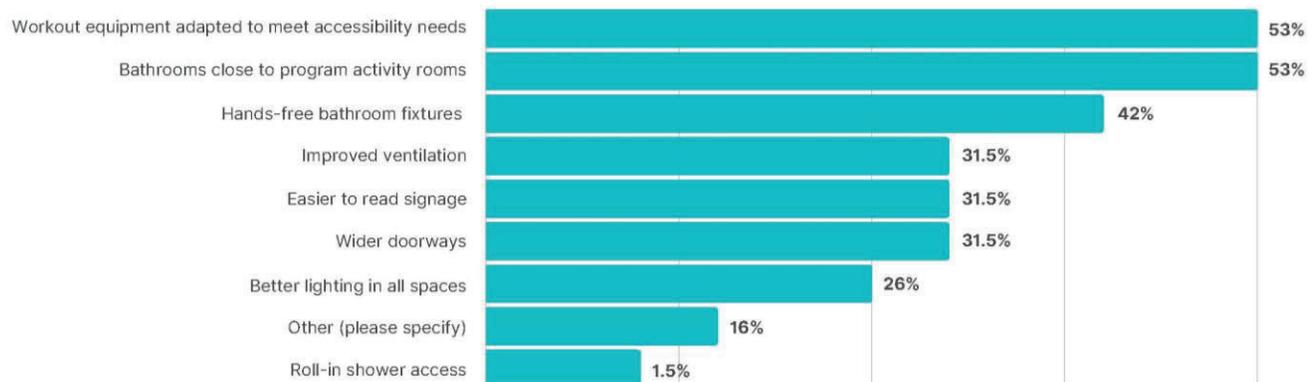
Most survey respondents would like to see dedicated indoor fitness equipment (33.5%), 32% would like dedicated indoor stretching and exercise areas, and 31.5% would like more natural or green space to spend time in.



There were 155 responses to this question. Some respondents selected multiple answers.

Question 22: Which accessibility or support features would you like to see?

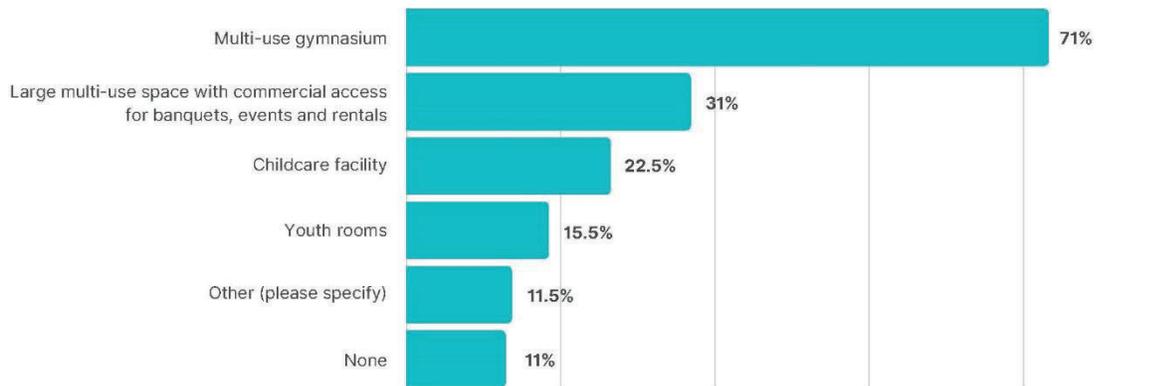
Most survey respondents would like to see accessible workout equipment (53%) and bathrooms close to activity rooms (53%).



There were 19 responses to this question. Some respondents selected multiple answers. This question was only posed to respondents who selected “accessibility or support features” in Question 21.

Question 23: Thinking of all ages, which types of recreation spaces do you think would complement programs and activities tailored to the needs of older adults? Select all that apply.

Most survey respondents (71%) indicated that they think a multi-use gymnasium would best compliment programs and activities tailored to the needs of older adults.



There were 147 responses to this question. Some respondents selected multiple answers.

Question 24: How would you describe a facility that supports your social and mental well-being?

Respondents indicated that they would like to see a welcoming and inclusive facility for all ages, that offers a variety of programs and encourages social interaction.

Programming and Activities

- Space for all ages, and families – 12
- Variety of programs, and services – 8
- Classes, and lectures (cooking etc.) – 4
- Meditation, and yoga – 2
- Pool / aquafit – 2
- Programming for men, “Men’s shed” – 1
- Unscripted social events – 1
- Mixed-age activities (elderly and kids crafts) – 1
- Programs organized by ability not age – 1
- Separate space for loud activities (kids playing) - 1

Interior Environment

- Welcoming, and inclusive – 17
- Spacious, and open – 8

- Quiet, relaxing, and meditative – 7
- Soft music – 1

Building Design

- Bright, natural light, and large windows – 10
- Mixed-use building – 3
- Minimalist style architecture – 1
- Natural materials – 1

Building Amenities

- Large classrooms, and activities rooms – 3
- Educational exhibits – 1
- Library – 1
- Theatre - 1
- Washrooms – 1

Interior Design

- Comfortable furniture – 5
- Casual seating for hanging out, and lounging – 4
- Good lighting (soft lighting) – 4
- Warm, and friendly colours – 1

Accessibility

- Accessible, and barrier free – 6
- Welcoming, and accessible to all (socio economically) – 3
- Parking near entrances (lots of parking available) – 3
- Easy to access (walkable, close to transit, shuttle) – 3
- Caters to all ages, and abilities – 2
- The building is centrally located in the community – 1

Social Space

- Encourages social interaction (gathering spaces) – 14
- Opportunity to socialize over food, lunch, or coffee – 10
- Socialize over games, and activities – 4
- Stimulating environment (for personal growth) – 1

Administration and Organization

- Caring, friendly, and helpful staff (well staffed) – 9
- Clean, and safe environment – 4
- Reasonably priced – 4
- Multiple program registration methods – 2
- Longer operating hours (open earlier/later) – 2
- Communication about programs and events (notice board, emails, booklets) - 2

Outdoor Space

- Have outdoor green space – 7
- Include a covered outdoor space – 3
- View of nature – 1
- Community garden – 1
- Outdoor gathering space – 1
- Outdoor pickleball – 1
- Outdoor sporting equipment – 1

Kyle Centre

- Build a new Kyle Centre – 1
- Keep Kyle Centre – 1

Other

- More hospice space in Port Moody – 1
- Family counselling – 1
- It's a waste of public funds – 1

There were 114 responses to this question. Some responses included multiple suggestions.

Question 25: How would you describe a facility that supports your physical health and fitness?

Respondents indicated that they would like to see a facility with a fitness centre, pool, large exercise areas and classrooms for seniors, and a variety of drop-in programs.

Building Amenities

- Good fitness centre (with a variety of gym equipment, and lots of equipment) – 10
- Swimming pool (with jacuzzi, and sauna) – 10
- Dedicated seniors work out / exercise area – 3
- Refreshments, and snacks – 2
- Good changeroom facilities, and showers – 1
- Classrooms, and large event spaces – 1

Programming and Activities

- Variety of (drop-in) programming – 9
- Various levels of fitness programming – 5
- Multi-generational programming (for all ages) – 4
- Accessible equipment for the elderly, and those with special needs – 4
- Walking, and hiking clubs (nature walks) – 3
- Gentle / moderate fitness classes – 2
- Running – 1
- Yoga – 1

- Table tennis – 1
- Cycling club – 1
- Dance – 1
- Aerobics – 1
- Welcoming classes (for first timers) – 1

Trained Staff

- Personal trainers, and staff specialized in working with seniors and those with physical limitations – 8
- Physical therapists, and massage therapists – 3
- Health education – 2
- Nutritionist / nutrition classes – 1

Building Amenities

- Large exercise areas, and classrooms for seniors – 9
- Pickleball courts (indoor / outdoor) – 8
- Indoor walking / cycling track – 3
- Indoor sports courts – 1
- Flexible rooms for a range of activities – 1
- “Men’s shed” – 1
- Airconditioning in summer, and heat in winter – 1

Accessibility

- Equitable, and affordable – 6
- Accessible, and barrier free (consider seniors: lower stairs, wider hallways etc.) – 6
- Better, and free parking – 2
- Better walking paths – 1

Social Space

- Rooms for socializing – 2

Interior Environment

- Inviting and comfortable space – 1

Outdoor Space

- Indoor-outdoor space – 5
- Community garden – 1

Administration and Organization

- Longer operating hours, and more convenient times – 6
- Friendly, welcoming, and trained staff – 5
- Increase availability of high-demand classes – 3
- Clean facility – 2

- Easy to register for programs – 2

Building Design

- Natural lighting, and large windows – 4
- Mixed-use building, and adaptable spaces - 1

Other

- Current facilities are adequate

There were 114 responses to this question. Some responses included multiple suggestions.

Question 26: Is there anything else you want to tell us?

Kyle Centre

- Fix and expand the Kyle Centre – 2
- Replace the Kyle Centre – 1
- The new Kyle Centre should expand programming opportunities for seniors – 1
- The Kyle Centre has deteriorated – 1

City Parks

- Need more green space. Parks are too crowded – 2
- Parking at parks is very limited / full (Rocky Point Park) – 2
- Upgrade neighbourhood parks (additional seating, games tables / chess) – 1
- Have neighbourhood clean up events – 1
- Frustrated with densification of Port Moody with little thought for parking or traffic management – 1

Trails and Cycling

- Shoreline Trail at the head of the inlet should be refurbished and widened – 1
- Fix the boardwalk at Inlet Park – 1
- Build a cycling network for all ages, and abilities – 1
- More bike parking, and infrastructure – 1
- Create more walkable, mixed-use communities with trails – 1

Community Space

- Programming should be suitable and open to all ages – 4
- Is a separate facility for seniors necessary? – 3
- A new recreation centre should accommodate the whole community – 2
- Need more opportunities for seniors to interact with kids (early childhood centres) – 2

Facilities and Amenities

- Indoor pool in Port Moody – 3
- More pickleball courts, and more times to play – 3
- The tri-cities should collaborate on providing facilities – 1
- Community theatre space (for acting classes, and small performances) – 1
- Snack bar with salads, smoothies, and soup – 1
- Provide heart rate monitors – 1

Accessibility and Equity

- Ensure easy access by public transit, and adequate car parking – 1
- Ensure Port Moody is senior-friendly – 1
- Financial accessibility (affordability) for seniors – 1
- Consider free activities offered to aging adults – 1

Programming and Activities

- Social programs to meet new people – 1
- Outdoor programs – 1
- Programming should accommodate both active adults and those with health/mobility challenges – 1
- “Men’s shed” – 1
- Smaller group programming (for those who are hard of hearing) – 1
- Provide classes at Westhill Centre – 1
- More table tennis time slots – 1
- Afternoon entertainment (movies, singers, bands, and comedians) – 1
- Like the tai chi program – 1
- Provide spin classes without loud music – 1
- More fitness programs – 1
- Programs for those learning English – 1
- Don’t think more programs are needed, keep taxes low – 1

Administration and Organization

- Some seniors work during the day, need more programming outside the work hours (on weekends) – 3
- Shorter (drop-in) workshops as opposed to longer-term programming - 1
- Have open houses to show what programs are offered – 1
- A seniors’ centre run by seniors for seniors would be great – 1
- Non residents should be paying a higher rate or surcharge to help support the cost of faculties and programs – 1
- Priority to Port Moody residents for some programs. A fitness pass good for all tri-city – 1

Praise

- My entire family use the recreation centre. We enjoy the programs – 1
- Port Moody Recreation Center is great – 1

- Grateful for the services and facilities at Inlet Centre – 1
- Port Moody does a great job accommodation the 50+ age group – 1
- Port Moody offers a lot already – 1

Other

- Use old fire station as a site for a swimming pool – 1
- Don't limit the facility by focusing on profit – 1
- Ensure new developments include seniors housing – 1
- I'd like to see a senior's independent living complex near the recreation centre – 1
- Would rather see simple indoor facilities provided soon, as opposed to a new recreation centre that is late and over budget – 1

There were 85 responses to this question. Some responses included multiple suggestions.

3.3 AREAS OF AGREEMENT AND MIXED OPINION

During the consultation process several topics emerged as being areas of agreement or of mixed opinion, and are summarized below:

Are dedicated senior's spaces necessary?

Agreement:

- Dedicated seniors spaces are necessary for socializing and combating loneliness.
- Dedicated seniors spaces are necessary for creating a sense of community, and providing opportunities for community contributions/volunteering.

Mixed Opinion:

- Seniors don't always feel welcome in mixed spaces (too loud, busy etc.).
- Seniors would like to engage with the entire community and other age groups.

What programs and services are lacking?

Agreement:

- Need programming and spaces for socializing.
- Need more programming for seniors, including educational programs.
- Need more entertainment (movie nights etc.).

What facilities are lacking?

Agreement:

- Need additional fitness equipment.

- Need pickleball courts.
- Need an indoor pool.
- Need a communal kitchen / opportunities to socialize over food.
- Need a community garden.

Mixed Opinion:

- Need dedicated and equipped activity rooms.
- Need flexible, multi-use spaces.

Describe the vision for future seniors' programs:

Agreement:

- Welcoming and inclusive.
- Social.
- Accessible.
- Diverse (programming).

APPENDIX A WORKSHOP MURAL BOARDS

PORT MOODY AGE-FRIENDLY FACILITY FEASIBILITY STUDY

COMMUNITY ORGANIZATIONS WORKSHOP November 16, 2021 3:30-5pm



Do you think dedicated spaces for seniors are needed in Port Moody? Why or why not?

opportunities for seniors to come together	utilize their expertise (non-profits)	contribute to community	dedicated vs multi-generational space	inclusion + welcoming	Surrey - no longer building stand-alone 'age' focused facilities	respecting inter-generational activities	dedicated space for seniors (not overlapping with other physical activities)
programming lacking rather than physical space	Western side needs more facilities	focus on needs through programming	variety of programs (language and budget)	accessibility	Dogwood is a good example	integrating younger seniors	potential for vacant spaces to be re-imagined
communal gardens as anchor programming	key programs bring people in (wood shop)	multi-use spaces (yoga, dance, movies)	age inclusive (becomes hub for bringing people together)	cultural diversity	integrated support/diversity of seniors (Fraser Health)	feasibility (who pays for facility?)	equability - younger seniors are most subsidized categories



What age-friendly programs and services are lacking or need improvement in Port Moody?

Universal symbols for signage (accessibility)	Lower cost-barrier	Other groups (not just city) utilizing	Informal programming	Indoor/outdoor flexible + fluid spaces	Age-friendly outdoor space (to foster multi-group gathering)	Portable furniture	Cedbrook is a good example
Support volunteers and out to residents (ie. climate disasters)	Horsehoe patch, bocce ball, bocce boules, pickle ball	Encourage residents/smaller groups to come together	outdoor fitness equip	Support smaller group interests (ie. cooking, storytelling)	Engage groups who do not usually attend centres	Soundproof spaces (music, performances)	Community kitchens
Offer virtual access (hybrid options)	Modified programming for engagement/ socialization	Not everything requires physical space or needs to be in person	Open spaces to plug in (community space to use digital devices)	City of use focus through programming	Softball fields		

What aspects of existing facilities are lacking or need improvement? (examples: rooms are too small, lack of storage, accessibility barriers, etc.)

How can we revitalize Kyle Center? (lack of programming, dated facilities?)	Maintenance	Improved/ flexible booking systems	Cost	Accessibility from street (walkability)	Transportation (walking from transportation hubs to centre)	Integration of younger seniors	Sign-up process (in difficult programs quickly filled - ie pickleball)
Lack of gym space (often split between different groups)	More opportunities to engage with nature (community gardens)	Improved public transportation network	Located near public transit	Parking (specially during special events)	Accessible parking	Programming not just in daytime	More outdoor seating + furniture
More informal opportunities for people to gather	Lack of signage + wayfinding						

What are the key words that describe the VISION for the future of seniors' programs in Port Moody?

Spontaneity	Engagement	Flexibility	Sense of civic pride (community ownership)	Equitable	Diverse	Inclusive
inclusive	affordable	Pop-up, ad hoc	Activating	Community instigated	Varied (activities and programming)	Something for everybody
Inviting/ welcoming	Colourful (arts theme - fun spaces)	Activity (keep them busy)	Friendship	Inclusive	Respectful	Ageism (changing thoughts/ comments of seniors)
Stimulating	Getting rid of stigma surrounding aging	Inclusive + accessibility at larger events (may be overwhelming for some people)	Innovating + creative	Learning from other community (generating from expertise)		
		Celebrate + contributions (opportunities to share knowledge, wisdom, expertise)				

APPENDIX B ONLINE SURVEY RESULTS

Age-Friendly Recreation Facility Study Community Survey

SURVEY RESPONSE REPORT

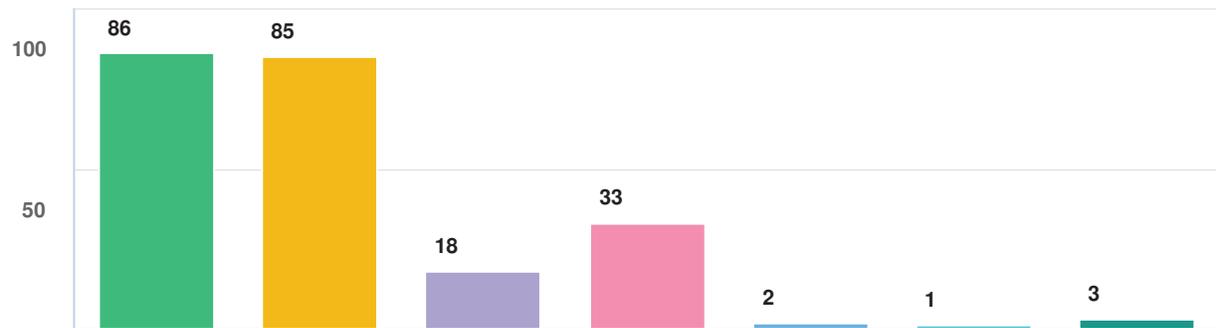
15 October 2020 - 03 May 2022

PROJECT NAME:

Age-Friendly Recreation Facility Study



SURVEY QUESTIONS

Q1 Would you describe yourself as someone who is: (Select all that apply.)

Question options

- 65 years or older
- 50 to 64 years old
- supporting an aging parent or friend
- aging in place (aging in place means you have the social and health support services you need to live safely and independently in your own home)
- a professional caregiver working with older community members
- prefer not to say
- Other (please specify)

Optional question (178 response(s), 0 skipped)

Question type: Checkbox Question

Q2 When supporting an aging parent, what programs/services/spaces are needed that you currently do not have access to?

Screen Name Redacted

4/07/2022 10:43 PM

Someone to take them to appointments and hear what is being recommended

Screen Name Redacted

4/08/2022 12:17 AM

In home care and support at an affordable cost for him

Screen Name Redacted

4/11/2022 10:26 PM

Vegan cooking classes

Screen Name Redacted

4/12/2022 02:40 PM

More elderly social activities at the Newport Facility. Newport is a hub for seniors, many of which don't drive. In addition to fitness, I'd like to see weekly drop in social activities to prevent social isolation for elderly (e.g., knitting, cooking, etc.

Screen Name Redacted

4/12/2022 05:06 PM

More social activities and arts programs in city centre.

Screen Name Redacted

4/12/2022 08:11 PM

more meal delivery services

Screen Name Redacted

4/12/2022 09:24 PM

More programs through the library related to technology, more independent living type housing

Screen Name Redacted

4/12/2022 09:46 PM

Programs for ESL

Screen Name Redacted

4/13/2022 09:51 AM

indoor exercise, classes and non classes, that support persons with osteo, old hips, new hips, balance problems, wider parking spots to accommodate walkers and scooters

Screen Name Redacted

4/13/2022 01:29 PM

More community workers who can visit people in their homes for medical and related svices.

Screen Name Redacted

4/14/2022 10:47 AM

Better walking and biking infrastructure so I do not have to drive them everywhere.

Screen Name Redacted

4/17/2022 11:33 AM

A community centre on the South side of Port Moody would be amazing complete with a seniors centre, like Port Coquitlam's Wilson Centre

Screen Name Redacted

4/22/2022 08:27 PM

Senior immigrants social events, where they can learn English thru casual talking, potluck and similar activities.

Screen Name Redacted

4/24/2022 05:29 AM

N/A

Screen Name Redacted

4/28/2022 06:33 PM

increased physical accessibility - accessible parking, trails, etc

Optional question (15 response(s), 163 skipped)

Question type: Single Line Question

Q3 What programs/services/spaces do you feel need to be enhanced, expanded, or added to help you age in place in Port Moody?

Screen Name Redacted

4/07/2022 10:17 PM

Vibrant, active seniors programs to age into. I have met many active seniors in Port Moody through learning to run, fitness at the Rec Centre. We hike locally. They are very vibrant, active, fit, and smart.

Screen Name Redacted

4/08/2022 12:17 AM

I live across from the Rec centre and regularly go to dropin fitness classes. Occasionally use the walking track and registered programs. Im very pleased with activities and facilities available to me at pretty affordable rates at the Rec centre.

Screen Name Redacted

4/08/2022 11:54 AM

Kyle Centre improved for Seniors social and exercise programs

Screen Name Redacted

4/11/2022 06:00 PM

Difficult to say, I do not actively participate in recreational services led by the City. More resting areas, benches between developments perhaps.

Screen Name Redacted

4/11/2022 06:49 PM

program: a more low impact exercise class

<p>Screen Name Redacted 4/11/2022 09:44 PM</p>	<p>No new programs needed, I have everything I need</p>
<p>Screen Name Redacted 4/11/2022 11:25 PM</p>	<p>More recreational activities suitable for mixed ages. Outdoor recreational equipment</p>
<p>Screen Name Redacted 4/12/2022 09:32 AM</p>	<p>I would welcome more opportunity to walk with a group in various locations within Port Moody.</p>
<p>Screen Name Redacted 4/12/2022 03:42 PM</p>	<p>Kyle Centre. This facility needs to be replaced, not refurbished and should not be used as a warming shelter for homeless people.</p>
<p>Screen Name Redacted 4/12/2022 03:44 PM</p>	<p>It would be great if you had a place for seniors recreation</p>
<p>Screen Name Redacted 4/12/2022 03:55 PM</p>	<p>Expanded activities at a rebuilt Kyle Centre</p>
<p>Screen Name Redacted 4/12/2022 04:46 PM</p>	<p>All you would have to do is look at what Coquitlam Dogwood Centre offers. It's massive. They have Dragon Boat teams, Tennis and Pickle Ball, hiking groups, movie day, luncheons, as well as the usual exercise classes, snooker etc</p>
<p>Screen Name Redacted 4/12/2022 08:06 PM</p>	<p>Home support</p>
<p>Screen Name Redacted 4/13/2022 09:51 AM</p>	<p>programs and sspaces that support indoor exercise, classes and non classes, that support persons with osteo, old hips, new hips, balance problems, wider parking spots to accommodate walkers and scooters</p>
<p>Screen Name Redacted 4/13/2022 01:29 PM</p>	<p>I can see that our elderly parent has difficulty with recycling and garbage collection issues. Too hard to get the bins out early in the mornings and the bins are too large for the parent. Obviously not good to put bins out in evenings. Local depot?</p>
<p>Screen Name Redacted 4/13/2022 07:55 PM</p>	<p>in home care (cleaning, cooking, assisting with everyday activities</p>
<p>Screen Name Redacted 4/14/2022 11:18 AM</p>	<p>The horrible congestion in parking and traffic around Rocky Point Park!!!! So many times I just give up visiting it. And because of all the</p>

new residences and densification, it will only get worse!!! have lived here for 33 years and this is the worst!

Screen Name Redacted

4/15/2022 10:49 AM

I have a full time job and hours for senior programs are during working hours. Some evening or weekend program's would be welcome

Screen Name Redacted

4/15/2022 11:45 AM

Age-friendly parks with good lighting, even pathways, signage, washrooms, handicapped parking; more facilities for seniors activities; more activities at the existing facilities

Screen Name Redacted

4/19/2022 09:25 PM

continue and expand health and wellness programs and increase leisure choice for programs for seniors

Screen Name Redacted

4/22/2022 10:57 AM

More exercise opportunities/support for people with compromised physical ability. My husband used to attend the Healthy Heart program at Port Moody rec. centre, but they required him to reduce his hours so others could come. No replacement is available.

Screen Name Redacted

4/22/2022 11:16 AM

Social activities

Screen Name Redacted

4/22/2022 09:53 PM

Adequate so far

Screen Name Redacted

4/24/2022 05:29 AM

I don't know

Screen Name Redacted

4/28/2022 11:29 AM

Port Moody needs a seniors' centre that offers age-appropriate fitness and social activities, and general interest events. It should also offer food services during business hours, e.g. beverages, baking, hot lunches, daily soup & sandwich.

Screen Name Redacted

4/30/2022 11:47 AM

Please don't let up on trail/sidewalk maintenance. Also, parking close to trail starting points can be difficult (especially without a handicap parking permit). A shuttle service (not everyday!) from the rec centre to various walking areas is my wish.

Screen Name Redacted

5/03/2022 12:49 PM

More green parks, walking trails accessible with wheelchair

Screen Name Redacted tai chi

5/03/2022 01:28 PM

Screen Name Redacted rent subsidy

5/03/2022 02:01 PM

Optional question (29 response(s), 149 skipped)

Question type: Single Line Question

Q4 As a professional caregiver, what programs/services/spaces are needed that you currently do not have access to?

Screen Name Redacted

4/17/2022 11:33 AM

Each side of Port Moody should have it's own rec centre the Port Moody rec centre is far for people to go if they don't drive and live on the South side of the Inlet.

Screen Name Redacted

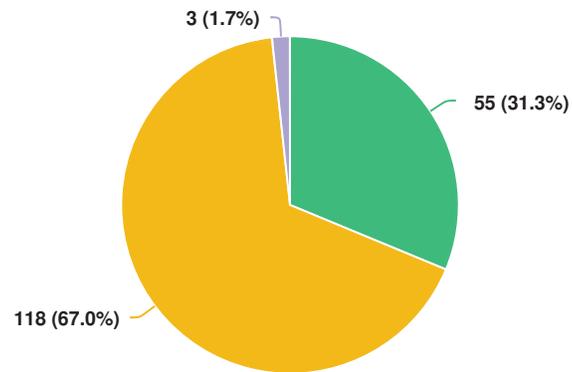
4/28/2022 06:33 PM

increased physical accessibility - accessible parking, trails, etc. More recreation programs geared to seniors and people with physical disabilities

Optional question (2 response(s), 176 skipped)

Question type: Single Line Question

Q5 Do you participate in any recreation programs or activities that are specifically for people aged 50 years or older in Port...

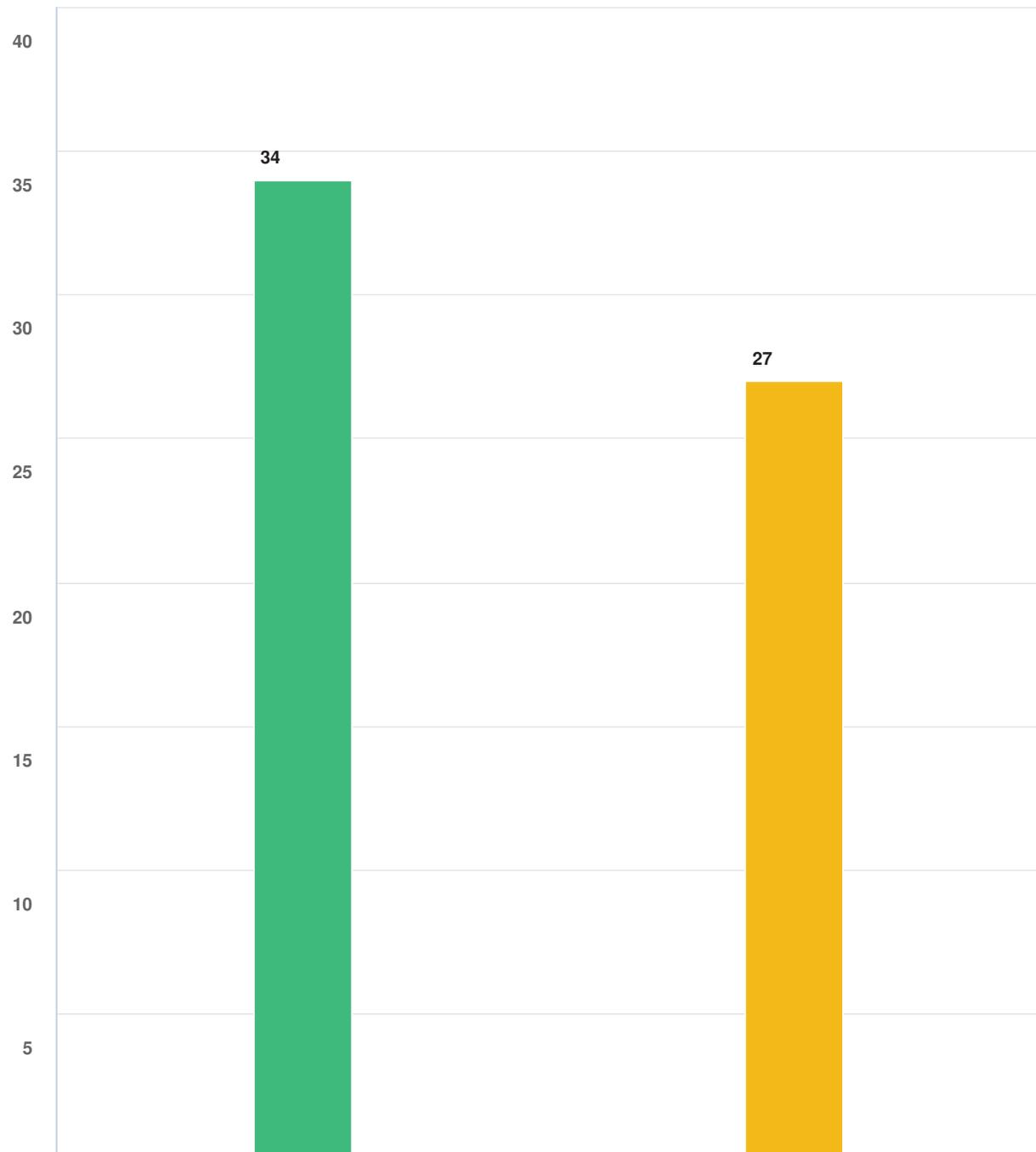


Question options

Yes no Not sure

Optional question (176 response(s), 2 skipped)
Question type: Radio Button Question

Q6 Where do you currently attend City-run recreation programs in Port Moody? (Select all that apply.)



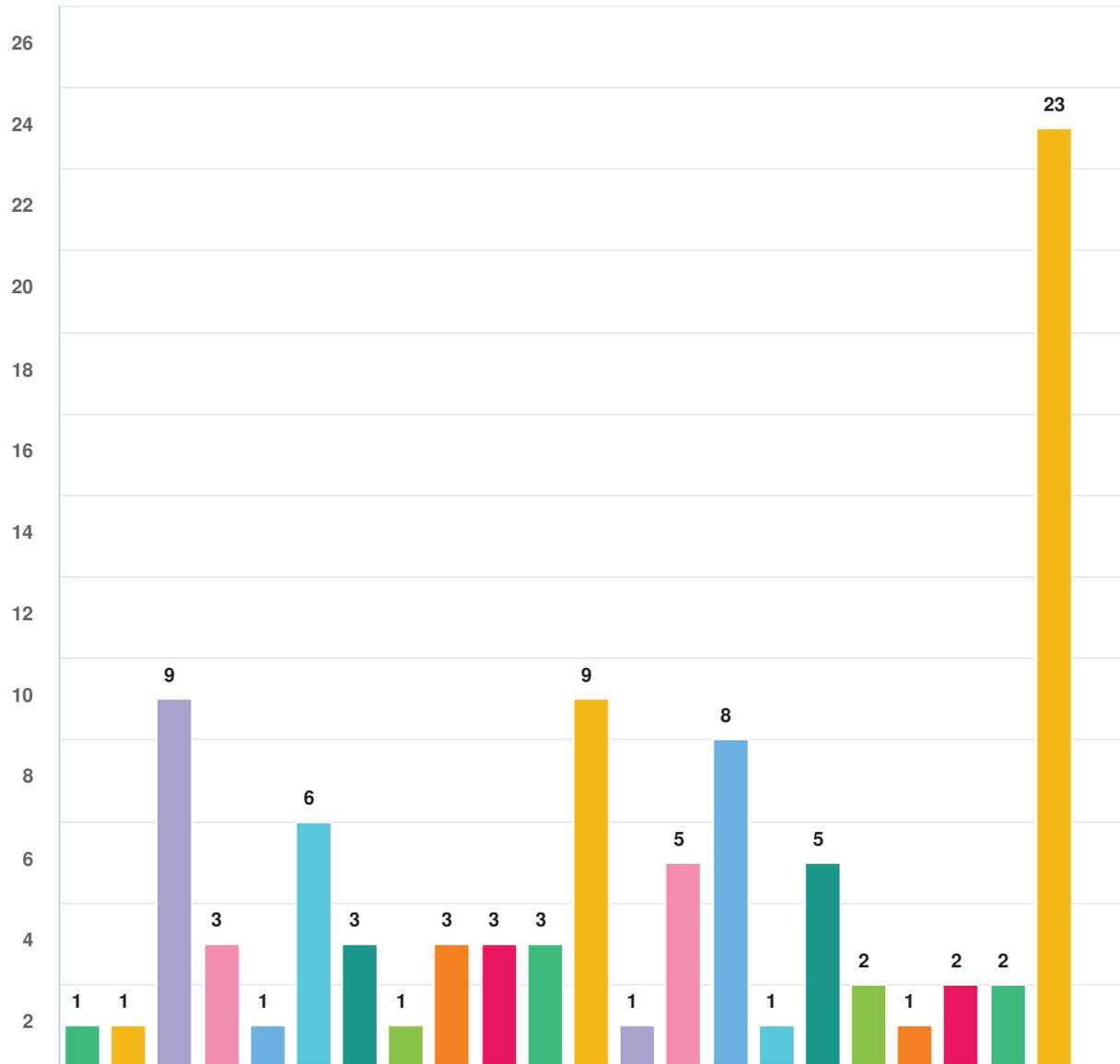
Question options

- Recreation Complex Kyle Centre

Optional question (53 response(s), 125 skipped)

Question type: Checkbox Question

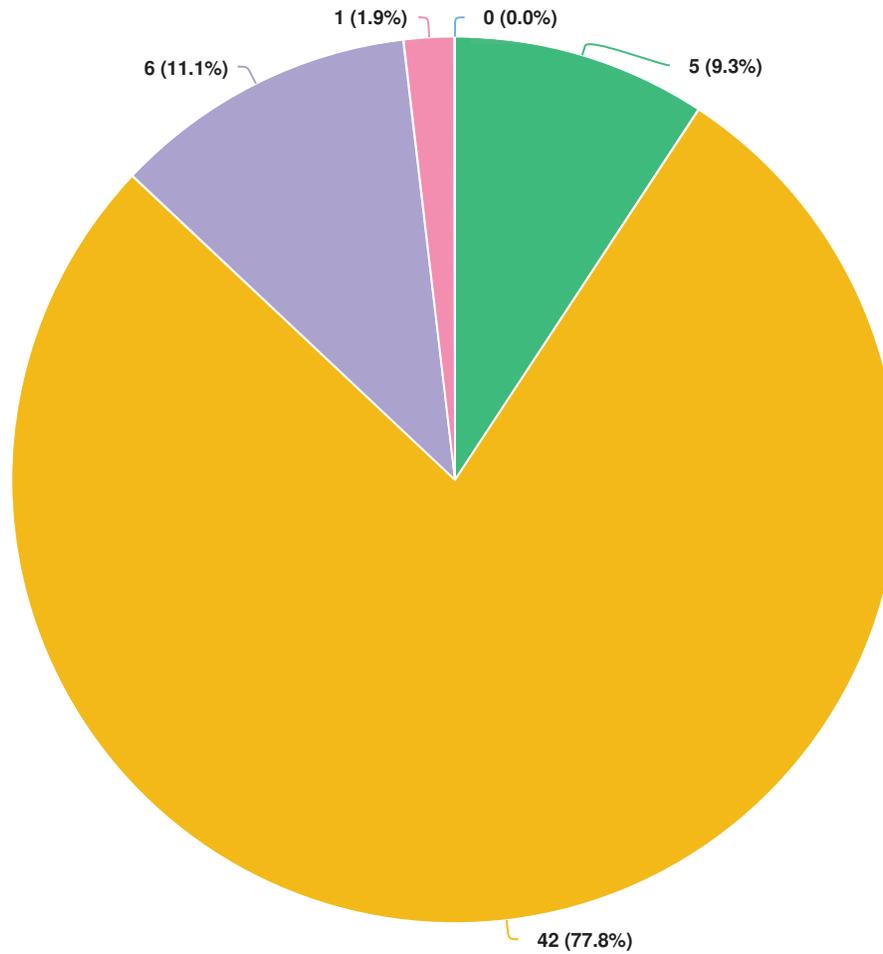
Q7 Which City-run recreation programs are you currently registered for and/or participating in?



Question options

- Ballroom dance lessons
- Walking soccer (indoors)
- Drop-in pickleball
- Pickleball lessons
- Creative writing
- Winter Birds Walk & Talk with Environmental Coordinator Karen Devitt
- Seniors Spin and Strength
- Choose to Move
- ActivAge
- Stay Active
- Chair yoga
- Hatha yoga
- Gentle yoga
- Seniors Strength and Stretch
- Forever Fit
- Forever Move
- Fitness Mix Up
- NEW - Seniors Musical Theatre
- NEW - community volunteer opportunity
- NEW - ukulele
- Line dancing
- Other (please specify)
- NEW - indoor bocce

Optional question (51 response(s), 127 skipped)
Question type: Checkbox Question

Q8 On average, how often do you participate in City-run recreation programs?**Question options**

● Daily ● Weekly ● A few times per year ● Never ● Monthly

Optional question (54 response(s), 124 skipped)

Question type: Radio Button Question

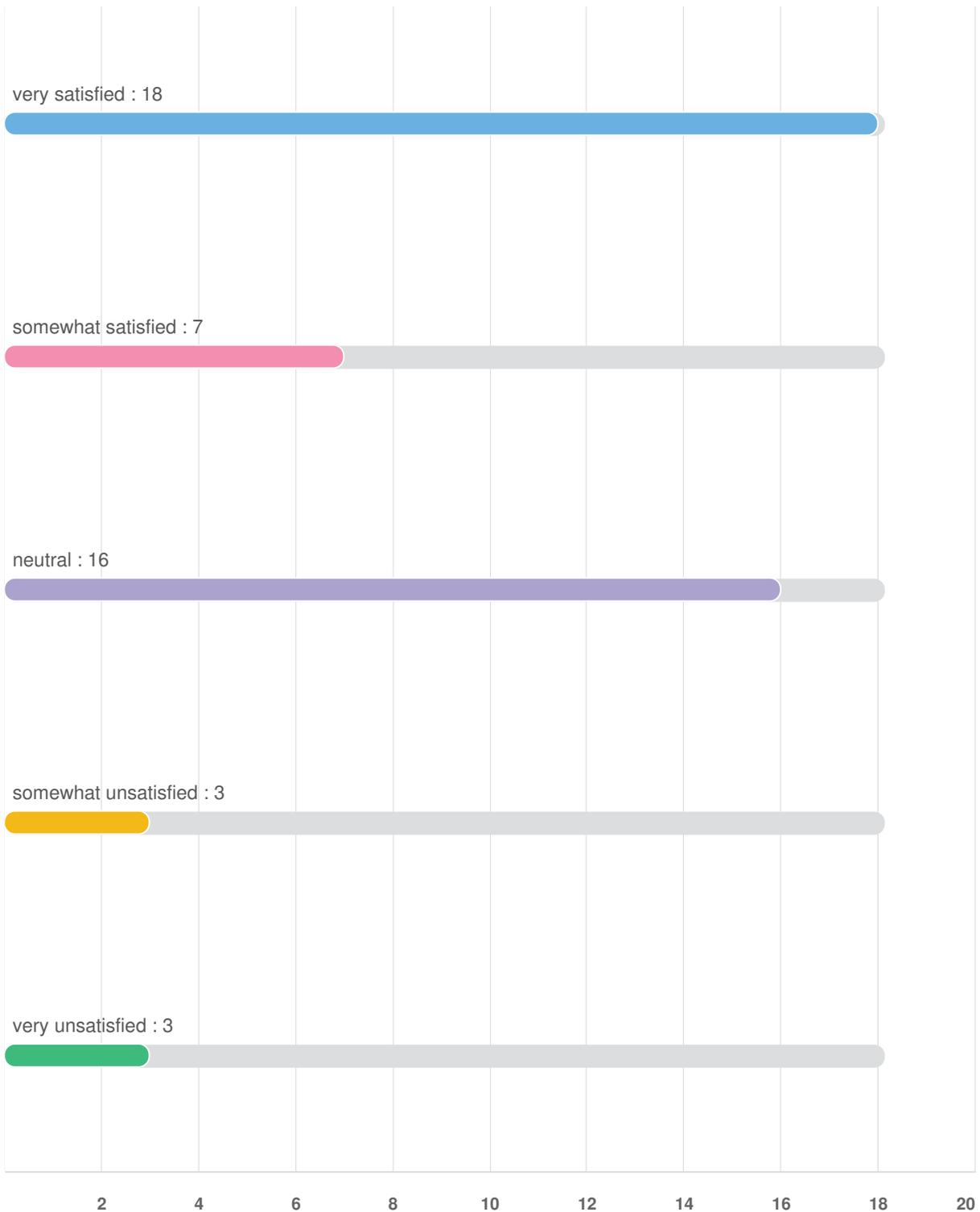
Q9 Overall, please indicate your level of satisfaction with the quality of City of Port Moody recreation programming for people aged 50 and over?

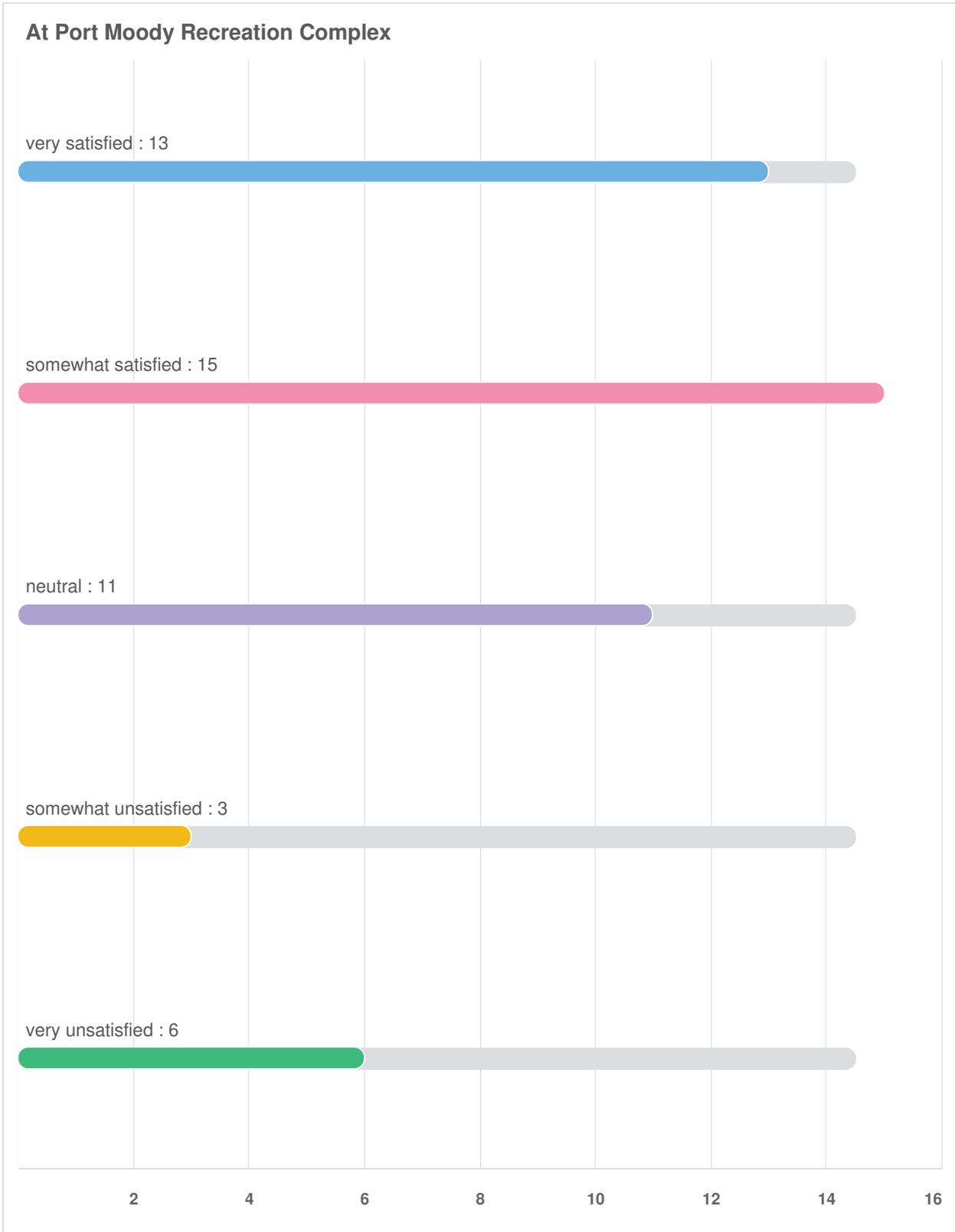


Optional question (55 response(s), 123 skipped)
Question type: Likert Question

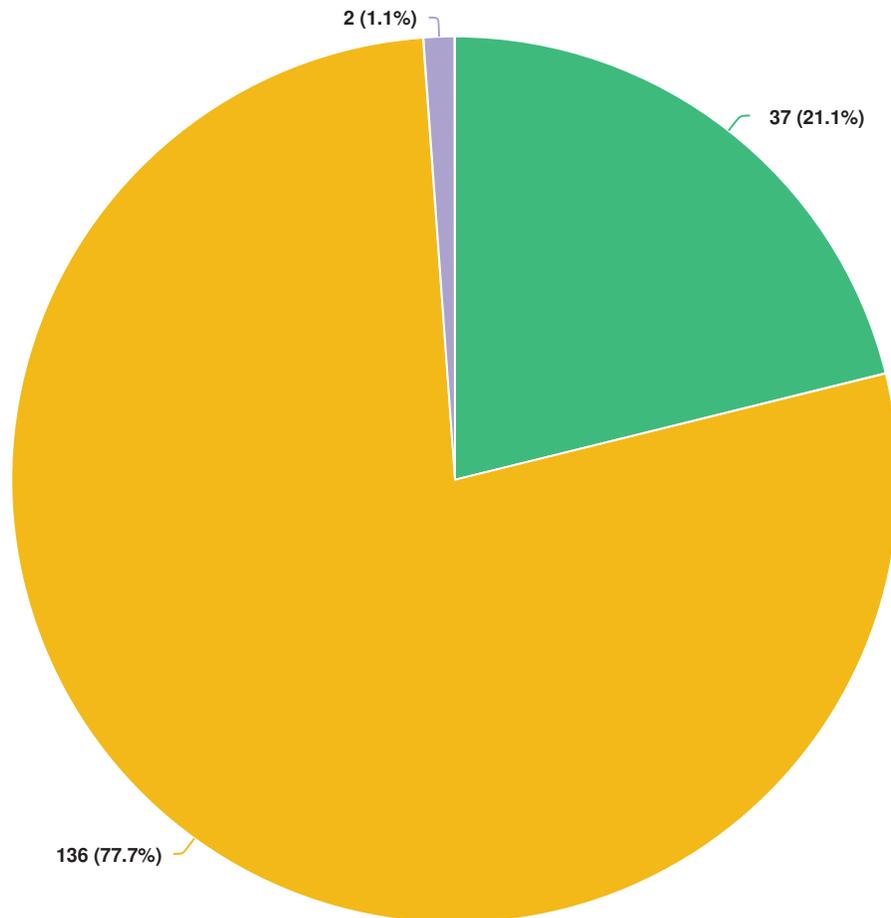
Q9 Overall, please indicate your level of satisfaction with the quality of City of Port Moody recreation programming for people aged 50 and over?

At Kyle Centre





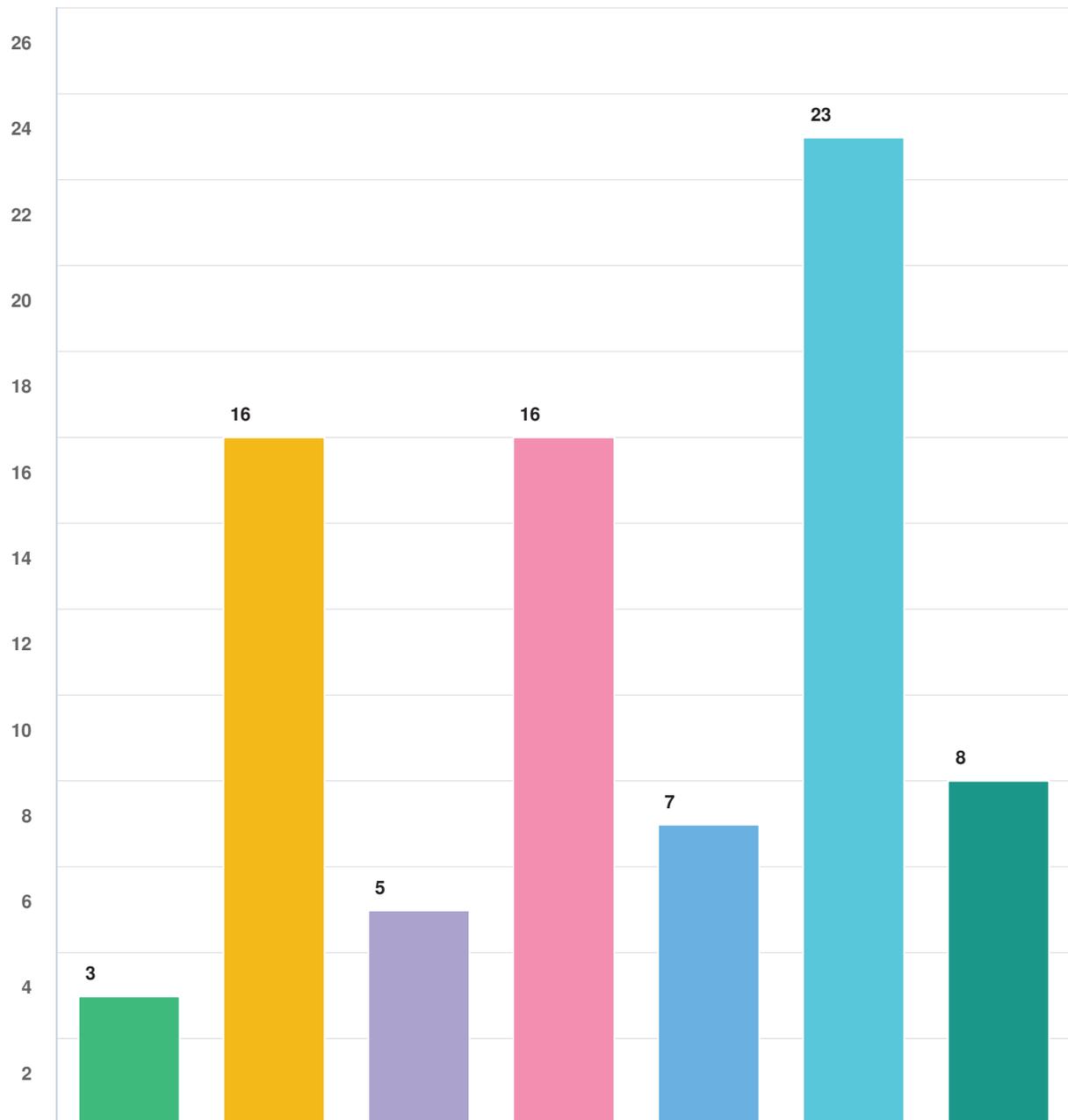
Q10 Do you participate in any recreation programs or activities that are specifically for people aged 50 years and older elsewhere in the Tri-Cities? (Coquitlam, Port Coquitlam, Anmore, or Belcarra)

**Question options**

Not sure No Yes

Optional question (175 response(s), 3 skipped)

Question type: Radio Button Question

Q11 Why do you attend recreation programs outside of Port Moody? (Select all that apply.)

Question options

- Other (please specify)
 ● Program(s) not offered in Port Moody
 ● Food services meet my needs
- Hours and days of programs are convenient
 ● Membership options are better
 ● Facility has features I need
- Close to where I live

Optional question (37 response(s), 141 skipped)

Question type: Checkbox Question

Q12 Please tell us more about why you attend programs outside of Port Moody. (optional)

Screen Name Redacted

4/07/2022 10:43 PM

Dance classes aren't as enthusiastic in port moody

Screen Name Redacted

4/08/2022 06:04 AM

Because Port Moody does not have what I need

Screen Name Redacted

4/11/2022 05:17 PM

Until just this year, the closest Men's Shed was in Coquitlam.

Screen Name Redacted

4/11/2022 06:05 PM

My wife and I attend the pool for exercise and recreation

Screen Name Redacted

4/11/2022 11:25 PM

Walking / hiking group , crib games Just more options

Screen Name Redacted

4/12/2022 06:56 AM

I am not loyal to anyone area or service. I go based on the answers provided in question 8

Screen Name Redacted

4/12/2022 03:44 PM

T.I.M.E. in Port Coquitlam and swimming at Hyde Creek

Screen Name Redacted

4/12/2022 04:49 PM

I am a member of the craft and singing groups in Glen Pine. I don't find similar activities in Port Moody.

Screen Name Redacted

4/12/2022 06:11 PM

Price\$

Screen Name Redacted

4/12/2022 07:05 PM

Hard to get into a program-pickle ball for instance. Would love to play near our house but every time I check, it's full

Screen Name Redacted

4/12/2022 07:13 PM

They have more places to play Pickleball.

Screen Name Redacted

4/12/2022 08:06 PM

Friends are more in PoCo

Screen Name Redacted

less expensive, exactly what I need

4/13/2022 09:51 AM

Screen Name Redacted

private group of elderly card players (sharks) and food that doesn't upset my digestion.

4/13/2022 07:55 PM

Screen Name Redacted

A wider variety of programs are offered

4/15/2022 11:45 AM

Screen Name Redacted

Near my work

4/15/2022 03:33 PM

Screen Name Redacted

Sr SLO pitch and golf not offered in POMO

4/19/2022 12:06 PM

Screen Name Redacted

Golf

4/20/2022 03:57 PM

Screen Name Redacted

Indoor pool and hot tub; dedicated pickleball courts

4/22/2022 10:52 AM

Screen Name Redacted

Invited by a relative and found it great

4/22/2022 12:34 PM

Screen Name Redacted

Habit. I use to live in Coquitlam. seems like more seniors classes.

4/23/2022 09:15 AM

Screen Name Redacted

more programming available at times that are convenient to me

4/23/2022 11:00 AM

Screen Name Redacted

Port Moody offers very little if you are a fit and active senior. It caters more to the less fit and mobile.

4/23/2022 03:47 PM

Screen Name Redacted

Aqua-fit and pool-running

4/24/2022 05:29 AM

Screen Name Redacted

Different options, not all programs offered by port Moody

4/25/2022 07:22 AM

Screen Name Redacted

Wider variety of 50 plus activities

4/25/2022 10:47 AM

Screen Name Redacted

4/27/2022 08:46 AM

I like the Essentrics class offered in Coquitlam. also some of the entertainment options.

Screen Name Redacted

4/27/2022 05:00 PM

To get additional time in the activity I want.

Screen Name Redacted

4/28/2022 11:29 AM

I have made friends at Glen Pine as I've been attending for years.

Screen Name Redacted

4/28/2022 06:33 PM

Coquitlam, for example, has better facilities and a greater range of activity options. Also more accessible parking and for transit

Screen Name Redacted

5/02/2022 08:25 PM

Port Moody programs are primarily daytime Monday to Friday and I work

Screen Name Redacted

5/03/2022 02:09 PM

hot lunches, bus trips, free lectures, theatre (musical) and movies, cheaper pickleball, outdoor pickleball courts

Screen Name Redacted

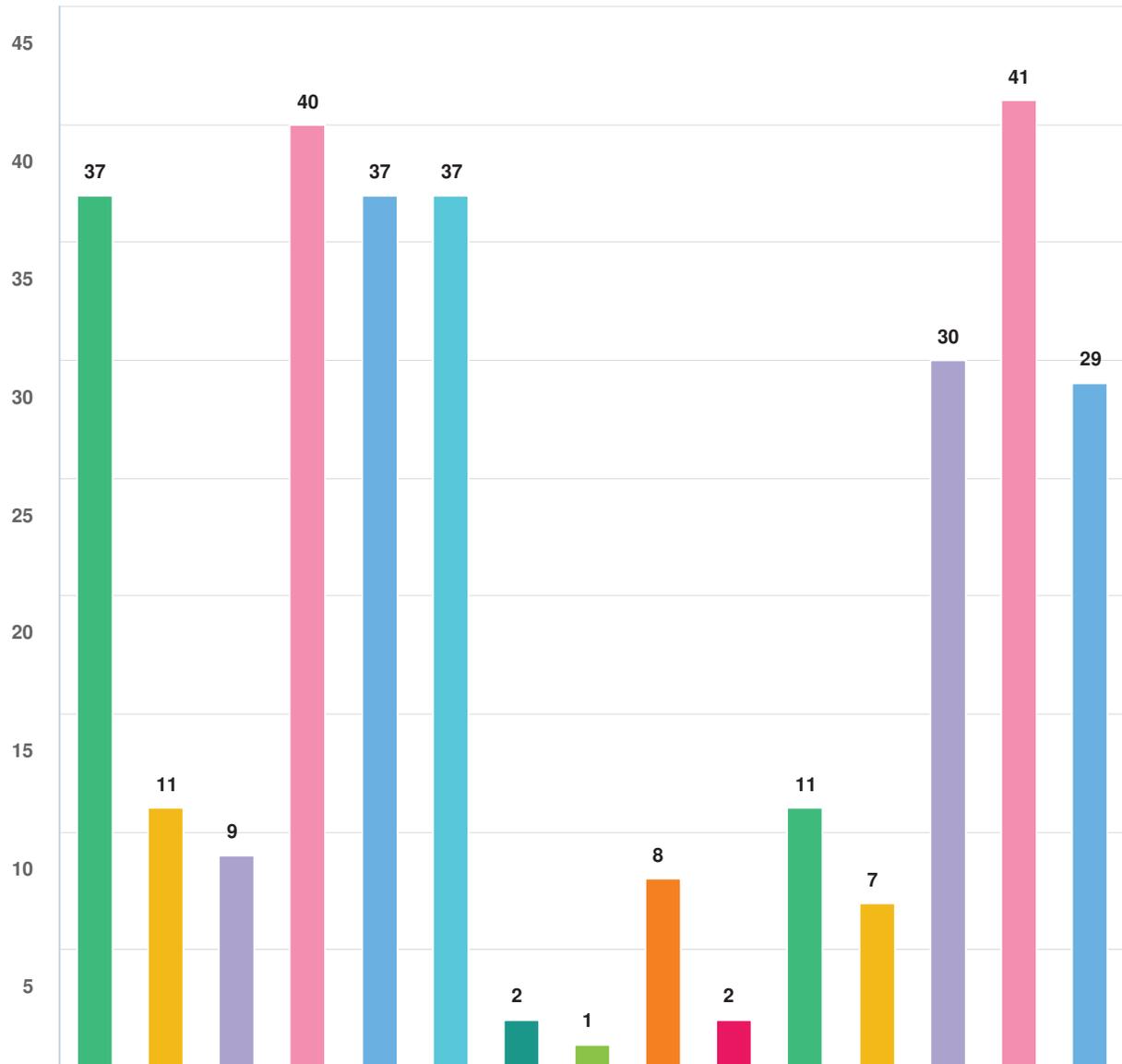
5/03/2022 02:20 PM

Dogwood Coquitlam - hiking club

Optional question (33 response(s), 145 skipped)

Question type: Single Line Question

Q13 What barriers to participation are you currently experiencing, if any? (Select all that apply.)



Question options

- Other (please specify)
 ● None
 ● I am not comfortable for reasons related to COVID -19
 ● I don't feel welcome
- I do not have anyone to attend the class with
 ● My health or mobility challenges are not accommodated in some classes
- I have health or mobility challenges that prevent me from attending
 ● Lack of transit or transportation options
- Too far from where I live
 ● Types of programming offered don't interest me
- Programs and services I like aren't offered in Port Moody
 ● Days/times of programs and services don't fit my schedule
- I do not have the time
 ● Lack of parking
 ● Classes are often too full

Optional question (168 response(s), 10 skipped)
Question type: Checkbox Question

Q14 How can we create a more welcoming environment for you?

Screen Name Redacted

4/07/2022 01:53 PM

They say 50 is the new 30. My sense is that programs for 50+ folks may not reflect the current needs or expectations of today's 50+ community.

Screen Name Redacted

4/12/2022 05:06 PM

Have an open house to learn more so I can see who else is attending and maybe meet somebody who might be participating so I don't feel out of place. And have more activities outdoors. Arts classes outdoors and physical activities.

Screen Name Redacted

4/13/2022 12:57 AM

Inform me in advance the event by emailOffer

Screen Name Redacted

4/14/2022 09:50 PM

Enforce friendly competition/games...most people attending daytime pickleball attend everyday, are very competitive, do not welcome new people (who play at intermediate level), refuse to play with newer people if recreation employee puts them on the same

Optional question (4 response(s), 174 skipped)

Question type: Single Line Question

Q15 How can we better support your participation in age-friendly programs or activities?

Screen Name Redacted

4/06/2022 06:32 PM

Offer more options at Kyle centre. Outdoor walking or hiking meet ups. Evening times for classes. There has been some innovative opportunities between recreation and parks that are great.

Screen Name Redacted

4/06/2022 07:54 PM

Keep the prices down. I do not agree with the Super Senior Program. I feel if you are 80 YEARS OF AGEor older and you wish to attend any programs it should be FREE.

Screen Name Redacted

4/07/2022 07:31 AM

Not aware of any so more info would be great

Screen Name Redacted

4/07/2022 07:49 AM

N/a

<p>Screen Name Redacted</p> <p>4/07/2022 01:53 PM</p>	<p>Consider that many of those folks who bought Nirvana's first album Bleach are now nearing, at, or over 60. Is this same crowd into crocheting a scarf or playing bridge? Or are they into other hobbies?</p>
<p>Screen Name Redacted</p> <p>4/07/2022 02:39 PM</p>	<p>I would like to attend yoga, if class sizes are not too full. We still have an active virus</p>
<p>Screen Name Redacted</p> <p>4/07/2022 05:10 PM</p>	<p>Let me know what is available</p>
<p>Screen Name Redacted</p> <p>4/07/2022 08:38 PM</p>	<p>Have more evening classes for over 50 and classes for those with chronic pain. I find a lot of the classes are in the daytime which is difficult for those of us who work full time.</p>
<p>Screen Name Redacted</p> <p>4/07/2022 10:17 PM</p>	<p>Recognize that active seniors are not decrepit. They are vibrant! Some of the seniors participate in certain fitness classes, book clubs, local hikes regularly. Put together a lunch or coffee or something to attend after class. They end at 11:30 ish. Perfect opportunity to get to know more people.</p>
<p>Screen Name Redacted</p> <p>4/08/2022 12:17 AM</p>	<p>I'm very pleased with the Rec centre facility and class options.</p>
<p>Screen Name Redacted</p> <p>4/08/2022 06:04 AM</p>	<p>Build a swimming pool on the old fire station plot of land</p>
<p>Screen Name Redacted</p> <p>4/08/2022 11:54 AM</p>	<p>Ensure the rebuilding of Kyle Centre includes as many, or even more opportunities for Seniors activities.</p>
<p>Screen Name Redacted</p> <p>4/10/2022 01:17 PM</p>	<p>Knowing about them is one big piece of it - I've received tons of emails about "Engage Port Moody", but nothing, ever, about recreation programs available. I have to actively go looking for them, which is fine if I know what I want or have time to browse, but I'd probably take more programs if they were stuck under my nose.</p>
<p>Screen Name Redacted</p> <p>4/10/2022 03:29 PM</p>	<p>Many people under 65 are still working full time. Programs need to also be offered in the evenings or weekends, not just at a time to suit retired people.</p>
<p>Screen Name Redacted</p>	<p>Add something for the younger crowd, don't make us old before our</p>

4/10/2022 04:21 PM

time

Screen Name Redacted

4/11/2022 05:17 PM

Support men's sheds in Port Moody. Based on experience in other English-speaking countries, a city the size of Port Moody could support three or four men's sheds. See <http://bcmensshed.ca/> and <https://menzshed.org.nz/about-us/what-is-a-shed/> for more information about men's sheds.

Screen Name Redacted

4/11/2022 05:25 PM

more advertising

Screen Name Redacted

4/11/2022 05:45 PM

More online activities, such as online bridge clubs , or other card games

Screen Name Redacted

4/11/2022 06:05 PM

provide more activities that promote more people through group activities such as cards, nature walks and environmental lectures or study sessions

Screen Name Redacted

4/11/2022 06:34 PM

Many in PM can and would like to participate in training, education and career mentoring programs as a way of giving back. Perhaps help new arrivals get settled and launch their own careers.

Screen Name Redacted

4/11/2022 06:44 PM

Have a coordinator who can welcome newbies.

Screen Name Redacted

4/11/2022 08:21 PM

Publicize programs. Maybe mail people when they turn 55/60/65 or some such milestone, to let them know of opportunities

Screen Name Redacted

4/11/2022 08:50 PM

You already support my participation in city recreation programs by giving a seniors' discount on a one-year membership to the Rec Centre. I'm grateful for this because I'm a retiree on a fixed income. I use the Rec Centre's regular spin classes three times per week, so the membership provides excellent value. You have a very good selection of class times to choose from and you have an outstanding roster of spin trainers. The regular classes are better suited to people who are active in independent outdoor activities such as hiking, backpacking, river fishing, cycling, and need to build and maintain stamina, leg and core strength. These independent activities encompass a wide range of companions, which makes it less likely that I would participate in city-run programs involving social gatherings. I would welcome the opportunity to participate in a milder

form of pilates, such as a yoga-pilates fusion class. Note, I took a seniors strength and spin program as part of recovery from surgery, back in 2016. It was a good class but once I healed up I went back to regular spin classes. I plan to continue with this as long as possible. I have also taken one-on-one classes with one of the trainers in your weight room. That person was well-qualified and helpful.

Screen Name Redacted

4/11/2022 09:38 PM

Streamline developments that provide seniors housing.

Screen Name Redacted

4/11/2022 09:44 PM

I don't feel the need to access any of these programs

Screen Name Redacted

4/11/2022 10:26 PM

The aging population prefers a hard copy program guide not online program information only. Perhaps a guide could be mailed out to the older residents of Port Moody? Or one could be created for us to pick up at the community Center or library?

Screen Name Redacted

4/11/2022 10:44 PM

I think the concept of "senior" is changing - I dont think there needs to be a separate program for the 50+ crowd. Regarding exercise you can offer chair, beginners, moderate and advance in yoga, spin or fitness. Learn to for individuals who have never tried a sport such a basketball, volleyball, pickle ball, curling basics and then programs that offer more advance skills.

Screen Name Redacted

4/11/2022 11:25 PM

More general interest not just safety etc for seniors

Screen Name Redacted

4/11/2022 11:35 PM

I don't myself requiring age friendly programs or activities at my current. I want to be part of the everyday programs.

Screen Name Redacted

4/12/2022 12:10 AM

Make more information available on what activities/programs are available.

Screen Name Redacted

4/12/2022 06:46 AM

Please focus LESS on age-segregation.

Screen Name Redacted

4/12/2022 06:56 AM

activities offered are over subscribed; too congested, or limited in the number of participants able to register

Screen Name Redacted

4/12/2022 08:26 AM

Greater choice. More education options

Screen Name Redacted

4/12/2022 10:15 AM

Varied times for different work schedules.

Screen Name Redacted

4/12/2022 10:39 AM

Have programs at more than one time during day.

Screen Name Redacted

4/12/2022 12:05 PM

Until COVID-19 is fully under control, I don't think there is anything else you can do.

Screen Name Redacted

4/12/2022 01:06 PM

I imagine you're doing this already, but it would be nice to see the data from the online signup portal to show which programs are over booked, and which don't have as much interest.

Screen Name Redacted

4/12/2022 02:40 PM

Add more programs to the Newport Site. Create drop in activities that allow social focus, rather than just fitness. Weekly drop in social activities that focus on different topics would be helpful, like gardening, cooking, etc.

Screen Name Redacted

4/12/2022 03:04 PM

I think the age range is too large. Rather than just age, what are the characteristics for age-friendly, areas of interest and what type of programs meet those needs?

Screen Name Redacted

4/12/2022 03:37 PM

Publish them on social media, tricities news, emails

Screen Name Redacted

4/12/2022 03:42 PM

I still work so better times for older people who are still working.

Screen Name Redacted

4/12/2022 03:43 PM

I am happy with what is offered now.

Screen Name Redacted

4/12/2022 03:44 PM

Being able to offer these programs directed to seniors

Screen Name Redacted

4/12/2022 03:45 PM

by having interesting activities

Screen Name Redacted 4/12/2022 03:46 PM	I prefer programs in mid morning, early afternoon. Late afternoon and evening programs harder at my age. Enjoy Yoga, stretch, seniors zumba, art classes.
Screen Name Redacted 4/12/2022 04:00 PM	More offerings and more communications re upcoming events
Screen Name Redacted 4/12/2022 04:30 PM	More varied times. Often classes are too early or too late for me.
Screen Name Redacted 4/12/2022 04:33 PM	Advertising in places people look! Not just on line - we use social media, maybe others may not?
Screen Name Redacted 4/12/2022 04:46 PM	Develop some. That are affordable. I'm a "young" senior and still active. Not ready for chair yoga. But many rec programs aren't very affordable in Pt Moody.
Screen Name Redacted 4/12/2022 04:49 PM	Provide a place for seniors to gather, socialize, enjoy a meal, watch a movie together and to learn...singing, dancing exercises, crafts, languages...
Screen Name Redacted 4/12/2022 04:55 PM	More variety
Screen Name Redacted 4/12/2022 05:06 PM	Offer them outdoors. Have a meet and greet or open house before we have to commit to a program.
Screen Name Redacted 4/12/2022 05:23 PM	mid morning/ afternoon programs - not just early morning or at night
Screen Name Redacted 4/12/2022 05:48 PM	Keeping Covid in mind especially amongst seniors making them safe.
Screen Name Redacted 4/12/2022 05:59 PM	If civic space used for facilities is outside of peak times. Provide a discounted rate
Screen Name Redacted 4/12/2022 06:11 PM	Lower your costs to the gym

Screen Name Redacted 4/12/2022 06:53 PM	social activities at rec center
Screen Name Redacted 4/12/2022 07:04 PM	I am a healthy 67 yr old woman, still working. I have attended classes and used the rink/grounds in the past. I have no criticism of the services on offer, Port Moody is a wonderful city to live in.
Screen Name Redacted 4/12/2022 07:05 PM	Offer pickle ball in the evenings
Screen Name Redacted 4/12/2022 07:13 PM	Need dedicated Pickleball outdoor courts to play on.
Screen Name Redacted 4/12/2022 07:54 PM	More info.
Screen Name Redacted 4/12/2022 08:06 PM	Morning times, drop in possible
Screen Name Redacted 4/12/2022 08:08 PM	By conducting surveys like this and using the feedback to design the facilities and programs that seniors have expressed an interest in
Screen Name Redacted 4/12/2022 08:11 PM	not necessary
Screen Name Redacted 4/12/2022 08:23 PM	More and better walking trails
Screen Name Redacted 4/12/2022 09:46 PM	More welcoming for multicultural
Screen Name Redacted 4/12/2022 11:28 PM	I honestly have not idea about this matter because due my limited time I've not engaged in the recreation center programs so far.
Screen Name Redacted 4/13/2022 12:57 AM	Offering an exciting program with complementary minimum services like coffee or beverages
Screen Name Redacted 4/13/2022 07:24 AM	I am not considered part of the aging population so I can not answer this question

Screen Name Redacted 4/13/2022 09:51 AM	make it really affordable
Screen Name Redacted 4/13/2022 09:52 AM	More up to date equipment in the weight room
Screen Name Redacted 4/13/2022 10:18 AM	As adults age they are in better shape than many years ago. more appropriate "less aged stereotypical programs need to be geared to younger more healthy and fit seniors. For example look at your list of activities in question 6 and 7, sewing, Quilting, Floral arranging, crochet?? My grandparents did that at 55 in the 80's. I'll try that at 85. no sports???? Why no sports?
Screen Name Redacted 4/13/2022 11:38 AM	I belong to a private gym which fulfils my goals.
Screen Name Redacted 4/13/2022 12:48 PM	Offer more interesting and current activities for seniors in convenient locations and times.
Screen Name Redacted 4/13/2022 01:29 PM	There appear to be two groups of seniors. Those who are younger, more fit and more active; and those older. A single program that mixes the two doesn't seem to work well.
Screen Name Redacted 4/13/2022 01:42 PM	Most activities geared towards people over 50 seem to be scheduled with the assumption that everyone is retired. The classes are scheduled during weekdays when I'm at work and not available. As costs of living rise and people are needing to defer retirement, it would be great if the scheduling of classes for people over 50 could reflect that reality.
Screen Name Redacted 4/13/2022 03:18 PM	More classes offered would be helpful.
Screen Name Redacted 4/13/2022 05:17 PM	Ensure better safety for airborne viruses...like Covid...require upgrades to ventilation, smaller groups, masks required.
Screen Name Redacted 4/14/2022 10:47 AM	Improve walking and cycling infrastructure to the programs. Walking to Kyle centre is unpleasant as one must walk in the traffic lanes (alley) and then across a parking lot to get to the front door.

Screen Name Redacted 4/14/2022 11:18 AM	Get better parking and traffic management.
Screen Name Redacted 4/16/2022 12:09 PM	You need to provide free arts and craft programs which are on a continuous drop-in basis, not pay for a number of classes. Seniors like drop-in where they get to know other participants whilst doing projects.
Screen Name Redacted 4/17/2022 08:57 AM	Awareness of what's available
Screen Name Redacted 4/17/2022 11:33 AM	Offer affordable activities at more venues in more locations, people should not have to go outside of their own neighbourhoods for quality recreation programming. They used to call rec centres "community centres" because they existed in peoples home communities. That is the right idea. Smaller centres but more of them with programs important to each community. Big Rec Complexes end up serving those who live nearby and those who can drive. Seniors may not live near by or drive any longer. Make it easier to get to their own place of leisure and recreation or they won't go they will stay home.
Screen Name Redacted 4/18/2022 09:44 AM	Make it easier for parking access at Rocky Point
Screen Name Redacted 4/19/2022 09:25 PM	Advertise new programs and changes in schedules
Screen Name Redacted 4/20/2022 10:43 AM	Vast selection of programs specifically for this age group are offered during the day while most people 60-65-year old still work. Classes starting around 7:30 pm would be very welcome
Screen Name Redacted 4/20/2022 03:57 PM	<ol style="list-style-type: none"> 1. Integrate them rather than segregate them into a separate centre 2. When we had to show vaccine passports but your staff did not, this was a barrier to participation as I assumed they were all vaccinated but found out otherwise. If restrictions come back please ensure the staff have the same requirement as the participants
Screen Name Redacted 4/20/2022 08:02 PM	I live in College Park. It would be great to have use of the Westhill centre for evening programs like yoga.
Screen Name Redacted	Have more programs available at the Kyle Center but please increase

4/21/2022 11:33 AM

parking facilities

Screen Name Redacted

4/22/2022 10:52 AM

Need and indoor pool with hot tub and more pickleball courts - indoors and outdoors

Screen Name Redacted

4/22/2022 10:58 AM

Better Communication of programs available

Screen Name Redacted

4/22/2022 11:11 AM

Stop calling them age-friendly

Screen Name Redacted

4/22/2022 11:16 AM

Easy registration, i.e. if already enrolled to give priority on registration.

Screen Name Redacted

4/22/2022 12:10 PM

More guided programs for beginners after work hours. More drop-ins

Screen Name Redacted

4/22/2022 12:34 PM

Add more classes if full

Screen Name Redacted

4/22/2022 01:04 PM

Hatha yoga specifically for seniors other than drop-in at noon. Previously attended Hatha yoga for seniors at Port Moody rec; teacher was wonderful. Seem to be just at the right level for the participants. Wondering what happened to that course. Very disappointed that it is no longer available.

Screen Name Redacted

4/22/2022 08:27 PM

Offer lower cost activities

Screen Name Redacted

4/22/2022 10:12 PM

nothing required

Screen Name Redacted

4/23/2022 09:15 AM

have more seniors aerobics classes

Screen Name Redacted

4/23/2022 02:08 PM

Stop calling them "age-friendly" and make some that are for fit and strong people who enjoy community. I think our community would be better off if we had more activities that were multi-generational,

Screen Name Redacted

Quit thinking all seniors have mobility challenges or interests that are

4/23/2022 03:47 PM

stereotypical. Many of us chose to live here because we like an active life both indoors and out. But you offer very little in the day for active seniors. We are a large market and you aren't cashing in.

Screen Name Redacted

4/24/2022 05:29 AM

I have to preface my responses above by saying they apply only pre-Covid. I do not yet feel safe to return to indoor activities.

Screen Name Redacted

4/24/2022 06:30 AM

A program card prepaid that you don't need to call a day in advance each class and no online pre-registration. Too complicated.

Screen Name Redacted

4/25/2022 10:47 AM

Better promotion.

Screen Name Redacted

4/26/2022 08:20 PM

more walking classes

Screen Name Redacted

4/27/2022 05:00 PM

Offer additional space or time for activities that fill quickly.

Screen Name Redacted

4/28/2022 06:33 PM

Do something about Kyle Centre!

Screen Name Redacted

4/30/2022 11:47 AM

Nothing you can do. I think the classes offer great variety and I have attended them in the past. I am avoiding them now due to Covid, but hope to return in the future.

Screen Name Redacted

5/02/2022 07:33 PM

Advertise more

Screen Name Redacted

5/02/2022 08:25 PM

Offer programs after 6 pm and on the weekends

Screen Name Redacted

5/03/2022 01:28 PM

Maintain tai chi programs

Screen Name Redacted

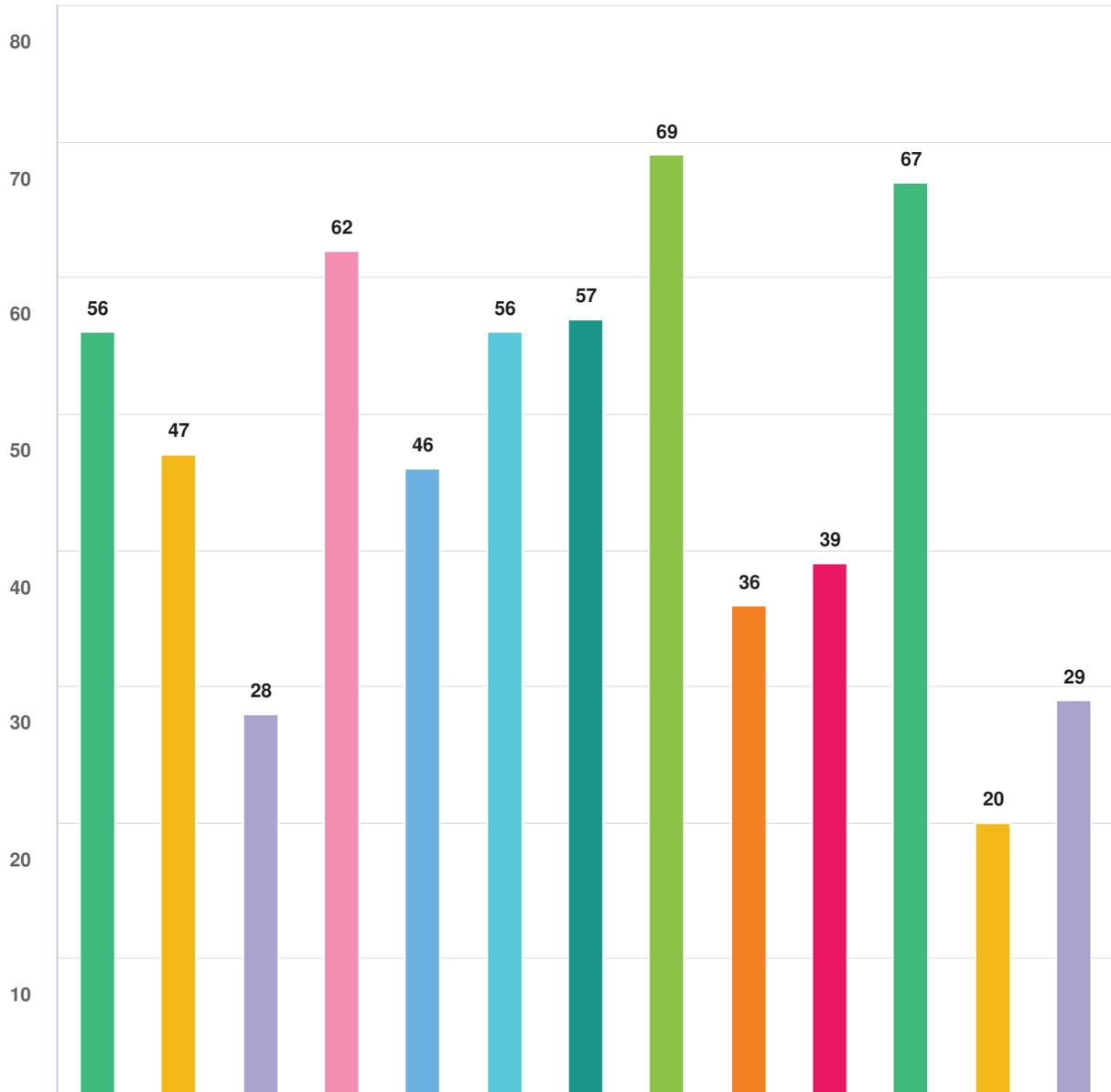
5/03/2022 02:09 PM

hot lunches, bus trips, outdoor courts for pickleball

Optional question (112 response(s), 66 skipped)

Question type: Essay Question

Q16 Which types of recreation programs or activities for older adults do you think need to be enhanced or expanded in Port Moody? Select your top five (5) choices from the list below or select “none” if you don’t think any of the programs/activities li...



Question options

- Other (please specify) None Health and well-being Language classes Music and dancing
- Education and learning Day trips and outings Volunteer opportunities
- Skill building or hobby activities (sewing, crochet, cooking, etc.)
- Casual activities groups (bridge, games, movies, book clubs, etc.) Social cooking groups Special events or gatherings
- Drop-in social opportunities

Optional question (170 response(s), 8 skipped)
Question type: Checkbox Question

Q17 | Please list topics or activities that would be of interest to you related to education and learning

Screen Name Redacted

4/06/2022 07:54 PM

Skills on using Smart Phones, Tablets and Computers

Screen Name Redacted

4/07/2022 07:36 AM

bridge

Screen Name Redacted

4/07/2022 05:10 PM

Psychology, motivation,

Screen Name Redacted

4/10/2022 04:21 PM

Family tree, volunteering opportunities, IT skills

Screen Name Redacted

4/11/2022 05:45 PM

History both local and national, international , health issues given by experts , genealogy studies ,

Screen Name Redacted

4/11/2022 06:34 PM

How to capture the accumulation of life experience and Chanel it to volunteerism. How to retire successfully. How to give back!

Screen Name Redacted

4/11/2022 07:57 PM

Not sure at this time

Screen Name Redacted

4/11/2022 08:21 PM

Music course

Screen Name Redacted

4/11/2022 10:26 PM

Vegan cooking, health improvement, crypto currency information

Screen Name Redacted

4/11/2022 10:44 PM

Utilization of social media, how to work your iPhone/smart phone, figuring out your iPad, how to use zoom. Technology courses that break it down for the mature user

Screen Name Redacted

4/11/2022 11:25 PM

Archaeology of the Pomo area, arts, history

Screen Name Redacted

4/12/2022 12:10 AM

Learning other languages. Video editing.

Screen Name Redacted 4/12/2022 04:03 AM	Lectures in art and music appreciation, history, philosophy etc
Screen Name Redacted 4/12/2022 08:26 AM	Further education in the Liberal arts area
Screen Name Redacted 4/12/2022 09:32 AM	more advanced level classes on financial decision making aimed at seniors.
Screen Name Redacted 4/12/2022 10:15 AM	History of Port Moody and area.
Screen Name Redacted 4/12/2022 12:05 PM	Indigenous issues and the city's relationships with the Kwikwetlem nation, Port Moody history, better understanding our local environment and how to best maintain its health and recovery from insult. Status of implementation of BC DRIP Act in Port Moody.
Screen Name Redacted 4/12/2022 03:04 PM	Current events, history, religion, technology
Screen Name Redacted 4/12/2022 03:37 PM	Small business building, writing, painting, languages
Screen Name Redacted 4/12/2022 03:42 PM	Anything related to history.
Screen Name Redacted 4/12/2022 03:45 PM	photography, screenwriting group,
Screen Name Redacted 4/12/2022 03:46 PM	travel, learning languages
Screen Name Redacted 4/12/2022 03:55 PM	Local history, art lectures,
Screen Name Redacted 4/12/2022 04:00 PM	Organic gardening, cooking
Screen Name Redacted 4/12/2022 04:33 PM	Anything at all! Cooking to crafts to literature to golf..... Eager to learn and will discern when given choice.

Screen Name Redacted 4/12/2022 04:55 PM	Duplicate bridge. Debating badminton. Lectures photography
Screen Name Redacted 4/12/2022 05:23 PM	languages
Screen Name Redacted 4/12/2022 05:48 PM	Card games, word games, travel ideas
Screen Name Redacted 4/12/2022 06:42 PM	Arts, history
Screen Name Redacted 4/12/2022 06:53 PM	Computer, Internet for my elderly Dad
Screen Name Redacted 4/12/2022 07:11 PM	Photography, Travel, vegetable gardening
Screen Name Redacted 4/12/2022 08:08 PM	Music Theory, Guitar lessons,
Screen Name Redacted 4/12/2022 09:46 PM	Learning English
Screen Name Redacted 4/13/2022 12:57 AM	Local Economy and Federal futuristic economy vision
Screen Name Redacted 4/13/2022 08:24 AM	fitness related activities and classes; how to keep up with technology, simple repairs etc
Screen Name Redacted 4/13/2022 09:51 AM	history, art, science, interesting aht make you think, keep brain active and expand our world vision and build tolerance and acceptance
Screen Name Redacted 4/13/2022 01:42 PM	Classes relating to art and architecture, gardening, jewellery making, cultures of the world, world religions, learning languages like Korean, Hindi, Greek, etc (or maybe even conversational opportunities to complement online language platforms).

Screen Name Redacted 4/13/2022 05:17 PM	Horticulture
Screen Name Redacted 4/14/2022 11:18 AM	cell phone and computer technology
Screen Name Redacted 4/15/2022 11:45 AM	QiGong for Health
Screen Name Redacted 4/15/2022 03:33 PM	guest speakers, travel, wills & estate planning, current affairs, photography
Screen Name Redacted 4/16/2022 12:09 PM	Computer, cellphone, electronics. Genealogy, gardening.
Screen Name Redacted 4/17/2022 11:33 AM	Classes in keeping up to date with changing technologies, and how to trouble shoot problems when they occur.
Screen Name Redacted 4/19/2022 12:06 PM	Presentation by lawyer and or estate planners, travel documentary,
Screen Name Redacted 4/22/2022 10:58 AM	Art, gardening, yoga, Pilates tennis
Screen Name Redacted 4/22/2022 11:16 AM	casual activities group
Screen Name Redacted 4/22/2022 12:10 PM	Something more active: lockpicking, archery, gun safety
Screen Name Redacted 4/22/2022 12:34 PM	Ceramics, travel, cooking, health, exercise knowledge
Screen Name Redacted 4/22/2022 01:04 PM	Hatha yoga, lectures from experts pertaining to current affairs, eg Pandemics, war in Ukraine, politics
Screen Name Redacted 4/23/2022 09:15 AM	Health information updates on new health treatments
Screen Name Redacted	Many folks older than me don't have tech skills. My parents are in

4/23/2022 02:08 PM

their mid-80s and know how to use Zoom and iPhones etc but many folks their age don't and they are isolated

Screen Name Redacted

Health and wellness.

4/24/2022 06:30 AM

Screen Name Redacted

Drop in ukulele practice, canasta

4/25/2022 07:22 AM

Screen Name Redacted

Hiking, active sports, ie pickle ball, hockey

4/25/2022 10:47 AM

Screen Name Redacted

Travel, topics on aging, mental health, nutrition for 55+, financial health

4/27/2022 05:00 PM

Screen Name Redacted

Chess lessons, bridge lessons ... I have no one to learn with. Two hour (or thereabout) classes re: the history of ... most anything! ie. politics, ancient civilizations, etc. Walking tours.

4/30/2022 11:47 AM

Screen Name Redacted

Geology and history of Port Moody

5/03/2022 01:35 PM

Screen Name Redacted

safety, health, finances, help with computers, lectures and workshops

5/03/2022 02:09 PM

Screen Name Redacted

more tech learning/practice for seniors

5/03/2022 02:12 PM

Optional question (59 response(s), 119 skipped)

Question type: Single Line Question

Q18 | Please list topics or activities that would be of interest to you related to music and dancing

Screen Name Redacted

Would love to see an 80s skate night or Saturday night 80s fitness class. Would love to learn belly dancing or something over a 3 or 4 session period.

4/07/2022 10:17 PM

Screen Name Redacted

Fitness classes involving dance, but at an instructional level, that

4/10/2022 03:29 PM

older adults can follow. Like beginners Zumba, using music that seniors can relate to, such as music from the 50s 60s 70s and 80s.

Screen Name Redacted

4/11/2022 05:17 PM

Dance classes that are clearly advertised according to skill level and intensity.

Screen Name Redacted

4/12/2022 04:03 AM

Instrument instruction, group dancing

Screen Name Redacted

4/12/2022 08:26 AM

Music appreciation

Screen Name Redacted

4/12/2022 03:37 PM

Lessons

Screen Name Redacted

4/12/2022 03:42 PM

Opportunities to learn a musical instrument or dance for movement.

Screen Name Redacted

4/12/2022 03:55 PM

hula class, salsa class

Screen Name Redacted

4/12/2022 04:33 PM

Classical to modern- lessons and dance nights!

Screen Name Redacted

4/12/2022 04:49 PM

Singing oldies and gospel music. Volunteer to perform for the sick and/or seniors in hospitals and/or care homes

Screen Name Redacted

4/12/2022 05:06 PM

Cultural dance classes (Bollywood, Latin, Contemporary, somatic movement)

Screen Name Redacted

4/12/2022 05:23 PM

more theatre going, to watch ballets, symphonies

Screen Name Redacted

4/12/2022 05:59 PM

You do a pretty good job. Keep up with the ballroom. Maybe a drop in social dance and drinks once in awhile. Could this be done upstairs and the curling club run the bar?

Screen Name Redacted

4/12/2022 06:11 PM

Not sure

Screen Name Redacted 4/12/2022 06:42 PM	Concerts, classical music
Screen Name Redacted 4/12/2022 08:06 PM	Line dancing
Screen Name Redacted 4/12/2022 11:33 PM	Ballet, jazz, salsa dancing and live music
Screen Name Redacted 4/13/2022 01:29 PM	Ball room dancing events.
Screen Name Redacted 4/13/2022 03:18 PM	Zumba classes,
Screen Name Redacted 4/14/2022 11:18 AM	choir
Screen Name Redacted 4/22/2022 10:58 AM	Piano lessons
Screen Name Redacted 4/22/2022 11:11 AM	Singing, theatre, performing, auditioning, monologues, play reading, karaoke, open mic, movie nights and discussion,
Screen Name Redacted 4/22/2022 11:16 AM	classical music concerts
Screen Name Redacted 4/22/2022 12:10 PM	Drop in salsa dancing
Screen Name Redacted 4/22/2022 12:34 PM	unstructured dance, concerts, easy country dance
Screen Name Redacted 4/22/2022 05:16 PM	Line dancing- square dancing
Screen Name Redacted 4/22/2022 07:15 PM	Guitar lessons or piano, ballroom dancing
Screen Name Redacted	Ukulele practice,

4/25/2022 07:22 AM

Screen Name Redacted

4/30/2022 11:47 AM

Dance lessons for seniors. And I appreciate attending many of the concerts in our community. The more, the merrier, for me.

Screen Name Redacted

5/03/2022 01:47 PM

Argentina Tango

Screen Name Redacted

5/03/2022 01:49 PM

line dancing

Screen Name Redacted

5/03/2022 02:01 PM

ballroom dancing

Optional question (32 response(s), 146 skipped)

Question type: Single Line Question

Q19 | Please list topics or activities that would be of interest to you related to health and well-being

Screen Name Redacted

4/06/2022 07:54 PM

General Health Questions, Perscription Drug Questions and Alcohol Questions which include personal use and if the Family is involved in Drug use (opiates and Opioids).

Screen Name Redacted

4/07/2022 07:36 AM

diet

Screen Name Redacted

4/07/2022 05:10 PM

Yoga, fitness classes, social gatherings

Screen Name Redacted

4/08/2022 12:17 AM

Staying current with technology, mobile devices, con outlets, new ways of using online payment, online or device wallets etc. how to stay safe and secure using online services. Using programs and storing photos

Screen Name Redacted

4/08/2022 06:04 AM

Any related to a pool, swimming exercise etc. etc

Screen Name Redacted

4/08/2022 11:54 AM

More opportunities for social interaction for seniors is the greatest benefit to our well being.

Screen Name Redacted 4/10/2022 04:21 PM	diet, general good health, grocery store tours with dietitian etc
Screen Name Redacted 4/11/2022 07:57 PM	Jewelry making, painting
Screen Name Redacted 4/11/2022 08:21 PM	Fitness, hiking possibilities, maybe cycling
Screen Name Redacted 4/11/2022 10:26 PM	Appropriate diet and exercise for an older adult
Screen Name Redacted 4/12/2022 04:03 AM	Different forms of meditation, appreciation of nature as part of well being
Screen Name Redacted 4/12/2022 09:32 AM	signs and symptoms to be on the alert for and how to respond once detected.
Screen Name Redacted 4/12/2022 11:59 AM	Pickle ball
Screen Name Redacted 4/12/2022 12:33 PM	local history
Screen Name Redacted 4/12/2022 01:06 PM	Pickleball, basketball, tennis, running clubs.
Screen Name Redacted 4/12/2022 03:04 PM	Nutrition, vitamins, managing chronic disease
Screen Name Redacted 4/12/2022 03:37 PM	Plant based cooking
Screen Name Redacted 4/12/2022 03:46 PM	health issues, healthy diet
Screen Name Redacted 4/12/2022 04:00 PM	Group exercise,

Screen Name Redacted 4/12/2022 04:55 PM	Pickleball, badminton , seniors fitness, lectures by doctors on medical subjects
Screen Name Redacted 4/12/2022 05:06 PM	Vegetarian or vegan cooking, maybe meet at the farmers market. Vitamin knowledge.
Screen Name Redacted 4/12/2022 05:48 PM	Cost effective health ideas
Screen Name Redacted 4/12/2022 06:42 PM	Yoga
Screen Name Redacted 4/12/2022 07:11 PM	Fitness, nutrition, fasting, exercise
Screen Name Redacted 4/12/2022 07:13 PM	Pilates classes
Screen Name Redacted 4/12/2022 08:08 PM	Heart Healthy and Diabetes preventative diet and lifestyle
Screen Name Redacted 4/12/2022 11:28 PM	Advices about eating quality foods and avoid eating foods that harm our health. Advices about physical activities that are useful for old people, and recommendations for mental health and control of harmful emotions.
Screen Name Redacted 4/12/2022 11:33 PM	fitness classes (not yoga)
Screen Name Redacted 4/13/2022 08:24 AM	yoga, pilates or the currently offered yogalates; walking or hiking groups
Screen Name Redacted 4/13/2022 12:48 PM	Yoga for seniors; walking groups for seniors; speakers on topical health issues relevant to seniors; access to personal trainers (user pay).
Screen Name Redacted 4/13/2022 04:24 PM	Meditation, mindfulness, nutrition

Screen Name Redacted 4/14/2022 11:18 AM	Age appropriate yoga classes
Screen Name Redacted 4/15/2022 11:45 AM	More space for a writing and reading group
Screen Name Redacted 4/15/2022 03:33 PM	Specific classes
Screen Name Redacted 4/16/2022 12:09 PM	Anything related to seniors health and wellness. Tai Chi.
Screen Name Redacted 4/17/2022 11:33 AM	How to age healthfully, information about supplements, how to avoid osteoporosis and heart disease, the importance of getting some moderate exercise. How to manage chronic pain and mental health issues.
Screen Name Redacted 4/19/2022 09:25 PM	nutrition/preventing poor mental and physical health/networking
Screen Name Redacted 4/21/2022 11:33 AM	discussions on 1) how to manage arthritic pains and other age related pains, etc.
Screen Name Redacted 4/22/2022 10:58 AM	Yoga, Pilates, cooking, bicycle rides
Screen Name Redacted 4/22/2022 12:10 PM	Health benefits of microdosing with mushrooms
Screen Name Redacted 4/22/2022 12:34 PM	Brain health, all aspects of nutrition, resources and recipes, chronic illness education, Advanced Care Plan seminar
Screen Name Redacted 4/22/2022 01:04 PM	See above
Screen Name Redacted 4/22/2022 05:16 PM	Pickle ball out door courts
Screen Name Redacted 4/22/2022 07:15 PM	Meditation, vegan cooking, wellness over 65

Screen Name Redacted

4/23/2022 09:15 AM

new technology, new treatments available in the area for issues
common to older people

Screen Name Redacted

4/23/2022 02:08 PM

resistance training, nutrition, volunteering skills

Screen Name Redacted

4/24/2022 05:29 AM

stretching classes, forest-bathing

Screen Name Redacted

4/24/2022 06:30 AM

Health and nutrition

Screen Name Redacted

4/27/2022 05:00 PM

Aging and fitness, aging and health, exercise programs for 55+

Screen Name Redacted

4/28/2022 06:33 PM

accessible fitness classes, like "Get Up & Go" put on by Fraser
Health, adapted yoga

Screen Name Redacted

4/30/2022 11:47 AM

Alternative medicine, ie. chinese/indian/european, etc, and
naturopaths. Our doctors cover the regular medications/treatments for
us, but I'd like to learn what other cultures suggest as remedies. Lots
of wisdom out there, I'm sure.

Screen Name Redacted

5/03/2022 02:01 PM

family counseling for senior families

Screen Name Redacted

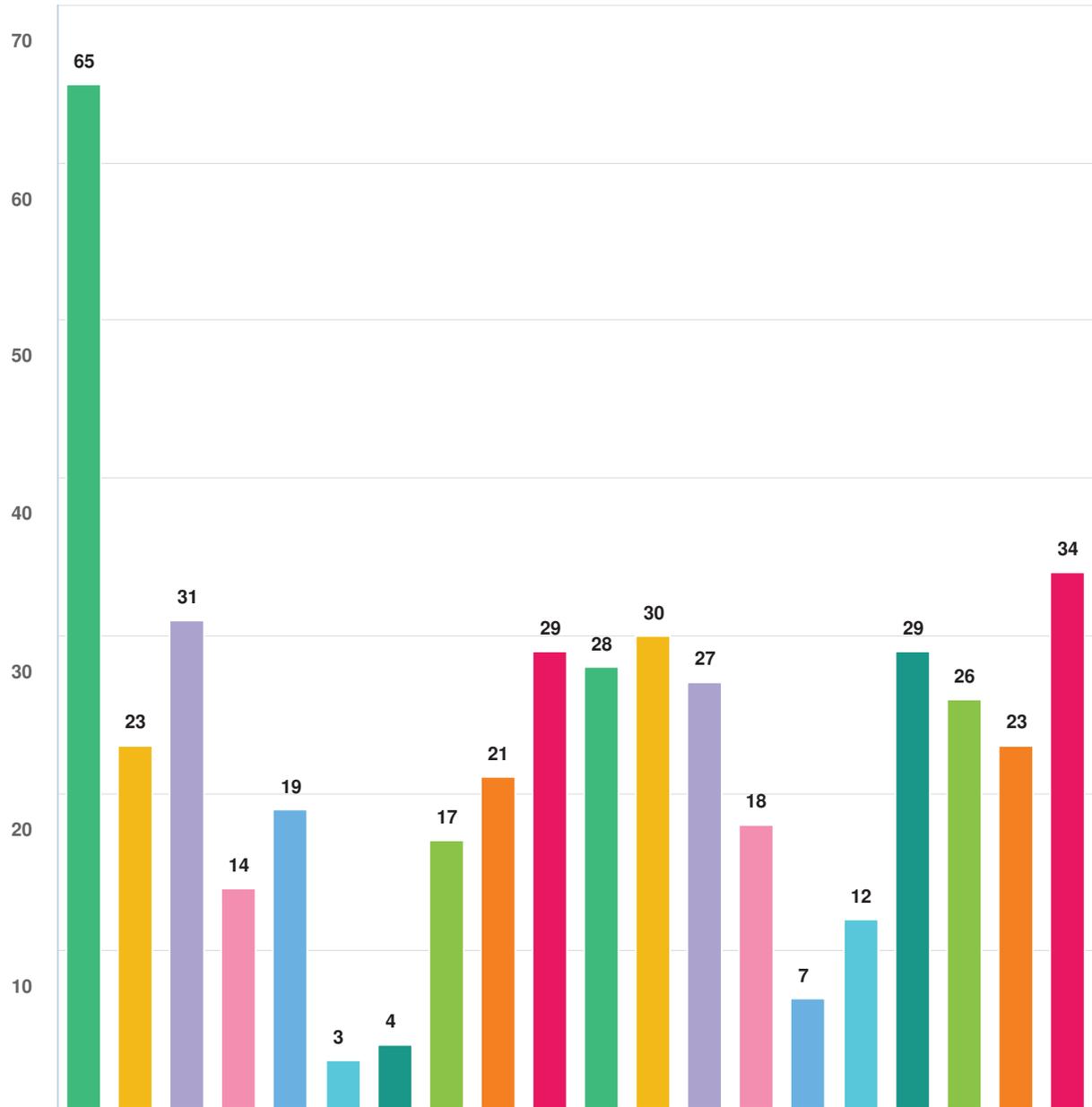
5/03/2022 02:12 PM

more activities to promote brain health and more opportunity to join
activities with this focus

Optional question (53 response(s), 125 skipped)

Question type: Single Line Question

Q20 Which types of recreation programs or activities for older adults do you think are missing in Port Moody? Select your top five (5) choices from the list below or select “none” if you don’t think any programs/activities are missing.

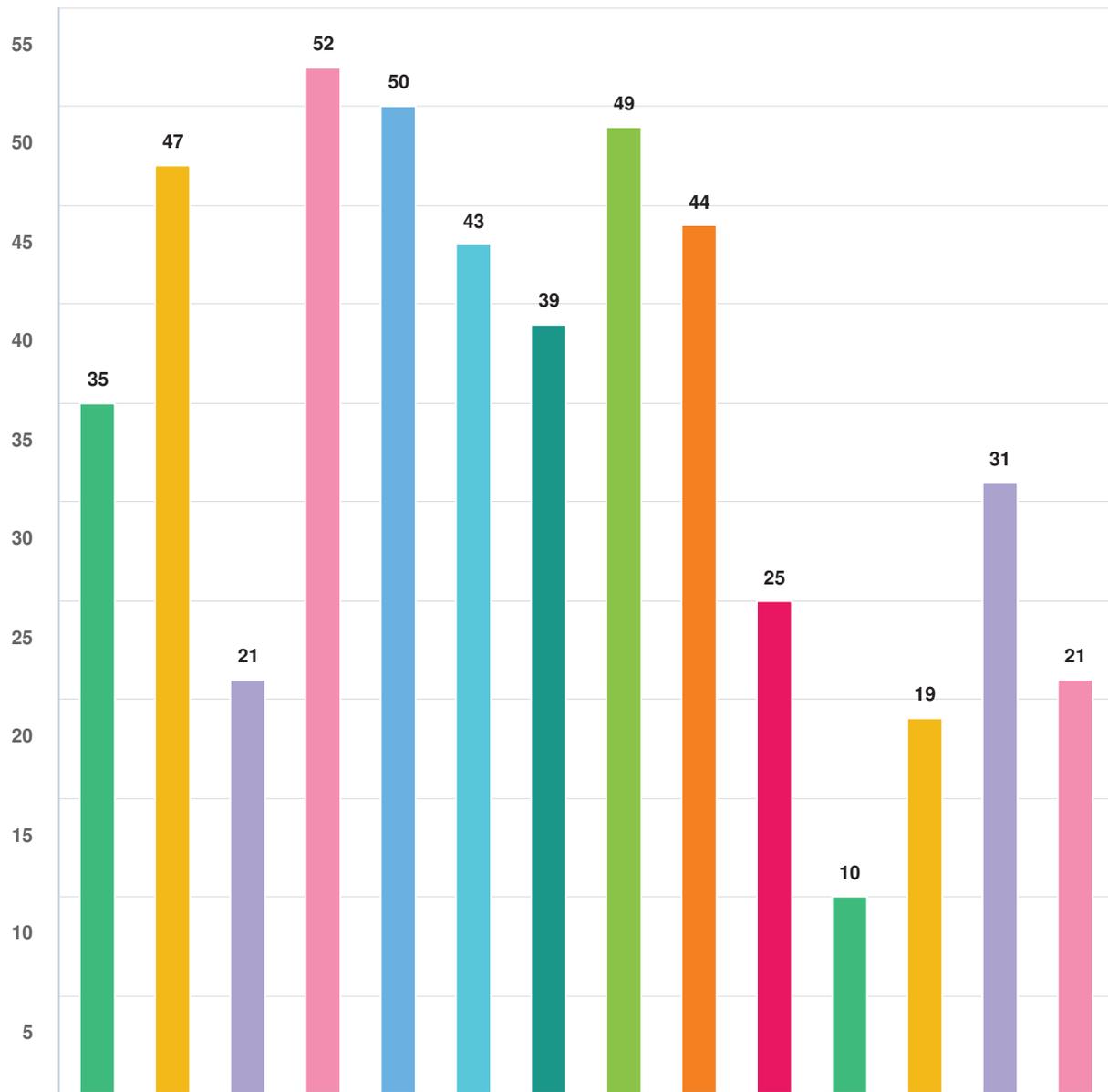


Question options

- Other (please specify) ● None ● Seasonal crafting ● Cooking programs ● Sharing hobbies – show and share
- Seniors Improv ● Floral arranging ● Women's programming ● Men's programming ● Trivia nights
- Movie nights ● Book Club ● Karaoke/choir ● Quilting ● Scrapbooking/card making ● Social dances
- Media clubs ● Social Club - puzzles/games ● Photography ● Walking clubs

Optional question (155 response(s), 23 skipped)
Question type: Checkbox Question

Q21 When thinking about the facilities you or the person you support attends, what types of facility features are needed or are missing? Select all that apply.

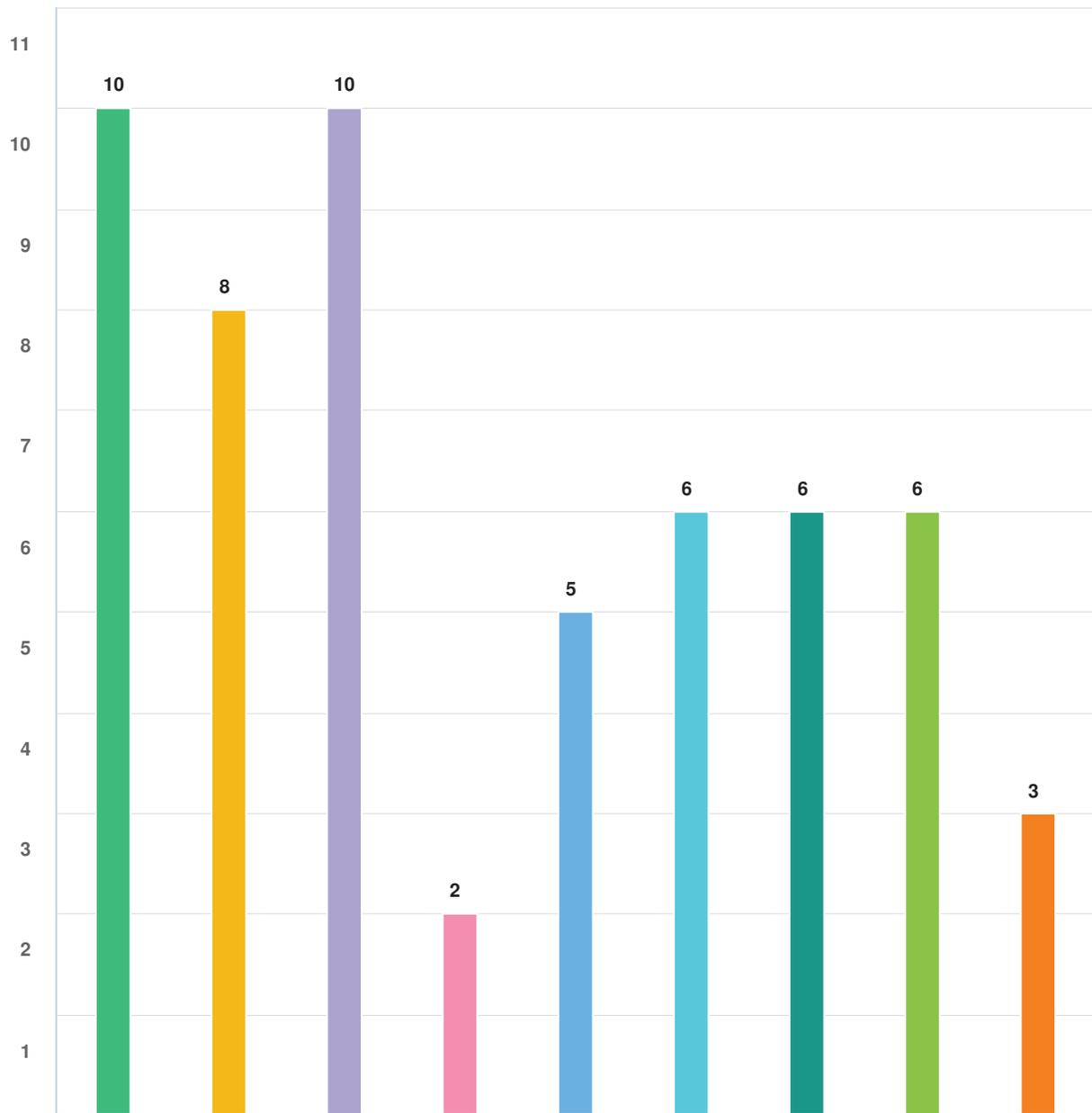


Question options

- Other (please specify)
 ● None
 ● Accessibility or support features
 ● Storage for belongings
- Community garden near a facility
 ● Walking paths
 ● Natural or green spaces to spend time in
- Indoor gathering and socializing spaces
 ● Outdoor gathering and socializing spaces
- Dedicated indoor stretching and exercise areas for older adults
 ● Dedicated indoor fitness equipment areas for older adults
- Community kitchen
 ● Concession/food services
 ● Welcoming lobby with space for socializing

Optional question (155 response(s), 23 skipped)
Question type: Checkbox Question

Q22 Which accessibility or support features would you like to see?



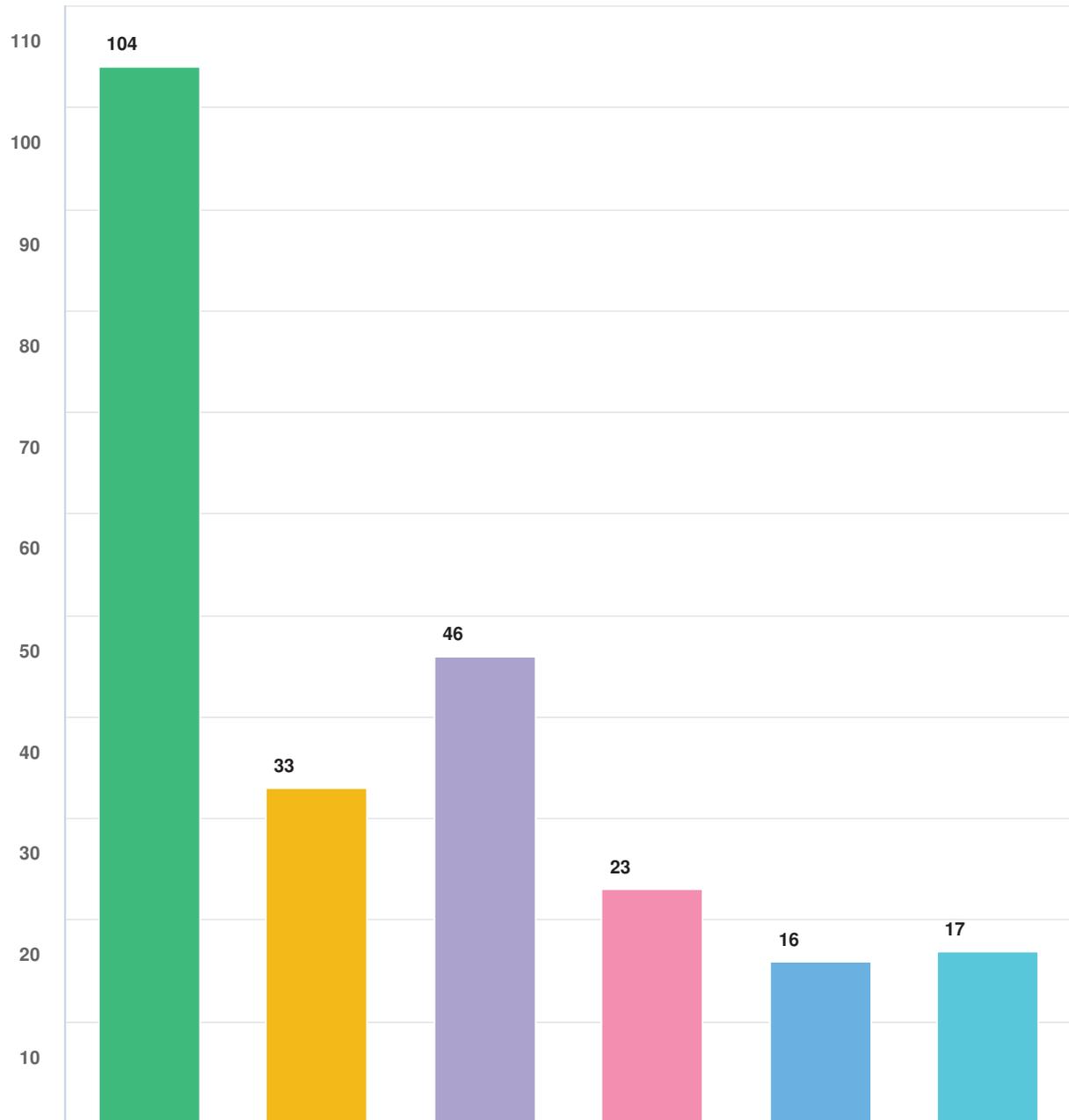
Question options

- Other (please specify)
- Improved ventilation
- Easier to read signage
- Wider doorways
- Better lighting in all spaces
- Roll-in shower access
- Bathrooms close to program activity rooms
- Hands-free bathroom fixtures (e.g. automatic-flush toilets, motion sensor faucets)
- Workout equipment adapted to meet accessibility needs

Optional question (19 response(s), 159 skipped)

Question type: Checkbox Question

Q23 Thinking of all ages, which types of recreation spaces do you think would complement programs and activities tailored to the needs of older adults? Select all that apply.



Question options

- Other (please specify)
- None
- Youth rooms
- Large multi-use space with commercial access for banquets, events and rentals
- Childcare facility
- Multi-use gymnasium

Optional question (147 response(s), 31 skipped)

Question type: Checkbox Question

Q24 How would you describe a facility that supports your social and mental well-being?

Screen Name Redacted

4/06/2022 07:54 PM

I feel as we get older our world gets smaller. I think we need a area that encourages Social inter actions, Where old and new friends meet. Where Ideas can be expressed.

Screen Name Redacted

4/07/2022 01:53 PM

A place with a welcoming foyer, soft lighting, adult contemporary music at volume that allows conversation, comfortable waiting room furniture.

Screen Name Redacted

4/07/2022 08:38 PM

. Lots of natural lighting and green space is important. A community garden would be wonderful. Also a place where all socio economic groups feel welcome.

Screen Name Redacted

4/07/2022 10:17 PM

A place to socialize and perhaps afford the opportunity to share a bite to eat. The addition of Waves has done a tremendous job in having a coffee with a few newfound friends in fitness. It has really added life to the Rec Centre.

Screen Name Redacted

4/07/2022 10:43 PM

Unscripted social events guided by spontaneous enthusiasm

Screen Name Redacted

4/08/2022 12:17 AM

Accessible, welcoming, offers a variety of programs and services.

Screen Name Redacted

4/08/2022 06:04 AM

One with a swimming pool with outside gardened spaces with rooms which would look out towards natural or garden environment and towards the mountains that surround Port Moody

Screen Name Redacted

4/08/2022 11:54 AM

A new improved Kyle Centre, at least as spacious as the current one. If the cost of replacement means adding housing, that can/should be done without skimping on the much loved programs already there, and which will be even more necessary as the Senior population keeps increasing.

Screen Name Redacted

4/10/2022 01:17 PM

A marginal waste of public funds.

Screen Name Redacted 4/10/2022 03:29 PM	Welcoming indoor gathering space to socialize in comfort. Tables and chairs with board games or jigsaw puzzles. Community notice board. Spiritual programs combined with fitness such as meditation with yoga. Outdoor gathering space.
Screen Name Redacted 4/11/2022 05:17 PM	I've found that participating with two local men's sheds was of considerable benefit to my social and mental wellbeing as I recently made the transition to retirement. Each of the local sheds started with a small spare building full of old junk. Within a year, we turned each into a fully outfitted workshop, used by dozens of local men.
Screen Name Redacted 4/11/2022 05:17 PM	One that recognizes that older adults vary considerably in terms of cognitive ability. It seems that seniors' centres tend to cater to the lowest common denominator, perhaps because nobody else is serving that frail and failing demographic very well.
Screen Name Redacted 4/11/2022 05:45 PM	Parking available near entrances , comfortable seating , good lighting , and acoustics, lower noise levels, at this time during pandemic have social distanced seating, washrooms near by , and warm friendly colours
Screen Name Redacted 4/11/2022 06:00 PM	Comfortable furniture, native plants about, quiet reading or relaxing spaces.
Screen Name Redacted 4/11/2022 06:05 PM	a meeting place where seniors can meet and greet an open area that is non-threatening
Screen Name Redacted 4/11/2022 06:34 PM	Space that creates a secular but spiritually uplifting experience., one that offers a meditative environment.
Screen Name Redacted 4/11/2022 06:44 PM	Not needed
Screen Name Redacted 4/11/2022 07:57 PM	Welcoming, calming environment, lots of green space and quiet.
Screen Name Redacted 4/11/2022 08:21 PM	Open, welcoming. Clear what the opportunities are and how to engage
Screen Name Redacted	Port Moody is an ideal location for people of all ages who enjoy the

4/11/2022 08:50 PM

out-of-doors. I'm fortunate to have cohorts of senior (and younger) friends and acquaintances to share outdoor pursuits. And I have family. As a result, my social and mental well-being needs are well-met. For those who lack these supports or haven't found lifelong activities to engage them, I recognize that the city may provide an important service. I do not, however, believe it's necessary for the city to build a segregated facility to support those folks.

Screen Name Redacted

4/11/2022 09:38 PM

Inclusive, bright spaces, large windows, access to greenery, socializing spaces. Not a building that caters only to seniors. Integration in a multi-family community of all ages is crucial.

Screen Name Redacted

4/11/2022 09:44 PM

Honestly, I have an already active social life with my own network and do not use or need city-wide programs

Screen Name Redacted

4/11/2022 10:26 PM

Inviting space for all ages that is considerate of the functional and social needs of the elderly.

Screen Name Redacted

4/11/2022 11:26 PM

All ages

Screen Name Redacted

4/12/2022 12:10 AM

Welcoming, inclusive.

Screen Name Redacted

4/12/2022 04:03 AM

Facility surrounded by greenery, filled with natural light, made of natural materials. minimalist in style.

Screen Name Redacted

4/12/2022 06:46 AM

One that is available to all Port Moody residents, with some age focused activities but most structured around level (gentle, moderate, strenuous) rather than age

Screen Name Redacted

4/12/2022 06:56 AM

a multi use covered outdoor facility with lighting

Screen Name Redacted

4/12/2022 09:32 AM

one that offers social interaction without being overly friendly or intrusive.

Screen Name Redacted

4/12/2022 10:39 AM

Simple, easy access with assistance items for all attendees.

Screen Name Redacted 4/12/2022 11:59 AM	Opportunities for all ages but in an inclusive environment
Screen Name Redacted 4/12/2022 12:05 PM	A caring staff that nurtures relationships and friendships
Screen Name Redacted 4/12/2022 12:08 PM	My life is fairly busy so I don't feel a need to use any city facilities at the moment. My mother passed away in hospice so I do know that ensuring we have lots of hospice space is important for those dying - it made the experience better.
Screen Name Redacted 4/12/2022 12:33 PM	welcoming, variety, accessible
Screen Name Redacted 4/12/2022 01:06 PM	Allows for multiple methods of communication - information boards, email, facebook booklets upon request.
Screen Name Redacted 4/12/2022 02:40 PM	A place that feels warm and welcoming, with friendly front staff who are accomodating to a seniors needs for more assistance and direction at times.
Screen Name Redacted 4/12/2022 03:04 PM	Classroom and social spaces
Screen Name Redacted 4/12/2022 03:37 PM	50+ art classes and exhibits
Screen Name Redacted 4/12/2022 03:42 PM	Bright and airy. Kyle Centre is depressing!
Screen Name Redacted 4/12/2022 03:43 PM	A bright clean recreation facility with multi use rooms.
Screen Name Redacted 4/12/2022 03:44 PM	Super, well thought out.
Screen Name Redacted 4/12/2022 03:46 PM	a welcoming staff person
Screen Name Redacted	Helping with my physical health and fitness

4/12/2022 03:53 PM

Screen Name Redacted

should have scattered seating areas so people can just hang out

4/12/2022 03:55 PM

Screen Name Redacted

Friendly staff, (which you already have). Easier access for seniors who do not feel competent online (perhaps some basic introductory classes). More groups that appeal to older men, who may be reluctant to join groups (such as the "fix-it" room and snooker room at Dogwood. Chance to mingle with small children, perhaps doing crafts with a group from a daycare.

4/12/2022 03:55 PM

Screen Name Redacted

Open concept, pleasant lounge areas. Indoor outdoor spaces. Lots of greenery

4/12/2022 04:00 PM

Screen Name Redacted

Casual gathering area with coffee bar to allow resting and interacting with others

4/12/2022 04:30 PM

Screen Name Redacted

Gathering spaces that are conducive to inclusive chatting, and / or dining. Open longer hours for early birds and night owls.

4/12/2022 04:33 PM

Screen Name Redacted

A place I could drop in for coffee or lunch at a reasonable price and meet and socialize with other people. Read a book. Enjoy a movie. Watch a presentation. Learn a craft.

4/12/2022 04:49 PM

Screen Name Redacted

A home from home. Social spaces, dining room, coffee lounge, card room, games room. Informal and casual. Some organized activities like guest lectures

4/12/2022 04:55 PM

Screen Name Redacted

It has enough space to Distance, it needs to be bright but not be a fish bowl, It needs to be connected to outdoors and covered spaces outdoors.

4/12/2022 05:06 PM

Screen Name Redacted

A place to meet and greet our neighbours and peers

4/12/2022 05:48 PM

Screen Name Redacted

Reasonably priced activities. You do a pretty good job of providing them, the pricing perhaps could be more enticing

4/12/2022 05:59 PM

Screen Name Redacted 4/12/2022 06:42 PM	A facility that enables social, physical and mental stimulation and growth
Screen Name Redacted 4/12/2022 06:53 PM	Welcoming, open early in the am, natural light, helpful staff, light food and beverages.
Screen Name Redacted 4/12/2022 06:53 PM	a place to socialize with food and activities around noon time at present no such activities for seniors activities should be centered around the library theater and rec center not in different location around port moody
Screen Name Redacted 4/12/2022 07:04 PM	Clean, safe, well maintained and managed facilities. Well lit, and a facility that offers a spectrum of sports, arts, political engagement and community festivals.
Screen Name Redacted 4/12/2022 07:05 PM	Great location with easy access to parking n skytrain. One that services the needs for all ages with a variety of services at different times of the day. Plus, multi-versed staff to help with language barriers
Screen Name Redacted 4/12/2022 07:13 PM	A specific dedicated outdoor Pickleball courts in Port Moody.
Screen Name Redacted 4/12/2022 08:08 PM	Facility design, programs and staff that create a senior-welcoming atmosphere
Screen Name Redacted 4/12/2022 08:23 PM	A supportive facility will have spaces and events for all ages together
Screen Name Redacted 4/12/2022 09:46 PM	Having a welcoming environment so people who may be anxious about showing up alone feel like they can fit in
Screen Name Redacted 4/12/2022 11:28 PM	A room with chairs and tables with a stand that sells refreshments like coffee, cake, and etc. that people could sit around the tables and socialize.
Screen Name Redacted 4/12/2022 11:33 PM	A facility that incorporated outdoor and indoor space. A flex space. Cost effective for the user. Lots of parking. Locations in neighborhoods for easy access for local residents.

Screen Name Redacted

4/13/2022 12:57 AM

Attractive and efficient Lecture by specialist psychotherapist, Nutritionist, Chiropractor, and Ophthalmologist.

Screen Name Redacted

4/13/2022 06:43 AM

Kids free

Screen Name Redacted

4/13/2022 07:24 AM

Often times, older adults don't feel they have a purpose in their day-to-day life, feel like they have nothing to look forward to, or don't have ample opportunity to socialize and interact with others. A recreation facility can really help improve these issues and improve their social and mental well-being. There are some criteria in order to achieve this, however. 1. The facility needs to be very easily accessible for users. This would mean it needs to be very close to transit, easily walkable, and/or even offer free or reduced-cost shuttle service to and from the facility for users with disabilities. 2. The facility also needs to have enough staff to help the users navigate all the programs and offerings. Older adults can be easily overwhelmed with obtaining and gathering the information needed to participate in different programs. With guidance, participation with increase and help those that would otherwise give up on registering and participating. 3. The programs, specifically the instructors/facilitators, need to be very adept at creating a space that helps the users feel like they belong. This sense of belonging really helps with user retention which, in turn, gives the user something to look forward to. For example, if the user enjoys a painting class program at a recreation facility that happens each week, they will likely look forward to participating each week and perhaps look forward to the interactions and connections. 4. There really needs to be an improvement in program offerings for older adults with various diseases such as dementia, Parkinson's Disease, etc. at local recreation facilities. A lot of older adults that live with these diseases cannot necessarily travel to the very few locations that offer programming to fit their needs.

Screen Name Redacted

4/13/2022 08:24 AM

similar to what currently exists in Port Moody but with continued course offerings and fitness opportunities

Screen Name Redacted

4/13/2022 09:51 AM

welcoming of all ages

Screen Name Redacted

4/13/2022 10:18 AM

Better access to outdoor sporting equipment in parks. better access to outdoor shelter space.

Screen Name Redacted

4/13/2022 11:38 AM

My social and mental well-being are looked after through friendships, gardening, and entertaining.

Screen Name Redacted

4/13/2022 12:48 PM

centrally located; an open, bright and inviting space; well organized and supported activities and events; reasonably priced; events and activities that are relevant to seniors who aren't "old" in their ways and thinking. Just because you are a senior, you aren't necessarily interested in knitting and crocheting! More social activities that include walking groups; activities and events related to single seniors.

Screen Name Redacted

4/13/2022 01:29 PM

Much like current city hall area with library, theatre space with perhaps a drop/in socializing space? Rec centre is close by as well.

Screen Name Redacted

4/13/2022 03:18 PM

Port moody rec centre does a pretty good job!

Screen Name Redacted

4/13/2022 04:24 PM

Quiet, welcoming

Screen Name Redacted

4/13/2022 05:17 PM

Warm and friendly and helpful people

Screen Name Redacted

4/13/2022 07:55 PM

mental hospital

Screen Name Redacted

4/14/2022 10:47 AM

Design any space or infrastructure to encourage versus hinder spontaneous human interaction (If the design results in each person enclosing themselves in a separate glass and metal bubble as they move around the community it is a failure of design - regardless of intention - results supersede intentions.

Screen Name Redacted

4/14/2022 11:18 AM

comfortable rooms for book clubs, choir, a counselling room for individuals, groups

Screen Name Redacted

4/14/2022 03:50 PM

Excellent

Screen Name Redacted

4/15/2022 11:45 AM

A welcoming space

Screen Name Redacted

4/17/2022 11:33 AM

One of my biggest barriers to recreation right now is that other people sign up for the classes I want to take faster than I do. The system needs to give me the chance to register, or the same eager beavers will always beat me to the punch, they are faster. There needs to be a system in place to support people who want to take a course but are not the speediest typists or the quickest to notice that the registration box is open. I know first come first served seems fair but it isn't in this digital age when some people are better at the digital thing than others. It means some people get left out again and again and again. They system is broken. I would be socially fine if I could get through the registration process.

Screen Name Redacted

4/18/2022 09:44 AM

Access to free parking for seniors

Screen Name Redacted

4/19/2022 12:06 PM

Easily accessed, not too crowded ,

Screen Name Redacted

4/19/2022 09:25 PM

a place that offers casual meeting space (eg: before or after programs or just drop by)

Screen Name Redacted

4/20/2022 10:43 AM

low-barrier and very spacious entrance, staff who are not sitting behind the counter and a computer all the time but are mobile and able to greet, give info, facilitate finding rooms, and who are also able to sign you up for programs and take payments, who are not telling you that the only way you can sign up is from your own computer and account - in other words flexible, interactive person-to-person assistance, helpful and kind! Social spaces with plenty of seating where people can spend time before and after classes or to have a chat, or even just have a ping-pong game.

Screen Name Redacted

4/20/2022 03:57 PM

I see an integrated centre that is built to accommodate elder's and all age group's abilities, with opportunities for quiet and noise, meditation like quiet areas, baby nursing quiet areas, coffee shop style areas, and noise friendly area for loud singing, even shouting (play for kids and all adults). Being segregated will ensure more isolation in our community, ignoring the benefits of all age groups enjoying each other's company, and learning from each other.

Screen Name Redacted

4/20/2022 08:02 PM

A location that has comfortable seating, tables, concession or kitchen area that allows us to socialize, learn something new, play games, be with others.

Screen Name Redacted 4/22/2022 10:52 AM	Pleasant and welcoming
Screen Name Redacted 4/22/2022 10:58 AM	Welcoming, accessible, light filled
Screen Name Redacted 4/22/2022 11:11 AM	Center for Mindfulness & Social Well-Being
Screen Name Redacted 4/22/2022 11:16 AM	A casual drop in club
Screen Name Redacted 4/22/2022 12:10 PM	One in which programs that are relevant to me are provided with activities that fit my lifestyle
Screen Name Redacted 4/22/2022 01:04 PM	Provide classes that actually keep the needs of seniors in mind. Instructions that are step by step. Teachers check in on how their students are doing. Not playing blaring music in the background.
Screen Name Redacted 4/22/2022 07:15 PM	I would like to be able to attend aqua fitness in Port Moody
Screen Name Redacted 4/22/2022 08:27 PM	Comfortable sitting, inviting, quiet, non-acoustic, not too large, we'll light.
Screen Name Redacted 4/22/2022 10:12 PM	existing facility works fine
Screen Name Redacted 4/23/2022 07:54 AM	Cooking classes
Screen Name Redacted 4/23/2022 09:15 AM	A building like the one in Maple Ridge, which has a high rise with suites to rent or buy, with activities and services like hairdressing, podiatrist, massage, restaurant on the bottom level.
Screen Name Redacted 4/23/2022 02:08 PM	One that has seniors mixed in with all generations rather than separated

Screen Name Redacted 4/23/2022 03:47 PM	Think of Dogwood Centre. It works quite well. It is a gathering place that caters to its community.
Screen Name Redacted 4/24/2022 06:30 AM	Large open space,with windows.
Screen Name Redacted 4/26/2022 08:20 PM	socializing classes and exercise equipment
Screen Name Redacted 4/27/2022 05:00 PM	A large space or room which could accommodate drop in social/educational activities of interest to 55+ age group, say once a month, where there could be presentations and then food/drink before or after.
Screen Name Redacted 4/28/2022 06:33 PM	welcoming to seniors, especially those with physical disabilities. Space to sit and socialize. Cafeteria/cafe. Physically and financially accessible
Screen Name Redacted 4/30/2022 11:47 AM	Dedicated space for seniors that is within the same area that other ages are gathering. We may need slightly different equipment, and will appreciate moving at a pace similar to others in our age group, but also enjoy access to the younger population.
Screen Name Redacted 5/02/2022 07:33 PM	Good selection of various activities at various levels
Screen Name Redacted 5/02/2022 08:25 PM	Safe premises; clean; inclusive with friendly staff
Screen Name Redacted 5/03/2022 12:58 PM	Great friendly
Screen Name Redacted 5/03/2022 01:28 PM	definitely...
Screen Name Redacted 5/03/2022 01:35 PM	Love Kyle - please do not replace or sell for condo development
Screen Name Redacted 5/03/2022 01:47 PM	Lots of opportunities for social interaction

Screen Name Redacted multicultural psych counseling
5/03/2022 02:01 PM

Screen Name Redacted hot lunches and social place to gather and play cards/games
5/03/2022 02:09 PM

Optional question (114 response(s), 64 skipped)
Question type: Essay Question

Q25 How would you describe a facility that supports your physical health and fitness?

Screen Name Redacted Small classes or rooms gear to 50+ That are inviting and comfortable.
4/06/2022 06:32 PM outdoor spaces. Engaging public realm spaces.

Screen Name Redacted A good fitness centre that is not a meat market.
4/07/2022 01:53 PM

Screen Name Redacted A place that is easy to register for programs.
4/07/2022 02:39 PM

Screen Name Redacted A place where all physical abilities can attend. A swimming pool
4/07/2022 08:38 PM designed for seniors would be wonderful (full accessible).

Screen Name Redacted Areas and equipment accessible to those with special needs.
4/07/2022 10:17 PM Wheelchair, walker, etc. A place to put them close by when not in use. Inclusive of multi generational. Various levels of fitness programming. Most areas of PM are close by, so be able to go down for short period if that is all you are able to try is really great. I.e. don't have to commit to a specific class. Opportunity for those not physically fit to have encouraging small group introductory programming to learn and be exposed to. Be able to try lots of things.

Screen Name Redacted Stop treating people like they aren't capable
4/07/2022 10:43 PM

Screen Name Redacted Same as above
4/08/2022 12:17 AM

Screen Name Redacted One which has rooms around a swimming pool, that can be used for
4/08/2022 06:04 AM exercising and a multiple range of activities.

Screen Name Redacted

4/08/2022 11:54 AM

A place where one is eager to go because of the friendly welcoming staff (already in place. 😊). Where exercise and social programs are geared to the varied abilities and needs of older people. As I decline, I would still like to have classes geared to keeping me as healthy as possible. You already have excellent people working there, and the need will only increase.

Screen Name Redacted

4/10/2022 01:17 PM

Super important - because if you support physical health and fitness, your social and mental well-being will be better too. See? Win-win.

Screen Name Redacted

4/10/2022 03:29 PM

Many drop in programs. Often seniors will have medical needs that prohibit them from signing up for a registered program. Learn to run programs. Many choices of gentle fitness programs for anyone over 50. Social programs like walking clubs, meeting in different locations of the triculties. Personal trainers for the over 50s.

Screen Name Redacted

4/11/2022 05:17 PM

Renovating the men's shed buildings has supported my physical health and fitness in a way much more interesting and pleasurable than swimming laps.

Screen Name Redacted

4/11/2022 05:17 PM

One that offers a range of classes in terms of intensity and skill level.

Screen Name Redacted

4/11/2022 05:45 PM

See above

Screen Name Redacted

4/11/2022 06:00 PM

Available gym equipment, nutrition and fitness coaching sessions being offered.

Screen Name Redacted

4/11/2022 06:05 PM

tailored to the needs of an older clientele and led by a more senior individual who understands some of the restrictions inherent with aging

Screen Name Redacted

4/11/2022 06:34 PM

Age wise exercise space featuring equipment, videos and information on fitness issues common to seniors.(no 200lb weights)

Screen Name Redacted

4/11/2022 06:44 PM

Currently lacking in Port Moody.

Screen Name Redacted 4/11/2022 07:57 PM	A pool!!
Screen Name Redacted 4/11/2022 08:21 PM	same as 12
Screen Name Redacted 4/11/2022 08:50 PM	1. It ensures that program costs or memberships reflect retiree's ability to pay. 2. It ensures that seniors don't face discrimination when accessing rec programs or facilities. 3. It provides programs, equipment and trainers to maintain or enhance physical fitness 4 In addition to indoor programming, I'd like to see Port Moody dedicate resources to supporting hiking in our local mountains, notably the mountain trails above Eagle Ridge, with better signage . If you committed to better signage I expect you'd attract more seniors (and families) to the local mountains.
Screen Name Redacted 4/11/2022 09:44 PM	Same as above - I don't need or use city programs. I exercise daily and am very active by hiking, walking, and doing activities with family and friends on our own
Screen Name Redacted 4/11/2022 10:26 PM	Programs that cater to an again population such as health education, healthy cooking, and exercise and stretching for the elderly.
Screen Name Redacted 4/11/2022 11:26 PM	All ages
Screen Name Redacted 4/12/2022 12:10 AM	Easy to access, supportive.
Screen Name Redacted 4/12/2022 04:03 AM	Enough equipment, early morning hours, inspiring instruction. Clean facility
Screen Name Redacted 4/12/2022 06:46 AM	Not an age specific facility.
Screen Name Redacted 4/12/2022 06:56 AM	see question 16
Screen Name Redacted 4/12/2022 07:42 AM	The rec centre program and facility is more than adequate with their current offerings , programs and equipment

Screen Name Redacted 4/12/2022 08:26 AM	Large, open, large windows with lots of light
Screen Name Redacted 4/12/2022 09:32 AM	One that helps me learn and practice how to stay healthy and independent
Screen Name Redacted 4/12/2022 10:39 AM	Easy to use health fitness tools.
Screen Name Redacted 4/12/2022 11:59 AM	Facilitators that work specifically with those with physical limitations or challenges.
Screen Name Redacted 4/12/2022 12:05 PM	Staff who are familiar with the limitations and needs of aging people and have the knowledge and skills necessary to coach them when asked.
Screen Name Redacted 4/12/2022 12:08 PM	Indoor walking places would be useful - we walk 6km daily
Screen Name Redacted 4/12/2022 12:33 PM	adaptable and accessible
Screen Name Redacted 4/12/2022 01:06 PM	It's more responsive to current needs, as opposed to those identified in a 5 year old survey.
Screen Name Redacted 4/12/2022 02:40 PM	More opportunities for high demand activities, like spinning - more classes, so no need to book drop in bikes. A facility with a lap pool to allow for indoor swimming.
Screen Name Redacted 4/12/2022 03:04 PM	Fitness space and equipment, walking paths
Screen Name Redacted 4/12/2022 03:37 PM	An indoor swimming pool and swim club. Cycling club for all levels
Screen Name Redacted 4/12/2022 03:39 PM	Broad offering of activities. Also tailor to broad level of abilities and fitness levels.

Screen Name Redacted

4/12/2022 03:42 PM

Varied classes and exercise equipment.

Screen Name Redacted

4/12/2022 03:43 PM

A facility that has rooms large enough to accommodate the classes and offers a variety of classes.

Screen Name Redacted

4/12/2022 03:44 PM

Excellent knowing my tax dollars are going to a good cause

Screen Name Redacted

4/12/2022 03:46 PM

open gym for yoga, zumba, seniors pilates

Screen Name Redacted

4/12/2022 03:53 PM

a swimming pool, gym, or indoor sport courtyards

Screen Name Redacted

4/12/2022 03:55 PM

how about a swimming pool?

Screen Name Redacted

4/12/2022 03:55 PM

Variety of classes, from dance, to varied levels of aerobics, more nature and bird walks

Screen Name Redacted

4/12/2022 04:00 PM

Low cost or no membership requirement. Easy adjustable equipment allowing self starters without supervision

Screen Name Redacted

4/12/2022 04:33 PM

Providing physical therapy, massage, etc., in same building as gym , other sport courts. Keep health needs and fitness outlets in the same facility.

Screen Name Redacted

4/12/2022 04:46 PM

I'm good with the fitness centre that exists, if they had more affordable rates. And it would be nice if they had staff on hand maybe in the mornings to help out seniors with weight training, equipment use and tailor a programme to help the person achieve their goals.

Screen Name Redacted

4/12/2022 04:49 PM

Moderate physical exercise classes, pickle ball and/or table tennis lessons

Screen Name Redacted

4/12/2022 04:55 PM

Gym, weight room, small indoor pool and jacuzzi. Good changing and shower facilities, social room with refreshments. Some organized activities

Screen Name Redacted

4/12/2022 05:06 PM

It doesn't just have staff that are welcoming but has a liaison to connect with seniors, to give an orientation, to introduce them to other people, and it shouldn't be a fishbowl. There's nothing worse than being a senior and having a bunch of fit 20 and 30-year-olds around you and have everybody watching you.

Screen Name Redacted

4/12/2022 05:48 PM

Qualified instructors who understand the limitations

Screen Name Redacted

4/12/2022 05:59 PM

maybe a "seniors" hour or hours, kind of like what costco did during the pandemic

Screen Name Redacted

4/12/2022 06:11 PM

Cost to much

Screen Name Redacted

4/12/2022 06:53 PM

Welcoming, open early morning, helpful staff, healthy snacks.

Screen Name Redacted

4/12/2022 06:53 PM

exercise at home in the morning

Screen Name Redacted

4/12/2022 07:04 PM

Continue with programming and well kept facilities

Screen Name Redacted

4/12/2022 07:05 PM

More pickle ball courts both indoor and outdoor, new gym equipment and maybe an indoor cycling track

Screen Name Redacted

4/12/2022 07:13 PM

A specific dedicated outdoor Pickleball courts in Port Moody.

Screen Name Redacted

4/12/2022 08:08 PM

Facility design that understands and is geared specifically to the Survey inputs

Screen Name Redacted

4/12/2022 08:23 PM

I'm not likely to use any sort of gymnasium or workout room. Prefer outdoor recreation.

Screen Name Redacted

4/12/2022 08:27 PM

Well equipped gym, with sauna and pool.

Screen Name Redacted 4/12/2022 09:46 PM	Ensuring facilities don't seem intimidating for people to try something new
Screen Name Redacted 4/12/2022 11:28 PM	A hall that has different types of equipment for physical activities.
Screen Name Redacted 4/12/2022 11:33 PM	Trained staff. A facility that incorporates both indoor and outdoor space. Satellite locations in neighborhoods for easy local access.
Screen Name Redacted 4/13/2022 12:57 AM	Playing chess The open-air
Screen Name Redacted 4/13/2022 07:24 AM	A facility that supports physical health and fitness has a very wide variety of training modalities and activities that speak to people of all backgrounds and abilities. This means everything from weight training, to restorative yoga and everything in between. There needs to be options for people of all ages and abilities to feel confident enough to come and try.
Screen Name Redacted 4/13/2022 08:24 AM	Similar to what port moody currently offers now but with capacity that grows with population and needs
Screen Name Redacted 4/13/2022 09:51 AM	welcomes all ages, dedicated fitness space for wee babes and older adults
Screen Name Redacted 4/13/2022 10:18 AM	larger more open areas for physical fitness activities. more open spots for drop in times in the evenings.
Screen Name Redacted 4/13/2022 11:38 AM	The private gym I belong to supports my physical health and fitness.
Screen Name Redacted 4/13/2022 12:48 PM	More access for seniors at community centres; more scheduled classes geared to seniors and at convenient times. Reasonable fees. More pickleball access i.e. "how to classes" and availability for all skill levels.
Screen Name Redacted 4/13/2022 01:29 PM	See above

<p>Screen Name Redacted 4/13/2022 03:18 PM</p>	<p>Pickle ball courts</p>
<p>Screen Name Redacted 4/13/2022 04:24 PM</p>	<p>Modern, well equipped</p>
<p>Screen Name Redacted 4/13/2022 05:17 PM</p>	<p>Access for people with varying physical support needs</p>
<p>Screen Name Redacted 4/14/2022 10:47 AM</p>	<p>Something that is part of daily life versus a separate scheduled event (that may be missed or forgotten)</p>
<p>Screen Name Redacted 4/14/2022 11:18 AM</p>	<p>More accessible walking paths, areas for age-appropriate yoga classes, better parking and traffic</p>
<p>Screen Name Redacted 4/14/2022 03:50 PM</p>	<p>Excellent</p>
<p>Screen Name Redacted 4/15/2022 11:45 AM</p>	<p>A variety of programs to select from</p>
<p>Screen Name Redacted 4/15/2022 03:33 PM</p>	<p>Natural light, access to indoor and outdoor spaces, quiet spaces for socializing, friendly staff, opportunities for input</p>
<p>Screen Name Redacted 4/17/2022 11:33 AM</p>	<p>A facility that offers physical activities that actually interest me like a community garden and a walking track that is well lit for the long rainy winters. In the summer I like to be outdoors quite a bit so outdoor pickle ball courts might be nice.</p>
<p>Screen Name Redacted 4/18/2022 09:44 AM</p>	<p>Access to free parking for seniors</p>
<p>Screen Name Redacted 4/19/2022 12:06 PM</p>	<p>Current facility is perfect</p>
<p>Screen Name Redacted 4/19/2022 09:25 PM</p>	<p>my needs are currently being met in this area although at least one class per day would be better</p>
<p>Screen Name Redacted 4/20/2022 10:43 AM</p>	<p>barrier free, well lit, weather-proof access from the parking, with stairs lower than standard thread height, wider hallways and doors, more</p>

spacious restrooms, sports equipment catering to mobility issues

Screen Name Redacted

4/20/2022 03:57 PM

A facility with programs that allow for all levels, which we do have, but with a little age friendly training, instructors could offer alternative exercises that suit any age group who may be injured or have less mobility due to age. Continue to require our fitness instructors to be certified. There is a big gap between adult classes and seniors. The seniors classes are not challenging enough and so the adult ones could offer alternative exercises and then ages 18-80 could participate.

Screen Name Redacted

4/20/2022 08:02 PM

Space that has AC in summer and warmth in the winter and enough area to ballroom dance or spread out for yoga classes. Also opportunities for 1:1 training.

Screen Name Redacted

4/22/2022 10:52 AM

Indoor pool, hot tub and pickleball courts

Screen Name Redacted

4/22/2022 10:58 AM

Indoor tennis courts, gym equipment for seniors

Screen Name Redacted

4/22/2022 11:11 AM

Center for Health & Fitness for Seniors

Screen Name Redacted

4/22/2022 11:16 AM

existing programs with easier registration

Screen Name Redacted

4/22/2022 12:10 PM

One in which programs that are relevant to me are provided with activities that fit my lifestyle

Screen Name Redacted

4/22/2022 12:34 PM

Add space for health care- physio, Massage, nurse practitioner, exercise physical therapist so clients can have one stop shop.

Screen Name Redacted

4/22/2022 07:15 PM

I would like to see an indoor swimming pool in Port Moody.

Screen Name Redacted

4/22/2022 08:27 PM

Age appropriate equipment, not too loud music, separate classes for certain ages.

Screen Name Redacted 4/22/2022 10:12 PM	existing facility works fine
Screen Name Redacted 4/23/2022 09:15 AM	Clean, lots of windows, lots of space for aerobics classes, lots of space between weight machines
Screen Name Redacted 4/23/2022 02:08 PM	One that includes older people in classes etc
Screen Name Redacted 4/23/2022 03:47 PM	Fitness classes, team and individual sports.
Screen Name Redacted 4/24/2022 06:30 AM	Large open space with windows
Screen Name Redacted 4/26/2022 08:20 PM	classes and indoor and outdoor exercise equipment for seniors
Screen Name Redacted 4/27/2022 05:00 PM	A dedicated area for 55+ people working out would be nice. As a senior, I might want to work out but feel self conscious doing it in front of much younger folks.
Screen Name Redacted 4/28/2022 06:33 PM	Has a variety of adapted fitness programs, accessible spaces and equipment
Screen Name Redacted 4/30/2022 11:47 AM	See above.
Screen Name Redacted 5/02/2022 07:33 PM	As above
Screen Name Redacted 5/02/2022 08:25 PM	More choices for days/ times to participate in activities
Screen Name Redacted 5/03/2022 12:58 PM	Great
Screen Name Redacted 5/03/2022 01:28 PM	highly important

Screen Name Redacted

Kyle - great

5/03/2022 01:35 PM

Screen Name Redacted

outdoor fitness space

5/03/2022 01:47 PM

Optional question (114 response(s), 64 skipped)**Question type:** Essay Question**Q26** | Is there anything else you want to tell us?

Screen Name Redacted

Do something with the Kyle centre soon. Upgrade neighbourhood parks with some inviting seating or chess tables or table tennis (check out lafarge lake by stadium concession). Actually clean your park furniture yearly.

4/06/2022 06:32 PM

Screen Name Redacted

I think the Port Moody rec Center is great. Due to Covid I will not be attending as my husband is not in great health and my mother is 92. I cannot put either of them at risk due to Covid. I choose to get my fitness outdoors or via zoom yoga

4/07/2022 02:39 PM

Screen Name Redacted

Like many that live in Port Moody, we've moved here later in life. After 12 years here, we still don't know many people. Programs for like minded people to meet would be fantastic

4/07/2022 05:10 PM

Screen Name Redacted

Partner with Coquitlam. They have a very vibrant seniors community through Dogwood. Many Coquitlam residents use the Port Moody recreational facilities.

4/07/2022 10:17 PM

Screen Name Redacted

I am very grateful for the services and facilities we have at Inket Centre

4/08/2022 12:17 AM

Screen Name Redacted

Yes, use land around old fire station as a site for a swimming pool

4/08/2022 06:04 AM

Screen Name Redacted

Just to reemphasize my concern that this much needed facility will be diminished by looking foremost at profit.

4/08/2022 11:54 AM

Screen Name Redacted

I've always been disappointed that Port Moody doesn't have a bigger

4/10/2022 01:17 PM

recreation vision - we have so many lakes and trails and green spaces available, but there's a distinct lack of information available on how to best use those areas. Try finding a map of the local hiking trails. And what's with the swimming pool thing? Turn one of the outdoor pools into a year-round facility with an over-pool tent. There's so much demand, and it's something a lot of older people enjoy, why wouldn't it be a consideration?

Screen Name Redacted

4/10/2022 03:29 PM

Please keep in mind the young seniors (50-65) who find the regular classes too hard but are still working full/part time. Many people in this age group live alone and seek companionship along with fitness.

Screen Name Redacted

4/11/2022 05:17 PM

Perhaps I've piqued your interest; if you would like to know more about local men's sheds, please don't hesitate to contact me at 604-936-9378 or querbach@realtime.bc.ca. Or come visit the Port Moody Men's Shed any Thursday morning at 10:00. We meet in "Charlie's Shop" on the grounds of the Port Moody Station Museum. Regards, David Querbach Member, Port Moody Men's Shed Secretary, Coquitlam Men's Shed Society

Screen Name Redacted

4/11/2022 06:00 PM

Frankly, I do not utilize the recreation facilities regularly, perhaps because I walk and go to a small gym regularly. If I had grandchildren I would definitely be looking for activities to engage them.

Screen Name Redacted

4/11/2022 06:34 PM

I love walking the trails but the wooden 6 plank walkway across the marsh is looking more and more narrow and increasingly rickety. You gotta fix it.

Screen Name Redacted

4/11/2022 07:57 PM

A pool!!!

Screen Name Redacted

4/11/2022 08:50 PM

I'm skeptical of the notion that Port Moody needs a dedicated senior's facility. It reflects an outdated stereotype of seniors as needing a wide range of age-specific programs to the exclusion of the rest of the community. (For example, your survey didn't even ask me if I'm using recreation programming such as all-ages spin classes at your Rec Centre. Which I am). We're a small city and an all-age facility with seniors' program perhaps limited to daytime in shared facilities, seems to be a better investment of our financial resources. With large new population nodes coming on both the west and east sides of the city, it seems smarter to build a facility that can accommodate everyone. I'd prefer not to be segregated.

Screen Name Redacted

4/11/2022 09:38 PM

Provide incentives for developments that include seniors.

Screen Name Redacted

4/11/2022 09:44 PM

I really don't think that more programs or space is needed in our small city. But what would REALLY help me on my pension is keeping taxes low. These yearly HUGE tax increases hurt me the most. My pension does not increase and every year I have to cut down on my basic needs. I feel like no one at City Hall hears us about this. It would be great if the city could try to stay within its budget each year instead of thinking that you can just continue to raise taxes so much. In the end that hurts my health more - as I have to cut back on basic needs.

Screen Name Redacted

4/11/2022 11:25 PM

Please remember that many seniors are active and able to participate with other ages. With many younger adults working flexible hours many daytime programmes should be suitable for all ages. Drop in flexibility works for everyone

Screen Name Redacted

4/11/2022 11:26 PM

Keep all programs open to all ages. Offering gentler classes suitable for older adults but open to any age.

Screen Name Redacted

4/11/2022 11:35 PM

I would prefer to not have a separate facility for seniors. I want to be part of community as a whole. I want to be around the energy that exists when being around all ages. I want to be integrated not segregated from the other ages in our community. I want to experience the vibrancy that community creates as a whole.

Screen Name Redacted

4/12/2022 06:56 AM

the tri-cities should collaborate more on providing facilities.. The cost of providing facilities is expensive and a collaborative effort would be more functional

Screen Name Redacted

4/12/2022 07:42 AM

Port Moody does a great job accommodation the 50+ age group for fitness and well-being. No changes required.

Screen Name Redacted

4/12/2022 07:56 AM

I probably shouldn't have taken this survey. I do a lot of skiing in the winter with friends, my children and grandchildren. I play a lot of golf in the summer and go for long walks in Bert Flinn Park. While I don't feel I need any other facilities I certainly understand that there are many folks who do need facilities.

Screen Name Redacted 4/12/2022 10:39 AM	Just make Port Moody more senior-friendly.
Screen Name Redacted 4/12/2022 11:59 AM	Thanks for the survey opportunity
Screen Name Redacted 4/12/2022 12:05 PM	Not at the present time.
Screen Name Redacted 4/12/2022 12:08 PM	Port Moody has many trails and walking areas, we need to ensure we keep them for those of us that like to walk daily. Developing residential areas that support that by combining commercial retail with residential would ensure that everyone gets out walking. We live up Heritage Mnt and have to drive to buy groceries and run errands, although we'd love the ability to walk to them.
Screen Name Redacted 4/12/2022 01:06 PM	I'd much rather see barebone indoor facilities provided soon, as opposed to a shiny new recreation centre that balloons past budget and timelines and doesn't actually come online until most of us filling this survey out are past the point of using it.
Screen Name Redacted 4/12/2022 03:04 PM	I think seniors specific needs and programming needs to be better defined and then decide if you need a purpose built facility or a shared facility for all would be better used by Port Moody residents
Screen Name Redacted 4/12/2022 03:42 PM	Replace Kyle Centre.
Screen Name Redacted 4/12/2022 03:44 PM	NO
Screen Name Redacted 4/12/2022 03:45 PM	Would love to see a community theatre space that is smaller than the Inlet theatre and geared for improv and theatre workshop, acting classes, small performances. Not a fancy place - but a CHEAP place for theatre artists to develop, whether young or old. I would love to have input if the city ever embarked on this. I run The Young Actors Project - an educational acting program for kids - that also has a popular youtube channel with over 500 Million views. youtube.com/yap_yaptv.rob@gmail.com
Screen Name Redacted 4/12/2022 03:46 PM	prefer classes in the morning

Screen Name Redacted

4/12/2022 03:53 PM

Thanks

Screen Name Redacted

4/12/2022 03:55 PM

For the size of our city, I think we're doing a pretty good job. I do hope the new Kyle Centre expands rather than contracts the opportunities for seniors.

Screen Name Redacted

4/12/2022 04:00 PM

Fix and expand Kyle centre.

Screen Name Redacted

4/12/2022 04:33 PM

Port Moody offers a lot already. Thank you.

Screen Name Redacted

4/12/2022 04:46 PM

All you have to do is look at what the Dogwood Pavilion offers to seniors of various ages. I don't think you can lump all seniors together. Needs change as we age both physically and socially. We need programs to address all aspects of aging. From young seniors still active and strong social networks to older seniors who are maybe widowed, dwindling social network and more sedentary.

Screen Name Redacted

4/12/2022 04:55 PM

Must have easy access by public transit and adequate car parking. Coquitlam has good models to follow

Screen Name Redacted

4/12/2022 05:06 PM

I just really like the idea of an open house for this age group to come and see what types of programs are offered to meet the instructors and staff and then to sign up for what they're comfortable with. I also think a commitment to longer-term programming might not be the way to go but shorter workshop series could be great. And the times of day that this all takes place, whether it be the open house or the actual programs, is really important because you have to remember that many people that fall into these age categories are still working.

Screen Name Redacted

4/12/2022 05:48 PM

Post Covid would love yo meet new friends.

Screen Name Redacted

4/12/2022 06:53 PM

My entire family use the recreation centre. We enjoy the programs.

Screen Name Redacted

4/12/2022 06:53 PM

early afternoon entertainment such as movies singers bands comics artists topics etc.